

Pathways to Resilience: Does Gratitude and Helping Attitude Pave the Way?

Samridhi Ahuja^{1*}

ABSTRACT

The present study aimed at exploring the relationship between gratitude, helping attitude and resilience among young adults. The sample comprised of 120 participants (N=120, Females=60, Males=60) in the age range of 18-25 years residing in urban areas of Delhi, NCR. The participants of the study completed The Gratitude Questionnaire, The Helping Attitude Scale and Connor Davidson Resilience Scale. Analysis of the findings revealed that gratitude and helping attitude emerge as significant predictor of resilience. Further analysis also suggested a significant gender difference among the variables of the study.

Keywords: *gratitude, helping attitude, resilience, young adults.*

“Gratitude is an art of painting an adversity into a lovely picture”

-Kak Siri

Gratitude has been conceptualized as “not only the best, but the parent of all other virtues” (Cicero, 1851). It has been defined as the positive emotion that an individual experiences when he/she is the recipient of an intentional act of kindness or receives something of value (McCullough, Kilpatrick, Emmons, & Larson, 2001; McCullough & Tsang, 2004). Expression of gratitude is universally acknowledged as a virtue, while withholding it is regarded as a vice. This notion is validated by the connotations of disdain that are attached to ingratitude (Amato, 1982). Various theorists are also of the opinion that gratitude possesses the power to nurture social relationships by encouragement of reciprocal, prosocial conduct between individuals engaged in this collaborative interaction (Algoe & Haidt, 2004; Emmons & McCullough, 2004).

McCullough et al. (2001) outlined three moral functions of gratitude—“gratitude as a moral barometer, as a moral motive, and as a moral reinforcer”. According to the researchers, the emotion of gratitude as a moral barometer, can lead to a transition in the individual’s social interactions. Grateful emotions surface when the recipient perceives the individual to be

¹ SRF, Defence Institute of Psychological Research, DRDO, Delhi, India

[*Responding Author](#)

Pathways to Resilience: Does Gratitude and Helping Attitude Pave the Way?

engaged in the task of furthering his/her well being. The emotion of gratitude may serve as moral motive because its experience propels the recipients to treat graciousness with graciousness and inhibit destructive responses towards that individual. The emotion of gratitude as a moral reinforcer, serves to accelerate the chances that the individual will respond with compassion towards the recipient again in the future because of the emotional benefits the individual receives.

Gratitude aids in advancing adolescent and youth development by nurturing a sense of relatedness to the peers, the community and the society at large as well as by prompting the youth to use their skills to contribute in the development of the aforementioned entities (Damon, 2008). This sense of purpose helps the youth to embark on a path of building an identity that lays the groundwork for a robust personality (Niederhoffer & Pennebaker 2002). Gratitude then helps the young adolescents to move towards greater integration with the goals of the society and community (Durkheim 1951; Keyes 1998). This positive emotion then not just plays a role in generating positive affect in an individual, but also proves to be instrumental in promoting mutual respect between individuals, creating shared meanings and bringing together people to work towards the greater good of the society.

The Wish to be of Service to Others: Understanding Helping Attitude

Altruism has been defined as behaviour endeavoured at benefiting the other person. This behaviour is motivated either by personal egotism or driven by empathic desire to be of help to the other individual, irrespective of personal gains (Baston, Ahmad & Lishner, 2009; Cialdini et al., 1978). The egotism notion of altruism states that humans indulge in helping behaviour because it benefits them. Some of the advantages of indulging in helping behaviour then could be: public commendation that the individual receives, another form of reward could be the material benefits associated with the act. Self benefit associated with altruistic action could also be the reliving of distress that one experiences when helping others in pain, reducing their anguish helps people to overcome their self agony (Baston et al., 2009). Baston and colleagues (2009), however, also accept that these egotistical motivations do not always account for the altruistic acts that the people engage in. They believe that the underlying characteristic of human empathy plays a role in motivating people to help others. Therefore, egotism then does not remain the sole motive of undertaking the altruistic act.

Studies carried out over the years have demonstrated that altruism plays a role in enhancing an individual's emotional well-being and peace of mind. Brunier, Graydon, Rothman, Sherman and Linsky (2002) found that patients listed for dialysis, transplant as well as family members of these patients who become support volunteers for others going through similar troubles tend to experience greater personal growth and emotional well being. Study by Schwartz and Sendor (1999), revealed that participating in altruistic acts can act as a form of stress relief. The authors explain that when an individual performs an altruistic act, the area of the brain associated with positive feelings, lifting one's spirits, and making one feel better gets activated. According to the Anderson model of well-being (2003), positive emotions such as kindness, love, compassion, etc. tend to augment health by pushing aside

Pathways to Resilience: Does Gratitude and Helping Attitude Pave the Way?

the negative emotions. The generous affect that gives rise to affection towards others is also associated with a certain acceptance from others; this seems to eject the fear and anxiety that tend to haunt the individual due to preoccupation with self. Engaging in altruistic acts then can help individuals cope effectively in the face of adversities by producing positive affect and reducing negative affect like self contempt and pity.

Bouncing Back: Understanding Resilience

Resilience has been defined as the ability to overcome unfavourable effects of exposure to negative stressors present in the individual's environment, coping effectively with the daunting circumstances and bypassing the negative trajectory associated with the stressors (Fleming, Kim, Harachi & Catalano, 2002; Luthar, Cicchetti & Becker, 2000; & Werner 1992). Resilience is not imperatively an inherent quality; rather it may be optimally defined as a process of adaptation that involves interplay between both risk as well as protective factors across various domains of an individual's life (Olsson, Bond, Burns, Vella-Brodrick & Sawyer 2003). According to Blum (1998), the ability to be resilient develops with the interaction between an individual and stress. These individuals then resort to a set of coping skills and resources that help him/her to deal with stress effectively. With drastic changes happening at a rapid pace; media and technology playing a key role in the life of adolescents and young adults, they are prone to succumb to emotional and social stressors making them vulnerable. Resilience then should be considered as one of the essential qualities to be developed for a healthy transition into adulthood. Research studies suggest that resilient adolescents manifest high social competence, problem solving skills and a sense of purpose and direction for future (Waters & Sroufe 1983; Werner & Smith 1987; Masten, Best & Garnezy 1990).

Recent studies have touched upon the role of positive affect in enhancing the individual's ability to cope with stressors. Positive emotions like optimism, gratitude and altruism can then play a role in building resilience.

Resilience, Gratitude and Helping Attitude

Over the years, researchers have identified various factors that contribute in the development of a resilient individual. Some of the factors include a supportive relationship with the caregivers and adults, a sociable and easy going disposition, social skills and belief in one's competency (Masten & Coatsworth, 1998; Compas, Benez, Malcarne & Worsham, 1991). Past researches have shown that practice of gratitude can help in building resilience by promoting the above mentioned factors. Individuals, who share a positive relationship with people apart from their family members, tend to experience greater mental well being. An attitude of gratitude helps open doors to newer and stronger relationships based on mutual respect and appreciation. A study carried out by Williams and Bartlett (2014) found that showing appreciation to a new acquaintance for their help propels them to seek a continuing relationship with the person. Showing appreciation or thanking the person provides an important signal that the individual in reference is someone with whom a quality relationship can be formed. Not only does gratitude help in forming better relationships that form the

Pathways to Resilience: Does Gratitude and Helping Attitude Pave the Way?

basis of a resilient being, it also helps in reducing a multitude of negative emotions such as envy, resentment, regret and frustration which leads to an improved psychological health. Emmons (2007) reported that practice of gratitude helps in effectively increasing happiness by minimising depression. Therefore, positive emotions can then help in building effective coping mechanisms, enabling the individual to deal with adverse situations.

Studies have also reported that practicing gratitude helps increase an individual's self esteem, and their sense of competence. Chen and Wu (2014) found that gratitude led to an increase in the self esteem of the athletes by reducing social comparisons as grateful people are equipped to appreciate the accomplishments of others rather than feeling resentful towards them. A sense of competence also goes a long way in making an individual resilient when facing hardships. Recognizing all that the individual has to be thankful for fosters resilience providing an individual with the much needed mental strength to keep going forward.

Altruism or helping attitude has also been associated with building resilience in both children and adults. Staub and Vollhardt (2008) examined case studies of individual's victimization and trauma breeding prosocial behaviour. This act of engaging in prosocial acts led to the promotion of trauma recovery, post-traumatic growth and resilience. A helping attitude also acts as a buffer against stress as it tends to generate positive emotions. Konrath, Fuhrel-Forbis, Lou, and Brown (2012) found that volunteerism increased the longevity of the individuals engaging in the act, if the reasons were altruistic and not self serving. Altruism also helps in increasing the feeling of 'connectedness' with others. Individuals who feel strong sense of belongingness report lower rates of anxiety and depression. They also have a high self esteem, are empathetic towards others and have an inclination to be more trusting and cooperative in their social interactions (House, Lndis & Umberson, 2003). Helping others can provide meaning to the lives of individuals and boost self esteem, mood and give a sense of direction to the individual. A study by Leontopoulou (2010) of 232 elementary school children in Greece revealed that increased feelings of altruism resulted in lower classroom competitiveness and resulted in higher empathy and resilience. Practicing altruism also aids in distracting people from their own troubles as it shifts the focus on others. Studies have found that when people suffering from life threatening diseases (e.g. cancer) extend a helping hand to / counsel others going through the same pain, it results in them experiencing less depression, distress and helplessness (Swartzberg, 2013).

The results of the past researches have thus shown a link between resilience and gratitude and resilience and helping attitude. The present study therefore aimed at exploring how gratitude and helping attitude contributed in building resilience among young adults as well as to explore whether any gender differences played a role in the process of resilience building.

METHODOLOGY

The primary objective of the present paper was to analyze the relationship between positive emotions of gratitude, helping attitude (Altruism) and resilience. Furthermore, examining whether the presence of gratitude and helping attitude predict resilient behaviour along with

Pathways to Resilience: Does Gratitude and Helping Attitude Pave the Way?

gender differences. It was therefore hypothesised that there will be a relationship between gratitude, helping attitude and resilience. It was also hypothesized that a significant gender difference would exist between the constructs. Furthermore, gratitude and helping attitude would emerge as a predictor of resilience.

Sample

The sample comprised of 120 participants (N=120, Females=60, Males=60) in the age range of 18-25 years residing in urban areas of Delhi, NCR.

Measure

Gratitude Questionnaire (McCullough, Emmons & Tsang, 2002). To measure the gratitude that individuals experienced the Gratitude Questionnaire was used. The GQ-6 is a short, self – report measure of the disposition to experience gratitude. In this 6 item questionnaire, each item is answered on a 7 point Likert scale ranging from 1 (Strongly disagree) to 7 (Strongly disagree). Higher scores on GQ-6 signify higher levels of grateful disposition. Two items are reverse- scored to inhibit response bias.

Helping Attitude Scale (Nickell, 1998). Helping attitude was measured using the Helping Attitude Scale (Nickell, 1998). This is a 20 item self-report measure that taps beliefs, feelings, and behaviours associated with helping. Each item is answered on a 5-point Likert scale, ranging from 1 (strongly disagree) to 5 (strongly agree).

Connor-Davidson Resilience Scale (CD-RISC) (2003). Resilience of young adults was measured through the CD-RISC. Connor-Davidson Resilience Scale (CD-RISC) is a self-report measure which consists of 25-item on a 5-point Likert scale (1 = not true at all, 4 = true nearly all of the time). The total score range from 0 to 100 whereby higher scores reflect higher levels of resilience.

Procedure

Convenience based sampling was adopted for data collection. The respondents were asked to rate the given statements. They were requested not to take a lot of time while answering the statements, and were assured that there were no right or wrong responses to the statements. Scoring for all the measures were carried out as per the instructions.

Data Analysis

The data was analyzed by the means of Pearson's Product Moment Correlation, t-test and Linear Regression Model using SPSS.

RESULTS

Table 1 Mean (M), Standard Deviation (SD) and t value for males and females on the measures of Gratitude, Helping Attitude and Resilience (N= 120, df = 118)

Variables	M		SD		t
	Males	Females	Males	Females	
Resilience	68.42	68.58	14.16	14.18	.82
Gratitude	31.30	30.48	5.35	5.45	1.25
Helping Attitude	76.95	79.03	9.64	8.44	.06

Pathways to Resilience: Does Gratitude and Helping Attitude Pave the Way?

Women ($M = 68.58$, $SD = 14.18$) reported significantly higher levels of resilience than men ($M = 68.42$, $SD = .14.16$), $t = .82$, $p < .05$. On the dimension of Gratitude men ($M=31.30$, $SD= 5.35$) were reported to be significantly higher than women ($M= 30.48$, $SD= 5.45$), $t= 1.25$, $p<.05$. Women ($M= 79.03$, $SD= 8.44$) reported significantly higher levels of helping attitude than men ($M = 76.95$, $SD = .9.64$), $t = .06$, $p < .05$.

Table 2 Pearson's Product Moment Correlation Coefficients for Resilience, Gratitude and Helping Attitude.

	1	2	3
Resilience	_____		
Gratitude	.504**	_____	
Helping Attitude	.549**	.475**	_____

** $p < 0.01$

Resilience and Gratitude and Resilience and Helping Attitude revealed a positively significant correlation, $r = .504$, $r = .549$ respectively. Gratitude and Helping Attitude also revealed a positive significant correlation, $r = .475$.

Table 3 Summary of Linear Regression Analyses for Gratitude and Helping Attitude predicting Resilience (N = 120).

Variables	Resilience		
	B	SE B	β
Gratitude	1.084	.225	.415
Helping Attitude	.414	.134	.267
R ²		.354	
F		32.07**	

Linear regression analysis was used to test if the presence of gratitude and helping attitude significantly predicted participants' ratings of resilience. The results of the regression analysis indicated the two predictors explained 35.4% of the variance ($R^2 = .354$, $F(2,117) = 32.07$, $p < .000$). It was found that gratitude ($\beta = .41$, $p = .000$) was illustrating higher relative importance in predicting resilience compared to helping attitude ($\beta = .26$, $p = .002$).

DISCUSSION

The primary objective of the present study was to explore the role of gratitude and helping attitude in building resilience, exploring whether gender difference plays a role in this equation. To understand the relationship between these variables, it was hypothesised that there will be a relationship between gratitude, helping attitude and resilience. It was also hypothesized that a significant gender difference would exist between the constructs. It was also hypothesised that gratitude and helping attitude would emerge as a predictor of resilience.

Statistical analysis of the data obtained revealed that a significant positive correlation exists between the constructs of gratitude, helping attitude and resilience. Researchers in the past

Pathways to Resilience: Does Gratitude and Helping Attitude Pave the Way?

have noted that gratitude has ‘happiness bestowing properties’ (Emmons & McCullough, 2003). According to Fredrickson’s (2001) broaden-and-build theory, positive emotional states such as those generated while engaging in acts of gratitude help in expanding the horizons of an individual’s thought and attention. Fredrickson (2004) stated that the emotion of gratitude expands through the acts of reciprocity which helps in building enduring personal resources (e.g. psychosocial, spiritual, and physical skills) of the individual, leading to an enhanced well being. Watkins (2004) proposed that counting positive events in life as blessings can help in counteracting the routine negative thoughts. An attitude of gratitude can serve as a strong tool for coping, by helping the individual to recollect pleasant and happy memories that lead to a shift in attention from an attitude of deprivation and lack to appreciation and gratefulness. Wood, Joseph, and Linley (2007) suggested a coping mechanism that was at work, which led grateful people to respond to a stressful situation in broadly three ways: proactive seeking of social and emotional support, approaching rather than avoiding the problem via active coping, managing and benefit finding and engaging in solution finding and adaptive behaviour. These strategies were said to moderate the relationship between gratitude and stress thereby helping in building resilience.

Study by Ong, Bergeman, Bisconti, and Wallace (2006) that investigated the relationship between resilience and positive emotions, found that harbouring positive emotions can act as a protective factor when dealing with stressful situations. Positive emotions are more often identified among individuals with higher resilience than individuals who score low on resilience. Individuals who present with lower level of resilience tend to experience greater difficulties in regulating negative emotions when faced with stress. Research findings by Wood, Maltby, Gillett, Linley, and Joseph (2008) depicted that participants who exhibited higher level of gratitude also scored high on perceived social support, lower level of stress and depression. The findings suggested that gratitude plays a role in fostering resilience at a period of life transition.

McCullough, Kilpatrick, Emmons and Larson, 2001 found that individuals who experienced gratitude habitually were also likely to engage in higher pro-social and altruistic behaviours. Engaging in altruistic and compassionate behaviour not only aids in enhancement of the individual’s well being but also helps in alleviating the suffering of others and promote resilient behaviour. Higgins (1994) documented this quality of compassion and altruism in most of her participants who were rated as resilient adults, they learned not only to love others but also helped them to alleviate their sufferings — in spite of the trauma, abuse and deprivation they had experienced in their childhoods. Staub and Vollhardt (2008) examined case studies of individual’s victimization and trauma breeding prosocial behaviour. This act of engaging in prosocial acts led to the promotion of trauma recovery, post-traumatic growth and resilience. A helping attitude also acts as a buffer against stress as it tends to generate positive emotions in turn leading to enhanced ability to cope in the face of stress and adversity.

Pathways to Resilience: Does Gratitude and Helping Attitude Pave the Way?

The hypothesis stating that a significant gender difference would exist between the constructs of resilience, gratitude and helping attitude was accepted. Statistical analysis of data revealed that women displayed higher scores of resilience as compared to men. These findings are in line with the findings of the past researches that suggest that gender plays a significant role in determining coping mechanisms, thereby impacting the level of resilience. Whereas males are inclined to employ externalized coping strategies such as acting on the situation, distraction from the given situation and positive instructions (Hampel & Petermann, 2006); females tend to rely on social support and social recourses as coping strategies and therefore emerged to be more resilient than males (Frydenberg & Lewis, 1993; Hampel & Petermann, 2005).

Findings of the present study indicated that males were higher on the disposition to experience gratitude. This result was in contrast to the results of the earlier studies. Gratitude although is seen as a positive emotion, it has been at times associated with feelings of dependency among some people (Solomon, 1995). Previous researches indicate that men tend to consider the expression of gratitude as markers of vulnerability. Consequently men gravitate towards adopting an avoidance orientation preferring to mask it rather than expression it. Women in contrast tend to be more attuned to emotions and aim at creating and sustain meaningful relationships. Gender roles and the difference in power status between two genders contribute to the emergence of these gender differences. Women are known to be more verbal and facially expressive about their emotions, men on the other hand believe in expression emotion through behaviour and actions. Urbanization however has led to lowering of these differences in gender roles resulting in a society where males tend to be equally comfortable in expressing their emotions. This was modeled in the data of the present study as well.

Data of the present study also revealed that women scored higher on helping attitude as compared to men. Helping attitude like gratitude is also governed by the interplay of gender roles. The genetically encoded evolutionary model of behaviour (Wilson, 1978) suggests that women are genetically primed to exhibit altruism more readily within significant relationships, whereas men tend to believe in contributing towards the social unit as a whole. Wilson draws parallels between “hard-core” altruism with “soft-core” altruism, proposing that the former comes into play in interactions with close kin and relatives and looses out on intensity as relationship becomes distant. The latter type of altruism tends to be selfish and more centred around the reciprocal benefits that can be derived. Female gender role also includes expectations that encourage certain forms of helping behaviour which underlie altruism (J. A. Piliavin & Unger, 1985; Staub, 1978). Resaerchers also argue that women are inclined to be more empathetic and sympathetic than men (Feshbach, 1982; Hoffman, 1977). The male gender role on the other hand, encourages heroism in actions which tend to take place only in rare and extreme situations. Therefore, women tend to be higher in the spirit of extending help to others. This also leads to strengthening of their social relationships and networks which can act as buffer in face of stress.

Pathways to Resilience: Does Gratitude and Helping Attitude Pave the Way?

The hypothesis that gratitude and helping attitude would emerge as the predictors of resilience was proved. More specifically, statistical analysis revealed that gratitude emerged as a stronger predictor of resilience than helping attitude. These findings are also supported by the research carried out in the past. Ong et al., (2006) proposed that positive emotions play an important role in cultivating people's ability to deal with stressors in life and individuals high on resilient behaviour and tend to frequently display positive emotions. Therefore, gratitude acts as a positive emotion and serves as a protective factor thereby empowering the individual to adapt and thrive under adverse circumstances. Broaden-and-Build Theory purports that positive emotions experienced by people at the times of stress expand the horizons of people's creativity thereby helping them build effective coping strategies that enable them to bounce back from negative events in their life (Tugade & Fredrickson, 2004). In addition to building a personal reservoir of coping resources gratitude also helps in broadening the mindset enabling better solution finding in times of difficulty. The attitude of gratitude inspires the individual to count his blessings and thereby helps in shifting focus from negative thought patterns to positive more fulfilling thoughts. Study by Wood et al., (2007) validates this theory by positing that gratitude was associated with a number of other positive coping strategies such as seeking emotional social support etc. Gratitude then emerges as an important predictor of resilient behaviour.

CONCLUSION

Living a satisfied and content life requires not just material wealth but also psychological health and well being. Fostering healthy coping mechanisms is one way of ensuring that the individual's functioning is strengthened. Positive emotionality plays an important role in building healthy coping styles. Gratitude and helping attitude forms a part of positive emotions that can significantly aid in developing resilient behaviour in individuals. These help in bolstering social relationships and networks which in turn act as protective factors when dealing with adverse situations. The present study brings forth the gender differences that exist in the way these emotions are exhibited as well as the extent to which the positive emotions of gratitude and helping attitude predict resilience in an individual.

However, the findings of the present study should be viewed within certain limitations. Exclusive use of self reports measures meant that the information elicited was not as deep as that when measures like interview, observation etc are used. The data is also prone to be influenced by the mood of the participant while responding to the questionnaire. Age was not taken as a criterion for the present study, which could also reveal important information in terms of developmental differences of these emotions. Lack of control over other external variables that might effect the scores of participants on the various constructs can also be a possible limitation of the study.

Implications for Future Research

Current findings that suggest enhancing gratitude and helping attitude among young adults to promote resilient behaviour can contribute in developing resilience intervention programs. Psychological interventions implementing the same can be introduced at various stages of the

Pathways to Resilience: Does Gratitude and Helping Attitude Pave the Way?

individual's life thereby laying a strong groundwork for building a more resilient being. Effectiveness of implementing such interventions can also be examined with the intent to see their contribution in building resilient.

REFERENCE

- Ablon, S. L., Brown, D. P., Khantzian, E. J., & Mack, J. E. (Eds.). (2013). *Human feelings: Explorations in affect development and meaning*. Routledge
- Algoe, S., & Haidt, J. (2004). Witnessing excellence in action: The “other-praising” emotions of elevation, gratitude, and admiration. Unpublished manuscript, University of Virginia, Charlottesville.
- Amato, J. A. (1982). *Guilt and gratitude: A study of the origins of contemporary conscience*. Westport, CT: Greenwood Press.
- Anderson, N. B. (2003). *Emotional longevity: What really determines how long you live*. New York: Viking.
- Batson, C. D., Ahmad, N., & Lishner, D. A. (2009). Empathy and altruism. In S.J.Lopez and C.R.Snyder(Eds.), *Oxford Handbook of Positive Psychology* (pp.417-426). New York: Oxford University Press
- Blum, R.W. (1998). Healthy youth development as a model for youth health promotion: A review. *Journal of Adolescent Health, 22*, 368-375.
- Brunier, G., Graydon, J., Rothman, B., Sherman, C., & Liadsky, R. (2002). The psychological well-being of renal peer support volunteers. *Journal of Advanced Nursing, 38*(1), 40-49.
- Chen, L. H., & Wu, C. H. (2014). Gratitude enhances change in athletes' self-esteem: The moderating role of trust in coach. *Journal of Applied Sport Psychology, 26*(3), 349-362.
- Cialdini, R. B., Schaller, M., Houlihan, D., Arps, K., Fultz, J., & Beaman, A. L. (1987). Empathy-based helping: Is it selflessly or selfishly motivated?. *Journal of personality and social psychology, 52*(4), 749-758.
- Cicero, M.T. (1851). *The orations of Marcus Tullius Cicero, Vol. III* (C.D. Younge, Trans.). London: George Bell & Sons.
- Compas, B. E., Banez, G. A., Malcarne, V., & Worsham, N. (1991). Perceived control and coping with stress: A developmental perspective. *Journal of Social Issues, 47*(4), 23-34.
- Connor, K.M., Davidson, J.R.T. (2003), Development of a new resilience scale: The Connor-Davidson resilience scale (CD-RISC). *Depression and Anxiety, 18*, 76-82
- Damon, W. (2008). *The path to purpose: Helping our children find their calling in life*. New York: The Free Press.
- Durkheim, E. (1951). *Suicide*. New York: Free Press.
- Emmons, R. A. (2007). *Thanks!: How the new science of gratitude can make you happier*. Houghton Mifflin Harcourt.
- Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology, 84*(2), 311-389.

Pathways to Resilience: Does Gratitude and Helping Attitude Pave the Way?

- Emmons, R.A., & McCullough, M.E. (2004). *The psychology of gratitude*. New York: Oxford University Press.
- Fleming, C. B., Kim, H., Harachi, T. W., & Catalano, R. F. (2002). Family processes for children in early elementary school as predictors of smoking initiation. *Journal of Adolescent Health, 30*(3), 184-189.
- Fredrickson, B. L. (2001). The role of positive emotions in positive psychology: The broaden-and-build theory of positive emotions. *American Psychologist, 56*, 218–226.
- Fredrickson, B. L. (2004). Gratitude (like other positive emotions) broadens and builds. In R. A. Emmons, & M. E. McCullough (Eds.), *The psychology of gratitude* (pp. 145- 166). New York, NY: Oxford University Press.
- Frydenberg, E., & Lewis, R. (1993). Boys play sport and girls turn to others: age, gender and ethnicity as determinants of coping *Journal of Adolescence 16*(3), 253-266.
- Hampel, P., & Petermann, F. (2005). Age and Gender Effects on Coping in Children and Adolescents. *Journal of Youth and Adolescence, 34*(2), 73–83.
- Hampel, P., & Petermann, F. (2006). Perceived stress, coping, and adjustment in adolescents. *Journal of Adolescent Health, 38*, 409-415.
- Higgins, G. O. C. (1994). *Resilient adults: Overcoming a cruel past*. Jossey-Bass.
- House, J. S., Landis, K. R., & Umberson, D. (2003). Social relationships and health. In P. Salovey, A. J. Rothman (Eds.), *Social Psychology of Health* (pp. 218–226). New York, NY, US: Psychology Press.
- Kashdan, T. B., Mishra, A., Breen, W. E., & Froh, J. J. (2009). Gender differences in gratitude: Examining appraisals, narratives, the willingness to express emotions, and changes in psychological needs. *Journal of personality, 77*(3), 691-730.
- Keyes, C. L. M. (1998). Social well-being. *Social Psychology Quarterly, 61*, 121–140.
- Konrath, S., Fuhrel-Forbis, A., Lou, A., & Brown, S. (2012). Motives for volunteering are associated with mortality risk in older adults. *Health Psychology, 31*, 87–96.
- Leontopoulou, S. (2010). An exploratory study of altruism in Greek children :relations with empathy ,resilience and classroom climate. *Psychology 1*, 377–385.
- Lisa A. Williams, Monica Y. Bartlett (2014). Warm Thanks: Gratitude Expression Facilitates Social Affiliation in New Relationships via Perceived Warmth. *Emotion*. DOI: 10.1037/emo0000017
- Luthar, S. S., Cicchetti, D., & Becker, B. (2000). The construct of resilience: A critical evaluation and guidelines for future work. *Child development, 71*(3), 543-562.
- Masten, A. S., & Coatsworth, J. D. (1998). The development of competence in favourable and unfavourable environments: Lessons from successful children. *American Psychologist, 53*, 205-220.
- Masten, A., Best, K., & Garmezy, N. (1990). Resilience and development: Contributions from the study of children who overcome adversity. *Development and Psychopathology, 2*, 425-444.
- McCullough, M. E., Emmons, R. A., & Tsang, J. (2002). The grateful disposition: A conceptual and empirical topography. *Journal of Personality and Social Psychology, 82*, 112-127.

Pathways to Resilience: Does Gratitude and Helping Attitude Pave the Way?

- McCullough, M. E., Kilpatrick, S., Emmons, R. A., & Larson, D. (2001). Is gratitude a moral affect? *Psychological Bulletin*, 127, 249-266.
- McCullough, M.E., & Tsang, J. (2004). Parent of the virtues? The prosocial contours of gratitude. In R.A. Emmons & M.E. McCullough (Eds.), *The psychology of gratitude* (pp. 123–141). New York: Oxford University Press.
- McCullough, M.E., Kilpatrick, S.D., Emmons, R.A., & Larson, D.B. (2001). Is gratitude a moral affect? *Psychological Bulletin*, 127, 249–266.
- Nickell, G.(1998). The Helping Attitudes Scale. Paper presented at 106th Annual Convention of the American Psychological Association at San Francisco, August, 1998.
- Niederhoffer, K. G., & Pennebaker, J. W. (2002). Sharing one's story: On the benefits of writing or talking about emotional experience. In C. R. Snyder & S. J. Lopez (Eds.), *Handbook of positive psychology* (pp. 573–583). New York: Oxford University Press.
- Olsson, C.A., Bond, L., Burns, J.M., Vella-Brodrick, D.A., & Sawyer, S.M. (2003). Adolescent resilience: A concept analysis. *Journal of Adolescence*, 26, 1-11.
- Ong, A. D., Bergeman, C. S., Bisconti, T. L., & Wallace, K. A. (2006). Psychological resilience, positive emotions, and successful adaptation to stress in later life. *Journal of Personality and Social Psychology*, 91(4), 730-749.
- Schwartz, C. E., & Sendor, R. M. (1999). Helping others helps oneself: response shift effects in peer support. *Social science & medicine*, 48(11), 1563-1575.
- Siri,K. (2009). Picture quotes. Retrieved from <http://izquotes.com/quote/295381>
- Solomon, R. C. (1995). The cross-cultural comparison of emotion. In J. Marks & R. T. Ames (Eds.), *Emotions in Asian thought* (pp. 253–294). Albany: State University of New York Press.
- Staub, E., & Vollhardt, J. (2008). Altruism born of suffering: the roots of caring and helping after victimization and other trauma. *American Journal of Orthopsychiatry*, 78(3), 267-280.
- Tugade, M. M., & Fredrickson, B. L. (2004). Resilient individuals use positive emotions to bounce back from negative emotional experiences. *Journal of Personality and Social Psychology*, 86(2), 320-333.
- Waters, E., and Sroufe, L.A. (1983). Social competence as a developmental construct, *Developmental Review*, 3,779 – 797.
- Watkins, P. C. (2004). Gratitude and subjective well-being. In R. A. Emmons & M. E. McCullough (Eds.), *The Psychology of Gratitude* (pp.167-192). New York: Oxford University Press.
- Werner, E. E. (1992). The children of Kauai: Resiliency and recovery in adolescence and adulthood. *Journal of Adolescent Health*, 13(4), 262-268.
- Werner, E., and Smith, R. (1987). *Vulnerable but Invincible: A Longitudinal Study of Resilient Children and Youth*. New York: Adams, Bannister and Cox.
- Wilson, E.O. (1978). *On Human Nature*. Massachusetts: Harvard University Press.
- Wood, A. M., Joseph, S., & Linley, P. A. (2007). Coping style as a psychological resource of grateful people. *Journal of Social and Clinical Psychology*, 26, 1108-1125.

Pathways to Resilience: Does Gratitude and Helping Attitude Pave the Way?

Wood, A. M., Maltby, J., Gillett, R., Linley, P. A., & Joseph, S. (2008). The role of gratitude in the development of social support, stress, and depression: Two longitudinal studies. *Journal of Research in Personality*, 42, 854-871.

Acknowledgements

The author profoundly appreciates all the people who have successfully contributed in ensuring this paper is in place. Their contributions are acknowledged however their names cannot be able to be mentioned.

Conflict of Interest

The authors colorfully declare this paper to bear not conflict of interests

How to cite this article: Ahuja, S (2018). Pathways to Resilience: Does Gratitude and Helping Attitude Pave the Way? *International Journal of Indian Psychology*, 6(3), 116-128. DIP:18.01.093/20180603, DOI:10.25215/0603.093