

Research Paper

Gratitude and Grit as Predictors of Wellbeing among Adolescents

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ABSTRACT

The present study contributes to the growing literature on positive psychological strengths and adolescent wellbeing by examining the roles of grit and gratitude. Using a quantitative, descriptive research design, the study targeted a sample of 382 adolescents aged 12–18. Participants completed the Grit Scale (Duckworth et al., 2007), the Gratitude Scale (McCullough et al., 2002), the Adolescent Wellbeing Scale (Zebu et al., 2025), and a personal data sheet prepared by the investigator. Grit emerged as a major and consistent predictor of wellbeing, reinforcing its relevance as a core strength in helping adolescents manage developmental challenges. In contrast, gratitude despite strong empirical support in other cultural contexts was not significantly associated with adolescent wellbeing in this sample. These findings underscore the importance of culturally and developmentally sensitive psychological research. They also highlight the need for further studies to explore the nuanced roles of grit and gratitude across diverse adolescent populations.

Keywords: *Gratitude, Grit, Wellbeing, Adolescents*

Adolescence is seen across the globe as a time of significant change characterized by rapid physical development, hormonal fluctuations, cognitive development, and changing social roles. While adolescents are working through identity issues, emotional regulation, academic demands, and peer relationships, they face substantial psychological challenges (Steinberg, 2014). These can be seen in the ways of stress, worry, emotional dysregulation, and even depressive symptoms, and thus adolescence is an important area of research and intervention for psychology. Whereas the conventional models of psychology have been focusing on the diagnosis and cure of disorder, the advent of positive psychology has started focusing on understanding and cultivating human virtues and strengths leading to flourishing (Seligman & Csikszentmihalyi, 2000). Based on the principles of Positive Psychology, the importance is laid on the fact that gratitude plays an invaluable role in predicting self-satisfaction, emotional strength, and social inter-relationship. There is a new perspective regarding what Positive Psychology is able to contribute in addressing the public mental illness epidemic. On this basis, gratitude and grit have risen to prominence as psychological factors that are centrally important for the development of emotional resilience, academic achievement, and well-being in teenagers. Strengthening mental health and developing processes and capacities likely to bolster future

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Gratitude and Grit as Predictors of Wellbeing among Adolescents

mental health has taken on high priority. Some of the Positive Psychology elements like meaning, coping, self-compassion, courage, gratitude, positive emotions, positive interpersonal processes, high-quality relationships, and other strengths of character have been incorporated into new interventions for counseling and some effective programs already present like self-administered computer training, mental health first aid, groups of cognitive behavioral therapy, social media interventions and delivery of music therapy and counseling (Waters et al., 2022).

Psychological Wellbeing

Psychological well-being (PWB) is generally understood as the "positive interpretation of dealing with various challenges of life," and it captures one's feeling of expansion and self-realization to how individuals' attempts to create experiences of purposeful engagement (Zhou et al., 2022). Feeling dissatisfied with oneself, struggling to build relationships with others, being dependent on others, experiencing difficulty in controlling one's environment, not having life goals, and being unable to develop or remain still are some of the traits of low psychological well-being conditions (Irianto & Ardilla, 2021). impact on your thoughts, feelings, and actions, which frequently have an impact on your relationships and day-to-day activities. These illnesses could be transient or permanent (Ferguson, 2023). Psychological well-being (PWB) is a term used to explain an individual's state of mental health and functioning at their peak. It encompasses a variety of traits related to an individual's psychological state, including their emotional, cognitive, and social well-being (Okorobie, 2024). It is at times regarded as the main characteristic of educational encounters that direct learners in their quest for meaning and direction in life and help them actualize their full potential (Božek et al., 2020)

Gratitude

Gratitude, generally described as an attitude for appreciating and acknowledging the good things in life and other people's kindness, is related to a wide range of psychological advantages such as greater life satisfaction, greater positive affect, and more solid interpersonal relationships (Emmons & McCullough, 2003; Froh et al., 2009). Adolescents who practice gratitude are more prone to indulge in prosocial behaviour, have higher social support, and acquire a more positive outlook towards life (Bono et al., 2020). Gratitude has also been found to act as a buffer against the ill effects of stress and build adaptive coping mechanisms (Caleon et al., 2024).

Gratitude is a robust emotional characteristic that greatly helps psychological well-being (Manalo et al., 2024). It is more than the response of tangible gifts; it also entails the acknowledgment of intangible gains such as emotional support, generosity, and chances (American Psychological Association [APA], 2018). Constant practice of appreciation has been associated with less stress and anxiety, more happiness, and increased life satisfaction (Diniz et al., 2023; Jayakumar & Gupta, 2021). Well-being has been defined by the World Health Organization (2022) as a good state brought about by social, economic, and environmental factors, including quality of life and the capability to make a productive contribution to society. Gratitude aids this by helping to increase optimism, resilience, and emotional well-being (Panhwar & Malik, 2023). Studies repeatedly establish a robust correlation between gratitude and well-being. For example, grateful adolescents have greater life satisfaction and a more robust sense of purpose (Li et al., 2023). Gratitude also enhances prosociality, building healthy cycles in relationships (Algoe et al., 2020). Other research indicates that gratitude enhances happiness, self-esteem, and strength of character,

Gratitude and Grit as Predictors of Wellbeing among Adolescents

particularly when combined with hope and optimism (Aggarwal, 2023; Kardas et al., 2019; Kharbanda & Mohan, 2021).

In school settings, gratitude boosts motivation, academic self-efficacy, and engagement (Zhen et al., 2021; King & Datu, 2018; Yudianti et al., 2023). Gratitude encourages perseverance, particularly among students who often show gratitude (Armenta et al., 2022; Jin & Wang, 2019). In the context of the pandemic, gratitude, together with grit, was identified as an emotion that protected against the psychological effect on college students (Bono et al., 2020). Gratitude is also protective for suicide risk by lowering hopelessness and depression, and enhancing social support (Kaniuka et al., 2020). In the Philippines, gratitude promotes social connections and emotional health (Datu et al., 2022). Interventions that include gratitude have been advocated to facilitate student mental health, eating habits, and overall adjustment (Mason, 2019; Fritz et al., 2019; Jindal et al., 2022).

Grit

Grit is a term made widely known by Duckworth et al. (2007) and it was described as the passion and perseverance to pursue long-term goals in the face of obstacles, setbacks, and plateaus in progress. Grit is particularly pertinent during adolescence, an age characterized by goal-setting within the areas of academics, extracurricular activities, and identity exploration. Those with high grit show a persistent dedication to their goals, resisting giving up in the presence of challenges and keeping a long-term view. Grit has been associated with more academic success, improved emotional control, and improved psychological well-being (Valdez & Datu, 2021; Arya & Lal, 2018).

Grit as an independent variable pertains to perseverance and passion for long-term goals (Duckworth et al., 2007). A gritty individual approaches success as a race and excels through their endurance. Others may view setbacks or boredom as justifications for reversing course and cutting losses, but the gritty ones continue on their present trajectory. Grit as an independent variable has two indicators: consistency of interest and persistence of effort. As per Choi (2020), "Grit not only speaks to resilience in the face of failure, but it also encompasses an individual's determination in achieving a goal through relentless endeavor." Grit is a character trait common among individuals who manifest enthusiasm and persistence in the face of considerable obstacles and discouragers to reach a goal. Grit is the capacity for self-regulation and postponing the need for positive feedback while making effort on a task (Gupta & Sudhesh, 2019).

The word "grit" was originally coined by researcher and psychologist Angela Lee Duckworth. Grit is the ability to pursue your passion relentlessly despite adversity, in her definition of the word as "passion and perseverance for long-term and meaningful goals" (Baghadia, 2020) While gratitude and grit are theoretically different, new research points out that they might function synergistically to foster well-being. For instance, while gratitude elevates the emotional life and social relationships of an individual, grit is responsible for the sustenance of long-term aspirations and hardiness.

These two characteristics promote adaptive functioning and goal-directed behavior, which is vital for adolescent development (Lee, 2020). In addition, emotional regulation processes like cognitive reappraisal have been found to be mediators in the link between these constructs and well-being (Valdez & Datu, 2021). Even with increased worldwide interest in gratitude and grit, there is still a lack of studies from non-Western cultural backgrounds, especially among teenagers in South Asia. Cultural norms, academic stress, and family

Gratitude and Grit as Predictors of Wellbeing among Adolescents

expectations can influence the formation and demonstration of these qualities differently. Hence, this research intends to investigate how gratitude and grit help adolescents' psychological well-being in an Indian setting, thus filling a critical gap in the literature.

Need and Significance of the Study

Adolescents have diverse challenges in the form of academic competition, virtual distractions, parental pressures, and changing socio-cultural values. In India, where academic success is highly valued and mental health literacy is scarce, students are especially at risk of emotional exhaustion and burnout. In this aspect, it becomes critical to recognize internal psychological assets that can act as stress buffers and promote positive functioning. This research is based on the assumption that positive characteristics like gratitude and grit are flexible and can be fostered with specific interventions. It has been found in research that gratitude exercises, including journaling and expressive writing, have a great impact in improving life satisfaction and lessening depressive symptoms in teenagers (Froh et al., 2009; Emmons & McCullough, 2003). Likewise, grit may be fostered by training in goal-setting, self-control, and resilience-strengthening techniques (Duckworth, 2016). By establishing gratitude and grit as predictors of well-being, this study makes not only theoretical contributions but also provide insights for developing school-based wellbeing enhancement programs. In addition, previous research has separately investigated gratitude and grit, but only few studies have examined their combined predictive effectiveness for adolescent well-being. Understanding how these constructs interact may provide a more comprehensive picture of adolescent wellbeing and help academicians in developing tools which measures adolescent wellbeing. Considering the cultural scenario of India based on collectivist culture, close family bonds, and high educational desires; this research attempts to place the findings in perspective and develop culturally appropriate insights. Finally, the results might be used to assist in creating positive psychology interventions specific to Indian adolescents, bringing up a generation that is both academically qualified and emotionally strong.

REVIEW OF LITERATURE

Numerous empirical investigations have demonstrated the individual and interactive effects of gratitude and grit on adolescent well-being.

Grit and Adolescent Well-being.

Grit, or the ability to persevere and be passionate about long-term objectives, has emerged as a strong predictor of adolescent well-being. It is especially useful in difficult academic or emotional situations. Sari et al. (2023) examined the predictive functions of gratitude and grit in adolescent wellbeing during the post-pandemic era, employing a sample of Indonesian high 400 school students. Findings revealed that more influence was exerted by grit (36.5%) over wellbeing compared to gratitude (24%), indicating that grit can potentially function as a buffer against adversity.

Similar studies such as Valdez and Datu (2021) examined the contributions of grit's three factors such as perseverance of effort, consistency of interest, and adaptability among 439 Filipino youths. Adolescent wellbeing was found to have a significant positive correlation with all dimensions of grit. Emotion regulation strategies, especially cognitive reappraisal, were also found to be mediators between grit and adolescent flourishing, highlighting the internal processes by which grit contributes to well-being.

Gratitude and Grit as Predictors of Wellbeing among Adolescents

Arya and Lal (2018) used a study of 300 medical and engineering students in an Indian context and showed that grit strongly predicted psychological well-being. Results showed a sense of coherence as a mediating factor, with the implication that gritty persons see life as more organized and comprehensible and hence are more psychologically resilient. Another similar study also supported such as Oriol et al. (2017) established that grittier adolescents had greater self-esteem, lower stress, and improved emotional regulation, further validating grit's assorted advantages for adolescents growth.

Gratitude and Grit

The interplay between gratitude and grit has been of recent empirical interest, with the study investigating how these qualities work together to influence adolescent wellbeing. Lee (2020) explored the moderating role of grit in the relationship between gratitude and mindfulness among 250 university students and concluded that individuals who were higher in grit tend to benefit more emotionally from gratitude, particularly in terms of increased happiness and mindfulness. Valdez and Datu (2021) also expanded on this interaction by observing that emotional regulation strategies were common pathways linking both of these traits to adolescent flourishing and their research suggests that gratitude and grit can be collaborative, and emotional regulation can be the underlying mechanism increasing well-being.

Gratitude, Grit, and Adolescent Well-being

While each of gratitude and grit contributes separately to well-being, combined effect is more significant. Li et al. (2019) examined this interaction in a sample of 623 adolescents and reported that teens who scored high on both gratitude and grit showed significantly greater psychological resilience and well-being than teens who scored high on one, but not both, traits. This supports the notion that gratitude promotes positive mindset and social connectedness, whereas grit allows for the self-regulatory strength to pursue through challenges. However, there is an apparent gap in the literature exists such that the function of these constructs is underexplored in non-Western or Indian cultural contexts. There are few integrative models that look at both gratitude and grit concurrently within Indian adolescents, so this area has to be more explored.

Researches like Manalo et al. (2024), Reza et al. (2024), Froh et al. (2009), Arya and Lal (2018), Sari et al. (2023), Lee (2020), and Valdez and Datu (2021) highlight the predictive power of both gratitude and grit in adolescent wellbeing. While gratitude promotes social satisfaction and emotional resilience, grit facilitates long-term goal pursuit and emotional regulation. The mediating functions of sense of coherence and emotion regulation are consistently highlighted throughout different cultural contexts. These results overall help in developing mental health interventions and educational interventions that cultivate both gratitude and grit in order to build adolescent mental health.

Objectives:

- To find out whether there is any significant relationship between gratitude, grit and wellbeing among adolescents.
- To examine whether gratitude and grit predict wellbeing among adolescents.

Hypotheses:

- There will be a significant relationship between grit, gratitude and wellbeing among adolescents.

Gratitude and Grit as Predictors of Wellbeing among Adolescents

- Grit and gratitude predict wellbeing among adolescents.

METHOD

Variables

The variables of this study are wellbeing as dependent variable and grit, gratitude as independent variables.

Participants

A target sample size included 382 participants within the age limit of 12-18.

Research Design

The present study used a quantitative approach. A correlational research design was used in the study.

Tools

The tools used in the study are Grit scale (Duckworth et al., 2007), Gratitude scale (McCullough et al., 2002), Adolescent Wellbeing scale (Zebu et al., 2024) and a personal data sheet prepared by the investigator.

- 1. Gratitude scale (McCullough et al., 2002):** It is a 6-item scale with a 7-point Likert scale from "1 - Strongly Disagree" to "7 - Strongly Agree." It assesses the tendency to acknowledge, respond to, and feel gratitude. Items like "I have so much in life to be thankful for" and "If I had to list everything that I felt grateful for, it would be a very long list" are used in the scale. It was found to have good internal consistency with coefficient alphas of .82 and .87. Two items that are negatively worded (3 and 6) are reverse-coded. The scores range from 6-42, which means that the greater the score, the greater the gratitude disposition
- 2. Grit scale (Duckworth et al., 2007):** The Grit Scale of Duckworth et al. (2007) is a psychological instrument used to assess a person's perseverance and passion for long-term goals. It has either 12 items (Grit-O) or 8 items (Grit-S), measuring two important aspects: perseverance of effort and consistency of interest. The respondent rates each item on a 5-point Likert scale, with reverse scoring for some items. The total score is an average, on a scale of 1 (low grit) to 5 (high grit), with higher scores representing higher determination and persistence over time. The scale has been found to be highly internally consistent (Cronbach's alpha ~0.73–0.85) and test-retest reliable. It also indicates high construct and predictive validity.
- 3. Adolescent Wellbeing Scale (Zebu et al., 2025):** The Adolescent Wellbeing Scale developed by Zebu et al. (2025) is a comprehensive self-report instrument designed to assess the overall wellbeing of adolescents. The scale is a 54 item 5-point Likert scale, with higher scores indicating greater levels of wellbeing. Scoring involves summing or averaging item responses across subdomains to generate both overall wellbeing scores. Initial reliability testing shows high internal consistency (Cronbach's alpha > 0.80), and validity is supported through strong correlations with established mental health and life satisfaction scales. The tool is intended for use in schools, clinical settings, and research to identify areas of strength and need in adolescent mental health and to guide interventions.

Data collection and Procedure

Data were collected from 382 adolescent school students of different schools in Kerala, as per the inclusion criteria to choose eligible participants to be included in the study. After receiving school administration approval, the data collection was conducted. Informed

Gratitude and Grit as Predictors of Wellbeing among Adolescents

consent was taken from all the participants with an assurance of confidentiality and anonymity. Standardized instruments were used for collection of data after testing their reliability and validity for collecting data. The collected data were scored, interpreted, and analyzed using computer statistical analysis software (SPSS ver. 25). Correlation, and regression models were used in determining important relationships among the study variables. Data collection, analysis, and report writing took place over the period of four months.

RESULTS

The present study used correlational analysis and regression models to assess the correlation between gratitude and grit and adolescent wellbeing. The study also assessed whether gratitude and grit are predictors of adolescent wellbeing.

Table 1: Correlation between wellbeing, gratitude and grit

		Wellbeing	Gratitude	Grit
Wellbeing	Pearson's r	—		
	df	—		
	p-value	—		
Gratitude	Pearson's r	-0.022	—	
	df	382	—	
	p-value	0.664	—	
Grit	Pearson's r	0.263	***	0.039
	df	382	382	—
	p-value	< .001	0.443	—

Note. * $p < .05$, ** $p < .01$, *** $p < .001$

Pearson's correlation coefficients were computed to assess the bivariate relationships among gratitude, grit, and wellbeing. The results (see table 1) showed a moderate and statistically significant positive correlation between grit and wellbeing ($r = .263$, $p < .001$), suggesting that adolescents who exhibit greater perseverance and passion toward long-term goals tend to experience higher psychological wellbeing.

Results showed that gratitude did not show a statistically significant correlation with wellbeing ($r = -0.022$, $p = .664$), contrary to the robust associations reported in prior studies (e.g., Froh et al., 2008; Manalo et al., 2024). Additionally, the correlation between gratitude and grit was also nonsignificant ($r = 0.039$, $p = .443$), suggesting that in this sample, these constructs may function independently rather than interactively. The hypothesis is not fully supported by the data and is, therefore, rejected.

A multiple linear regression analysis was used to determine whether gratitude and grit together predict psychological wellbeing among adolescents. The regression model was statistically significant (See table 2), $F(2, 381) = 14.4$, $p < .001$, explaining approximately 7% of the variance in wellbeing ($R^2 = .0703$).

Gratitude and Grit as Predictors of Wellbeing among Adolescents

Table 2 Model Fit and Overall Regression Summary for Wellbeing

Predictor	B	SE B	β	t	p
Intercept	111.97	10.22	—	10.96	< .001
Gratitude	-0.18	0.28	-.04	-0.66	.510
Grit	15.69	2.93	.33	5.35	< .001

B = unstandardized regression coefficient; SE B = standard error of B; β = standardized coefficient.

Model summary: $R = .265$, $R^2 = .070$, Adjusted $R^2 = .065$, $F(2, 381) = 14.40$, $p < .001$.

When examining the individual contributions of each predictor, grit emerged as a significant positive predictor of wellbeing (see table 2) ($\beta = 15.69$, $p < .001$), supporting the importance of persistence and consistency of effort in promoting adolescents' psychological wellbeing. In contrast, gratitude did not significantly predict wellbeing (see table 2) ($\beta = -0.18$, $p = .510$), suggesting its influence may be mediated or moderated by other psychosocial variables not reported for in this model. Hence, hypothesis 2 is partially accepted.

DISCUSSION

The present study sought to explore the relationships among gratitude, grit, and psychological wellbeing in adolescents, focusing on whether these traits individually or together predict wellbeing. The strong correlation between grit and well-being is supported by a number of prior studies that have noted grit as a strong predictor of beneficial psychological results among adolescents. Sari et al. (2023) reported that 36.5% of thriving among adolescents in the context of post-pandemic was explained by grit, even surpassing gratitude. Similarly, Valdez and Datu (2021) illustrated that the central dimensions of grit such as perseverance and consistency were positively linked to adolescent wellbeing, which was mediated by cognitive reappraisal strategies. The present findings are in concordance with these findings, affirming the facilitative value of grit as a resilience promotion trait promoting adolescent well-being.

In the Indian setting, Arya and Lal (2018) also found a significant predictive function of grit in psychological well-being in medical and engineering students, thereby supporting the applicability of grit in organized and goal-directed settings. This present finding that grit is positively related to well-being corroborates the cross-cultural universality of grit in diverse developmental and cultural settings. In contrast, the failure to acknowledge a significant relationship between gratitude and well-being in this study counteracts many previous empirical literature. Manalo et al. (2024) established that gratitude accounted for 41% of psychological well-being variance in Filipino adolescents. Reza et al. (2024) and Froh et al. (2009) also established gratitude to have a significant prediction of life satisfaction, optimism, and emotional adjustment in adolescent populations. This discrepancy is perhaps due to cultural or contextual variation. For instance, in collectivist cultures such as India, adolescents might not be as inclined to directly experience or internalize thankfulness in a manner that translates into quantifiable psychological advantages, particularly when contrasted with more individualistic cultures where self-reports of feelings can be more culturally accepted.

Additionally, the non-significant correlation between gratitude and grit ($r = 0.039$, $p = .443$) is contrary to earlier studies of a significant relationship between the two constructs. Lee (2020) illustrated that grit mediated the relationship between gratitude and mindfulness, which suggests a more multifaceted interaction that may not be captured by a simple bivariate correlation. Similarly, Valdez and Datu (2021) emphasized that emotional

Gratitude and Grit as Predictors of Wellbeing among Adolescents

regulation connects gratitude and grit with flourishing such that their interaction is mediated by internal psychological processes, which were not measured in this study.

Developmental factors, sample characteristics, or measurement tools could have affected the present results. For instance, gratitude interventions are often found to have stronger effects within experimental conditions (e.g., Froh et al., 2009), while correlational designs may miss their subtle effect unless mediating variables (e.g., emotion regulation or social support) are also measured. The results indicate that whereas grit seems to be a robust and culturally invariant predictor of adolescent flourishing, gratitude's role could be a more context-specific and mediated one. This highlights the necessity of future research to investigate possible moderators and mediators, i.e., emotional intelligence, social connectedness, or cultural values, that could shape the way gratitude is internalized and manifested in Indian adolescents.

As per findings, grit had a strong and positive prediction of adolescent wellbeing. This is consistent with current empirical literature suggesting that grit, as persistent passion and interest in long-term goals that enables emotional stability and academic success among adolescents (Duckworth et al., 2007; Valdez & Datu, 2021; Arya & Lal, 2018). Specifically, Oriol et al. (2017) reported that grit increases self-esteem and emotional well-being through aiding in the regulation of negative feelings and resilience in the face of stressors. The present finding supports the hypothesis that gritty adolescents are likely to have a higher sense of purpose, long-term motivation, and resilience—these being critical aspects of wellbeing. The comparatively high beta coefficient for grit in the regression model also implies that of the two predictors under investigation, grit has a greater contribution to psychological wellbeing.

Unlike in previous research, gratitude did not turn out to be a strong predictor of wellbeing within this sample, nor was it significantly correlated. This is in contrast to a large body of research that repeatedly shows gratitude as an important causal factor of positive emotions, satisfaction with life, and psychological hardness in adolescents (Froh et al., 2009; Emmons & Stern, 2013; Manalo et al., 2024). For example, Manalo et al. also stated that gratitude explained 41% of the variation in wellbeing among Filipino students, and Reza et al. (2024) noted a similar positive pattern among Indonesian adolescents.

Even more direct interventions, like gratitude journaling or training, have shown higher levels of happiness and lower symptoms of depression among youth (Froh et al., 2008; Halleyda & Japar, 2023). Hence, the non-significant contribution of gratitude in the current study is vividly interesting and demands for critical reflection. There are various reasons for the finding in this research, no strong correlation between well-being and gratitude was found. One of those reasons is cultural context such that in collectivist cultures such as India, perhaps more than in individualist cultures, expressions of gratitude can be less a matter of conscious consideration and more one of social norms or obligation (Bono et al., 2020). Developmental stage is also a factor adolescence might not yet possess the emotional maturity to experience gratitude as a stable characteristic (Chaplin & John, 2007), tending to blur it with politeness or obligation. In addition, gratitude might not necessarily affect wellbeing universally. Gulliford et al. (2013) discovered that its influence fluctuates across age and cultural groups. Likewise, Layous et al. (2013) reported that people with high negative affectivity could benefit less from gratitude interventions. Rusk et al. (2016) also indicated that gratitude's effect on well-being the long term diminishes when individual differences

Gratitude and Grit as Predictors of Wellbeing among Adolescents

such as optimism or self-efficacy are taken into account, implying that it would be important to investigate other psychological variables as mediators or moderators.

Implications

Gratitude was not a significant contributor; the results underscore the real-world significance of grit in supporting adolescent wellbeing. Intervention that enhances perseverance, long-term goal-setting, and self-regulation could lead to long-term gains in adolescents' psychological wellbeing. Interventions like goal-setting workshops, resilience training, and grit curricula can be successfully incorporated into school mental health programs. Although gratitude did not display an effect in this sample, it should not necessarily be ruled out. Future interventions could focus on more culturally appropriate gratitude activities like narrative sharing, acts of kindness, or service learning.

CONCLUSION

The present research adds to the emergent literature on positive psychological strengths and adolescent wellbeing. Grit was a major and consistent predictor of wellbeing, reinforcing its position as a core strength for managing the challenges of adolescence. Conversely, gratitude despite strong empirical evidence in other cultures, was not significantly associated with wellbeing. These results underscore the value of context-specific psychological research and the necessity for more study of the cultural, emotional, and developmental variables that shape how gratitude and grit exist and function among teenagers.

Limitations and Future Directions

The current study provides important insights into the functions of gratitude and grit in teenage wellbeing, there are some limitations that need to be addressed. Cross-sectional design limits causal inferences, and use of self-report tools may have introduced social desirability bias. The unidimensional measurement of gratitude may not have been able to measure its cultural and emotional variations. Furthermore, potential mediators like emotional regulation or social support were not being explored. Longitudinal or experimental designs using culturally adapted measures in addition exploring other moderating variables are all recommended in future studies. The integration of qualitative or mixed-methods designs and school-based intervention development targeted at these dimensions can further improve psychological wellbeing outcomes.

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Gratitude and Grit as Predictors of Wellbeing among Adolescents

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Conflict of Interest

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