



**To study the Relationship of Gratitude, Resilience, and Hope with Life Satisfaction
among University Students**

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ABSTRACT

Positive psychology is the study of human strengths, positive emotions, and what makes life worth living. Martin Seligman is considered the pioneer of positive psychology. The current

research explored the transformative power of gratitude and its role in well-being. The field offers a toolbox of interventions to cultivate positive emotions and strengths. The coefficient is very close to 0, indicating no linear relationship. While resilience might help deal with difficulties, it might not directly translate to higher life satisfaction according to this data. Investigating potential reasons behind the strong correlation between gratitude and resilience. Explore the factors that might have a more significant impact on life satisfaction. This data highlights the potential benefit of cultivating gratitude as a way to build resilience. Future research could delve deeper into the complex interplay between these psychological aspects and their impact on well-being.

Keywords: *Gratitude, Resilience, Hope, Life Satisfaction, University Students*

Introduction

Positive Psychology

The rise of positive psychology occurred in 1990. This branch of psychology explores the scientific study of human forces, positive emotions, and what makes life worth living. This is not about ignoring difficulties, but rather about cultivating your resources to create a fulfilling and meaningful existence. Positive psychology is more than just the pursuit of happiness. It explores concepts such as character strengths, which are our positive traits such as kindness, determination and creativity. By identifying and using these strengths, people can create more fulfilling lives. In addition, positive emotions such as joy, gratitude, and love are recognized for their ability to improve well-being and resilience.

Research shows that experiencing these emotions not only improves our mood, but also improves our physical and mental health. A key concept in positive psychology is "flow", a state of complete absorption and focused enjoyment of an activity. When we experience flow, we are fully engaged and functioning at our peak. This state can be cultivated through activities that challenge our abilities and provide a sense of control. The applications of positive psychology are vast. It provides a toolkit of interventions such as gratitude journaling, practicing kindness, and setting meaningful goals to increase positive emotions, strengths, and meaning in life. These interventions can be implemented in many areas such as education, work and health to promote well-being and improve the overall quality of life. Positive psychology is not a magic bullet. It acknowledges the existence of negative emotions and challenges but focuses on giving people the means to cope effectively.

It is a science-based field where ongoing research is conducted to develop evidence-based interventions to improve individual and societal well-being. Martin Seligman and positive psychology are inextricably linked. He is widely regarded as the "Father of Positive Psychology" for his pioneering role in establishing the field. Here is a breakdown of Seligman's contributions,

Shifting Focus: Before positive psychology, psychology was largely focused on mental illness and pathology. Seligman's work sought to understand and promote human flourishing, a state that goes beyond mere happiness and includes a meaningful and fulfilling life.

Learned helplessness: Seligman's early research on learned helplessness in animals laid the groundwork for understanding how negative thought patterns can affect mental health. This research became a springboard for exploring the flip side: optimism and its ability to promote resilience and well-being.

Character strengths and virtues: Positive psychology emphasizes the identification and use of character traits. These are our positive qualities, such as kindness, determination, and creativity. Seligman played a key role in developing a classification system for these strengths and identifying how they contribute to well-being.

Positive Interventions

Seligman has actively researched and promoted positive interventions, which are practical tools and exercises designed to cultivate positive emotions, strengths and purpose in life. Examples include keeping a gratitude journal, practicing kindness, and setting meaningful goals.

Authentic Happiness

Seligman's book *Authentic Happiness* became a bestseller and a cornerstone of positive psychology. It describes different paths to happiness, including creating positive emotions, fostering commitment, and finding purpose in life. Seligman's work has had a major impact on psychology and beyond. Today, positive psychology is applied in various fields such as education, work, and health care to promote well-being and improve the overall quality of life. Of.

The Art of Appreciation: Gratitude

Positive psychology has revealed the multifaceted benefits of gratitude and made it a cornerstone of well-being. This essay explores the transformative power of gratitude and its impact on our perspective, emotions, relationships, and overall resilience. Essentially, gratitude promotes a change in perspective. It encourages us to turn our gaze to the positive aspects of

life, to the blessings that we often take for granted. Acknowledging the good, whether big or small, increases our sense of appreciation and satisfaction. Rather than dwelling on what we don't have, gratitude allows us to enjoy what we do have. Imagine a beautiful sunset; Just noticing its fiery hues and appreciating the moment can create a sense of awe and wonder that enriches our daily experience.

In addition, gratitude is a powerful source of positive emotions. Research shows that expressing gratitude lifts our mood and increases happiness. When we reflect on the things we are grateful for, it triggers the release of feel-good neurotransmitters that have a positive effect on our whole being. This emotional boost improves our overall well-being and allows us to approach life with a greater sense of optimism and joy. Gratitude is also a powerful tool for strengthening relationships. Showing appreciation to others strengthens their presence in our lives and strengthens the positive bonds we share. A simple “thank you” to a friend for their support or a heartfelt acknowledgment of a partner’s efforts can help build a foundation of mutual appreciation and strengthen the bonds that matter most. It fosters a sense of reciprocity and encourages friendship, creating a more positive and supportive social environment. Perhaps most importantly, gratitude increases our resilience. Life inevitably brings challenges our way,

The Bouncing Ball: Resilience

Life is an unpredictable journey, often full of unexpected obstacles and setbacks. These challenges can make us feel discouraged and lost. But each of us has remarkable resilience—the ability to bounce back from adversity, adapt to change, and grow stronger. This essay delves into the concept of resilience, emphasizing its essential attributes and ways in which we can

cultivate them. Why is this important? Resilience isn't just about getting back to where you were before after a setback. It's about growth and change. It is the ability to learn from experiences, both positive and negative, and use them as a springboard to move forward. Imagine that a ball is thrown against a wall; it just doesn't land in the same spot. It bounces, maybe at a different angle, that the effect changes. Therefore, we change as we overcome challenges, gain new perspectives, and develop inner strength, several key elements that promote resilience.

One is optimism, the belief that everything will end well. Optimists see challenges as temporary setbacks rather than insurmountable obstacles. They focus on finding solutions and believe in their ability to overcome difficulties. Another key component is self-efficacy, the belief in one's competence and ability to face challenges. People with high self-efficacy are more likely to tolerate adversity and have confidence in their own success. Developing a strong support system is also central to promoting resilience. Supportive relationships with friends, family, or mentors create a sense of belonging and a safe space to share challenges. This support network acts as a safety net, providing encouragement and guidance during difficult times. In addition, developing healthy coping mechanisms such as exercise, relaxation techniques, or creative expression can help us deal with stress and healthily navigate challenges.

The Unseen Compass: Hope

Hope, a seemingly simple word, carries enormous weight in the human experience. It is not a mere desire, but a powerful force that guides us through the uncertainties of life. This essay delves into the nature of hope and explores its role in motivation, resilience, and creating a fulfilling future. Hope is essentially the belief in a positive outcome even in the face of

adversity. There is an unwavering belief that things can and will get better. Imagine a ship sailing on a stormy sea. Despite the raging waves and howling winds, the captain maintains hope of reaching calmer waters. In the same way, hope acts as an invisible compass that guides us through the storms of life and gives us the assurance that a brighter horizon awaits. Hope fuels our motivation. It keeps us going when we face challenges and setbacks. When we have hope for a better tomorrow, we are more likely to strive, endure struggles, and make our dreams come true. A student struggling with a difficult subject can take comfort in the hope that he will eventually be mastered. This hope motivates them to commit to learning and overcoming the initial hurdle. In addition, expect greater patience. It allows us to recover from failures and disappointments.

In the face of failure, hope whispers, "This is not the end," encouraging us to grasp and try again. Imagine an athlete who falls during a competition. Hope helps them stand up, clean themselves up and continue their determination to achieve strong. It strengthens our resolve and equips us with the mental strength to navigate life's inevitable vicissitudes. Hope also plays a crucial role in shaping our future. It allows us to imagine a brighter tomorrow where our goals are achieved and our wishes come true. By holding this vision, we can set clear intentions, make thoughtful choices, and pave the way to a more fulfilling life. An artist may dream of presenting his work in a well-known gallery. This hope motivates them to improve their skills, connect with others, and take concrete steps towards their artistic pursuits. However, hope is not a passive state; it requires active treatment. We can develop hope by surrounding ourselves with positive influences, focusing on gratitude for the good things in life, and setting achievable goals. Additionally, practicing mindfulness and acknowledging your emotions, both positive and negative, allows you to maintain a realistic yet optimistic outlook. Hope is not a guarantee of a happy ending, but an essential strength that enables us to navigate life's uncertainties. It fuels motivation, builds resilience, and empowers us to shape a brighter future.

When we embrace hope and embrace its steadfast spirit, we can embark on our journey with purpose, ready to weather any storm and come out stronger on the other side. Hope also plays a crucial role in shaping our future. It allows us to imagine a brighter tomorrow where our goals are achieved and our wishes come true. By holding this vision, we can set clear intentions, make thoughtful choices, and pave the way to a more fulfilling life. An artist may dream of presenting his work in a well-known gallery. This hope motivates them to improve their skills, connect with others and take concrete steps towards their artistic pursuits. However, hope is not a passive state; it requires active treatment.

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The Mosaic of Fulfilment: Life Satisfaction

Life satisfaction, a multifaceted concept, reflects our overall assessment of our life. It's not just about happiness, but an intricate tapestry woven from different threads, including accomplishments, relationships, purpose, and a sense of growth. This focuses on the fundamental elements that define life satisfaction and how we can incorporate them to create a more meaningful existence. One of the cornerstones of life satisfaction is a sense of

accomplishment. This includes achievements in various areas - career, personal goals or creative endeavours. Achieving goals, acquiring skills, and seeing the fruits of our labour build a sense of self-efficacy and fuel our motivation to keep trying. Imagine a mountain climber reaching the top of a challenging mountain; a sense of accomplishment not only brings joy, but also increases overall life satisfaction.

Another important thread in the tapestry is the quality of our relationships. Strong bonds with family, friends and loved ones provide a sense of belonging, support and connection. Feeling loved, valued and understood by others greatly improves our well-being and overall satisfaction with life. Imagine a supportive community coming together to celebrate a member's success; this sense of connection and shared joy promotes well-being for all involved. In addition, a sense of purpose plays a crucial role in life satisfaction. Purpose refers to the feeling that our lives have purpose and direction. It can be a passion project, a dedication to a cause or a desire to leave a positive impact on the world. When we feel that our lives are influenced by something bigger than ourselves, it promotes a sense of accomplishment and satisfaction. Imagine a scientist devoting his life to finding a cure for a disease; their commitment stems from the belief that their work can have a positive impact on the world that contributes to their overall life satisfaction. Finally, a constant sense of growth is central to life satisfaction. This includes intellectual growth, emotional development and expanding our skills.

Learning new things, facing challenges and getting out of comfort zones keep life refreshing and prevent stagnation. Imagine an artist who is constantly exploring new styles and techniques; their pursuit of artistic growth fuels their passion and increases their overall satisfaction with their creative journey. Life satisfaction is not a fixed state; it is a dynamic

process influenced by our choices, experiences, and the way we experience life. Here are ways to develop these key factors:

Set meaningful goals: Setting clear, achievable goals provides direction and a sense of accomplishment.

Cultivate Relationships: Take the time and effort to strengthen close ties. Express gratitude and appreciation for their presence in your life

Find your purpose: Explore your values and interests to discover what gives your life meaning. Volunteer, take on a passion project, or get involved in something that interests you

Embrace lifelong learning: never stop learning. Take courses, read books, or explore new hobbies to challenge yourself intellectually and creatively. By developing these aspects of life, we can weave a richer and more satisfying fabric of life satisfaction. It is an ongoing process, but the journey to a meaningful and fulfilling life is a worthwhile endeavour in itself. Remember that being content with life isn't about achieving perfection, it's about embracing the journey with a sense of purpose, growth and connection to the world. of.

Review of Literature

LIFE SATISFACTION

This study aims to investigate the impact of demographics on academics' life satisfaction levels as well as the life satisfaction levels of academicians in Turkey. The Life Satisfaction Scale developed by Diener et al. was used to gather data. The survey indicated that academicians had moderately high levels of life satisfaction (Toker, 2012).

This study focused on analysing the role of self-esteem, self-efficacy, and self-compassion, which show a direct or indirect relationship with people's life satisfaction. The study uses a correlational research design. A sample of 102 people from Delhi region, India was selected for this study. The obtained findings show a significant positive relationship between self-esteem and life satisfaction ($r = 0.478$), and the regression analysis shows that self-esteem is considered an important factor. Prediction of life satisfaction correlation coefficients was found to have a significant positive correlation between self-efficacy and life satisfaction ($r = 0.379$). Self-esteem and life satisfaction have a significant positive correlation with 337 such cases ($r = 0.379$). The results clearly show that self-esteem, self-efficacy, and self-compassion play a crucial role in the development of an individual's life satisfaction (Singh & Johal, 2024).

During the first COVID-19 pandemic wave, a cross-sectional study was conducted to compare university students' life satisfaction across nine different nations. The relationship between several variables and life satisfaction was also compared across national borders. Life satisfaction and a subjective appraisal of one's physical health appear to be universally correlated, but the other variables are tied to cultural variations. Regardless of nation, low satisfaction with life was expected with low self-rated physical health (Rogowska, 2021).

GRATITUDE

The current study was created with this environment in mind, focusing on young adults' thankfulness. The General Health Questionnaire-12 (Goldberg & Williams, 1988) and the Gratitude Questionnaire-6 (McCullough, Emmons, & Tsang, 2002) were given to 80 young adults, with an equal number of males and girls, to gather data for this aim. The t-test, multiple regression analysis, and the Pearson product-moment correlation approach were used to examine group differences. Findings showed that there were significant gender differences in

gratitude, with women demonstrating a higher level of thankfulness than men (Singh, Khan & Osmany, 2024).

The study was conducted with a sample of 200 university students. Participants were randomly selected and included both males ($n = 67$) and females ($n = 133$). Measures included the Gratitude Questionnaire, the Ryff Psychological Well-Being Scale, and the Oxford Happiness Questionnaire (OHQ). The results show that there is a positive relationship between gratitude, psychological well-being, its dimensions, and happiness. The limitations and implications of this study are discussed. The conclusions of this investigation can be utilized to formulate a theoretical representation of gratitude and its evaluation factors. Adolescents' psychological well-being can be enhanced through intervention studies that focus on gratitude therapy. Additional research could complement these studies (Jayakumar & Gupta, 2021).

This article presents a systematic review of the recent literature on the effects of gratitude on life satisfaction. The purpose of this study is to better understand the relationship between gratitude and life satisfaction and to assess the state of the literature. A methodical search was conducted using four databases (APA PsycInfo, Scopus, Web of Science and EBSCO) for articles published after those who used the GQ6 Life Scale (SWLS) to measure gratitude and satisfaction were subjected to correlational studies. Additionally, Intervention studies were included if they reported the effect of a gratitude manipulation on SWLS scores. 44 articles ($n = 16,529$) were chosen for their reflection on gratitude and life satisfaction. Of the selected studies, 18 used experimental designs and 26 were cross-sectional studies. Five studies also reported cross-sectional analyses of two or more time points. Results The review showed a significant positive relationship between gratitude and life satisfaction. Various potential mediators have also been identified, including purpose in life, social support, and self-esteem. Although experimental evidence was mixed, gratitude interventions were found to enhance life satisfaction more than neutral control conditions. There was stronger evidence of these effects

in Western countries. However, there is no strong evidence that gratitude interventions are better than positively valanced control conditions. Thus, it is possible that the effects of the interventions may be due to demand or to a placebo effect (Kerry & Chhabra, 2023)

RESILIENCE

The study examines the relationship between social problem resolution and resilience in Indian teenage boys and girls from an urban location in north India. The purpose of this study was to determine the degree of relationship between social problem-solving abilities and resilience. According to the study, teenagers with high levels of resilience demonstrated much higher social problem-solving abilities, greater positive problem orientation, and a logical approach to problem-solving (Sharma, 2015).

In the present study, intend to check the levels of self-esteem and resilience in a sample of teaching students as well as to explore whether there is an association between the different levels of self-esteem and the resilience of the participants. This is a cross-sectional descriptive investigation through an evaluation instrument. The sample consists of 1547 students aged 17–57 years. The sample consisted of 916 primary education students (59.2%) and 631 early childhood education students (40.8%). Of these, 337 were men, 1195 were women, and 14 of them did not indicate their gender. The results confirm a positive association between self-esteem and resilience (Castillo & Helena, 2015).

The study examined the impact of flexibility and age on various aspects of quality of life, including physical, psychological, social, and environmental factors. Moreover, In this study, 290 adult patients (146 men, 144 women) completed the Connor-Davidson Coping Scale and the WHOQOL-BREF questionnaire. In addition, we illustrated several demographic variables. The results were analysed using SPSS version 19. Averaging was performed using

mean values, descriptive correlation, and regression. Flexibility and age were found to be significant predictors of quality of life, and physical outlook (Yazdi Ravandi et al., 2013).

HOPE

The purpose of this study was to understand how perceived stress, resilience, and hope interact among special educators. In addition, it focused on examining the impact of perceived stress on resilience and hope. About 70 special education teachers from different regions of India participated in this correlational study both online and offline. The results showed a moderate negative correlation between perceived stress and resilience, a weak negative relationship between perceived stress and hope, and a moderate positive correlation between resilience and hope. Results also showed statistically significant multivariate effects of perceived stress on resilience and hope. Research means promoting individual initiatives that encourage self-care and reflective action (Rajeshwari & Prakasha, 2024).

The purpose of the study was to investigate the relationship between young people in Bangalore's academic drive and hope. This study, which included 59 participants between the ages of 18 and 26, was a descriptive and correlational investigation. Of these, 32 were male and 27 were female. The Adult Hope Scale and the Academic Motivation Scale were used to gather data via a Google Form. SPSS software (IBM) was then used for analysis. Spearman correlation was employed to examine the link between the two variables, and the results were statistically significant at the 0.01 level ($p < 0.01$). Given that the results demonstrate a positive link, it is assumed that academic motivation rises in response to an increase in hope. Based on the findings, it is stated that hope has a beneficial impact on academic motivation (Tripathi, 2022).

The current study aims to comprehend the nature and connection between adolescent hope and life fulfilment. 90 college students from Mumbai and its suburbs, ages 18 to 22,

comprise the sample (46 boys and 44 girls). The Temporal Satisfaction with Life Scale by Pavot, Diener, and Suh (1998) and the Adult Hope Scale by Snyder, Irving, and Anderson (1991) were used to study the individuals. The "t" test and correlation coefficients were used to analyse the data. The study's findings showed that there was no discernible difference in boys' and girls' levels of hope and life satisfaction. However, there is a strong positive correlation between hope and life satisfaction. According to this research, hopeful people are also content with them (Thakre, 2013).

METHODOLOGY

AIM

To study the relationship of Gratitude, Resilience, and Hope with life satisfaction among university students.

RESEARCH OBJECTIVE

- a)** To study the relationship of Gratitude, Resilience, and Hope with life satisfaction among university students.
- b)** To study the relationship of Gratitude and Resilience with hope among university students.
- c)** To study the relationship of Gratitude with Hope among university students.
- d)** To measure the relative contribution of Gratitude, Resilience, and Hope towards life satisfaction among university students.

HYPOTHESES

- There will be a significant positive relationship with gratitude.
- There will be a significant positive relationship with resilience.
- There will be a significant positive relationship between hope.
- Hope will have the most remarkable contribution towards life satisfaction compared to gratitude and resilience among university students.

VARIABLE

The sample will consist of a total of 150 populations

Independent Variables: Gratitude, Resilience, Hope

Dependent Variables: Life Satisfaction.

SAMPLE DESIGN

The sampling method will be convenience sampling.

TOOLS

Adult Hope Scale (AHS) Snyder et al. (1991). According to Snyder, Irving, and Anderson (1991), p. 287, "a positive motivational state that is based on an interactively derived sense of successful (a) agency (goal-directed energy), and (b) pathways (planning to meet goals)" is what the adult hope scale (AHS) measures. There are twelve items on the adult hope scale. Four of the items assess agency thinking, four assess routes thinking, and four are filler

questions. It just takes a few minutes to complete the 8-point scale, which allows participants to rate each statement on a spectrum from certainly false to definitely true.

Brief Resilience Scale (BRS) Smith et al. (2008). The Brief Resilience Scale (BRS) is one tool we can use to measure resilience. Research has shown that the BRS is a useful instrument for assessing resilience following stress or trauma. Our team uses the BRS, although there are other publicly available technologies that are similar. In the one-page BRS, you rate a series of statements from 1 to 5 on a single page. Unique BRS score is calculated by adding the scores and dividing it by the total number of statements. The greater your score, the more resilient you are.

The Gratitude Questionnaire-Six Item Form (GQ-6) McCullough et al. (2002). The GQ-6 is a brief self-report questionnaire designed to gauge one's propensity for feeling thankful. On a scale of 1 to 7, where 1 represents "strongly disagree" and 7 represents "strongly agree," participants respond to six items. To prevent response bias, two items have their scores reversed. There is evidence that the GQ-6 is positively correlated with optimism, life satisfaction, hope, spirituality and religiousness, forgiveness, empathy, and prosaically behaviour, and negatively correlated with depression, anxiety, materialism, and envy. The GQ-6 also has good internal reliability, with alphas ranging from .82 to .87. There is no time limit, and the GQ-6 takes less than five minutes to finish.

Satisfaction With Life Scale Diener et al. (1985). To gauge people's overall level of contentment with their life, the contentment with Life Scale was created. The scale gives subjects the freedom to integrate and weigh various domains in any way they see fit, but it does not score happiness with particular life domains, such as finances or health. It can be finished in a matter of minutes.

RESULTS

Table 1: Statistical description of variables

	Mean	Std. Deviation	N
GRATITUDE	34.03	27.198	149
RESILIENCE	3.13	.693	149
HOPE	44.04	9.230	149
LS	21.51	5.644	149

Table 2: Correlation analysis

		Correlations			
		GRATITUDE	RESILIENCE	HOPE	LS
GRATITUDE	Pearson Correlation	1			
RESILIENCE	Pearson Correlation	.010	1		
HOPE	Pearson Correlation	.099	.083	1	
LS	Pearson Correlation	.161*	-.026	-.038	1

*. Correlation is significant at the 0.05 level (2-tailed).

Correlation of relationship between gratitude, resilience, hope with life satisfaction on university students. A correlation matrix is a table that shows the correlation coefficients between different variables. The correlation coefficient is a statistical measure that indicates the strength and direction of the linear relationship between two variables. It can range from -1 to +1. A correlation coefficient of +1 indicates a perfect positive linear relationship, while a correlation coefficient of -1 indicates a perfect negative linear relationship. A correlation coefficient of 0 indicates no linear relationship between the variables. In the correlation matrix the variables are:

- *Gratitude* (GRATITUDE)
- *Resilience* (RESILIENCE)
- *Hope* (HOPE)
- *Life Satisfaction* (LS).

The correlation coefficients between these variables are shown in the table. For example, the correlation coefficient between Gratitude (GRATITUDE) and Hope (HOPE) is 0.099. This indicates a weak positive linear relationship between gratitude and hope. The correlation coefficient between Resilience (RESILIENCE) and Life Satisfaction (LS) is -0.026. This shows a very weak negative linear relationship, which is practically zero. Here are some other observations from the correlation matrix: Gratitude (GRATITUDE) has a weak positive correlation with Hope (HOPE) and Life Satisfaction (LS). Resilience (RESILIENCE) has a weak negative correlation with Hope (HOPE) and Life Satisfaction (LS). It is important to note that correlation does not imply causation. Just because two variables are correlated does not mean that one variable causes the other. It is possible that there is a third variable that is causing both of the variables to change. Overall, the correlation matrix suggests that there may be some positive relationships between gratitude, hope, resilience, and life satisfaction. However, the relationships are weak.

DISCUSSION

The correlation matrix that you have furnished indicates noteworthy patterns in the connections among college students between resilience, thankfulness, optimism, and contentment with life. Below is a summary of the main ideas and possible directions for more research:

Positive Associations Gratitude and Life Satisfaction: There is a marginally favourable relationship between the two. This is consistent with research that suggests having

gratitude can increase life satisfaction by fostering a more optimistic mindset and an appreciation for life's experiences.

Hope and Life Satisfaction: Hope and life satisfaction also show a slight positive link. Hope is a strong motivator that can support pupils in overcoming obstacles and keeping hope for the future. Having more optimism can lead to a more satisfying existence.

CONCLUSION

The current study examined the relationships between gratitude, resilience, hope, and life satisfaction in university students. The findings suggest weak positive correlations between gratitude, hope, and life satisfaction. This indicates that students with higher gratitude and hope tend to report greater life satisfaction. However, the correlations are weak, suggesting other factors also play a significant role in life satisfaction.

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