



Examining the influence of Gratitude and Resilience on the Subjective Well-being among Young Adults in Delhi NCR.

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ABSTRACT

The study examines the impact of gratitude and resilience on the subjective well-being of young adults (18-24) in Delhi NCR. Gratitude and resilience are recognized as pivotal elements contributing to subjective well-being, especially during the transitional phase of emerging adulthood, facilitating the development of positive psychological functioning, adaptive coping

mechanisms, and emotional resilience. A sample of 150 young adults (18-24) from Delhi NCR participated in this research. Participants completed self-report assessments utilizing the Gratitude Questionnaire-6 (GQ-6), Connor-Davidson Resilience Scale (CD-RISC-25), and Satisfaction with Life Scale (SWLS) to measure gratitude, resilience, and subjective well-being. The results indicated that both gratitude and resilience have a moderate impact on subjective well-being, enriching the existing literature on positive psychology and well-being by elucidating the factors that foster subjective well-being among young adults in urban settings. These findings carry implications for interventions and initiatives aimed at bolstering well-being and resilience in this demographic, providing valuable insights for mental health practitioners, educators, and policymakers in Delhi NCR and beyond.

Keywords: Gratitude, Resilience, Subjective Well-being, Young Adults

Introduction

Subjective Well-being

Subjective well-being (SWB) is a measure of an individual's happiness and life satisfaction, usually assessed by self-report questionnaires. Diener (1984) proposed a three-part model of SWB that examines how people perceive and evaluate the overall quality of their lives, considering both their emotional experiences and cognitive evaluations. This model suggests that well-being consists of three interconnected elements: a) frequent experiences of positive emotions, b) infrequent experiences of negative emotions, and c) cognitive evaluations such as life satisfaction. SWB encompasses various aspects, including experiencing high levels of positive emotions and

moods, low levels of negative emotions and moods, and having a high level of satisfaction with one's life (Stan, 2011).

Subjective well-being, commonly known as happiness, is a wide-ranging concept that encompasses an individual's overall perception and experience of life. It includes both the cognitive assessment of one's life, known as life satisfaction, and the emotional responses to one's life, referred to as emotional well-being. Numerous studies indicate that subjective well-being is affected by a range of factors, including personal characteristics, social connections, job fulfillment, and physical well-being. These elements collectively contribute to an individual's sense of happiness and fulfillment in life. SWB comprises three key elements: affect, life satisfaction, and eudaimonia. Affect refers to hedonic measures, while life satisfaction pertains to cognitive measures. Eudaimonia encompasses a sense of meaning and purpose. Contemporary studies emphasize the significance of accurately evaluating SWB within a society by examining the individual impact of each SWB component (Diener et al., 2018).

Affect

Affect pertains to an individual's emotions, moods, and sentiments. These can encompass entirely positive experiences, wholly negative ones, or a blend of both positivity and negativity. Certain studies also suggest that feelings of reward are distinct from positive and negative affect. Additionally, research acknowledges that when assessing subjective well-being, the methods used to gauge affect can be applied interchangeably to both children and adults (Dolan, 2009).

Life Satisfaction

Life satisfaction, which refers to an "individual's overall assessment of their life, and satisfaction with specific areas of life such as work, are considered to be cognitive aspects of

subjective well-being (SWB).” The term "happiness" is sometimes used interchangeably with SWB and has been defined in various ways. It can be seen as the fulfillment of desires and goals, which is related to life satisfaction (Diener, 2000).

It can also be understood as having a greater number of positive emotions compared to negative emotions, thus relating to the emotional components of SWB. Happiness can also be described as contentment and maintaining a consistently optimistic mood state. This concept may involve evaluating one's life based on affective experiences (Diener, 1999).

Life satisfaction is often referred to as the "stable" component of an individual's life. Affective aspects of SWB can be examined in terms of momentary emotional states, as well as longer-term moods and tendencies. This includes considering the overall level of positive and/or negative emotions that a person typically experiences over a certain period (Ruggeri et al. 2020).

Eudaimonia

Eudaimonia measures aim to quantify attributes such as virtue and wisdom, as well as concepts related to realizing our potential, such as meaning, purpose, and flourishing. Eudaimonia measures are often considered a fundamental aspect of subjective well-being (SWB), especially in the field of positive psychology. However, it remains unclear whether measures of meaning truly capture well-being, and there is limited data available on this topic (Athanasios, 2023).

Establishing the reliability of eudaimonia measures in assessing SWB is challenging, and further research is necessary to enhance the reliability of research methods that incorporate this component of subjective well-being. As interdisciplinary research becomes more prevalent, it is likely that a deeper understanding of previously overlooked eudaimonia experiences will emerge through more dependable research approaches. The significance of assessing an individual's

eudaimonia in comprehending their subjective well-being is evident from studies conducted with elementary school students and can be recognized at an early stage (Linda, 2022).

Gratitude

Gratitude is characterized by a feeling of joy and appreciation in response to a fortuitous event or material present. Research in positive psychology has shown that practicing gratitude can have a profound impact on one's mental and emotional well-being. It can improve mood, reduce stress, and contribute to an overall sense of fulfillment in life (American Psychology Association, 2002).

Gratitude is both a state and a trait, better explained, one can experience gratitude for someone or something at a certain moment in time, and someone experience gratitude more long-term as a positive character trait (Jans-Beken et al., 2020).

Gratitude has deep roots in various religions, such as Buddhism, Judaism, and Christianity, where it is indicative of interconnectedness and sustenance, and is often expressed through blessings or prayers. Additionally, in a review of the literature, gratitude has been found to have positive associations with positive affect, life satisfaction, extraversion, forgiveness, and negative associations with substance abuse, neuroticism, anxiety, and depression (Emmons & McCullough, 2003).

The feeling of gratitude involves two stages (Emmons & McCullough, 2003) as discussed.

First comes the acknowledgment of goodness in one's life. In a state of gratitude, one can say yes to life. An individual affirms that, all in all, life is good and has elements that make it worth living. The acknowledgment that we have received something gratifies us, both by its presence and by the effort the giver put into choosing it.

Secondly, gratitude involves acknowledging that the origins of this positive influence come from external sources. An individual has the capacity to express gratitude towards our creator, fellow human beings, animals, and the world around us, but not towards ourselves. During this phase, an individual acknowledges the positive aspects of our lives and identify those individuals or entities to whom we should express our appreciation.

Gratitude and Subjective Well-being

In the area of positive psychology, gratitude has been the topic of much study, and findings have repeatedly shown that it is associated with improved subjective well-being, such as higher life satisfaction, positive affect, and psychological well-being overall (Wood et al., 2010). Individuals who show gratitude for the good things in their lives daily are more likely to report feeling satisfied with their lives (Froh & Miller, 2009). Furthermore, it has been demonstrated that thankfulness increases good affect, such as joy, happiness, and satisfaction (Wood et al., 2010).

Mechanism through which gratitude enhances subjective well-being is by shifting individuals' attention away from negative aspects of their lives towards positive ones. This cognitive reframing helps individuals reinterpret their experiences in a more positive light, leading to greater overall life satisfaction. For example, in a longitudinal studied individuals who reported higher levels of gratitude at baseline experienced greater increases in subjective well-being over time, suggesting that gratitude may act as a protective factor against negative emotional states and contribute to long-term psychological resilience (Watkins, 2003).

Furthermore, gratitude has been linked to reduced levels of negative affect, such as anxiety, depression, and stress. By focusing on the positive aspects of one's life, individuals may experience fewer negative emotions and psychological distress. For instance, in a study, participants who

engaged in a gratitude intervention reported significant reductions in depressive symptoms compared to a control group, highlighting the therapeutic benefits of practicing gratitude for mental health and well-being (Lambert, 2010).

Resilience

Resilience, defined as the “ability to bounce back from adversity, has garnered increasing attention in psychology and related fields. It is a complex construct influenced by various factors including individual characteristics, social support, and environmental resources” (Masten, 2001). Researchers have found that resilience plays a crucial role in promoting mental health and well-being, as well as facilitating successful adaptation to stressors and challenges (Bonanno, 2004).

One key aspect of resilience is its dynamic nature. Rather than being a fixed trait, resilience is malleable and can be cultivated over time through various interventions and experiences (Southwick & Charney, 2012). For example, engaging in activities that foster positive emotions, such as mindfulness meditation or gratitude exercises, has been shown to enhance resilience by promoting adaptive coping strategies and bolstering psychological resources (Tugade, 2004).

When faced with adversity, resilient individuals are able to maintain a positive mindset and outlook. They possess the ability to regulate their emotions and effectively manage stress. This emotional regulation allows them to stay focused and adaptable, enabling them to make appropriate decisions and take productive actions (Smith, 2016).

Resilience is a multifaceted construct that encompasses various factors at the individual, interpersonal, and environmental levels (Masten & Barnes, 2018). Key components include:

- Personal qualities such as optimism, self-efficacy, and problem-solving skills (Bonanno, 2004).
- Social support networks including family, friends, and community resources (Rutter, 1987).
- Access to external resources such as education, healthcare, and economic opportunities (Ungar, 2008).

Resilience and Subjective Well-being

The relationship between resilience and subjective well-being is deeply intertwined, forming a dynamic interplay that significantly impacts individuals' overall quality of life. Resilience, characterized by the ability to bounce back from adversity, not only acts as a protective buffer against the negative effects of stressors but also contributes positively to subjective well-being (Smith, 2018).

This relationship is transactional in nature, with resilience fostering greater subjective well-being by enabling individuals to effectively cope with challenges and maintain positive emotional states. Conversely, subjective well-being, encompassing life satisfaction and positive emotions, serves as both an outcome and a facilitator of resilience, as individuals with higher levels of well-being are better equipped to overcome obstacles and adapt to changing circumstances (Fredrickson, 2004).

The association between resilience and subjective well-being is further supported by studies examining the role of resilience in promoting adaptive coping strategies and positive emotion regulation. Resilient individuals are more likely to employ active coping strategies, such as problem-solving and seeking social support, which facilitate psychological adjustment and emotional well-being (Connor & Davidson, 2003). Moreover, resilience has been linked to greater optimism, positive affect, and life satisfaction, suggesting that resilient individuals are better able

to maintain a positive outlook and derive meaning from challenging experiences (Smith et al., 2008).

Methodology

Research Design

The present study utilizes a cross-sectional correlational research design. Cross-sectional research involves the collection of data from a diverse sample of participants at a single point in time. The correlational approach will allow for the examination of relationships between gratitude, resilience, and subjective well-being variables among young adults in Delhi, NCR.

Research Objective

The primary objective of this research is to investigate the impact of gratitude and resilience on the subjective well-being of young adults aged 18 to 24. Specifically, the study aims to:

1. To examine the relationship between gratitude and subjective well-being in young adults.
2. To explore the relationship between resilience and subjective well-being in young adults.
3. To investigate how gratitude and resilience interact to predict subjective well-being in young adults.

Hypothesis

- **H1:** gratitude will positively correlate with resilience among young adults (18-24) in Delhi, NCR.
- **H2:** gratitude will positively correlate with the subjective well-being among young adults (18-24) in Delhi, NCR.

- **H3:** resilience will positively correlate with the subjective well-being of young adults (18-24) in Delhi NCR.

Sample

The study includes young adults aged 18-24 who are living in Delhi, National Capital Region (NCR). Participants were recruited using a convenience sampling approach from a range of settings such as educational institutions, workplaces, and community locations across Delhi, NCR. Total number of subjects were 150, and the mean age group of individuals was 20.

Description Of Tools

The data in this study was obtained by Gratitude Questionnaire-6 Scale (GQ-6), Connor- Davidson Resilience Scale (CD-RISC 25) and Satisfaction with Life Scale (SWLS).

- **Gratitude Questionnaire -6 Scale (GQ-6)**

The Gratitude Questionnaire (GQ) is a scale developed by psychologists to measure a person's general tendency to feel grateful in daily life. It consists of six items, which respondents rate on a scale from 1 to 7. The total score ranges from 6 to 42, with higher scores indicating greater dispositional gratitude. The GQ-6 has good internal reliability, with alphas between .82 and .87, and there is evidence that the GQ-6 is positively related to optimism, life satisfaction, hope, spirituality and religiousness, forgiveness, empathy, and prosocial behavior, and negatively related to depression, anxiety, materialism and envy.

- **Connor-Davidson Resilience Scale – 25 (CD-RISC)**

The Connor-Davidson Resilience Scale (CD-RISC 25) is a widely used questionnaire developed by Connor and Davidson in 2003 to measure resilience. It comprises 25 statements designed to assess various aspects of resilience, including personal strengths, social support, and coping mechanisms. Respondents rate each item on a Likert scale, indicating the degree to which they agree or disagree with each statement. The total score can range from 0 to 100, with higher scores indicating greater resilience. It's commonly used in research and clinical settings to assess an individual's ability to bounce back from challenges and adversity. The CD-RISC has demonstrated good reliability ($\alpha = .88$ and $.89$), test-retest reliability ($.87$), and convergent and divergent validity in the development of the scale.

- **Satisfaction with life scale (SWLS)**

The Satisfaction with Life Scale (SWLS) is a widely used psychological assessment tool developed by Ed Diener and colleagues to measure subjective well-being or life satisfaction. It consists of five items designed to assess an individual's overall satisfaction with their life. Respondents rate each item on a seven-point Likert scale, ranging from 1 (strongly disagree) to 7 (strongly agree), indicating their agreement with each statement. The total score can range from 5 to 35, with higher scores indicating greater life satisfaction. The SWLS is often used in research and clinical settings to evaluate subjective well-being and quality of life. The Satisfaction with Life Scale is reported to have very good internal consistency, with an alpha of 0.87 and excellent test-retest reliability, with a correlation of 0.82 across a two-month period.

Procedure

The objective of this research is to examine the impact of gratitude and resilience on the subjective well-being of young adults aged 18-24 in Delhi NCR. The study will utilize various measures to assess gratitude, resilience, and subjective well-being. These measures include the Gratitude Questionnaire (GQ-6), the Connor- Davidson resilience scale (CD-RISC 25), and the Satisfaction with Life Scale (SWLS). A total of 150 young adults will be randomly selected from various educational institutions, community centers, and online platforms in Delhi NCR.

DATA ANALYSIS

RESULTS

Table 1

Descriptive Statistics for Gratitude, Resilience and Subjective Well-Being

	N	Mean	Standard Deviation
Gratitude	150	33.1	4.61
Resilience	150	75.8	13.4
Subjective Well-Being	150	27.5	7.62

Table 1: In the provided descriptive statistics table, each variable is represented by its respective sample size (N), mean score, and standard deviation. For Gratitude, the sample size is 150 with a mean score of 33.1 and a standard deviation of 4.61. Resilience also has a sample size of 150, with a mean score of 75.8 and a standard deviation of 13.4. Subjective Well-being (SWB) has the same sample size of 150, with a mean score of 27.5 and a standard deviation of 7.62. These statistics provide insights into the central tendency and variability within the data for each variable, aiding in understanding the characteristics of Gratitude, Resilience, and Subjective Well-being within the studied population.

Table 2

Correlation matrix of Gratitude, Resilience and Subjective Well-Being

Variables	Gratitude	Resilience	Subjective well-being
Gratitude	1.00	0.131	0.161*
Resilience	0.131	1.00	0.176*
Subjective Well-Being	0.161*	0.176*	1.00

Table 2: The correlation table presented illustrates the relationships between Gratitude, Resilience, and Subjective Well-being. The diagonal values of 1.00 indicate perfect correlations of each variable with itself, while off-diagonal values show the strength and direction of relationships. Gratitude exhibits weak positive correlations with Resilience ($r = 0.131$) and

Subjective Well-being ($r = 0.161$), similar to Resilience's correlations with Gratitude ($r = 0.131$) and Subjective Well-being ($r = 0.176$). Subjective Well-being shows a slightly stronger positive correlation with Resilience ($r = 0.176$) and Gratitude ($r = 0.161$), denoted as statistically significant with asterisks (*). This table provides valuable insights into the interrelationships among these variables in a research or analytical context, aiding in understanding their associations and implications.

Discussion of Results

The correlation matrix shows the relationships between the variables studied in the study: gratitude (measured by the GQ-6), resilience (measured by the CD-RISC), and subjective well-being (measured by the SWLS) among young adults (18- 24) in Delhi, NCR.

Firstly, the study aimed to examine the relationship between gratitude and subjective well-being among young adults within the specified age group. The correlation table indicated a positive but modest correlation ($r = 0.161$, $p < .05$) between gratitude and subjective well-being, suggesting that greater levels of gratitude were associated with higher levels of subjective well-being in this population. This finding underscores the importance of cultivating gratitude as a potential mechanism for enhancing subjective well-being among young adults.

Secondly, the research sought to explore the relationship between resilience and subjective well-being in the same demographic. The correlation table revealed a similar pattern, indicating a positive but modest correlation ($r = 0.176$, $p < .05$) between resilience and subjective well-being. This suggests that higher levels of resilience are associated with greater subjective well-being among young adults aged 18 to 24. These findings align with existing literature highlighting the

protective role of resilience in promoting psychological well-being, particularly in the face of adversity and stressors commonly experienced during the transition to adulthood.

Lastly, the study aimed to investigate how gratitude and resilience interact to predict subjective well-being in young adults. Although the correlation table did not provide direct evidence of interaction effects, the observed positive correlations between gratitude, resilience, and subjective well-being suggest that these constructs may collectively contribute to overall well-being in this population. Future research employing more sophisticated statistical techniques, such as regression analysis or structural equation modeling, could further elucidate the interplay between gratitude, resilience, and subjective well-being, shedding light on potential mechanisms underlying their effects.

The study's hypotheses were partially supported by the results. H1, which proposed a positive correlation between gratitude and resilience, was confirmed. H2, suggesting a positive correlation between gratitude and subjective well-being, was also supported. H3, indicating a positive correlation between resilience and subjective well-being, was validated. These findings align with existing literature that emphasizes the importance of gratitude and resilience in promoting subjective well-being among young adults.

In conclusion, the research provides valuable insights into the relationships between gratitude, resilience, and subjective well-being among young adults in Delhi NCR. The positive correlations observed support the hypotheses and underscore the significance of gratitude and resilience in enhancing the subjective well-being of this demographic, in line with previous studies highlighting the beneficial effects of these factors on mental health outcomes.

Thus, the objective 1 of the study was to examine the Relationship between Gratitude and Subjective Well-being. The correlation analysis revealed a positive relationship between gratitude and subjective well-being ($r = 0.161^*$), supporting Hypothesis 2. This indicates that higher levels of gratitude are associated with higher levels of subjective well-being among young adults in Delhi NCR.

The objective 2 of the study was to examine the Relationship between Resilience and Subjective Well-being in young adults. The correlation analysis showed a positive relationship between resilience and subjective well-being ($r = 0.176^*$), confirming Hypothesis 3. This suggests that greater resilience is linked to higher levels of subjective well-being in young adults in Delhi NCR.

The objective 3 of the study was to examine the Interaction between Gratitude, Resilience, and Subjective Well-being. The correlation between gratitude and resilience was modest ($r = 0.131$), supporting Hypothesis 1. This indicates a positive correlation between gratitude and resilience among young adults in Delhi NCR.

Therefore, the results of the study align with the hypotheses proposed, indicating that gratitude, resilience, and subjective well-being are positively correlated among young adults in Delhi NCR. These findings underscore the importance of promoting gratitude and resilience as strategies to enhance the subjective well-being of this demographic. The study's outcomes contribute to the existing literature by highlighting the significant relationships between these factors in urban youth populations.

Conclusion

The study investigating the impact of gratitude and resilience on the subjective well-being of young adults (18-24) in Delhi NCR has provided significant insights. The research has underscored a noteworthy yet modest relationship between gratitude, resilience, and subjective well-being among the participants. Individuals exhibiting higher levels of gratitude and resilience demonstrated elevated levels of subjective well-being, underscoring the potential significance of promoting gratitude and resilience as strategies to bolster overall well-being, especially among young adults navigating the intricacies of urban life in Delhi NCR.

In summary, the findings enrich the expanding body of literature on positive psychology and well-being, with implications for mental health practitioners, educators, and policymakers. The results provide valuable guidance for tailored interventions geared towards nurturing well-being among young adults in urban settings like Delhi NCR.

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