

Impact of Gratitude Interventions on Psychological Well-Being and Life Satisfaction

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Abstract: *Gratitude, a fundamental component of positive psychology, has been increasingly recognized as a powerful contributor to psychological well-being and life satisfaction. Gratitude interventions, including journaling, daily reflection, and expressive gratitude practices, have been applied in clinical and non-clinical populations to enhance mental health outcomes. This review synthesizes empirical evidence from recent studies, highlighting the mechanisms through which gratitude improves subjective well-being, reduces depressive symptoms, and fosters resilience. Findings suggest that structured gratitude interventions lead to significant improvements in emotional regulation, social relationships, and life satisfaction. The review also identifies gaps in research, including the need for longitudinal studies and culturally diverse samples.*

Keywords: Gratitude Interventions, Psychological Well-Being, Life Satisfaction