

Impact of Gratitude and Optimism on Psychological Well-Being

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Abstract: *The paper was conducted with the aim to find correlation among Gratitude, Optimism and Psychological Well-being and to find what predicts the psychological well-being the most. Gratitude brings satisfaction and positivity by acknowledging the good in one's life. Optimism equips individuals with the resilience to face adversity and maintain a positive outlook on the future. Both gratitude and optimism play pivotal roles in nurturing and strengthening interpersonal relationships, a critical component of psychological well-being. Research into Optimism, Gratitude and Psychological wellbeing domains was performed. The sample size of 80 was taken (54 belonging to early adulthood and 26 belonging to middle adulthood). Tests like Psychological Well-Being Scale, Life Orientation Test-Revised (LOT-R) and Gratitude, Resentment and Appreciation Scale (GRAT) were used to collect sample data. The results pointed out that Optimism and Psychological Well-being correlation was higher for middle adulthood than early adulthood individuals. Moreover, it could also be derived that Positive Psychological wellbeing can be derived when the person is optimistic in nature*

Keywords: Optimism; Gratitude; Psychological Well-Being; Martin Seligman

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