

Relationship of Gratitude and Emotional Intelligence with Happiness among Adolescents

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ABSTRACT

The present study investigates the relationship of happiness with gratitude and emotional intelligence among adolescents. A total of 100 school going students (50 males and 50 females) within the age group of 13-19 years participated in the study. The participants were assessed with the help of self-report questionnaire the scales employed were Oxford Happiness Questionnaire (Hills and Argyle ,2002), GQ-6 questionnaire (McCullough, Emmons & Tsang ,2002) and Emotional quotient test (Dr Dalip Singh & Dr NK Chadha). Different statistical tools like Descriptive statistics (mean, median, standard deviation), correlation and T-test were utilized to ascertain the outcomes. The analysis shows that there is a significant relationship of happiness with gratitude and emotional intelligence. Furthermore, it also revealed that there is also a significant relation between gratitude and emotional intelligence. However, no gender differences on happiness, gratitude and emotional intelligence among adolescents was found. At last, it would be concluded that the conduction of the survey and the calculated results of the participants has clearly stated that gratitude, happiness, emotions plays an immense significant role in an individual's well-being. Happiness has been moved closer in positive brain research having main principles which involves happiness an overall assessment of life and every one of its features; a memory of previous energetic encounters; a gathering of various excited reactions transversely after some time.

Keywords: *Happiness, Gratitude, Emotional Intelligence, Adolescents*

Individuals are social species and they strive for interpersonal social connection with the environment. If they perceive themselves that they are connected and associated with the environmental factors it determines a stable and a better living, and if not, the outcomes can be unstable and uncertain. Adolescent stage have been considered as a transition period it has been defined as a drastic shift where physical, emotional, social, psychological changes are taking place. people who get adjusted and adapts to the environment have less problems while people who do not get adjusted and adapts well to the environmental demands are more likely to be stressed characterized by an intensive and uplifted periods of disturbance where various kinds of issues and problems are inevitable.(Arnett,1999).Lot of researches have focused on studying the problems and issues faced by the teenagers but

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Relationship of Gratitude and Emotional Intelligence with Happiness among Adolescents

there have been very less researches done concerning the positive aspects of the adolescents life such as happiness, gratitude , emotional stability so it is imperative to consider happiness and prosperity in teenagers since studies and surveys show that teenagers who have lower levels of life satisfactions were bound to create externalizing conduct and issues within the sight of disturbing life occasions than people with better than expected life satisfaction . WHO has characterized Well-being as an integration of deep psychical, natural phenomenal and sociable prosperity Furthermore, neither only the nonappearance attributed to ailments, well-being incorporates every one of the parts of physical mental, socio-cultural condition of being. Mental health manages one's state of emotional and psychological well-being. It is the ability of a person to live an autonomous life and maintain satisfactory relationships. It is important to maintain a good mental health as it helps to frame congruity and solid associations with others and take an interest or contribute constructively to changes in our physical and social conditions. The Worldwide Report on Happiness is a milestone overview of the condition of Global happiness that positions one hundred and fifty-six nations by how upbeat their natives see one-selves to be while focusing on seven varied variables .The Report of the year 2019 worldwide happiness centers around association of nation and happiness that is in what ways happiness has developed in the course of recent years and previous ones, with an emphasis on the advancements, social standards, clashes and government approaches that have driven those progressions. The country which has ranked the first position for two consecutive year's in the worldwide report of happiness is FINLAND. (Pullella, Philip (March 14, 2018). Surprisingly India's rank in the world happiness scale is 140 in 2019 which is very low and is declining year by year. There are many questions in everyone's mind why is this why India is lagging this much behind? As there is no doubt that India is growing and developing at a rapid rate in various areas but still scoring so low. Can positive emotions predict one's happiness? To understand this it is important to understand what happiness is what are the internal and external factors and how does they affect or predicts happiness. Happiness is a subjective term it varies from person to person and situation to situation. It plays a very vital role and have a huge effect on the way we live our life. According to the Oxford English Dictionary Definition of happiness it is a feeling or exhibiting contentment and pleasure. Happiness is a state and not an attribute it is not permanent it is a changeable state. Happiness can be because of internal or external factors. Internal factors may include positive emotions, life satisfaction, self-esteem optimism, forgiveness resilience and many other while external factors may include rewards, praise, paying gratitude, social relationships and more of materialistic things. All these elements can add to an upbeat life, yet research has discovered that great social relationships are a fundamental ingredient Waldinger & Schulz (2010). According to research done in past happiness has been moved closer in positive brain research having main principles which involves happiness an overall assessment of life and every one of its features; a memory of previous energetic encounters; a gathering of various excited reactions transversely after some time. There are various hypotheses of happiness yet when all is said in done it falls in the classification of two sorts initially is the HEDONIC bliss is delight conceptualized as experiencing more joy and less torment; it is made out of a passionate fragment (high constructive outcome and low negative impact) and an intellectual part (fulfillment with one self); whereas in EUDAIMONIC it is a result of reaching to and achieving the objective or motivation or purpose behind one's life.

REVIEW OF LITERATURE

Abdollahi, A., Hosseinian, S., Panahipour, H., Najafi, M., & Soheili, F. (2019). Happiness assumes a key job in affecting performance of the teenagers in different settings. The present examination was intended to research the connections between emotional intelligence,

Relationship of Gratitude and Emotional Intelligence with Happiness among Adolescents

perfectionism and happiness and to test the directing job of emotional intelligence in the connection among happiness and perfectionism among Malaysian young people. The members were 412 Malaysian secondary school understudies from Selangor, every one of whom finished self-report polls. Auxiliary condition displaying (SEM) was utilized to look at whether understudies with significant levels of individual guidelines hair splitting, low degrees of evaluative concerns compulsiveness, and elevated levels of emotional intelligence revealed more elevated levels of happiness. Multigroup examinations indicated that emotional intelligence rose as a huge arbitrator in the connection between evaluative concerns perfectionism and happiness. These discoveries feature the significance of emotional intelligence in relieving the staggering impacts of evaluative concerns perfection on happiness.

Andrea M. Hussong, Hillary A. Langley, Taylor E. Thomas, Jennifer L. Coffman, Amy G. Halberstadt, Philip R. Costanzo & William A. Rothenberg (2019) Gratitude is a rich socioemotional build that rises over advancement starting in youth. Existing proportions of kids' gratitude as an attribute or conduct might be constrained on the grounds that they don't catch various parts of gratitude minutes (for example mindfulness, considerations, sentiments, and activities) and the way that these aspects show up in youngsters. The present investigation assesses a battery of new measures evaluating kids' gratitude to address these impediments. Parent-kid dyads (N = 101; kids matured 6–9) finished a lab-based evaluation followed by a 7- day online parental journal and 18-month follow-up study. Notwithstanding recently created proportions of kids' gratitude, the battery included markers of focalized, simultaneous, unique, and prescient legitimacy. Results show the multifaceted nature of gratitude as a build and the relative advantages and breaking points of different appraisal modalities. Suggestions for the estimation of kids' gratitude and recommendations for future research on the improvement of gratitude are talked about.

Charlotte vanOyen Witvliet, Fallon J. Richie, Lindsey M. Root Luna & Daryl R. Van Tongeren (2019) Gratitude is the valuation for a blessing got; happiness is the satisfaction in a present decent; and expectation is the longing for an esteemed future. Two examinations researched gratitude as an indicator of expectation and happiness. In Study 1, various leveled relapses (N = 181) uncovered that quality gratitude surpassed different builds (forgiveness, tolerance, discretion) in foreseeing attribute expectation and happiness. In Study 2, we tentatively tried the effect of a gratitude-related composing mediation on state expectation and happiness. Members (N = 153) first expounded on a current, important, sought after result and finished state expectation and happiness measures. Members were arbitrarily relegated to either (a) appreciatively recollect a past expectation that had been satisfied or (b) a control condition. The appreciative recollecting condition (versus control) incited noteworthy increments in state expectation and happiness, complimenting appreciative recollecting as a training that can reinforce present happiness and trust later on. Cubero et.al (2019) there investigation intended to look at the adequacy of three separate qualities training-based intercessions which incorporated positive qualities – thankfulness, relish experiences and positivity in older adults. It included one hundred and twenty-four people. PANAS, scale for Depression, satisfaction in one's own life and a scale for anxiety were used. The result showed that qualities related to positivity were increased when training was provided for thankfulness and relishing, and deducting the unfavourable negativity, while preparing in Other variable hopefulness did not made variation in the factors.

Relationship of Gratitude and Emotional Intelligence with Happiness among Adolescents

Devi and Sandhyarani (2019) they both conducted a study on the relationship between three trends of happiness and well-being. The focus was to find happiness among three age groups i.e. late adolescents, young & elder adults so to understand the relationship of three trends in the context of India through examining happiness among them it studied the critical difference on happiness across age groups. Furthermore, the relationship between socio-demographic and happiness and the effect of socio demographic on happiness were determined. The study also explored gender differences. Results showed that there is vital role on happiness across the 3 groups on each happiness measures; older age group reported highest happiness score than young adults and late adolescents, young adults reported higher happiness than late adolescents. Thereby confirming that older individuals are happier than younger individuals who are in support of linear relationship between age and happiness.

Hamid Reza & Mikaeili, Niloofar & Aghajani , Seyfollah (2019). Sexual enslavement is a developing concern known as a genuine issue. The present investigation was led to decide the connection between happiness, perceived social help and confidence with sexual fixation among couples in Ardabil city. The examination depended on an illustrative correlational strategy. Its factual populace comprised of all couples in Ardabil city in 2016. An aggregate of 110 individuals (55 wedded life partners) were chosen as the factual example utilizing the comfort testing. To gather information, the Oxford happiness scale, saw social help scale, confidence scale and sexual dependence scale were utilized. Research information were investigated utilizing Independent t test, Pearson connection coefficient and different relapse. Results: The examination results demonstrated no huge distinction in sexual compulsion of people Also, there was a critical connection between happiness, perceived social help, confidence and sexual habit in couples. The outcomes demonstrated that happiness, perceived social help and confidence could foresee the sexual enslavement of couples .It can be presumed that happiness, perceived social help and confidence could diminish the sexual compulsion in couples.

Navarro, Beatriz et.al, (2019) the principle target was to assess results in ability of EI crosswise over various phases development of adult, considering symptoms of depression Gender, and level of education. For this purpose, 166 people were selected. To measure performance based EI MSCEIT Mayer-Salovey Emotional intelligence test and to explore the symptoms of depression (CES-D) Centre for the study of epidemiology depression was used. The results indicated that high scores of young people, participants and women on MSCEIT were related with a high level of education. It also directed that effect of interaction among symptoms of depression and age reflected that participants age groups of 18-30 & 31-60.

Punam Tiwari (2019) The research aimed to see the effect of environmental setting (rural/urban areas) and sex (boys/girls) and various grade levels on emotional intelligence. They focused on social, academic achievements and emotional competence. For this purpose two hundred forty participants from sixth, eight, and tenth class students were selected from both the areas. The outcomes unequivocally show that the impacts of environmental setting on EI and on its different related socio economics factors, decides the resulting execution of the subjects. The findings indicated that it may be affirmed that the capacity of emotional and social capability and the emotional availability isn't just controlled by the capacity to comprehend and see feelings and perceiving effectively yet in addition by the environmental wealth and age level/class level of the subjects. Moreover, in perspective on the exploration it can likewise be stated that academic accomplishments of the subjects are not just the result

Relationship of Gratitude and Emotional Intelligence with Happiness among Adolescents

of his/her general explicit insight, yet to the more noteworthy degree it is controlled by the experiential foundation, eco-social contrasts and skill level.

Rachel Gottlieb, Jeffrey Froh. (2019). Gratitude is significant for social and enthusiastic wellbeing. Research recommends that there is a connection among encountering and offering thanks and happiness. The point of this article is to audit ebb, review and flow look into in regards to gratitude advancement and happiness, immature gratitude improvement, and to examine future proposals. This part additionally talks about an investigation looking at pre - adult points of view on the importance of being appreciative. To get youthful points of view on the importance of being appreciative, teenagers (N = 1,098) composed papers portraying what being grateful intended to them. Topical examination was utilized to recognize and investigate subjects inside the expositions. Percentiles were determined for the most intermittent subjects across papers (Appreciation = 54.07%, Family = 31.42%, Positive Emotions = 28.81%, Assistance/Support from Others = 25.99%, Friendship = 21.18%, and Downward Comparison = 16.60%). Understanding gratitude advancement in young people can help in making viable mediations, possibly expanding youthful prosperity and happiness.

Rachel Baumsteiger, Susan Mangan, Kendall Cotton Bronk & Giacomo Bono (2019) Developing proof shows that rehearsing gratitude adds to prosperity. The objective of this examination was to build up a complete, successful intercession for advancing gratitude among youths and youthful grown-ups (ages 16–30). Discoveries from trial information demonstrate that three existing gratitude exercises (three beneficial things, advantage examinations, and a gratitude letter) encouraged remarkable features of gratitude (Study 1). A consolidated mediation improved gratitude, trust, and prosocial aims among youthful grown-ups (Study 2) and teenagers (Study 3). This work expands the writing by giving experimental proof on how advantage evaluation impact grown-ups, uncovering the remarkable impacts of existing gratitude exercises, and demonstrating that an integrative mediation is viable for the two teenagers and youthful grown-ups. Besides, the subsequent intercession is generally short and can be actualized on the web or face to face, which could encourage far reaching spread. Suggestions and bearings for future research are examined.

Abiodun, Erhabor and Tema (2018) the focus was to check out the indicators in students of first year on how EI influences on mental health for which 300 students were taken. The Subjects completed measurements on dimensions of EI and indicators of well-being. The students with high scores on dimensions of emotionality EI or well-being measurements will generally be higher in functioning socially; whereas those with high score in EI dimension generally report less symptoms of depression and somatic, respectively. Findings revealed that interaction of EI dimension sociability and well-being leads to lessen the symptoms of depression, while the interaction of emotionality, well-being. EI dimensions reduce depression as well as anxiety. The results confirmed that dimensions of EI have a significant effect for the mental health of university students of first year.

Agnes, Carles et.al (2018) the aim of this study was to investigate the connection among positive effect, emotional intelligence, VIA's characters strength and virtues. 419 undergraduate Spanish students were assessed on different measures that would investigate subject's level of virtue is will be influenced by emotional intelligence. They completed Spanish version of PANAS, emotional intelligence (TMMS). Results indicated that TMMS scale is positively related with each of the virtues and strength. These outcomes bolster the

Relationship of Gratitude and Emotional Intelligence with Happiness among Adolescents

connection between Emotional Intelligence and character strength, and also significance of relationship in positive affect.

Geng (2018) examined the relation among gratitude, EQ and subjective wellbeing for this purpose 365 undergraduates students from university were selected as a sample. The findings of the model structural equation indicated that emotional intelligence is positively related with gratitude and subjective well-being, also that gratitude is significantly positively related with subjective well-being, also gratitude involves the significant connection between EQ and subjective wellbeing. Bootstrap test outcomes likewise uncovered that emotional intelligence has a huge indirect impact on subjective well-being through gratitude. Jiawen, Ye; Liu, Eet.alssss (2018) researched on the successive intervening impacts of provided and received social help in relation between subjective happiness and trait emotional intelligence. For this purpose, 214 undergraduates students were selected. The results found that in the first trial the measure of trait emotional intelligence indirectly affected the level of subjective happiness in trial 2 with a sequential way of supporting socially given to others in trial 1 and received social support from others in trial 2 this highlighted the significance of emotional intelligence trait furthermore, equal trades of social help in the subjective well-being of undergraduates students.

Kugbeyet.al (2018) the researchers wanted to analyse the relation of emotional intelligence and personal growth initiative with the subjective level of happiness. The study was conducted on two hundred and sixty university students of Ghana. They reacted on the measures of personal growth, emotional intelligence and subjective happiness. Demographic characteristics were controlled and the hierarchical regression analysis was done. The findings signified that personal growth domain of intentional behaviour and emotional intelligence predicts the subjective happiness level of students. The results also implied that the ability of a student to manage and utilise their emotions and the personal growth fundamentally contributed to their level of happiness.

Maryam asl., Parvin Sarbakhsh., Hossein Dadashzadeh., Christoph Augner., Asghar Mohammadpoorasl., et.al., (2018) , The study was done to see whether there is a connection of smoking and hookah with happiness among the teenagers. For this students of class 10 th were in Tabriz were selected. The participants were selected on the basis of selective sampling. The results demonstrated that there was no significant connection of happiness with the status of smoking in teenagers. The outcomes demonstrate that 5.9% and 5.0% of understudies were customary cigarette smoker and normal hookah smoker, separately. Subsequent to controlling of potential confounders, the outcomes demonstrated that higher score of happiness secure understudies against being in cutting edge phases of cigarette smoking. However, there was a sign of satisfaction with smoking cigarettes.

Sukkyung you et.al (2018) conducted a study which examined the relation among thankfulness and satisfaction in life and the interceding impact of support socially and difficulties of expressing feelings in the relationship. The study was done on 877 Korean adolescents. The examination's outcomes uncovered people encountering higher gratitude during adolescents expressed extreme sentiments in satisfaction of positivity in life. Moreover, support from society and difficulties in expressing feelings were found to intercede the connection among thankfulness and satisfaction in life. Results of the study also stated that students who were grateful and fulfilled in one's life experienced more support from the society were accessible to them and faced less difficulties in expressing

Relationship of Gratitude and Emotional Intelligence with Happiness among Adolescents

their feelings, and at the same time encountering more increase in life satisfaction. Sex contrasts were not found among them.

Anaghalavalekar & Shilpa salve (2017) The aim of this research was to grasp qualities about authenticity and gratitude that furnishes to emotional intelligence and whether there are any gender differences in the components that adds to EI. This study included 222 under graduated students. The subjects were administered on Gratitude, emotional intelligence and authenticity self-reports questionnaires. Results indicated that Gratitude and Authenticity was positively correlated to emotional intelligence and also EI was significantly impacted by the social appreciation a gratitude subscale in both males and females.

Richa, Nikhlesh & Ramya (2017) focused to examine the interconnection among EQ, performance based on academics and perceived stress. A longitudinal study was done where the medical students of 1st year participated. They were assessed SEIS and PSS. It was done at two different phases at first time before the Mid semester examination and second time before pre university examination. Regression analysis was used to investigate the relationship among the three. Results indicated that both were not related to academic performance, but at both the trial 1 & trial 2 PS significantly predicted SEIS. Thus, it can be concluded that students of medical will perceive less stress if they are high in trait emotional intelligence.

Szczygiel & Mikolajczak (2017) the researchers wanted to investigate whether dampening and the savouring of positive emotions arbitrate relationship among 2 components of SWB i.e. subjective happiness and life satisfaction and the traits of EI. 254 participants for sample were selected and completed the measures of the above-mentioned strategies. After analysing the data, it was found that strategies of dampening were negatively related to trait EI however trait EI was positively related with strategies of savouring and with SWB two components. In addition, strategies of savouring were connected positively to subjective happiness and life satisfaction in contrary strategies of dampening was negatively connected.

Bibi Ebadi and Hosseini, Ali Mohammad.,et.al (2016) The researchers were interested in understanding the relationship between happiness and spiritual health among medical students. For this data was collected from 550 medical students from two different university were selected the research was done using 2 questionnaires measuring spirituality and happiness. The result showed that there was a positive relation between happiness and spirituality of health among the students. There was a noteworthy connection between all the elements of spiritual well-being and happiness. The best relationship had a place with feeling and minimal connection to activity. Spiritual well-being and happiness in nursing students at the two colleges were better than expected. There was a huge contrast between spiritual well-being and students happiness among the two colleges. In conclusion, higher spiritual well-being expanded the level of happiness among students. Hence, wanting to advance spiritual strength of students to build their happiness is important.

Dharanderappa and Dr., Ningamma C. Betsur (2015) investigated The Relationship among Mental Health, emotional intelligence and academic achievement of secondary school students. The study aimed to assess the level of mental health, emotional intelligence and academic achievement of students studying in ninth class and also to investigate difference in academic achievement among boys and girls, government schools, private aided schools and private unaided schools. For this purpose, 1275 students of secondary school standard 9 were taken. The result indicated that there is a critical positive relationship between

Relationship of Gratitude and Emotional Intelligence with Happiness among Adolescents

emotional intelligence and academic achievement in class 9 th boys, girls, privately helped and privately un-supported schools.

Nirupama Bakhsh (2015) The investigator wanted to throw the light on relationship of emotional intelligence with personality and socially maturity among late adolescents. For this purpose , thousand adolescents participated and were administered on 16 pf scale and inventory of emotional intelligence. The results indicated that out of 16-character attributes, contemplated 12 were found as huge indicator of passionate knowledge, which is of hypothetical and handy significance. On these 12 source characteristics of character, the relationship among them and emotional intelligence score was discovered critical at .01 degree of significance. It is a land mark in itself in light of the fact that maybe no examination had before found such huge numbers of character qualities as huge determiner of EI. In this way, we may presume that due to the presence of certain character qualities a few people are more emotionally intelligent than others. The results also indicated that difference in the social maturity revealed difference in the emotional intelligence. People with above or average social maturity were aware of the correct behaviour and were more adaptive to the sociocultural situation.

L.X. hyet.al (2015) the researchers wanted to explore that in what ways spirituality, emotional intelligence and gratitude were linked to each other. So, for this purpose, 34 undergraduates were selected and firstly they were assessed on SHALOM, MASS, GQ-6, GRAT, SEIS TEIQUE -ASF, AVEI, WHO -5 and secondly SWLS which measured gratitude, EI, Spirituality and psychological well-being. They examined for mediation which found support for Steindi Rast (1984) who formulated an idea that the relationship between EI and spirituality is mediated by gratitude and lastly a gratitude intervention focusing mediation of EI between gratitude and spirituality. They made the second study on 252 Vietnamese students by translating into this language so as to cross-validate U.S findings. The results proved that the relationship between gratitude and spirituality is mediated by EI. Priti& Sanjay (2015) they both investigated relationship of self-confidence with the gratitude, emotional quotient and optimism among early adults. The sample included 200 students of post graduate from C.C.S. University. Results indicated in total groups of participants and gender a correlation significantly negative between self-confidence and emotional intelligence and optimism at .01 levels. The analysis of regression demonstrated that emotional intelligence and optimism were predictive factors of self-confidence of the sample of early adults.

Aranda.D, Extremera.N, Galan.C (2014) this study was based on the earlier findings which aimed at investigating the relationship between emotional intelligence and indicators of wellbeing like happiness and life satisfaction. The study was conducted on 264 students of health professions. The study also focused on analysing the mediator role of certain stress in relation to indicators between EI and well-being. The sample accomplished an emotional intelligence measure of ability. As the 12 weeks completed, subjects were asked to fill the questionnaires of satisfaction with life scale, perceived stress scale and perceived stress scale. The results found out that subjects who experienced less stress and have a high level of life satisfaction and happiness were high in EI, it also found that the perceived stress intervene the relation between the two indicators.

Dr Rana et.al (2014) to explore the contributions of forgiveness on happiness among adolescents. The study picked up two of the most leading educational institute which took 200 adolescent participants as the sample size for their study. The subjects completed a

Relationship of Gratitude and Emotional Intelligence with Happiness among Adolescents

survey which evaluated forgiveness (forgiveness of self, others, and situations) and happiness. The researchers came out with the results that forgiveness and its domains have significant contribution on happiness of the adolescents. It also indicated a significant role of age indicating that the younger adolescents were comparatively lower in forgiveness whereas older adolescents were found to be higher in forgiveness. The study suggested that in order to cultivate a healthy positive well-being both at personal and social level adolescents needs to be taught about the prosocial behaviour from childhood and adolescents

METHODOLOGY

Statement of the Problem

There have been several researches done on happiness and gratitude with adults and old aged people and mostly the researches mainly concerned associating happiness with using measures like depression, stress, life satisfaction among aged people. In spite of the fact that happiness, emotional intelligence and gratitude have been focused and researches have been done but with different variables they have rarely associated these three factors together. There have been very few studies done to examine the relationship of happiness with gratitude and emotional intelligence among adolescent and extremely less investigations have been led in India.

Aim: The present research aims to study the relationship of happiness with gratitude and emotional intelligence among adolescents.

Objectives

To assess the level of happiness

1. To determine the relationship of gender on happiness, gratitude, emotional intelligence among adolescents.
2. To study the relationship of happiness with gratitude and emotional intelligence among adolescents.
3. To study the relationship of gratitude with emotional intelligence among adolescents.

Hypothesis

1. There will be a significant gender difference on happiness, gratitude and emotional intelligence among adolescents.
2. There will be a significant relationship of happiness with gratitude and emotional intelligence among adolescents.
3. There will be a significant relationship of gratitude with emotional intelligence among adolescents.

Variables

Independent variable – emotional intelligence, gratitude and gender.

Dependent variable – happiness

Sample

The present study aimed to collect data from 100 adolescents 50 males and 50 females located in Delhi NCR region. The age range of the participants was 13-19. Purposive sampling was used as a sampling procedure.

Inclusion criteria -Adolescents falling within the age range of 13 to 19 years.

Exclusion criteria

- Adolescents with major physical and mental illness
- Exclusion of adults and old age people.

Description of the Tools

- 1. GRATITUDE QUESTIONNAIRE (GQ-6)** – The author of this tool is McCullough DESCRIPTION OF THE TOOLS 1. GRATITUDE QUESTIONNAIRE (GQ-6) – The author of this tool is McCullough M., E. The purpose of this tool is to evaluate to evaluate individual contrasts in the inclination to encounter appreciation in day-to-day life. It is a six item self-report measure Gratitude or Appreciation, can be defined as a different effect, possibly could exist as a full of feeling quality, a mind-set, or a feeling. It is a 7-point Likert rating scale ranging from 1- 7 from strongly disagree (1) to strongly agree (7). The scale consists of positive statements as well as negative (reversed score) statements. Where 3 and 6 item no. scoring are reversed. Firstly, item number 1, 2, 4 and 5 are calculated and item number 3 and 6 scoring is reversed. The minimum and maximum score ranges between 6 and 42. High score is interpreted as high gratitude and low score as low gratitude.
- 2. OXFORD HAPPINESS SCALE** – It was developed by Hills and argyle in 2002. It has 29 items with 17 positive and 12 negative statements item no. 1, 5,6 10, 13, 14, 19 23, 24, 27, 28 29 are reversed. The questionnaire is a six pointer Likert scale where 1- 6 where 1 is strongly disagree and 6 is strongly agree. For calculating the score, the first step is to reverse the marked items, second step is to calculate for all 29 questions including the reversed scoring that is done and the last step is to divide the total score by 29. The score ranges from 1- 6 where 1 implies very unhappy and 6 implies very happy. The OHQ proved to be a reliable ($\alpha = .91$).
- 3. EMOTIONAL QUOTIENT TEST** – The author of this tool are Dalip Singh & DR. NK Chadha. It consists of 22 situations each with 4 different options which measures the emotional responses of an individual under different conditions. The test has been standardized for adolescents and adults population. This EQ test has a test-retest and spilt-half reliability of 0.94 and 0.89 respectively and validity of 0.89. The scoring is done according to the responses each situation options have different scoring which is calculated. The range of the total score is from 110 – 440 where score from 311to 440 is considered as high extremely high EQ score from 271- 310 is scored as High EQ, Score from 201-270 is considered as moderate EQ , Score from 126-200 is considered low EQ and score below 125 is rejected.

Statistical Analysis

The data collected was scored according to the manual given than to conduct the analysis standard statistical procedure was used. Descriptive statistics (mean standard deviation) was used to determine the test significance of means of the variables in the study. Correlational Analysis was done to infer the connection between the factors and to see how one variable's impact on different factors. To determine the significance between the variables the analysis of variance was used. T-test was used to determine the differences of males and females on happiness, gratitude and Emotional intelligence.

RESULTS

The present study aims to investigate the relationship of happiness with gratitude emotional intelligence among adolescents. The sample of research was 100 with 50 males and 50 females. Various statistical tools like Descriptive statistics (mean, median, standard deviation), correlation and T-test were utilized to calculate the results. Hence, this part includes the results based on the hypothesis made before.

Hypothesis 1: There will be a significant gender difference on happiness, gratitude and emotional intelligence among adolescents.

Relationship of Gratitude and Emotional Intelligence with Happiness among Adolescents

Table: 4.1 It shows the Mean and SD and t score of the sample on happiness, gratitude and emotional intelligence of 100 subjects 50 males and 50 females.

Variables	MALES			FEMALES			T SCORE
	N	Mean	SD	N	Mean	SD	
Happiness	50	3.824	0.570	50	4.056	0.582	0.046
GQ	50	27.6	4.54	50	30.7	6.02	0.0045
EQ	50	320.58	48.24	50	342.6	27.10	0.005

In this table 4.1 T score of females and males on happiness, emotional intelligence and gratitude don't have much difference. Which shows that there is no significant gender difference on happiness, gratitude and emotional intelligence, so the hypothesis is **rejected**.

Hypothesis 2: There will be a significant relationship of happiness with gratitude and emotional intelligence among adolescents.

Hypothesis 3: There will be a significant relationship of gratitude with emotional intelligence among adolescents.

Table: 4.2 Correlation of happiness with gratitude and emotional intelligence among adolescents and correlation of gratitude with emotional intelligence

VARIABLES	HAPPINESS	EQ	GQ
HAPPINESS	1	.499**	.445**
GQ	.445**	.358**	1
EQ	.499**	1	.358

** Correlation is significant at the 0.01 level

Table: 4.2 The table shown above investigate the correlational framework between the variables of the study. A bivariate Pearson correlation was calculated. A bivariate Pearson connection was determined between happiness and emotional intelligence and gratitude. The results indicate that there is a significant correlation of happiness with gratitude and emotional intelligence and it also shows that gratitude and emotional intelligence are significantly correlated with each other. Therefore, the hypothesis is accepted.

DISCUSSION AND INTERPRETATION

DISCUSSION Until now varied and distinct kinds of studies have been done that have majorly focused on the clinical issues and problems that have been experienced by the individual like stress, depression, parent– child relationship issues and how it affects the well-being and happiness of the person but very little research have done on the positive aspect of life and how it embraces ones happiness. So, throwing a light of focus on the positive aspects of the life and how it effects happiness, this present study was conducted to examine *the Relationship of happiness with gratitude and emotional intelligence among adolescents*. But Firstly, we will talk about for our main purpose of choosing the adolescents samples as part of our survey research was the drastic transition which each one of us faces between the ages of (11-17years) in our lives. Not only the physical growth is involved, but also our cognition levels drift us to another stage, which work as driving force of our varied emotions and behaviors, not only with the people we live also our peers, friends, and social folks from we met up daily. So, this varied changes occurs in the life of a human being most predominantly at adolescent's stage (LyubomirskyS, King L, Diener E), where a completely bodily changes internal and external combines with emotions, behaviors and cognitions. Where an adolescents sometimes act impulsively, demand his/her privacy in life form

Relationship of Gratitude and Emotional Intelligence with Happiness among Adolescents

others, from his /her parents, some independence on his own, sometimes behaves logically and rationally, and other times behave immaturely, The age of the adolescents is a complete package of different mood swings (happy, sad, excited, anger, stubborn), cognitively impulsive and mature at the same time sometimes and also the actions which they lead. For choosing the adolescents as a sample for this research can help up to examine and understand the adolescents on varied dimensions and see towards a broader side. Let's, take a look towards some of the earlier studies which discuss on all these factors.

A study conducted by Abbas, Mansor and Seyedeh in (2015) explored *the relationship of depressive symptoms, emotional intelligence and happiness among the male students of Ira*. The results revealed that there was a significant relationship of emotional intelligence with happiness along with that it also showed that non depressive symptoms were the strong predictor of happiness. Positive psychology indicated that happiness is one of the major feature (Najemy RE, 2001). is perceived as a feeling; it is a psychological assessment of occasions with positive feeling related with three segments: limited frequencies of negative affect, reciprocated happenings of constructive outcome, and a significant level of life fulfilment (Diener ,E .,et.al 2009). In this manner, happiness incorporates the mental and emotional areas. It is one of the subjective persuasive constructs; in which positive internal experience and desire have a very significant aspect in mental and physical strength of teenagers by keeping them protected and away from the psychological and physiological disorders. (Ronen T, et.,al 2013).

Towards this modernization and emerging changes in one's temperament and personality somewhere the external and internal factors affect our subjective well-being. Happiness and emotions are something which are personal to every individual they do not remain the same happiness is not static or permanent so as the happiness is connected to various things which can be external or internal. The logical comprehension of the indicators of happiness has a significant impact on mental and physical well-being among adolescents. Studies have also shown that people whose emotional intelligence is high are bound to experience happiness, and also related fulfillment, life fulfillment, and mental and physical well-being(Murphy KT, 2006) Researches have found that those who are internally happy are healthier than those who are externally happy. Happiness and well-being are frequently characterized as inner emotions or condition of fulfillment and satisfaction. In addition, it somehow effects our happiness, emotional intelligence and gratitude towards ourselves as well as for others. Stress and Frustration are one of the most common cause of one's misery that directly or indirectly effects our happiness and others positive emotions and generates an imbalance between the intra personal and interpersonal relationships which also somewhere affecting our sense of gratitude within us. Appreciation is a tool for one's motivation to do better in life which enhances ones self-confidence, self-esteem and motivates to do to good things for one selves and for others.

A study was done which investigated the adolescent's perspective on being appreciative and appreciating others, thematic analysis was used which concluded that one who is able to understand the importance of being thankful will help in establishing an effective interventions, which will lead to the high level of happiness and well-being among teenagers.(Gottlieb.R, Froh.J 2019). Appreciation is likewise garbled with negative feelings and may even relieve the nearness of negative sentiments, for example, ravenousness, jealousy, or outrage (Lyubomirsky et al., 2005). Notwithstanding appreciation's constructive outcomes on positive feelings and abstract prosperity in grown-ups, look into has found that appreciation has a positive connection with wellbeing: the more prominent the appreciation,

Relationship of Gratitude and Emotional Intelligence with Happiness among Adolescents

the better the wellbeing (Singh, Khan, and Osmany, 2014). Clinical preliminaries propose that appreciation can bring down pulse and improve invulnerable capacities (Emmons, 2014; Emmons and Stern, 2013). Appreciation, along these lines, appears to profit individuals inwardly Psychologically, emotionally and socially. while a lot of studies have been done on gratitude among adults and old age population and very few researches have been done qualitatively on the young population more specifically the adolescent stage. Development of thankfulness among teenager has likewise been connected to prosocial conduct (Froh et al., 2009). An ongoing 4 - year longitudinal examination, comprising of 566 teenagers, was directed to look at whether appreciation was related with changes in social conduct (Bono, Froh, Disabato, Blalock, McKnight, and Bausert, 2017). Participants finished tests at 4-time focuses crossing 4 years (Bono et al., 2017). Subsequent to controlling for social attractive quality, age, financial status, and sex, the creators of the examination found that increments in appreciation after some time anticipated increments in pro-social conduct after some time and that increments in appreciation fundamentally anticipated reductions in antisocial conduct over time (Bono et al., 2017). Gratitude has been seen as one of the most grounded positive feelings and is frequently connected to happiness—a definitive condition of well-being that each person endeavors to seek after. This observation has made the word happiness very hard to characterize. Basically, it is only an emotional or mental state however the importance of happiness can enormously fluctuate upon the unique circumstance, circumstance, or even the force of the feeling which dynamically goes from quiet satisfaction to euphoric rapture. Moreover, subjective well-being is about an individual's transitory or long-term assessment of his life and the sentiments of delight, fulfillment and satisfaction that outcome from this assessment. As indicated by the Origins of Happiness report, taking out emotional well-being issues, for example, sadness and uneasiness would expand satisfaction by 20%, though dispensing with destitution would build bliss by just 5%. At the end of the day, handling psychological well-being issues would be multiple times more powerful at expanding happiness than reducing poverty. Emotion are responses to mental responses and states of expressive behavior. It is the fuel that allows to get something created therefore in order to create a positive environment to create positive feeling, thoughts emotions and perception as the way we think is the way we create the world in our mind the more positive thoughts the more positive world inside and outside and the more negative thoughts the more negative world is created in our mind .In order to enhance positivity positive prevention intervention can be done which objective is to cultivate the positive feelings, behaviors or cognitions also there are many other interventions which can be provided to enhance positive well-being among people .In studies it have been proved that emotional intelligence, happiness and gratitude affects subjective well-being ,life satisfaction and many other variables and are interlinked where increase or decrease of one of the factor could increase or decrease the other. It is very important to cultivate these positive emotions in order to lead a happy and healthy life.

The present research is focusing on **HAPPINESS** being a significant factor among adolescents as a whole and also when it is examined with the relationship of emotional intelligence and gratitude. The study also investigates the positive relation between the emotional intelligence and gratitude. And to put them into practical analysis we used Statistical Tools of t-test, and Correlation on the sample of 50 Males and 50 Females with the help of SELF-REPORT QUESTIONNAIRES namely: Oxford Happiness Questionnaire, GQ-6 questionnaire and Emotional quotient test. The scores were recorded on all three of the questionnaires separately for both the genders. When we follow the RESULT (TABLE 4.1), we examine THE MEAN, STANDARD DEVIATION AND t-SCORE of all three variables (Happiness, Gratitude and Emotional Intelligence) for 100 subjects (50 males, 50

Relationship of Gratitude and Emotional Intelligence with Happiness among Adolescents

females). The **MEAN SCORES on HAPPINESS** was scored to be **3.82 in (Males)** with the STANDARD DEVIATION of (0.57) and **4.05 in (Females)** with the STANDARD DEVIATION of (0.58). Stating that females are rather happy while males are somewhat happy or moderately happy.

The **t-Score** came out to be **0.046** which clearly shows that there is no significant differences between the means (at 0.05 level) of both the samples. Stating that both the genders have a moderate range of happiness, according to their average of their scores which lie somewhere close to each other's scores with not much variation in their levels. The **MEAN SCORES on GRATITUDE (GQ)** was scored to be **27.6 in (Males)** with the STANDARD DEVIATION of (4.54) and **30.7 in (Females)** with the STANDARD DEVIATION of (6.02). The t-Score was 0.0045 directing our scores on the line of no significant differences among the samples at (0.05 level) and also stating that the samples ranged below the 25th percentile because both the samples scored below the range of 35 out of 40, which means that the samples are in the bottom 1/4th of our sample of spirituality and health visitors in terms of gratitude. The **MEAN SCORES on EMOTIONAL INTELLIGENCE (EQ)** was scored to be **320.58 in (Males)** with the STANDARD DEVIATION of (48.24) and **342.6 in (Females)** with the STANDARD DEVIATION of (27.10). The t-Score came out to be 0.005 (at 0.05 level) it has been noted that the samples have certain differences among their scores of mean and varied standard deviation but still they lie in the same range of EQ i.e, have high level of emotional intelligence with the percentile of 90 and above, which lead to The measure of t-score with no significant differences between the subjects. Hence, this measures, shows that, null hypothesis is accepted. Now, Analysing to the **RESULT (TABLE 4.2)** of CORRELATION, states the relationship between all three variables with each other, as we can see that *all three variables when compared and correlated with each other show a marked positive relationship whether be it between happiness and GQ, happiness and EQ or EQ and GQ, all of them showed a strong positive correlation between among them, thereby stating that happiness leads to a positive effect on gratitude and emotional intelligence, hence, it shows that our Hypothesis is accepted which states about showing the significant relationship between the three variables.*

CONCLUSION

The present experimental research examined the Relationship of Happiness with Gratitude and Emotional intelligence among adolescents. The study included three psychological tests namely OXFORD HAPPINESS QUESTIONNAIRE, GRATITUDE SIX ITEM QUESTIONNAIRE (GQ-6) and EMOTIONAL QUOTIENT TEST. The present study findings illustrated that: The results shows that the adolescents have no significant gender difference on happiness, gratitude and emotional intelligence. It also revealed that the adolescents have a positive correlation of happiness with gratitude and emotional intelligence. The findings also shows that adolescents have positive correlation of gratitude with emotional intelligence. At last, it would be concluded that the conduction of the survey and the calculated results of the individuals has clearly stated that gratitude, happiness, emotions plays an immense significant role in an individual's well-being. There are many other researches as well which even proved that happiness, gratitude, emotional intelligence is important for an individual's mental and subjective well-being and also showed their connection with many other different variables. Happiness is an vital part of everyone's lives, an everyone own it, the matter of fact is that how and when the people value it, whether it is temporarily valued and other times just cribbing or crying or they make it an important part of their live, no matter whatever the situation is, they will face it with all the

Relationship of Gratitude and Emotional Intelligence with Happiness among Adolescents

courage and happiness, this is where their emotional intelligence and gratitude towards life and themselves works out to be at highest rate. So, this research somewhere guides us to keep a control on our happiness, the more you keep yourself happy, the more you will be emotionally stable in life and also will have a stronger resilient power approach towards dealing with life's tough dynamics.

Limitations

1. The major limitation was the sample size i.e., only 100 adolescents were selected for the study which is a smaller sample for psychometric evaluation.
2. Another limitation was that the research was done only on the educated school going students.
3. Other limitation was the age bar as this research focused on only adolescent age and not on young children or on the adult and old population the study was only limited to the adolescent age lying within the age range of 13-19.
4. The study examined happiness with only two positive variables – gratitude and emotional intelligence.

Further Recommendations

1. Recommendations for further research can be that the study can be done on a larger sample.
2. The research can be also done on other different segments of the society like on adults or on old age population.
3. Other variables like financial status, parental connection, and parent and child correspondence can likewise be considered
4. Gratitude interventions, display of emotions like expressive art therapy and various other positive interventions can be conducted on people to see how it increases the level of gratitude, emotional intelligence and happiness among individuals.

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Conflict of Interest

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