



Attitude of Gratitude

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ABSTRACT

OBJECTIVE: To explore the relationship between the experience of gratitude and life satisfaction

METHODS: cross-sectional study conducted among racially diverse adults

- gratitude were assessed via the GQ-6
- life satisfaction assessed via the SWL,

RESULTS: average score of the gratitude survey was a 34 out of 42 (SD=5), average score of the life satisfaction survey was a 23 out of 35 (SD=7)

CONCLUSIONS: Life satisfaction had a positive correlation with gratitude.

POLICY IMPLICATIONS: Implications for health policy include

- allocating more funding towards UCSD's mental health program
- implementing a new class within the UCSD graduation requirement

INTRODUCTION

Life satisfaction entails being happy or content with one's life. This contentment is considered a link to many advantageous outcomes, such as better mood, improved relationships, and a more positive attitude.

Gratitude has the power to not only increase self-esteem and positively impact life satisfaction, but also help buffer serious depressive symptoms over time, such as suicidal ideation.

54% of young adults are discontent with their life

53% of college students experienced depressive symptoms since beginning their college career

- Low life satisfaction also had a higher risk of having or developing depressive symptoms.²
- Depressive symptoms are one of the major risk factors for:
 - suicide
 - self-harm
 - low self-esteem.⁴

Suicide is the second most common cause of mortality for 15-24 year olds

METHODOLOGY

- Cross-sectional study design with a correlational analysis
- Data collection: a quantitative survey distributed through social media and email
- Timeframe: two weeks

Gratitude Questionnaire (GQ6) used to measure gratitude

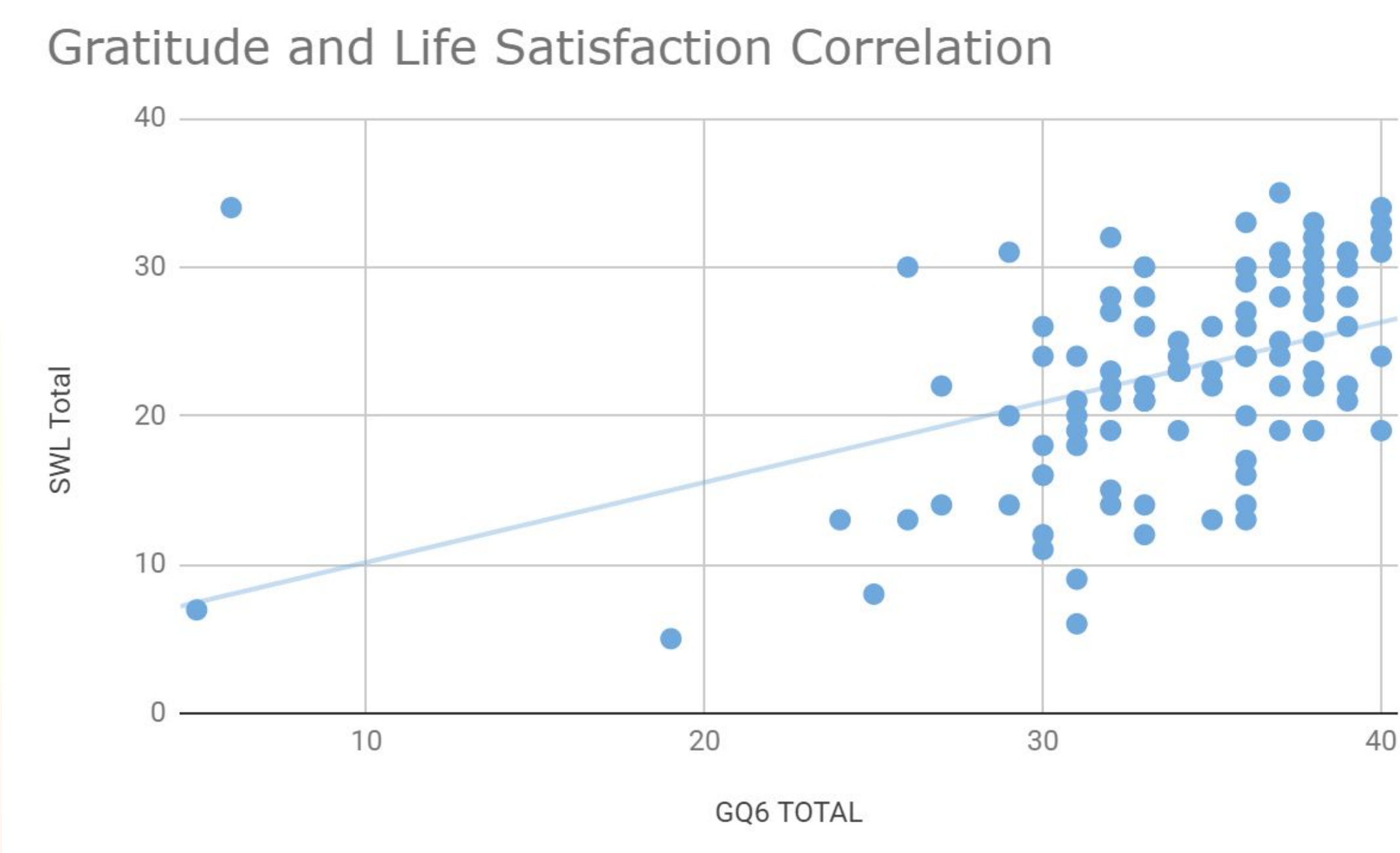
Satisfaction with Life Survey (SWL) used to measure life satisfaction

104 participants
Age: 18-71 years old

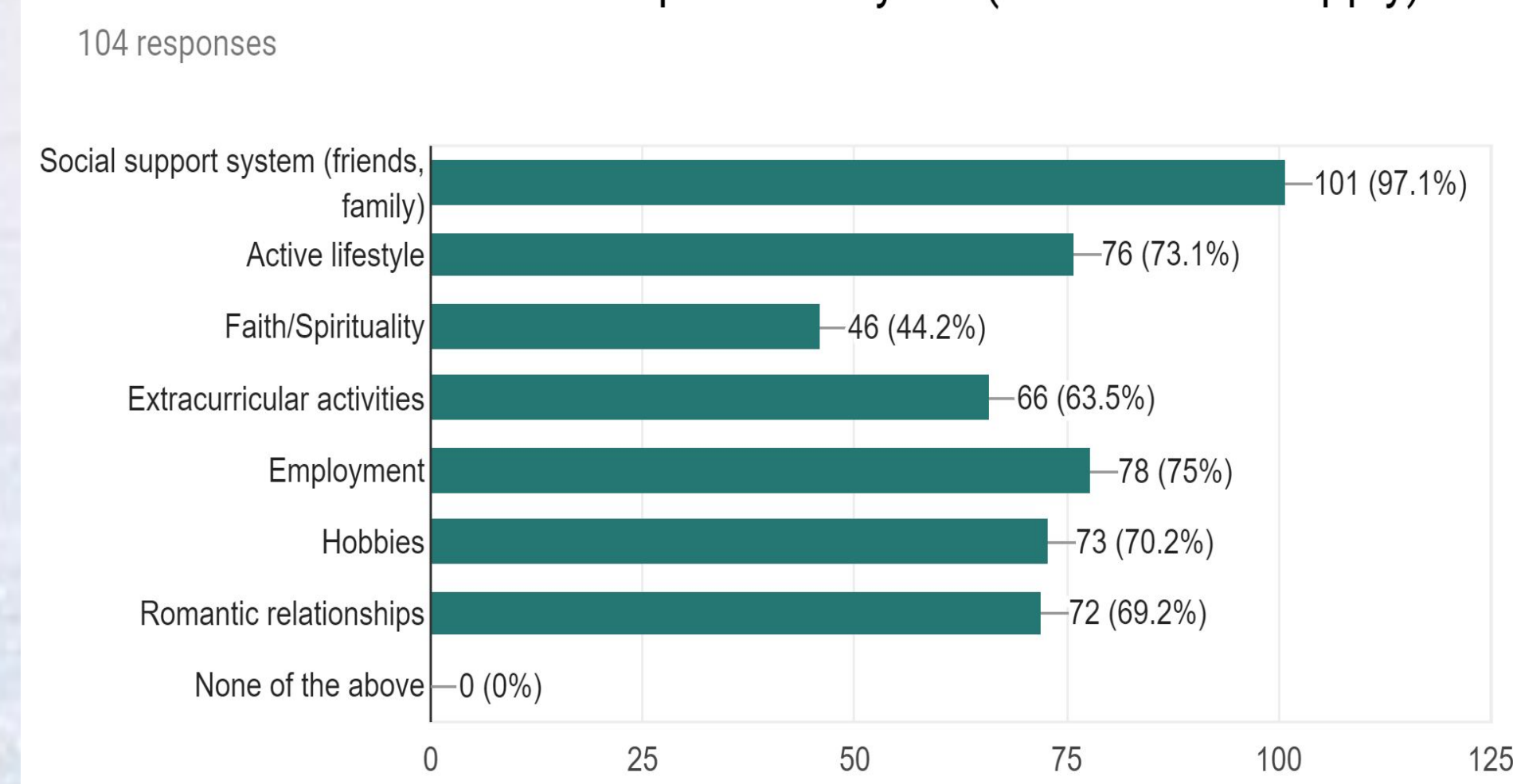
RESULTS

- correlation: 0.3822
- p-value: <0.001 (0.000074)

Chart indicates a positive correlation between our two external factors.

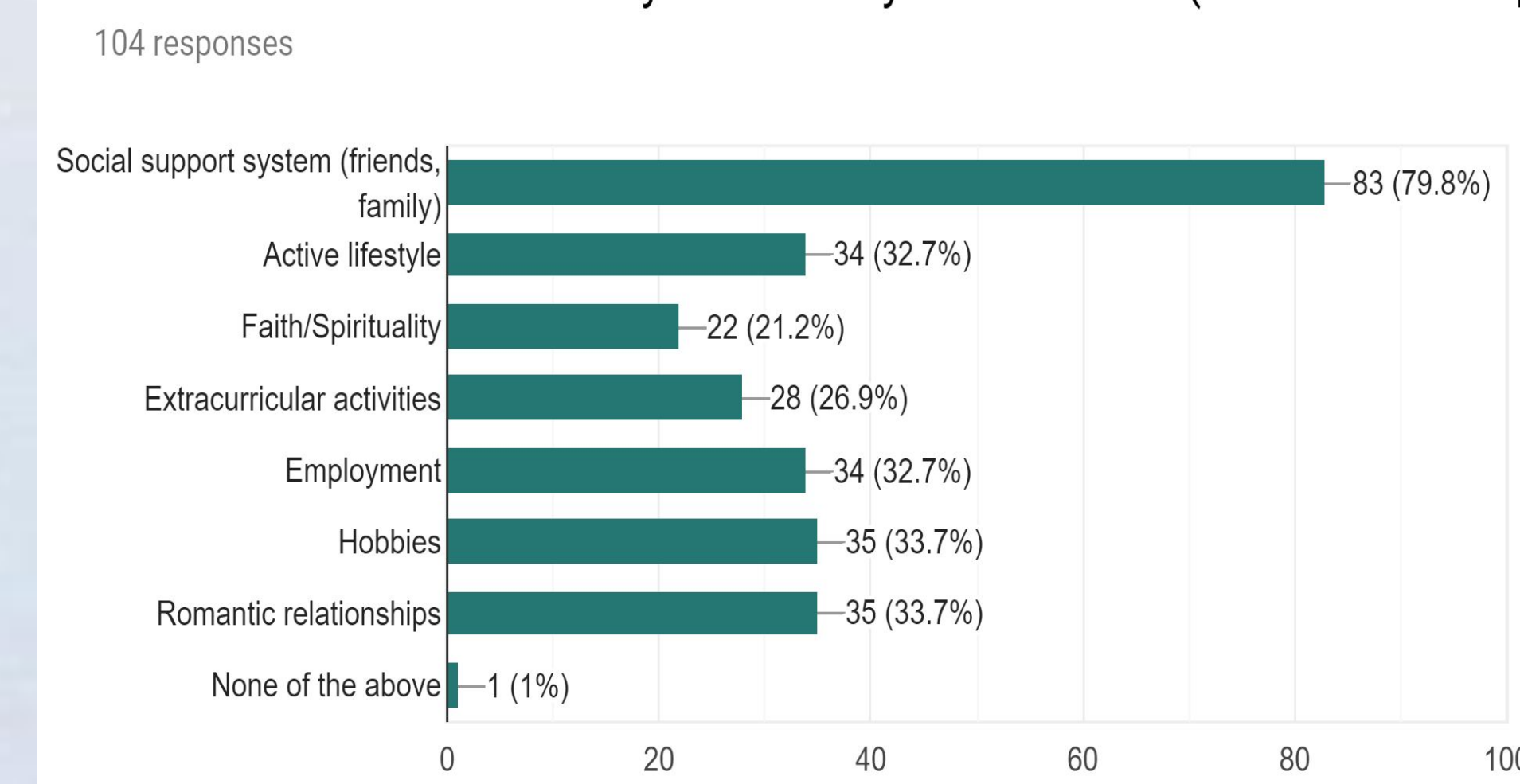


Which of these areas are important to you? (Check all that apply)



- GQ6 Average Score: 34 out of 42
 - SD = 5
- Scores below 35 indicate gratitude practice in the bottom quartile compared to most responses.

In which of these areas do you currently feel fulfilled? (Check all that apply)

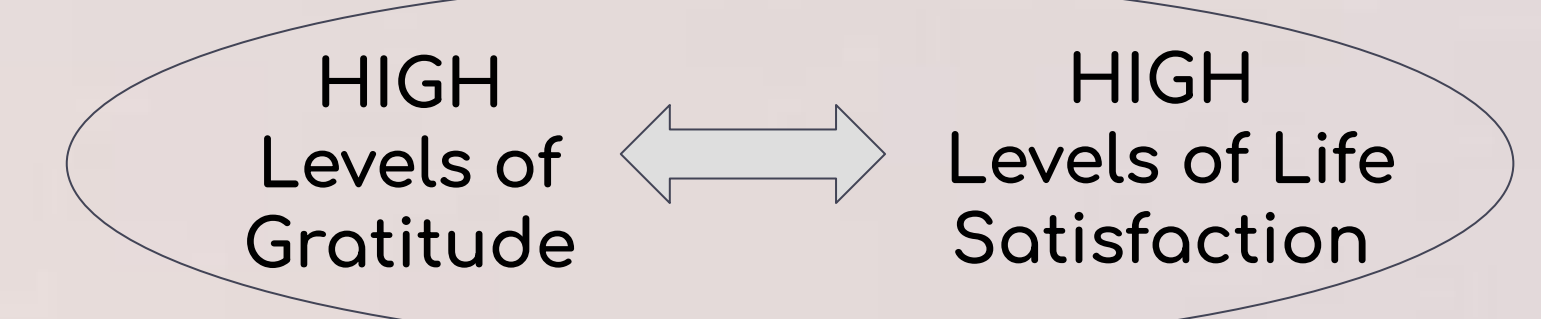


- SWL Average Score: 23 out of 35
 - SD = 7
- Scores around 20-25 represent a neutral satisfaction on the scale.

CONCLUSION

We found:

- Individuals aren't fulfilled in areas important to them
- lack of fulfillment affects their contentment in life



There is evidence in the literature that quality of life is a proxy for depressive symptoms in individual's lives, proving a relationship between gratitude, life satisfaction, and depressive symptoms.

POLICY IMPLICATIONS

- Allocate more funding towards CAPS. More funding would provide more counselors, more workshops, and more space for the plethora of students trying to utilize the service.

Increase in counselors = improved frequency of therapy sessions

Designated group session spaces = reduced feelings of loneliness

- Implement a positive psychology graduation requirement. The inclusion of a positive psychology course to the UCSD graduation requirements where students learn about the correlation between gratitude and life satisfaction, and how to practice healthy and happy habits.

Multiple courses must be provided every quarter

Curriculum = practice of gratitude, meditation, achieved life satisfaction

Constructs lasting behaviors of: increased life satisfaction and feelings of fulfillment