

Gratitude and Life Satisfaction among Young Adults

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ABSTRACT

The present research aims at understanding whether gratitude and life satisfaction are related in any way associated among adults. Very few studies are reported on gratitude and life satisfaction among young adults all over the world and especially during this COVID-19 pandemic understanding their life satisfaction and gratitude and exploring the relation among these variables are important. A correlational research design was used comprising a sample, selected through purposive techniques, of 110 participants between the age of 18 to 25, with 55 males and 55 females. The results showed a significant difference ($p < 0.01$) in gratitude and life satisfaction among males and females. On the measure of gratitude, the results suggested a higher gratitude level in women ($x = 32.09$) than in men ($x = 27.17$). However, on the measure of life satisfaction, results indicate a higher level of life satisfaction among men ($x = 27.57$) than women ($x = 24.617$). The findings revealed significant positive relationship ($p < 0.01$) between gratitude and life satisfaction among the population.

Keywords: *Gratitude, Life Satisfaction, Young Adults*

Historically, gratitude has been seen differently as a social and civic virtue, a motivator of kindness and both an emotional and cognitive reminder of the social need to respond (Emmons, McCullough, Tsang, 2003). But, from the point of view of psychology, and specifically to more recent Positive Psychology, Gratitude is progressively perceived to be more than an evolutionary adaption or technique for social exchange. Whether this conceptualization is valid but it has only been recently explored to prove it empirically (Emmons, McCullough and Tsang, 2004). As a concept gratitude has a wide and timeless appeal, one that is viewed as significant and valuable across cultures and in the Christian, Muslim, Jewish and Hindu customs (Dumas, Johnson and Lynch, 2002). Coming from the Latin 'Gratia', which means grateful and concerning to kindness and the magnificence of giving and accepting, Gratitude is the most well-known discrete positive effect, experienced by over 90% of adults (Chipperfield, Perry and Weiner, 2003). This shared trait doesn't reach out to the understanding of gratitude within psychology however, where it is differently set from the point of view of benefited provided, benefits received, a blend of these, as an emotion or dispositions. Likewise, appreciation begins from the affirmation of a positive result as being made by another, with conduct that was conscious, holds costs for them and incentive for the beneficiary (Emmons and McCullough, 2003).

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While the impacts of gratitude as such and obligation can be difficult to recognize however, researcher has demonstrated that even when pointing or highlighting some given help as a source of gratitude, and distinguishing reciprocity norms, the experience of gratitude was still shown to elicit more assistance for a stranger, which demonstrates that these norms were not the reason for offering help. The reason for this being that emotions have been shown as continuing starting with one setting then onto the next, influencing behaviour and decision making for as long as they last (Petty, Desteno and Rucker, 2001). Thus, it tends to be seen that gratitude explicitly, instead of social norms or a broadly positive state mediate helping (Bartlett and DeSteno, 2005). Arguably that, gratitude is as much a moral emotion as a much as a dispositional propensity, on the premise that it is a functional acknowledgment of the impact of social support.

Being Grateful could enhance the tendency to live a meaningful life and has been connected with the purpose of life (Wood et al. 2009; Froh and Bono 2008). Most likely this is because maintaining a grateful life orienting can increase appreciation towards one's presence (Ryff and Singer 1998). Gratitude, as a life orientation, additionally associate to meaning in life from an intellectual or cognitive perspective (Ho et al. 2010; Bering 2003). Since gratitude includes an examination of positive things that people have, and meaning in life incorporates an assessment of how significant one's presence is, at that point it is conceivable that they are connected. These assumptions highlight the probability that a grateful orientation leads to an increased realization of how significant and meaningful one's life is. Furthermore, both gratitude and meaning in life have reliably been discovered to be significant determinants of wellbeing (Datu 2014; Steger et al. 2006). Grateful people appear to encounter happiness more than depressive people (Krause 2009).

From a positive psychology viewpoint nonetheless, the attention is on gratitude regarding optimal functioning, of wellbeing and satisfaction with life. Discoveries across the writing exhibit appreciation to be both a mediator and capacity of these, appreciation being contrastingly associated with each. Gratitude can also be viewed as a prosocial behaviour, as far as advantages given and received, which results from and stimulate moral behaviour. All the more explicitly, gratitude acts as a 'moral barometer', motive and reinforcer (McCullough, Kilpatrick, Emmons and Larson, 2001). Specifically, that from recipients regarding benefactors as agents of wellbeing, the recipient is motivated to behave likewise or similarly. Moral reinforcer and future considerate reaction, at that point originates from the expression of recipient gratitude. Considered in this way, gratitude may be viewed as the enactment of social norms or mere self-preservation, not least since ungrateful is almost universally derided and would discourage similar behaviour in future (Emmons and Shelton, 2002). Additionally, it is possible the experience of gratitude is aligned with a consciousness of what is owed as a consequence, and it is this that drove the grateful behavior, instead of a feeling of gratitude.

Briana L. Robustelli and Mark A. Whisman, (2016) directed a study on whether gratitude and life satisfaction in the United States and Japan. There was critical positive bivariate relationship among gratitude and every one of the four proportions of life satisfaction. Likewise, subsequent to changing for socioeconomics, neuroticism, extraversion, and different proportions of satisfaction, appreciation was particularly and emphatically connected with satisfaction with connections and life by and large however not with satisfaction with work or wellbeing. Besides, results showed that ladies and people who were more extraverted and lived in the United States were more appreciative and people with not exactly a secondary school degree were less thankful. The discoveries from this

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investigation propose that appreciation is interestingly connected with explicit areas of life satisfaction. Results are examined regarding future exploration and the plan and execution of appreciation mediations, especially while including people from various societies.

Life satisfaction research has been led from social pointers, emotional prosperity, promoting, and personal satisfaction viewpoints (Lent, 2004; Sirgy et al., 2006). Our point of view has been most affected by crafted by Diener and associates (Diener, 1984; Diener, Suh, Lucas, and Smith, 1999) in their bigger investigation of abstract prosperity. This viewpoint conceptualizes life satisfaction as an "intellectual critical cycle in which people survey the nature of their lives based on their own interesting arrangement of standards" (Pavot and Diener, 1993, p. 164). These psychological decisions are generally autonomous from a person's quicker full of feeling (enthusiastic) translation of an occasion. Since people are probably going to contrast on the principles, they use to decide the level of their life satisfaction (e.g., relative significance of financial assets, social assets, actual wellbeing), such decisions are frequently estimated utilizing worldwide things (e.g., "the states of my life are fantastic") instead of space explicit things. By and by, it is perceived that surveying life spaces is all the more intently attached to solid encounters, and yields one-of-a-kind changes that isn't represented by evaluating worldwide fulfilment alone (Biswas-Diener, Vitterso, and Diener, 2005; Chen, 2003). Thus, quantifies that survey fulfilments inside specific spaces have additionally been investigated 28 • Shannon M. Suldo, E. Scott Huebner, Allison A. Friedrich, and Rich Gilman (Cummins, 1996). At all occasions, life fulfilment reports are accepted to rise above transitory enthusiastic encounters inside and across life circumstances and are in this way viewed as more steady than affective states while evaluating life quality after some time (Kim-Prieto, Diener, Tamir, Scollon, and Diener, 2005; Pavot and Diener, 1993).

Life Satisfaction (LS) is the manner by which individuals show their feelings, sentiments (states of mind) and how they feel about their headings and choices for what's to come. It is a proportion of prosperity evaluated regarding disposition, fulfilment with connections, accomplished objectives, self-ideas, and self-saw capacity to adapt to one's everyday life. Life fulfilment or Life Satisfaction includes an ideal demeanour towards one's life instead of an appraisal of current sentiments. Life fulfilment has been estimated comparable to financial standing, level of training, encounters, living arrangement, among numerous other topics. It is how much an individual decidedly assesses the general nature of his/her life in general. As it were, how much the individual likes the existence he/she leads". Life fulfilment is a key piece of emotional prosperity.

Yanhui Xiang and Rong Yuan, (2020) led an examination on why people with high dispositional gratitude tend to experience high life satisfaction. This investigation contemplates the connection between dispositional gratitude and life satisfaction among 991 Chinese students. The results uncovered that benign envy, malicious envy and mindfulness were mediators between dispositional gratitude and life satisfactions.

Sun and Kong in 2013 investigated the affective mediators of the influence of gratitude on life satisfaction in late adolescence. 300 and 54 Chinese college understudies were approached and investigated. Underlying condition demonstrating investigations upheld completely middle people of positive effect and pessimistic effect of the relationship among appreciation and life satisfaction. Besides, a multi-bunch examination found that females with low negative influence scores were bound to get more prominent life satisfaction than guys, while guys with high gratitude scores were bound to get more sure effect than females.

METHODOLOGY

The research on gratitude and life satisfaction among young adults is a correlational study. It is a quantitative study that establishes the relationship between the variables in the study

Aim

The aim of the present research was to study whether there is a relationship between gratitude and life satisfaction in males and females among adults.

Hypotheses

H₀1. There would be a significant relationship between gratitude and life satisfaction.

H₀2. There is no significant difference in gratitude between males and females.

H₀3. There is no significant difference in life satisfaction between males and females.

Sample

The participant population for this research were adults in the age range of 18 to 25 years. The sample size consists of 110 adults with 55 males and 55 females. The sample was collected via online mode with the help of google form. The method of sampling used in this research was convenient sampling.

Tools used

Gratitude Questionnaire: Gratitude Questionnaire-Six-Item Form (GQ-6) was developed by McCullough, Emmons, & Tsang. (2002). Respondents endorse each item on a 7-point Likert-type scale (where 1 = strongly disagree and 7 = strongly agree). Gratitude, like other affects, conceivably could exist as an affective trait, a mood, or an emotion. The article associated with this paper is concerned primarily with gratitude as an affective trait that we call the grateful disposition or disposition toward gratitude. The GQ-6 has good internal reliability, with alphas between 0.82 and 0.87.

Life Satisfaction: Satisfaction with Life Scale was developed by Diener, Emmons, Larsen, & Griffin. (1985). The Satisfaction with Life Scale (SWLS) is designed to measure global cognitive judgments of satisfaction with one's life. The Satisfaction with Life Scale (SWLS) is a short 5-item instrument designed to measure global cognitive judgments of satisfaction with one's life. Each question is rated on a seven-point scale from strongly disagree to strongly agree. It has been translated into over 20 languages; the reliability showed good internal consistency ($\alpha = 0.74$).

RESULTS AND DISCUSSION

The aim of the present research was to study whether there is a relationship between gratitude and life satisfaction in males and females among adults. Keeping in view the objectives of the research, to study the correlation and significant difference in variables depending on gender, data was analysed by descriptive and inferential statistical techniques.

Table 1 Mean and standard deviation of gratitude and life satisfaction

	Mean (x)	Std. Deviation (SD)
Gratitude	29.67	6.040
Life Satisfaction	23.12	6.422

The table describes the mean and standard deviation gratitude and life satisfaction. There were two variables taken that are gratitude and life satisfaction. The mean of gratitude and

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life satisfaction was 29.67 and 23.12 respectively. The standard deviation of gratitude and life satisfaction are 6.040 and 6.422 respectively.

Table 2 Pearson correlation of gratitude and life satisfaction

		Gratitude	Life Satisfaction
Gratitude	Correlation coefficient	1	.366**
	p- value		.001
Life Satisfaction	Correlation coefficient	.366**	1
	p- value	.001	

***. Correlation is significant at the 0.01 level (2-tailed).*

The correlation between the variables, gratitude and life satisfaction were calculated. Table 2 indicates the Pearson's correlation result and it shows that there is a low positive correlation between gratitude and life satisfaction ($r = .366$) with a p value of .001 ($p < .01$). Hence it is found that there is a significant relationship between gratitude and life satisfaction.

Table 3 Independent t-test results of gratitude and life satisfaction

	Gender	N	x	SD	t-value	p-value
Gratitude	Male	55	27.17	6.182	4.662	.001
	Female	55	32.09	4.833		
Life satisfaction	Male	55	21.57	7.027	2.537	.01
	Female	55	24.61	5.436		

The table shows that the mean value of gratitude for females and males are 32.09 and 27.17 respectively. The t value obtained to find the significant difference between the two groups on gratitude is 4.66, with p value .001 ($p < .01$). This clearly shows that there is a significant difference in gratitude between males and females. Hence, it is found that there is a significant difference in gratitude based on gender. Similarly, a study conducted by Sun and Kong, (2013) led an investigation on 300 and 54 Chinese college understudies were approached to direct the gratitude questionnaire, the positive and negative affect schedule, and the satisfaction with life scale. Underlying condition demonstrating investigations upheld completely middle people of positive effect and pessimistic effect of the relationship among gratitude and life satisfaction. The findings also suggested that females use gratitude strategies more than males.

The table shows that the mean value of life satisfaction for females and males are 24.61 and 21.57 respectively. The t value obtained to find the significant difference between the two groups on life satisfaction is 2.53, with p value .01 ($p < .01$). This clearly shows that there is a significant difference in life satisfaction between males and females. Hence, it is found that there is a significant difference in life satisfaction based on gender.

CONCLUSION

The aim of the present research was to study whether there is a relationship between gratitude and life satisfaction in males and females among adults. Gender differences were analysed on the measures of gratitude and life satisfaction. It also identified the relation among the measures of gratitude and life satisfaction among male participants as well as female participants.

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The results showed that there is significant difference in gratitude and life satisfaction in males and females. However, On the measure of Gratitude, male and female participants significantly differ as the t- value is -4.662 is significant at .01 level of significance, which indicated higher mean score of female students (M= 32.09) than males (M= 27.17) and On the measure of Life Satisfaction, male and female participants significantly differ as the t- value is 2.537 is significant at .01 level of significance, which indicated higher mean score of male students (M= 27.57) than females (M= 24.617).The findings revealed significant positive relationship between gratitude and life satisfaction in total sample. The Co-relation differences on different variables between male and female participants was also drawn ($p \leq 0.01$), ($r = .366^*$). In Life Satisfaction there is a significant difference between males and females, it was found that males have higher life satisfaction than females. In Gratitude there is a significant difference between males and females, it was found that females have higher gratitude than males.

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Conflict of Interest

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