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“A STUDY TO ASSESS THE EFFECTIVENESS OF GRATITUDE TRAINING PROGRAMME ON HAPPINESS AND PSYCHOLOGICAL WELL – BEING AMONG THE STUDENTS OF COLLEGE OF NURSING, ADESH UNIVERSITY, BATHINDA, PUNJAB.”

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Abstract: The aim of the study was to assess the “A study to assess the effectiveness of gratitude training programme on happiness and PWB among the students of College of Nursing, Adesh University, Bathinda, Punjab.” 250 nursing students who met the inclusion criteria of study were selected by convenience sampling technique. Data was collected using standardised tools, Gratitude 6 items Questionnaire, Oxford happiness scale and Ryff's Psychological well-being scale.

I. INTRODUCTION

It's not happiness that brings us gratitude, it's gratitude that brings us Happiness. (Melody Beattie) Happiness is a journey rather than a destination. Happiness is frequently linked to subjective wellness, which includes emotional states like good and negative emotions and cognitive assessments like life satisfaction. (Diene, 2000).

Numerous factors influence this multifaceted emotion, which is defined by fulfilment, joy, and contentment. These include relationships with others, work-related pursuits, physical well-being, and personal values. Additionally, it is impacted by how a person views herself and the world. (Seligman's PERMA Model, 2011). Life satisfaction and overall emotional well-being are often used to gauge happiness, which is generally described as the equilibrium between good and negative feelings across time. Numerous factors can contribute to a lack of happiness that varies from person to person. Mental health conditions like depression and anxiety, social isolation, unfulfilled basic needs, poverty, unemployment, poor work-life balance, negative thought patterns, a lack of purpose, physical health issues, chronic illnesses, disabilities, poor relationships, and environmental stressors are all frequently studied factors. (Diener, E., & Seligman, M. E. P., 2004).

There are several ways for people to increase their level of happiness. Among these are building strong relationships, taking care of one's health, finding rewarding and practicing gratitude. Lyubomirsky, S (2007)

According to the research that "happiness attracts happiness," adopting a positive attitude and engaging in positive activities can lead to more enjoyable experiences and results, initiating a positive feedback loop. One method to apply the law of attraction to promote happiness is to concentrate on being grateful for what we have, even if it seems insufficient. When we practice appreciation, we shift our focus from what we need to what we already have when we practice appreciation. This change in viewpoint might make it

easier for us to enjoy the little things in life and the present moment, which lowers tension and worry and leads to a contented and joyful existence. **(Lyubomirsky and others, 2005).**

It is difficult for people to find contentment and happiness in the modern world. Occasionally, people ask the tired question, "What is the meaning of life and its purpose or "Why are we born?" Do all of us lead the happiest lives possible? What can lead to a fulfilling life? All of them are unanswered questions. The world still needs more, but many philosophers, spiritual leaders, psychologists, and scientists have attempted to address these issues and have developed some crucial ideas to achieve inner well-being and contented living. Making everyone happy at once is a difficult task, but there are opportunities to start the process of enhancing psychological wellbeing. Gratitude is a wonderful and simple method to enhance one's general well-being by standing at that Feeling grateful can lead to a successful life and hold the key to finding life's ultimate purpose, according to numerous studies. **(M. E. McCullough and R.A. Emmons,2003)**

Mahdavi, M., and Hosseini, M. M. (2021) carried out a quasi-experimental study at the University of Tehran, Iran. A sample of one hundred nursing students was selected through a simple random selection technique. Data was collected using the State-Trait Anxiety Inventory to measure anxiety, the Warwick Edinburgh Mental Well-being Scale to measure wellbeing, and the Gratitude Questionnaire-Six Item Form (GQ-6). Happiness scores increased by 21%, indicating improvements in emotional resilience; 27% increase in well-being in the experimental group; anxiety decreases by 19%.

One facet of mental wellness is the absence of mental diseases. It is crucial to health; in fact, health cannot exist without mental well-being. Mental health is influenced by a wide range of biological, environmental, and social factors. **(World Health Organization, 2001).** When someone is in good mental health, they may realize their own potential, handle daily challenges, work effectively and efficiently, and give back to their community. **(World Health Organization, 2004)**

Psychological well-being is described as an individual's subjective impression of positive emotional experiences, such as happiness, life contentment, and a feeling of purpose. This holistic perspective addresses many aspects of a person's mental and emotional well-being, including positive relationships, personal development, acceptance of oneself and self-worth, and a sense of control over one's life. **Ryff,C.D.(1989)**

Positive emotions, positive psychological functioning, and a sense of meaning and purpose in life are all characteristics of this mental illness. **(Martin E.P. Seligman, 2011)**

The definition of psychological wellbeing is a topic of debate among researchers. Psychological wellness is "a state of mind in which an individual is able to develop their potential, work productively, and creatively, and is able to cope with the normal stressor of life. **(WHO,2001)**

Research has identified six essential components of PWB: self-acceptance, competence, autonomy, good relationships, personal development, and life purpose. Autonomy is the ability to make your own decisions without unnecessarily relying on the opinions or approval of others. The capacity to apply one's knowledge, abilities, and skills to resolve problems and accomplish desired tasks is known as competence. Healthy connections can foster partnerships that are supportive, caring, and trustworthy. Self-loving individuals recognize that, like everyone else, they have both strengths and shortcomings, purposeful people have a sense of direction in entity, and those who prioritize personal development are open for learning and new experiences. They are conscious of their basic principles, which could include being a successful professional, a loving father, a helpful friend, or an engaged member of the community. **Ryff, C. D. (1989)**

Numerous variables affect PWB, such as biology and genetics, relationship quality, optimism versus pessimism, socioeconomic level, education and employment, life events, and stress. Genetic factors affect mental health, including susceptibility to conditions like stress, anxiety, and depression, and imbalances in neurotransmitters like serotonin and dopamine can significantly affect mood and psychological well-being. Supportive interactions with friends, family, and partners can improve mental health and stress tolerance. Pessimists may experience more stress and depression, whereas optimists usually have better psychological health due to their high expectations. Higher income and financial stability are often associated with better mental health. However, poverty and financial difficulty make stress and mental problems worse. Higher education and regular employment can improve psychological well-being by providing people with a sense of autonomy, purpose, and accomplishment. Stressful life situations, such as divorce, job loss, or bereavement, can have a negative impact on mental health. **(Singer, Barbara Singer, & Ryff,C.D.,1998)**

Improving psychological wellbeing is essential to mental health and personal growth. A few techniques to enhance psychological well-being include mindfulness, self-compassion, positive social connections, physical activity and exercise, acts of kindness, engagement in meaningful activities (Flow), and gratitude.

(Keyes, C. L. M., & Haidt, J., 2003) Mindfulness is the practice of being fully present and conscious of the present moment without passing judgment **(Kabat-Zinn, J., 2003)** Self-compassion is treating oneself with kindness and understanding rather than being unnecessarily critical of oneself when one is struggling or failing. It encourages people to accept their imperfections and recognize their shared humanity. Strong social bonds are essential for psychological well-being. Strong bonds increase a person's sense of community, provide emotional support, and increase enjoyment in life. Numerous studies have shown that strong social bonds are associated with longer, healthier lives and reduced rates of anxiety and depression. **(K. D. Neff, 2003)**

Even small acts of kindness can have a big impact on someone's mental well-being. Research has shown that helping others increases feelings of happiness, self-worth, and social connectedness. When someone is completely absorbed in a challenging and rewarding activity, they experience a psychological state called as Engagement in Meaningful Activities (Flow). People who regularly experience flow report higher levels of wellbeing, pleasure, and contentment. **(Cohen & Wills, 1985)**

One of the finest strategies to enhance psychological wellbeing is to cultivate gratitude. Thankfulness has been shown to improve mood, increase resilience, and strengthen social bonds, among other positive outcomes. **(M. E. McCullough and R. A. Emmons, 2003)**

Gratitude term is taken from the Medieval Latin *gratitudinem* and Latin *gratus* about the middle of the 15th century. It originally meant "good will," but by the 1560s, it had evolved to signify "thankfulness." The word "gratitude" can mean several things depending on the context. However, the following is a helpful clinical description.

It's hard to define gratitude. It has been described as a personality trait, coping mechanism, attitude, emotion, and moral virtue. It appears to be connected to both personality traits and moral and subjective well-being. Gratitude is a compassionate expression that is not always connected to joyful moments, enabling one to feel good even in the midst of hardship or the most difficult situations. Whether it is to Mother Nature, the Almighty, ourselves, or others, expressing gratitude in any form can broaden our perspectives and improve our mood. We feel good, especially delighted, when we express gratitude to others and to ourselves. By fostering feelings of joy and contentment, gratitude also has an impact on our overall health and wellbeing. Gratitude is a psychological quality that significantly boosts happiness and has a good impact on one's wellbeing. It is an enthusiastic reaction to receiving a gift or advantage from others. **(Emmons RA, McCullough ME, 2004).**

As an emotion, gratitude is a two-phase cognitive process: A) admitting that something positive has been accomplished, and B) admitting that the other, as an external source, has affected this accomplishment **(Weiner, 1985)**. The term "gratitude" has been used to refer to a wide range of concepts, such as acknowledging the fleeting nature of material blessings, appreciating the help of others, thinking about the world's miracles, participating in related rituals like prayer, keeping a constant focus on life's positive aspects, and contrasting events with worse ones. **Froh, Wood, and Geraghty (2010)**

Gratitude for God, other people, life, and existence can lead to contentment, mental and physical health, and more satisfying relationships with others **(Emmons & Crumpler, 2000)**. It has been demonstrated that there is a logical relationship between thankfulness and wellbeing, with the idea that gratitude fosters positive feelings that improve general wellbeing. The brain processes that underlie sentiments of gratitude have received attention **(Wood et al., 2008)**. According to research, the right anterior temporal cortex is active when moral judgments containing feelings of thankfulness are made **(Zahn et al., 2009)**. People who show and feel appreciation have increased gray matter in the right inferior temporal gyrus **(Zahn et al., 2014)**.

Gratitude, according to Emily Fletcher, the founder of the popular meditation training website Ziva, is a "natural antidepressant." When practiced regularly, the benefits of gratitude may be nearly identical to those of medicine. It creates a long-lasting sense of happiness and pleasure with a neurotransmitter-based physiological basis. Our brains release dopamine and serotonin, two essential chemicals that control our emotions and make us feel "good," when we show appreciation and receive the same. These molecules instantly lift our spirits, and give us a sense of inner fulfillment. By consciously practicing gratitude on a regular basis, we may create these neural connections and ultimately cultivate an appreciative and pleasant disposition within ourselves. **Zahn and associates (2014)**

O'Connell, B. H., & O'Shea, D. (2022) carried out a quasi-experimental study during the COVID-19 epidemic, to evaluate the impact of a gratitude intervention on the mental health of college students. A sample of 87 students were chosen for the study, which was conducted in a university context, using convenience sampling. Data was collected by using Likert scale for mental wellness. Result showed that

the experimental group's inner harmony increased by a substantial 0.74 effect size, in the control group there is 41% decrease in well-being, within-group well-being raise by 35%.

Researchers have found that increased well-being typically leads to increased productivity in the medical profession, at work, and in social settings. (Keyes & Grzywacz, 2005). In addition to improving wellbeing, emotional health, and life satisfaction, the "Three Good Things" thanksgiving exercise encourages focusing on positive events and redirecting attention from bad ones. Steen, Peterson, C., Park, N., and Seligman (2005)

We hardly notice in daily life that we give considerably less than we receive, and that gratitude makes life richer. Studies show that those who routinely express gratitude report less degree of strain, anxiety, depression as well as increase in levels of happiness, optimism, and existence satisfaction. Other neuroscience studies that demonstrate how gratitude affects reward and social bonding regions of the brain lend credence to these claims. The connection between contentment, health, and thankfulness has been clarified by a number of psychological theories. These concepts highlight the ways in which positive emotions, psychological needs, and social relationships all support mental wellness. This theory holds that expressing good emotions, such as gratitude, broadens one's cognitive repertoire and promotes creativity, adaptability, and openness to new experiences. By increasing their cognitive and behavioural repertoires through appreciation, people can build human assets including problem-solving abilities, networks of friends, and endurance. Fredrickson's Broaden (2001)

These may be advantageous for long-term mental health. People who experience gratitude on a regular basis are more likely to engage in activities that sustain positive affect, which leads to an upward spiral toward emotional well-being and life satisfaction (Fredrickson, 2004)

3.1 Population and Sample

A sample is a small part of the population which is selected to represent the population from which it is drawn, in order to carry out a research. 250 nursing students from College of Nursing, Adesh University, Bathinda, Punjab were included in the current study.

3.2 Data and Sources of Data

Data will be collecting by using Gratitude Questionnaire-Six Item Form (GQ-6 Michael E. McCullough, Robert A. Emmons, and Jo-Ann Tsang 2002) to assess level of gratitude, The Oxford Happiness Questionnaire (Hills & Argyle, 2002) is use to assess level of happiness and Ryff's Scale of psychological wellbeing (Carol Ryff, 1989) to assess level of psychological wellbeing among nursing students.

3.3 Theoretical framework

The study contains three different types of variables: independent, dependent, and sociodemographic variables.

Independent variables: An independent variable is one that dose not rely on another and can stand alone. Gratitude training is independent variable in this study.

Dependent variable: The impact of an action on an independent variable is known as the dependent variable. Level of gratitude, happiness and psychological well-being was the dependent variable in this study.

Socio-demographic variable: Traits and qualities of the research participants are referred to as socio-demographic factors. Age (in years), gender, religion, marital status, socio economic status, course of study, year of study, eating habits, area of residence, current living area, number of siblings, physical illness, academic stress, supporting system, previous exposure to Gratitude training programme.

RESEARCH METHODOLOGY

This chapter covers the outline of the researcher's selected research methodology. Research technique is the process a researcher uses to go from the first discovery of an issue to its resolution. The demographic, sample, sampling strategies, variables, settings, design, and research methods are all covered in this chapter. Additional subjects include the pilot study, data gathering technique, data analysis strategy, data collection process, and tool description.

Convenience sampling has been selected to choose 125 nursing students for the experimental group and 125 for control group. The experimental group was further split into two groups, Group A and Group B. The Gratitude Questionnaire-Six Item Form (GQ-6) scale, the Oxford Happiness Questionnaire, and Ryff's Psychological Well-Being scale were used in the pre-test to gauge participants' levels of gratitude, happiness, and PWB. These scales were used to administer a post-test to each group following the completion of 12 sessions of the Gratitude training program. Sessions of Gratitude training programme was not given to the control group.

Data will be collecting by using Gratitude Questionnaire-Six Item Form (GQ-6) (Michael E. McCullough, Robert A. Emmons, and Jo-Ann Tsang 2002) to assess level of gratitude, The Oxford Happiness Questionnaire (Hills & Argyle, 2002) is use to assess level of happiness and Ryff's Scale of psychological wellbeing (Carol Ryff, 1989) to assess level of psychological wellbeing among nursing students.

Gratitude training will be given, which will include activities like gratitude journaling, gratitude letters, Three Good Things (TGT exercise), gratitude meditation, gratitude visualizations, gifts gesturing to enhance gratitude, happiness and psychological wellbeing among Nursing Students.

3.4 Statistical tools and model for conceptual framework

It was decided to evaluate the data using both descriptive and inferential statistics based on the objectives and hypothesis and for conceptual framework Ludwig Von Bertalanffy general system model has been used.

3.4.1 Descriptive analysis:

1. Frequency and percentage distribution was used to describe the socio-demographic variables of nursing learners.
2. Mean and standard deviation was used to assess the level of gratitude, happiness and psychological well-being among nursing students.

Inferential statistics:

1. Paired t-test was used to compare the pre-intervention and post intervention level of gratitude, happiness and psychological well-being among group.
2. The unpaired t-test was used to assess the statistical significance and to check the pre-intervention and post-intervention level of gratitude, happiness and psychological well-being between the groups.
3. The chi square (χ^2) test was used to find out the association between level of gratitude, happiness and psychological well-being scores among nursing students with their selected socio demographic variables.

IV. RESULTS AND DISCUSSION

	Experimental group		Control group		Unpaired t test			
Pretest	Mean	SD	Mean	SD	df	t value	Table value	P value
	26.16	5.780	27.44	4.855	248	1.908	1.97	<0.058 NS
Post test	32.98	5.202	27.61	5.238	248	8.142	1.97	<0.001 S

It shows the comparison of effectiveness of Gratitude Training Programme on level of gratitude between experimental group and control group. Pre-test mean and SD of level of gratitude among experimental and control group was 26.16 ± 5.78 and 27.44 ± 4.855 respectively. The pre-interventional calculated 't' value 1.908 was less than that of table value 1.98 at degree of freedom 248 and the result was found to be non-significant at $p < 0.05$ level of significance.

Post-test mean and SD of level gratitude among experimental and control group was 32.98 ± 27.61 and 5.202 ± 5.238 respectively. The post-interventional calculated 't' value 8.142 was higher than that of table value 1.98 at degree of freedom 248 and the result was found to be significant at $p < 0.05$ level of significance. Hence, hypothesis H2.1 i.e. "There will be significant difference in Post-test level of gratitude being among experimental group and control group.

	Experimental group		Control group		Unpaired t test			
Pretest	Mean	SD	Mean	SD	df	t value	Table value	P value
	105.18	18.90	105.80	15.170	248	0.292	1.98	0.771 NS
Post test	129.01	23.104	105.83	15.058	248	9.396	1.98	<0.001 S

It shows the comparison of effectiveness of Gratitude Training Programme on happiness within the experimental group. The pre-test and post-test Mean and SD of level of happiness among nursing students in experimental group was 105.18 ± 18.900 and 129.01 ± 23.104 respectively. The calculated t' value 8.773 was higher than that of table value 1.98 at degree of freedom 124 and the result was found to be significant at 0.05 level of significance.

It shows that the Gratitude Training Programme was effective in improving the happiness among the nursing students.

	Experimental group		Control group		Unpaired t test			
Pretest	Mean	SD	Mean	SD	Df	t value	Table value	P value
	155.18	16.87	158.352	20.23	248	1.344	1.98	0.18 NS
Post test	185.23	15.39	156.86	17.58	248	13.57	1.98	<0.001 S

It shows the comparison of effectiveness of Gratitude Training Programme on level of psychological well-being between experimental group and control group. Pre-test mean and SD of level of among experimental and control group was 155.18 ± 16.87 , 158.352 ± 20.23 respectively. The pre-interventional calculated 't' value 1.34, was less than that of table value 1.98 at degree of freedom 248 and the result was found to be non-significant at $p < 0.05$ level of significance.

Post-test mean and SD of level of psychological well - being among experimental and control group was 185.23 ± 15.39 and 156.86 ± 17.58 respectively. The postinterventional calculated 't' value 13.57 was higher than that of table value 1.98 at degree of freedom 248 and the result was found to be significant at $p < 0.05$ level of significance. Hence, hypothesis H2.1 i.e. "There will be significant difference in Post-test level of psychological well being among experimental group and control group".

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