

The Impact of Life Satisfaction on Gratitude Among Young Adults

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Abstract: *This research investigates the relationship between life satisfaction and gratitude among young adults in the Delhi/NCR region. A sample size of 100 participants aged between 18 to 25 years was selected for the study. The study employed the 6G-Q Gratitude scale developed by McCullough, M. E., Emmons, R. A., & Tsang, J., and the Life Satisfaction scale by Diener, Emmons, Larsen, and Griffin to measure gratitude and life satisfaction, respectively. The results of the study revealed a significant correlation between life satisfaction and gratitude among young adults. The findings suggest that higher levels of life satisfaction are associated with greater expressions of gratitude. This study contributes to the understanding of the factors influencing gratitude among young adults, emphasizing the importance of fostering life satisfaction for cultivating a grateful disposition. These findings underscore the potential benefits of interventions targeting life satisfaction to enhance gratitude among young adults.*

Keywords: Life Satisfaction, Gratitude

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