

The Relationship Between Gratitude and Resilience Among Young Adults

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ABSTRACT

This dissertation delves into the intricate interplay between resilience and gratitude in young adults, unravelling how these psychological constructs influence each other and impact personal well-being. Through comprehensive surveys and questionnaires applied to a diverse sample, the research uncovers a strong positive correlation between resilience and gratitude, suggesting that individuals who exhibit higher levels of gratitude are likely to be more resilient in challenging situations. Notably, the study highlights specific aspects of gratitude, such as the recognition of personal strengths and the appreciation of social support, as significant enhancers of resilience. Conversely, resilience is identified as a crucial factor in fostering a deeper sense of gratitude, especially during adversities. This investigation enriches the field of positive psychology by revealing the reciprocal relationship between resilience and gratitude and suggesting that fostering gratitude could be a vital strategy in enhancing resilience against life's obstacles. The findings aim to illuminate the underlying mechanisms of psychological resilience in young adults and propose the promotion of gratitude as a protective factor against adversity, offering valuable insights for interventions designed to boost resilience and well-being in this demographic.

KEYWORDS

- **Psychological constructs:** Mental processes or qualities.
- **Positive correlation:** A statistical measure showing that two variables tend to increase or decrease together.
- **Reciprocal relationship:** A mutual influence where each factor affects the other.
- **Protective factor:** Something that reduces the risk of negative outcomes.
- **Interventions:** Strategies or programs designed to improve well-being.
- **Symbiotic relationship:** A mutually beneficial relationship between two entities.
- **Prowess:** Great skill or ability.
- **Emotional intelligence:** The ability to understand, use, and manage your own emotions in positive ways.
- **Self-compassion:** Treating yourself with kindness and understanding.
- **Positive psychology:** The scientific study of human flourishing and well-being.
- **PERMA model:** An acronym for five key factors contributing to well-being: Positive emotions, Engagement, Relationships, Meaning, and Accomplishment.
- **Grit:** Perseverance and passion for long-term goals.
- **Inner resilience:** The mental and emotional strength to deal with challenges.

CHAPTER 1

INTRODUCTION

(In this research, the focus is on the symbiotic relationship between personal resilience and gratitude within the context of navigating life's challenges in a fast-paced and unpredictable world. These two attributes, resilience, and gratitude, are posited as not only transformative in altering life perspectives but also as essential in providing the inner strength needed to surmount difficulties. By cultivating resilience alongside a gratitude-oriented outlook, individuals can enhance their overall well-being and approach adversities with increased courage and determination.

Gratitude is described as a deep appreciation for the presence of people, things, and experiences, marked by an acknowledgement of the positive aspects of life, regardless of their magnitude, and treasuring them in the moment. On the flip side, personal resilience is characterised by the ability to adapt, endure, and recover from stressful situations, encompassing qualities such as emotional resilience, mental toughness, and sustained optimism in challenging times.

The underlying premise of this examination is the belief that a meaningful and vigorous life is achieved through the interplay of gratitude and resilience. By investigating how these traits interact and identifying strategies for their development, the aim is to uncover the significant potential they hold for uplifting spirits, fostering personal growth, and equipping individuals with the prowess to tackle obstacles.)

Understanding Gratitude

Definition and Concept of Gratitude

Having a deep appreciation for the people, events, and situations in our lives that make us happy and fulfilled is what is meant to be meant by gratitude.

It entails appreciating the kindness we encounter every day and expressing gratitude for the bounty bestowed upon us.

Gratitude is an attitude of sincere appreciation for the small joys and benefits that enhance our everyday lives, rather than being restricted to large gestures or noteworthy accomplishments.

The Psychological Benefits of Practicing Gratitude

Numerous psychological advantages of gratitude practice have been proven to enhance general wellbeing. We notice a change in perspective when we intentionally practice thankfulness in our life, concentrating on the good rather than the bad.

More happiness, contentment, and general life satisfaction are encouraged by this change.

How Gratitude Improves Mental Health and Reduces Stress

Gratitude is a potent remedy for tension and anxiety.

We deflect our attention from anxieties and issues by focusing on the things we have to be thankful for.

This focus shift encourages a more relaxed attitude and lower levels of stress.

Furthermore, expressing appreciation causes the release of neurotransmitters linked to pleasure, happiness, and well-being, such as serotonin and dopamine.

As a result, regularly cultivating thankfulness can improve mental health by lowering anxiety and depressive symptoms.

By encouraging people to adopt a more positive mindset, gratitude also helps people become more resilient.

When presented with hardships, those who are grateful are more inclined to view them as short-term setbacks rather than insurmountable barriers.

People that adopt this optimistic outlook are better equipped to tackle obstacles with increased hope, tenacity, and problem-solving abilities.

To put it clearly, the notion and definition of gratitude are as follows: it is a sincere appreciation for all the good things in life.

Increasing one's sense of happiness and life satisfaction is one of the psychological advantages of practicing gratitude.

Furthermore, practicing thankfulness enhances mental health by lowering stress, building resilience, and cultivating an optimistic outlook.

We can witness important changes in our general perception of life and state of well-being when we practice gratitude on a daily basis.

Developing Personal Resilience

Definition and Characteristics of Personal Resilience

Personal resilience is the capacity to adjust, recover, and flourish in the face of hardship, obstacles, or challenging situations.

It is about using inner strength and resources to get through difficult times, not about rejecting or avoiding them.

Some traits that resilient people display are tenacity, adaptability, emotional intelligence, and optimism. They have an inbuilt confidence in their capacity to overcome challenges and persevere in the face of setbacks while holding onto a sense of purpose and optimism.

The Role of Personal Resilience in Facing Adversity

Adversity response and coping are greatly influenced by an individual's level of personal resilience.

When faced with obstacles, resilient people see them as chances for development and education rather than insurmountable hurdles.

They are more capable of handling stress, preserving their emotional health, and remaining goal-focused. People who possess resilience are better able to recover from setbacks, grow from mistakes, and acquire the abilities and coping strategies needed to confidently and resolutely take on new challenges in the future.

Strategies for Building Personal Resilience

Developing one's own resilience is a continuous and gradual process that calls for deliberate practice and commitment.

The following are some methods to develop and enhance one's own resilience:

1. **Build a network of support:** During difficult situations, surround yourself with uplifting and encouraging people who can offer advice, consolation, and a sympathetic ear.
2. **Practice self care:** Make self-care activities that support your mental, emotional, and physical health a priority. Get enough rest, consume a healthy diet, exercise frequently, and partake in enjoyable and calming activities.
3. **Develop a Growth Mentality:** Adopt a growth mentality by viewing obstacles as chances for personal development. Change your mindset from perceiving failures as personal failings to perceiving them as important lessons that support resilience and personal growth.
4. **Develop emotional intelligence:** Get a better understanding of and handle with your emotions. Develop empathy for other people, practice emotional control, and cultivate self-awareness. By enabling adaptive reactions to adversity, emotional intelligence increases resilience.

5. Engage in constructive self-talk: Negative self-talk should be contested and replaced with uplifting and reassuring ideas. Encourage a self-compassionate perspective by reminding yourself of your accomplishments, strengths, and past triumphs.
6. Set Realistic Goals: Segment more complex objectives into more doable smaller ones. Honour each small victory along the road to strengthen your sense of progress and achievement.
7. Cultivate Problem Solving skills: Gain the capacity to evaluate issues impartially and recognise workable solutions. Look for novel ideas and different viewpoints to get over challenges.

You may improve your capacity to face obstacles head-on and progressively develop personal resilience by implementing these techniques into your daily routine.

Keep in mind that developing and strengthening resilience over time can result in personal development and a stronger sense of empowerment in the face of adversity.

The Link between Gratitude and Personal Resilience

How Gratitude Contributes to Personal Resilience

Having gratitude and being resilient are related; they both help people be better able to face and overcome obstacles.

Gratitude helps people become more resilient on a personal level.

1. Perspective Change: Even in the face of hardship, gratitude enables people to change their perspective and concentrate on the positive aspects of their lives. It helps individuals see the good in challenging circumstances and helps them see lessons, purpose, and silver linings.
2. Emotional Health: Gratitude fosters good feelings like happiness, satisfaction, and appreciation. These feel-good feelings serve as emotional reserves in trying times, helping people stay resilient and handle stress well.
3. Social Support: Being grateful helps people recognise and value the help they get from other people. People who express thanks to their support system for their assistance fortify their bonds with one another, develop a feeling of community, and establish a nurturing atmosphere that encourages resilience.
4. Increased Resilient coping: Gratitude improves problem-solving and coping abilities, which leads to resilient coping strategies. People who have an appreciative mindset are more inclined to look for answers, adjust to changing conditions, and keep going after their objectives when faced with challenges.

Bouncing Back with an Attitude of Appreciation

Embracing Challenges as Opportunities for Growth

A crucial element of recovering with a grateful mindset is viewing obstacles as chances for development. Reframe the way you think about failures as opportunities for personal growth and learning, rather than seeing them as insurmountable roadblocks.

You can build resilience and face setbacks with curiosity and resolve by reinterpreting obstacles as opportunities for personal development.

Shifting Perspectives through Gratitude During Difficult Times

Keeping an attitude of gratitude can help change attitudes and promote resilience when things go tough. You can refocus on the good things in life by deliberately looking for the blessings and silver linings in difficult circumstances.

Gratitude practice helps you see the benefits, opportunities, and supports that are there even in the face of hardship.

This change in outlook gives you more hope, optimism, and inner power to face obstacles head-on.

Positive psychology

The scientific study of human flourishing is known as positive psychology. As a means of achieving wellbeing, it emphasises the positive traits and assets of people as well as communities.

As a key proponent of the idea, Martin Seligman has assisted psychology in shifting its emphasis from pathology and sickness to meaningful conduct by assisting clients in recognising and enhancing their strengths and setting objectives (Seligman, 2011).

After devoting a significant portion of his early professional life to studying the idea of "learned helplessness," Seligman founded positive psychology, a brand-new area of psychology that examines happy feelings, virtues, and creating a fulfilling life.

Up until that point, psychology had concentrated on the issues that individuals encountered, the ills in their lives, and the ways in which these issues contributed to their mental illness, anxiety, and despair (Seligman, 2011).

According to Seligman's original thesis, people have three essential psychological needs:

- Having meaningful relationships with other people,
- Feeling good emotions,
- Participate in activities that have a meaning and purpose in life.

Two other criteria were then found to be necessary: chasing and appreciating successes; and deriving fulfilment and significance from our work.

When they work together, their efforts increase each person's well-being and opportunities for success.

Furthermore, people can develop and strengthen their character strengths—such as grit, resilience, and gratitude—which can further enhance their happiness and well-being, claims Seligman (2011).

PERMA – A Positive Psychology Model

According to Seligman (2011), there is evidence to support its effectiveness and usefulness as a tool for future research and application in the therapeutic disciplines as well as in our personal and professional life.

The PERMA paradigm identifies accomplishment, meaningful relationships, pleasant emotions, engagement, and relationships as the five primary pillars of wellness.

They are all necessary since each can be developed further and pursued for its own sake. When combined, they provide an essential path to success. Pursuing these elements increases one's ability to overcome setbacks in life. Designing lives that are more meaningful and significantly beneficial to increasing wellbeing and reducing psychological pain becomes possible.

In reverse order of each one (Seligman, 2011, 2019):

- The sensation of pleasant emotions, such as joy, contentment, amazement, and satisfaction, is referred to as positive emotions.
- Engagement is the feeling of being fully immersed in a task or setting, or in "flow."
- The quantity and quality of social ties both within and outside of our immediate group are referred to as relationships.
- Having a feeling of purpose or meaning in life is important when it has meaning.
- Reaching goals and experiencing success are the foundations of accomplishment.

The PERMA model provides a good foundation for understanding and evaluating psychological health. It can be used by psychotherapists to help their clients pinpoint areas in their lives where they might not be feeling well and create goals to make those areas better.

Despite not being included in Seligman's model, "health" is today seen as measurable, contributes to general wellbeing, and can be desired for its own sake. Objective wellness might include things like living a healthy lifestyle, being free from disease and illness, and feeling as though one has enough energy and mobility to go about everyday tasks.

Because of this, the extended PERMAH model has gained popularity and shown to be useful, especially in professional and educational environments where it may be used to predict performance and well-being.

Resilience theory

Different people react differently to the same obstacles and stressful events in life; some recover quickly or choose a different course, while others find it difficult to adjust, which can result in acute or long-term chronic health problems.

Resilience theory states that our subjective interpretation of challenging situations and traumatic incidents matters more than the actual events surrounding them.

People that are resilient often possess particular traits, such as emotional control, problem-solving skills, and the ability to uphold healthy relationships. These people frequently possess a strong sense of meaning and purpose, which gives them encouragement and hope throughout trying times.

The theory of resilience holds significant ramifications for psychotherapy, as it implies that fostering an individual's resilience may be essential to attaining favourable results.

Psychotherapists can utilise it to assist their clients in finding meaning and purpose in their lives, as well as in recognising and leveraging their own strengths and coping mechanisms in the face of hardship.

Resilience theory, taken as a whole, emphasises the value of human resources and wholesome connections in promoting wellbeing and positive development.

The Trait-Gratitude Theory

According to the trait gratitude theory, gratitude is a consistent personality feature that differs from person to person rather than just a passing emotion or sensation. This hypothesis suggests that although some people may find it more difficult to develop feelings of gratitude, others may be more predisposed to experiencing thankfulness as a core component of their nature.

Trait gratitude theory research looks at individual differences in the tendency to feel grateful, how this trait links to other aspects of personality, and how it affects psychological functioning and general well-being. According to studies, those who possess higher attribute gratitude tend to be happier, have better physical and mental health, and have more solid social interactions.

Self-report instruments that assess an individual's general tendency to recognise and appreciate the positive aspects of their life as well as their propensity to express thanks to others are commonly used to measure trait gratitude. Understanding the trait thankfulness theory might help interventions aimed at promoting appreciation and enhancing wellbeing in individuals who can benefit from developing this trait.

Conclusion

Gratitude and self-worth are two vital elements that enhance our resilience and overall well-being.

Throughout this essay, we have covered the definition and concept of gratitude, the characteristics of personal resilience, and the close connection between the three.

We've also discussed the benefits of gratitude, the significance of one's personal resilience in the face of adversity, and methods for building resilience.

Regularly cultivating gratitude is a transformative practice that strengthens our inner resilience.

We can develop a profound appreciation for life's gifts by making it a daily habit to be grateful, thanking others and ourselves, and seeing obstacles as opportunities for growth.

Gratitude enables us to search for solutions, maintain a positive attitude, and build enduring relationships that strengthen our resilience in difficult circumstances.

Our lives can be transformed by adopting an attitude of gratitude.

It makes it possible for us to adopt new perspectives, give meaning to challenges, and approach life with awe and gratitude.

When we practice thanksgiving, we may overcome challenges, discover our inner strength, and face the process of personal development with optimism and resilience.

By making thanksgiving a way of life, we may cultivate inner strength, encourage wellbeing, and radiate optimism throughout our lives and the lives of those around us.

To sum up, developing inner strength and recovering with an attitude of gratitude are effective techniques that enhance our general wellbeing and capacity to overcome obstacles.

We can generate a profound sense of appreciation, resilience, and joy by embracing gratitude, building personal resilience, and incorporating these practices into our daily lives.

Knowing that this path of thankfulness and fortitude has the power to drastically change our lives, let's set out on it.

RATIONALE OF THE STUDY

Background and Significance: The early stages of adulthood are critical because they are characterised by big changes, identity exploration, and greater exposure to obstacles. Gaining resilience—the capacity to overcome hardship—is crucial for managing these difficulties and promoting wellbeing. Positive psychological effects have also been connected to gratitude, or appreciating what one has. However, not enough research has been done on the connection between resilience and thankfulness, especially in young adults.

Research Objective: The purpose of this study is to better understand the complex connection between resilience and thankfulness in young adults. It will examine the interactions between these two variables and how they affect an individual's well-being.

Need for the Study:

- **Limited Knowledge of the Interplay:** Although research indicates that resilience and thankfulness both enhance wellbeing, it is unclear how these two factors interact, especially in young individuals.
- **Identifying particular features of Gratitude:** This study goes deeper to find particular gratitude-related features that may be especially pertinent to boosting resilience, such as acknowledging one's own strengths and social support.
- **Reciprocal Relationship:** The study investigates how resilience, particularly in trying situations, may also promote thankfulness.
- **Positive Psychology interventions:** By comprehending this relationship, the research seeks to provide guidance for the creation of positive psychology therapies that encourage thankfulness as a tactic for helping young adults develop resilience.
- **Boosting well-being:** Developing thankfulness and resilience in young adults can greatly improve their well-being and capacity to navigate life's obstacles.

Overall, this study addresses a critical gap in understanding the interplay between gratitude and resilience in young adults. By uncovering this relationship, the findings can inform the development of interventions to promote well-being and resilience in this population.

CHAPTER 2

REVIEW OF LITERATURE

A review of literature, often referred to simply as a literature review, is a critical analysis and synthesis of existing research and scholarly articles on a specific topic or research question. It serves several important purposes in academic and research contexts.

1. Lasota, A., Tomaszek, K. & Bosacki, S. How to become more grateful? The mediating role of resilience between empathy and gratitude.

The study delves into the intricate interplay between empathy, resilience, and gratitude, focusing on how resilience might mediate the relationship between empathy and gratitude. Its strengths lie in its comprehensive methodology, utilizing various assessment instruments like the Resilience Measurement Scale (SPP-25), the Questionnaire of Cognitive and Affective Empathy (QCAE), and the Gratitude Resentment and Appreciation Test-Revised (GRAT-R). This ensures a thorough approach to data collection. Moreover, the study demonstrates statistical rigor through multiple regression analysis, Pearson correlation coefficients, and structural equation modeling (SEM), bolstering the validity of its conclusions. Theoretical contribution is another strong suit, as the research addresses a gap in the literature by shedding light on the complex dynamics among empathy, resilience, and gratitude, offering valuable insights into their underlying mechanisms.

However, the study is not without its limitations. The sample size of 214 individuals may hinder the generalizability of the findings, especially given the complexity of the interactions studied, and insufficient details regarding demographic attributes like age and gender further complicate the matter. Additionally, the cross-sectional design of the study makes it challenging to establish causation conclusively, warranting future exploration through experimental or longitudinal designs. Moreover, while the study accounts for certain sociodemographic factors like gender, other potential confounding variables such as cultural differences or personality traits remain unaddressed. The reliance on self-report measures introduces the risk of response biases and social desirability effects, exacerbated by the use of single-item measures for constructs like gratitude and empathy, which may lack the robustness of multi-item scales.

Despite these limitations, the study's implications are significant, particularly in the realm of clinical interventions within adult positive psychology programs. Understanding the mechanics underlying gratitude, resilience, and empathy can inform the development of targeted therapies to enhance psychological well-being. The study underscores the need for further investigation, especially through longitudinal designs to assess temporal correlations, and exploring potential mediators or moderators to deepen our understanding of these complex psychological constructs. By addressing these limitations in future research endeavors, we can enrich our comprehension of the intricate interplay between gratitude, resilience, and empathy.

2. Wilson, J. T. (2016). Brightening the mind: The impact of practicing gratitude on focus and resilience in learning.

The study investigates how gratitude practices affect college students' focus and resilience amid academic challenges, highlighting both strengths and weaknesses. Its clear research design, incorporating intervention and control groups, enhances result robustness through comparative analysis. Additionally, employing a mixed-methods approach, combining quantitative measures with qualitative insights, enriches the understanding of gratitude's cognitive benefits. Practical implications suggest integrating gratitude practices into academic settings for improved student outcomes, demonstrating the applicability of positive psychology interventions in education. However, limitations include the small sample size of

110 students and reliance on self-report measures, which may introduce biases. Furthermore, inconsistencies in the intervention's delivery and the lack of longitudinal analysis hinder assessing sustained benefits over time.

Future research directions emphasize the need for replication studies with larger, more diverse samples to enhance generalizability. Longitudinal studies could provide insights into the long-term impact of gratitude programs on student well-being and academic performance. Integrating objective measures, such as physiological stress markers, would enhance result validity, reducing reliance on self-reported data. Qualitative investigation into the mechanisms underlying gratitude's effects could deepen understanding of its psychological processes.

In conclusion, while the study sheds light on the cognitive benefits of gratitude practices among college students, further research is necessary to validate and expand these findings. Addressing methodological limitations and exploring additional research avenues can advance our understanding of gratitude's role in fostering student well-being and academic success.

3. Gupta, Nisha; Kumar, Sanjay - Significant predictors for resilience among a sample of undergraduate students: Acceptance, forgiveness and gratitude.

The study examined 150 undergraduate students from one college in Hapur, focusing on acceptance, forgiveness, thankfulness, and resilience. While the sample size may be suitable, the representativeness of the sample should be considered. The research instruments used standard scales and questionnaires to measure these traits, but their validity and appropriateness for the demographic studied need scrutiny. The correlational nature of the study indicates a need for caution in interpreting causation. Although resilience was strongly correlated with acceptance, forgiveness, and thankfulness, other unexamined factors may also influence resilience. While the study suggests that developing these traits could enhance resilience, the directionality of these interactions should be considered.

The findings suggest implications for resilience development programs among undergraduate students, but interventions should be approached thoughtfully. The study's limitations include its focus on a specific college's undergraduates, potentially limiting generalizability, and the possibility of social desirability bias in self-reporting. Future research could explore the development of these traits over time and delve deeper into individuals' experiences through qualitative methods. Overall, while the study offers valuable insights, further investigation is needed to fully understand the relationship between acceptance, forgiveness, gratitude, and resilience among undergraduate students and their implications for well-being and resilience promotion.

4. Empathy, Resilience, and Gratitude. Does Gender Make a Difference? Lasota Agnieszka, Tomaszek Katarzyna and Bosacki Sandra

The study delves into gender disparities in empathy, resilience, and gratitude, revealing nuanced insights that require careful consideration. Women tend to score higher in appreciation and empathy, aligning with cultural gender roles emphasizing emotional warmth. However, societal expectations heavily influence these distinctions, suggesting a need for awareness of how gender roles shape expressions of empathy and thankfulness. Contrary to common belief, men exhibit superior resilience in maintaining a positive outlook on life and navigating challenges, challenging stereotypes about gender and resilience. Yet, resilience is multifaceted, and a singular dimension may not fully encapsulate resilience in either gender.

Factors like professional activity and openness to new experiences are predictors of appreciation for both genders, underscoring the importance of accounting for gender-specific circumstances in psychological research. The intricate interplay of gratitude, resilience, and empathy differs between genders, with

empathy indirectly promoting thankfulness through resilience in females. Despite recognizing limitations such as reliance on self-report measures, the study suggests investigating gender-role orientation and integrating neurophysiological measures in future research to enhance understanding. The findings highlight the significance of considering gender-specific aspects in interventions aimed at fostering empathy, resilience, and gratitude among young adults, emphasizing the potential role of addressing cultural expectations regarding gender roles and promoting openness to new experiences. Overall, while the study contributes valuable insights into gender differences in these psychological constructs, it underscores the need for nuanced understanding and further research to address limitations and inform intervention strategies effectively.

5. The Influence of Gratitude on Psychological Resilience of Adolescence Living in Youth Social Care Institutions. December 10, 2018, Ratih Arruum Listiyandini

The study delves into the nexus between gratitude and psychological resilience among adolescents residing in youth social care institutions, filling a crucial void in psychological research concerning this often-overlooked demographic. Understanding the determinants of resilience in teenagers under institutional care is paramount for devising effective interventions to bolster their mental well-being. Employing a quantitative cross-sectional approach, the study sampled 200 adolescents from such facilities in Jakarta and Bekasi. While convenience sampling is common in studies involving vulnerable populations, it may constrain the generalizability of findings, potentially introducing response bias if reliant on self-report measures of resilience and gratitude.

Nonetheless, the study unearthed a robust positive correlation between psychological resilience and gratitude, with gratitude accounting for a notable 13.1% variance in resilience. This suggests that nurturing thankfulness could augment adolescents' ability to navigate adversities. However, the extent of gratitude's influence on resilience and the underlying mechanisms remain unclear, warranting further investigation through longitudinal or experimental designs to ascertain the efficacy of gratitude-focused interventions. The study underscores the importance of incorporating gratitude-enhancing activities into resilience-building programs tailored for adolescents in institutional care, proposing strategies such as maintaining gratitude journals or engaging in gratitude exercises. Despite its contributions, the study acknowledges several limitations, including the predominantly low socioeconomic status of the sample and the lack of exploration into mediating factors between resilience and gratitude.

Future research endeavours should address these constraints while delving into supplementary protective elements like emotional regulation and social support that could impact adolescents' resilience. Despite these limitations, the study enriches the evolving body of research on resilience among adolescents in institutional care, offering valuable insights for practitioners and policymakers working with this vulnerable population. Nonetheless, ethical considerations loom large due to the participants' vulnerability, necessitating meticulous attention to informed consent, confidentiality, and potential harm mitigation throughout the research process. In conclusion, while shedding illuminating insights into the gratitude-resilience nexus among adolescents in institutional care, the study underscores the need for further research to validate and expand upon its findings. By mitigating methodological constraints and exploring additional protective factors, we can better support the well-being of this marginalised group.

CHAPTER 3

METHODOLOGY OBJECTIVE:

The objective of this study is to study the relationship between gratitude and resilience among young adults.

HYPOTHESIS:

H1: There will be a direct relationship between gratitude and resilience.

H0 : H1: There will be no relationship between gratitude and resilience.

VARIABLES:

Independent variables: Gratitude

Dependent Variables: Resilience

TOOLS:

Tool 1 - The Resilience Scale

The Resilience Scale by psychologists Wagnild, G. M. & Young, H. M. (1993).^[1] It is a tool designed to measure the level of individual resilience—the ability to bounce back from adversity. The scale has 25 items that participants would respond to, reflecting various aspects of resilience, such as personal competence, acceptance of self and life, and control. Respondents rate items on a scale, indicating the degree to which they agree with each statement, which then allows for the quantification of resilience as a trait within the individual.

Circle the answer that shows how much you agree or disagree with each statement below.

1 = strongly disagree 2 = disagree

3 = slightly disagree 4 = neutral

5 = slightly agree 6 = agree

7 = strongly agree

1. When I make plans I follow through with them.
2. I usually manage one way or another.
3. I am able to depend on myself more than anyone else.
4. Keeping interested in things is important to me.
5. I can be on my own if I have to.
6. I feel proud that I have accomplished things in life.
7. I usually take things in my stride.
8. I am friends with myself.
9. I feel that I can handle many things at a time.
10. I am determined.
11. I seldom wonder what the point of it all is.^[2]
12. I take things one day at a time.
13. I can get through difficult times because I've experienced difficulty before.
14. I have self-discipline.^[3]
15. I keep interested in things.
16. I can usually find Disagree something to laugh about.
17. My belief in myself gets me through hard times.
18. In an emergency, I am somebody people generally can rely on.
19. I can usually look at a situation in a number of ways.
20. Sometimes, I make myself do things whether I want to or not.
21. My life has meaning.

22. I do not dwell on things that I can't do anything about.
23. When I am in a difficult situation, I can usually find my way out of it.
24. I have enough energy to do what I have to do.
25. It's okay if there are people who don't like me.
- Items are measured on a 7-point scale from 1 (disagree) to 7 (agree).

Tool 2 - The 6-item Gratitude Questionnaire

The 6-item Gratitude Questionnaire by psychologists Michael E. McCullough, Robert A. Emmons, and Jo-Ann Tsang. It is a 6-item assessment tool designed to measure an individual's disposition towards feeling gratitude in daily life. Each item on the questionnaire asks respondents to rate how much they agree with statements related to gratitude, covering aspects such as the frequency of grateful feelings, the intensity of those feelings, and the scope of gratitude across different contexts of life.

Using the scale below as a guide, write a number beside each statement to indicate how much you agree with it.

1 = strongly disagree, 2 = disagree,
3 = slightly disagree, 4 = neutral,
5 = slightly agree, 6 = agree, 7 = strongly agree

- ___ 1. I have so much in life to be thankful for.
___ 2. If I had to list everything that I felt grateful for, it would be a very long list.
___ 3. When I look at the world, I don't see much to be grateful for.
___ 4. I am grateful to a wide variety of people.
___ 5. As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.
___ 6. Long amounts of time can go by before I feel grateful to something or someone.

Scoring: Compute a mean across the item ratings; items 3 and 6 are reverse-scored.

SAMPLE:

Random Sampling

Sample size- 25

Gender: Males and Females

Age Group- 18 to 25 years

INCLUSION CRITERIA:

Participants from the ages of 18 years to 25 years.

EXCLUSION CRITERIA:

The age group below 18 years

PROCEDURE:

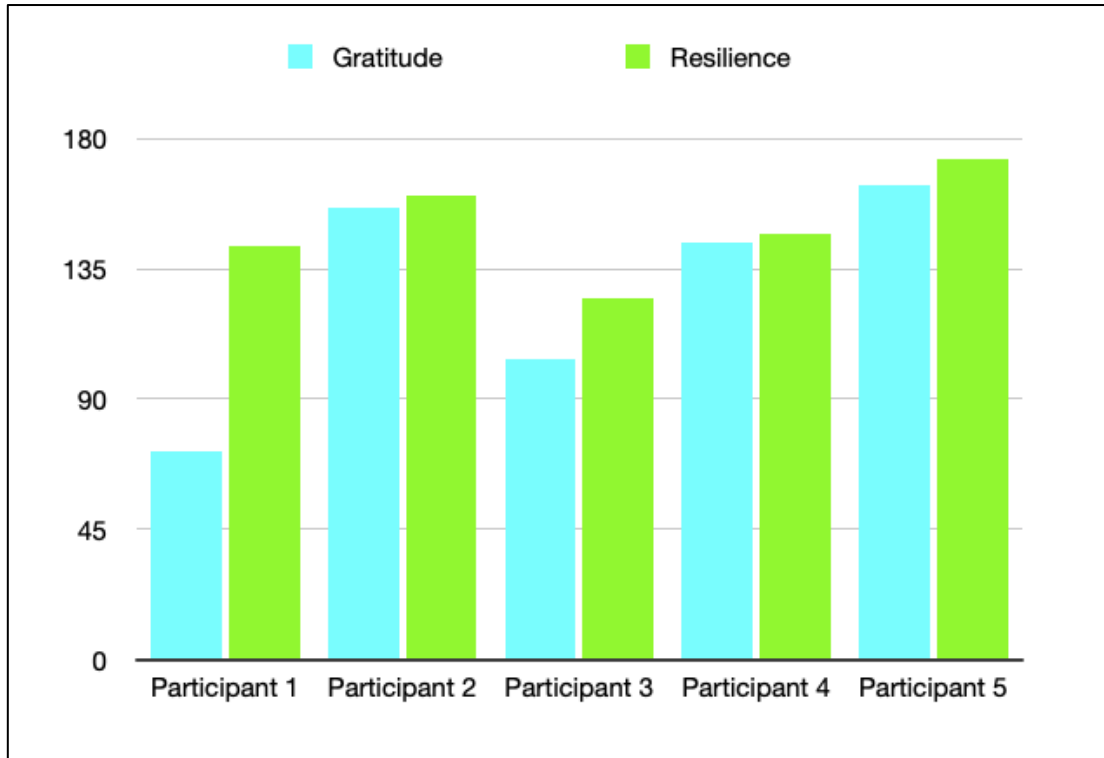
The sample was collected from 25 participants of age group (18-25years). The purpose of the study was made clear to the participant. The participants were asked to fill their responses on the given questionnaire. The instructions were given to them and all the queries were resolved. They were assured that their information would be kept confidential throughout the study. The data collected was then calculated.

**CHAPTER 4
RESULTS**
Table showing Raw Scores-

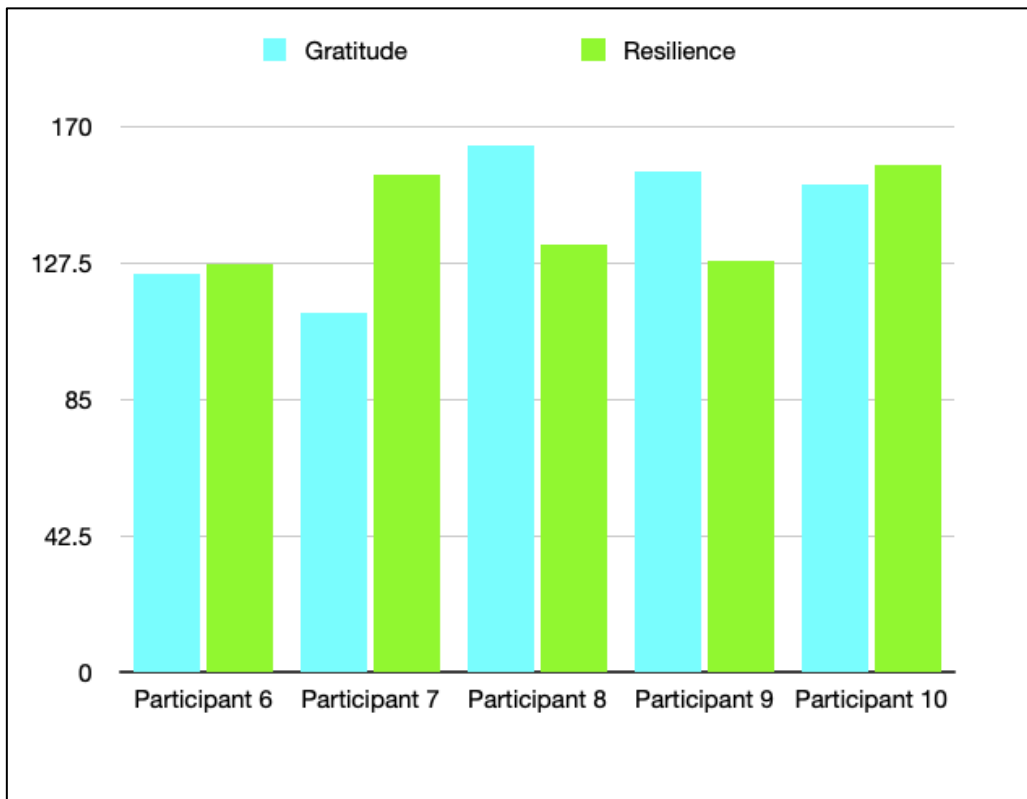
S. No.	Participant	Gratitude Score	Interpretation	Resilience score	Interpretation
1	Miss L. K.	72	Low	143	High
2	Miss A. A.	156	High	160	Very high
3	Miss K. N.	104	Moderate	125	Moderate
4	Mr. D. K.	144	High	147	High
5	Mr. A. H.	164	High	173	Very high
6	Miss H. S.	124	High	127	Moderate
7	Mr. R. H.	112	Moderate	155	Very high
8	Miss A. N.	164	High	133	High
9	Mr. R. H.	156	High	128	Moderate
10	Miss T. S.	152	High	158	Very high
11	Miss D. S.	120	Moderate	151	Very high
12	Miss R. I.	120	Moderate	133	High
13	Miss U. P.	168	High	178	Very high
14	Miss S. H.	164	High	162	Very high
15	Mr. M. S.	108	Moderate	128	Moderate
16	Mr. H. S.	144	High	138	High
17	Mr. A. A. K.	168	High	160	Very high
18	Miss S. H.	124	High	146	High
19	Mr. A. R.	144	High	144	High
20	Miss S. J.	120	Moderate	144	High
21	Mr. W. H.	132	High	138	High
22	Miss F. K.	128	High	133	High
23	Miss V. M.	120	Moderate	152	Very high
24	Miss F. E. U.	128	High	130	Moderate
25	Miss V. S.	100	Moderate	108	Moderate

Graphs-

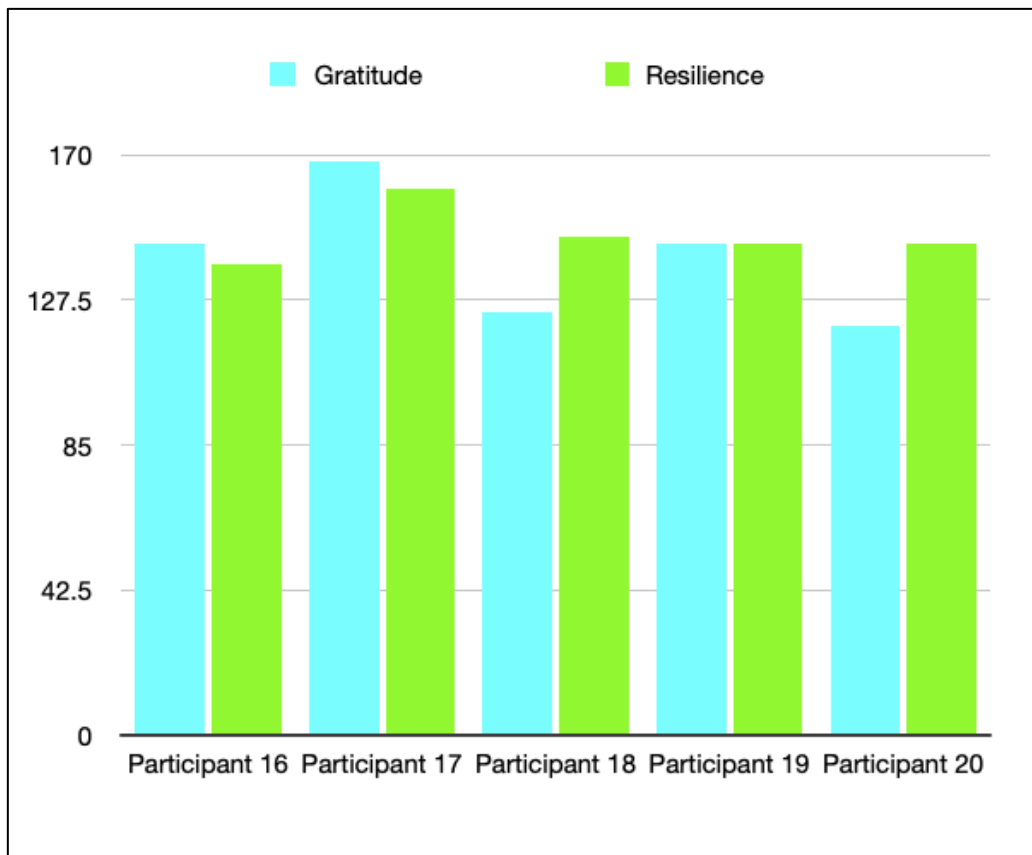
Graph 1



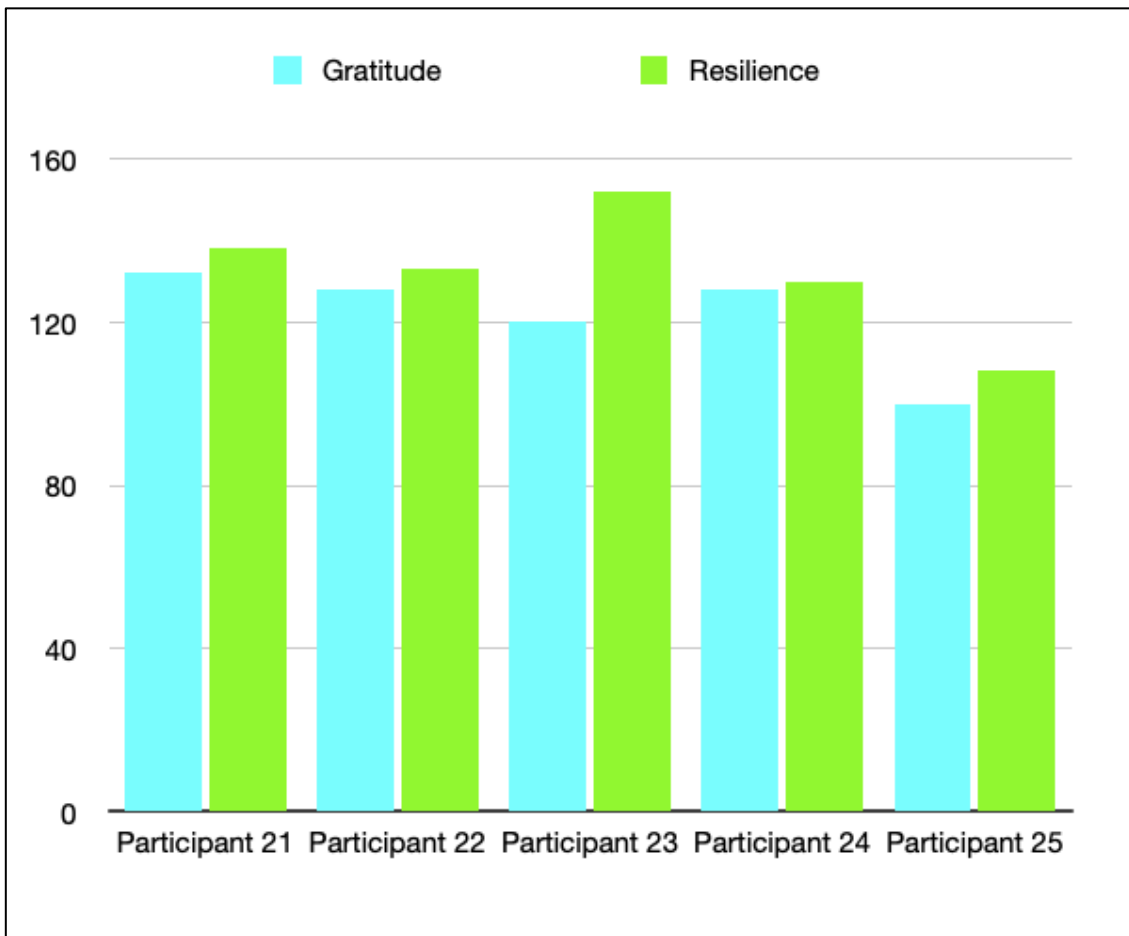
Graph 2



Graph 3



Graph 4



Graph 5

Inference of the Graphs-

Graph 1- Graph 1 shows the relationship between gratitude and resilience of participants 1 to 5. As we can see, the 1st participant has a **low** gratitude level but a **high** resilience level. The 2nd participant has **high** gratitude level and a **very high** resilience level. The 3rd participant has **moderate** gratitude level and a **moderate** resilience level. The 4th participant has **high** gratitude level and a **high** resilience level. The 5th participant has **high** gratitude level and a **very high** resilience level.

Graph 2- Graph 2 shows the relationship between gratitude and resilience of participants 6 to 10. As we can see, the 6th participant has a **high** gratitude level but a **moderate** resilience level. The 7th participant has **moderate** gratitude level and a **very high** resilience level. The 8th participant has **high** gratitude level and a **high** resilience level. The 9th participant has **high** gratitude level and a **moderate** resilience level. The 10th participant has **high** gratitude level and a **very high** resilience level.

Graph 3- Graph 3 shows the relationship between gratitude and resilience of participants 11 to 15. As we can see, the 11th participant has a **moderate** gratitude level but a **very high** resilience level. The 12th participant has **moderate** gratitude level and a **high** resilience level. The 13th participant has **high** gratitude level and a **very high** resilience level. The 14th participant has **high** gratitude level and a **very high** resilience level.

The 15th participant has **moderate** gratitude level and a **moderate** resilience level.

Graph 4- Graph 4 shows the relationship between gratitude and resilience of participants 16 to 20. As we can see, the 16th participant has a **high** gratitude level and a **high** resilience level.

The 17th participant has **high** gratitude level and a **very high** resilience level.

The 18th participant has **high** gratitude level and a **high** resilience level.

The 19th participant has **high** gratitude level and a **high** resilience level.

The 20th participant has **moderate** gratitude level and a **high** resilience level.

Graph 5-Graph 3 shows the relationship between gratitude and resilience of participants 16 to 20. As we can see, the 21st participant has a **high** gratitude level and a **high** resilience level.

The 22nd participant has **high** gratitude level and a **high** resilience level.

The 23rd participant has **moderate** gratitude level and a **very high** resilience level.

The 24th participant has **high** gratitude level and a **moderate** resilience level.

The 25th participant has **moderate** gratitude level and a **moderate** resilience level.

Table showing the calculation of the scores-

n	$\sum x$	$\sum y$	$\sum xy$	$\sum x^2$	$\sum y^2$
1	72	143	10296	5184	20449
2	156	160	24960	24336	25600
3	104	125	13000	10816	15625
4	144	147	21168	20736	21609
5	164	173	28372	26896	29929
6	124	127	15748	15376	16129
7	112	155	17360	12544	24025
8	164	133	21812	26896	17689
9	156	128	19968	24336	16384
10	152	158	24016	23104	24964
11	120	151	18120	14400	22801
12	120	133	15960	14400	17689
13	168	178	29904	28224	31684
14	164	162	26568	26896	26244
15	108	128	13824	11664	16384
16	144	138	19872	20736	19044
17	168	160	26880	28224	25600
18	124	146	18104	15376	21316
19	144	144	20736	20736	20736
20	120	144	17280	14400	20736
21	132	138	18216	17424	19044
22	128	133	17024	16384	17689
23	120	152	18240	14400	23104

24	128	130	16640	16384	16900
25	100	108	10800	10000	11664
Total =	3824	3776	484868	14622976	14258176

$n = 25$

$\sum xy = 484868$

$\sum x = 3824$

$\sum y = 3776$

$\sum x^2 = 14622976$

$\sum y^2 = 14258176$

$== -2217724/109579132$, which means 0.03.

Results

Parameter	Value
Pearson correlation coefficient (r)	0.5394
r ²	0.291
P-value	0.005388
Covariance	217.5267
Sample size (n)	25
Statistic	3.0724

r	217.5267	0.5394
=	24.7623*16.2847	

Results-

If the resultant score is between 0-1, it indicates a perfect positive linear relationship between the two variables that are being tested.

A "perfect positive linear relationship between two variables" refers to a situation where the relationship between the variables is perfectly linear and positive. In other words, as one variable increases, the other variable also increases in a perfectly straight line.

Mathematically, in the context of Pearson correlation coefficient, a perfect positive linear relationship between two variables means that the correlation coefficient (r) would be between 0-1. This indicates a perfect positive linear association between the variables. It implies that for every unit increase in one variable, there is a corresponding unit increase in the other variable, and vice versa.

However, it's essential to note that perfect positive linear relationships are relatively rare in real-world data. Most relationships between variables exhibit some degree of variability or deviation from perfect

linearity.

The concept of a perfect positive linear relationship between two variables encapsulates an ideal scenario where their connection is flawlessly aligned in a positive direction. In this context, when discussing gratitude and resilience, such a relationship signifies that as gratitude increases, resilience also increases proportionally, and vice versa. It embodies a harmonious progression where the elevation of one trait invariably accompanies the ascent of the other, delineating a trajectory of mutual reinforcement and support. Mathematically, this alignment manifests through a Pearson correlation coefficient (r) falling within the range of 0 to 1, symbolising the strength and directionality of this perfect positive linear association.

However, it's crucial to acknowledge the rarity of encountering such pristine relationships in real-world data. While the theoretical construct illustrates an idealized scenario, practical observations often reveal nuances and deviations from this ideal. Real-world dynamics introduce complexities and variations that temper the purity of linear relationships, underscoring the multifaceted nature of human behavior and interactions. Despite this, the confirmation of a direct relationship between gratitude and resilience substantiates the hypothesis posited earlier, affirming the intuitive link between these two pivotal constructs.

This inference holds profound implications for understanding and fostering psychological well-being. By recognising the inherent synergy between gratitude and resilience, individuals and practitioners can leverage this interplay to cultivate a more resilient mindset. Interventions aimed at nurturing gratitude may consequently serve as potent tools for bolstering resilience, empowering individuals to navigate life's challenges with greater fortitude and equanimity. Moreover, acknowledging the existence of this symbiotic relationship underscores the interconnectedness of positive psychological traits, highlighting the importance of holistic approaches to fostering personal growth and resilience.

In essence, while perfect positive linear relationships may be rare in practice, the confirmation of such a relationship between gratitude and resilience underscores the transformative potential inherent in fostering gratitude. By embracing and cultivating gratitude, individuals embark on a journey towards fortifying their resilience and navigating life's complexities with grace and resilience.

Inference-

The hypothesis stated earlier above has been proved to be true.

There is a direct relationship between gratitude and resilience.

CHAPTER 5

DISCUSSION AND CONCLUSION

Discussion

My research highlights a significant positive linear relationship between two pivotal psychological constructs: gratitude and resilience. Delving deeper into this connection reveals that individuals who exhibit higher levels of gratitude tend to demonstrate greater resilience when confronted with challenges and setbacks. This suggests that fostering an attitude of gratitude could serve as a protective factor against the detrimental effects of stress and adversity.

One plausible explanation for this association is that gratitude fosters cognitive flexibility and adaptive coping strategies. By regularly acknowledging and appreciating the positive aspects of life, individuals may develop a mindset that reframes setbacks as temporary hurdles rather than insurmountable obstacles, thereby enhancing their resilience.

Moreover, thankfulness increases interpersonal relationships and social support, both of which are essential for reducing stress and fostering resilience. Giving thanks to others builds relationships with people and promotes reciprocity, forming a network of support that can be relied upon for help and encouragement when things go tough.

Additionally, gratitude promotes the cultivation of interpersonal relationships and social support networks, both of which are crucial for alleviating stress and bolstering resilience. Expressing gratitude fosters connections with others and encourages reciprocal gestures, nurturing a supportive community that offers assistance and encouragement during challenging times. Recognising the implications of this relationship, integrating gratitude interventions into resilience-building programs holds promise for enhancing well-being and mental health outcomes.

Educators, mental health professionals, and community leaders can leverage these findings to design targeted interventions that cultivate resilience and gratitude across diverse demographic groups. Embracing gratitude and resilience as integral components of comprehensive well-being frameworks acknowledges the interconnected nature of human flourishing and underscores the importance of adopting a holistic approach to mental health promotion.

Conclusion

While my research sheds light on the gratitude-resilience nexus, further exploration is warranted to elucidate its causal nature and underlying mechanisms. Longitudinal studies tracking the evolution of gratitude and its impact on resilience, as well as vice versa, can provide valuable insights into the dynamic nature of this relationship over time. Additionally, investigating potential moderators and mediators, such as personality traits, coping mechanisms, and cultural influences, can enhance our understanding of the nuanced interplay between gratitude and resilience.

In conclusion, my research underscores the transformative potential of gratitude in fostering resilience and overall well-being. By nurturing gratitude and nurturing social connections, individuals can enhance their ability to navigate adversity and thrive amidst life's challenges. Let us harness the power of gratitude to cultivate a more resilient and flourishing society as we continue to explore the intricate dynamics between gratitude and resilience. My research emphasises how crucial it is to develop gratitude as a means of achieving resilience and overall wellbeing. Through cultivating an attitude of gratitude and nourishing social relationships, people can improve their capacity to overcome hardship and prosper in the face of life's obstacles.

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