

# **Moderating Role of the Light Triad Personality and Subjective Happiness on Gratitude and Life Satisfaction Relationship among College-Going Adults**

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## **Abstract**

During the challenging times, a positive personality tinted with happiness can help enhance college-going adults' gratefulness and life contentment. Research in psychology has proved empirical links between the light triad and other prosocial constructs, including subjective happiness, gratitude, and life satisfaction, but the moderating connections between these variables have not been explored much. This study fills this gap by examining the moderating effects of the light triad personality and subjective happiness on the gratitude and life satisfaction relationship. For this purpose, the Light Triad Scale (Kaufman et al., 2019); the Subjective Happiness Scale (Lyubomirsky et al., 1999), the Gratitude Questionnaire (McCullough et al., 2002), and the Satisfaction With Life Scale (Diener et al., 1985) were administered to 705 college-going adults through a survey link. The analysis demonstrated a significant, negative moderating effect of subjective happiness on the college-going adults' gratitude and life satisfaction relationship, which could mean that, though gratitude is predicting higher life satisfaction among college-going adults, this positive link is weaker for students who experience higher levels of subjective happiness, which could be due to the "ceiling effect". However, the moderating impact of the light triad personality on the college-going adults' gratitude and life satisfaction relationship was insignificant. Though the study witnessed an insignificant moderating influence of the light triad at the  $\alpha.05$  level of significance, the Cohen's measure reflected a medium effect size, which holds great significance in social sciences research. Considering the findings, implications, such as maintaining a gratitude journal, letters, and photography, are further discussed.

**Keywords:** gratitude, light triad personality, life satisfaction, subjective happiness