

SELF-ESTEEM AND GRATITUDE AS PREDICTOR OF MENTAL WELLBEING

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ABSTRACT : Researches all over the world have shown that adolescents are suffering lot of mental issues these days and their mental well-being is decreasing. There are number of factors which contribute towards the dwindling mental well-being of the adolescents. The present study aims to see the relationship between self-esteem and mental well-being and gratitude and mental well-being. Further it aims to predict the contribution of self-esteem and gratitude towards mental well-being. A sample of 143 adolescents was taken from private schools of Chandigarh tricity. Scales of self-esteem, gratitude and mental well-being were administered to the sample students. The data was collected using google forms through snow ball sampling technique. Pearson's correlation technique was used to calculate the coefficient of correlation values for self-esteem and mental well-being and gratitude and mental well-being. To predict the contribution of self-esteem and gratitude towards mental well-being, multiple correlation technique was used. The results of the study highlighted that self-esteem is in direct correlation with mental well-being. Gratitude is also in direct correlation with mental well-being. Self-esteem and gratitude together predicts mental well-being of adolescents. The study is relevant to identify the factors which can contribute towards improving the mental well-being of students.

I. INTRODUCTION

WHO (2004) defines mental health as state of well being in which individual realizes their abilities, can cope with the normal stresses of life, can work productively and fruitfully and can contribute to their community. According to this definition given by WHO mental health is not just absence of mental illness rather it is a state of well being where one realizes one's full potential and contribute positively towards the society .At the same time one is able to deal with stresses of day to day life easily and can enjoy experience that cause happiness.Mental well-being is as important as physical well being. It affects our productivity which in turn affects society. So it is important to focus on improving mental well being of society at large. But research on mental well-being typically focuses on lack of mental illness rather than positive mental well being (Fusar-Poli et al., 2020). Rather than waiting for people to develop mental disorders and then treating them it would be more beneficial to research and develop strategies which boost mental well being. According to who 20% youth experience mental health issues .youth is stage of great changes and challenges in one's life so there are greater possibilities that one may develop mental health issues. If taken care and fostered with good strategies at this stage, can help to develop adults with enhanced abilities for greater participation in community building. So the researchers found it important to study the mental well-being of adolescents, its relation with their self-esteem and how grateful they are towards different aspects in their life.

Self-esteem : According to American psychological association, self-esteem is degree to which the qualities and characteristics contained in one 's self concept are perceived to be positive. According to Cambridge dictionary self-esteem is the belief and confidence in one's own ability and value. A person with high self-esteem believes in his or her capabilities to contribute to the world. For a high self-esteem, person's positive thoughts about oneself outweigh the negative thoughts. Development of higher level of self-esteem predicts great greater academy success (Joshi & Srivastava, 2009).So, high self-esteem plays vital role in living a meaningful life. It gives motivation and confidence to move forward and face the challenges and hardship of life. It impacts not only our thinking but also the way we behave.It is the fundamental human desire to seek high self -esteem. They may go out of the way to seek high self-esteem and value past experience that increase their self-esteem (Hepper, 2016)

Gratitude : The word gratitude is derived from Latin word Gratia which means Grace, graciousness or gratefulness .When a person receives something whether tangible or intangible he may feel thankful for it and may appreciate it. Gratitude is strongly associated with happiness. Jayakumar & Gupta (2021) found positive association among gratitude, psychological well being, and happiness. Grateful people feel more positive

emotions, better health and are able to deal with hardships or adversity in a better way. Fredrickson (2005) proposed that positive emotions broaden people's momentary thought action repositories and these in turn serve to build enduring physical and psychological resources.

Key words: Gratitude, mental well-being, self-esteem, Pearson's correlation and multiple correlation

II. REVIEW OF LITERATURE

Chih-Che (2015) examined the effect of self-esteem on gratitude and well-being and also association between the variables among undergraduate students. A sample of 235 participants was taken for the study. The results showed the association of higher levels of dispositional gratitude with greater self-esteem and indices of well-being. Also, higher levels of self-esteem were associated with indices of well-being. Path analyses showed that self-esteem acted as a partial mediator of the association between gratitude and well-being. These results provide information regarding a possible process through which dispositional gratitude has beneficial effects.

Asif, Khalid, Ashraf, Khan., & Pervaiz (2018) studied the relationship between self-esteem and gratitude among college students of the rural area of Narowal Punjab, Pakistan. Rosenberg self-esteem scale and gratitude GQ6 questionnaire were administered to collect the data. The results showed that there was no significant correlation between self-esteem and gratitude. Even male and female students showed no significant difference regarding self-esteem and gratitude.

Jacob & Sarkar (2018) aimed to explore the relationship between gratitude in daily life and self-esteem among adults in the age group of 18-22 years from the three colleges of New Bombay, India. A sample of 82 young adults was chosen by Random Incidental sampling. Rosenberg's scale for self-esteem and Gratitude Resentment and Appreciation Test for measuring Gratitude were used as tools to collect the data. The results indicated a significant positive correlation between self-esteem and two of the four measured aspects of gratitude, that is, simple appreciation and appreciation for the others. The correlates are of low strength indicating that these two variables are less influenced by each other. Aziz & Yildirim (2019) studied the impact of self-esteem on the relationship between gratitude and subjective well being within Arabic context. 300 Arabic speaking adults were taken for the study. Around 38% of them were males and 62% were females. Data was collected through the internet using forums, blogs, and social networks. Scales of self-esteem, gratitude, satisfaction with life and positive and negative experiences were administered on the sample. The results showed positive correlation between self-esteem, gratitude, satisfaction with life and positive experiences and negative correlation between self-esteem, gratitude, satisfaction with life and negative experiences. The results also showed that self-esteem and gratitude directly predicted subjective well-being. The results suggest that enhancing self-esteem could assist adults who have gratitude to experience greater subjective well-being. Nwankwo, Chibuikwe, & Nweke. (2020) explored the relationship between perceived self-esteem and psychological well-being among the sample of 350 student athletes in the age group of 18-30 years who were selected randomly from Ebonyi State University; Abakaliki, South East, Nigeria. Using the Pearson's correlation and the t-test of significance, results showed that perceived self-esteem and psychological well-being were related and student athletes with high self-esteem have high psychological well being. Jayakumar & Gupta (2021) examined the relationship between gratitude, psychological well-being and happiness. A random sample of 200 college students, 67 males and 133 females, was taken to conduct the study. The results showed a positive association among gratitude, psychological well being, its dimensions and happiness.

Singhal & Prakash (2021) studied the relationship between self-esteem and psychological well-being among Indian College students. A sample of 122 college students in the age group of 18-22 years studying in Delhi-NCR region of India was taken and administered Rosenberg Self-esteem Scale and Psychological General Well-being Index for measuring self-esteem and psychological well-being respectively. Data was analyzed using IBM SPSS ver.20. the results revealed that the college students reported moderate level of self-esteem and psychological distress. A significant positive relationship was seen between self-esteem and psychological well-being. No significant differences were found in self-esteem and psychological well-being level of college students based on gender. Further, regression analysis showed that self-esteem significantly predicted psychological well-being. Given that the self-esteem is a significant determinant of psychological well-being, healthy self-esteem development is crucial for enhancing positive mental health outcomes among college students.

III. OBJECTIVES

1. To study the correlation between self-esteem and mental well-being of adolescents studying in schools of Chandigarh tricity.

2. To study the correlation between Gratitude and mental well-being of adolescents studying in schools of Chandigarh tricity.
3. To predict the contribution of self-esteem and gratitude towards mental well-being of adolescents studying in schools of Chandigarh tricity.

Hypotheses

1. There is no significant correlation between self-esteem and mental wellbeing of adolescents studying in schools of Chandigarh tricity.
2. There is no significant correlation between Gratitude and mental wellbeing of adolescents studying in schools of Chandigarh tricity.
3. Self-esteem and gratitude together do not contribute significantly towards the mental wellbeing of adolescents studying in schools of Chandigarh tricity.

Tools used

1. Self-esteem scale by Rosenberg (1965).
2. Gratitude Questionnaire (GQ-6) by McCullough, Emmons & Tsang (2002).
3. Warwick Edinburg Mental well-being scale by Stewart- Brown et al. (2006).

Sample of the study: A sample of 143 adolescents studying in various private schools of tricity of Chandigarh was taken for the study. The sample was taken using snowball sampling technique and the data was collected using Google form prepared by the investigators themselves.

Procedure: Standardized scales related to Self-esteem, Gratitude, and mental well-being was used to collect the data from adolescents studying in schools of Chandigarh tricity. The statements related to the said scales were transferred to Google forms so that data could be collected online. The link of the Google forms was mailed to the sample students and data was collected. The raw data was tabulated in the excel sheet and subjected to descriptive and inferential statistics. Coefficients of correlation and multiple R were calculated through Pearson’s correlation and multiple correlation technique using SPSS software. Finally, interpretation of the results was done and conclusions were drawn out.

Statistical tools used: Descriptive statistics, such as mean, standard deviation, and inferential statistics such as Pearson’s correlation and multiple correlation were employed to analyze the data.

IV. ANALYSIS OF THE DATA

Objective 1: To study the correlation between self-esteem and mental being of adolescents studying in schools of Chandigarh tricity. The objective is tested by employing Pearson’s coefficient of correlation technique on the mean scores of the variables self-esteem and mental well-being.

Table 1: Coefficient of correlation between Self-esteem and Mental well-being of adolescents

S.No.	Variable	N	Mean	SD	r ₁₋₃	Levels of Significance
1	Self-esteem	143	27.44	5.42	.69	.01
3	Mental Well-being	143	43.93	9.81		

Table 1 shows that mean values for self-esteem and mental well-being are 27.44 and 43.93 respectively. The coefficient of correlation value has been found to be .69. It has been found to be significant at .01 levels of significance. Hence the hypothesis, “There is no significant correlation between self-esteem and mental well-being of adolescents studying in schools of Chandigarh tricity” may not be accepted. This shows that self-esteem is in direct correlation with mental well-being. Higher the self-esteem better will be the mental wellbeing.

Objective 2: To study the correlation between Gratitude and mental well-being of adolescents studying in schools of Chandigarh tricity.

The objective is tested by employing Pearson’s coefficient of correlation technique on the mean scores of the variables gratitude and mental well-being.

Table 2: Coefficient of correlation between Gratitude and Mental well-being of adolescents

S.No.	Variable	N	Mean	SD	r ₂₋₃	Levels of Significance
2	Gratitude	143	27.80	3.89	.52	.01
3	Mental Well-being	143	43.93	9.81		

Table 2 shows that mean values for gratitude and mental well-being are 27.80 and 43.93 respectively. The coefficient of correlation value has been found to be .52. It has been found to be significant at .01 levels of significance. Hence the hypothesis, “There is no significant correlation between gratitude and mental well-being of adolescents studying in schools of Chandigarh tricity” may not be accepted. This shows that gratitude is in direct correlation with mental well-being. The more the gratitude the better will be the mental well-being.

Objective 3: To predict the contribution of self-esteem and gratitude towards mental well-being of adolescents studying in schools of Chandigarh tricity. The objective will be tested by employing multiple correlation technique on the mean scores of the variables self-esteem, gratitude and mental well-being.

Table 3: Model summary of Predictors Gratitude and Self-esteem and dependent variable Mental well-being

Model	R	R ²	Adjusted R ²	Std. Error of Estimate
1	.706	.498	.491	6.997

Table 4: Analysis of variance between predictors Gratitude and Self-esteem with dependent variable mental well-being

Model		Sum of Squares	df	Mean Square	F	Levels of Significance
1	Regression	680.291	2	34.3.646	69.523	.01
	Residual	6854.009	140	48.957		
	Total	13661.301	142			

Table 5: Coefficients and t- value for self-esteem and gratitude on Dependent variable Mental well-being

Model	Unstandardized Coefficients		Standardized Coefficients	t - value	Significance
	B	Std. Error	Beta		
1 (Constant)	2.954	4.274		.691	.491
Self –esteem	1.081	.135	.597	7.980	.000
Gratitude	.407	.189	.161	2.158	.033

Table 3 reveals that the value of multiple correlation coefficients, R, is .706. It depicts the level of quality or prediction of the dependent/ criterion variable, that is, mental well-being. The value of R² (coefficient of determination) is .498 and the adjusted value of R² is .491. It represents the modified version of R² which has been adjusted for the number of predictors in the model. The values indicate that the independent variables, self-esteem and gratitude, explains 49.8% of the variability of the mental well-being. Table 4 shows that the value of

F-ratio, which tests whether the overall regression model is a good fit for the data or not, is 69.523 for (2,140) degrees of freedom. The value is significant at .01 levels of significance. This means that self-esteem and gratitude combined predict the dependent variable mental well-being to the extent of 49.8%. Rest may be predicted by some other variables. So, the overall regression model is a good fit for the data. Table 5 represents unstandardized coefficient values for self-esteem and gratitude as 1.081 and .407 respectively. It also shows that t-values for self-esteem and gratitude are 7.98 and 2.158 respectively which are significant at .01 and .05 levels of significance respectively. It means that for every one unit increase in self-esteem there will be 1.081 units increase in mental well-being and for every one unit increase in gratitude there will be .407 units increase in mental well-being. Hence the hypothesis, "Self-esteem and gratitude together do not contribute significantly towards the mental well-being of the adolescents studying in schools of tricity of Chandigarh may not be accepted. Self-esteem and gratitude together predicts mental well-being of adolescents.

V. RESULTS AND DISCUSSION

Mental well-being affects every stage of our life, be it be childhood, adolescence or adulthood. If one experiences mental health issues at any stage of life, it can prove detrimental to his/ her future life especially in the adolescent stage. Adolescence is a transition phase from childhood to adulthood marked by several biological, cognitive and psychological changes. Worldwide it is estimated that 10-20% of adolescents experience mental health issues but in most of the case it goes unnoticed. Lack of knowledge or awareness about mental well-being makes the situation worse. In different researches mental well-being is found to be strongly linked with happiness, life satisfaction, self-esteem, gratitude etc. The present study highlighted the relationship of mental well-being with self-esteem and gratitude. The results of the study show that mental well-being has a significant positive correlation with self-esteem. This means that higher the self-esteem better will be the mental well-being. The study is supported by the results of Chih-Che (2015), Auttama, Seangpraw, Ong-Artborirak, Tonchoy (2021). Self-esteem is an influential factor in physical and mental health, and therefore should be an important focus in health promotion and wellness (Abtahi & Valladao, 2022). Nwankwo, Chibuike, & Nweke (2020) showed that student athletes with high self-esteem have high psychological well being while their counterparts with low self-esteem have low psychological well being. Singhal & Prakash (2021) showed a significant positive relationship between self-esteem and psychological well-being.

The result of the present study also showed that gratitude has a significant positive correlation with mental well-being. It is supported by Kumar et al. (2022) who found that gratitude lessened mental health difficulties at the onset of pandemic. Also, Froh, Sefick, & Emmons (2008) found that counting blessings on daily basis is an effective intervention for wellbeing enhancement in early adolescents. (Geier & Morris, 2022, Tyler & Dana, 2018) found that gratitude interventions are suitable for improving mental well-being in college students. Self-esteem and gratitude together contribute significantly towards the mental well-being of the adolescents studying in schools of tricity of Chandigarh. Hence self-esteem and gratitude significantly predict mental well-being of adolescents of Chandigarh. This result is supported by the outcomes of Aziz & Yildirim (2019) in their study. Also Singhal & Prakash (2021) in the regression analysis showed that self-esteem significantly predicted psychological well-being. Given that the self-esteem is a significant determinant of psychological well-being, healthy self-esteem development is crucial for enhancing positive mental health outcomes among college students. Self-esteem is considered an influential factor in physical and mental health, and therefore should be an important focus in health promotion and wellness.

VI. CONCLUSION

The present study shows that in order to improve mental wellbeing of adolescents, development of self-esteem and gratitude interventions can prove to be highly effective as these are found to be strongly correlated with mental wellbeing.

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