

The effect of demographic variables on Gratitude among Adults

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ABSTRACT

The present study attempts to study Effect of demographic variables on gratitude among adults. A group of 102 participants that include people from urban and rural areas of Karnataka. Professionals, self-employed unemployed, homemakers and retired people are included in the survey. People with different educational qualification, marital status, family type, social status participated in the study. The Gratitude scale questionnaire is used to measure the level of gratitude of the participants. Results reveal that there is a significant correlation between the gender, marital status, age and educational qualification of the participants. Also there is no significant influence of time spent on social media, number of working hours, occupation, type of family and annual income on gratitude.

Keywords: Gratitude, Self employed, Professionals, Social media, Adults.



Introduction

Gratitude is a beautiful attitude, emotion or a trait that should be fostered in every human being as it benefits the person in many aspects like subjective well-being, pro-social behaviour, develop deeper relationships, enhances contentment and it is a very potent antidote to depression. when a person starts to feel grateful it is rewarding not only to the individual but to all around that person, as investigator realized the significance of gratitude and the setbacks of absence of gratitude and this understanding motivated the investigator to study the effect of demographic variables on gratitude and intend to promote the awareness of profound significance of gratitude and its benefits through this research study.

McCullough, Emmons, and Tsang (2002) define gratitude as an affective trait that disposes one to acknowledge unearned benevolence from another and respond with grateful emotions. It is posited that individuals have varying levels of frequency and intensity in experiencing grateful feelings, or dispositional gratitude, which is a positive psychological trait that orients an individual to have either a more or less positive outlook of the world (Emmons & Mishra, 2011).

Gratitude is a key virtue that many individuals have attempted to cultivate across time and culture. Over the past decade and a half, an interest in gratitude and life

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satisfaction has increased exponentially in the general public and social science research. Moreover, gratitude is considered an essential component of the core beliefs and values of many religions, including Christianity and Judaism (Carman & Streng, 1989).

Robert Emmons, perhaps the world's leading scientific expert on gratitude, argues that gratitude has two key components, "it's an affirmation of goodness. We affirm that there are good things in the world, gifts and benefits we've received." In the second part of gratitude, he explains, "we recognize that the sources of this goodness are outside of ourselves. We acknowledge that other people—or even higher powers, if you're of a spiritual mindset—gave us many gifts, big and small, to help us achieve the goodness in our lives." Research indicates that gratitude interventions can support various positive life outcomes, such as general well-being, life satisfaction, and physical health (McCullough et al., 2002; Wood et al., 2008). Moreover, gratitude is not limited to supporting positive effects in individual lives, but can impact social relationships as well.

Krause and Hayward (2015) found that individuals with higher gratitude provided more emotional support to those in need. Further, Algoe, Haidt, and Gable (2008) discovered that gratitude in relationships promotes greater relationship formation and maintenance of new bonds. Gratitude is of great value in intimate relationships, as it enhances feelings of being appreciated and being appreciative of one's partner, which is crucial in maintaining healthy romantic relationships (Gordon et al., 2011; Gordon, Impett, Kogan, Oveis, & Keltner, 2012).

Gratitude has shown to be related to prosocial behaviour, in situations where reciprocity of contributed help by the

recipient is not expected. A popular explanation of this phenomenon is that benefactors of prosocial acts may have received undeserved help from others in the past, which subsequently led to increased gratitude, and ultimately, unreciprocated helping behaviours toward others at their own expense (Barlett & DeSteno, 2006). The social benefits of gratitude seem to extend beyond reciprocal relationships (Barlett & DeSteno, 2006). "The emotion of gratitude involves the feeling of appreciation for favours received" (Watkinson et al., 2003). Gratitude is the appreciation after getting something from someone.

Positive psychology defines gratitude in a way where scientists can measure its affect and thus argue that gratitude is more than feeling thankful: it is a deeper appreciation for someone (or something) that produces longer lasting positivity. Many of us express gratitude by saying "thank you" to someone who has helped us or given us a gift. From a scientific perspective, however, gratitude is not just an action: it is also a positive emotion that serves a biological purpose.

Gratitude helps the individual acknowledge the goodness in their lives, which allows the individual to recognize that the goodness lies partially outside them, enabling them to connect to something larger than themselves with God, people, nature. Gratitude helps to focus on positive aspects of life rather than being centered by negativity in life. The emotion of gratitude involves the feeling of appreciation for favours received" (Watkinson et al., 2003).

Gratitude is the appreciation after getting something from someone. Gratitude helps the individual acknowledge the goodness in their lives, which allows the individual to recognize that the goodness lies partially outside them, enabling them to connect to something larger than themselves with God, people, nature. Gratitude helps to focus on positive aspects of life rather than being centered by negativity. Gratitude is associated with well-being, as encountering appreciation, showing thankfulness leads to positive feelings and emotions, which adds like this to one's general feeling of prosperity.

Emmons and Mc Collough (2003) experimented with examining gratitude and well-being, divided the participants into three experimental conditions; one group was a gratitude-focused group, the hassling, and the downward social comparison group. The third group was about neutral life events. After follow-ups of around one week, it was found that those participants in the gratitude condition have a positive attitude about their lives. They were also more optimistic about the future than the hassles and life events group's participants. Froh et al. conducted an experiment on a sample of early adolescents. The participants were assigned to three conditions randomly: gratitude, hassles, or control condition; it was found that those were in gratitude condition; they have higher optimism, life satisfaction, and decreased negative effect.

Polak and McCullough (2006) found that materialistic people experience a high level of negative emotions. In contrast, grateful people experienced positive emotions; gratitude and materialism are negatively related to each other. It was found that prayer frequency was positively related to gratitude (Lambert, Graham, & Fincham, 2009). Research indicates that gratitude interventions can support various positive life outcomes, such as general well-being, life satisfaction, and physical health (McCullough et al., 2002; Wood et al., 2008). Moreover, gratitude is not limited to supporting positive effects in individual lives, but can impact social relationships as well. Krause and Hayward (2015) found that individuals with higher gratitude provided more emotional support to those in need. Further, Algoe, Haidt, and Gable (2008) discovered that gratitude in relationships promotes greater relationship formation and maintenance of new bonds. Gratitude is of great value in intimate relationships, as it enhances feelings of being appreciated and being appreciative of one's partner, which is crucial in maintaining healthy romantic relationships (Gordon et al., 2011; Gordon, Impett, Kogan, Oveis, & Keltner, 2012).

Interestingly, the social benefits of gratitude seem to extend beyond reciprocal relationships (Barlett & DeSteno, 2006). Gratitude has shown to be related to prosocial behaviour, in situations where reciprocity of contributed help by the recipient is not expected. A popular explanation of this phenomenon is that benefactors of prosocial acts may have received undeserved help from others in the past, which subsequently led to increased gratitude, and ultimately, unreciprocated helping behaviours toward others at their own expense (Barlett & DeSteno, 2006).

Two Stages of Gratitude

According to Dr. Robert Emmons, the feeling of gratitude involves two stages (2003). First comes the acknowledgment of goodness in one's life. In a state of gratitude, we say yes to life. We affirm that all in all, life is good, and has elements that make worth living, and rich in texture. The acknowledgment that we have received something gratifies us, both by its presence and by the effort the giver put into choosing it.

Second, gratitude is recognizing that some of the sources of this goodness lie outside the self. One can be grateful to other people, to animals, and to the world, but not to oneself. At this stage, we recognize the goodness in our lives and who to thank for it and who made sacrifices so that we could be happy. The two stages of gratitude comprise the recognition of the goodness in our lives, and then how this goodness came to us externally lies. By this process, we recognize the luck of everything that makes our lives—and ourselves—better.

Gratitude is a selfless act

Its acts are done unconditionally, to show to people that they are appreciated. "A gift that is freely given" is one way to understand what these acts are like. For example, if someone is sad and you write them a note of appreciation, you are likely not asking for something in return for this person; instead, you are reminding them of their value, and expressing gratitude for their existence. At the moment, you are not waiting for a "return note" from this person. Even when we do not expect a return, sometimes they happen. Gratitude can be contagious, in a good way. In the previous example, maybe when you are down, this person will write you a note too.

Gratitude is regarded as either a trait (dispositional) or state (of being)

As a trait, an individual practices gratitude as part of their daily life (McCullough, Emmons, & Tsang, 2002) and it would be considered a character strength, to possess gratitude. As a trait, gratitude can be developed with practice and awareness (Peterson, & Seligman, 2004).

When a person experiences the rich emotion from someone expressing gratitude for them, it is referred to as state (Watkins, Van Gelder, & Frias, 2009). Gratitude is both of these: a trait and a state. The state of being grateful is a pleasant experience studied by philosophers in ancient times. This next section provides a richer context for how this emotion functioned historically in the mindset of people and societies.

Impact of Gratitude on Mental Health

Stress does not have to control our lives when we feel and express gratitude regularly. There is no part of well-being that is untouched by gratitude, be that physical, mental, or social. Practicing gratitude is gaining a life-view of thankfulness. By appreciating ourselves, our dear ones, Nature, and the Almighty, we experience the purest form of all positive emotions. It helps us to realize that nothing is obvious and nothing is to be taken for granted – for it is the little things in life where our real joy lies.

Dr. Emmons, in his studies on the effects of gratitude on mental health revealed:

- Gratitude practices reduce cardiac diseases, inflammations, and neuro-degeneration significantly
- Daily journaling and gratitude jars can help individuals fighting with depression, anxiety, and burnout
- Writing gratitude letters brings hope and evokes positivity in suicidal patients and those fighting terminal diseases
- Gratitude improves the sleep-wake cycle and enhances mood. It helps people with insomnia, substance abuse, and eating disorders.

Purpose of Gratitude

People can use gratitude to form new social relations or to strengthen current ones. Acts of gratitude can be used to apologize, make amends and help solve other problems. Alternatively, people may feel gracious because it can be an intrinsically rewarding process. Simply being grateful for being alive is a great way to motivate oneself to seize the day. The idea that tomorrow is not guaranteed is a strong motivator for some people to be their "best self" today.

Gratitude allows us to celebrate the present

It magnifies positive emotions. Research on emotion shows that positive emotions wear off quickly. Our emotional systems like newness. They like novelty. They like change. We adapt to positive life circumstances so that before too long, the new car, the new spouse, the new house—they don't feel so new and exciting anymore. But gratitude makes us appreciate the value of something, and when we appreciate the value of something, we extract more benefits from it; we're less likely to take it for granted.

In effect, gratitude allows us to participate more in life. We notice the positives more, and that magnifies the pleasures you get from life. Instead of adapting to goodness, we celebrate goodness, but with gratitude we become greater participants in our lives as opposed to spectators.

Gratitude blocks toxic, negative emotions

Negative emotions such as envy, resentment, regret—emotions that can destroy our happiness. There's even recent evidence, including a 2008 study by psychologist Alex Wood in the *Journal of Research in Personality*, showing that gratitude can reduce the frequency and duration of episodes of depression. Grateful people are more stress resistant. There are a number of studies showing that in the face of serious trauma, adversity, and suffering, if people have a grateful disposition, they'll recover more quickly. I believe gratitude gives people a perspective from which they can interpret negative life events and help them guard against post-traumatic stress and lasting anxiety.

Grateful people have a higher sense of self-worth.

I think that's because when you're grateful, you have the sense that someone else is looking out for you—someone else has provided for your well-being, or you notice a network of relationships, past and present, of people who are responsible for helping you get to where you are right now. Once you start to recognize the contributions that other people have made to your life—once you realize that other people have seen the value in you—you can transform the way you see yourself.

Significance of Study

The present study is aimed to address the gap in the literature related to the comprehension of the effect of different demographic variables on gratitude among adults. Grateful responses to life can lead to peace of mind, happiness, physical health, and deeper, more satisfying personal relationships. Gratitude enables an individual to refocus and magnify the optimistic thoughts, moments and feelings even in the midst of challenges enabling the individual to enjoy peace and more contented with life. A grateful response to life circumstances may be an adaptive psychological strategy and an important process by which people positively interpret everyday experiences. The ability to notice, appreciate, and savour the elements of one's life has been viewed as a crucial determinant of well-being. Highly grateful people, compared to their less grateful counterparts, tend to experience positive emotions more often, enjoy greater satisfaction with life and more hope, and experience less depression, anxiety, and envy. They tend to score higher in prosociality and be more empathic, forgiving, helpful, and supportive as well as less focused on materialistic pursuits, compared to their less grateful counterparts. They replicated these findings in a large nonstudent sample and showed that the associations persisted even after controlling for social desirability. Among the Big Five dimensions of personality the grateful disposition was correlated with Agreeableness, Extraversion, and Neuroticism. Gratitude, whether measured as a mood or trait, is also linked to lower aggression in adults. Grateful people exhibited lower aggression daily, and after feeling hurt or insulted, they exhibited less hurt feelings in daily interactions and less aggressive personality. These researchers also found that increased empathy mediated this link, suggesting that the prosocial quality of gratitude can be used to mitigate aggression. Gratitude aid in building trust and that expressing gratitude increases prosocial behaviour by enabling people to feel socially valued. Gratitude promotes relationship formation and maintenance.

The investigator through this study intend to create an awareness in the society about the benefits of gratitude as well as to exercise gratitude regularly to keep anxiety at bay. Thus enabling an individual to reset the thinking and provides long term positive mental effect and overall well-being.

THE PRESENT STUDY

Aim

- The aim of the study is to assess the gratitude among adults and the effect of demographic variables such as age, gender, marital status, social economic status, type of family and work schedule on gratitude.

Objectives

- To assess gratitude among various age groups and to identify the age group that shows high level of gratitude.
- To compare gratitude among men and women.
- To explore the influence of economic status on gratitude.
- To analyse the relation between work schedule and gratitude.
- To explore the effect of marital status on gratitude.
- To study the variance level of education qualification and gratitude.
- To analyse the influence of age on gratitude among adults.
- To investigate the effect of time spent on social media on gratitude among adults.

Hypothesis

1. There is will be a significant influence of gender on gratitude among adults.
2. The female gender will express more gratitude than male gender.
3. There will be a significant influence of educational qualification on gratitude among adults.
4. The older and younger age group will exhibit more gratitude than middle aged groups.
5. The expression of gratitude in female gender will be subject to their marital status.
6. There will be a correlation between the gratitude and time spent on social media.
7. There will be a direct connection between work schedule and gratitude among adults.
8. The expression of gratitude will be conditioned by the economic status.

PARTICIPANTS

The total number of participants was 102 adults. The gender distribution was 65 (63.1%) females and 38 males (36.9%). The participants were grouped into three categories 20 to 35 years, 36 to 50 years and above 50 years. The participants include people from urban and rural areas of Karnataka. Professionals, self-employed, unemployed, homemakers and retired people are included in the survey.

People with different educational qualifications, marital status, family type, social status participated in the study.

TOOLS

Instrument Title: The Gratitude Questionnaire (GQ-6)

Instrument Author: McCullough M., E (2002).

Primary use

The Gratitude Questionnaire-Six-Item Form (GQ-6) is a six-item self-report questionnaire designed to assess individual differences in the proneness to experience gratitude in daily life.

The GQ-6 consists of six items measuring the frequency and intensity of participants experiences of gratitude (i.e. "If I had to list everything that I felt grateful for, it would be a very long list") on a Likert scale of "1" (strongly disagree) to "7" (strongly agree). Scores for the GQ-6 are calculated by summing all individual item scores, after reverse scoring items 3 and 6. Possible scores range from 6 to 42, with higher total scores indicating greater gratitude. In its initial validation study by McCullough et al., the GQ-6 demonstrated good reliability ($\alpha = .82$) The GQ6 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, religiousness, forgiveness, empathy and prosocial behaviour, and negatively related to depression, anxiety, materialism and envy. If the score is less than 35, it is determined as low/ below average gratitude. A score lying between 36-38 is determined as having an average gratitude score. A score lying within 39-41 is determined as having high gratitude.

Demographic questions included in the questionnaire were; Age, Marital status, Gender (male, female or transgender), Educational qualification, Occupation, Annual Income, Type of family, Duration of working hours and Time spent on mobile phone.

PROCEDURE

The Gratitude Questionnaire-Six-Item Form (GQ-6) questionnaire with demographic questions was created digitally via the Google Forms platform and distributed via social media, such as WhatsApp group. The consent letter along with the cover letter stating the purpose of the study was shared with the participants. Participants were instructed to fill out the questionnaire as accurate as possible as quickly as possible.

STATISTICAL ANALYSIS:

Descriptive statistics: A descriptive statistic is a summary statistic that quantitatively describes or summarizes features from a collection of information, while descriptive statistics is the process of using and analysing those statistics.

T-test: T-tests examine whether there are significant differences between two group means. T-test is a type of inferential statistic used to determine if there is a significant difference between the means of two groups, which may be related in certain features.

RESULTS

Table 1: Descriptive Statistics of Gratitude

Statistics		
Level of Gratitude		
N	Valid	102
	Missing	0
Mean		3.6863
Median		4.0000
Skewness		-1.075
Std. Error of Skewness		.239
Kurtosis		-.211
Std. Error of Kurtosis		.474

The values of Sample Size, Mean, Median, skewness, Standard Error of skewness, kurtosis and Standard Error of kurtosis of Gratitude is 102, 3.6863, 4.00, -1.075, .239, .211, .474 respectively.

Table 2: Frequency and Percentage of Gratitude

Gratitude		Frequency	Percent
Valid	Below Average	1	1.0
	Above Average	30	29.4
	High	71	69.6
	Total	102	100.0

The result shows that 69.6% that is the majority of the participants showed high gratitude, 29.4% of the participants showed above average gratitude and 1% showed below average gratitude.

Table 3: Frequency and Percentage of Age Groups

AGE		FREQUENC Y	PERCENT
Valid	20-35	32	31.4
	36-50	60	58.8
	above 50	10	9.8

Total	102	100.0
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The total number of subjects were grouped into 3 and 32 subjects belonged to 20 to 35 years of age group,60 subjects belonged to 36-50 years of age group and 10 subjects belonged to the above 50years of age group.

Table 4: Cumulative Frequency Distribution of Marital Status

Marital Status:			
		Frequency	Percent
Valid	Divorced	2	2.0
	Married	87	85.3
	Single	13	12.7
	Total	102	100.0

Results showed that the number of subjects divorced was 2, the number of married people was 87 and the number of subjects single was 13 respectively.

Table 5: Cumulative Frequency Distribution of Gender

Gender:					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Female	65	63.7	63.7	63.7
	Male	37	36.3	36.3	100.0
	Total	102	100.0	100.0	

The results showed that the number of female subjects was 65 and the number of male subjects was 37 and their valid percent is 63.7% and 36.3% respectively.

Table 6: Cumulative Frequency Distribution of Educational Qualification

Education Qualification				
		Frequency	Percent	Valid Percent
Valid	Graduate	38	37.3	37.3
	Postgraduate	55	53.9	53.9
	Undergraduate	9	8.8	8.8
	Total	102	100.0	100.0

The cumulative frequency distribution of educational qualification showed that the number of graduates were 38,the number of post graduates were 55 and the number of undergraduates were 9 and their valid percent is 37.3%,53.9% and8.8% respectively.

Table 7: Cumulative Frequency Distribution of Occupation

Occupation:				
		Frequency	Percent	Valid Percent
Valid	Employed	53	52.0	52.0
	Home Maker	19	18.6	18.6
	Retired	3	2.9	2.9
	Self-employed	16	15.7	15.7
	Unemployed	11	10.8	10.8
	Total	102	100.0	100.0

The cumulative frequency distribution of occupation showed that the number of employed subjects were 53,number of home makers were 19,number of retired subjects were 3,number of self employed subjects were 16,number of unemployed subjects were 11 and their percentage were 52%,18.6%,2.9%,15.7% and 10.8% respectively.

Table 8: Cumulative Frequency Distribution of Annual Income

Annual Income:				
		Frequency	Percent	Valid Percent
Valid	Above 1.5 Laths and below 5 Lakhs	27	26.5	26.5
	Above 20 Lakhs	16	15.7	15.7
	Above 5 Lakhs and below 20 Lakhs	25	24.5	24.5
	Less than 1.5 Lakhs	34	33.3	33.3
	Total	102	100.0	100.0

The cumulative frequency distribution of annual income showed that 27 subjects had an annual income above 1.5 lakhs and below 5 lakhs, 16 subjects had an annual income above 20 lakhs, 25 subjects had an annual income above 5 lakhs and below 20 lakhs, 34 subjects had an annual income less than 1.5 lakhs and their valid percentage is 26.5%, 15.7%, 24.5% and 33.3% respectively.

Table 9: Cumulative Frequency Distribution of Family Type

Type of Family:				
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		Frequency	Percent	Valid Percent			Frequency	Percent	Valid Percent
Valid	Joint family	32	31.4	31.4	Valid	Below Average	1	1.0	1.0
	Nuclear	66	64.7	64.7		Above Average	30	29.4	29.4
	Single Parent	4	3.9	3.9		High	71	69.6	69.6
	Total	102	100.0	100.0		Total	102	100.0	100.0

The cumulative frequency distribution of family type shows that 32 subjects belonged to the joint family, 66 subjects belonged to the nuclear family and 4 subjects were single parents and their valid percentages are 31.4%, 64.7% and 3.9% respectively.

The cumulative frequency distribution of levels of Gratitude showed that 1 subject had below average gratitude level, 30 subjects had above average gratitude level and 71 subjects had high gratitude level and their valid percentages are 1%, 29.4%, 69.6% respectively.

Table 10: Cumulative Frequency Distribution of Working Hours

Table 13: Test of Variance Showing Level of Gratitude between Male and Female Gender

Number of Working Hours In a day:

		Frequency	Percent	Valid Percent
Valid	less than 12 hours	83	81.4	81.4
	more than 12 hours	19	18.6	18.6
	Total	102	100.0	100.0

Group Statistics

	Gender	N	Mean	Std. Deviation
Level of Gratitude	Male	37	3.5676	.55480
	Female	65	3.7538	.43412

The cumulative frequency distribution of working hours showed that 83 subjects had working hours less than 12 hours, 19 subjects had working hours more than 12 hours and their percentage is 81.4% and 18.6% respectively.

The F value calculated for gratitude of the participants by gender is 2.36, which is significant. It means that the gratitude in the participants vary based on the demographic factor gender.

Table 11: Cumulative Frequency Distribution of Time Spent On Mobile in Hours

Table 14: Analysis. Of Variance between Gratitude & Education

Number of hours spent on mobile:

		Frequency	Percent	Valid Percent
Valid	less than 3 hours	46	45.1	45.1
	more than 3 hours	56	54.9	54.9
	Total	102	100.0	100.0

Analysis Of Variance

	N	Mean	Std. Deviation	F
Graduate	38	3.8421	.36954	6.85**
Post Graduate	55	3.6545	.51705	
Under Graduate	9	3.2222	.44096	
Total	102	3.6863	.48707	

The cumulative frequency distribution of time spent on mobile in hours showed that 46 subjects spent less than 3 hours on mobile, 56 subjects spent more than 3 hours on mobile and their valid percentage is 45.1% and 54.9% respectively.

The F value for the demographic variable Educational Qualification is 6.85, which is significant at 0.01 levels. The results show that graduates exhibited more gratitude than post graduates and undergraduates.

Table 12: Cumulative Frequency Distribution of Levels of Gratitude

Table 15: Cross Tabulation between Type of Gender, Age and Level of Gratitude

Level of Gratitude

Gender	Age in Years	
	20-35	36-50

Male	Level of Gratitude	Below Average	0	1	0	1
		Above Average	4	9	1	14
		High	6	14	2	22
	Total		10	24	3	37
Female	Level of Gratitude	Below Average				
		Above Average	6	10		
		High	16	26		
	Total		22	36		
Total	Level of Gratitude	Below Average	0	1		
		Above Average	10	19		
		High	22	40		
	Total		32	60		

DISCUSSION

The effect of demographic variables on gratitude among adults based on the survey shows that: H1 There is significant influence of gender on gratitude among adults. The female participants exhibited high gratitude than male participants. The hypothesis is proved.

The level of gratitude was more in female participants than male, 26 female participants showed high gratitude middle aged (36-50 yrs.) and 16 female participants showed high gratitude in the age group between (20-35 yrs.) whereas, the only 6 male participants showed high gratitude between (25-35 yrs.) And 14 male participants showed high gratitude between the age group (36-50 yrs.).

Table 16: Cross Tabulation between Type of Gender, Marital Status and Level of Gratitude

Level of Gratitude * Marital Status: * Gender Cross tabulation			
Gender	Level of Gratitude	Marital Status:	
		Divorced	Married
Male	Level of Gratitude	Below Average	1
		Above Average	12
		High	20
	Total		33
Female	Level of Gratitude	Above Average	1
		High	42
		Total	2
	Total		54
Total	Level of Gratitude	Below Average	0
		Above Average	1
		High	62
	Total	2	87

H2: The female gender will express more gratitude than male gender. The results showed that female participants exhibited high gratitude than male participants... The hypothesis is proven. The article by Kashdan, T. B., Mishra, A., Breen, W. E., & Froh, J. J. (2009) on gender differences in gratitude supports the hypothesis.

H3: There will be a significant influence of educational qualification on gratitude among adults. The results showed that graduates showed more gratitude than post graduates and undergraduates. The F value for the demographic variable Educational Qualification is 6.85, which is significant at 0.01 levels. The hypothesis is proven.

H4: The older and younger age group will exhibit more gratitude than middle aged groups. The results showed that middle age participants exhibited more gratitude than the younger and older age group. The hypothesis is proven.

H5: The expression of gratitude in female gender will be subject to their marital status. The result showed that married female participants exhibited more gratitude than single and divorced female participants. These findings provide evidence that gratitude is important for the successful maintenance of intimate bonds. "The article by Gordon, A. M., Impett, E. A., Kogan, A., Oveis, C., Keltner, D. (2012). To have and to hold: Gratitude promotes relationship maintenance in intimate bonds.

The level of gratitude was high in married male participants, 20 male participants showed high gratitude and 42 married female participants showed high level of gratitude than single and divorced male and female participants.

H6: There will be a correlation between gratitude and time spent on social media. The result showed no significant correlation between gratitude and time spent on social media. The hypothesis is not proven. Gratitude as mentioned in the introduction which is a trait or an attitude and can be interpreted that time spent on social media or leisure time has no connection with the level of gratitude in an individual

H7: There will be a direct connection between work schedule and gratitude among adults. The results showed no significant connection between work schedule and gratitude among adults. The hypothesis is not proven.

H8: The expression of gratitude will be conditioned by the economic status. The results showed that the expression of gratitude was not conditioned by the economic status. The hypothesis is not proven.

CONCLUSION

Gratitude has been conceptualized as an emotion, an attitude, a moral virtue, a habit, a personality trait, or a coping response. Gratitude has been defined as “the willingness

To recognize the unearned increments of value in one’s experience” and “an estimate of gain coupled with the judgment that someone else is responsible for that gain”. The benefit, gift, or personal gain might be material or nonmaterial (e.g., emotional or spiritual). A grateful response to life circumstances may be an adaptive psychological strategy and an important process by which people positively interpret everyday experiences. The ability to notice, appreciate, and savour the elements of one’s life has been viewed as a crucial determinant of well-being.

To be grateful means to allow oneself to be placed in the position of a recipient, to feel indebted and aware of one’s dependence on others. Gratitude has an obligatory aspect. People are expected to repay kindnesses. Most people experience indebtedness as unpleasant and aversive psychological state. The benefits of gratitude are immense. Gratitude helps the individual to focus on the virtues, blessings and privileges he or she is having in life and thus blocks the pessimistic thoughts, hence gratitude is known as the best antidote for depression.

Human brains are wired in such a way that it registers and thrives on negative and unpleasant situations than the positive and happy moments. This affects the mental health of the individual, performance at work, relationships, brings an overall pessimistic outlook about life. Gratitude blocks the negative emotions and people become more resistant to stress. Gratitude enables an individual to refocus and magnify the optimistic thoughts, moments and feelings even in the midst of challenges enabling the individual to enjoy peace and more contented with life. The investigator through this study intend to create an awareness in the society about the benefits of gratitude as well as to exercise gratitude regularly to keep anxiety at bay. Thus enabling an

individual to reset the thinking and provides long term positive mental effect and overall well-being.

FUTURE RECOMMENDATIONS

- In the current scenario, due to the awareness of the benefits of physical exercises people are able to do achieve physical fitness without a personal physical trainer. The investigator envisions that if the awareness about practising gratitude is achieved and individuals practice gratitude as a part of their routine, then the individuals to a great extent will be able to tackle their issues independently and will not require counselling or other interventions even in the midst of adversity.
- The stigma associated with mental health is still restricting people to get help when they desperately need help. So the investigator feels motivating people to practice gratitude is very significant and it can help the people to cope with challenges and stress in their life more effectively and aid in better resilience.
- Recommend further study on the benefits of practising gratitude journals, gratitude jars.
- Awareness Programs should be conducted on gratitude and its benefits.
- Investigation on the factors that are obstructing the emotion of gratitude also is mandate to promote gratitude.

LIMITATIONS

Due to pandemic situation could not visit the research institutes and study is done with online available books and journal articles.

Time constraint made to limit the respondent’s to 102.

The study is limited to understand whether there is a direct link between the variables.

The impact of gratitude is not studied in the survey, only the level of gratitude and the effect of demographic variables on gratitude among adults is analysed.

The relation between gratitude and its benefits is not studied due to the time constraint.

CHAPTER 6

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