

Relationship between Gratitude and Well-being: A Study on Indian University Students

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Abstract

Gratitude is a social virtue that is commonly cherished in different cultures across the globe. It has been widely researched in different contexts in various countries. Also, well-being has been researched extensively starting since the Greek era. In the present study, the researcher tried to examine the relationship between gratitude and well-being in the Indian context. For this purpose, the researcher conducted a questionnaire survey in 2 universities in India (n: 236, age range: 18-24, M: 129, F: 107). Pearson correlation coefficient analysis was performed to analyze the data. The gratitude scale developed by McCullough et al. (2002) and the well-being scale with five factors (Positive Emotion, Engagement, Relationship, Meaning, and Accomplishment) developed by Butler & Kern (2016) was used for analysis. Result showed that there is a significant positive correlation between well-being and gratitude. Result of Pearson correlation coefficient showed that gratitude is positively correlated with Relationship ($r = .26, p < .01$), Engagement ($r = .22, p < .01$), and Meaning ($r = .17, p < .05$). The result also shows a positive correlation between the total score of well-being and gratitude ($r = .24, p < .01$). However, no significant correlation was found between gratitude and the two remaining factors of well-being (Positive Emotion and Accomplishment). Based on the result, it can be suggested that gratitude has a positive impact on the well-being of Indian university students. In addition, it also indicates gratitude could lead to an improvement in the relationship with others and having a meaningful life.

Keywords: Engagement; Gratitude; India; Meaning; Relationship