

A Comparative Study on the Impact of Gratitude on Well-Being among Youth and Adult Populations

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AMITY INSTITUTE OF PSYCHOLOGY AND ALLIED SCIENCES**Amity University Uttar Pradesh, Noida****Abstract**

Gratitude's impact on the welfare of young and old populations is primarily examined in this research paper. Gratitude, one of the multi-dimensional responses towards emotional behavior, has attracted a great deal in positive psychology for its capability to produce better mental health and quality well-being. The goal of this study is to analyze and contrast the impact of gratitude on subjective well-being, life satisfaction, and psychological resilience in two different age groups.

This study uses a mixed-methods design, integrating quantitative and qualitative interviews to obtain detailed data. All participants from youth and adult age groups practice gratitude interventions, reflective exercises, as well as self-report measures. Such quantitative analyses use statistical comparisons of pre- and post-intervention well-being scores to shed light on any potential age variations in the performance of gratitude practices.

The subjective perception of gratitude and its impact on overall well-being is also reflected by qualitative data, which emerged from in-depth interviews. The research takes into account situational variables including life events, social ties, and cultural elements that contribute to gratitude expression among different age groups.

The results add to the literature on positive psychology by highlighting possible differences in efficacy, which may be related to the age cohort. These findings have implications beyond the application of targeted well-being interventions designed for youth and adult populations concerning their individual needs, bringing a more profound understanding of the role gratitude plays in ensuring mental health satisfaction is achieved.

Keywords: Gratitude, Well-being, Age groups, Positive psychology, Intervention

Introduction

Gratitude, a fundamental aspect of positive psychology, has garnered increasing attention in recent years for its profound implications on mental health and subjective well-being. As individuals navigate the complexities of life, understanding how gratitude influences well-being across different age groups becomes imperative. This study aims to delve into the comparative impact of gratitude on well-being among youth and adults, shedding light on the nuanced dynamics of this relationship.

Gratitude is a multifaceted construct involving appreciation and acknowledgment of goodness in one's life, it lies at the core of positive psychology. Research has underscored its pivotal role in fostering positive emotions, nurturing social relationships, and mitigating negative psychological outcomes. With an extensive body of literature highlighting the beneficial effects of gratitude practices, there is a growing recognition of its potential to enhance overall mental health and subjective well-being.

Gratitude, defined as the acknowledgment and appreciation of the positive aspects of life, represents more than a mere polite gesture or social nicety; it embodies a profound shift in perspective, inviting individuals to cultivate an attitude of abundance amidst the ebb and flow of daily existence. Rooted in philosophical traditions spanning ancient civilizations, the concept of gratitude has long been revered for its ability to transcend adversity, instilling a sense of connection, meaning, and purpose in both personal and collective realms.

In recent decades, gratitude has captured the imagination of psychologists and researchers, spurred by a growing body of empirical evidence highlighting its myriad benefits for mental health and well-being.

At its core, gratitude represents a paradigm shift—an invitation to reframe our narratives, transcend self-centered perspectives, and embrace the interconnectedness of the human experience. Drawing upon principles of cognitive-behavioral therapy, mindfulness, and social psychology, researchers have begun to unravel the underlying mechanisms through which gratitude exerts its salutary effects on mental health and well-being. From fostering positive emotions and enhancing neural plasticity to promoting prosocial behavior and strengthening social bonds, gratitude serves as a catalyst for positive change, both within individuals and within the broader tapestry of human society.

Yet, despite its ubiquity and time-honoured significance, gratitude remains a relatively understudied phenomenon within the realm of psychological research, particularly concerning its comparative impact on different age groups. As individuals journey through the various stages of life, from the exuberance of youth to the seasoned wisdom of adulthood, the role of gratitude in shaping well-being may undergo profound shifts, influenced by developmental processes, socio-cultural contexts, and individual differences.

The focus of our inquiry is twofold: first, to investigate the levels of gratitude among youth and adults, examining how age-related factors may influence individuals' propensity to experience and express gratitude. Second, we aim to explore the relationship between gratitude and various dimensions of well-being,

including psychological well-being, physical health and well-being, and relationships, across different age groups.

One of the foundational theories that underpin our exploration of gratitude is Erik Erikson's theory of psychosocial development. According to Erikson, individuals progress through a series of psychosocial stages, each characterized by a unique set of developmental tasks and challenges. During adolescence, for example, the primary task revolves around identity formation, as young people grapple with questions of self-identity, autonomy, and purpose. In this context, gratitude may play a crucial role in shaping adolescents' sense of self-worth and belonging, offering a source of validation and connection amidst the tumultuous transition to adulthood.

Furthermore, Erikson's theory highlights the importance of social interactions and relationships in facilitating healthy development across the lifespan. Gratitude, with its emphasis on acknowledging and appreciating the contributions of others, serves as a potent catalyst for fostering social bonds and strengthening interpersonal connections. From the perspective of Erikson's theory, gratitude may act as a bridge between the individual and the social world, facilitating the formation of meaningful relationships and promoting psychosocial well-being across different age groups.

Another relevant theoretical framework that informs our understanding of gratitude is socioemotional selectivity theory (SST), proposed by Laura Carstensen and colleagues. SST posits that as individuals age, their motivational priorities shift from future-oriented goals to present-focused ones, leading to a greater emphasis on emotionally meaningful experiences and relationships. Within this framework, gratitude emerges as a key mechanism through which older adults prioritize and cultivate positive social relationships, thereby enhancing their overall well-being.

Moreover, SST suggests that older adults may be more adept at regulating their emotions and focusing on gratitude-inducing experiences, as they prioritize emotional gratification over future-oriented goals. This shift in motivational orientation may have profound implications for the way gratitude is experienced and expressed across the lifespan, highlighting the need for a comparative analysis of gratitude's impact on well-being among youth and adults.

By integrating insights from Erikson's theory of psychosocial development and socioemotional selectivity theory, we aim to elucidate the nuanced dynamics of gratitude's influence on well-being across different age cohorts. Through a combination of quantitative surveys and qualitative interviews, we seek to uncover the underlying mechanisms through which gratitude shapes well-being within each age group, considering the interplay of developmental processes, socio-cultural contexts, and individual differences.

Despite the theoretical insights provided by these frameworks, there remains a notable gap in the literature regarding a comparative analysis of gratitude's impact on well-being among youth and adults. While existing research has shed light on the beneficial effects of gratitude across the lifespan, few studies have directly

compared how gratitude operates within these distinct age groups. Addressing this gap is crucial for tailoring intervention strategies and promoting holistic development across the lifespan.

This comparative study of gratitude and well-being among youth and adults, aims to bridge this gap in the literature, offering insights into the nuanced dynamics that shape these foundational aspects of human experience. Drawing upon theoretical frameworks such as Erikson's theory of psychosocial development and socioemotional selectivity theory, we seek to elucidate the interplay between gratitude and well-being across distinct age cohorts, considering the influence of developmental processes, socio-cultural contexts, and individual differences.

The primary aim of this study is to investigate the differential effects of gratitude on well-being among youth and adults. By examining the similarities and differences in how gratitude influences well-being within each age cohort, this comparative analysis holds the potential to inform evidence-based practices aimed at fostering resilience and nurturing thriving communities across diverse age groups.

To achieve research objectives, a qualitative approach using psychometric tools [Gratitude Resentment and Appreciation Scale (GRAT); BBC Well-Being Scale] was employed. By triangulating data from multiple sources, this paper aims to provide a comprehensive understanding of the interplay between gratitude and well-being among youth and adults.

The remainder of this paper is structured as follows: The literature review provides a comprehensive overview of existing research on gratitude and well-being, highlighting key findings and theoretical perspectives. The methodology section outlines the research design, sampling procedure, data collection methods, and analytical approach. The results section presents the findings of the study, followed by a discussion that synthesizes the results, elucidates their implications, and identifies avenues for future research.

Review of Literature

Alex M. Wood, Jeffrey J. Froh, and Adam W.A. Geraghty (November 2010) seek to examine a new model of gratitude that incorporates not just appreciation for the assistance of others, but also a daily practice of focusing on and enjoying the good parts of life." The processes that relate gratitude and well-being are investigated, covering schematic biases, coping, positive affect, and broaden-and-build theories. Gratitude is essential in clinical psychology because it has (a) a high explanatory power for understanding well-being and (b) the possibility to increase well-being via the practice of simple gratitude exercises.

Joshua A. Rash, M. Kyle Matsuba, and Kenneth M. Prkachin (October 2011) investigate gratitude lists, behavioural displays, and grateful contemplation as means of eliciting thankfulness. While research has looked at gratitude lists and behavioural displays, no one has investigated the long-term impacts of a

thankfulness contemplation intervention on well-being. The current study investigated the efficacy of a 4-week thankfulness contemplation intervention programme in promoting well-being when compared to a control condition with memorable events. Pre- and post-test evaluations of life satisfaction and self-esteem were also obtained. Participants in the thankfulness condition reported better overall life satisfaction and self-esteem than those in the memorable events condition. Trait gratitude was found to mitigate the gratitude intervention's effects on life satisfaction.

Anna Alkozei, Ryan Smith, William, and D. S. Killgore (2017) Two causal frameworks—a cognitive and a psycho-social framework—that illustrate potential pathways through which thankfulness affects self-worth are presented in this research. Furthermore, the encouraging potential of thankfulness therapies to enhance SWB in both healthy individuals and those exhibiting psychopathology signs is examined. Consequently, more study should be done on gratitude therapies' potential for use in clinical populations as well as the underlying mechanisms that may be responsible for their beneficial impacts on improving SWB.

Ronan E. O'Carroll and Siew Tim Lai (2017) In a UK sample, this study examined the effectiveness of a popular gratitude-based intervention called "count-your-blessings" in enhancing both psychological and physical well-being. For individuals who left out (Intention-to-treat analysis [ITT]) and those who finished the intervention (Completer analysis), two different analyses were carried out. A more thorough examination showed that the thankfulness condition raised feelings of gratitude. Compared to the control condition, which reported lower wellbeing, those in the grateful condition demonstrated higher increases in state gratitude and pleasant affect. All in all, the results of the ITT analysis were nearly identical to those of the more thorough analysis.

Natasha M. Loi & Di Helen Ng (May 2021) investigated the relationship between experiencing meaningful employment, being grateful, and being spiritual. A sample of 197 participants—69.5% of whom were female—completed questionnaires about spirituality, meaningful employment, thankfulness, and a number of other well-being indices. Happiness, life satisfaction, flourishing, good affect, spirituality, and meaningful employment were all strongly positively correlated with gratitude. A mediation analysis showed that thankfulness acted as a partial mediating factor in the link between well-being and engaging in meaningful work. Furthermore, there was no moderating effect of spirituality on the association between feeling grateful and having meaningful job. Overall, the results suggest that cultivating an attitude of gratitude may improve wellbeing and engagement at work, which may result in the experience of meaningful employment.

Michael Ekema-Agbaw, Katerina Gonzalez, and Florencio F. Portocarrero (October 2020) sought to investigate the relationship between dispositional gratitude and wellbeing. They evaluated the relationship between dispositional thankfulness and mental health as a function of its several aspects (i.e., psychological, subjective), markers (e.g., life satisfaction, happiness, stress), and categories (i.e., positive, negative). The evidence that dispositional gratitude is moderately to substantially connected with well-being and that the strength of these connections varies by the well-being indicator comes from a meta-analytic aggregation of 404 effect sizes from 158 different studies ($N = 100,099$).

Christina et al.'s (2022) study sought to determine how a 4-week gratitude intervention affected young people's drive and sense of fulfilment in life. The findings demonstrated that students in the appreciation

conditions reported higher levels of life satisfaction and motivation to better themselves as compared to a control group. Academic achievement, however, did not reveal any appreciable variations across the groups.

Korkut et al. (2022) over the course of two weeks, sought to investigate the association between anxiety and positive emotions such as thankfulness and happiness in COVID-19 patients. The findings revealed a very weak link between happiness and anxiety, but no correlation between thankfulness and worry.

Komase et al. (2021) looked at how workers' mental health and general well-being were affected by thankfulness. Results indicated that using gratitude interventions improved feelings of stress and despair, but the effects on wellbeing were not consistently observed.

Raghav Gupta et al. (2021) sought to assess medical students at Delhi Medical College who had internet addiction, insomnia, and depression. The study highlighted the need for prompt intervention and support for medical students confronting these difficulties by demonstrating a substantial correlation between internet addiction, sleep problems, and depression. Garg et al. (2021) investigated how well Indian college students might modify the Gratitude Questionnaire (GQ-6). The findings revealed a negative connection with negative affect and a good relationship with life satisfaction.

Banthiya et al. (2021) assessed Indians' sleep quality during the Covid-19 pandemic. The majority of the Indians, with an average sleep length of 6.9 hours, were found to have poor quality sleep. There was a correlation between mental health and sleep quality, with individuals who reported having deteriorated mental health having lower sleep quality. It was also determined that during the COVID-19 pandemic, the Indian people had trouble sleeping.

Cregg et al. (2021) assessed how gratitude therapies affected anxiety and sadness. Gratitude interventions were found to have a small positive effect on reducing symptoms of anxiety and depression at both post-test and follow-up, according to a meta-analysis of 27 research involving 3675 participants. The benefits were more significant in studies with waitlist control conditions.

Azward et al. (2021) ascertained how third-trimester pregnant women's sleep quality was affected by prenatal yoga workouts. Significant variations in the quality of sleep before and after the intervention were found by the analysis for both the intervention group and the control group.

Esfandiar Azad Marzabadi et al. investigated the relationship between gratefulness and mindfulness in personality traits and outcomes related to health and quality of life. Standardised measures of mindfulness (MAAS), thankfulness (GQ-6), general health, life satisfaction, quality of life, severity of sleeplessness, and perceived stress were completed by 315 male soldiers in research 1. People who exhibit greater gratitude and mindfulness have better quality of life as well as greater physical and mental health.

Boggiss, Anna L. et al. (2020) examined An extensive analysis of thankfulness interventions: Impacts on physical well-being and health-related behaviours Up until August 2019, searches in the PsycINFO, MedLine, Embase, and Cochrane Library databases yielded pertinent studies. Although there have been suggestions that thankfulness interventions could enhance the subjective quality of sleep, additional research

is required to draw strong conclusions about the effectiveness of gratitude interventions in enhancing health outcomes.

Asmaa Fathy Lotfy Abedelfatah (2020) conducted research on the relationship between subjective Vitality and Gratitude and Sleep Quality among higher education students. There were 281 male and female students in the sample. Gratitude and sleep quality were found to be reliable indicators of subjective vitality; subjective vitality is gender-neutral.

Duke Biber and Gina Brandenburg's (2021) investigated the connection between undergraduate college students' levels of curiosity, thankfulness, and life satisfaction. 231 people finished the questionnaires. Gratitude showed a positive correlation with both life happiness ($r = 0.36$) and curiosity ($r = 0.20$). In addition, women showed higher levels of thankfulness and life satisfaction than males did.

Lin, Chih-Che (January 2016) The purpose of this study was to investigate how coping strategies and social support relate to the connection between wellbeing and thankfulness. A total of 755 Taiwanese college students, ages 18 to 22, filled out questionnaires about their well-being, coping mechanisms, social support, and thankfulness. The relationship between thankfulness and well-being was somewhat mediated by social support and coping style, according to structural equation modelling. Furthermore, a multi-group research revealed that, in comparison to their male counterparts, females who experienced higher levels of social support also tended to employ more active coping mechanisms when faced with challenges.

Jackowska Marta and others (July 2016) This randomised controlled study investigated the potential benefits of a brief subjective well-being intervention on sleep, neuroendocrine function, and the cardiovascular system. A two-week gratitude intervention was compared with no treatment conditions and an active control (daily events reporting) in 119 young women. The intervention resulted in reductions in diastolic blood pressure and increases in hedonic well-being, optimism, and sleep quality. Blood pressure drops and better sleep were linked to improvements in subjective well-being; cortisol levels did not connect with these outcomes. This brief intervention raises the possibility that, through improved biological function and restorative health practices, subjective well-being may help to reduce morbidity and death.

Godos et al.'s (2021) goal was to assess how food and sleep quality relate to one another. After analysing 29 studies, the researchers concluded that while eating more processed and sugary meals has been associated with poorer sleep, eating nutritious food has been linked to better sleep.

Paul J. Mills et al. (2015) looked into how spiritual well-being in asymptomatic heart failure patients was impacted by gratitude. In 186 men and women with Stage B asymptomatic HF (age $66.5 \text{ years} \pm 10$), this study looked at relationships between gratitude, spiritual well-being, sleep, mood, exhaustion, cardiac-specific self-efficacy, and inflammation. Better mood and sleep, less weariness, and higher levels of self-efficacy are all correlated with spiritual well-being and thankfulness, and these relationships are either wholly or partially mediated by gratitude.

Pahri et al. (2023) assessed how young individuals of Indian descent related to altruism, thankfulness, and hope. For the study, 134 young adults were assessed. The findings indicated that whereas thankfulness had a positive association with both factors, hope and altruism did not.

Mei-Yee Ng et al. (2013) examined how sleep mediated the association between patients' feelings of appreciation and their levels of anxiety and depression in the context of chronic pain. Structured questionnaires assessing chronic pain, symptoms of worry and sadness, gratitude, and sleep disruptions were completed by 224 patients with chronic pain. The results of several regression analyses showed that sleep had a higher mediating effect on the gratitude–anxiety link than it did on the gratitude–depression link.

Chiara Ruini and Francesca Vescovelli (2013) The role of gratitude in a breast cancer sample was examined, along with its correlations with post-traumatic growth, psychological well-being, and distress. Patients who report higher levels of gratitude (known as High Gratitude Individuals, or HGI) are compared to those who report lower levels (known as Low Gratitude Individuals, or LGI). 67 patients with breast cancer were evaluated for the study. Since most patients expressed low levels of thankfulness, the findings point to the significance of creating therapeutically increased treatments for them in oncology as well.

Jo-Ann Tsang et al. (2014) examined the relationship between materialism and life satisfaction was in relation to the roles of thankfulness and need satisfaction. Using an online questionnaire, 246 undergraduate marketing students—129 of whom were female—completed dispositional assessments on materialism, thankfulness, need satisfaction, and life satisfaction. While need satisfaction played an indirect influence through its relationship with thankfulness, gratitude was also a direct mediator.

Tomislav Krističević (2018) investigated the relationships between sleep quality and time spent in bed (as a proxy for sleep duration) and overweight/obesity status. 2100 university students participated, with 49.6% of them being female. Young adults who are overweight or obese are more likely to spend both short and extended nights in bed as well as have poor quality sleep.

Methodology

Aim: To study the impact of gratitude on well-being among youth and adult populations

Objectives:

- To examine the differential levels of gratitude between youth and adult populations, utilizing quantitative measures such as the Gratitude Resentment and Appreciation Scale (GRAT)
- To provide practical implications for intervention strategies aimed at enhancing gratitude and well-being across different life stages, considering the unique needs and challenges faced by youth and adult populations.

Hypothesis:

- Youth will report lower levels of gratitude compared to adults, as measured by the Gratitude Resentment and Appreciation Scale (GRAT), indicating a developmental trend towards increased appreciation and gratitude as individuals transition into adulthood.
- Intervention strategies aimed at enhancing gratitude and well-being will have differential effectiveness across age groups, with youth benefiting more from interventions tailored to address the specific challenges and developmental tasks of adolescence, while adults may require interventions focusing on maintaining and deepening existing gratitude practices to sustain well-being.

Variables:

1. Independent Variable:

- a) Age Group (Youth vs. Adult)

2. Dependent Variables:

- a) Levels of Gratitude (measured using the Gratitude Resentment and Appreciation Scale - GRAT)
- a) Dimensions of Well-Being:
 - b) Subjective Well-Being (e.g., life satisfaction, happiness)
 - c) Positive Affect (e.g., joy, contentment)
 - d) Psychological Well-Being (e.g., resilience, self-esteem)
 - e) Psychological Distress (e.g., symptoms of depression, anxiety)

3. Control Variables (potentially):

- a) Gender
- b) Socioeconomic Status
- c) Educational Level
- d) Ethnicity/Cultural Background

Sampling Design: A sample of 120 participants within the age range of 15-29 years (Youth) and 30-55 years (Adult) was used for the study.

Sampling Method: Convenience sampling was used to recruit participants within the age range of 15-29 years (Youth) and 30-55 years (Adult). Recruitment efforts targeted individuals through convenient channels such as college campuses, workplace settings, and online platforms. Data collection methods included online surveys conducted via Google Forms and offline surveys administered using psychometric tools such as the Gratitude, Resentment, and Appreciation Test (GRAT) and the BBC Wellbeing Scale.

Tools: The tools used were

- Gratitude, Resentment, and Appreciation Test (GRAT) is a concise self-report questionnaire measuring gratitude, resentment, and appreciation in daily life. Developed by McCullough et al. (2002), it consists of six items rated on a 1 to 7 scale, with good internal reliability (.82 to .87). Higher scores indicate greater gratitude and positive psychological traits.
- BBC Wellbeing Scale assesses overall well-being across various domains. Respondents rate their subjective well-being, typically using a Likert scale. It offers insights into individuals' quality of life and is reliable across diverse populations.

Analysis of Result

Table 8.1 presents descriptive statistics for three variables: Age Group, Gratitude and Wellbeing

Correlations

		Age Group	GRAT	BBC Wellbeing Scale
Age Group	Pearson Correlation	1	.255**	.405**
	Sig. (2-tailed)		.005	<.001
	N	120	120	120
GRAT	Pearson Correlation	.255**	1	.536**
	Sig. (2-tailed)	.005		<.001
	N	120	120	120
BBC Wellbeing Scale	Pearson Correlation	.405**	.536**	1
	Sig. (2-tailed)	<.001	<.001	
	N	120	120	120

NOTE: The correlation coefficient of approximately 0.405 indicates a positive correlation between wellbeing and gratitude. As the value of one variable (gratitude) tends to increase, the value of the other variable wellbeing also tends to increase, and vice versa.

In conclusion, the positive correlation between gratitude and well being and its statistical significance suggest a meaningful relationship between these variables.

Table 8.2 shows the mean and standard deviation including gratitude and wellbeing among youth and adult populations.

Descriptive Statistics

	Age Group	GRAT	BBC Wellbeing Scale
Youth	Mean	103.14	78.32
	N	56	56
	Std. Deviation	10.644	17.196
Adult	Mean	109.62	92.31
	N	64	64
	Std. Deviation	13.722	14.694
Total	Mean	106.60	85.78
	N	120	120
	Std. Deviation	12.751	17.324

Discussion

Gratitude has garnered increasing attention in psychological research for its potential to enhance well-being across various age groups. This study aims to compare the relationship between gratitude and well-being among youth and adult populations. By examining correlations and means, this paper delves into the nuanced differences and similarities in the impact of gratitude on well-being across different age cohorts.

The correlation analysis reveals intriguing insights into the relationship between gratitude (GRAT) and well-being (BBC Wellbeing Scale), among both youth and adult populations. For both groups, significant positive correlations are found between gratitude and well-being, indicating that as levels of gratitude increase, so does well-being. Notably, the correlation coefficients are relatively stronger among adults ($r = .536$, $p < .001$) compared to youth ($r = .255$, $p = .005$). This suggests that while gratitude is positively associated with well-being across all age groups, its impact may be more pronounced among adults.

The mean comparison further elucidates the differences in gratitude and well-being between youth and adult populations. Adults exhibit higher mean scores in both gratitude ($M = 109.62$) and well-being ($M = 92.31$) compared to youth (gratitude: $M = 103.14$, well-being: $M = 78.32$). These findings suggest that, on average, adults tend to report higher levels of gratitude and well-being than youth. However, it's crucial to note that despite these disparities, both groups still show appreciable levels of gratitude and well-being, indicating the universal relevance of these constructs across age cohorts.

The observed differences in the impact of gratitude on well-being between youth and adults could stem from various factors, including developmental stages, life experiences, and socio-cultural influences. Adolescence is a period characterized by significant cognitive, emotional, and social development, wherein individuals may be less attuned to the benefits of gratitude due to a focus on identity exploration and peer relationships. On the other hand, adulthood often brings greater responsibilities, life stability, and a broader perspective, fostering a deeper appreciation for life's blessings and consequently, higher levels of gratitude and well-being.

Moreover, societal expectations and norms may also play a role in shaping the expression and perception of gratitude across different age groups. Adults may feel more societal pressure to conform to gratitude norms, leading to higher reported levels of gratitude. Additionally, adult life may afford more opportunities for experiencing and expressing gratitude, such as through career achievements, stable relationships, and parenthood, further contributing to their elevated levels of well-being.

Conclusion

In conclusion, this study underscores the significance of gratitude in promoting well-being across youth and adult populations, albeit with varying degrees of impact. While both groups benefit from practicing gratitude, adults demonstrate a stronger correlation between gratitude and well-being.

Implications

Understanding the differential impact of gratitude on well-being across youth and adults has important implications for intervention and prevention efforts aimed at promoting mental health and resilience.

- For youth, interventions may focus on integrating gratitude practices into school curricula, fostering positive peer relationships, and providing opportunities for meaningful engagement and reflection.
- For adults, interventions could target workplace environments, community settings, and family dynamics to cultivate a culture of gratitude and appreciation. By tailoring interventions to the unique developmental, experiential, and socio-cultural contexts of different age groups, practitioners can maximize the effectiveness of gratitude-based interventions in enhancing overall well-being.

Limitations and Future Directions

It's essential to acknowledge the limitations of this study, including its cross-sectional design, reliance on self-report measures, and potential confounding variables. Future research could employ longitudinal designs to explore the developmental trajectory of gratitude and well-being across the lifespan. Additionally, qualitative methodologies could provide deeper insights into the subjective experiences and cultural nuances surrounding gratitude across diverse populations. By addressing these limitations and expanding upon current findings, researchers can further elucidate the complex interplay between gratitude and well-being across different age groups, informing more targeted and culturally sensitive interventions aimed at enhancing psychological flourishing.

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