

# Impact of Gratitude and Optimism on Psychological Well-Being

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**Abstract:** *The paper was conducted with the aim to find correlation among Gratitude, Optimism and Psychological Well-being and to find what predicts the psychological well-being the most. Gratitude brings satisfaction and positivity by acknowledging the good in one's life. Optimism equips individuals with the resilience to face adversity and maintain a positive outlook on the future. Both gratitude and optimism play pivotal roles in nurturing and strengthening interpersonal relationships, a critical component of psychological well-being. Research into Optimism, Gratitude and Psychological wellbeing domains was performed. The sample size of 80 was taken (54 belonging to early adulthood and 26 belonging to middle adulthood). Tests like Psychological Well-Being Scale, Life Orientation Test-Revised (LOT-R) and Gratitude, Resentment and Appreciation Scale (GRAT) were used to collect sample data. The results pointed out that Optimism and Psychological Well-being correlation was higher for middle adulthood than early adulthood individuals. Moreover, it could also be derived that Positive Psychological wellbeing can be derived when the person is optimistic in nature*

**Keywords:** Optimism; Gratitude; Psychological Well-Being; Martin Seligman

## I. INTRODUCTION

Gratitude, a powerful emotion, has a rich background in cultural, psychological, and philosophical contexts. It has been a theme in various societies throughout history. In many ancient civilizations, gratitude was linked to religious beliefs and practices, where people thanked deities for blessings and protection. "Gratitude has been conceptualized as an emotion, a virtue, a moral sentiment, a motive, a coping response, a skill, and an attitude. It is all of these and more" [Emmons & Crumpler, 2000, p. 56]

Philosophers like Aristotle and Cicero explored gratitude as a virtue that fosters social harmony and moral development. They stressed the importance of acknowledging and reciprocating kindness, laying the foundation for gratitude's ethical significance. gratitude is more than "the greatest virtue," it is also "the mother of all other remaining virtues." [Cicero, 2018].

In modern psychology, the study of gratitude gained prominence in the late 20th century. Researchers like Robert Emmons and Martin Seligman have studied the positive effects of gratitude on well-being. Their work has shown how practicing gratitude can increase happiness, improve relationships, and enhance life satisfaction. "I see it as a relationship-strengthening emotion because it requires us to see how we've been supported and affirmed by others". [Emmons]

Optimism, a fundamental aspect of psychology, has a long and diverse background in various fields of study. Historically, optimism has been connected to philosophical thought, with figures like Leibniz and Voltaire engaging in the "optimism vs. pessimism" debate in the 18th century. This discourse explored the balance between positivity and acknowledging life's challenges.

In psychology, optimism gained attention through the work of researchers like Martin Seligman, who founded positive psychology in the late 20th century. Seligman's research focused on the power of optimism in enhancing well-being and resilience. He introduced "learned helplessness" and emphasized cultivating optimism to overcome adversity and achieve growth. "Animals learned that outcomes were independent of their responses- that nothing they did mattered- and that this learning undermined trying to escape". [Seligman & Mayer, 1967]

Optimism has also been relevant in health and medicine, where studies suggest that an optimistic outlook can benefit physical health, including a stronger immune system and better recovery outcomes.

Gratitude and optimism are closely related to psychological well-being. Gratitude involves recognizing and appreciating the positive aspects of one's life, fostering positive emotions and reducing negative thinking patterns. This emotional shift not only enhances contentment but also helps in managing stress and anxiety, contributing to better psychological health. Optimism involves a hopeful outlook on the future and a belief that challenges can be overcome. Optimistic individuals tend to show greater resilience when facing adversity, experiencing lower levels of depression and anxiety.

Additionally, both gratitude and optimism play pivotal roles in nurturing and strengthening interpersonal relationships, a critical component of psychological well-being. Grateful individuals often have more fulfilling social connections, while optimists tend to approach relationships with positivity, leading to increased life satisfaction. Gratitude allows individuals to acknowledge and appreciate the positive aspects of their lives, fostering a sense of contentment and happiness.

Psychological well-being is distinctly reflected in both gratitude and optimism. Gratitude, as a psychological state, embodies contentment and a positive perspective on life. When individuals cultivate gratitude, they often experience an improved sense of well-being, as it encourages them to focus on the positive aspects of their lives, fostering happiness and reducing stress.

Similarly, optimism is a key factor in psychological well-being. Optimistic individuals tend to approach life's challenges with a hopeful outlook, believing in their ability to overcome difficulties. This positive mindset can lead to lower levels of anxiety and depression, contributing to an overall sense of mental well-being.

Gratitude brings satisfaction and positivity by acknowledging the good in one's life, while optimism equips individuals with the resilience to face adversity and maintain a positive outlook on the future. Grateful individuals often express their appreciation to others, strengthening social bonds and creating a supportive network. Optimists approach relationships with a hopeful attitude, leading to more harmonious interactions and increased life satisfaction. . These characteristics are essential for everyone's well-being, and they also have a positive impact on the well-being of groups of people and society. With that, it can be established that gratitude and optimism are essential foundations of psychological well-being because they encourage positive feelings, lessen negative emotions, and create resilience and positive relationships.

## II. THEORETICAL BACKGROUND

The topic of the research is "Impact of Gratitude and Optimism on Psychological Well-being".

The three variables include: "Gratitude", "Optimism" and "Psychological Well-being".

There are quite a few theories that put an impression on the above-mentioned variables. Certain of them are:

### **Broaden & Built Theory:**

The theory was developed by psychologist **Barbara Fredrickson**. It suggests that experiencing gratitude can lead to an expression of positive emotions, which in turn broadens an individual's mindset and build enduring relationships and personal resources.

Fredrickson argues that positive emotions like gratitude not only feel good in the moment, but they have long-term effects on our psychological well-being. They broaden our perspectives, make us more open to new experiences and ideas. Additionally, they build personal resources such as resilience, social connections, and psychological well-being. This means that practicing gratitude can have a positive ripple effect on various aspects of our lives, ultimately leading to greater overall happiness and fulfillment.

### **PERMA Model:**

Psychological wellbeing encompasses various theories and perspectives, but one influential framework is the PERMA model proposed by positive psychologist **Martin Seligman**.

1. 'Positive Emotion': This aspect focuses on experiencing and savoring positive emotions like joy, gratitude, contentment, and love. It's about appreciating the present moment and finding moments of happiness in everyday life.
2. 'Engagement': This refers to being fully absorbed in activities or tasks that challenge and stimulate you. When you're engaged, you often lose track of time because you're so engrossed in what you're doing. This state of "flow" contributes significantly to a sense of fulfillment and wellbeing.
3. 'Relationship': Meaningful social connections with friends, family and the community are crucial for psychological wellbeing. Positive, supportive relationships provide emotional support, a sense of belonging and opportunities for growth and learning.
4. 'Meaning': Having a sense of purpose and direction in life gives you a reason to wake up each day with a sense of motivation and drive. This could be derived from personal values, a fulfilling career or contributing to a cause greater than yourself.
5. 'Accomplishment': Setting and achieving goals, whether big or small, provides a sense of competence and confidence. It's about recognizing your abilities and capabilities and a feeling of pride in what is accomplished.

By focusing on these five elements, the PERMA model aims to provide a holistic framework for enhancing psychological wellbeing. It suggests that a balance across these dimensions is essential for leading a fulfilling and meaningful life.

#### **Learned Helplessness and Learned Optimism Theory:**

These theories were developed by **Martin Seligman**.

#### **Learned Helplessness Theory:**

This theory, initially developed by Martin Seligman and his colleagues, stems from experiments involving dogs. In these experiments, dogs were subjected to uncontrollable and inescapable electric shocks. Later, when placed in situations where they could potentially avoid the shocks, they didn't even try even though they could have.

From these observations, Seligman proposed that when individuals perceive that they have no control over a situation, they may develop a sense of helplessness. This feeling of helplessness can lead to passivity, feelings of powerlessness, and even symptoms of depression.

#### **Learned Optimism Theory:**

Building on the concept of learned helplessness, Seligman developed the theory of learned optimism. This theory asserts that individuals can be taught to adopt a more optimistic outlook on life.

Learned optimism involves recognizing and challenging negative thought patterns. This can be achieved by actively disputing pessimistic beliefs and replacing them with more positive and realistic interpretations of events. Additionally, it entails cultivating a positive explanatory style. This means attributing positive events to personal, stable, and global factors (believing good things happen because of your abilities and efforts), while attributing negative events to external, temporary, and specific factors (believing bad things are situational and not a reflection of your abilities).

Through conscious effort and practice, individuals can develop resilience and a more positive outlook even in the face of adversity.

#### **Positive Psychology Theory:**

This theory posits that positive emotions, virtues, and strengths are not just the absence of negative states but are separate dimensions that contribute significantly to overall psychological well-being.

1. Gratitude: Gratitude involves acknowledging and appreciating the positive aspects of life, even during challenges or difficulties. It's about recognizing and valuing the good things, big or small, that one receives or experiences. When individuals cultivate gratitude it shifts their focus towards positive aspects of life, fostering a sense of contentment, satisfaction, and emotional well-being.

2. Optimism: Optimism is the tendency to expect favorable outcomes and to believe that positive events are more likely to occur in the future. It involves having a positive outlook and attributing positive events to stable, global, and internal factors, while attributing negative events to specific, temporary, and external causes.
3. Optimism is associated with greater resilience, coping abilities, and overall psychological well-being. It helps individuals approach challenges with a constructive mindset.
4. Psychological Well-being: Psychological well-being encompasses a range of factors including positive emotions, engagement in life, meaningful relationships, a sense of purpose, and accomplishment of meaningful goals. Gratitude and optimism contribute significantly to these dimensions. Gratitude enhances positive emotions and strengthens relationships, while optimism fosters a sense of engagement, purpose, and accomplishment by shaping one's outlook on life.

### III. REVIEW OF LITERATURE

Garvin, G., & Putri, R. A. (2021). The study aimed to examine the relationship between optimism and subjective well-being. The sample included 368 participants who were asked to complete the Explanatory Style Test and the Subjective Well-Being Assessment Scale. It found that there is a significant and positive relationship between optimism and subjective well-being in the context of the COVID-19 pandemic.

Pleeging, E., et.al. (2021). The research aimed to gain insight into these relationships by providing an overview of the existing empirical literature on hope and subjective well-being. The data consist of cross-sectional data of a representative sample of the American population. It was found that hope is positively correlated with subjective well-being, and that the relationship is stronger for cognitive hope and emotional hope than for positive expectations.

Loi, N. M., & Ng, D. H. (2021). The study aimed to explore the relationship between gratitude, wellbeing, spirituality, and experiencing meaningful work. The results found positive relationships between gratitude and wellbeing, and spirituality and experiencing meaningful work, which was consistent with previous findings. The sample included 197 participants (69.5% female) completed measures of gratitude, experiencing meaningful work, spirituality, and several wellbeing indices. It was found that gratitude was a mediating path in the relationship between wellbeing and experiencing meaningful work. Hence, fostering gratitude should be encouraged in the workplace and alongside existing clinical therapies.

Cousin, L., et.al. (2021). The paper provided a state-of-the-science review of the literature examining links between gratitude and cardiovascular health outcomes. Data sources included PubMed, Web of Science, and PsycINFO. Results of 13 studies, both experimental and non-experimental showed that gratitude positively impacts biomarkers such as endothelial dysfunction, prognostic inflammatory markers, and improves adherence to health behaviors.

Zhang, Q., & Tsai, W. (2023). The study examined dispositional gratitude as a protective factor against depressive symptoms and loneliness among a sample of first-year college students who began college during the peak of the COVID-19 pandemic. Participants were 364 first-year college students who completed three online surveys during the 1st (T1), 7th (T2), and 14th (T3) weeks of the Fall 2020 academic semester. T1 gratitude was associated with lower T3 depressive symptoms and feelings of loneliness over time. These relationships were mediated by T2 perceived social support but not by T2 support provision.

Kirca, A., M. Malouff, J., & Meynadier, J. (2023). The aim of the study was to examine the effect of expressed gratitude interventions on positive indicators of psychological wellbeing, including life satisfaction, positive affect, and happiness. A meta-analysis was conducted from 25 randomized controlled trials, including a total of 6,745 participants. The results showed that expressed gratitude interventions had a significant effect on psychological wellbeing relative to neutral comparison groups.

Komase, Y., et.al. (2021). This study aimed to systematically summarize the effectiveness of gratitude interventions on workers' mental health and well-being. A systematic review of 21 studies was conducted to investigate the effects of gratitude interventions on mental health and well-being among workers. The results showed that gratitude interventions were effective in reducing depressive symptoms, anxiety, and stress, and increasing happiness, life satisfaction, and resilience.

Datu, J. A. D., et.al. (2022). The study aimed to examine the effects of gratitude and kindness interventions on life satisfaction, positive emotions, negative emotions, and COVID-19 anxiety via an online pilot experimental study. The sample included 107 Filipino undergraduate students who were randomly assigned to kindness ( $n=37$ ), gratitude ( $n=32$ ), and control ( $n=38$ ) conditions. The results showed that there were significant differences on positive emotions when controlling for the baseline well-being, gratitude, and kindness scores across all conditions (i.e., gratitude, kindness, and control). Participants assigned in the gratitude and kindness conditions had significantly higher scores on positive emotions than those in the control condition. The results showed that there were significant differences on positive emotions when controlling for the baseline well-being, gratitude, and kindness scores across all conditions. Participants assigned in the gratitude and kindness conditions had significantly higher scores on positive emotions than those in the control condition.

Fincham, F. D., & May, R. W. (2021). The study examined whether generalized gratitude and prayers of gratitude were independently related to relationship satisfaction. The sample included 95 married, Data analysis was done using the Actor Partner Interdependence Model showed intrapersonal associations between both forms of gratitude and marital satisfaction. Wives' prayers of gratitude also predicted husbands' marital satisfaction but not vice versa. This gender difference is explained in terms of gender differences in religious involvement, in gratitude, and in awareness and expression of emotion.

Deichert, N. T., et.al. (2021). The purpose of the current study was to experimentally examine whether gratitude enhanced the benefits of receiving support during stress. One-hundred twenty-seven college students were randomly assigned to write about a gratitude-inducing experience or a neutral experience. Data were analyzed using two-way factorial Analysis of Covariance. Results revealed a significant interaction between gratitude and receiving social support during the speech, such that individuals in the gratitude writing condition who received support perceived significantly less stress than individuals who did not receive support.

Vos, L. M., et.al. (2021). The present study investigated whether positive personality traits such as optimism, mindfulness, and resilience may protect against the negative mental health consequences of the COVID-19 pandemic. The sample included 546 predominantly Dutch and Belgian sample. It was found that fear of COVID-19 was related to higher depression, stress, and anxiety. However, for participants scoring high on mindfulness, optimism, and resilience, this relationship was weakened.

Muñoz-Fernández, N., & Rodríguez-Meirinhos, A. (2021). The purpose of this study was to explore COVID-19-related concerns, daily routines, and online peer activities during the confinement period according to sex and age groups. Additionally, the relationship of these factors and optimism along with adolescents' frustration was examined. Participants included 1246 Spanish students aged 16–25 years old. The results indicated that the top concern was their studies. COVID-19-related concerns, daily routines, and online peer activities varied by sex and age. Findings also revealed moderate to high levels of frustration, which were associated with adolescents' main concerns, online peer activities, maintaining routines, and optimism.

#### IV. RESEARCH METHODOLOGY

**AIM:** The aim of the research was to study the impact of Gratitude and Optimism on Psychological Well-Being.

##### OBJECTIVES:

- Examine the relationship between Gratitude and Psychological Well-Being.
- Examine the relationship between Optimism and Psychological Well-Being.
- How Gratitude and Optimism can be correlated.
- Which age group i.e. (18-27 & 30-60) has the high psychological wellbeing
- Which variable i.e. (Optimism or Gratitude) has more influence on Psychological Wellbeing.

##### HYPOTHESIS:

There is a positive correlation between gratitude and optimism, and both gratitude and optimism are positively correlated with psychological well-being among people in young adulthood and middle adulthood. Gratitude is the determinant for psychological wellbeing in young as well as middle adulthood.



Null: No correlation between gratitude and optimism, and both gratitude and optimism are positively correlated with psychological well-being among people in young adulthood and middle adulthood.

**SAMPLE:**

- Sample Size: 80-100
- Sample Group: 18-27 & 30-60
- Sample Gender: Male, Female & Non-Binary.

**SAMPLING TECHNIQUES:**

- Purposive Sampling: Purposive sampling is a non-random sampling technique where researchers deliberately choose specific individuals or groups from a larger population based on predetermined criteria of specific purposes.
- In the given research study with the help of purposive sampling majorly we have also used stratified sampling method.

**METHOD:**

The study was done in quantitative manner with the help of correlation and regression.

**Scale/Tools:**

1. Psychological Well-Being Scale
2. Life Orientation Test- Revised (LOT-R)
3. Gratitude, Resentment and Appreciation Scale (GRAT)

**V. ABOUT THE TESTS**

Gratitude Resentment and Appreciation Scale (GRAT) - The GRAT-Short Form is a 16-item scale designed to measure an individual's dispositional gratitude.

**Instructions:** Please provide your honest feelings and beliefs about the following statements which relate to you. There are no right or wrong answers to these statements. We would like to know how much you feel these statements are true or not true of you. Please try to indicate your true feelings and beliefs, as opposed to what you would like to believe.

Psychological Wellbeing Scale – An 18 items measure of psychological well-being of an individual. It has 6 dimensions:

- Autonomy – 15,17,18
- Environmental Mastery – 4,8,9
- Personal Growth – 11,12,14
- Positive Relations with Others – 6,13,16
- Purpose in Life – 3,7,10
- Self-Acceptance – 1,2,5

**Instructions:** There are some statements given, you need to rate how strongly you agree or disagree with these statements using a 7-point scale (1 = strongly agree; 7 = strongly disagree).

LIFE ORIENTATION TEST –Revised (LOT-R) - A 10-item measure of optimism versus pessimism. Of the 10 items, 3 items measure optimism, 3 items measure pessimism and 4 items serve as fillers. LOT-R is a revised version of the original LOT (Scheier & Carver, 1992). The original LOT had 12 items: 4 worded positively, 4 worded negatively, and 4 fillers.

### RELIABILITY

- The tool has high internal consistency. Cronbach's Alpha and the Omega for Gratitude, Resentment and Appreciation Test is 0.85 and 0.91 respectively.
- The internal consistency for Psychological Well-Being is from 0.86 to 0.93 which shows high internal consistency.
- The internal consistency for Life Orientation Test-Revised was 0.80.

### Validity

- The internal correlation between the 10 items of Life Orientation Test-Revised is from 0.34 to 0.65.
- The internal correlation between the 18 items of Psychological Well-Being is 0.73.

### VI. SCORING

*Gratitude Resentment and Appreciation Scale (GRAT)* given by Watkins, P.C et al. The scoring is done on a 5-point Likert Scale. Considering the scores from 1-5 representing "Strongly Disagree to Strongly agree" respectively. The scoring is reversed in the case of items- 3,6,10,11 and 15. The sum of the responses is the raw score received.

*Psychological Wellbeing Scale* given by Ryff, C.D et al. The scoring is done on a 7-point Likert Scale. Considering the scores from 1-7 representing "Strongly Agree to Strongly Disagree" respectively. The scoring is reversed in the case of items- 1,2,3,8,9,11,12,13,17 and 18. The formula for reverse-scoring an item is:

**((Number of scale points) + 1) - (Respondent's answer)**

The sum of the responses is the raw score received.

*Life Orientation Test* given by Scheier, M. F et al. The scoring is done on a 5-point Likert Scale. Considering the scores from 1-5 representing "Agree a lot to Disagree a lot" respectively. The scoring is reversed in the case of items- 3,7 and 9. The scoring is neglected in the case of items- 2,5,6 and 8. The sum of the responses is the raw score received.

### VII. RESULT

The result was calculated for 80 respondents. Most of the responses were of Females. Most of the population ranged between 18-27 years of age. The responses were calculated for 2 age groups i.e., 18-27 and 30-60.

The result for the Age group 18-27

- There is a positive correlation between Psychological Wellbeing and Optimism, means with an increase in Psychological Wellbeing the Optimism will also increase and vice-versa.
- There is a negative correlation between Psychological Wellbeing and Gratitude, means with an increase in Psychological Wellbeing the level of Gratitude would decrease and vice-versa.
- There is a negative correlation between Optimism and Gratitude, means with an increase in Optimism the level of Gratitude would decrease and vice-versa.

There is a huge fluctuation when it comes to the correlation among the three variables.

- There is a positive correlation between Psychological Wellbeing and Optimism, means with an increase in Psychological Wellbeing the Optimism will also increase and vice-versa.
- There is a negative correlation between Psychological Wellbeing and Gratitude, means with an increase in Psychological Wellbeing the level of Gratitude would decrease and vice-versa.
- There is a negative correlation between Optimism and Gratitude, means with an increase in Optimism the level of Gratitude would decrease and vice-versa.

There is a very minute fluctuation when it comes to the three variables.

- The Psychological Well-Being in adults of age 30-60 can be predicted by the Optimism level in 30-60.
- The Variables Psychological Well-Being & Optimism for the age group 30-60 are highly significant.
- The variable shows that high Optimism impacts the most on the Psychological Well-Being of an individual.

- The male average for Psychological Well-Being is 94.37 which is comparatively and significantly higher as compared to females i.e., 90.46.
- The male average for Optimism is 21.5 is slightly higher as compared to females i.e., 21.21.
- Although the correlation between female's Psychological Well-Being and Optimism is higher with the value of +0.59.
- The male's correlation between psychological Well-Being and Optimism is higher with the value of +0.51.
- The average is comparatively higher in Males but the correlation among the two variables is higher among the females.

### VIII. DISCUSSION

The aim of the research is to find the Impact of Gratitude and Optimism on Psychological Well-Being on adults (18-60).

Gratitude is the feeling of thankfulness and appreciation for the positive aspects of life. It involves recognizing and valuing the good things and people in one's life.

Optimism is the tendency to have a positive outlook on the future. Optimistic individuals tend to believe that things will work out for the best and are more likely to see challenges as temporary setbacks rather than insurmountable obstacles.

Psychological Well-Being is described as a state of mental and emotional health marked by positive emotions, engagement, meaningful relationships, a sense of purpose and a feeling of accomplishment. It reflects overall life satisfaction and happiness.

Optimism and Its Impact on Mental and Physical Well-Being" by Maria A. Irimia et al. (2022). This study found that optimism is associated with better mental and physical health, including lower levels of depression, anxiety, and stress, and higher levels of life satisfaction, happiness, and resilience.

The Relations between Hope and Subjective Well-Being: a Literature Overview and Empirical Analysis" by Yi-Chun Liu et al. (2019). This study found that hope is positively correlated with subjective well-being, and that the relationship is stronger for cognitive hope and emotional hope than for positive expectations.

Responses from 81 random pool of people were taken, age ranging from minimum 18 years to maximum 59 years. The sampling of the individuals was done by Purposive sampling. The results of the above research can be divided into 3 parts,

Correlation between the variables (Psychological Well-Being, Gratitude and Optimism) across the age group 18-27 and 30-60.

It was recorded that Psychological Well-Being and Optimism had a positive correlation with the value being +0.618 and +0.384 respectively for 18-27 and 30-60.

It was even recorded that Psychological Well-Being and Gratitude had a negative correlation with the value being -0.352 and -0.380 respectively for 18-27 and 30-60.

Optimism and Gratitude even showed a negative correlation with the value being -0.425 and -0.387 respectively for 18-27 and 30-60.

Regression Analysis between the variables (Psychological Well-Being, Optimism and Gratitude) across the age group 18-27 and 30-60.

The significance value between the Psychological Well-Being and Optimism for the age group 18-27 was 6.245 which can equate to almost no significance.

The significance value between the Psychological Well-Being and Gratitude for the age group 18-27 was 0.008 which can equate to no significance.

The significance value between the Psychological Well-Being and Optimism for the age group 30-60 was 0.52 which can equate to high significance.

The significance value between the Psychological Well-Being and Gratitude for the age group 30-60 was 0.05 which can equate to a little significance.

Comparison between Psychological Well-Being and Optimism in different genders across the spectrum of age group

The average for men's psychological well-being was 94.37 and optimism was 21.5.

The average for female's psychological well-being was 90.46 and optimism was 21.21.



The correlation between the male and female psychological wellbeing and optimism was +0.51 and +0.59 respectively displaying the same is more correlated among women than in men.

### IX. CONCLUSION

In summary, the research suggests that optimism has a positive impact on psychological well-being for the age group 30-60, while gratitude appears to have a more complex relationship. While gratitude is generally associated with positive outcomes, in the context of this research, it seems that as psychological well-being and optimism increase, gratitude tends to decrease. Moreover, an enhanced image can be drawn that males have a better psychological well-being and thus optimism as compared to women. Although the scores are more correlated for women as compared to men. However, it's important to note that correlation does not imply causation, and individual experiences may vary. Further research may be needed to understand the underlying mechanisms behind these correlations.

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**APPENDIX**

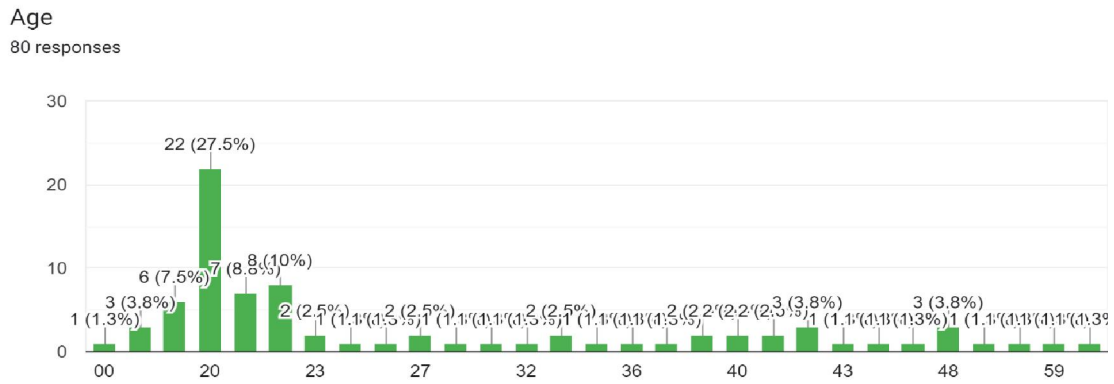


Fig 1: Age distribution among the responses

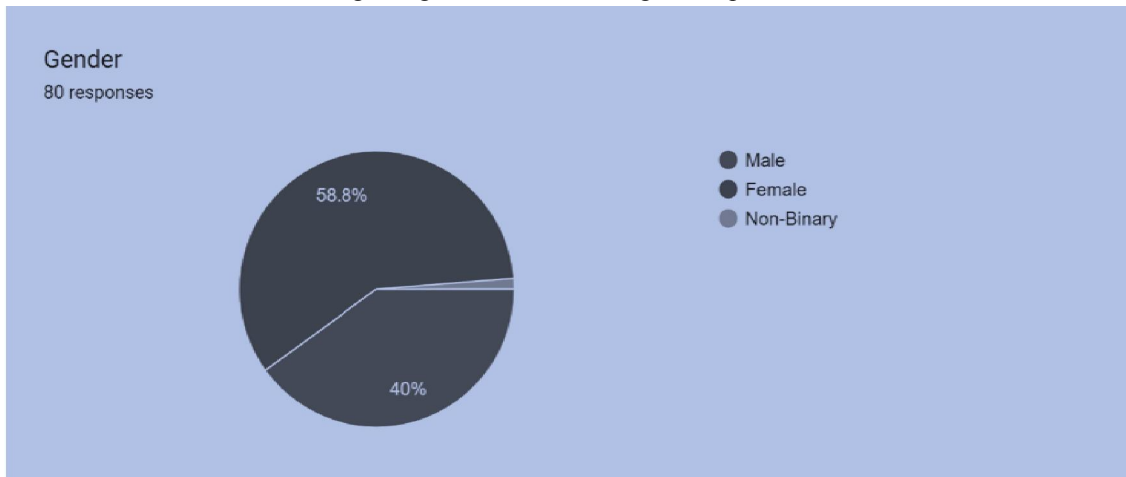


Fig 2: Gender Distribution among the responses

**TABLES**

Table I: Correlation Between Psychological Well-Being, Optimism and Gratitude for age group 18-27 yrs.

Variables	Psychological Well-Being	Optimism	Gratitude
Psychological Well-Being	<b>X</b>		
Optimism	+0.618	<b>X</b>	
Gratitude	-0.352	-0.425	<b>X</b>

Table II: Correlation Between Psychological Well-Being, Optimism and Gratitude for age group 30-60 yrs.

Variables	Psychological Well-Being	Optimism	Gratitude
Psychological Well-Being	<b>X</b>	-0.380	-0.387
Optimism	+0.384	<b>X</b>	
Gratitude			<b>X</b>

Table III: Regression Analysis between Psychological Well-Being, Optimism and Gratitude

Variables	Significant F Value	P Value	95% Confidence		Standard Error
			LL	UL	
Psychological Well-Being & Optimism 18-27	6.245	5.17	36.31	65.56	7.28
Psychological Well-Being & Gratitude 18-27	0.008	6.24	95.92	124.81	7.2
Psychological Well-Being & Optimism 30-60	0.52	0.002	22.62	94.12	17.32
Psychological Well-Being & Optimism 30-60	0.055	1.135	92.45	136.28	10.61

Table IV: Female vs Male comparison of Psychological Well-Being and Optimism

Variable	Male Average	Female Average
Psychological Well-Being	94.37	90.46
Optimism	21.5	21.21

Table V: Correlation between Psychological Well-Being and Optimism of Male

Variable	Psychological Well-Being	Optimism
Psychological Well-Being	<b>X</b>	
Optimism	+0.51	<b>X</b>

Table VI: Correlation between Psychological Well-Being and Optimism of Female

Variable	Psychological Well-Being	Optimism
Psychological Well-Being	<b>X</b>	
Optimism	+0.59	<b>X</b>