



RELATIONSHIP BETWEEN ATTITUDE OF GRATITUDE, HAPPINESS AND LIFE SATISFACTION AMONG COLLEGE STUDENTS

Irsa Tayyab
irsatayyab019@gmail.com

MPhil Scholar, Department of Education, University of
Gujrat, Gujrat, Punjab, Pakistan.

Moneeza Aslam
moneezyaslam@gmail.com

MPhil Scholar, Department of Education, University of
Gujrat, Gujrat, Punjab, Pakistan.

Assad Naveed
naveedassad@gmail.com

MPhil Scholar, Department of Education, University of
Gujrat, Gujrat, Punjab, Pakistan.

Abstract

The present study aimed to explore the relationship between attitude of gratitude (AOG), happiness, and life satisfaction (LFST) among college students. A total of 300 college students (150 male, 150 female) were randomly selected as participants. The study employed a correlation research design to examine the relationships between the variables using the Gratitude Questionnaire (GQ-6), the Subjective Happiness Scale (SHS), and the Life Satisfaction Scale (LS). The results showed a strong positive relationship between AOG and happiness, and also between happiness and life satisfaction. These findings indicate that the positive attitude of gratitude of an individual is important in increasing happiness, which further leads to increased life satisfaction. The results of the study provide useful insights for future studies and intervention development with the goal of inducing gratitude in individuals to enhance overall well-being and life satisfaction.

Keywords: *Gratitude, Happiness, Life Satisfaction, College Students, Attitude Of Gratitude, Well-Being, Positive Psychology.*

Corresponding Author: Irsa Tayyab (MPhil Scholar, Department of Education, University of Gujrat, Gujrat, Punjab, Pakistan).
Email: irsatayyab019@gmail.com

1. Introduction

Psychological research has long emphasized the detrimental factors that disrupt mental well-being (MWB) and contribute to psychopathology. Yet, the more recent developments in positive psychology have turned the attention to identifying and maximizing those factors that contribute to well-being. One such area of interest has been gratitude. As a general disposition to value and react favorably to the kindness of others and to the good things in life, gratitude is identified as a basic positive emotion that has an important function in building interpersonal relationships and enhancing overall well-being. Research has indicated that gratitude is associated with greater happiness and satisfaction with life, both of which are integral aspects of psychological well-being. In addition, gratitude practice has been found to promote emotional resilience, improve social relationships, and suppress negative emotions, and therefore plays a pivotal role in advancing mental health.

While research on well-being and gratitude continues to accumulate, there is still a significant gap in how these elements play out among college students. Existing research has mainly addressed children and teenagers, with limited research on the influence of gratitude on young adults, particularly in nations such as Pakistan, where cultural and religious differences might play a role in the way people feel and practice gratitude. College students, who are confronted with considerable life changes and difficulties, are at a critical juncture where the development of healthy attitudes like gratitude can profoundly boost their mental health and life satisfaction. This research intends to investigate the correlation between gratitude, happiness, and life satisfaction among Pakistani college students, and in light of the Islamic viewpoint on gratitude as a way to promote positive mental well-being and healthy relationships with others and with God. In addressing this gap in research, the study intends to offer meaningful insights for interventions that can enhance well-being in young adults.

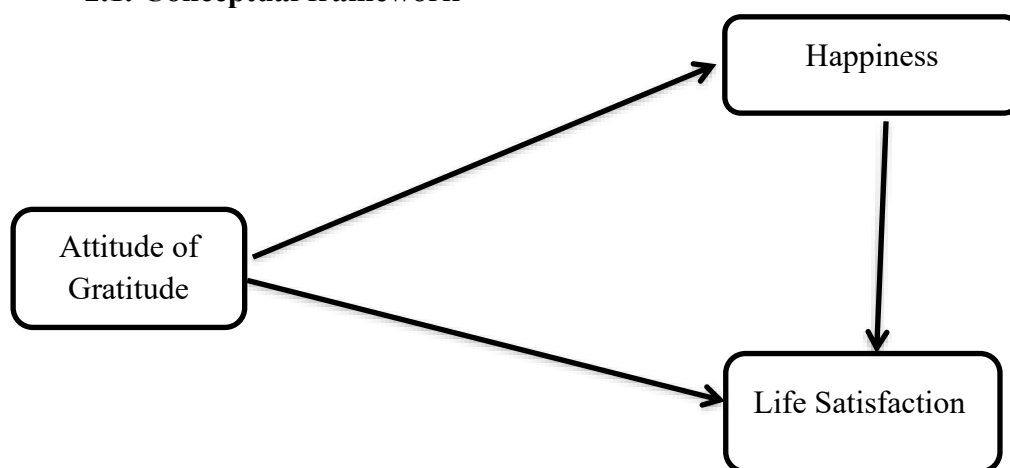
2. Literature Review

Increasing research has repeatedly shown the beneficial effects of gratitude for happiness, life satisfaction, and well-being in general. Research by Przepiorka and Sobol-Kwapinska (2020) and Salvador-Ferrer (2017) indicates that those who practice gratitude have a higher level of life satisfaction, with gratitude acting as an intermediary between positive time perspectives and well-being. Studies among college students, for instance, Byrne (2020) and Hemarajareswari & Gupta (2021), have further established that gratitude is linked positively with mental health, psychological well-being, and happiness. This indicates that gratitude interventions, e.g., journaling or other practices, are effective

tools to increase students' life satisfaction. In addition to this, how gender figures within the gratitude and well-being has been researched with females often evidencing more gratitude and greater satisfaction with life (Khan, 2023; Salvador-Ferrer, 2017). Cultural setting has also been of importance as other research within other nations, for example, Pakistan, China, and Saudi Arabia, identifies that gratitude does cut across cultures when it comes to fostering well-being.

Theoretical models like Fredrickson's Broaden-and-Build Theory and Seligman's PERMA model shed more light on how gratitude promotes life satisfaction. According to Fredrickson (1998), positive emotions like gratitude broaden people's awareness and strengthen their social connections, leading to long-term well-being. Likewise, Seligman's PERMA model (2012) underscores that positive emotions like gratitude are the building blocks of attaining life satisfaction and psychological well-being. In addition, Kerry et al. (2023) and Aruni et al. (2023) found in their research the mediating effects of social support and self-compassion in the relationship between gratitude and life satisfaction, which again supports the critical role played by these variables in promoting well-being. Consistent with the extensive literature on gratitude, mixed findings across experimental studies highlight the need for more research, specifically longitudinal studies, to clarify the long-term consequences of gratitude interventions in different populations.

2.1. Conceptual framework



3. Methods and Material

This research used a correlational research design to investigate the correlations between Attitude of Gratefulness (ATGR), Happiness, and Life Satisfaction (LS) among 300 university students (150 males and 150 females) aged 18 to 24 years from Jalalpur Jattan, selected by simple random sampling. Participants filled out a demographic form

and three standard measures: the Gratitude Questionnaire-6 (GQ-6) for measuring ATGR, the Satisfaction with Life Scale (SWLS) for satisfaction with life, and the Subjective Happiness Scale (SHS) for happiness. Ethical principles were adhered to, including informed consent, confidentiality, and voluntary compliance. Data were collected with due approval from college authorities and participants were ensured of their rights throughout the procedure.

4. Results

The chapter on results uses statistical analysis through tables and graphs to test the correlation among Attitude of Gratefulness (AOG), Happiness, and Life Satisfaction (LS) among university students. Descriptive statistics, reliability scores, and tests of distribution were carried out, followed by Pearson correlation to determine the relation between variables. Regression was applied to test the effect of variables, while demographic information was represented by pie charts and bar graphs.

Table 1: *Frequency and Percentage of Participants (N=300)*

Demographic variable		f	(%)
Gender	MALE	150	50
	FEMALE	150	50
Education	first sem	8	2.7
	Second sem	67	22.3
	Third sem	53	17.7
	four sem	79	26.3
	five sem	12	4.0
	Six sem	35	11.7
	Seven sem	6	2.0
	Eight sem	40	13.3
Father occupation	ABROAD	34	11.3
	JOBIAN	83	27.7
	SELF	119	39.7
	EMPLOYEE		
	FARMER	64	21.3
Mother occupation	HOUSE WIFE	289	96.3
	JOBIAN	11	3.7

Table 1 shows frequency and percentage of all demographic variables used in present study .sem shows semester.

Table 2: Descriptive statistics and Alpha reliability for all study variables (N=300)

Scales	K	M	SD	a	Range		skewness	Kurtosis
					Actual	Potential		
GS	6	28.77	4.68	.87	13-41	0-50	-0.488	0.311
LSS	5	18.23	5.12	0.87	4-28	0-30	-0.428	-0.239
GHS	4	4.55	1.22	0.97	1-7	1-7	-0.533	0.197

Note: K=no of items, GS=Gratitude Scale,LSS=LFST scale,GHS=General Happiness scale, M=mean,SD=standard deviation

The table presents reliability values, showing good reliability with alpha values close to 1, and the skewness and kurtosis values indicate that the data follows a normal distribution.

Table 3: Pearson correlation among variables used in the study (N=300)

Variables	1	2	3
1.AOG	1	-	-
2.LS	.309**	1	-
3.GH	.281**	.350**	-

The table shows a positive correlation between all study variables, with ATGR moderately correlating with life satisfaction and happiness, and life satisfaction strongly correlating with happiness ($p < .01$).

Table 4: Gender difference on study variables with mean,Standard deviation and t values(N=300)

Variables	Female (N=150)		Male (N=150)		t	p	95% CI		Cohen's d
	M	SD	M	SD			LL	UL	
AOG	29.06	4.17	28.48	5.14	-1.07	.284	-1.64	.484	0.12
LS	19.14	4.34	17.32	5.66	-3.12	.002	-2.96	-.672	0.36

GH	4.57	1.23	4.52	1.22	-.364	.716	-	.227	0.04
								.330	

Note: AOG=Attitude of gratitude, LS=LFST, GH=General happiness, M=mean, SD=standard deviation, P=level of significance

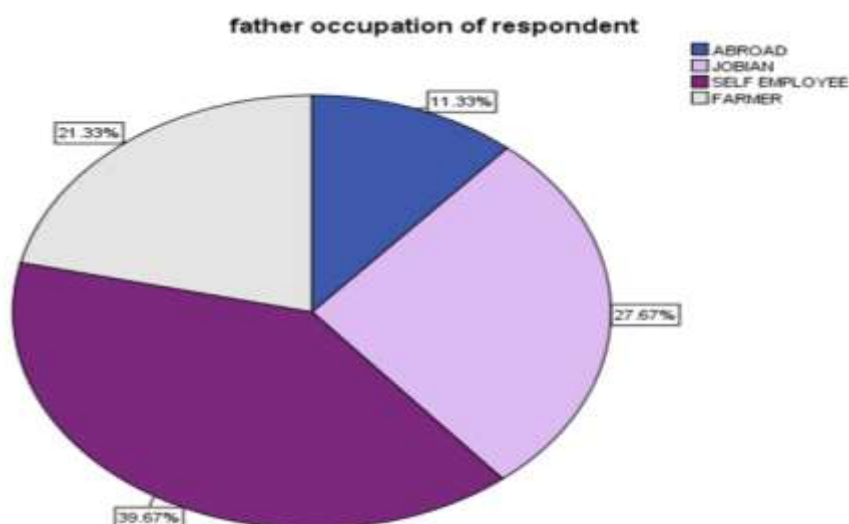
The table shows a significant gender difference in life satisfaction, with females scoring higher, but no significant differences in Attitude of Gratitude (ATGR) and General Happiness.

Table 5: Linear Regression for prediction of LFST from Attitude of gratitude for participants (N=300)

Predictors	Model B	Outcome	
		95% CI	
		LL	UL
Constant	8.52***	5.06	11.97
AOG	.39***	.219	.456
R ²	.09		
ΔR ²	.09		

The table presents a linear regression analysis showing that Attitude of Gratefulness (AOG) significantly predicts Life Satisfaction (LS), with a regression coefficient of .39 ($p < 0.001$) explaining 95% of the variance in LS.

Graphical Representation of Demographic variable

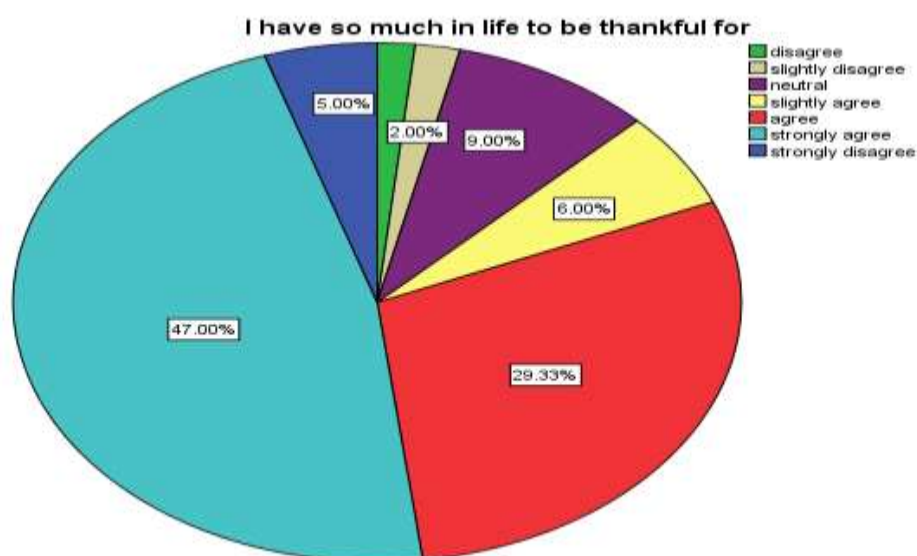


The pie chart shows that most participants' fathers are self-employed (39.67%), followed by 27.67% in jobs, 21.33% as farmers, and 11.33% working abroad.

Graphical Representation of thankful in life

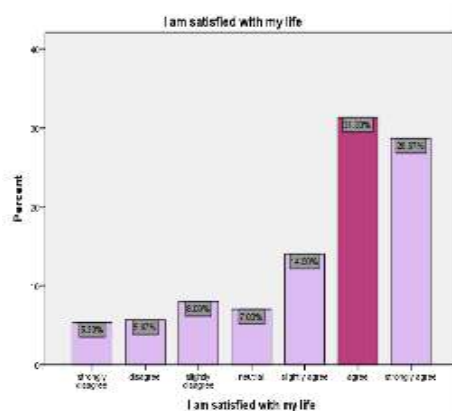
The chart shows that 76.33% of people either strongly agree or agree with the statement that they have much to be thankful for in life.

Graphical Representation of LFST



The bar chart shows that 60% of participants either agree (31.33%) or strongly agree (28.67%) with the statement that they are satisfied with their life, while 7% neither agree nor disagree, and 5.67% disagree.

Graphical Representation condition of life



The bar chart shows that 44.66% of participants either agree (28.33%) or strongly agree (16.33%) that their condition is excellent, while 15% neither agree nor disagree, and 8.33% disagree.

5. Discussion

The current study sought to understand the connection among Attitude of Gratefulness (AOG), Happiness (H), and Life Satisfaction (LS) for college students. The study ascertained that AOG had a positive relation with both happiness and life satisfaction, proving the first hypothesis. This corresponds to earlier research substantiating the direct effect of gratefulness on life satisfaction and general well-being (Sawaira Khan, 2023; Zhang et al., 2022; Yildirim & Alanazi, 2018). More specifically, more grateful participants rated their happiness and satisfaction with their lives as being greater.

Furthermore, the study examined the mediating effect of happiness on the relationship between AOG and life satisfaction. The results confirm the second hypothesis that happiness has a significant mediating effect on the relationship between AOG and life satisfaction. This is in accordance with previous studies that emphasized the importance of gratitude in improving mental well-being, which subsequently increases life satisfaction (Aneta Przepiorka & Malgorzata Sobol Kwapinska, 2020; Nicholas Kerry et al., 2023).

The study also examined the gender variance in AOG, happiness, and life satisfaction. Findings indicated that more female respondents scored higher on life satisfaction than their male counterparts, in line with earlier studies that have established that women report greater satisfaction with life (Carmen Salvador-Ferrer, 2017). In addition, the research established that AOG highly predicts life satisfaction, with females having a stronger correlation between the two variables, which is consistent with previous research on gender differences in gratefulness and life satisfaction (Carmen Salvador-Ferrer, 2017).

Generally, the research affirms the positive correlations between AOG, happiness, and life satisfaction, highlighting the significance of gratitude practice to increase individual well-being.

6. Recommendations

1. Representation of Broader Groups: Future research would be more representative if it used a more heterogeneous sample and extended beyond

college students to other age groups and professionals. This would enable a more nuanced understanding of the interplay between AOG, happiness, and life satisfaction across different groups.

2. Inclusion of Larger Sample Sizes: For the purpose of enhancing the generalizability of the results, future studies are advised to include larger sample sizes, including participants from various levels of education like MPhil and Ph.D. students, and employing more than one data collection method, such as interviews.
3. Intervention Studies: Additional research would investigate the impact of routine practices of gratitude, e.g., weekly or monthly gratitude journaling, on satisfaction with life and happiness. Studies based on interventions would be insightful into the pragmatic use of gratitude for enhancing mental health.
4. Investigating Other Well-Being Interventions: Future research is also proposed to investigate the effects of other interventions, including mindfulness practice or journaling, on mental wellbeing and life satisfaction that may strengthen the effects of gratitude on well-being.
5. Through investigation in these areas, future studies can help build more powerful interventions that target life satisfaction and happiness through the practice of gratitude.

References

- Aruni, V. C., Mugiarto, H., & Sugiyo, S. (2023). The Effect of Self-Compassion and Gratitude on University Students LFST: Social Support as the Mediator. *Jurnal Bimbingan Konseling*, 12(3), 201-209.
- Byrne, C. (2020). *Does practicing gratitude increase LFST, well-being and happiness among undergraduate students?* (Doctoral dissertation, Dublin, National College of Ireland).
- Diener E, Emmons RA, Larsen RJ, Griffin S. The satisfaction with life scale. *J Pers Assess*. 1985;49(1):71–75. doi:10.1207/s15327752jpa4901_13 12.
- Diener E, Suh EM, Lucas RE, Smith HL. Subjective well-being: three decades of progress. *Psychol Bull*. 1999;125(2):276–302. doi:10.1037/0033-2909.125.2.276 13.
- Diener, E., Emmons, R. A., Larsen, and J., & Griffin, S. (1985). The satisfaction with life scale. *Journal of personality assessment*. 49(45), 71–75. <https://doi.org/10.1207/s15327752jpa490>

- Diener, E., Inglehart, R., & Tay, L. (2013). Theory and validity of LFST scales. *Social indicators research*, 112(3), 497-527. <https://doi.org/10.1007/s11205-012-0076-y>
- Diener, E., Oishi, S., & Lucas, R. E. (2003). Personality, culture, and subjective well being: Emotional and cognitive evaluations of life. *Annual review of psychology*, 54(1), 403-425. <http://dx.doi.org/10.1146/annurev.psych.54.101601.145056>
- El Keshky, M. E. S., & Sarour, E. O. (2024). The relationships between work-family conflict and LFST and happiness among nurses: a moderated mediation model of gratitude and self-compassion. *Frontiers in Public Health*, 12, 1340074.
- Emmons, R. A., & Crumpler, C. A. (2000). Gratitude as a human strength: Appraising the evidence. *Journal of social and clinical psychology*, 19(1), 56-69.
- Emmons, R. A., & Crumpler, C. A. (2000). Gratitude as a human strength: Appraising the evidence. *Journal of social and clinical psychology*, 19(1), 56-69.
- Emmons, R. A., & McCullough, M. E. (Eds.). (2004). *The psychology of gratitude*. Oxford University Press.
- Fredrickson, B. L. (1998). What good are positive emotions?. Review of general psychology, 2(3), 300-319. <https://doi.org/10.1037/1089-2680.2.3.300>
- Fredrickson, B. L. (2001). The role of positive emotions in positive psychology: The broaden-and-build theory of positive emotions. *American psychologist*, 56(3), 218. <https://psycnet.apa.org/doi/10.1037/0003-066X.56.3.218>
- 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. *Journal of personality and social psychology*, 103(2), 257
- Gore, S., & Aseltine Jr, R. H. (2003). Race and ethnic differences in depressed mood following the transition from high school. *Journal of health and social behavior*, 370-389. <https://doi.org/10.2307/1519785>
- Gulia P. (2021). Gratitude and LFST among Young Adults. *International Journal of Indian Psychology*, 9(2), 2014-2022. DOI: 10.25215/0902.200
- Hemarajareswari, J., & Gupta, P. K. (2021). Gratitude, psychological well-being, and happiness among college students: a correlational study. *Terapan*, 5(2), 260-270.s