

From Stress to Success: The Impact of Gratitude on the Well-Being of Final Year College Going Students

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Abstract- The present study aimed to examine the relationship between gratitude and psychological well-being among final-year college students. A sample of 131 undergraduate and postgraduate students from Delhi NCR, India, participated in the study. Measures included the Gratitude Questionnaire and the PERMA-Profilers to assess psychological well-being across five dimensions: positive emotion, engagement, relationships, meaning, and accomplishment. Descriptive analysis indicated moderate levels of gratitude and well-being within the sample. Pearson correlation analysis revealed a significant moderate positive correlation ($r = 0.507, p < .001$) between gratitude and psychological well-being, supporting the hypothesis that higher levels of gratitude are associated with greater well-being. The study highlights gratitude's role in fostering emotional resilience, life satisfaction, and personal growth. While the findings align with existing literature on gratitude and mental health, the study acknowledges limitations related to its cross-sectional design, reliance on self-reported measures, and cultural specificity. Future research should explore longitudinal designs and include diverse populations to better understand the mechanisms through which gratitude influences psychological well-being.

Keywords: Gratitude, psychological well-being, PERMA model, college students, mental health

INTRODUCTION

Gratitude

Gratitude is the act of recognizing and appreciating the positive aspects of life, including experiences, people, and events that contribute to one's overall well-being. It involves consciously expressing thanks and acknowledging the value of what one has, which fosters positive emotions. Within the field of positive psychology, which is dedicated to enhancing well-being and promoting optimal functioning, gratitude has been extensively researched. Studies suggest that developing a habit of gratitude can offer numerous benefits, including improved mental and physical

health, stronger social connections, and increased resilience when faced with challenges (Emmons R. A., 2003). There are multiple ways to nurture gratitude, such as keeping a gratitude journal, openly expressing appreciation to others, and intentionally focusing on positive aspects of life (Wood A. M., 2010). These practices have been linked to greater overall happiness and life satisfaction, as they encourage individuals to maintain a more positive outlook on life (Sansone, 2010). Research indicates that individuals who regularly practice gratitude are significantly more likely to experience feelings of joy, contentment, and fulfillment (Algoe, 2010). Furthermore, they tend to have lower levels of stress and anxiety, along with enhanced physical health, including a stronger immune system and improved sleep patterns. Engaging in acts of kindness, such as helping others, can lead to deeper and more meaningful relationships, as grateful individuals are more inclined to participate in prosocial behaviours.

The American Psychological Association describes gratitude as a feeling like admiration, in which individuals experience joy and appreciation in response to receiving an unexpected benefit or a tangible gift. Additionally, gratitude can be viewed as both an attitude and a personal characteristic. Some people express gratitude in the moment for specific events or actions, while others develop a long-term tendency to appreciate life (Jans-Beken, 2020). Dr. Robert Emmons highlights a two-stage process in the experience of gratitude. According to (McCullough, 2002), the first phase involves acknowledging one's own inherent goodness. Gratitude emerges when individuals accept life as it is and recognize its positive aspects, leading to a sense of appreciation. People feel grateful not only for the things they receive but also for the effort and thoughtfulness behind them. Recognizing personal worthiness and the goodness in

life lays the foundation for a grateful mindset. The second phase of gratitude involves understanding that the sources of kindness and generosity are external to oneself. Instead of attributing all positive experiences to personal effort, individuals acknowledge and appreciate the contributions of others, including fellow human beings, nature, and a higher power. This realization fosters a broader sense of gratitude for the goodness that exists in the world and the people who make life more meaningful. The study of gratitude has gained significant attention within positive psychology, with Robert Emmons playing a leading role in advancing research on the subject. Through numerous publications, Emmons has explored the psychological aspects of thankfulness and demonstrated how fostering a sense of appreciation can contribute to improved well-being (Emmons R. A., 2000). Passmore and Oades (2016) suggest that gratitude has diminished in Western societies due to rising expectations. Many individuals now view health and material possessions as standard entitlements rather than as blessings to be grateful for. Consequently, when these expected advantages fail to manifest or are lost, feelings of frustration, anger, and resentment often replace gratitude (Passmore, 2016). Research by (al. J.-B. e., 2010) indicates a strong connection between gratitude and overall happiness. The benefits of both experiencing and expressing appreciation are extensive.

Further studies confirm a positive correlation between gratitude and various aspects of well-being, including social, emotional, and psychological health. It is no surprise that a disposition toward gratitude serves as a significant predictor of happiness and other beneficial life outcomes (Portocarrero, A meta-analytic review of the relationship between dispositional gratitude and well-being. , 2020). A literature review conducted by (Cheavens, 2021) revealed that gratitude is inversely linked to anxiety and depression, meaning that higher levels of gratitude are associated with lower levels of these mental health challenges. Additionally, gratitude demonstrates a strong positive relationship with favourable emotional states, life satisfaction, extraversion, and forgiveness. Moreover, individuals with a greater sense of gratitude are less likely to engage in substance abuse and exhibit neurotic tendencies.

Gratitude in different cultures

When people hear the word "Thanksgiving," those in North America may immediately think of images such as turkey feasts, Pilgrims, and Native Americans. However, Thanksgiving is more broadly recognized as a special day dedicated to expressing gratitude. In addition to the United States and Canada, Thanksgiving is also an official holiday in countries like Grenada, Saint Lucia, and Liberia (Wikipedia, 2023). Furthermore, it is informally observed in nations such as Brazil and the Philippines. Beyond North America, Thanksgiving and similar traditions are celebrated in various parts of the world. For instance, the Dutch city of Leiden and Australia's Norfolk Island also mark the occasion. Many cultures around the globe have their own versions of harvest festivals, where gratitude is a central theme. Countries like Germany, the United Kingdom, and Japan have long-standing traditions of giving thanks for a successful harvest season, emphasizing the importance of appreciation and reflection. (Martin, 2021). For many, Thanksgiving is perceived as a social occasion that revolves around abundance, indulgence, and feasting (Melanie Wallendorf, 1991). However, the holiday carries deeper significance as a time specifically set aside to remind individuals to pause and acknowledge the blessings in their lives. In today's fast-paced world, people often become so absorbed in their daily routines that they overlook the need to express gratitude for their privileges and achievements.

Gratitude and Its Impact on Motivation and Well-Being

Research has demonstrated that practicing gratitude can have a significant impact on various aspects of life. According to (Yamagishi, 2021), university students who maintained a gratitude journal showed improved motivation in pursuing their academic goals and engaging in purposeful behavior. Several studies highlight the wide-ranging physical, psychological, emotional, and social benefits of gratitude. Cultivating a sense of thankfulness allows individuals to deeply appreciate the positive aspects of their daily lives, including the people who contribute to their well-being. During an early study conducted, two separate experiments investigated the effects of expressing gratitude through "gratitude visits." In a research, participants recruited from an online sample were

instructed to compose and mail letters of appreciation within a one-week period. Findings revealed that individuals who completed the gratitude visits reported increased happiness and decreased depressive symptoms compared to those in the control group. Similarly, another study conducted by (Froh, Counting blessings in early adolescents: An experimental study of gratitude and subjective well-being. , 2008) examined the effects of gratitude interventions on children and teenagers in a private school setting. Participants were divided into two groups: one group participated in an appreciation visit, while the other group simply wrote about daily events. Results showed that children who engaged in the gratitude-focused activity exhibited greater expressions of thankfulness and more positive emotions than those in the control group.

Gratitude and Mental Health

A pervasive sense of dissatisfaction is common among individuals, often stemming from perceptions of incompleteness or deficiency in their lives. This cognitive framework frequently leads to social comparisons, which may result in feelings of inadequacy when evaluating oneself against the perceived success or well-being of others. However, empirical research suggests that engaging in gratitude practices can mitigate these negative emotions by fostering an intentional focus on the positive aspects of one's personal experiences. The psychological benefits of gratitude extend beyond subjective well-being, with evidence indicating its potential to enhance optimism, improve mood, and contribute to stress and depression reduction. While gratitude is not a standalone intervention for mental health disorders, it is recognized as a valuable adjunctive strategy for promoting emotional regulation and psychological resilience. Recent empirical findings suggest that gratitude-based interventions may yield modest effects in alleviating symptoms of anxiety and depression. While beneficial, gratitude practices should not be considered a replacement for clinically validated treatments. Individuals experiencing significant mental health concerns are advised to seek professional guidance to determine appropriate therapeutic interventions. Nevertheless, integrating gratitude into daily routines may serve as a complementary approach, contributing to emotional

stability and fostering greater psychological adaptability.

The Broader Impact of Gratitude on Mental Health and Society

Poor mental health not only affects individuals and their families but also has wider implications for workplaces and society. Therefore, exploring strategies that encourage a positive outlook and emotional resilience is crucial for improving well-being at both the personal and societal levels. The objective of this study was to examine the relationships between gratitude, happiness, spirituality, and meaningful employment. A total of 197 participants (69.5% of whom were women) responded to surveys assessing their levels of gratitude, spirituality, and various indicators of well-being. Results revealed strong correlations between gratitude and several aspects of well-being, including life satisfaction, personal flourishing, positive emotions, spiritual fulfillment, and engagement in meaningful work (Loi, 2021).

Well-being

Although no single, universally accepted definition of well-being exists, it is generally conceptualized as the presence of positive affective states (e.g., happiness and contentment), the relative absence of negative emotional experiences (e.g., anxiety and depression), and an overall sense of life satisfaction, fulfillment, and effective personal functioning. At its core, well-being represents a positive appraisal of life and an overarching sense of psychological and emotional equilibrium. Furthermore, physical well-being—characterized by vitality, physical strength, and sustained energy levels—is widely acknowledged as a fundamental component of overall well-being, particularly in public health discourse. Scholars across diverse disciplines have explored well-being through multiple dimensions, including physical health, financial security, social welfare, personal accomplishments, emotional resilience, psychological stability, and satisfaction in both general life domains and specific areas such as professional or recreational activities. The determinants of well-being are largely influenced by an individual's cognitive appraisals, behavioral patterns, and lived experiences, many of which remain within their locus of control. For instance, fostering a constructive mindset has been

linked to enhanced emotional well-being, while cultivating strong interpersonal relationships contributes to greater social well-being. Conversely, professional dissatisfaction or disengagement from meaningful work can adversely impact occupational well-being, underscoring the multidimensional and dynamic nature of well-being.

Rooted in the discipline of positive psychology, the construct of well-being encompasses a broad spectrum of attributes, including environmental quality, perceptions of personal worth, and overall life evaluations. The interpretation of well-being varies across different academic and professional contexts. For instance, policymakers and social reformers frequently define well-being in terms of quality of life, purpose, fulfillment, and social equity. Sociologists often associate well-being with favorable socio-environmental conditions, whereas biologists and behavioral scientists tend to conceptualize it in relation to survival mechanisms and adaptive functioning. This interdisciplinary approach highlights the complexity of well-being as both an individual and collective phenomenon.

Levi (1987) describes well-being as a dynamic state characterized by high living standards, financial stability, and harmony between an individual's abilities, needs, and values, along with opportunities for personal growth and self-development (Ullah, 2017). Similarly, Archer defines well-being as the pursuit of optimal human functioning, which encompasses physical, mental, and spiritual health. Hatfield suggests that enhancing overall well-being—covering cognitive, physical, social, emotional, occupational, and spiritual dimensions—requires a conscious and deliberate effort. Verma defines well-being as a general sense of fulfillment in life, accomplishment of responsibilities, success, usefulness, and social acceptance, while also being free from distress, dissatisfaction, and disruption. Siwach further elaborates that well-being arises from the harmonious integration of physical and psychological aspects of one's personality, leading to both personal contentment and contributions to the community. A person's overall health is closely linked to their well-being, as it plays a crucial role in their ability to overcome challenges and pursue life goals. Well-being can be shaped by past experiences,

personal attitudes, individual perspectives, and any physical or psychological harm resulting from specific life events. (Layous, 2013) suggests that improving well-being can be facilitated by developing new skills and abilities. However, the process of enhancing well-being is not always simple, as it requires identifying key aspects of well-being and adopting targeted strategies to develop them, which may necessitate guidance or external support.

Various Dimensions of Well-being

Emotional Well-Being: Emotional well-being is defined as an individual's capacity to regulate emotions, manage stress effectively, and develop resilience in response to life's challenges. It encompasses strategies such as practicing relaxation techniques, fostering self-compassion, and cultivating positive affect, all of which contribute to psychological stability and adaptive coping mechanisms.

Physical Well-Being: Physical well-being pertains to an individual's ability to sustain and enhance physical health through consistent engagement in beneficial lifestyle practices. This includes maintaining a balanced diet, participating in regular physical activity, and adopting health-promoting behaviors. By prioritizing physical self-care, individuals can optimize their physiological functions, enhance energy levels, and improve overall longevity.

Social Well-Being: Social well-being reflects an individual's capacity to establish and maintain meaningful interpersonal relationships, develop effective communication skills, and participate in a supportive social network. It involves fostering a sense of belonging within various social environments, which in turn contributes to emotional security, psychological well-being, and overall life satisfaction.

Occupational Well-Being: Occupational well-being is characterized by engagement in meaningful and fulfilling work that aligns with an individual's values, aspirations, and long-term professional goals. It includes career satisfaction, personal development, and the pursuit of a sense of purpose within the workplace. Achieving occupational well-being

involves integrating ethical integrity, intrinsic motivation, and work-life balance, all of which contribute to career progression and overall well-being.

In essence, emotional well-being entails developing coping strategies to mitigate stress, enhance self-compassion, and cultivate positive emotions. Similarly, physical well-being can be improved through sustained adherence to health-conscious behaviors and regular physical activity. Occupational well-being is fostered when individuals engage in career pathways aligned with their intrinsic values, ethical standards, and personal aspirations, ultimately contributing to long-term fulfillment, professional advancement, and holistic well-being.

Gratitude and Well-Being

The association between gratitude and overall well-being has been widely explored within psychological research, with scholars proposing a theoretical framework that links gratitude to increased happiness and life satisfaction. From an applied perspective, this relationship is plausible, as the practice of gratitude fosters positive emotional states, thereby enhancing an individual's subjective well-being. Consequently, gratitude is regarded as a contributing factor to happiness and overall psychological well-being. Empirical investigations conducted in the early 21st century have provided substantial support for these theoretical assertions, reinforcing the significance of gratitude as a determinant of well-being. To examine this relationship empirically, Emmons and McCullough conducted a series of experimental studies in which participants were divided into three groups and assigned distinct journaling tasks. Some participants recorded daily or weekly negative experiences and inconveniences, while others documented events for which they were grateful. A third group focused on neutral occurrences. The findings consistently indicated that individuals who engaged in gratitude journaling reported significantly higher levels of well-being compared to those in the other groups, underscoring the positive influence of gratitude on happiness across diverse study conditions. A similar study conducted by (Froh, 2008) investigated the effects of gratitude-based interventions among

adolescents. Participants were assigned to one of three conditions: a control group, a group focusing on daily hassles, and a group engaging in gratitude exercises, commonly known as "counting one's blessings." The results revealed that adolescents in the gratitude condition exhibited higher levels of life satisfaction compared to those in the other groups. Based on these findings, the researchers concluded that structured gratitude interventions serve as effective strategies for enhancing well-being among young individuals.

The Association Between Gratitude and Well-Being

Extensive research has explored the intricate relationship between gratitude and well-being, with scholars investigating specific mechanisms that contribute to this association. (Wood A. M., 2007) whether coping strategies played a mediating role in the link between gratitude and well-being. However, their findings indicated that coping mechanisms did not significantly influence this relationship. Similarly, Verduyn suggested that factors such as the initial intensity of an emotional response, the salience of the gratitude-inducing event, and the ability to mentally re-experience the original gratitude-triggering moment may enhance an individual's present sense of gratitude. Empirical studies have also highlighted additional benefits of gratitude. For example, (Wood A. M., 2009) found that individuals who exhibit higher levels of gratitude experience improved sleep quality and longer sleep duration. Gratitude, broadly defined, refers to an individual's recognition and appreciation of meaningful and valuable aspects of life. It encompasses a deep sense of thankfulness for various experiences and circumstances. A growing body of research has consistently established a strong association between gratitude and well-being. However, occasional inconsistencies in findings suggest that this relationship may be modulated by multiple factors. These complexities underscore the potential significance of integrating gratitude-based interventions into psychotherapeutic approaches to enhance psychological and emotional well-being. Several methodologies have been proposed for assessing and fostering gratitude. While the long-term efficacy of these interventions remains an area of ongoing inquiry, some scholars argue that gratitude-enhancing techniques are relatively straightforward and can be seamlessly incorporated into therapeutic

frameworks aimed at improving overall well-being. Nevertheless, further empirical research is required to establish effective strategies for measuring and cultivating gratitude in diverse populations.

REVIEW OF LITERATURE

A study conducted on connection between gratitude and life satisfaction: The mediating role of mental well-being has observed that in recent years, mental well-being has become a growing concern, often evaluated by assessing an individual's life satisfaction and mental health. Additionally, gratitude plays a crucial role in overall well-being. A significant decline in students' mental well-being is evident through rising levels of stress, anxiety, and depression. Academic pressures and peer expectations regarding prospects negatively impact students' mental and emotional health. To address these issues, this study offers evidence-based insights and practical recommendations for educators, counselors, and policymakers. Using a cross-sectional survey, data were collected from participants through various online platforms. The results demonstrated a strong positive relationship between gratitude and life satisfaction. Moreover, gratitude serves as a key predictor of mental well-being, which in turn enhances life satisfaction by acting as a mediating factor (Chauhan, 2025).

A study was conducted on the Influence of Gratitude on Appreciative Joy's Impact on Subjective Well-Being. Appreciative joy is one of the four immeasurable emphasized in Buddhism. While it shares similarities with gratitude, the distinctions between them and their combined influence on subjective well-being (SWB) remain unclear. This study aimed to examine the connection between appreciative joy and gratitude and their contribution to SWB. Study 1 employed a cross-sectional survey to assess the relationships among appreciative joy, gratitude, and SWB. Study 2 implemented a randomized controlled trial to investigate the effects of a four-week appreciative joy meditation (AJM) program and the underlying mechanisms involved. The findings from Study 1 revealed a moderate positive correlation between appreciative joy and gratitude, with gratitude partially mediating the

relationship between appreciative joy and SWB. Study 2 further confirmed that AJM training led to increased levels of both appreciative joy and gratitude at a one-month follow-up. Additionally, the intervention-induced changes in gratitude were mediated by appreciative joy. However, while SWB showed significant improvement in post-measures, it remains inconclusive whether appreciative joy and gratitude mediated the intervention's effect on SWB. These findings broaden the understanding of appreciative joy beyond interpersonal contexts and emphasize the role of gratitude in exploring the impact of Buddhist four immeasurable meditations (Wang, 2025).

A study was done on the Well-being profiles and their connections to self-forgiveness, forgiveness of others, and gratitude in patients with rheumatic and musculoskeletal diseases. This study explored well-being profiles among 892 patients with rheumatic and musculoskeletal diseases (RMDs) using a person-centered approach. Based on life satisfaction, health status, and negative psychological factors, four profiles emerged: high well-being (43.4%), suboptimal well-being (35.2%), very poor well-being (12.2%), and life dissatisfaction (9.2%). Patients with higher well-being exhibited greater self-forgiveness, gratitude, and forgiveness of others, and were more likely to have arthritis, be older, and be male. Findings suggest that psychological resources like self-forgiveness and gratitude support well-being, with younger patients, women, and those with fibromyalgia being at higher risk for poor well-being (Charzyńska, 2024).

The study was conducted on Praise to God: The Connection Between Divine Gratitude and Well-Being. Gratitude plays a central role in the psychology of religion, as it is one of the most experienced emotions toward God. In this research, the authors developed a trait-based measure of Gratitude to God (GTG-T) and examined its relationship with psychological and spiritual well-being across four studies. Study 1 provided evidence for the validity of the GTG-T, demonstrating that Gratitude to God was linked to overall well-being and predicted long-term improvements in spiritual well-being. Study 2, using a prospective design, found that Gratitude to God contributed to increases in general gratitude over time. Study 3 further revealed that Gratitude to God was

associated with heightened feelings of gratitude and strengthened belief in God's existence. Mediation analyses in Studies 2 and 3 supported the model that Gratitude to God fosters well-being by enhancing overall gratitude. Study 4 offered additional validation for the GTG-T and showed that Gratitude to God is more closely tied to an individual's heartfelt perception of God as loving rather than their doctrinal understanding of a loving God. The study highlights the need for further scientific exploration of Gratitude to God within the psychology of religion and spirituality (Watkins, 2024).

A study was conducted on that gratitude enhances parental well-being and strengthens family dynamics. This research highlights the often-overlooked role of caregiver well-being in child development, emphasizing the benefits of gratitude. Two studies conducted in 2018 examined its impact on parental well-being and family dynamics. A 7-day daily experience study (270 participants) found that daily gratitude improved well-being and family functioning, even after controlling for other factors. A short-term longitudinal experiment (619 participants) showed that writing gratitude letters boosted well-being and family relationships through increased positive emotions. Notably, gratitude was not specifically directed toward children but still enhanced parent-child bonds. These findings suggest that fostering gratitude in parents benefits the entire family effortlessly (Nelson-Coffey, 2024).

The study is conducted on assessing the impact of gratitude interventions on the well-being of college students. The aim is to examine the impact of three different gratitude interventions on the well-being of college students. A total of 132 college students from a university in the northwest participated in the study, with data collected between September 2019 and February 2020. Participants were randomly assigned to one of three gratitude interventions—journaling, reflection, or app-prompted reflection—or an activity-matched control group for an eight-week period. They completed baseline and post-intervention assessments measuring various aspects of well-being, including life satisfaction, happiness, resilience, depression, anxiety, and stress. Students in all three gratitude intervention groups experienced improvements in well-being over time, while the control group did not show any

significant changes. Among the interventions, gratitude journaling had the most pronounced positive effects on well-being and emotional regulation. Gratitude interventions are simple, cost-effective, and easily implementable strategies that can enhance overall well-being while reducing stress, anxiety, and negative emotions in college students (Tolcher, 2024).

This study explored the impact of a gratitude intervention on university students' mental well-being during the COVID-19 pandemic. Using a quasi-experimental design, 47 students participated in a 10-week gratitude journaling exercise, while 40 students formed the control group. Mental health was assessed before and after the intervention using ANCOVA analysis. Results showed that the gratitude group experienced significantly greater well-being improvements (Cohen's $d = 0.74$) compared to the control group. Findings suggest that gratitude interventions can effectively enhance students' mental health, even in crisis situations like the pandemic (Geier, 2022).

A study on the impact of gratitude interventions on workers' mental health and well-being: A systematic review has found that the impact of gratitude interventions on workers' mental health and well-being. A systematic search across five databases (February 2021) identified randomized controlled trials involving gratitude activities among healthy workers, measuring mental health or well-being. Of 1,957 studies, nine met the criteria. Gratitude list interventions significantly reduced stress and depression, though their effects on well-being were inconsistent. Less frequent gratitude lists (four times or fewer) showed no significant impact. Most interventions used gratitude lists, but none focused solely on behavioural gratitude expression. While gratitude interventions may enhance mental health, their influence on well-being remains unclear, requiring further research (Komase, 2021).

This study explores the relationship between gratitude, psychological well-being, and happiness among college students. While most research shows a positive correlation, some studies suggest variations in this link. Using a sample of 200 students (equally male and female), the study employed the Gratitude

Questionnaire, Ryff's Psychological Well-being Scale, and the Oxford Happiness Questionnaire. Findings confirmed a positive association between gratitude and well-being, aligning with previous studies by Chen (2012) and Froh et al. (2009). The study highlights the potential of gratitude-based interventions to enhance adolescent well-being, though further research is needed to examine unexplored factors (Hemarajarajeswari, 2021).

The study was conducted on the Mental health and well-being of university students. This study aims to map the landscape of global study and teaching on mental illness health and students at college for the years 1975–2020 in light of the complexity of the concepts of well-being and mental health and the various theoretical, discipline, and context-sensitive approaches to the conceptualization. By mapping and illustrating the literature on the psychological well-being and mental health of undergraduates across the last 45 years in the context of the expansion trajectory, efficiency, and social, intellectual in nature, and logical structure of the field, this study specifically aims to offer new insights into the emergence and current situation of study on mental health in university students (Hernández-Torrano, 2020).

This meta-analytic review examines the relationship between dispositional gratitude and well-being across 158 studies (N = 100,099), analysing 404 effect sizes. Findings indicate that dispositional gratitude is moderately to strongly linked to well-being, including life satisfaction, happiness, and stress reduction. However, the strength of these associations varies depending on the well-being measure. The study also explores moderating factors such as age, gender, individualistic orientation, and sample type (clinical vs. non-clinical), revealing their influence on these relationships. The review concludes by suggesting future research directions in this area (Portocarrero, 2020).

This study examines how gratitude and indebtedness influence romantic relationships. Using daily experiences from cohabiting couples, researchers found that receiving thoughtful benefits led to both gratitude and feelings of debt, with men experiencing more mixed emotions than women. However, expressing appreciation improved relationship connection and happiness for both partners the following day. Gratitude uniquely contributed to

relationship growth, acting as a "booster shot," while indebtedness maintained external relationship engagement (Hall, 2017).

This study explores how gratitude influences subjective well-being (SWB) through two proposed frameworks: a mental model and a psycho-social paradigm. Research suggests that gratitude enhances SWB by reducing psychopathology symptoms, improving relationships, and promoting physical health. The study also reviews the potential of gratitude-based interventions to boost SWB in both healthy individuals and those with psychological conditions. While still emerging, gratitude therapies may serve as effective supplements to existing treatments. Further research is needed to understand their full impact and underlying mechanisms in clinical populations (Alkozei, 2017).

This study used a daily diary approach to examine the link between gratitude and well-being beyond interpersonal interactions. Over two weeks, 130 participants recorded their daily gratitude and happiness. Multi-level modelling (MLM) analyses showed a positive correlation between gratitude and both hedonic and eudaimonic happiness at the within-person level. However, lagged analyses found that while gratitude did not predict happiness the next day, happiness was linked to next-day hedonic—but not eudaimonic—well-being. These findings suggest that the relationship between gratitude and happiness may vary based on how gratitude is measured (Nezlek, 2016).

This study explored how social support and coping style influence the relationship between gratitude and well-being. A total of 750 Taiwanese college students, aged 18 to 22, completed assessments measuring gratitude, social support, coping style, and well-being. Structural equation modeling revealed that social support and coping style partially mediated the link between gratitude and well-being. Additionally, a multi-group analysis indicated that females with greater social support were more likely than males to adopt active coping strategies when facing challenges. The study discusses its limitations and provides suggestions for future research (Lin C. , 2015).

This study critically re-evaluates Fredrickson et al.'s (2013) claims about differences in gene expression linked to hedonic and eudaimonic well-being. Through multiple reanalyses, significant conceptual and methodological issues were identified. Factor

analyses revealed no clear distinction between the two well-being dimensions, contradicting the original findings. Regression analyses using an improved factor model produced nearly double the effect sizes reported by Fredrickson et al. Further tests showed that 69.2% of factor combinations yielded statistically significant results, suggesting that the original methodology may not have accurately captured distinct gene expression differences (Brown, 2014).

This study investigated the relationship between gratitude, social support, coping strategies, and well-being using structural equation modeling. A total of 750 undergraduate students completed assessments measuring these factors. Results showed that gratitude directly influenced active coping, social support, and well-being. Additionally, expressing gratitude had an immediate effect on coping strategies and social support, while indirectly enhancing well-being through positive coping. These findings highlight the role of gratitude in student well-being through social and cognitive mechanisms, supporting the proposed theory of well-being (Lin C. &, 2013).

This study reviews and integrates theories on the link between gratitude and well-being, examining various gratitude interventions. While prior research explored gratitude lists and behavioral expressions, this study assessed the long-term impact of a four-week gratitude reflection intervention compared to recalling fond memories. Pre- and post-test measures included cardiac coherence, trait gratitude, life satisfaction, and self-worth, with biweekly assessments of positive and negative emotions. Results showed that gratitude reflection enhanced life satisfaction and self-esteem, especially for those with higher trait gratitude, suggesting that long-term well-being can be improved through gratitude practices (Rash, 2011).

This study explored how emotions and beliefs mediate the relationship between forgiveness, gratitude, and well-being in psychotherapy outpatients. A total of 72 patients completed assessments as part of their intake process. Results indicated that while emotions and beliefs partially influenced these associations, both forgiveness and gratitude were strongly linked to well-being. These findings suggest that incorporating gratitude and forgiveness exercises into positive psychology interventions may significantly enhance overall well-being, particularly in clinical treatment settings (Toussaint, 2008).

This study explored how gratitude influences well-being in early adolescents. A total of 221 students were randomly assigned to control, hassles, or gratitude conditions. Findings showed that reflecting on blessings increased self-reported gratitude, optimism, and life satisfaction while reducing negative emotions. Gratitude expressed in response to received help mediated the relationship between the experimental condition and overall gratitude at a 3-week follow-up. Notably, gratitude strongly correlated with satisfaction in education both immediately and after three weeks, suggesting that counting blessings is an effective strategy for improving well-being in preadolescents (Froh, 2007).

METHODOLOGY

Aim

The study examines the impact of Gratitude on well-being amongst final year college students.

Objectives

1. To assess the level of Gratitude and Psychological well-being among college students.
2. To investigate the relationship between Gratitude and well-being among final year students.

Hypothesis

1. Gratitude will be positively associated with well-being among college students.
2. There will be significant relationship between Gratitude and well-being.

Participants

The study involved a sample of 131 participating students in their final year of UG and PG courses and who have graduated. The sample included both Male (n=55) and Female (n=55) students who were randomly selected from various fields around Delhi NCR, India. Their age ranged between 20 to 27 years. Participants in the sample were selected based on their sufficient comprehension and writing ability in English language.

Tools Used

The Gratitude Questionnaire:

The Gratitude Questionnaire is a self-report questionnaire consisting of six items was created to evaluate variations in individuals' characteristics in experiencing gratitude in daily life. One of the most widely used instruments is the Gratitude

Questionnaire-Six Item Form (GQ-6) developed by McCullough, Emmons, and Tsang (2002). Gratitude Questionnaire-Six Item Form (GQ-6) consists of six statements assessing how frequently a person feels grateful in their daily life. Participants rate their responses on a 7-point Likert scale (1 = strongly disagree to 7 = strongly agree). Measures dispositional gratitude, reflecting a general tendency to recognize and appreciate positive aspects of life. Reliability: Internal Consistency: Reported Cronbach’s alpha ranges from 0.76 to 0.87, indicating good reliability. Test-Retest Reliability: Studies show moderate to high stability over time, demonstrating consistent gratitude measurement.

The PERMA-Profilier:

The PERMA Profiler is a scientifically validated tool designed to measure well-being based on Martin Seligman’s PERMA model of flourishing. The model includes five core components of well-being:

1. *Positive Emotion (P)* – Experiencing joy, happiness, and life satisfaction.
2. *Engagement (E)* – Being deeply absorbed in activities (flow state).
3. *Relationships (R)* – Having meaningful and supportive connections with others.
4. *Meaning (M)* – Finding purpose and significance in life.
5. *Accomplishment (A)* – Pursuing and achieving goals.

Consists of 23 items measuring the five domains of well-being, plus negative emotion, health, and loneliness. Uses a Likert scale (typically 0 to 10), where respondents rate their agreement with statements. Reliability: Internal Consistency: Reported Cronbach’s alpha ranges from 0.80 to 0.92 across different domains, demonstrating strong reliability. Test-Retest Reliability: Studies show high stability over time ($r = 0.80$ or higher for well-being scores over weeks or months).

RESULTS

Table 1
Descriptive Statistics

	N	Mean	Std. Deviation
Well-being	131	140.51	28.441
Gratitude	131	28.35	5.060
Valid (listwise)	N 131		

The relationship between variables Well-being and Gratitude using descriptive statistics and Pearson correlation analysis. The descriptive statistics (Table 1) provide insights into the central tendency and dispersion of the two variables. The mean value of Well-being was found to be 140.51, with a standard deviation of 28.441, indicating a relatively higher spread of values around the mean. In contrast, Gratitude had a lower mean of 28.35 with a standard deviation of 5.060, suggesting that the values of Gratitude were more tightly clustered around the mean.

Table 2
Correlation

		Well-being	Gratitude
Well-being	Pearson Correlation	1	.507**
	Sig. (2-tailed)		<.001
	N	131	131
Gratitude	Pearson Correlation	.507**	1
	Sig. (2-tailed)	<.001	
	N	131	131

** . Correlation is significant at the 0.01 level (2-tailed).

The sample size for both variables was 131. The Pearson correlation analysis (Table 2) revealed a moderate positive correlation between Well-being and Gratitude ($r = 0.507, p < 0.001$). This indicates that as Well-being increases, Gratitude also tends to increase, suggesting a meaningful association between these variables. The correlation was statistically significant at the 0.01 level (two-tailed), which implies that the probability of this relationship occurring by random

chance is extremely low ($p < 0.001$). The strength of the correlation ($r = 0.507$) suggests a moderate relationship, meaning that while Well-being and Gratitude are associated, the relationship is not perfectly linear.

These findings suggest that Well-being and Gratitude are positively related, providing empirical evidence of an association between the two variables. However, it is important to note that correlation does not imply causation. While the results indicate that the two variables move together, further statistical techniques such as regression analysis or experimental studies would be required to establish a causal link. Additionally, future research could explore potential confounding factors or mediating variables that might influence this relationship.

In conclusion, the correlation analysis indicates that Well-being and Gratitude have a statistically significant, moderate positive correlation, which has implications for understanding the relationship between these variables in the given research context. The alternative hypothesis is accepted since the results indicate that gratitude and psychological well-being are related to each other both directly and indirectly, and that these variables can influence one another.

DISCUSSION

The present study aimed to investigate the relationship between psychological well-being and gratitude among college students, contributing to the broader understanding of how gratitude influences mental health and overall well-being. The findings yielded three primary conclusions that offer significant insights into this association. Firstly, the descriptive analysis suggests that students exhibit moderate levels of both gratitude and psychological well-being. While some students report relatively high levels of gratitude and well-being, others demonstrate lower levels, indicating variability within the sample. This variation highlights the potential for enhancement through targeted interventions aimed at fostering gratitude-based practices, which may, in turn, contribute to improved psychological well-being. Secondly, the correlation analysis identified a moderate to strong positive relationship between gratitude and psychological well-being. The statistical significance

of this relationship indicates that individuals who exhibit higher levels of gratitude are more likely to experience enhanced psychological well-being. This finding aligns with previous empirical evidence suggesting that gratitude is a crucial factor in promoting emotional resilience, reducing stress, and increasing overall life satisfaction. The positive correlation underscores gratitude as a potential protective factor against psychological distress, reinforcing its relevance in the domain of mental health. Thirdly, the study emphasizes that gratitude exerts a beneficial influence on various dimensions of psychological well-being. The findings suggest that gratitude fosters personal growth, emotional balance, and an optimistic outlook, all of which are critical components of well-being. Given that gratitude has been linked to heightened levels of happiness, self-awareness, and intrinsic motivation, its cultivation may serve as a valuable psychological resource for individuals seeking to enhance their mental health outcomes.

Moreover, the study's findings lend empirical support to the hypothesis that gratitude and psychological well-being are interconnected through both direct and indirect pathways. The results indicate that gratitude not only contributes to psychological well-being as an independent construct but also interacts with other cognitive and emotional processes that shape an individual's mental health. Given the moderate strength of the correlation, it is evident that gratitude is one of several contributing factors to psychological well-being. Its influence may be further amplified when integrated with other psychological constructs such as resilience, mindfulness, and emotional intelligence.

Gratitude, as a psychological construct, has been extensively recognized for its transformative impact on mental and emotional well-being. It fosters inner peace, emotional regulation, resilience, motivation, forgiveness, and overall life satisfaction. Individuals who actively engage in gratitude practices tend to experience higher levels of subjective well-being, a greater sense of purpose, and more meaningful interpersonal relationships. These psychological benefits reinforce gratitude's role as an essential component of positive mental health and overall well-being. Furthermore, the expression of gratitude varies

based on an individual's social roles and responsibilities. For instance, students may express gratitude toward educators and peers, whereas family members may demonstrate appreciation within personal relationships. Engagement in community-oriented activities and acts of kindness further enhances one's sense of gratitude, suggesting that gratitude not only influences personal well-being but also contributes to broader social cohesion and community welfare.

LIMITATION

- The study's correlational design prevents causal inferences, requiring further investigation through longitudinal or experimental methodologies.
- The reliance on self-reported measures introduces potential social desirability bias, highlighting the need for multi-method approaches to enhance data validity.
- The focus on college students limits the generalizability of the findings to broader populations, emphasizing the need to include diverse demographic groups.
- The study did not account for cultural differences in the expression and impact of gratitude, indicating the necessity for cross-cultural research.
- Potential mediating variables, such as personality traits, emotional intelligence, or social support, were not examined.
- The study did not assess the long-term effects of gratitude on psychological well-being, which should be addressed in future research.

CONCLUSION

The study highlights gratitude as a critical determinant of psychological well-being, emphasizing its potential as an effective and accessible intervention for enhancing mental health and overall life satisfaction. The cultivation of gratitude may contribute to the development of a more adaptive cognitive and emotional framework, facilitate stronger interpersonal relationships, and enhance psychological resilience, ultimately promoting greater well-being and a sense of fulfillment. Future research should further investigate the underlying mechanisms through which gratitude exerts its influence on psychological well-being,

thereby contributing to the advancement of knowledge in the domains of positive psychology and mental health promotion.

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