

Gratitude, Life Satisfaction and General Well Being in Young Adults

Alen Saji^{1*}, Soumya Simon²

ABSTRACT

The present study was conducted to examine the gratitude, life satisfaction and general well-being among young adults during COVID 19 Pandemic. A sample of 405 young adults drawn from the study by means of convenience sampling method were used. The gratitude of participants was assessed using gratitude questionnaire-6 (GQ-6). Life satisfaction of the participants was assessed using Satisfaction with Life Scale (SWLS). The general well-being of participants was assessed using the Post Graduate Institute General Well-Being Measure (PGI-GWBM). The significance of the hypotheses was analyzed using Spearman correlation coefficient analysis, Mann-Whitney U test. Results revealed that general well-being was positively correlated with both gratitude and life satisfaction. Furthermore, gratitude showed a significant difference between males and females. It was found out that females had a higher level of gratitude when compared with males, studies show that females are more likely to be grateful with life than males.

Keywords: *Gratitude, Life Satisfaction, General Well-Being, Pandemic, Covid-19*

Gratitude is something that needs to be preserved in life. For those of us who are accustomed to gratitude, the mental, physical and emotional levels have changed proportionately. Their consciousness is more alive, physiological state much better, explicit more sympathy and forgiveness, and also shows good psycho physiological balance. Gratitude is not something to be practiced only on special occasions in life but something to be observed throughout life: Studies on gratitude suggested that if gratitude can be used as one of the problem-solving methods at any stage of life, it can lead to subjective well-being, positive self-image and happiness among our self. The key elements of this research are gratitude, life satisfaction and general well-being.

The experience of gratitude has historically been the focus of several world religions. It has also been a subject of interest to ancient, medieval and modern philosophers, and continues to interact with contemporary philosophers. In psychology the systematic study of gratitude began only around the year of 2000, possibly because psychology normally focused more on understanding distress than on understanding positive emotions. Also, the study of gratitude

¹Research Scholar, Department of Psychology, Kristu Jayanti College (Autonomous), Bangalore, India

²Assistant Professor, Department of Psychology, Kristu Jayanti College (Autonomous), Bangalore, India

*Corresponding Author

Received: May 11, 2022; Revision Received: August 05, 2022; Accepted: August 10, 2022

Gratitude, Life Satisfaction and General Well Being in Young Adults

has included the knowledge of the short-term period experience of the emotion gratitude (state gratitude), individual differences in how frequently people sense gratitude (trait gratitude), and the relationship between these two aspects, is also because of the therapeutic benefits of gratitude. Indeed, gratitude can be various things to several people in different contexts (Emmons, 2008).

Research has linked a variety of factors—consisting of personality factors, cognitive factors, and gender—to one's probability of experiencing gratitude or having a thankful disposition. Several researches have explored whether or not sure personality factors (Emmons & McCullough, 2004). Like extraversion, agreeableness, conscientiousness, neuroticism, or openness to experience—are related to dispositional gratitude; their outcomes have differed. Other research has observed proof suggesting that gratitude can be conceptualized as its personality factor. There are some cognitive factors that could affect how much gratitude someone feels in a sure situation. Other research has diagnosed sure tendencies that act as limitations to gratitude. These consist of envy, materialism, narcissism, and cynicism (McCullough et al., 2002). Multiple research report associations among factors of religiosity/spirituality and dispositional gratitude, suggesting that there can be a hyperlink between faith and gratitude. Culture might also affect people's experiences of gratitude.

Kong, Ding, and Zhao (2014) indicated that social assistance acted as a complete mediator of the association among gratitude and life satisfaction. The recognized version additionally found out a significant course from gratitude through social support and self-esteem to life satisfaction. Furthermore, a multigroup evaluation indicated that males with excessive gratitude scores are more likely to get greater social assistance than females, while females with excessive social support scores tended to report more life satisfaction than males. In a study, Yildirim and Alanazi (2018) explored the impact relation and confirmed that gratitude positively anticipated satisfaction with life, at the same time as stress negatively anticipated satisfaction with life. Mediation analysis confirmed that stress absolutely mediates the relationship among gratitude and life satisfaction. Zhou, Zhen, and Wu(2019) discovered that following a natural disaster, adolescent survivors' gratitude has an indirect and positive relationship with life satisfaction.

Life satisfaction (LS) is that the manner wherein humans show their emotions, feelings (moods), and therefore the way they sense approximately their guidelines and alternatives for the longer term. It is a degree of wellbeing assessed in phrases of mood, delight with relationships, executed goals, self-concepts, and self-perceived ability to deal with one's everyday lifestyles. Life satisfaction entails a positive mindset in the direction of one's lifestyle instead of an assessment of current feelings. Life satisfaction has been measured in terms of monetary standing, degree of education, experiences, residence, amongst many various topics (Kashdan & Rottenberg, 2010).

An individual's temper and outlook on life significantly impact the notion in their very own life satisfaction. Two correlating feelings that could affect how people understand their lives are desire and optimism. Both of those feelings encompass cognitive methods which can be typically orientated toward the accomplishing and notion of goals. Additionally, optimism is related to better life satisfaction, while pessimism is associated with signs and symptoms of depression (Judge et al., 1998).

Mehmood and Shaukat (2014) observed that depression and self-esteem are predictors of life satisfaction. Sarriera, Abs, and Calza (2012) on analysis of various models, found that well-

Gratitude, Life Satisfaction and General Well Being in Young Adults

being is a mediating factor between social support and life satisfaction. In the study conducted by Góngoraa, and Solanoa (2014) aimed to understand the three pathways that lead to well-being among Argentinean adolescents and analyses their relationship to life satisfaction. It was also observed that among the three pathways, only the engaged life was observed to be a significant predictor of life satisfaction. According to the study's findings, adolescents who can use the three pathways at a high level reported the highest level of life satisfaction, which is consistent with well-being theory.

General well-being is the experience of health, prosperity, happiness. It consists of having appropriate intellectual health, excessive existence satisfaction, a sense of meaning or purpose, and the capacity to control stress. More generally, well-being is simply feeling well. Well-being is something sought by just about all people as it consists of a lot of positive things - feeling happy, healthy, socially connected, and purposeful. Increasing your well-being is simple; there are lots of abilities you may construct. But growing your well-being isn't always usually easy: Figuring out what elements of well-being are most crucial for you and identifying how, exactly, to construct wellness abilities typically require some more help. Usually, when people begin using science-based strategies for boosting well-being or emotional wellness, they start to experience better pretty quickly. Well-being emerges out of your thoughts, actions, and experiences - the maximum of that you have to control over. (Butt et al., 2020)

Every component of your life impacts your state of wellbeing. Researchers investigating happiness have observed many elements that enhance a person's well being which consists of a community of close friends, an enjoyable and fulfilling career, sufficient money, normal exercise, nutritional diet, sufficient sleep, religious or spiritual beliefs, fun hobbies, and leisure pursuits, healthy self-esteem, constructive outlook, sensible and conceivable goals, sense of purpose and meaning, a sense of belonging, the ability to conform to change, residing in an honest and democratic society. (Bryce & Haworth, 2002)

METHODOLOGY

Objectives

- To examine if there is any relationship between gratitude, life satisfaction and general well being.
- To find out if there is any difference in gratitude on the basis of gender.
- To find out if there is any difference in general well being on the basis of gender.
- To find out if there is any difference in life satisfaction on the basis of gender.

Hypotheses

H1: There is a significant relationship between gratitude and life satisfaction.

H2: There is a significant relationship between gratitude and general well-being.

H3: There is a significant relationship between life satisfaction and general well-being.

H4: There is a significant gender differences in gratitude among young adults.

H5: There is a significant gender difference in life satisfaction among young adults.

H6: There is a significant gender difference in psychological wellbeing among young adults.

Sample

The sample size of the study is 405 young adults between the ages 18-25 in which 202 were males and 203 were females. The sample was selected through convenience sampling.

Measures

Gratitude Questionnaire-6 (Gray, Emmons, & Morrison, 2002): The Gratitude Questionnaire- Six - item Form (GQ-6) is a six- item self - report questionnaire designed to assess individual differences in the proneness to experience gratitude in daily life. 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. Scores on the GQ-6 correlate substantially with other measures hypothesized to assess the extent to which people experience gratitude in daily life. People with high scores on the GQ-6 report feeling more "grateful", "thankful," and " appreciative" for benefits or gifts they have received than do people who score below the median on the GQ-6(Gray, Emmons, & Morrison, 2002).

Satisfaction with Life Scale (Diener, Suh, Lucas & Smith,1999): The Satisfaction with Life Scale (SWLS) is a five - item self - report instrument intended to assess the respondent's overall life satisfaction (sometimes referred to as global satisfaction). Life satisfaction judgements represent the cognitive component of subjective well-being, or the experience commonly referred to as happiness (Diener ,1984, 2000; Diener, Suh, Lucas & Smith,1999). PGI General Wellbeing Scale(S.K.Verma and Anita varma 1989): PGI General wellbeing scale was constructed by S.K.Verma and Anita varma(1989). The original Hindi scale was translated and standardized in Gujarati by Gaurang Vyas (2009) the scale consists of 20 items. The reliability of the “PGI General Wellbeing test” was determined by Test-Retest method (r = 0.88). The validity of the “PGI General Wellbeing test” was determined by concurrent method (r = 0.90)

RESULTS AND DISCUSSION

The present study aimed to assess gratitude, life satisfaction and general well-being among young adults. The study also aimed to assess the gender differences in gratitude, life satisfaction and general well-being.

Table 1: Socio-demographic details of the participant

Variables	N	Mean(SD)/Percentage
Age Range (18-25)	405	21.49 (2.71)
Gender	Males	49.87%
	Females	50.1%
Education	Higher secondary	24.69%
	Under graduate	56.79%
	Postgraduates	18.51%

Table 1 displays all the socio-demographic details of the participant in the study. The total number of participants in the study is 405. There were 202 males and 203 females who were a part of the study. The age range of the participants is 18-30. The mean age of the participants is 21.49 with an SD of 2.71.

With regard to gender, the total number of males is 202 and the total number of females is 203. The percentage for females and males was found to be 49.87 and 50.1% respectively. With respect to education, there were a total of 100 (24.69%) participants studying in the higher secondary, 230 (56.79%) participants studying at the under graduation level and 75(18.51%) participants studying at the post graduation level.

Table 2: Kolmogorov-Smirnov Normality Test for Gratitude, Life Satisfaction and General Well-being among the Female and Male Sample

Variables	Females (N=203)	Males (N=202)
Gratitude	.073*	.097*
Life Satisfaction	.107*	.142*
General Well-being	.169*	.136*

N = 405, **p* < 0.05

As table 2 indicates, the sample size of the study was 405, which included 203 female respondents and 202 male respondents. According to the Kolmogorov-Smirnov test of normality, the sample was not normally distributed, due to which non-parametric tests for analyzing the differences and correlation was used.

Table 3: Descriptive Statistics for Gratitude, Life Satisfaction and General Well-being among the Female and Male Sample

Variables	Females			Males		
	N	M	SD	N	M	SD
Gratitude		31.69	4.20		30.31	4.51
Life Satisfaction	203	23.78	5.71	202	24.74	5.66
General Well-being		7.05	6.33		6.36	4.13

As shown in table 3, the total number of females in the sample was 203 and males were 202. Gratitude within the female sample had a mean (M) of 31.69 and a standard deviation (SD) of 4.20 whereas, for the male sample, M was 30.31 and SD was 4.51. Life Satisfaction for the female sample had a mean of 23.78 and SD of 5.71 whereas, for the male sample, M was 24.74 and SD was 5.66. General Well-being within the female sample had a mean of 7.05 and SD of 6.33 whereas, for the male sample, M was 6.36 and SD was 4.13. Past investigations have extensively shown a mean scores of the variable Gratitude, Life Satisfaction and General wellbeing handled within the scope of the research have a normal distribution (Kardas, F et al., 2019). But the findings of this study are opposite.

Table 4: Correlation in gratitude, life satisfaction and general wellbeing among young adults

Variable	Life Satisfaction (r _s)	General Well-being (r _s)
Gratitude (r _s)	.003	.131**
Life Satisfaction (r _s)	-	-
General Well-being (r _s)	.208**	-

Note. N=405, r_s = Spearman’s Correlation coefficient, ***p* < 0.01

To test the relationship among variables, Spearman’s Correlation was used. It was hypothesized that there will be a significant relationship between gratitude and life satisfaction among young adults. As table 4 indicates, this hypothesis is rejected, which means that there is no statistically significant relationship between gratitude and life satisfaction among young adults. The results also pointed out that there is no statistically significant relationship between gratitude and life satisfaction among young adults. Past investigations have extensively shown a positive link between gratitude and life satisfaction (Froh et al., 2009). But the findings of this study are opposite and novel to the previous body of research present on the association between gratitude and life satisfaction.

Gratitude, Life Satisfaction and General Well Being in Young Adults

It was also hypothesized that there will be a significant relationship between gratitude and general well-being among young adults. As table 4 indicates, this hypothesis is accepted, which means that there is a statistically significant positively mild relationship between gratitude and general well-being among young adults. A statistically significant positive correlation was found between gratitude and General wellbeing among young adults. A meta-analytic review of the relationship among dispositional gratitude and health, conducted by Portocarreroa, Gonzalezb, and EkemaAgbawc (2020), observed that the relationship among dispositional gratitude and psychological well-being was found primarily.

It was also hypothesized that there will be a significant relationship between life satisfaction and general well-being among young adults. As table 4 indicates, this hypothesis is accepted, which means that there is a statistically significant positively mild relationship between life satisfaction and general well-being among young adults. According to the findings of this research study, there is a significant relationship between life satisfaction and general well-being among young adults. Sarriera, Abs, and Calza (2012) conducted a study in an attempt to understand the subjective well-being, overall life satisfaction and perceived social support of Brazilian adolescents by analysing different models that explain the relationships among these three constructs. It was found that the PWI was a mediating factor between social support and satisfaction with life (Sarriera, Abs, and Calza, 2012).

Table 5: Mann – Whitney U test for gender differences in gratitude among young adults

Variable	N	p
Gratitude	405	0.01*

Note. *p<0.05

It was hypothesized that there will be a significant difference in gratitude between females and males within the sample. When the data was analysed using the Mann – Whitney U test, the p value was found to be 0.01, which is statistically significant at the 0.05 level. As a result, the alternative hypothesis was accepted, which means there are significant gender differences in gratitude among young adults. As the findings of this study indicated, there are significant gender differences in gratitude among young adults. This finding is in line with a previous study conducted by Todd et al. (2009) on gender differences in gratitude, wherein it was found that women had more gratitude than men.

Table 6: Mann – Whitney U test for gender differences in life satisfaction among young adults

Variable	N	p
Life Satisfaction	405	0.08

It was hypothesized that there will be a significant difference in life satisfaction between females and males within the sample. When the data was analysed using the Mann – Whitney U test, the p value was found to be 0.08, which is not statistically significant at 0.05 level. As a result, the alternative hypothesis was rejected, which means that there are no significant gender differences in life satisfaction among young adults. It was also found that there are no significant gender differences in life satisfaction among young adults. This finding is supported by the conclusions of a previous study conducted on life satisfaction based on gender and it was found that there are no differences in the life satisfaction of males and females (Ngun et al., 2012).

Table 7: Mann – Whitney U test for gender differences in general wellbeing among young adults

Variable	N	p
General Wellbeing	405	0.351

It was hypothesized that there will be a significant difference in general well-being between females and males within the sample. When the data was analysed using the Mann – Whitney U test, the p value was found to be 0.351, which is not statistically significant at 0.05 level. As a result, the alternative hypothesis was rejected, which means that there are no significant gender differences in general well-being among young adults. Findings indicated that there are no significant gender differences in general well-being among young adults. This finding is in line with a research conducted by Cassondra et al. (2018).

CONCLUSION

The present study aimed to assess gender differences in Gratitude, Life Satisfaction and General Well-being among young adults. This study also aimed to investigate the relationship between Gratitude, Life Satisfaction and General Well-being among young adults. A sample of 405 respondents was collected, which consisted of 202 male and 203 female young adults from different states in India.

According to the findings of this study, general well-being was positively correlated with both gratitude and life satisfaction. However, life satisfaction and gratitude did not have a significant correlation. Analysis of gender differences using the Mann-Whitney U test revealed that there was no significant difference in life satisfaction and general well-being between males and females. On the other hand, gratitude showed significant difference between males and females. It was found out that females had a higher level of gratitude when compared with males. There is a significant relationship of general well-being with both gratitude and life satisfaction. Gratitude is significantly different between males and females among young adults within the sample.

This study is particularly relevant in the current context, as the life and health of people are being completely changed by the COVID-19 pandemic. Recent surveys highlight the fact that people possess very low levels of general well-being as well as life satisfaction which could ultimately lead to higher number of deaths than the ones taken by the pandemic. Hence, it is peak time to find out attributes that could help in increasing the life satisfaction and general well-being of people. It is also highlighted that college students taking up online classes have become socially isolated and are facing very high uncertainty related to their future life.

This study will primarily serve as a wake-up call for teachers, students, counsellors as well as parents. Due to the current pandemic situation, students have not only been physically distanced but also mentally isolated. The concerns about the effects of disease have also affected the general well-being in an adverse manner. Some students are also suffering from the after effects of the COVID infection like physical ailments, loss of loved ones, sufferings of close ones, economic losses, lack of support system and many other issues, The total life of students has been seriously affected in an adverse manner. The study encompasses that general well-being can be ensured by assuring higher levels of gratitude which can easily be done through gratitude activities and workshops.

Gratitude, Life Satisfaction and General Well Being in Young Adults

Life satisfaction has an enormous role in developing self-efficacy, self-esteem, socio-emotional development, academic development and cognitive development of an individual. Gratitude towards life can result in increasing satisfaction with life which will result in breaking all other chains and help the individual move forward towards their life goals.

Gratitude is an umbrella term used to describe the importance of attributes in life. It can be ensured by addressing and appreciating every aspect of life as it is instead of complaining about the atrocities of life. It can equip us with our own capabilities and rely on ourselves instead of depending on others. Measures must be taken by parents and teachers to make children grateful and let them develop the quality of gratitude along with intellectual and social qualities and thus ensure holistic development of the individual.

Thus, the present study highlights the relevance of gratitude in improving life satisfaction and general well-being of an individual, which clearly assures holistic development of the individual, hence assisting establishment of a totally developed society.

The major limitations of the study are that the participants were less likely to devote their complete attention to a survey that lasts only for a few minutes. As the questions might have been seemingly long, they could lead to a lack of interest. Another limitation is that the sampling technique used had to be a non-probability method, due to the ongoing pandemic and the time period of the study was limited. There was a chance that respondents would submit an incomplete questionnaire and there was a higher probability of getting biased results.

According to recent studies, the rate of life satisfaction and general well-being among college students is below average level and would go to a lower level in the following years. As a result, this study will serve as an eye opener for the current generation to learn more about the role of gratitude in increasing the life satisfaction and general well-being of college students.

The study can be explored more to investigate the reasons for decline in life satisfaction and general wellbeing. In addition, this study can be extended in a broad way to understand whether or not parents and professors are aware of these changes among youth and what efforts they are putting to address it. Furthermore, this study also serves as an eye opener for parents, highlighting the importance of developing gratitude in children from their childhood.

REFERENCES

- Ali, A. J. (2010). Measuring societal well-being. *Competitiveness Review: An International Business Journal*.
- A.S. Arul, L. (2017). General well-being of higher secondary students. *i-manager's Journal on Educational Psychology*, 10(3), 20. <https://doi.org/10.26634/jpsy.10.3.10380>
- Aricioglu, A. (2016). Mediating the effect of gratitude in the relationship between forgiveness and life satisfaction among University students. *International Journal of Higher Education*, 5(2). <https://doi.org/10.5430/ijhe.v5n2p275>
- Ayyash-Abdo, H., & Alamuddin, R. (2007). Predictors of subjective well-being among college youth in Lebanon. *The Journal of Social Psychology*, 147(3), 265-284. <https://doi.org/10.3200/socp.147.3.265-284>
- Allen, S. (2018). *The science of gratitude*. John Templeton Foundation.

- Bartels, A. L., Peterson, S. J., & Reina, C. S. (2019). Understanding well-being at work: Development and validation of the eudaimonic workplace well-being scale. *PLoS One*, *14*(4), e0215957.
- Baykal Narcikara, E. (2017). Effect of gratitude in the relationship between servant leadership and organizational identification <https://doi.org/10.15405/epsbs.2017.12.02.32>
- Bialowolski, P., & Weziak-Bialowolska, D. (2020). Longitudinal evidence for reciprocal effects between life satisfaction and job satisfaction. *Journal of Happiness Studies*, *22*(3), 1287-1312. <https://doi.org/10.1007/s10902-020-00273-1>
- Brannan, D., Biswas-Diener, R., Mohr, C. D., Mortazavi, S., & Stein, N. (2013). Friends and family: A cross-cultural investigation of social support and subjective well-being among college students. *The Journal of Positive Psychology*, *8*(1), 65-75. <https://doi.org/10.1080/17439760.2012.743573>
- Bryce, J., & Haworth, J. (2002). Wellbeing and flow in sample of male and female office workers. *Leisure Studies*, *21*(3-4), 249-263.
- Butt, T. H., Abid, G., Arya, B., & Farooqi, S. (2020). Employee energy and subjective well-being: a moderated mediation model. *The Service Industries Journal*, *40*(1-2), 133-157.
- Castellá Sarriera, J., Bedin, L., Tiago Calza, D. A., & Casas, F. (2015). Relationship between social support, life satisfaction and subjective well-being in Brazilian adolescents. *Universitas Psychologica*, *14*(2), 459-474.
- Cha, K. (2003). Subjective well-being among college students. *The Quality of Life in Korea*, 455-477. https://doi.org/10.1007/978-94-017-0281-2_22
- Chen, X., Morin, A. J. S., Parker, P. D., & Marsh, H. W. (2015). Developmental investigation of the domain-specific nature of the life satisfaction construct across the post-school transition. *Developmental Psychology*, *51*(8), 1074.
- Chung, H., Cooke, L., Fry, J., & Hung, I. (2015). Factors affecting knowledge sharing in the virtual organisation: Employees' sense of well-being as a mediating effect. *Computers in Human Behavior*, *44*, 70-80. <https://doi.org/10.1016/j.chb.2014.11.040>
- Chung, H., Seaton, J., Cooke, L., & Ding, W. (2016). Factors affecting employees' knowledge-sharing behaviour in the virtual organisation from the perspectives of well-being and organisational behaviour. *Computers in Human Behavior*, *64*, 432-448. <https://doi.org/10.1016/j.chb.2016.07.011>
- Datu, J. A. (2013). Forgiveness, gratitude and subjective well-being among Filipino adolescents. *International Journal for the Advancement of Counselling*, *36*(3), 262-273. <https://doi.org/10.1007/s10447-013-9205-9>
- Datu, J. A., & Mateo, N. J. (2015). Gratitude and life satisfaction among Filipino adolescents: The mediating role of meaning in life. *International Journal for the Advancement of Counselling*, *37*(2), 198-206. <https://doi.org/10.1007/s10447-015-9238-3>
- DeNeve, K. M., & Cooper, H. (1998). The happy personality: a meta-analysis of 137 personality traits and subjective well-being. *Psychological Bulletin*, *124*(2), 197.
- Emmons, R. A. (2008). Gratitude, subjective well-being, and the brain. *The Science of Subjective Well-Being*, 469-489.
- Emmons, R. A., & McCullough, M. E. (2004). *The psychology of gratitude*. Oxford University Press.
- Froh, J. J., Sefick, W. J., & Emmons, R. A. (2008). Counting blessings in early adolescents: An experimental study of gratitude and subjective well-being. *Journal of School Psychology*, *46*(2), 213-233. <https://doi.org/10.1016/j.jsp.2007.03.005>

- Froh, J. J., Yurkewicz, C., & Kashdan, T. B. (2009). Gratitude and subjective well-being in early adolescence: Examining gender differences. *Journal of Adolescence*, 32(3), 633-650. <https://doi.org/10.1016/j.adolescence.2008.06.006>
- Galovski, T., & Lyons, J. A. (2004). Psychological sequelae of combat violence: A review of the impact of PTSD on the veteran's family and possible interventions. *Aggression and Violent Behavior*, 9(5), 477-501.
- González-Carrasco, M., Casas, F., Malo, S., Viñas, F., & Dinisman, T. (2016). Changes with age in subjective well-being through the adolescent years: Differences by gender. *Journal of Happiness Studies*, 18(1), 63-88. <https://doi.org/10.1007/s10902-016-9717-1>
- Gottlieb, R., & Froh, J. (2021). Gratitude and happiness in adolescents. *Research Anthology on Rehabilitation Practices and Therapy*, 1786-1804. <https://doi.org/10.4018/978-1-7998-3432-8.ch090>
- Góngora, V. C., & Castro Solano, A. (2014). Well-being and life satisfaction in argentinean adolescents. *Journal of Youth Studies*, 17(9), 1277-1291. <https://doi.org/10.1080/13676261.2014.918251>
- Goldston, D. B., Molock, S. D., Whitbeck, L. B., Murakami, J. L., Zayas, L. H., & Hall, G. C. N. (2008). Cultural considerations in adolescent suicide prevention and psychosocial treatment. *American Psychologist*, 63(1), 14.
- Heller, D., Judge, T. A., & Watson, D. (2002). The confounding role of personality and trait affectivity in the relationship between job and life satisfaction. *Journal of Organizational Behavior: The International Journal of Industrial, Occupational and Organizational Psychology and Behavior*, 23(7), 815-835.
- Jans-Beken, L., Lataster, J., Peels, D., Lechner, L., & Jacobs, N. (2017). Gratitude, psychopathology and subjective well-being: Results from a 7.5-Month prospective general population study. *Journal of Happiness Studies*, 19(6), 1673-1689. <https://doi.org/10.1007/s10902-017-9893-7>
- Judge, T. A., Locke, E. A., Durham, C. C., & Kluger, A. N. (1998). Dispositional effects on job and life satisfaction: the role of core evaluations. *Journal of Applied Psychology*, 83(1), 17.
- Kardas, F., Cam, Z., Eskisu, M. & Gelibolu, S. (2019). Gratitude, Hope, Optimism and Life Satisfaction as Predictors of Psychological Well-Being. *Eurasian Journal of Educational Research*, 19 (82), 81-100.
- Kashdan, T. B., Mishra, A., Breen, W. E., & Froh, J. J. (2009). Gender differences in gratitude: Examining appraisals, narratives, the willingness to express emotions, and changes in psychological needs. *Journal of Personality*, 77(3), 691-730. <https://doi.org/10.1111/j.1467-6494.2009.00562.x>
- Kaup, M. L. (2017). Safety, security, and well-being within the dimensions of health care. *Health and Well-being for Interior Architecture*, 182-198. <https://doi.org/10.4324/9781315464411-15>
- Keyes, C. L. M. (1998). Social well-being. *Social Psychology Quarterly*, 121-140.
- Kim, J. (2019). Nursing students' relationships among resilience, life satisfaction, psychological well-being, and attitude to death. *Korean Journal of Medical Education*, 31(3), 251-260. <https://doi.org/10.3946/kjme.2019.135>
- Kong, F., Ding, K., & Zhao, J. (2014). The relationships among gratitude, self-esteem, social support and life satisfaction among undergraduate students. *Journal of Happiness Studies*, 16(2), 477-489. <https://doi.org/10.1007/s10902-014-9519-2>
- Latif, E. (2017). Relationship between spousal education gaps and life satisfaction: Evidence from Canada. *Economics and Business Letters*, 6(3), 69. <https://doi.org/10.17811/eb1.6.3.2017.69-80>

- Lin, C. (2013). A higher-order gratitude uniquely predicts subjective well-being: Incremental validity above the personality and a single gratitude. *Social Indicators Research, 119*(2), 909-924. <https://doi.org/10.1007/s11205-013-0518-1>
- Lin, C. (2013). A higher-order gratitude uniquely predicts subjective well-being: Incremental validity above the personality and a single gratitude. *Social Indicators Research, 119*(2), 909-924. <https://doi.org/10.1007/s11205-013-0518-1>
- Lin, C., & Yeh, Y. (2013). How gratitude influences well-being: A structural equation modeling approach. *Social Indicators Research, 118*(1), 205-217. <https://doi.org/10.1007/s11205-013-0424-6>
- Lin, W., & Yi, C. (2018). Subjective well-being and family structure during early adolescence: A prospective study. *The Journal of Early Adolescence, 39*(3), 426-452. <https://doi.org/10.1177/0272431618770785>
- Linking religiosity to life satisfaction in Japan and the United States. (2017). *Yearbook of International Religious Demography 2017*, 122-133. https://doi.org/10.1163/9789004346307_006
- Maddux, J. E. (2017). Subjective well-being and life satisfaction. *Subjective Well-Being and Life Satisfaction*, 3-31. <https://doi.org/10.4324/9781351231879-1>
- Matheny, K. B., Curlette, W. L., Aysan, F., Herrington, A., Gfroerer, C. A., Thompson, D., & Hamarat, E. (2002). Coping resources, perceived stress, and life satisfaction among Turkish and American university students. *International Journal of Stress Management, 9*(2), 81-97.
- McCullough, M. E., Emmons, R. A., & Tsang, J.-A. (2002). The grateful disposition: a conceptual and empirical topography. *Journal of Personality and Social Psychology, 82*(1), 112.
- Mehmood, T., & Shaukat, M. (2014). Life satisfaction and psychological well-being among young adult female university students. *International Journal of Liberal Arts and Social Science, 2*(5), 143-153.
- MinChunSik, et.,al. (2012). A comparative study on needs for and satisfaction with school life among students with intellectual disabilities and students without disabilities at inclusive education. *The Journal of Special Children Education, 14*(1), 315-337. <https://doi.org/10.21075/kacs.2012.14.1.315>
- Măirean, C., Turliuc, M. N., & Arghire, D. (2018). The relationship between trait gratitude and psychological wellbeing in University students: The mediating role of affective state and the moderating role of state gratitude. *Journal of Happiness Studies, 20*(5), 1359-1377. <https://doi.org/10.1007/s10902-018-9998-7>
- Nguyen, S. P., & Gordon, C. L. (2019). The relationship between gratitude and happiness in young children. *Journal of Happiness Studies, 21*(8), 2773-2787. <https://doi.org/10.1007/s10902-019-00188-6>
- Nilsson, P. A., & Stålnacke, B. (2019). Life satisfaction among inbound university students in northern Sweden. *Fennia - International Journal of Geography, 197*(1), 94-107. <https://doi.org/10.11143/fennia.70337>
- Peterson, C., & Bossio, L. M. (2001). *Optimism and physical well-Being*.
- Philip, J., & Cherian, V. (2020). Response to the comments on “Factors affecting the psychological well-being of health care workers during an epidemic: A thematic review”. *Indian Journal of Psychological Medicine, 42*(6), 595-596. <https://doi.org/10.1177/0253717620961651>
- Portocarrero, F. F., Gonzalez, K., & Ekema-Agbaw, M. (2020). A meta-analytic review of the relationship between dispositional gratitude and well-being. *Personality and Individual Differences, 164*, 110101. <https://doi.org/10.1016/j.paid.2020.110101>

- Qudsyi, H., Sholeh, A., & Afsari, N. (2020). Life satisfaction among college students: The role of self-monitoring through peer education. *Proceedings of the International Conference on Educational Psychology and Pedagogy - "Diversity in Education" (ICEPP 2019)*. <https://doi.org/10.2991/assehr.k.200130.089>
- Robustelli, B. L., & Whisman, M. A. (2016). Gratitude and life satisfaction in the United States and Japan. *Journal of Happiness Studies*, 19(1), 41-55. <https://doi.org/10.1007/s10902-016-9802-5>
- Rode, J. C. (2004). Job satisfaction and life satisfaction revisited: A longitudinal test of an integrated model. *Human Relations*, 57(9), 1205-1230. <https://doi.org/10.1177/0018726704047143>
- Ruberton, P. M., Kruse, E. T., Chancellor, J., & Lyubomirsky, S. (2014). An upward spiral between gratitude and humility. *PsycEXTRA Dataset*. <https://doi.org/10.1037/e514472015-254>
- Safaria, T. (2014). Forgiveness, gratitude, and happiness among college students. *International Journal of Public Health Science (IJPHS)*, 3(4), 241. <https://doi.org/10.11591/ijphs.v3i4.4698>
- Salvador-Ferrer, C. (2016). The relationship between gratitude and life satisfaction in a sample of Spanish university students. *Anales de Psicología*, 33(1), 114. <https://doi.org/10.6018/analesps.32.3.226671>
- Schnettler, B., Miranda-Zapata, E., Grunert, K. G., Lobos, G., Denegri, M., Hueche, C., & Poblete, H. (2017). Life satisfaction of University students in relation to family and food in a developing country. *Frontiers in Psychology*, 8. <https://doi.org/10.3389/fpsyg.2017.01522>
- Schutte, N. S., Malouff, J. M., Simunek, M., McKenley, J., & Hollander, S. (2002). Characteristic emotional intelligence and emotional well-being. *Cognition & Emotion*, 16(6), 769-785.
- Students' satisfaction with life, by gender. (2017). *PISA 2015 Results (Volume III)*. <https://doi.org/10.1787/9789264273856-table99-en>
- Subjective wellbeing I: Satisfaction with life, life domains and living in Singapore. (2012). *Happiness and Wellbeing*, 31-44. <https://doi.org/10.4324/9780203082089-9>
- Sun, P., & Kong, F. (2013). Affective mediators of the influence of gratitude on life satisfaction in late adolescence. *Social Indicators Research*, 114(3), 1361-1369. <https://doi.org/10.1007/s11205-013-0333-8>
- Toussaint, L., & Friedman, P. (2008). Forgiveness, gratitude, and well-being: The mediating role of affect and beliefs. *Journal of Happiness Studies*, 10(6), 635-654. <https://doi.org/10.1007/s10902-008-9111-8>
- Unanue, W., Gomez Mella, M. E., Cortez, D. A., Bravo, D., Araya-Véliz, C., Unanue, J., & Van Den Broeck, A. (2019). The reciprocal relationship between gratitude and life satisfaction: Evidence from two longitudinal Field studies. *Frontiers in Psychology*, 10. <https://doi.org/10.3389/fpsyg.2019.02480>
- Unanue, W., Gomez Mella, M. E., Cortez, D. A., Bravo, D., Araya-Véliz, C., Unanue, J., & Van Den Broeck, A. (2019). The reciprocal relationship between gratitude and life satisfaction: Evidence from two longitudinal Field studies. *Frontiers in Psychology*, 10. <https://doi.org/10.3389/fpsyg.2019.02480>
- Watkins, P. C., & Scheibe, D. (2017). Gratitude. *Subjective Well-Being and Life Satisfaction*, 210-229. <https://doi.org/10.4324/9781351231879-10>
- Watkins, P. C., Woodward, K., Stone, T., & Kolts, R. L. (2003). Gratitude and happiness: Development of a measure of gratitude, and relationships with subjective well-being. *Social Behavior and Personality: an international journal*, 31(5), 431-451. <https://doi.org/10.2224/sbp.2003.31.5.431>

Gratitude, Life Satisfaction and General Well Being in Young Adults

- Watkins, P. C., Woodward, K., Stone, T., & Kolts, R. L. (2003). Gratitude and happiness: Development of a measure of gratitude, and relationships with subjective well-being. *Social Behavior and Personality: an international journal*, 31(5), 431-451. <https://doi.org/10.2224/sbp.2003.31.5.431>
- Wood, A. M., Emmons, R. A., Algoe, S. B., Froh, J. J., Lambert, N. M., & Watkins, P. (2016). A dark side of gratitude? Distinguishing between beneficial gratitude and its harmful impostors for the positive clinical psychology of gratitude and well-being. *The Wiley Handbook of Positive Clinical Psychology*, 137-151. <https://doi.org/10.1002/9781118468197.ch10>
- Wood, A. M., Froh, J. J., & Geraghty, A. W. (2010). Gratitude and well-being: A review and theoretical integration. *Clinical Psychology Review*, 30(7), 890-905. <https://doi.org/10.1016/j.cpr.2010.03.005>
- Wood, A. M., Joseph, S., & Maltby, J. (2009). Gratitude predicts psychological well-being above the Big Five facets. *Personality and Individual Differences*, 46(4), 443-447. <https://doi.org/10.1016/j.paid.2008.11.012>
- Yildirim, M., & Alanazi, Z. (2018). Gratitude and life satisfaction: Mediating role of perceived stress. *International Journal of Psychological Studies*, 10(3), s21. <https://doi.org/10.5539/ijps.v10n3p21>
- You, S., Lee, J., Lee, Y., & Kim, E. (2018). Gratitude and life satisfaction in early adolescence: The mediating role of social support and emotional difficulties. *Personality and Individual Differences*, 130, 122-128. <https://doi.org/10.1016/j.paid.2018.04.005>

Acknowledgement

The author appreciates and thanks the author of the BES Scale for giving the permission to use the scale and everyone who participated in this study and helped to simplify the research process.

Conflict of Interest

The author declared no conflict of interests.

How to cite this article: Saji A.& Simon S. (2022). Gratitude, Life Satisfaction and General Well Being in Young Adults. *International Journal of Indian Psychology*, 10(3), 023-035. DIP:18.01.003.20221003, DOI:10.25215/1003.003