

# Analysis of Subjective Well-being and Gratitude among Adolescents in Tirunelveli District

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## Abstract

**Introduction:** One of the most important goals of human being in life is to be happy. Happiness is being evaluated with subjective well-being concept in psychology. Gratitude is an acknowledgment made by a person to others for receiving anything of value.

**Aim and Objectives:** (i) To assess the levels of subjective well-being and gratitude among adolescents by administering suitable questionnaires, (ii) to find whether the subjective well-being is related to the age or gender of the individual, and (iii) to find out the association between well-being and gratitude.

**Materials and Methods:** The study is done in adolescents of age 13-19 years from schools and colleges and data from them is collected by the questionnaire.

**Results and Conclusion:** The data collected from 392 adolescents were analyzed with SPSS and found to have decrease in subjective well-being with increasing age, and there is no difference in subjective well-being between males and females.

**Key words:** Adolescents, Gratitude, Subjective well-being

## INTRODUCTION

All of us would like to spend our lives happily.<sup>1</sup> Individuals live with a happy future expectation.<sup>2</sup> Happiness is being evaluated with subjective well-being concept in psychology. Subjective well-being means evaluating own positive and negative affections and life satisfaction of individuals. Gratitude is an acknowledgment made by a person to others for receiving anything of value. Gratitude has been found to be associated with an increase in happiness, life satisfaction, hope, empathy, self-esteem, and positive emotions. Adolescence is a period in which various physical, cognitive, social, and ethical changes occur. To experience healthy adolescence, it is important to develop better mental health. It has been reviewed from many studies that individuals having a higher subjective well-being are more social and creative, have a better immune system,

live longer, earn more money are better citizens, are more productive in business life and cope with stress better. Hence, this study is undertaken.

## Aims and Objectives

1. To assess the levels of subjective well-being and gratitude among adolescents by administering suitable questionnaires
2. To find whether the subjective well-being is related to the age or gender of the individual
3. To find out the association between well-being and gratitude.

## MATERIALS AND METHODS

The study was conducted in various schools and colleges in Tirunelveli after Institutional Ethical Committee clearance. Around 392 students, both male and female in the age group of 13-19 years were selected. Personal information regarding their family members, their educational status, occupation, and H/O any chronic illness, etc., were obtained by a pro forma, and the subjective well-being is assessed by a WHO Well-Being Index and Gratitude by GQ-6 questionnaire by Michael E *et al.*

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**Table 1: Age-sex distribution**

Age (years)	Sex		Total
	Male	Female	
12-15	78	167	245
16-19	70	77	147
Total	148	244	392

**Table 2: Comparing scores between different age groups**

Score	Mean±SD		P value	Statistical significance
	Age			
	12-15 years	16-19 years		
Well-being	16.35±3.8	14.52±4.7	<0.05	Significant
Gratitude score	29.15±6.1	29.90±7.3	>0.05	Not significant

The above data show that there is significant decrease in subjective well-being among the adolescents of 16-19 years, and there is no difference in gratitude scores between two groups. SD: Standard deviation

**Table 3: Comparing scores related to gender of the individual**

Score	Mean±SD		P value	Statistical significance
	Sex			
	Boys	Girls		
Well-being	15.21±4.5	15.94±4.09	>0.05	Not significant
Gratitude score	28.86±7.4	29.78±6.01	>0.05	Not significant

The above data show that there is no significant difference in both subjective well-being and gratitude between boys and girls. SD: Standard deviation

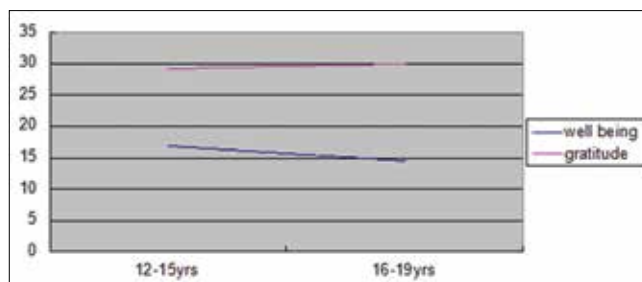
**Table 4: Comparing well-being and gratitude scores**

Well-being	Gratitude scores		Statistical inference
	Low N=193 (%)	High N=199 (%)	
Below 13	59 (30.6)	58 (29.1)	$\chi^2=0.095, df=1, 0.758>0.05$ Not significant
Above 13	134 (69.4)	141 (70.9)	

There is no correlation between well-being and gratitude scores

## RESULTS

The data collected were analyzed by SPSS. Among 392 adolescents analyzed 148 were males and 244 were females. The data collected were analyzed for age wise and sex wise difference in scores (Figure 1 and Tables 1-4).



**Figure 1: Comparing scores between different age groups**

## DISCUSSION

Results of our study show that there is a significant decrease in subjective well-being in adolescents of the age group between 16 and 19 years, as compared to the younger age group. This may be attributed to the stress on them, because of educational burden and fear about their future plans. There is no difference in the scores of subjective well-being and gratitude between boys and girls. These results correlate with the findings of Eryilmaz (2010)<sup>3</sup> and Sood and Gupta.<sup>4</sup> From these facts, we can find that there is no difference in the treatment of boys and girls at the family and the people whom they come across so much as to cause any difference in the scores related to gender of the individuals. Even though some studies<sup>5</sup> show that feeling of gratitude increases the positive thoughts and improves well-being, in our study, there is no such correlation and is similar to study by Sood and Gupta.<sup>4</sup>

## CONCLUSION

In the schools and colleges, adolescents of 16-19 years should be focused on improving the subjective well-being and causes of decrease in well-being should be further investigated in future studies.

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