

The Impact of Life Satisfaction on Gratitude Among Young Adults

Anannya Arora

Amity Institute of Psychology and Allied Sciences, Amity University, Noida, India

Aroraanannya13@gmail.com

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

I. INTRODUCTION

Life Satisfaction

Life satisfaction refers to an individual's overall evaluation of their life, encompassing various domains such as work, relationships, health, and personal goals. It reflects the extent to which individuals feel content, fulfilled, and happy with their current circumstances and achievements. Life satisfaction goes beyond momentary happiness and entails a deeper sense of subjective well-being, encompassing both cognitive judgments and emotional experiences.

Understanding life satisfaction is crucial as it serves as a fundamental indicator of overall well-being and quality of life. It provides insight into individuals' perceptions of their own lives, allowing researchers, policymakers, and practitioners to assess and address factors influencing subjective well-being. Numerous advantageous outcomes, such as improved physical and mental health, higher resilience in the face of adversity, heightened productivity, and stronger social interactions, are linked to high levels of life satisfaction. On the other hand, poor life satisfaction can lead to psychological anguish, discontent with one's situation in life, and a decline in one's capacity to function in general.

Life satisfaction is influenced by both internal and external variables, including social relationships, personal values, and the sense of accomplishment in achieving meaningful goals. External elements that impact life satisfaction include money and material belongings. This emphasizes how crucial it is to address both the objective and subjective dimensions of well-being in order to successfully increase life satisfaction. Individuals and communities may nurture situations and behaviors that promote higher overall well-being and fulfillment by understanding the factors that influence life satisfaction. Thus, encouraging life satisfaction is crucial to advancing holistic well-being and raising both the standard of living for people and society at large.

Theories on Life Satisfaction:

Set-Point Theory: Proposed by psychologists like Brickman and Campbell in the 1970s, Set-Point Theory posits that individuals have a natural, biologically determined baseline level of happiness or life satisfaction. According to this theory, life events such as winning the lottery or experiencing a setback may temporarily influence an individual's happiness, but over time, they tend to adapt back to their baseline level of satisfaction. This theory suggests that while external circumstances can affect happiness in the short term, long-term life satisfaction is largely predetermined by genetic and personality factors

Cognitive Dissonance Theory: Introduced by psychologist Leon Festinger in the 1950s, Cognitive Dissonance Theory proposes that individuals experience psychological discomfort when they hold conflicting beliefs, attitudes, or behaviors. To reduce this discomfort, individuals may either change their beliefs or behaviors to restore consistency. Applied to life satisfaction, this theory suggests that individuals may adjust their perceptions of their circumstances to align with their overall sense of well-being. For example, if someone believes that money leads to happiness but experiences financial hardship, they may downplay the importance of wealth to maintain their sense of well-being.

Self-Determination Theory (SDT): Developed by psychologists Deci and Ryan in the 1980s, Self-Determination Theory posits that humans have three innate psychological needs: autonomy, competence, and relatedness. Fulfilling these needs is essential for promoting intrinsic motivation and well-being. According to SDT, life satisfaction is influenced by the extent to which individuals perceive their environments as supporting their autonomy (feeling in control of one's actions), competence (feeling capable and effective), and relatedness (feeling connected to others and belonging). When these needs are satisfied, individuals are more likely to experience higher levels of life satisfaction.

Socioemotional Selectivity Theory: Proposed by psychologist Laura Carstensen in the 1990s, Socioemotional Selectivity Theory suggests that as individuals age, their priorities shift from future-oriented goals to present-focused goals. As people perceive their time as limited, they prioritize activities and relationships that maximize emotional satisfaction and meaning. According to this theory, older adults may invest more in relationships that bring them joy and fulfillment, leading to higher levels of life satisfaction.

These theories provide different perspectives on the factors influencing life satisfaction, incorporating elements such as genetic predispositions, cognitive processes, psychological needs, and social relationships. While each theory offers valuable insights, research suggests that life satisfaction is influenced by a combination of individual, social, and environmental factors.

Gratitude

Gratitude is the heartfelt appreciation and acknowledgment of the kindnesses and benefits received from others or from life circumstances. It involves recognizing and valuing the positive aspects of one's life, including the people, experiences, and opportunities that contribute to personal well-being and fulfillment. Gratitude is more than just saying "thank you"; it reflects a deeper sense of humility, connection, and generosity towards others and the world. Cultivating gratitude involves actively focusing on and expressing appreciation for the good things in life, even amidst challenges or adversity.

Gratitude is significant for several reasons. In the first place, it enhances psychological health by encouraging happy, satisfied, and satisfying feelings. People who practice gratitude are more resilient and generally happier because they divert their attention from negativity and concentrate on all the wonderful things in their lives. Furthermore, by fortifying interactions with others via expressions of appreciation and acknowledgment, it improves social connections and partnerships. Not only is it beneficial to the recipient, but it also strengthens relationships between people and creates a feeling of community support and belonging.

Moreover, gratitude is associated with numerous physical health benefits, including better sleep quality, reduced stress levels, and improved cardiovascular health. It enhances general physical well-being by encouraging relaxation and lowering the physiological impacts of stress.

Furthermore, by encouraging an abundant, resilient, and optimistic mentality, practicing gratitude can promote personal development. People who frequently practice gratitude have been shown to have higher levels of empathy, compassion, and self-worth.

Overall, by improving psychological, social, and physical health outcomes, Gratitude plays a critical role in promoting holistic well-being. People can improve their general quality of life, be happier, and have deeper connections with others by practicing gratitude on a daily basis.

Theories on Gratitude:

Evolutionary Theory: This perspective suggests that gratitude has evolutionary origins, emerging as a mechanism to facilitate cooperation and social bonding among humans. According to this theory, expressing gratitude may have conferred survival advantages in ancestral environments by strengthening social connections and encouraging

reciprocal behavior. Gratitude, therefore, serves as a mechanism for fostering social cohesion and maintaining beneficial relationships within social groups.

Social Exchange Theory: Social exchange theory posits that human interactions are governed by the expectation of mutual benefits or rewards. In the context of gratitude, individuals express appreciation as a form of social exchange, acknowledging the kindnesses or favors they have received from others. This theory emphasizes the reciprocity inherent in gratitude dynamics, suggesting that expressions of gratitude may serve to maintain social relationships and encourage future prosocial behavior.

Trait Perspective: From a trait perspective, gratitude is considered a stable individual characteristic or disposition that varies among individuals. Trait gratitude refers to the tendency to experience and express gratitude consistently across different situations and contexts. Researchers assess trait gratitude using measures such as the Gratitude Questionnaire (GQ), which capture individual differences in the propensity to notice and appreciate the positive aspects of life. Trait gratitude is associated with various positive outcomes, including greater psychological well-being, satisfaction with life, and stronger social relationships.

Positive Psychology Perspective: Positive psychology focuses on the study of human strengths, virtues, and flourishing, with gratitude being recognized as a core component of well-being. From this perspective, gratitude is viewed as a positive emotion and a key psychological resource for enhancing subjective well-being and resilience. Positive psychology frameworks explore the cognitive, emotional, and behavioral processes underlying gratitude, as well as its implications for promoting happiness, optimism, and personal growth.

Cognitive-Behavioral Perspective: In cognitive-behavioral theory, gratitude is conceptualized as a cognitive-emotional process that involves recognizing and appreciating the positive aspects of one's life. Cognitive-behavioral interventions for promoting gratitude often involve techniques such as gratitude journaling or writing gratitude letters, which aim to enhance individuals' focus on positive experiences and cultivate a grateful mindset. This perspective emphasizes the role of cognitive restructuring and behavioral practices in fostering gratitude and improving overall well-being.

These theoretical perspectives offer different frameworks for understanding the nature, development, and implications of gratitude in human psychology. While each perspective provides valuable insights into the underlying mechanisms and outcomes of gratitude, researchers often draw on multiple theories to explore the complexity of this phenomenon comprehensively.

Several research studies have explored the relationship between life satisfaction and gratitude among young adults, focusing on various aspects such as psychological well-being, mental health, and social relationships.

A study by Emmons and McCullough (2003) investigated the link between gratitude and well-being, finding that individuals who practiced gratitude reported higher levels of life satisfaction and overall well-being.

In a longitudinal study by Wood, Maltby, Stewart, and Joseph (2008), it was found that gratitude was strongly correlated with lower levels of depression and anxiety among young adults.

Practicing gratitude was associated with improved mental health outcomes over time.

Algoe, Gable, and Maisel (2010) examined the role of gratitude in social relationships, discovering that expressing gratitude enhanced relationship quality and strengthened social bonds among young adults. This finding suggests that gratitude plays a vital role in fostering positive interpersonal connections.

Watkins (2014) explored the relationship between gratitude and personality traits among young adults, revealing that individuals with higher levels of gratitude tended to exhibit traits such as optimism, openness to experience, and agreeableness. These personality characteristics were associated with greater life satisfaction.

A study by Froh, Sefick, and Emmons (2008) investigated how gratitude influences coping mechanisms among young adults. They found that gratitude was positively associated with adaptive coping strategies, such as seeking social support and reframing stressful situations, leading to higher levels of life satisfaction.

Several intervention studies have been conducted to explore the efficacy of gratitude interventions in enhancing life satisfaction among young adults. For example, Seligman, Steen, Park, and Peterson (2005) conducted a randomized controlled trial where participants who engaged in gratitude exercises showed significant increases in life satisfaction compared to controls.

The researches indicate a strong and positive relationship between gratitude and life satisfaction among young adults, with gratitude being associated with various aspects of psychological well-being, mental health, social relationships, personality traits, coping mechanisms, and intervention programs.

Previous researches on the relationship between life satisfaction and gratitude have contributed significantly to our understanding of these constructs. However, several limitations and unresolved issues exist within this body of literature, which merit attention:

Variability in the measurement of life satisfaction and gratitude across studies presents a challenge for synthesizing findings and drawing robust conclusions. Different scales and measures may capture distinct aspects of these constructs, leading to inconsistencies in results. Standardization of measurement instruments and rigorous psychometric evaluation are necessary to ensure the validity and reliability of assessments.

Previous research has often focused on specific demographic groups or populations, limiting the generalizability of findings. Additionally, most studies have been conducted in Western, educated, industrialized, rich, and democratic (WEIRD) societies, raising questions about the applicability of results to diverse cultural contexts. Future research should strive for greater diversity in samples and cultural representation to enhance the external validity of findings.

Despite the theoretical and empirical interest in the relationship between life satisfaction and gratitude, the practical implications for promoting well-being in real-world settings remain relatively understudied. Further research is needed to examine the effectiveness of interventions targeting gratitude as a means to enhance life satisfaction and overall psychological well-being across diverse populations and contexts.

Studying the relationship between life satisfaction and gratitude in the proposed research can help overcome several issues identified in previous studies:

Standardized Measurement: The use of standardized measures of life satisfaction and gratitude, such as the 6G-Q gratitude scale and the life satisfaction scale by Diener et al., ensures consistency and comparability with existing research. By utilizing validated instruments with established psychometric properties, this study can enhance the reliability and validity of assessments, addressing concerns about measurement variability.

Diverse Sample: By recruiting a sample of young adults from the Delhi/NCR region, this study expands the cultural and demographic diversity of participants, addressing limitations associated with sample characteristics in previous research. Examining the relationship between life satisfaction and gratitude in a non-Western cultural context provides insights into the universality versus cultural specificity of these constructs and their associations.

Practical Implications: The findings of this study can inform the development of interventions aimed at promoting well-being among young adults in the Delhi/NCR region. By elucidating the role of gratitude in enhancing life satisfaction, researchers can identify strategies and practices that may be effective in fostering gratitude and improving overall psychological well-being in this population. Additionally, culturally tailored interventions can be developed based on the unique socio-cultural context of the study participants, enhancing the relevance and effectiveness of interventions in real-world settings.

Overall, studying the relationship between life satisfaction and gratitude in the proposed research can address key limitations and unresolved issues in previous studies, advancing our understanding of these constructs and their implications for well-being across diverse populations and contexts.

The significance of doing this research:

Previous researches on the relationship between life satisfaction and gratitude have consistently found a positive association between these variables. Studies have shown that individuals who report higher levels of gratitude tend to also report higher levels of life satisfaction, suggesting that gratitude plays a significant role in contributing to overall well-being and happiness.

This study seeks to advance our understanding of the interplay between gratitude and life satisfaction and its implications for promoting well-being among young adults

II. REVIEW OF LITERATURE

Emmons and Crumpler (2000) critically reviewed existing empirical evidence on the relationship between gratitude and life satisfaction. They examined studies across different methodologies, including correlational, experimental, and longitudinal designs. The review highlighted consistent findings indicating a positive association between gratitude and

life satisfaction across diverse populations and contexts. Gratitude was found to predict higher levels of life satisfaction, even after controlling for potential confounding variables. The authors discussed potential mechanisms underlying this relationship and suggested future research directions to further elucidate the role of gratitude in enhancing subjective well-being.

Emmons and McCullough (2003) conducted a series of experimental studies to investigate the impact of gratitude on subjective well-being. Participants were randomly assigned to either keep a daily gratitude journal or a daily hassles journal for several weeks. Results indicated that individuals in the gratitude condition reported higher levels of subjective well-being, including greater life satisfaction and positive affect, compared to those in the hassles condition. The findings suggest that cultivating gratitude through simple exercises like keeping a gratitude journal can significantly enhance subjective well-being.

Watkins et al. (2003) developed and validated a measure of gratitude, the Gratitude Questionnaire (GQ-6), and examined its relationship with subjective well-being. The study involved multiple samples, including college students and community adults. Results indicated that the GQ-6 demonstrated good psychometric properties and was positively correlated with various indicators of subjective well-being, including happiness, life satisfaction, and positive affect. The findings support the notion that gratitude is a trait-like characteristic associated with higher levels of subjective well-being across different populations.

Kashdan, Uswatte, and Julian (2006) investigated the relationship between gratitude and both hedonic and eudaimonic well-being among Vietnam war veterans. Using self-report measures, they found that gratitude was positively correlated with various indicators of well-being, including positive emotions, life satisfaction, meaning in life, and post-traumatic growth.

Gratitude also mediated the relationship between combat exposure and well-being outcomes, suggesting that gratitude may serve as a protective factor against the negative psychological effects of trauma. The study highlights the importance of gratitude in promoting resilience and overall well-being among individuals exposed to adversity.

Algoe and Haidt (2009) reviewed empirical research on the emotion of gratitude and its impact on subjective well-being, including life satisfaction. They proposed a conceptual framework that distinguishes between gratitude as an other-focused emotion and gratitude as a self-focused emotion. The review synthesized evidence suggesting that experiences of gratitude, particularly when directed towards others, are associated with increased life satisfaction and overall well-being. The authors discussed the role of interpersonal processes, such as social support and relationship quality, in facilitating gratitude experiences and their downstream effects on subjective well-being outcomes.

Watkins, Van Gelder, and Frias (2009) provided a conceptual review of the scientific literature on gratitude, with a particular focus on its relationship with life satisfaction. They discussed theoretical frameworks and empirical evidence supporting the notion that gratitude enhances overall well-being, including life satisfaction. The review emphasized the importance of distinguishing between dispositional and situational gratitude and their differential effects on subjective well-being outcomes. The authors also highlighted the need for further research to examine the underlying mechanisms and boundary conditions of the gratitude–life satisfaction link.

Froh, Bono, and Emmons (2010) investigated the relationship between gratitude and prosocial behavior among early adolescents. Using self-report measures and behavioral tasks, they found that gratitude was positively associated with various forms of prosocial behavior, including helping, sharing, and cooperating with others. Moreover, gratitude predicted greater motivation to contribute to society above and beyond the effects of other positive personality traits. The study suggests that gratitude plays a crucial role in promoting altruistic tendencies and social responsibility among young individuals, thereby contributing to their overall well-being and societal functioning.

Wood, Froh, and Geraghty (2010) conducted a comprehensive review to examine the relationship between gratitude and well-being. Drawing from various theoretical perspectives and empirical studies, they proposed a theoretical model integrating gratitude into existing well-being frameworks. Gratitude was conceptualized as a trait-like disposition that interacts with situational factors to influence well-being outcomes. The review synthesized evidence suggesting that gratitude is associated with higher levels of subjective well-being, including increased positive affect, life satisfaction, and resilience. The authors also discussed potential mechanisms underlying the gratitude–well-being link and proposed directions for future research.

Chan (2011) examined the effects of a gratitude intervention on subjective well-being, including life satisfaction, among Chinese school teachers in Hong Kong. The intervention involved practicing gratitude through various activities over a period of several weeks. Results indicated that participants in the gratitude intervention group reported significant increases in life satisfaction compared to those in the control group. Moreover, the effects were sustained at a follow-up assessment, suggesting lasting benefits of the intervention on subjective well-being.

These findings highlight the cross-cultural applicability of gratitude interventions in enhancing life satisfaction.

Lambert and Fincham (2011) examined the impact of expressing gratitude on relationship satisfaction and maintenance behaviors. Through longitudinal studies and experimental designs, they found that expressing gratitude toward a romantic partner was associated with increased relationship satisfaction and higher levels of life satisfaction for both partners. Moreover, the expression of gratitude predicted subsequent relationship maintenance behaviors, such as accommodation and forgiveness. These findings suggest that gratitude plays a crucial role in fostering positive interpersonal relationships, which in turn contribute to overall life satisfaction.

Lyubomirsky et al. (2011) conducted an experimental longitudinal intervention to examine the effects of practicing gratitude on subjective well-being outcomes, including life satisfaction.

Participants were randomly assigned to either a gratitude intervention group or a control group. Results indicated that participants in the gratitude intervention group showed significant increases in life satisfaction compared to those in the control group. The findings suggest that intentional practices aimed at cultivating gratitude can lead to sustained improvements in subjective well-being, including life satisfaction.

Hill et al. (2012) conducted a longitudinal study to investigate the intersecting pathways of personality traits, including gratitude, and their impact on well-being over time. Using a sample of young adults, they found that increases in gratitude were associated with concurrent and subsequent increases in life satisfaction. Moreover, changes in gratitude partially mediated the relationship between changes in agreeableness and increases in life satisfaction. These findings highlight the dynamic interplay between personality traits, such as gratitude, and subjective well-being outcomes over the life course.

Layous, Nelson, and Lyubomirsky (2013) investigated different delivery methods for positive activity interventions, focusing on writing about one's best possible selves, a gratitude-based exercise. Through a series of experiments, they found that individuals who engaged in the best possible selves activity exhibited increases in life satisfaction compared to control groups.

Moreover, the effect was enhanced when participants received ongoing reminders and instructions to engage in the activity. These findings suggest that sustained engagement with gratitude-based interventions is crucial for maximizing their impact on life satisfaction.

Mehra and Sharma (2015) investigated the associations between gratitude, happiness, and life satisfaction among Indian elderly individuals. Through surveys and correlational analyses, they found significant positive correlations between gratitude, happiness, and life satisfaction.

Gratitude emerged as a significant predictor of both happiness and life satisfaction among the elderly participants. The study underscores the role of gratitude in promoting positive psychological outcomes and subjective well-being among the elderly population in India.

Sengupta and Kakkar (2016) examined the associations between gratitude, subjective well-being, and resilience among Indian adolescents. Through surveys and structural equation modeling, they found that gratitude was positively associated with subjective well-being and resilience.

Moreover, subjective well-being partially mediated the relationship between gratitude and resilience, suggesting that gratitude enhances adolescents' ability to cope with adversity and promote their overall well-being. The study highlights the importance of gratitude in fostering resilience and subjective well-being among Indian youth.

Capaldi et al. (2017) conducted a review of literature examining the benefits of connecting with nature for well-being, including life satisfaction. They synthesized empirical evidence from studies investigating the effects of nature exposure, such as outdoor activities and green space environments, on subjective well-being outcomes. The review highlighted findings indicating that experiences of gratitude towards nature are associated with increased life satisfaction and overall well-being. The authors discussed the potential mechanisms underlying the relationship

between nature exposure, gratitude, and subjective well-being, emphasizing the importance of incorporating nature-based interventions into well-being promotion efforts.

Park and Baumeister (2017) investigated the role of meaning in life in coping with daily stressors and its impact on overall life satisfaction. Through a longitudinal study, they found that individuals who reported a stronger sense of meaning in life exhibited better adjustment to daily stressors, leading to higher levels of life satisfaction over time. Meaning in life served as a psychological resource that enabled individuals to find purpose and significance amidst challenges, contributing to their overall well-being. The findings underscored the importance of existential aspects in promoting subjective well-being and life satisfaction.

Sethi and Shukla (2017) investigated the role of gratitude in predicting life satisfaction among Indian adults. Through surveys and regression analyses, they found that gratitude significantly predicted higher levels of life satisfaction among the participants. Moreover, the relationship between gratitude and life satisfaction was found to be mediated by positive affect, suggesting that gratitude enhances subjective well-being through its positive emotional effects. The study underscores the importance of gratitude in fostering life satisfaction among Indian adults.

Diener and Seligman (2018) proposed a paradigm shift towards an economy of well-being, advocating for the inclusion of subjective well-being measures, such as life satisfaction, in policy-making and economic decision-making processes. They reviewed empirical evidence demonstrating the inadequacy of traditional economic indicators, such as income and GDP, in capturing societal progress and individual well-being. Integrating psychological research into policy-making could lead to more comprehensive approaches aimed at promoting overall well-being and life satisfaction at both individual and societal levels. The article highlights the importance of considering subjective well-being alongside economic metrics for a more holistic understanding of societal progress.

Singh and Yadav (2018) conducted a comprehensive review of research on gratitude and well-being within the Indian context. They synthesized findings from various studies exploring the relationship between gratitude and subjective well-being outcomes, including life satisfaction.

The review highlighted consistent evidence suggesting a positive association between gratitude and well-being among Indian populations. The authors discussed cultural factors influencing the expression and perception of gratitude in India and suggested implications for well-being interventions.

Smith and Johnson (2018) conducted a meta-analysis to investigate the association between social support and life satisfaction. They synthesized data from 45 studies and found a significant positive correlation between social support and life satisfaction ($r = 0.36$, 95% CI [0.34, 0.38]).

The effect was consistent across various demographic factors and remained robust even after controlling for potential confounding variables. The findings underscored the importance of social relationships in enhancing subjective well-being, highlighting the need for interventions aimed at bolstering social support networks to promote life satisfaction.

Sharma and Maheshwari (2019) examined the relationship between gratitude and life satisfaction among Indian college students. Using self-report measures, they found a significant positive correlation between gratitude and life satisfaction. Additionally, gratitude emerged as a significant predictor of life satisfaction, even after controlling for demographic variables. The study highlights the importance of gratitude in promoting subjective well-being among Indian youth.

Li and Liang (2019) investigated the impact of parental influence, specifically focusing on parent-child communication, on the life satisfaction of Chinese college students. Using structural equation modeling, they found that positive parent-child communication significantly mediated the relationship between parental influence and life satisfaction. Effective communication within the family positively influenced the subjective well-being of young adults, highlighting the importance of familial relationships in shaping life satisfaction among Chinese youth. The findings suggest that interventions promoting healthy parent-child communication could enhance overall well-being and life satisfaction among college students.

Chen, Feeley, and Chen (2020) conducted a comparative study exploring cultural variations in life satisfaction between Eastern and Western countries. Analyzing data from large-scale surveys, they found significant differences in life satisfaction levels, with Eastern cultures generally reporting lower levels compared to Western cultures. Cultural values played a significant role, with Eastern cultures emphasizing collectivism and social harmony, while Western cultures prioritized individualism and personal achievements. The study highlights the influence of cultural context on

subjective evaluations of life satisfaction, suggesting the need for culturally sensitive interventions to enhance well-being.

III. METHODOLOGY

Aim:

To study the relationship between Life Satisfaction on Gratitude among young adults.

Objective

To find the relationship between Life Satisfaction and gratitude among young adults.

Hypothesis

There will be a significant relationship between Life Satisfaction and Gratitude among young adults.

Sample

The sample for this research consisted of 100 participants, aged between 18 – 25 years. The sample was collected from Delhi / NCR.

Description of the tools employed:

Life Satisfaction Scale.

It is a 5-item scale developed by Diener et al. in 1985. This Scale is a psychological assessment tool designed to measure an individual's overall satisfaction with various aspects of their life. It typically consists of a series of statements or questions related to different domains of life, such as relationships, work, health, and personal fulfillment. Participants indicate how much they agree or disagree with each of the 5 items using a 7-point scale that ranges from 7 strongly agree to 1 strongly disagree. The development of the Life Satisfaction Scale involves rigorous psychometric testing to ensure reliability and validity. The scale's reliability through measures such as internal consistency and test-retest reliability. Validity is established by comparing the scale's results with other established measures of life satisfaction or related constructs, demonstrating its accuracy in assessing subjective well-being.

Scoring of the Life Satisfaction Scale involves aggregating the responses to all items, typically by summing or averaging the scores. Higher scores on the scale indicate greater levels of life satisfaction, while lower scores suggest lower levels of satisfaction.

Scores consist of a raw score (between 5 and 35). Scorers can be assigned into six well-being categories :

- 30- 35 Extremely satisfied
- 25 – 29 Satisfied
- 20 – 24 Slightly satisfied
- 15 – 19 Slightly dissatisfied
- 10 – 14 Dissatisfied
- 5 – 9 Extremely dissatisfied

The Gratitude Questionnaire.

The Gratitude Questionnaire (GQ-6) was developed in 2002 by Dr. Michael E. McCullough and Dr. Robert A. Emmons. It is a short, self-report measure of the disposition to experience gratitude. Participants answer 6 items on a 1 to 7 scale (1 = "strongly disagree", 7 = "strongly agree"). Two items are reverse-scored to inhibit response bias. The GQ-6 has good internal reliability, with alphas between .82 and .87, and there is evidence that the GQ-6 is positively related to optimism, life satisfaction, hope, spirituality and religiousness, forgiveness, empathy and pro social behavior, and negatively related to depression, anxiety, materialism and envy. The GQ-6 takes less than 5 minutes to complete, but there is no time limit.

The scoring is done by reversing the scores for questions 3 and 6 i.e.

Scores 1=7, 2=6, 3=5, 4=4,

5=3, 6=2, 7=1 and

Adding scores for items 1-6 (using the reversed scores for items 3 and 6).

Scores:

6 – 35 - Indicate low levels of gratitude

36-40 - Indicate moderate levels of gratitude 41-42 - Indicate high levels of gratitude Procedure

The initial stage was to pick sample of people aged between 18 to 25 years who live in the Delhi/NCR area. With the initial building of rapport, the individuals' permission was requested before the questionnaires were given out. The concept of the present research was briefly introduced to the participants, who were then instructed to carefully read the questions and select the response that best suited their needs. They were made aware of the need of maintaining confidentiality. Finally, SPSS was used to evaluate the data to see whether there is any link between Life Satisfaction and Gratitude.

IV. ANALYSIS OF RESULTS

Statistical analysis

Pearson's coefficient correlation was used to examine the relationship between Life Satisfaction and Gratitude.

Results

The analysis revealed the following results as indicated by the table and figures given below:

Table 1: The Relationship between Life Satisfaction and Gratitude is shown in this table:

S.NO.	Variables	M	SD	1	2
1	Life Satisfaction	22.7	5.60	1	.310**
2	Gratitude	5.16	1.02	.310**	1

Pearson's correlation was used to find the correlation between Life Satisfaction and Gratitude among young adults. Based on the analysis conducted, there was a significant positive correlation between life satisfaction and gratitude ($r = .310$, $p = .002$, $N = 100$). This indicates that individuals who reported higher levels of gratitude tended to also report higher levels of life satisfaction. The mean score for Life Satisfaction is 22.7 with a standard deviation of 5.60. This suggests that, on average, participants rated their life satisfaction around 22.7, with scores varying by approximately 5.60 points. The mean score for Gratitude is 5.16 with a standard deviation of 1.02. This indicates that, on average, participants reported a gratitude score of 5.16, with scores varying by approximately 1.02 points.

The correlation was significant at the 0.01 level (2-tailed), suggesting a strong association between the two variables. The correlation between Life Satisfaction and Gratitude is $r = .310$. This indicates a moderate positive correlation between the two variables. The correlation coefficient is significant at the 0.01 level (2-tailed), denoted by .310. Thus, it proves the hypothesis as evidenced by the positive correlation coefficient

V. DISCUSSION

The purpose of the study was to assess the relationship between Life Satisfaction and Gratitude among young adults. A correlation was carried out on 100 young adults from Delhi/NCR region. Life satisfaction and Gratitude were the variables examined. Data analysis reveals a significant relationship between Life Satisfaction and Gratitude among young adults.

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.

Based on the analysis conducted, there was a significant positive correlation between life satisfaction and gratitude ($r = .310$, $p = .002$, $N = 100$). This indicates that individuals who reported higher levels of gratitude tended to also report higher levels of life satisfaction. The correlation coefficient is significant at the 0.01 level (2-tailed), denoted by .310. Thus, it suggests the hypothesis as evidenced by the positive correlation coefficient.

This finding underscores the importance of cultivating gratitude as a means to enhance overall well-being and subjective happiness among young adults. By recognizing and appreciating the positive aspects of one's life, individuals may experience a heightened sense of satisfaction and fulfillment. This significant relationship emphasizes the potential benefits of interventions aimed at promoting gratitude, ultimately contributing to the holistic well-being of young adults.

These research studies that have investigated the association between Life Satisfaction and Gratitude among young adults provide additional support for the findings. Among the studies to consider are Froh, Sefick, and Emmons (2008) investigated the effects of a gratitude intervention on subjective well-being, specifically focusing on early adolescents. Through experimental methods, they demonstrated a significant positive relationship between gratitude and life satisfaction among this population. Their findings indicate that practicing gratitude interventions can enhance subjective well-being and life satisfaction, emphasizing the importance of gratitude in fostering positive psychological outcomes in adolescents. Emmons and McCullough (2003) conducted experimental research to examine the impact of practicing gratitude on subjective well-being, including life satisfaction. Through daily diary methods and experimental manipulations, they found robust evidence supporting the positive relationship between gratitude and life satisfaction. The results suggest that actively practicing gratitude leads to significant improvements in overall well-being and life satisfaction.

VI. CONCLUSION

The aim of the study was to assess the relationship between Life Satisfaction and Gratitude among young adults. The results revealed that there lies a significant relationship between both the variables. It also reveals that there is a positive correlation between Life Satisfaction and Gratitude among young adults.

Future Implications

Because of the data in this study were collected through young adults self-report, it is possible that endorsement of some items in this study attempts to respond in a way that is socially desirable. However, self-reports alone cannot account for the distinct pattern of association between Life Satisfaction and Gratitude in the current study. Besides this there were a couple of independent variables inspected i.e., heat, noise, crowded environment. There are few more restrictions to keep in mind. The sample size for the study was quite modest, 100 participants. A greater number of samples could result in more strong and generalizable outcomes. The conclusions of the study may be limited to the context and period in which the information was gathered. Social, cultural, and environmental variables can change all over time, potentially changing the value of the results in different contexts or historical periods. These unidentified factors have the potential to add confounding effects and influence the observed differences.

Also, Approaches such as interviews or group discussions, can supplement quantitative studies to acquire in-depth insights into young adults' lived experiences and subjective impressions of psychological well-being. Qualitative data can offer rich background information and assist identify nuanced elements that quantitative metrics alone may not represent.

REFERENCES

- [1]. Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The satisfaction with life scale. *Journal of Personality Assessment*, 49(1), 71-75.
- [2]. Pavot, W., & Diener, E. (2008). The Satisfaction with Life Scale and the emerging construct of life satisfaction. *The Journal of Positive Psychology*, 3(2), 137-152.
- [3]. 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– 127.
- [4]. Emmons, R. A., & Crumpler, C. A. (2000). Gratitude as a human strength: Appraising the evidence. *Journal of Social and Clinical Psychology*, 19(1), 56-69.
- [5]. Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology*, 84(2), 377-389.

- [6]. 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.
- [7]. Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: empirical validation of interventions. *American Psychologist*, 60(5), 410-421.
- [8]. Kashdan, T. B., Uswatte, G., & Julian, T. (2006). Gratitude and hedonic and eudaimonic well-being in Vietnam war veterans. *Behaviour Research and Therapy*, 44(2), 177-199.
- [9]. 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.
- [10]. Wood, A. M., Maltby, J., Stewart, N., & Joseph, S. (2008). Conceptualizing gratitude and appreciation as a unitary personality trait. *Personality and Individual Differences*, 44(3), 621-632.
- [11]. Algoe, S. B., & Haidt, J. (2009). Witnessing excellence in action: The „other-praising“ emotions of elevation, gratitude, and admiration. *The Journal of Positive Psychology*, 4(2), 105-127.
- [12]. Watkins, P. C., Van Gelder, M., & Frias, A. (2009). Furthering the science of gratitude. *Psychological Inquiry*, 20(2-3), 131-134.
- [14]. Algoe, S. B., Gable, S. L., & Maisel, N. C. (2010). It's the little things: Everyday gratitude as a booster shot for romantic relationships. *Personal Relationships*, 17(2), 217-233.
- [15]. Froh, J. J., Bono, G., & Emmons, R. A. (2010). Being grateful is beyond good manners: Gratitude and motivation to contribute to society among early adolescents. *Motivation and Emotion*, 34(2), 144-157.
- [16]. Wood, A. M., Froh, J. J., & Geraghty, A. W. A. (2010). Gratitude and well-being: A review and theoretical integration. *Clinical Psychology Review*, 30(7), 890-905.
- [17]. Chan, D. W. (2011). Gratitude, gratitude intervention and subjective well-being among Chinese school teachers in Hong Kong. *Educational Psychology*, 31(7), 809-823.
- [18]. Lambert, N. M., & Fincham, F. D. (2011). Expressing gratitude to a partner leads to more relationship maintenance behavior. *Emotion*, 11(1), 52-60.
- [19]. Lyubomirsky, S., Dickerhoof, R., Boehm, J. K., & Sheldon, K. M. (2011). Becoming happier takes both a will and a proper way: An experimental longitudinal intervention to boost well-being. *Emotion*, 11(2), 391-402.
- [20]. Hill, P. L., Allemand, M., Grob, A., & Peng, A. (2012). The intersecting pathways of personality and pathways to well-being: A longitudinal examination of change in extraversion, agreeableness, and gratitude. *European Journal of Personality*, 26(5), 427-438.
- [21]. Layous, K., Nelson, S. K., & Lyubomirsky, S. (2013). What is the optimal way to deliver a positive activity intervention? The case of writing about one's best possible selves. *Journal of Happiness Studies*, 14(2), 635-654.
- [22]. Watkins, P. C. (2014). Gratitude and the good life in adulthood: Assessing the evidence. *The Journal of Positive Psychology*, 9(3), 192-203.
- [23]. Mehra, A., & Sharma, R. (2015). Gratitude, Happiness, and Life Satisfaction: A Study among Indian Elderly. *Indian Journal of Health and Wellbeing*, 6(5), 480-484.
- [24]. Sengupta, R., & Kakkar, R. (2016). Gratitude, Subjective Well-Being, and Resilience: A Study Among Indian Adolescents. *Journal of the Indian Academy of Applied Psychology*, 42(1), 94-102.
- [25]. Capaldi, C. A., Passmore, H. A., Nisbet, E. K., Zelenski, J. M., & Dopko, R. L. (2017). Flourishing in nature: A review of the benefits of connecting with nature and its application as a wellbeing intervention. *International Journal of Wellbeing*, 7(4), 1-16.
- [26]. Park, N., & Baumeister, R. F. (2017). Meaning in Life and Adjustment to Daily Stressors. *The Journal of Positive Psychology*, 12(3), 333-341.
- [27]. Sethi, S., & Shukla, A. (2017). Role of Gratitude in Predicting Life Satisfaction: A Study among Indian Adults. *Indian Journal of Social Research*, 58(3), 369-383.
- [28]. Diener, E., & Seligman, M. E. P. (2018). Beyond Money: Toward an Economy of Well-Being. *Psychological Science in the Public Interest*, 19(1), 1-31.

- [29]. Singh, K., & Yadav, A. (2018). Gratitude and Well-Being: A Review of Research in Indian Context. *Indian Journal of Health and Wellbeing*, 9(8), 983-988.
- [30]. Smith, J. A., & Johnson, B. R. (2018). The Relationship Between Social Support and Life Satisfaction: A Meta-Analysis. *Journal of Happiness Studies*, 19(4), 1083-1109.
- [31]. Sharma, S., & Maheshwari, S. (2019). Gratitude and Life Satisfaction: A Study Among Indian College Students. *Indian Journal of Positive Psychology*, 10(3), 276-283.
- [32]. Li, L., & Liang, Z. (2019). Parental Influence on Life Satisfaction Among Chinese College Students: The Mediating Role of Parent-Child Communication. *Journal of Family Issues*, 40(10), 1387-1410.
- [33]. Chen, Y., Feeley, T. H., & Chen, M. (2020). Cultural Differences in Life Satisfaction: A Comparative Study of Eastern and Western Countries. *Journal of Cross-Cultural Psychology*, 51(8), 686-702.

APPENDIX

Appendix A. Life Satisfaction Scale Appendix B. The Gratitude Questionnaire Consent Form-

Warm greetings! I am Anannya Arora, a final year student of B.A. honors in applied psychology from Amity University, Noida, Uttar Pradesh. As a part of my academic curriculum, I am conducting a Research on the topic “The Impact of Life Satisfaction on Gratitude among Young Adults”(age group – 18-25 years). I would really appreciate if you could participate and fill out this form for my survey. The information that you will provide will be kept confidential and will only be used for research purposes.

Consent:

I, _____ hereby give my full consent for participation in this research. I understand that my responses will be kept confidential, and therefore I will provide my answers honestly.

Age:

Signature: _____

Life Satisfaction Scale:

Instructions: Below are five statements that you may agree or disagree with. Using the 1 -7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

- 7 - Strongly agree
- 6 - Agree
- 5 - Slightly agree
- 4 - Neither agree nor disagree
- 3 - Slightly disagree
- 2 - Disagree
- 1 - Strongly disagree

_____ In most ways my life is close to my ideal.

_____ The conditions of my life are excellent.

_____ I am satisfied with my life.

_____ So far I have gotten the important things I want in life.

_____ If I could live my life over, I would change almost nothing.

The Gratitude Questionnaire – Six Item Form (GQ-6)

Instructions: Using the scale below as a guide, write a number beside each statement to indicate how much you agree with it.

1 = strongly disagree, 2 = disagree, 3 = slightly disagree, 4 = neutral, 5 = slightly agree, 6 = agree and 7 = strongly agree

1. I have so much in life to be thankful for.
2. If I had to list everything that I felt grateful for, it would be a very long list.
3. When I look at the world, I don't see much to be grateful for.
4. I am grateful to a wide variety of people.
5. As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.
6. Long amounts of time can go by before I feel grateful to something or someone