

Females are Higher at Gratitude Than Males

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ABSTRACT

Following research is conducted to study gender differences in gratitude. Gratitude as a research topic for psychology is relatively new, hence there are many aspects of it are still needs to be study more. One of it is gender difference. The main purpose of this research will be studying gender differences in gratitude especially in Indian context. There are research which suggests that females are higher at gratitude than males. But most of these researches are not from India. There are very few researches done on this topic in India. That is why researcher choose this topic to see whether it is true in case of India? The research design would be experimental research design because it is comparison between two groups; those are males and females. Samples will belongs to age of 19 to 60. For measuring the gratitude within these two groups researcher would use Gratitude Resentment and Appreciation Test. For analyzing data t-test will be used. The Data is analyzed by using IBM SPSS statistics software version 22 and after getting the data it is understood that there is no significant difference between gender in gratitude as both groups are equal at it.

Keywords: *Gratitude, Indian origin, gender differences*

Have you ever read the well-known quote given by Henry Ward Beecher that “Gratitude is the fairest blossom which springs from the soul” or another quote by Amy Collette is that “Gratitude is a powerful catalyst for happiness. It’s the spark that lights a fire of joy in your soul”. Don’t these quotes beautifully explain the importance of gratitude through example in very simple language? These quotes tells that how gratitude can make our soul happy or how it plays important role in our lives. But for reading it seems very nice but have you ever been grateful to someone genuinely in recent times? In fact How often do you appreciate what you have? The answer would be some of the people might appreciate it sometimes but many of the people would not appreciate what they have or may be very rarely. If you think that appreciating is a big thing to do in day-to-day life then leave it a side for a moment and think about the next question which is Do you remember the last time when you say thank you or expressed your gratitude towards your loved one’s? How often do you say Thank You to your mother for remembering and cooking your favorite meal and for your father as he is always ready to fulfill your demands, for giving best possible education and how often you say thank you to your friends and siblings with whom you share your secrets. Have you thought about it before if not then you can start thinking

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Females are Higher at Gratitude Than Males

about is now because Better late than never. There is very nice quote by Melody Beattie that beautifully explains gratitude's importance or benefits in just a single line which is as follows: 'Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.

The researchers think the two words Thank You has very deep meaning. Researcher thinks that appreciating what we have is very important in our life and it's nothing but being grateful. By being grateful we can make our and others life better and happier. But here comes the understanding of individual of the term gratitude. There might be instinctive understanding in people but can be surprisingly different and difficult to define. What do you think is gratitude? Is it an emotion? A virtue? A behavior. Indeed, gratitude can mean different things to different people in different contexts or situations. So, as we will move ahead in this research we will know how different psychologists have define gratitude in their own words.

This research is about measuring gratitude in the people. The purpose of the research was to study gender differences in gratitude in population which has Indian origin. Also, Gratitude is not researched a lot in psychology in Indian context but mostly researched in western context hence researcher decided to study the gender differences in gratitude in this research. Along with this the awareness about gratitude is not high as it should be ideally in the society. Hence researcher decided to compare gratitude in males and females. That is why researcher took samples from 19 to 60 age group as in this age group all people undergoes through various psychological, emotional and physical changes.

History or background of gratitude

Background of the term Gratitude

Word Gratitude comes from the Latin word 'Gratus' which means pleasing; welcome agreeable. According to American Psychological Association Gratitude means a sense of thankfulness and happiness in response to receiving a gift, either a tangible benefit given by someone or a fortunate happenstance. In the Oxford dictionary gratitude is defined as the feeling of being grateful and wanting to express your thanks.

The systematic study of this term named Gratitude in psychology began in the year 1998 when Martin Seligman introduced a new branch of psychology Positive psychology which mainly focuses on reinforcing positive traits. Within psychology the study of gratitude includes state gratitude which means understanding of the short-term experience of the emotion of gratitude. Example: when someone gives you a gift and then you say thank you to that person and express your gratitude towards that person. Another one is individual differences in how frequently people feel gratitude is trait gratitude and the relationship between these two along with the therapeutic benefits of gratitude were included in that study.

Then One of the earliest conceptualizations was done by McCullough, Kilpatrick, Emmons and Larsson (2001) who considered gratitude a moral distinct from other moral emotions, such as guilt and empathy. Gratitude appears to be universal both across languages and culture and, according to McCullough, Kimrldorf and Cohen (2008), it's likely that Gratitude evolved to facilitate or appreciate social exchange. Gratitude arises when an individual (beneficiary) perceives that other person (benefactor) or source has intentionally acted to improve the beneficiary's wellbeing (Fredrickson,2004) In positive psychology, gratitude is the human way of acknowledging the good things of life. Psychologist have

Females are Higher at Gratitude Than Males

defined gratitude as a positive emotional response that we perceive on giving or receiving a benefit from someone (Emmons & McCullough, 2004)

Gratitude is a genuine and deep, true appreciation of a benefit one has received. Gratitude consists of two unique parts: the perception that one has received a positive outcome and the perception that this positive outcome is due to the intentional actions of another. (Peterson & Seligman, 2004; Emmons & McCullough, 2003). To know more about gratitude Robert Emmons offers his psychological research definition on the topic gratitude- has been conceptualized as an emotion, a virtue, a moral sentiment, a motive, a coping response, a skill, and an attitude. In a study investigating the daily emotional experiences of adults with neuromuscular diseases, McCullough, Tsang, and Emmons (2004) found a significant relationship between mean levels of gratitude in individuals' daily mood and levels of depression. The scientific definition of gratitude as a positive emotional reaction in response to the receipt of a gift from someone.

Some of the philosophers and religious leaders described gratitude as 'social glue' that fortifies relationships between friends, family and romantic partners and serves the backbone of human society. Also, according to Cicero, "Gratitude is not only the greatest of the virtues but the parent of all others". Because many studies have shown correlation between gratitude and increased well-being.

Gratitude and it's types

After that there is a evidence that gratitude can be thought of as an emotional experience with three hierarchical levels – affective trait, mood and emotion. Gratitude in these 3 levels can influence one another. Stable predisposition towards toward certain types of emotional responding this is defined as affective trait by psychologist Erika Rosenberg in 1998. Therefore, some people may have a more grateful disposition. When we try to Know more about Mood, Rosenberg, ' wax and wane, fluctuating throughout or across days'. And emotions are more short-term reactions to particular event. These might be situational like for example after receiving beautiful gift or a surprise on birthday we feel grateful. A study of this hierarchical model of gratitude concluded that "grateful moods are created both top-down effects and interaction of these effects. (McCullough, Tsang & Emmons, 2004). Top effects mean the effects of personality and affective traits and bottom effect means effects of discrete interpersonal and emotional episodes. In this study it is found that grateful moods set the stage for more frequent and pervasive grateful emotions, yet people having more trait gratitude were more resistant to fluctuations in their daily grateful moods or emotions caused by particular situation or event. The trait gratitude is also known as dispositions gratitude. Dispositional gratitude is described as a tendency to feel grateful that lasts1 from time to time and in various situations. (Fleeson, 2001; Peterson & Seligman, 2004). It is also defined as a tendency to be aware and respond with a sense of gratitude for the good of others experiences and the positive outcomes one gets. Then when it comes to emotions gratitude itself is a emotion which makes person happier.

Gratitude and individual factors

The previous researches found the link in variety of factors including cognitive factors, personality factors, gender to individual's likelihood of experiencing gratitude. Some studies have shown results that gratitude is correlated positively and significantly with extraversion, openness to experience, agreeableness and conscientiousness but gratitude is negatively and significantly correlated with neuroticism. Other study says that a person with a more grateful Personality may be more prone to feel grateful in a particular scenario than would a person

Females are Higher at Gratitude Than Males

with a less grateful personality (Wood, Maltby, Stewart, Linley, & Joseph, 2008). Then the cognitive factors also can influence how much gratitude a person feels in the specific situation. Some studies have also found females feeling more gratitude than males. At least in United States may be more likely to associate gratitude with weakness or indebtedness. Also, some of the studies reported envy, narcissism and materialism as barriers to gratitude.

Other studies have identified additional factors that can shape how we perceive acts of Generosity for example – one Study found that the amount of gratitude that a person felt following a particular hypothetical favor or gift depended on how that favor or gift compared to previous hypothetical help given By other friends (Wood, Brown, & Maltby, 2011) , and another study found that people felt (and expressed) more gratitude when someone was unexpectedly generous (Smith, Pedersen, Forster, McCullough, & Lieberman, 2017).some studies have found that people feel less gratitude when benefits feel expected or obligatory— as they often do coming From a sibling or other close relative (Bar-Tal et al., 1977)

Gratitude and other emotions

Many studies have studied the relationship between gratitude and other emotions. Studies have found that people feel significantly more grateful when they know a helper has benevolent intentions than when a favor is given due to ulterior motives (Tsang, 2006b) [146], and a recipient's gratitude decreases and indebtedness increases when their benefactor expresses a greater expectation of repayment (Watkins, Scheer, Ovnicek, & Kolts, 2006). Also, very self-focused people tend to experience more indebtedness and less gratitude. Other interesting studies attempted to distinguish gratitude from other positive emotions like elevation which is define as a emotion that one feels when witnessing moral actions. The work of Sara Algoe and Jonathan Haidt suggests that the three “other-praising emotions “ 1.elevation, 2.gratitude, and 3.admiration can be separated based on the outcomes that these emotions motivate: “elevation (a response to moral excellence) motivates prosocial and affiliative behavior, gratitude motivates improved relationships with benefactors, and admiration motivates self-improvement” (Algoe & Haidt, 2009). Gratitude is also sometimes combined with appreciation. One of the study defines appreciation As “acknowledging the value and meaning of something an event, a person, a behavior, an object and feeling a positive emotional connection to it” and treats gratitude as one of eight key facets of appreciation: “The gratitude aspect of appreciation refers to noticing and acknowledging a benefit that has been received, whether from another person or deity, and feeling thankful for the efforts, sacrifices, and actions of an ‘other’” (Adler & Fagley, 2005) Another study found that appreciation “made a significant unique contribution to life satisfaction” after controlling for both other personality factors and trait gratitude, a result that suggests appreciation may be worthy of further consideration in its own right, independent of gratitude. However, yet another study found that people's levels of appreciation and their dispositional gratitude levels are highly correlated with one another; this result suggests that appreciation and gratitude may be too interrelated to be considered separate traits (Wood, Maltby, Stewart, & Joseph, 2008)

Gratitude and Cultivating other emotions

Some studies suggest that gratitude May be associated with other virtues, including patience, humility, and wisdom. Also there are benefits of gratitude to children and adolescents. One study asked participants to make a series of Choices between receiving smaller amounts of cash immediately and larger amounts one week to six months later. Participants with higher trait gratitude were more likely to wait and take the Larger amounts, suggesting that

Females are Higher at Gratitude Than Males

gratitude may reduce impatience (DeSteno, Li, Dickens, & Lerner, 2014) [41]. In a more recent study, participants' daily levels of gratitude were significantly associated with patience in a similar money task, and when the researchers induced more Gratitude in the participants, their patience also increased (Dickens & DeSteno, 2016). One study found that people who wrote letters expressing gratitude to a significant person in Their life displayed more humility than did those who completed a different activity that didn't foster gratitude.

In another study it is found that wisdom Was positively correlated with four measures of gratitude (simple appreciation, sense of abundance, frequency of gratitude, appreciation of others) (König & Glück,2014). Gratitude may have wideranging positive effects for children and adolescents. Studies have found that more grateful adolescents and college students are more interested in school, perform Better academically, have better interpersonal relationships, and are happier with their school experience (M. Ma, Kibler, & Sly, 2013). Gratitude may also make children prosocial.

Gratitude and brain

Some of the neuroimaging studies have said that there are some areas of brain are involved in experiencing and expressing gratitude. One functional magnetic resonance imaging (fMIR) study found that experiencing different emotions involved in maintaining social values ,such as pride and gratitude ,activated areas in the mesolimbic and basal foreboding ,regions involved in feelings of reward and the formation of social bond .(Zahn et al.,2009) A follow up study found that people who more readily experience gratitude have more gray matter in their right inferior temporal cortex an area previously linked to interpreting other people's intentions (Zahn, Garrido, Moll & Grafman,2014)

Gratitude and genes:

Genetics may explain why some people have higher at dispositional gratitude than others. In one study Twins filled out a survey (Values in Action) in which they rated the extent to which they felt they exemplified 24 character strength.(Steger, Hicks, kashdan & Bouchard,2007) Some similar twin studies results have identified the genetic components of psychological traits ,the strength of the correlation in self-reported gratitude was greater among identical twins who are essentially genetically identical than among fraternal twins who share 50 percent of their DNA suggesting that there may be a genetic component to gratitude. Another study found that a particular variation in the CD38 gene, which is involved in the secretion of oxytocin was significantly associated with the quality and frequency of expressions of gratitude toward partner in laboratory and also in day to day life. (Algoe & Way,2013). Results of this study suggest that oxytocin, a hormone implicated in social bonding may also be involved in the feelings of gratitude.

Gratitude and its benefits

Feeling gratitude and not expressing it is like wrapping a present and not giving it.” – William Arthur Ward. This quote tells us that just being grateful is not enough but expressing it is also important. By expressing our gratitude, we can receive many benefits which includes some benefits regarding physical health, well being etc. Evidence that a grateful disposition is associated with better health. A 1995 study found that when participants felt appreciation, an emotion related to gratitude, their heart rate variability, an indicator of good heart health, improved (McCraty, Atkinson, & Tiller, 1995).Another study of people with heart failure found that people with higher dispositional gratitude reported better sleep, less fatigue, and lower levels of cellular inflammation (Mills et al., 2015) [31], and a study of patients who had a heart attack or chest pain found that patients who had

Females are Higher at Gratitude Than Males

higher levels of optimism and gratitude two weeks after their cardiac event also reported Greater improvements in emotional well-being six months later (Millstein et al., 2016). A longitudinal study called the Gratitude Research in Acute Coronary Events (GRACE) study found that higher levels of trait gratitude and optimism were associated with biomarkers indicating less inflammation and improved blood vessel function two weeks, though not six Months, after patients were hospitalized for chest pain or a heart attack (Celano et al., 2016). There is also evidence which proves that gratitude interventions may improve physical health. After physical health when we came to overall well being then there is evidence that a grateful disposition is associated with life satisfaction, optimism, subjective well-being, positive affect, and happiness. People with higher dispositional gratitude report having higher levels of several elements of psychological well-being, including more life satisfaction. Daily feelings of gratitude are also associated with elements of well-being. A daily diary Study found positive relationships between daily feelings of gratitude and feelings of both hedonic (related to pleasure) and eudaimonic (related to Meaning and self-realization) well-being (Nezlek, Newman, & Thrash, 2017) Some studies have found associations between Specific types of gratitude and well-being. In one study, university students who reported more “higher-order gratitude” (which includes thanking others, thanking God, cherishing blessings, appreciating hardships, and cherishing the Moment) also reported more life satisfaction and positive affect, even after controlling for their gender, age, religion, personality traits, and dispositional gratitude (Lin, 2014). But when it comes to gratitude’s relationship with life satisfaction, there may be cultural differences.

Then trait gratitude is correlated with positive social relationships, positive emotional functioning, lower dysfunction such as anxiety and depression. Lin and Yeh (2014) found that undergraduates high in trait gratitude employed more active coping both emotion focused and problem focused, and had a higher degree of emotional support. Gratitude is associated with lower risk of anxiety disorder, depression, phobia etc. Feeling gratitude realises topic emotions, soothes the nervous system, relaxes the muscles. When we express gratitude, our brain releases dopamine and serotonin-two hormones that make us feel lighter and happier inside. Gratitude also improves sleep quality, altruism, emotional regulation, feeling of being happy, positive mood, self-esteem, social relationships along with physical health. It fosters hope for the future, reduces stress and increases resilience, makes us more optimistic, increases life satisfaction. Increased connectedness was also linked to gratitude and shown to increase the will to stay healthy and active, as well as increasing adherence to medical treatment (Armenta, Fritz & Lyubomirsky 2017). Gratitude motivates us for positive changes, self-improvement. These all are benefits of gratitude which includes physical and also mental or emotional benefits.

Gratitude and religion

Gratitude is an important component in religion and a number of studies have found potential relationships between personal religiosity and gratitude. In one study, more grateful people report-ed higher intrinsic religiosity (engaging with Religion for its own sake) and lower extrinsic religiosity (engaging with religion for other gains, such as improved social status) (Watkins et al., 2003). Other studies have found positive associations between gratitude and a number of religious attributes, including frequently engaging in religious practices, ascribing importance to religion, having a personal relationship with God. Christians reported significantly higher gratitude than atheists in one recent study (Morgan et al., 2017)

Females are Higher at Gratitude Than Males

Gratitude and parenting

Parenting is also a very important aspect according to cultures in the development of gratitude in their offspring. Very few studies have examined how parents can influence their offspring's gratitude. A study of fourth and fifth grade students and their biological parents found a small but statistically significant relationship between the self-reported gratitude of the children and their mothers, but not between the children and their fathers (Hoy, Suldo, & Mendez, 2013). This study also found small but significant association in mother's gratitude and child's life satisfaction.

Gratitude and culture

Culture also affects gratitude. Every culture has a different way of expressing gratitude or some cultures in some nations express gratitude more than other nations. For example, children in South Korea tended to favor connective gratitude, while kids in the United States leaned towards concrete gratitude. Laylous, Lee, Choi and Lyubomirsky (2013) in a study found that participants from the United States showed greater benefits in well-being from writing gratitude letters than participants from South Korea. In Indian culture children understand the importance of gratitude from different festivals like Indians celebrate Guru Purnima to show gratitude to teachers, Indians also celebrate Bailpola a festival when farmers express gratitude towards bull by decorating him as he works a lot in the year in the farm and helps farmers. From these festivals children in India start knowing about gratitude. Also, India if someone elder than us gives us a gift then we should express our gratitude by touching that elder person's feet along with saying thank you. This is how the way of expressing gratitude differs from culture to culture.

Gratitude and it's interventions

There are some gratitude interventions which one can use. In gratitude intervention, participants do something usually on a regular basis for an extended period of time that is intended to increase their awareness of the things for which they should feel grateful. One can write 3 good things every day, one can write a gratitude letter, some people can also express gratitude verbally and some can make a gratitude journal. These gratitude interventions are designed to increase appreciation of positive qualities, situations, and people in one's life.

These interventions may also improve overall psychological well-being. Accordingly, to mental health practitioners have promoted gratitude interventions as a means of self-help.

Methods for measuring gratitude

In order to really study gratitude one needs to measure it . Therefore increasing interest in gratitude research in psychology over the past few decades resulted in development of questionnaires and surveys to quantify gratitude.

Some of the tests we will discuss below:

The Gratitude Adjective Checklist (GAC): It is a simple survey that asks people to report how much they felt each of the following adjectives – 1) Grateful, 2) Thankful and 3)

Appreciative (McCullough, Emmons, & Tsang, 2002). Participants must report these feelings on the scale of 0 to 5. The individual's GAC score means the sum of all the responses. This test has a general nature of measuring that is why it can be used to measure gratitude as an emotion, a mood, or a disposition by limiting people to report their levels of the three adjectives within a certain time period (now, in the last few weeks, or in general).

Females are Higher at Gratitude Than Males

The Gratitude Questionnaire-6 (GQ-6): This test is design to measure individual's level of gratitude which is called as trait gratitude (McCullough et al., 2002). This test contains 6 statements and participant should express feelings on the scale of 1 to 7.

The Gratitude Resentment and Appreciation Test (GRAT): It is another survey to measure trait gratitude (Watkins, Woodward, Stone, & Kolts, 2003). It is similar to GQ-6, participants are asked to rate their agreements or disagreements with the series of 44 statements in which 15 statements reverse score should be done while making result. 9 point scale that is 0 to 9 is used in this test. This test contains subscales for measuring these different aspects of gratitude: 1) Lack of Sense of Deprivation (or Sense of Abundance), 2) Appreciation for Simple Pleasures, and 3) Social Appreciation.

The Transpersonal Gratitude Scale (TGS): This test is designed to include the transcendent aspects that can accompany feelings of gratitude (Hlava, Elfers, & Offringa, 2014). It is 16 item scale which contains 4 subscales -expression of gratitude ("I show appreciation to others when they Have positively influenced my life"), value of gratitude ("Gratitude helps me feel more open with others"), transcendent gratitude ("I feel grateful for just being alive"), and spiritual connection ("I am grateful to a divine being for Everything in my life").

The Multi-Component Gratitude Measure (MCGM): This test is developed to measure gratitude as a moral virtue (Morgan, Gulliford, & Kristjánsson, 2017). This test measures four components of gratitude – 1) conceptions (or understandings) Of gratitude; 2) grateful emotions; 3) attitudes toward gratitude; and 4) gratitude-related behaviors. Some people are above average on all the components (the most grateful) while others may be high on one or two and low on the others, or below average on all four components (the least grateful).

Measuring gratitude in children and adolescents

The previous existing tests were tested with adult samples. In that study it is found that, scores on the GQ-6, GRAT, and GAC were positively correlated with one another for 14- to 19-year-olds, but the GQ-6 and GAC are better scales to use when testing gratitude in 10- to 13-Year-old. The scales to measure gratitude in younger children are currently under development.

Expression of Gratitude in Relationships Measure:

This is a simple scale which measures grateful behaviors in relationships. Participants should rate on 5 point scale an then sum of all the scores will be their gratitude score (Lambert, Clark, Durtschi, Fincham, & Graham, 2010).

Gratitude and Gender difference:

In a series of three studies Kashdan et al. (2009) studied gender differences in gratitude. The first study showed that there is a gender difference in the appraisal of expressing gratitude, where women see the expression of gratitude as less challenging and difficult, as well as less costly. The second study showed that, when thinking about receiving a gift in the past, women reported feeling more pleasantness and gratitude as well as less obligation and burden, compared to men. In the third study they found the effects of gratitude on changes to well-being over time to be moderated by gender. Gratitude was positively emotion expressiveness for women, whereas this relationship was negative for men. Considering all

Females are Higher at Gratitude Than Males

these findings authors suggested that women are more likely to benefit from positive effects that gratitude has on well being, than men. (Kashdan et al.2009)

As gratitude is a relatively new topic in psychological research, there are many aspects of gratitude which need to be studied further like gratitude benefits, gratitude affects, gender differences in gratitude etc. From some of the previous studies it is observed that females are higher at gratitude than males. There are few studies which studies in the Indian context regarding gender differences in gratitude. Hence the researcher has chosen this topic for the research.

Statement of the problem

- To examine difference between females and males in gratitude.

Rationale / Significance:

There are studies on gratitude and well-being or its effects but comparatively there are less studies on gender differences in gratitude. Especially there are very few studies in India. Also, few researches don't find any gender difference. Also, gratitude is still not very researched topic in the psychology that is why researcher attempts to found something regarding gratitude. Hence researcher has made an attempt to study the difference between gratitude in females and males. This study will be beneficial for furthermore research in this field especially in the Indian context. The results will let us know about the awareness of experiencing gratitude in Indian population especially. This research can be used in Schools for increasing gratitude within students from a young age. Also, this research might use for making people aware about the benefits of experiencing gratitude. It will be useful for further research on gender differences in gratitude. Also, Gratitude can help regarding mental illness so if there might be gender difference in gratitude then while giving treatment if the person knows about the study it will deal it accordingly.

Objectives of study

- To see if there is any gender difference in gratitude.
- To examine whether females in India are higher at gratitude than males.
- Measuring dispositional gratitude in males and females in different sub domains.

REVIEW OF LITERATURE

Introduction

Gratitude is the state of being grateful. It has been regarded as something positive both across time and across cultures. It is beneficial for individuals and also for society as a whole. The following is a systematic analysis of different research papers and articles and other relevant sources which provides a base of knowledge for the topic. This literature review gives us an idea of the basic knowledge of the topic. This literature review will identify existing literature and conflicts in It It will help researcher to know in depth about the topic. This gives reader a full understanding of development in the field of the topic from different perspectives.

Review of Literature

Gender differences in gratitude among university students in Sweden.

The author of this study is Mathias Rydh and the study is done in Spring 2019 in Sweden University. The purpose of the study was to examine possible gender differences in trait gratitude and in positive – and negative affect. Also, a possible relationship between trait

Females are Higher at Gratitude Than Males

gratitude and affection is investigated along with cultural differences between Swedish students and international students studying in Sweden. The questionnaire was created digitally and via Google form and distributed via social media like Facebook in some groups of students in Sweden. The author received 190 answers but 6 were excluded because one was not a student, and remaining 5 were identified themselves neither male nor female. Hence researcher took 184 and excluded 6 samples for not fitting in criteria as we see above. From these 184 students 132 were females and 52 were males. Then in this study trait gratitude was measured by self-report Gratitude Questionnaire-6, GQ-6, (McCullough et al., 2002) and Affect was measured with the International Positive and Negative Affect Schedule Short Form, IPANAS-SF (Thompson, 2007), a self-report measure for positive and negative affect. Internal consistency reliability of GQ-6 was $\alpha = .82$ (McCullough et al., 2002). This current study found internal consistency reliability to be $\alpha = .73$ for GQ-6. Data analysis was done using IBM SPSS statistics 22. All data was considered two tailed with a normal distribution at a 5% significance level. This study was unable to find any gender difference in trait gratitude but gender differences were found in experienced negative affect and cultural differences were found in both positive and negative affect. There was positive correlation between trait gratitude and total positive affect. Positive and negative relationships between trait gratitude were also found in this study.

Gratitude and health among young adults

This is the study done in India in New Delhi. The authors of this research are Manju Singh, Waheeda Khan and Meena Osmany.

This study is designed to study gratitude among young adults. The data for the study was collected from 80 young adults with equal numbers of females and males and were administered by Gratitude Questionnaire-6 (McCullough, Emmons, & Tsang, 2002) and General Health Questionnaire-12 (Goldberg & Williams, 1988). Group differences were analyzed by t-test. Also, Pearson product moment methods of correlation and multiple regression analyses were applied to see the relation among different measures and to see the predictive effect of gratitude on health in young adults. From result it is observed that there is significant gender differences on gratitude, that is females showing high level of gratitude, however, differences were not significant on two dimensions of health. Significant negative correlation was observed between gratitude and dimensions of health such as depression/anxiety, social dysfunction. Overall health scores yielded significant but negative correlation with gratitude. Gratitude was significantly predicted by overall mental health for the total sample, explaining the role of gratitude as positive emotion in promoting mental health. Thus, highlighting the benefits of being grateful in maintaining the quality of life among the young adults.

Gender Differences in Gratitude: Examining

Appraisals, Narratives, the Willingness to Express Emotions, and Changes in Psychological Needs.

Todd B. Kashdan, Anjali Mishra, William E. Breen, and Jeffrey J. Froh are the authors of this study. They investigated whether women perceive and react to gratitude differently than males. In Study 1 gender differences in the evaluation of directly expressing gratitude to a gift giver. Many of the literature focused on the experience but not the expression of gratitude. There were 288 students at Mid Atlantic University. Out of 288 women were 205 and males were 83 in numbers. Participants completed an anonymous Web based survey and in return received research credits. In the test participants made appraisal ratings for seven hedonistic and seven personal-growth-oriented behaviours that they might engage in on a

Females are Higher at Gratitude Than Males

given day (Steger, Kashdan, & Oishi, 2008). Anova was used to find results for this research. In this study women, compared with men, evaluated gratitude expression to be more interesting and exciting and less complex, uncertain, conflicting. In this research the important feature was the comparison between how the sexes differed in their Appraisals of expressing gratitude with other intimate social behaviour. In Study 2, college students and older adults described and evaluated a recent episode when they received a gift. This study addresses these measurement issues by using a life narrative approach and an entirely different set of Appraisals in college students and older adults in the community. Women, compared with men, reported less burden and obligation and greater gratitude. Upon gift receipt, older men reported the least positive affect when their benefactors were men. There were 77 samples out of which 47 were women's and 29 were men's. The GQ-6 test was used to measure trait gratitude. After that they were asked to provide a narrative of their most personally meaningful experience of gratitude in the last 7 day in the topic Appraisals of gratitude life narratives. In 1st and 2nd study women showed higher trait gratitude compared to males. In Study 3 the focus was on grateful dispositions. There were 190 undergraduate students as a sample out of which 118 were males and 35 were females. In this 3rd study to measure trait gratitude and trait global affect The 6-item Gratitude Questionnaire-6 (GQ-6; McCullough et al., 2002) and the 20-item trait version of the Positive and Negative Affect Schedule (PANAS; Watson, Clark, & Tellegen, 1988) are used respectively. The 21-item Basic Psychological Needs Scale.

(Gagne', 2003) was used to assess Relatedness. The 16-item Berkeley Expressivity Questionnaire (BEQ; Gross & John, 1995) assesses individual differences in the acceptance and willingness to overtly express emotions. There are gender differences in Willingness to freely express emotions. Results of this study demonstrated that men are less likely to feel and express gratitude and derived fewer benefits. In Study 3 over 3 months, women with greater gratitude were more likely to satisfy needs to belong and feel autonomous; gratitude had the opposite effect in men.

Gratitude and subjective well-being in early adolescence: Examining gender difference
jeffrey J. Froh, Charles Yurkewicz, Todd B. Kashdan are the authors of this study. This study investigates the interplay among gratitude and subjective well-being, social relationships, prosocial behaviour, physical symptoms, and gender in early adolescence. In this research Gratitude was examined among 154 students identify benefits from its experience and expression. The students were in grades 6th and 7th. The Gratitude Adjective Checklist (GAC; McCullough et al., 2002) was used to assess gratitude. 22 affect adjectives were used to examine positive and negative effects. Participants completed the Brief Multidimensional Students' Life Satisfaction Scale (BMSLSS; Seligson, Huebner, & Valois, 2003) .Students completed measures of subjective wellbeing, social support, prosocial behaviour, and physical symptoms. Positive associations were found between gratitude and positive affect, global and domain specific life satisfaction, optimism, social support, and prosocial behaviour; most relations remained even after controlling for positive affect. Gratitude showed a negative relation with physical symptoms, but not with negative affect. Also, independent samples t-test was conducted and found our that girls reported slightly elevated levels of gratitude compared to boys. In early adolescents gratitude was related to social, emotional and physical benefits. Gratitude also creates strong social bonds and sometimes encourages people to create meaningful experiences for others (Fredrickson, 2004)

Females are Higher at Gratitude Than Males

A Study on Gender Differences on Gratitude, Spirituality and Forgiveness Among School Teachers

The authors of this study are Ibadat Khan and Nayanika Singh. This study was done in Chandigarh, India. The purpose of this study is to investigate gender differences on gratitude, spirituality and forgiveness. The sample consists 80 school teachers randomly selected from senior secondary private schools in Himachal Pradesh, age ranging 30 to 40. Out of 80 samples 40 males and 40 females were there. Then the Heartland Forgiveness Scale (HFS; Thompson et al., 2005), Gratitude Questionnaire (GQ-6; McCullough, Emmons, & Tsang, 2002), The Spiritual Intelligence Self Report Inventory (SISRI; King, 2008) these 3 tests are used in this study. These tests contain 18, 6 and 24 items respectively. The t-test was used to find out the gender differences on the dimensions of gratitude, spirituality and forgiveness for both males and females respectively.

Results showed that significant gender differences were found among male and female teachers with respect to gratitude (males found to be higher than females), spirituality and forgiveness (females were found to be higher than males on both the dimensions).

Summary: After analysing all the above research papers or articles thoroughly we get to know about the previous research on the gratitude from various perspectives. Some of the researches above supports the hypothesis in the current study that is, 'Females are higher at gratitude than males'. Other than that, it is also understood from the review of literature that gratitude has positive affects on females than males. Males have negative affects on them. The studies also explained that females express gratitude more willingly and happily than males. Gratitude shows less dysfunction and has positive relationships with mental health. Males receive less benefits of gratitude than females. So after critically analysing all these articles or research papers we understood the different research of this developing topic 'Gratitude'.

METHODOLOGY

In this comparative research researcher wants to study gender differences in gratitude. Researchers has chosen this topic for research because it is having Indian origin. Also, it is newly coming topic in the field of psychology in the Indian context. Researcher want to take the variable which is not so researched because find about it would be more interesting. Also, in India awareness about gratitude is not as it should be that is this topic is taken by researcher so that this research might help people making people aware about gratitude.

Hence Gratitude is the variable or topic researcher choose for this current study. Then the topic was finalized after discussing with concern teacher. After the discussion hypothesis was formed. Before finalizing the test for the samples researchers searched for and study other researchers which are already there and has good amount of information about it's literature. Then researcher reviewed different articles and research papers thoroughly and reviewed critically. Because of this literature review researcher get to know about different perspective and various kind of information through that. After reviewing the literature, the researcher decided to give well established test to the samples. There are many test available but researcher choose Gratitude Resentment and Appreciation Test revised (GRAT-R). This test contains 44 questions am has 9-point linkert scale. This questionnaire was sent to participants by Google form. In that Google form along with 44 items in the test participants need to write about their names, age, gender, education, area of living (urban or rural) as basic information about samples which will help at the time of result. During this process of data collection, the researcher has kept strict confidentiality of the participants scores, names

Females are Higher at Gratitude Than Males

and other personal information details. The scores of the test were only used for research purpose. The samples for this current study were in between age of 19 to 60. The sampling done was random sampling. Researcher have chosen people who has origin of India as a sample of this research from any geographical area. As it is a comparative study between males and females, researchers have chosen both males and females. As we go through lot's of phases through this year's of our life's along with psychological, physical and many emotional transformation in different kinds of situations and we get various experiences and because of that attitude towards everything might differ. That is why specifically age 19 to 60 group is chosen. The samples which are part of this study are Hindu and either belongs to rural or urban area. Some samples are working and others are still pursuing their education.

Then after collection of data researcher used IBM SPSS statistics software version 22 for data statistics and for finding result. Then using the software researcher was found result of this current study and then interpretations were formed and conclusions were derived.

Variables

In this comparative research there are mainly three variables: Independent variable, Dependent variable and Control variable.

1. Independent variable – Independent variable is the variable which experimenter manipulates or changes, and is assumed to have a direct effect on the dependent variable. In this comparative research the Independent variable is Gender both females and males.
2. Dependent variable: The variable being tested and measured in an experiment, and is 'dependent' on the independent variable is called a Dependent Variable. In this research the Dependent variable is Gratitude.
3. Control variable: The variable or an element which is held constant throughout an experiment is called a Control variable. Age is the Control variable in this research.

Tools for data collection

Here the test which was used in this research is named as Gratitude Resentment and Appreciation Test (GRAT-R). (Watkins, Woodward, Stone, and Kolts (2003)). It contains 44 statements which needs to be answer with the help of 9 point likert scale. There are three sub domains which are measured in this test they are as follows: Lack of sense of Deprivation (or sense of Abundance), Appreciation for simple pleasures and social appreciation. In this GRAT – R test 15 items are reversed score. This test contains many questions which has western context. The minimum and maximum score of the test are 44 and 396 respectively. Internal consistency in the test is excellent. There is convergent and discriminant validity is there. Also, this test has test-retest reliability.

Hypothesis

- Females are higher at gratitude than males.

Operational definition

- Gratitude can be operationally defined as being thankful for what we have in our lives.

Research design

The Comparative Design is the research design of this current study. This research design is comparative in nature as it attempts to compare two groups which are females and males in terms of gratitude. This is between group comparison as there are two different groups named as females and males.

Females are Higher at Gratitude Than Males

These two groups are essential for comparative study to compare between them.

This research has independent and dependent variable along with control variable. In this research gender is independent variable. This research has its two levels of independent variable those are females and males. Then the dependent variable is Gratitude and age is the control variable in the research.

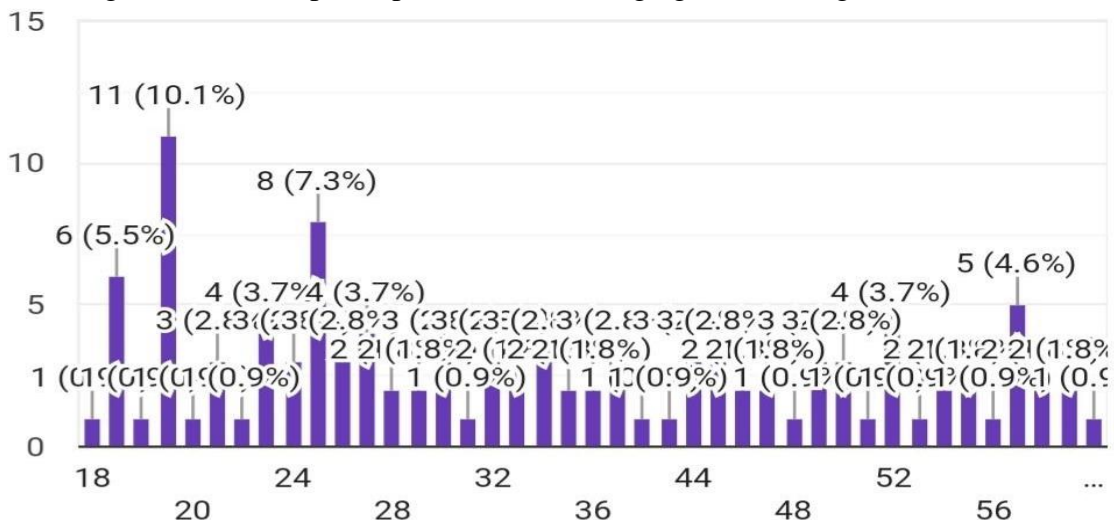
Here in this study the aim of the researcher is to validate the hypothesis and examine whether there is any difference in between two groups.

Statistical analysis

The researcher decided to choose this topic as it is newly coming topic in the research filed of the psychology that is why its different suspects should be known hence one of the aspect is gender difference in gratitude which will be studied in this current study especially in Indian context. The hypothesis suggests that females are higher at gratitude than males. Survey and questionnaire method were used to collect data on the Gratitude Resentment and Appreciation Test revised (GRAT-R). Further this quantitative research attempts to find gender differences in gratitude and with the help of IBM SPSS statistics software version 22 the data of the research was analyzed.

The first step in the data analysis was to exclude outliers but in this current study there were no outliers which can influence the research. Then the normal distribution of the data was checked. In the graph you can see the histograms and the curve which tells that it is normally distributed. Also the means of both groups are nearly equal hence the data of the research is normally distributed. Now we will know more about the basic information of the research in the following graph. This graph tells us about how many people of specific age group who died the questionnaire. We can see the wide range of age group from 19 to 60. There are many participants we can see in the age group range of 18 to 25 and after that they can also see average participants numbers in 25 to 60 age group range. Along with this there were 55 females and 51 males. There was 7.3 % of participants who found as from rural area and 92.7 % participants reported from urban area.

Now will move to another point which is scoring. The minimum and maximum scores of the Gratitude Resentment and Appreciation Test revised (GRAT-R) are 44 and 396 respectively. Hence the participants scoring below 190 are low at gratitude and participants scoring above 190 are high at gratitude. In this current research only one participant was there in low gratitude range and all other participants were from high gratitude range.



Females are Higher at Gratitude Than Males

Descriptive the table

After knowing the basics now, we will have a look at descriptive statistics of this current study. As this research is a comparative study between two groups females and males. In the descriptive table we can see the statistics of two groups. Group 1 is of females and the 2nd group is of males. Here researcher can oversee that mean of the first group is 310.25 and mean of another group is 310.39, which is almost similar. Then the median is 313.00 and 317.00 of 1st and 2nd group respectively. Then comes the standard deviation which is 34.265 of group of females and the standard deviation of the group of males is 39.352.

So, this is the information about both group's mean median and standard deviation we get to know about this research in these descriptive statistics and we understood that it is normally distributed data we have for this research and there are not many differences between these groups till now.

T test table.

As this current research is comparative in nature hence researcher used t test to analyze data. From the 1st table it is found that the mean of the both groups are almost equal and along with it the standard deviation is also mentioned in the 1st table. As this is comparison between two groups hence researcher has used independent t test. The table tells us the two-sided p which is .985. In the Levene's test for equality of variances the significance is .501. The two sided p in the independent t test table is .985 but it should be lesser than .05. Hence from these results we understood that the hypothesis is not supported or rejected. Also, from the histograms we can understand that both group score almost equal hence the females are higher at gratitude than males this hypothesis is rejected.

DISCUSSION

Firstly, we found only one participant below 190 which means in low gratitude range and all other participants are in high gratitude range. This high range of gratitude in the participants is might be the effect of covid 19 because in this covid 19 situation people started appreciating what they have hence the gratitude within people might have increased.

From the statistical analysis we get to know that females and males almost scored same on this gratitude scale that means both are equal at gratitude. Also, when we look at sub domains score of the test there are not significant differences in that. But some small observations were found like both male and females are a bit high or low in score in the three sub domains which are lack of sense of Deprivation, Appreciation for simple pleasures and social appreciation. Overall speaking there was low scores in social appreciation compared to lack of sense of Deprivation score and appreciation for simple pleasures score.

Then when we look at the statistical analysis of the data, we found the histograms were equal that means both are equal at gratitude. Hence the hypothesis us neither probed nor rejected. But the two tailed p is .985 hence the hypothesis is rejected. There is research done in Sweden in which the researcher of that research doesn't found any significant gender difference in gratitude. This equal level of gratitude in both genders might be the effect of covid 19 as in that scenario everyone starts being happy and grateful for what they have hence this might have reflected in the scores of this gratitude test.

There are some limitations which are highlighted by this research. There might be the case that if participants were asked to solve the test in front of the researchers the results might change. Because online survey makes it difficult to check the real validity due to lack of

Females are Higher at Gratitude Than Males

seriousness amongst participants. Also, this is the research which is only based on people who has Indian origin but there might be cultural differences which can effect the result in another geographical area. Also, people might not have understood the question and randomly answered them because the test contains some questions which has western context hence the results might have changed. Here individual personality factors, upbringing, culture, gender roll also matters. Along with that the awareness about gratitude benefits people might have increased levels of gratitude.

CONCLUSION

The purpose of this current study was to find out that are there any gender differences in the gratitude. Hence total 106 participants were there in the test. The samples in the research was of age 19 to 60 within them 55 were females and 52 were males in the study. There gratitude was measures by Gratitude Resentment and Appreciation Test revised (GRAT-R). Previous researches showed females have more gratitude than males. But here in this study the hypothesis of the current study which is females are higher at gratitude than males is rejected because the two tailed p in the independent t test was .985 which means the hypothesis is not supportive. Thus, the hypothesis of the current study is rejected. This equal score or similar results might have various reasons behind it. Although the hypothesis of the research is rejected but it has found out something new which is both females and males are equal at gratitude.

This study can be studied further in the future. As this was very small sample size one can take a large sample size and can try to cover participants from most of the geographical areas which might be possible for the researcher. Also using different gratitude tests this study can be done in future.

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Conflict of Interest

The author declared no conflict of interest.

Females are Higher at Gratitude Than Males

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