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Name of Scholar : Supriya Srivastava
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Name of the Department/Centre : Department of Psychology
Topic of Research : Enhancing Well-Being through Gratitude Exercise:
Examining the Role of Spirituality and Humility

Finding

Present study investigated the influence of two potential moderators i.e. spirituality and humility on the relationship between gratitude exercise and well-being. The study was conducted into 3 phases. Phase 1 involved the collection, analysis, and evaluation of quantitative data; phase 2 involved arranging, undertaking interviews, analyzing, and evaluating the qualitative data and phase 3 qualitative data was used to contextualize the quantitative findings. Participants of the present study were 120 working Indian adults (IT professionals) age 25-35 years ($M=29.16$, $SD=2.09$). Participants were selected through purposive sampling, and randomly allotted to both groups. All participants were measured at 3 points in time: Day1 (pre), Day 30 (post), Day 60 (follow-up). The overall results showed that gratitude exercise leads to increased well-being among gratitude group, as compared to the no-treatment control group at post exercise and follow-up. Spirituality moderated the relationship between gratitude exercise and well-being; however, humility was not found to be a significant moderator. Performing the gratitude exercises benefited all participants; however, it was found that those with high spirituality at baseline benefited the most. As a result, future gratitude research should take into account the likelihood of varied effects of gratitude exercises on participants with varying levels of spirituality.