

**Project Dissertation**  
**On**  
**IMPACT OF GRATITUDE ON RESILIENCE AND**  
**VITALITY**

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**2K17/MBA/078**

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We would also like to thank all the people who provided us with the facilities being required and conducive conditions for our MBA project.

## CERTIFICATE FROM THE INSTITUTE

This is to certify that the project dissertation report titled “**IMPACT OF GRATITUDE ON RESILIENCE AND VITALITY**” is a bona fide work carried out by Ms. Shaffali Bajaj of MBA 2017-19 and submitted to Delhi School of Management, Delhi Technological University, Bawana Road, New Delhi-110042 in partial fulfilment of the requirement for the award of the Degree of Masters of Business Administration.

Signature of Guide:

Signature of HOD:

Place:

Place

# DECLARATION

I, Shaffali Bajaj, student of MBA 2017-19 of Delhi School of Management, Delhi Technological University, Bawana Road, Delhi-110042, declare that the project dissertation report on “**IMPACT OF GRATITUDE ON RESILIENCE AND VITALITY**”, submitted in partial fulfilment of Degree of Masters of Business Administration is the original work conducted by me.

The information and data given in the report is authentic to the best of my knowledge. This Report is not being submitted to any other University for award of any other Degree, Diploma and Fellowship.

Name of the student:

Place:

Date:

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# Abstract

Mental health plays a vital role in wellbeing of a human being and Gratitude is a valuable emotion that has subtle yet functional outcomes. Past researches says gratitude and resilience are co related and found to be oriented from human basic cognitive functioning. There might be some unevaluated and unattended aspects which can be useful in practical applications.

The study presented here tends to study the impact of resilience and positive attitude on mental health.

Gratitude followed by resilience plays an important role in mental health of an individual. People who are resilient and emotionally intelligent have strategies coping up with challenging situations and maintaining a positive outlook. Such people remain positive and optimistic, prove to be focused and flexible in testing circumstances.

Resilience reduces the anxiety for unknown and uncertain future.

## **INTRODUCTION**

Mental health is a confluence of Emotional, psychological and social wellbeing affecting how we think react and act in a situation. It determines how we react and conduct ourselves in society.

### **Facets of Grateful Disposition.**

Certain traits lowers the threshold for experiencing certain emotional states. For example hostility reduces the threshold for experiencing anger. Experience describes that the grateful disposition reduces the threshold for responding and recognizing the role of other people benevolence and contribution in positive outcomes in an individual's life.

*Intensity* can be described as first facet of grateful disposition. A person with grateful disposition is expected to feel more intensively grateful about the event then a person with less grateful disposition.

Second Facet is *Frequency*, a dispositional grateful person will report to be grateful several times a day.

The third faced is *Density*, it defines the number of people you feel grateful for. A dispositionally grateful person might list many other people, including parents, friends, family, and mentors. Someone less disposed toward gratitude might feel grateful to fewer people for the same outcome.

The grateful disposition is not simply a tendency to experience an impact . it also emerges from particular parameters regarding the causes of one's positive outcomes. Weiner proposed that gratitude became distinct from happy feelings through a two-step process. Initially people do recognize that they have achieved a positive outcome, which creates happiness. then people relate their happiness to an external source or another person who acted intentionally and consequently, happiness is usually labeled as gratitude. Thus, attributions are central to gratitude, and attributional style may be central to the disposition toward gratitude.

According to the preceding analysis, we are skeptical about that the grateful dis- position is



related to other personality traits, most notably

- (a) positive affective traits and well-being
- (b) prosocial traits
- (c) religion/spirituality.

Gratitude can be approached as subjective feeling of admiration, thankfulness and valuing for life. According to Oxford dictionary, gratitude is “the quality or the condition of being thankful; the appreciation of an inclination to return kindness”. This paper will focus on the effect of resilience and vitality on the gratitude.

With the phrase ‘teacher-student relationship’ the story of Dronacharya and Eklavaya springs to mind. Even after being rejected by Guru Drona, Eklavaya honoured his decision and practiced in front of idol. He honed the skill of archery to the extent Arjuna never could. This was all about gratitude towards his teacher that made him reach the zenith even after facing many ordeals of life. When confronted by Guru Drona, he was obliged to him that he readied to return kindness by giving his thumb as ‘Guru Dakshina’. This mythological story incites the curiosity to find out how gratitude, vitality and resilience are linked.

Once upon a time, a guruji was sitting with his two disciples under the densely leaved fig tree. The older pupil asked, "Guruji, how long must I wait until I perceive God?" Guruji replied, "Insight is not something that can be speculated, but since you have inquired," guru leaned on and told "it will be twenty more lives." "Oh, no!" the disciple cried in perturbation, "I don't know if I can wait that long!" Another student, eagerly, inquired about his destiny. The guruji replied, "Liberation will come after you live as many lives as this banyan has leaves!" listening to what guruji said the disciple got excited. Why? He was happy because he was going to be liberated from the cycle of birth. Happy with praise, he excelled the mind and accomplished his salvation that very moment. the former disciple was on the path of devaluation. For him, the glass was half empty. While the other disciple was considering the glass to be half full. The Indians are so engrossed with gratitude and thankfulness that it has approximately 33 lakhs gods and goddesses. Our gratitude is at pinnacle.

From the era of Gurukul to the times of launching missiles, gratitude has not vanished. During a notable mission of the DRDO, the pressure of work was elevated. A scientist who has promised his kids to take them to the exhibition approach the boss asking for the permission. Boss granted the permission to leave early after which the scientist again indulged in his work. But the scientist was so dedicated towards his work that he forgot to keep a watch on time and that's why couldn't leave early. When he arrived late at home, he only could see his wife. He asked her about the kids and to his surprise she said: "your manager was here around 5:15pm and he took the kids for the exhibition!" The whole scene was observed by the boss that the subordinate was working so hard. Feeling the empathy for children, he took decision to take the children himself. If that's not gratitude towards the subordinate, then what it is?. The boss is none other than the missile man of India and our 11th president- Dr APJ Abdul Kalam. He is not renowned for the achievements he accomplished rather he is known for his humbleness and the way he showed gratitude and thankfulness towards people no matter what is designation of that person. There are many stories and incidents which throw light on his positive character. In IIT -Varanasi, 2013, convocation day, Dr. Kalam (Chief Guest) declined to sit on a chair that was designated for him – because the chair was larger in size than the other chairs. Seeing that out of the 5 chairs, center chair, which was for the former president, was larger in size, he offered the chair to the VC of the college. The VC couldn't have accepted this and immediately, another chair was arranged for him. Having been the former President of India and a renowned individual as well as globally known scientist the special chair was offered to him, but, he denied to sit on that. Entrepreneurs in the same way may achieve great paramouncy and shall be presented high positions but, it is their wish whether to remain grounded along with others or to take the supreme position offered. People are known for their qualities and knowledge do not require to attain a high position & proclaim supremacy.

According to Fredrickson and et al(1998), gratitude makes individuals resilient. It enhances the resilience in crisis. It has also been stated that gratitude and depression have inverse relationship. Resilience can be referred to as the ability to recover or bounce back immediately from the obstacles and discomfort. Resilient people feel that they have control of their own destinies..

So as of now, 'student's life' has been chosen to measure these aspects because the pressure

starts building up in academics years itself. If a student is mentally sound, then there may be fair chances that he can overcome agonies in professional and personal front in coming years. Also till now the connections among the three factors has not been proved in India. Many researches have been done but not in the context of Indian students.

Vitality is a “positive feeling of aliveness and energy, as a proxy indicator of students’ organismic well being” ( Ryan and Frederick,1997). Psychological well being and life satisfaction can determine the vitality using regression analysis formula. So in a same manner it can be stated that higher the vitality, more will be the gratitude among students. This can be said because there is high level relation with self accomplishment, sanity, optimism and self motivation. Contrary to this, vitality is minimally affected by stress, external locus of control and pessimist thoughts.

An individual aims to satisfy psychological needs like freedom, relatedness and competence. Autonomy can be described as freedom and sovereignty. Competence refers to the ability of doing something successfully and efficiently while Relatedness means “to the need to feel connected to significant others”. Gagnè, Ryan and Bargmann(2003) through an experiment found that fluctuations in above three mentioned factors can change the vitality accordingly. Therefore, reinforcing the various life skills can have a major part in positively affecting the mental infirmity of students which will lead to experiencing vitality and have a productive life which is cheerful, yearning and filled with aspirations.

## **LITERATURE REVIEW**

Gratitude, is being thankful to and showing appreciation in return of kindness. It is an ingrained value in humans taught to them via their parents & society .It is a positive aspect in psychological terms, which helps in developing a positive attitude in lives of humans being. Gratitude is divine honour ; prayers and tributes as said by Lord Vishnu ,comprising quality of compassion. It means that when an individual does a good deed, the divine power seeks ways to shower his gratitude.

Gratitude, it seems, is a universal phenomenon, “hardwired” into human nature. Usually a spontaneous emotional response toward one who has shown us a kindness, it can become a spiritual discipline worth cultivating.

The concept of Gratitude can be traced back way back to 54bc where a great Roman Statesman Marcus Tullius Cicero defined gratitude as a Parent of all others and not only Considered as a Virtue. It has been regarded as a Standard Positive Psychological Trait (Wood, Joseph, Lloyd, & Atkins, 2009). Infact, it is closely related to with negative emotions like Obligation, Guilt , Debt etc. (Morgan, Gulliford & Kristjánsson , 2015).

Scholars believed that Gratitude is affective trait and people with high grateful disposition tends to respond with grateful emotion for other’s benevolence and positive acts, towards themselves. Past studies brought out revelations regarding the impact of gratitude on Psychopathology and Subjective fitness (Jans-Beken, 2017),Mental Health (Rawat & Goyal , 2018), Human Strength in maintaining Mental Health (Emmons and Crumpler, 2000 ; Sydney and Lopez , 2009), Spiritual Development, Self-Esteem, Motivation, Life Satisfaction

According to an article by Melinda Black from Wall Street Journal, “Thank you, No, Thank you.”, grateful adults with more energy, optimism, happiness and social connection in comparison to those who doesn’t, who feel more depressed , greedy, envious. Cicero in 43BC proposed that gratitude is parent of all the virtues. A noble person is mindful and thankful of the favours he receives from others – The Buddha Gratitude is an emotion that most people feel frequently and strongly (McCullough et al., 2002)

It has been concluded by Aristotle that manifestations of gratitude are just thin veil over humans, self-interest or emotional ties male people hold on to their supporter(Harpham, 2000 ; Roberts, 2000). As proposed that grateful mood is linked to our individual differences and daily emotional experience( McCullough, M. E., Tsang, J. & Emmons, R. A. ,2004).

History has been giving us evidences of gratitude throughout. Our vedic literature shows the same like : The Ramayana says: Krte ca prati kartavyam esham dharmah sanatanah (Ramayana, Sundara Kanda) "To repay a good deed with another--this is the essence of Sanatana Dharma." Sanskrit scripture which is a part of another epic Mahabharatha , BHAGAVAD GEETA defines gratitude as:” Every living entity, especially humans, must feel grateful for the blessings and miracle that are offered to them by the creator of the life.

Sentiments of gratitude are visible everywhere irrespective of people of different country, region and religion. According to a study ,People of UK, are more inclined towards the negative aspect of gratitude rather than the positive aspect, For them it is a feeling of guilt, obligation, indebtedness or ingratitude. While the case is opposite in USA, the perception and understanding of gratitude, is more towards positivity & optimism. They are inclined more towards happiness and are more expressive in showing their gratitude towards someone or something. In Mexico, thousands of Milagros — miniature votive charms shaped like body parts are found which represents a “thank you” for healing delivered or promised, are found in churches.

Everyone has a different way of showing their gratefulness, like in American tradition, a festival of Thanksgiving is celebrated for showing their appreciation to people or things that they are grateful for in their lives. Similarly, In India, Thanksgiving Day signifies an ample harvest and flourishing of wealth. In the state of Punjab, Lohri & In South India , festival of Pongal are interpreted as 'thanksgiving'. In Judaism, followers of Yahweh are urged to start every new day by being grateful for seeing the daylight again(Emmons & Crumpler, 2000). When it comes to Christianity, some psychologists suggest that being grateful to God is an

important part of Christianity that plays an important role by strengthening the mutual bond between all Christians (Roberts, 1991).

In historical writings of Theravāda Buddhism, being grateful is believed to be related to past lives (Berkwitz, 2003). In the present day, gratitude (in conjunction with the concept of karma) act as a motivation for philanthropic behaviour and social service in China (Kuah-Pearce, 2014).

Holy Upanishads recites prayers which shows our gratefulness & appreciation towards things that we are thankful for having in our lives.

AUM saha navavatu, saha nau bhunaktu

Saha veeryam karvaavahai

Tejasvi naa vadhita mastu

maa vid vishaa va hai

AUM shaantih, shaantih, shaantih.

Meaning,” Let us together grow, be fed and feel safe behind God’s shadow. Let us collectively work to the benefit of humanity. Let our journey be filled with success, happiness, and endowed with some great motivation. Let us never be influenced by the ill-dead or feel hatred for anyone. Let there be harmony and serenity in all the three universes.”

Barbara Lewis, auth0r of *What Do You Stand For? For Kids* (Free Spirit Publishing, 2005) describe gratitude as one of the most important & delicate concept to guide toddlers and pre-schoolers, who act reserved in that stage of their lives. They are taught how pleasant it is to be around kids and being sensitive to the emotions of others. Also developing empathy and other life skills along the journey.

According to Fredrickson and et al(1998), gratitude makes individuals resilient. It enhances the resilience in crisis. It has also been stated that gratitude and depression have inverse

relationship. Resilience is that the capability to recover or get well quickly from the difficulties and discomfort. The competency to beat challenges in ways in which maintain or encourage wellbeing has a vital role in however students learn to realize educational and private goals. Resilient kids feel a way of direct over their own destinies.

Resilience, word derived from the Latin for springing back, or "jumping back up," took on an extra preventive which means within the last century, as a result of it helped to alter the main focus of analysis from pathologies to opportunities for verifying action. The will to act in support of resilience cause a research for methods to assist families and communities strengthen resilience in their individual members. Researches has shown that, indeed, abundant of what looks to market positive adaptation despite adversity originates outside of the individual -- within the family, the community, the society, the culture, and also the atmosphere. Analysis has diode to the ideas of resilient reintegration, whereby a confrontation with adversity will lead for a few to a brand new level of growth, and, for some, to the notion that resilience are a few things innate that desires solely to be properly wokeup.

A study printed within the Journal of Clinical Psychology, 2017, shows that to actively improve resilience and happiness, we must always be unselfish with feeling, with aim to point out feeling is best communicated verbally, to friends, family & individuals around us . People that practiced journaling their feeling improved their mental state, and people that expressed their feeling verbally had the foremost improvement overall. Therefore feeling helps in decreasing depressive symptoms, rising relationship, & shallowness, increase mental strength/resilience.

Gratitude is one among the key attributes of resilient individuals. Studies have shown visible distinction in however individuals reply to tough things and circumstances. In these studies, the distinction were between people who show resilience and people who failed to, and results showed that this cluster practiced a lot of feeling in their lives. Gratitude additionally helps us address crisis.

Consciously cultivating gratitude builds up a form of psychological system that may cushion us once we fall. There's scientific proof that grateful individuals are a lot

of resilient to worry, whether or not minor everyday hassles or major personal hassles. Resilience has been outlined as positive adaptation despite adversity. Over the years, resilience analysis has tried many stages. From initial concentration on the untouchable or unconquerable kid, psychologists began to acknowledge that abundant resilience originates outside of the individual. The term "Resilience" was 1st popularised by Holling in 1973 among the influential work titled as 'Resilience and Stability of Ecological Systems' , wherever he outlines, however different views of behaviour will produce totally different approaches to the management of resources.

He presents the viewpoints 'resilience' and 'stability'. The resilience viewpoint emphasises the domains of attraction and also the want for persistence through process resilience as a live of persistence and also the ability to soak up disturbances and still maintain identical relationships. Whereas the stability viewpoint is delineate as ability of a system to come back to equilibrium state when a disturbance and emphasises on maintaining the equilibrium among a world.

Researchers have shown interest in psychological and social determinants of health so bit by bit extended its use from mental state to health normally. Among psychologists, Werner (1995) named 3 general usages: smart biological process outcomes despite high risk status; sustained ability below stress; and recovery from trauma. The foremost common definition of resilience within the past few years is: positive adaptation despite adversity. Rutter (2000) has outlined resilience as relative resistance to psychosocial risk experiences that focuses on a variety of outcomes, not simply positive ones; it doesn't necessary expect that protection lies in positive expertise and doesn't assume that the solution lies in what the individual will concerning the negative expertise at the time . Hunter (1999) conceptualizes resilience in an exceedingly time with 2 poles: less optimum resilience and optimum resilience. Less optimum resilience includes "survival ways of violence, high risk behaviors, and social and emotional withdrawal" (Hunter, 1999). Hunter's main purpose is that adolescents who shows this type of resilience typically are maladapted as adults. There are 3 general categories of resilience models -- compensative, protective, and challenge -- that specify however resilience factors operate to change the mechanical phenomenon from risk exposure to negative outcome (Fergus and Zimmerman, 2005).



A compensative model best explains a state of affairs wherever a resilience issue counteracts or operates in opposite way to a risk issue. The resilience issue encompasses a direct result on the end result, one that's freelance of the result of the danger issue. Within the protecting model, resources moderate or cut back the results of a risk on a negative outcome. They will facilitate to neutralize the results of risks ; they will weaken, however not utterly take away them; or they will enhance the positive result other factors. Within the challenge model , the association between a risk issue an outcome is "curvilinear": exposures to each low and high levels of a risk issue are related to negative outcomes, however moderate levels of the danger are associated with less negative outcomes.

The application of the challenge model of resilience provided by Richardson (2002) shows that "resilient reintegration" is that the most positive outcome of a method involving a personality's reactions to some stress or adversity. Resilient reintegration happens once one experiences some insight or growth as a results of disruption. It ends up in the identification or strengthening of resilient qualities. Iris Heavy Runner described resilience "our innate capability for well-being" . She describes resilience as the natural, human capability to navigate life well. It's like sense which each and every soul possesses. The necessary thing is to utilize innate resilience, that is birth right of each soul, understanding our inspiration and finding a way of direction.

Vitality is approaching life excitedly with energy; not doing things halfway or heartlessly living life as an adventure; feeling alive and activated. The strength of vitality is centrally vital and one in every of the key strengths that are most extremely related to happily and wellbeing. (The four strengths are curiosity and interest within the world, hope and optimism, gratitude, and therefore the capability to like and be wanted.)

*"A vital pers0n is someOne whose aliveness and spirit are expressed not only in pers0nal pr0ductivity and activity-such individuals often infecti0usly energize those with whom they come into contact."* (Peterson and Seligman, 2004, p. 273)

In each the physical and mental sense, vitality refers to a sense of aliveness. The word itself springs from vita or "life." within the physical sense, this vitality refers to feeling healthy and capable and energetic. Psychologically, this state of aliveness brings a way that one's actions have that means and purpose.

Although Power Bar makers would have assume otherwise, the energy related to vitality is distinct from caloric energy. Unless you're seriously deprived of calories, eating and drinking do not boost vitality (Selye, 1956). Eating an excessive amount of, on the other hand will decrease vitality. And exercise (caloric output) will boost vitality (Myers et al,1999).

The conception of vitality has deep roots in eastern philosophies and healing traditions. the traditional Chinese conception of Chi, the Japanese notion of Ki, the Indonesian notion of Bayu, and the Indian notion of Prana all seek life and health from underlying life energy or force that flows through living things. Ancient and enduring health practices from acupuncture to reiki to yoga specialise in manipulating and increasing the life energy.

Researchers have joined positive social contexts with enlarged vitality (Ryan & town, 1997), during a study of nursing home residents, those residents who had varied social cOntacts throughOut the day had higher levels of vitality. Vitality is powerfully related to general physical and psychological state, however it's not an easy relationship. Researches suggests that almost all things that have a negative impact on physical health or mood even have a negative impact on vitality. Smoking, poor diet, inactivity, and a nerve-racking setting are all negatively related to vitality (and health).

According to the Self-Determination Theory of Deci and Ryan (1985), Ryan and Fredric (1997) "Subjective Vitality Scale", they characterised it as an as an entity filled with energy, enthusiasm, aliveness, non-fatigue, weariness, and exhaustion, and proven that once the subjective vitality is during a lower level, irritability and fatigue are created and it's going to not create utterly use of potential to try and do activities. However once the subjective vitality has a higher level ,sufficient energy is created to try and do such activities, and therefore the mood is in a correct status , thus all duties and activities are performed superb, (Ryan & Deci, 2001). Subjective vitality indicates entity filled with mental positive energy, and cheerful person is an alert and fresh person is also filled with life and energy.

In keeping with this theory, energy contains a main role in subjective vitality. To retain well-being and subjective vitality, it's necessary to relish optimum level of energy (more stressed on mental energy), thus we have should attempt to get it and reconstruct it. Ryan and Fredrick (1997) outlined subjective vitality as a mental experience filled with life

and energy. This issue is mentioned in alternative cultures underneath totally different titles.

The conception of well-being that subjective vitality is one in every of its aspects, contains a complicated structure that is expounded to the performance and having an optimistic operation experience (Ryan and Deci, 2001). Psychological well-being includes of 3 aspects: Happiness, purposive, and vitality. These aspects are created when a person's important desires are fulfilled. During this scenario, folks are driven to preserve their vitality and attain an insight from themselves, their life and therefore the environment surrounding them (Kaplan 1995). Diner and Kasser (1999), expressed 3 mental well-being things. These 3 things include life satisfaction, having positive mood, and lack of negative mood. These 3 things named happiness. Mental well-being is originated from hedonism philosophy. In keeping with this philosophy, the only and important goal of life is to have lots of enjoyable experiences. And happiness is resulted to well-being. Riff and Singer (2000), didn't contemplate the well-being adequate enjoyment, they believed that well-being is an endeavour to attain rise and evolution of real capability of the human

In the research , Ryan & Fredric (1997) assess subjective vitality. They found that not solely subjective vitality has relation with psychological factors like autonomy and connexion, however additionally with physical health. Riff & Singer (1998) found that positive communication with others and adjustment is very important factors in subjective vitality and well-being. Ryan & Deci (2001) expressed that on the strength of their analysis, autonomy and self-efficiency and ability are necessary for subjective well-being, psychological health, subjective vitality, academic performance and continuous presence within the institute.

A study regarding the mindfulness intervention for healthy school students and its effects on subjective vitality (Nicholas K. Canby Ian M. Cameron & Amrit T. Calhoun Gregory M. Buchanan , 2014) describes the college years as crucial and difficult developmental process, each for the formation of habits that cause success and well-being later in life and for learning to address stress and therefore the incidence of psychological difficulties (Hunt and Eisenberg 2010; Mowbray et al. 2006). The research findings showed that mindfulness- based mostly intervention considerably enlarged self-control, subjective vitality,

and self-reported aware awareness. Body energy and vitality are typically related to physiological condition, and have compete a significant role in systems of ancient medication and religious apply from everywhere the globe (Ryan and town,1997). Moreover, persistent lack of energy is related to high stress levels, and during this means subjective vitality describes the alternative impact. Lastly, subjective vitality is expounded to general well-being and self-motivation (Ryan and town 1997). In an analysis that was done by Nicks, Ryan & Manly (1999) disclosed that the scholars have a lot of self-efficiency and ability after they are in setting wherever protection, strengthening autonomy and self-control are the vital duties of it, and this ability are resulted in their psychological health and subjective vitality, therefore during this scenario students' psychological state are warranted.

Fun and positive affective experiences are thought of to be one of the foremost vital reasons that students participate in physical activity and lack of fun as an important reason for avoiding physical activity participation (Ewing & Seefeldt, 1988). Further, Pasco, Jacka, Williams, Brennan, Leslie, and dullard (2011) have shown that positive have an effect on interest, excitement, enthusiasm, and application that ar related to bigger levels of physical activity participation. Therefore, it shows links between positive emotive experiences and physical activity involvement , the availability of positive emotive experiences in education might cause enlarged possibilities for future physical activity involvement.

College students who widely use web, are often represented as ones who spend their most of the time on web , has caused physical and psychological issues. One of the very foremost common of those issues has are neurological complications, psychological disturbances, and relative chaos. Web addiction is additionally widely seen round the world and has created negative impacts on the educational, relationship, financial, and activity aspects of the many lives. A study shows relationship between web addiction and Subjective vitality describes that web addiction has negatively foreseen subjective vitality. This finding suggests that a lot of problematic web use is related to a lower subjective vitality. Though subjective vitality has been absolutely associated with body functioning vanity, satisfaction with life, and positive affectivity and negatively to depressive symptoms, anxiety, and negative affectivity, web addiction has been absolutely associated

with a decrease in social interactions, depression, loneliness, and lower self-esteem. Additionally, subjective vitality may be a "positive feeling of aliveness associate with energy" and this psychological energy is accessible to an individual; it reflects psycho-social well-being and enhances behaviours that support a healthy manner.

Happiness and positive moods influence health, and contrariwise. Variety of social and temperament factors influence health directly, for instance by poignant health behaviour or the system. These factors additionally have an effect on health indirectly by influencing happiness and moods. These factors embody social relationships, exercise and alternative aspects of leisure, job standing and alternative aspects of labor, socio-economic class, and a number of other aspects of temperament. it's widely believed that happiness and health go along, to some extent (Argyle, 1997). Happiness can also be afore said to include alternative dimensions like that means and purpose in life (Tov and Diener, 2007).

## 1. **RESEARCH METHODOLOGY**

Methodology is the method, which we will be using to complete the project. In this, we will explain the way to head towards the goal of achieving the objectives of the project completion. Research methodology is a systematic way to solve a problem. It is a science of studying how research is to be carried out. Essentially, the procedures by which researchers go about their work of describing, explaining and predicting phenomena are called research methodology. It is also defined as the study of methods by which knowledge is gained. Its aim is to give the work plan of research. The tools of Research methodology depends on the nature of research to be carried out. If it is for discovering a new principle the research will be more into exploring through more and more experimentation. But if the research is for analyzing the existing system than the research is mainly focused towards study of existing system and practices and making an analysis of its strength, weakness and scope of improvement in the existing system. For the study of existing system the data collection methodology is most appropriate and adopted.

### 3.a **Data Collection**

There are mainly two sources of gathering data, namely primary and secondary. Data gathered through perception or questionnaire review from the existing user of the system are examples of data obtained in an uncontrolled situation. This kind of accumulation of

information is in unadulterated structure , no spiking of information is done and best information for completing exploration as it is gathered from individuals straightforwardly and afterward utilized for research. Secondary data is the data is collected from sources like magazines, books, documents, journals, reports, the web and more. This is somewhat defiled information which have been changed and isn't from a crisp source, so it isn't utilized if the exploration to be led is new.

### **3.b Primary Data**

Primary data is gathered particularly with the end goal of research venture. Leverage of Primary data is that it is particularly customized to analysis needs. The source of primary data is the populace test from which information is gathered. The initial phase in the process is deciding target populace. It's impracticable to gather information from everybody, so we will need to focus on the sample size and kind of sample. The specimen ought to be arbitrary and a stratified random sample is frequently sensible. In this study we prepared a questionnaire consisting questions related to gratitude, resilience and vitality and was circulated among Indian students to collect their responses.

### **3.c Secondary Data**

We can break the sources of secondary data into internal as well as external sources. Inner sources incorporate data that exists and is stored in an organizations itself. External data refers to the data that is gathered by other individuals or associations from association's outer environment. In this study data has been collected only from the primary source.

## **2. QUESTIONNAIRE:**

### **GRATITUDE**

#### **Author of Tool:**

Watkins, W00dward, K., Stone, T., & Kolts, R. L.

#### **Primary use / Purpose:**

The GRAT was designed to measure an individual's dispositional gratitude. A 9 pointer Likert scale was used ranging from 1 (I strongly disagree) to 9 (I strongly agree).

#### **Background:**

The authors introduced several traits that that a grateful person would exhibit. A grateful person would not feel deprived in life, they would have a sense of abundance. They would respect the contribution of others to their success and well-being, would appreciate life's simple pleasures, and would acknowledge the importance of experience and expressing gratitude. Their concept of gratitude was shown to correlate with measures of subjective well-being and positive affect.



The revised Gratitude Resentment and Appreciation Test (GRAT) consists of 44 items measuring these characteristics. The short-form GRAT consists of 16 items. Both scales are rated on a nine point scale from I strongly disagree to I strongly agree with the statement.

**Psychometrics:**

The revised GRAT has been shown to have good internal consistency, factorial validity, construct validity, and temporal stability (Watkins et al., 2003)

## **RESILIENCE**

**Author of the tool:**

Smith et al 2008

**Purpose:**

The brief resilience scale (BRS) was created to assess the ability of an individual to bounce back and recover from stress. A 6 items scale designed to measure resilience and a 5 pointer Likert scale was used ranging from 1 (strongly disagree) to 5 (strongly agree).

**BACKGROUND:**

While resilience has been defined as resistance to illness, adaptation, and thriving, the ability to bounce back or recover from stress. Previous resilience measures assess resources that may promote resilience rather than recovery, resistance, adaptation, or thriving. To test a new brief resilience scale. The brief resilience scale (BRS) was created by Smith et al 2008, was used to measure resilience among Indian students. To assess the ability to bounce back or recover from stress. Its psychometric characteristics were examined in four samples, including two

student samples and samples with cardiac and chronic pain patients. The BRS was reliable and measured as a unitary construct. It was related to personal characteristics, social relations, coping, and health in all samples. It was negatively related to anxiety, depression, negative affect, and physical symptoms when other resilience measures and optimism, social support, and Type D personality (high negative affect and high social inhibition) were controlled. There were large differences in BRS scores between cardiac patients with and without Type D and women with and without fibromyalgia. The BRS is a reliable means of assessing resilience as the ability to bounce back or recover from stress and may provide unique and important information about people coping with health-related stressors.

## **VITALITY**

### **Author of the tool:**

Ryan and Frederick (1997)

### **Purpose:**

The Subjective Vitality Scale (SVS: Ryan & Frederick, 1997 (a 7-item self-report instrument has been widely used in psychological studies) was used to measure individuals level of vitality. A 7 pointer Likert scale was used ranging from 1 (not at all true) to 7 (very true).

### **BACKGROUND:**

The concept of subjective vitality refers to the state of feeling alive and alert—to having energy available to the self. Vitality is considered an aspect of eudemonic well-being (Ryan & Deci, 2001), as being vital and energetic is part of what it means to be fully functioning and psychologically well.

Ryan and Frederick (1997) developed a scale of subjective vitality that has two versions. One version is considered an individual difference. In other words, it is an ongoing characteristics of individuals that has been found to relate positively to self-actualization and self-esteem, and to relate negatively to depression and anxiety. The other version of the scale assesses the state of subjective vitality rather than its enduring aspect. At the state level, vitality has been found to relate negatively to physical pain and positively to the amount of autonomy support in a particular situation. In short, because the concept of psychological well-being is addressed at both the individual difference level and the state level, the two levels of assessing subjective vitality tie into the two level of wellbeing.

The original scale had 7 items and was validated at both levels by Ryan and Frederick (1997). Subsequent work by Bostic, Rubio, and Hood (2000) using confirmatory factor analyses indicated that a 6-item version worked even better than the 7-item version.

The Subjective Vitality Scale (SVS: Ryan & Frederick, 1997 (a 7-item self-report instrument has been widely used in psychological studies) was used to measure individuals level of vitality. A 7 pointer Likert scale was used ranging from 1 (not at all true) to 7 (very true).

**PARTICIPANTS:**

A total of 300 Indian students’ data was collected from different state universities of the sample were male, were female.

Age of Participants	9 were below 17 year	130 were from 17-20 year	146 were from 21- 25year	7 were from 25-28year	8 were 28years above.
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Residence	Delhi	Delhi NCR	other regions		
Universities	Delhi Technological University	IP university	Delhi University	Amity University	Others
Courses	Undergraduate	Postgraduate	PhD.		
Stream	Science	Management/commerce	Science		

Table 1. Categorical division of data collected

## **TOOLS USED FOR ANALYSIS:**

Factors responsible for data handling and its execution.

1. **Data Transformation:** This technique is used to convert the format of the data. After changing the data type, it integrates same type of data in one place and it becomes easy to manage it. You can insert the different kind of data into SPSS and it will change its structure as per the system specification and requirement. It means that even if you change the operating system, SPSS can still work on old data.

2. **Regression Analysis:** It is used to understand the relationship between dependent and interdependent variables that are stored in a data file. It also explains how a change in the value of an interdependent variable affects the dependent data. The need of regression analysis is to understand the type of relationship between different variables.

3. **ANOVA (Analysis of variance):** It is a statistical approach to compare events, groups or processes, and analyse the difference between them. It can help to understand which method is more suitable for executing a task. By looking at the result, you can find the feasibility and effectiveness of the particular method.

4. **T-tests:** It is used to understand the difference between two sample types, and researchers use this method to find out the difference in the interest of two kinds of groups. This test can also tell if the produced output is meaningless or useful.

SPSS software was developed in 1960, but later in 2009, IBM acquired it. They have made some changes in the programming of SPSS and now it can perform many types of research task in various fields. Due to this, the use of this software is extended to many industries and organizations, such as marketing, health care, education, surveys, etc.

### **3. DATA ANALYSIS**

AGE	Below 17yrs Between 17-20 Between 21-25 Between 25-28
GENDER	Female Male
DEGREE	UG PG PHD
UNIVERSITY	Public Private
RESIDENT OF.	Delhi Delhi NCR

	Other
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Table 2: Mean & Std. deviation of categorized data

## **CRONBACH ALPHA test for consistency**

Cronbach’s alpha is a measure to define internal consistency, it shows, how closely related is a set of items are in a group. It is a credible measure of scale reliability. A “high” value for alpha does not signify that the measure is unidimensional. in addition to the measure of internal consistency, we wish to provide evidence that the scale is unidimensional, so that additional analyses can be performed. Technically, Cronbach’s alpha is not a statistical test but a coefficient of reliability (or consistency).

<b>DIMENSION</b>	<b>CRONBACH ALPHA</b>
Gratitude	0.763
Resilience	0.307
Vitality	0.635

Table 3: Cronbach alpha value for gratitude, resilience & vitality\_

Cronbach alpha test is used to check the reliability of the questionnaire that we used in the research. It helps us in knowing that the questionnaire is valid or not to be used as a part of

our research. Above figure shows that the reliability of questionnaire used for gratitude is maximum then for vitality and finally for resilience.

The Cronbach Alpha value of Gratitude is highest which shows that the internal consistency of the variables in Gratitude is highest, so this increases the credibility of research and results performed on the data. The Coefficient value of Resilience is sufficient to ensure the credibility of the performed analysis.

## Gratitude

	Mean	Std. Deviation
Q1	5.8123	2.64878
Q2	5.8601	2.38234
Q3	6.1638	2.00695
Q4	6.6689	2.39926
Q5	6.9454	2.25371
Q6	5.4232	2.29914
Q7	5.3788	2.44736
Q8	6.1092	2.41889
Q9	5.4642	2.60194
Q10	5.8020	2.48593
Q11	5.6416	2.48790
Q12	6.1331	2.54804
Q13	7.2253	2.46977
Q14	7.0341	2.31261
Q15	5.0171	2.55415
Q16	7.4471	2.34844

Table 4: Mean & Std. deviation of questions of gratitude questionnaire

<b>Inter-Item Correlation Matrix</b>																
	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11	Q12	Q13	Q14	Q15	Q16
Q1	1.000															
Q2	.366	1.000														
Q3	.093	.003	1.00													
Q4	.280	.309	.025	1.00												
Q5	.364	.351	.057	.525	1.000											
Q6	-.080	-.020	.199	-.068	-.130	1.00										
Q7	.286	.231	.004	.349	.232	-.181	1.00									
Q8	.302	.227	-.066	.320	.413	-.111	.276	1.000								
Q9	.275	.279	.008	.335	.246	.056	.408	.317	1.00							
Q10	.085	.125	.326	.016	.025	.391	.013	-.170	-.069	1.00						
Q11	.080	.093	.157	.015	.048	.279	-.023	-.029	-.054	.407	1.00					
Q12	.239	.291	.070	.300	.355	-.101	.301	.353	.275	-.055	-.097	1.00				
Q13	.211	.383	.009	.462	.427	-.138	.341	.321	.297	-.022	-.010	.564	1.00			
Q14	.290	.328	-.081	.462	.475	-.204	.267	.425	.242	-.138	-.031	.465	.673	1.00		
Q15	.009	.003	.222	-.083	-.057	.271	-.078	-.133	.058	.332	.346	-.116	-.085	-.296	1.00	
Q16	.161	.348	-.005	.383	.466	-.218	.337	.307	.238	-.036	-.055	.447	.632	.629	-.166	1.00

Table 5: Inter-Item Correlation Matrix for gratitude questionnaire



## RESILIENCE

	Mean	Std. Deviation
R1	3.25	.865
R2	3.13	.929
R3	3.10	1.001
R4	2.82	1.022
R4	2.94	.995
R6	2.82	.960

Table 6: Mean & Std. deviation of questions of resilience questionnaire

Inter-Item Correlation Matrix						
	R1	R2	R3	R4	R4	R6
R1	1.000					
R2	-.024	1.000				
R3	.398	-.083	1.000			
R4	-.141	.320	-.146	1.000		
R4	.255	-.110	.153	.080	1.000	
R6	-.170	.321	-.227	.432	-.022	1.000

Table 7: Inter-Item Correlation Matrix of Resilience

## VITALITY

	Mean	Std. Deviation
V1	4.65	1.734
V2	2.78	1.549
V3	3.98	1.873
V4	4.92	1.807
V4	5.09	1.725
V4	4.16	1.653
V7	4.52	1.631

Table 8 : Mean & Std. deviation of Vitality questions

	V1	V2	V3	V4	V5	V6	V7
V1	1.000						
V2	-.280	1.000					
V3	.078	-.002	1.000				
V4	.477	-.259	.182	1.000			
V5	.446	-.290	.154	.609	1.000		
V6	.286	-.046	.112	.297	.337	1.000	
V7	.418	-.211	.157	.524	.484	.551	1.000

Table 9: Inter-Item Correlation Matrix of Vitality questionnaire

## 6.a Correlation between Gratitude, Resilience and Vitality

### **CORRELATION**

The correlation coefficient is a statistical measure which calculates the strength of the relationship between the relative movements of two variables. The values range between -1.0 and 1.0. A calculated number greater than 1.0 or less than -1.0 means that there was an error in the correlation measurement. A correlation of -1.0 shows a perfect negative correlation, while a correlation of 1.0 shows a perfect positive correlation. A correlation of 0.0 shows no relationship between the movement of the two variables.

The table presents a scenario where people who have marked agreement in LOSD questions have negative correlation with resilience and vitality giving a pretence of scenario where people with low gratitude do not hold resilience and vitality as a quality.

SA questions under Gratitude as a variable has a positive correlation and the values are higher than 0.5 which present a case that people with higher gratitude are more resilient and vital.

The results of questions marked under AO proves that positive attitude and high gratitude brings more positivity and vitality in life as the correlation coefficient is not only positive but attains value closer to 1.

**Comparison of variable With respect to Age**

AGE	VARIABLE	LOSD	AO	SA	RESILIENCE	VITALITY
Below 17 years	Mean	4.9167	7.125000	4.75000	3.300000	5.285714
	SD	0.82496	2.651650	0.353553	0.141421	0.606092
Between 17-20 years	Mean	5.5465	6.492248	6.421189	3.051163	4.295681
	SD	1.35643	1.747470	1.628212	0.441785	1.025066
Between 21-24 years	Mean	5.7037	6.443103	6.349425	2.990345	4.281773
	SD	1.41075	1.771628	1.799597	0.502953	0.923206
Between 25- 28 years	Mean	6.0648	6.583333	6.592593	3.033333	4.333333
	SD	1.4632	1.689065	1.593720	0.622141	0.760678

Table 10 : Finding Mean & Std. deviation of different age categories & Comparing Gratitude, Resilience & Vitality category wise

**Comparison of Gratitude, Resilience and Vitality with respect to Gender**

GENDE R	VARIABL E	LOSD	AO	SA	RESILIEN CE	VITALIT Y
Female	Mean	5.8178	6.65666	6.66111	3.0240	0.90432
	SD	1.39314	1.709759	1.685621	0.41445	0.07384
Male	Mean	5.4767	1.78229	6.09722	3.0194	1.1015
	SD	1.37374	0.148525	6.09722	0.54725	0.08419

Table 11 : Finding Mean & Std. deviation of Gender categories & Comparing Gratitude, Resilience & Vitality category wise

As we have categorized gender into 2 categories and we applied independent t-test on the data by splitting it on the basis of gender. It gives us the mean and standard deviation with respect to gratitude, resilience and vitality. It gives us the t-value which helps in understanding that for vitality only ( $<0.05$ ) which means that difference is statistically different from zero but for other cases it is not different.

	<b>T-value</b>	<b>Significance</b>
LOSD	2.109	0.887
AO	1.792	0.074
SA	2.863	0.004
Resilience	0.80	0.936
Vitality	-1.336	0.183

Table 12: Finding T-value and Significance for Gratitude, Resilience & Vitality

### **Comparison of Gratitude, Resilience and Vitality with respect to University**

<b>UNIVERSITY</b>	<b>VARIABLE</b>	<b>LOSD</b>	<b>AO</b>	<b>SA</b>	<b>RESILIENCE</b>	<b>VITALITY</b>
Public	Mean	5.633194	6.503138	6.386332	2.995816	4.280335
	SD	1.464024	1.804447	1.745203	0.486955	0.983078
Private	Mean	5.731481	6.368182	6.378788	3.134545	4.374026
	SD	1.019936	1.514478	1.555044	0.453880	0.850277

Table 13: Finding Mean & Std. deviation of University categories & Comparing Gratitude, Resilience & Vitality category wise

Similarly for university too, comparison is made in between gratitude, resilience and vitality to understand how much of these feelings students has who goes to public and private

universities. We apply t-test for the same to make comparison between two types of universities whose data we have collected.

	<b>T-value</b>	<b>Significance</b>
LOSD	-0.468042	0.640
AO	0.514353	0.607
SA	0.029471	0.977
Resilience	-1.928509	0.55
Vitality	-0.652646	0.514

Table 14: Finding T-value and Significance for Gratitude, Resilience & Vitality

**Comparison of Gratitude, Resilience and Vitality with respect to university**

<b>RESIDENCE OF</b>	<b>VARIABLE</b>	<b>LOSD</b>	<b>AO</b>	<b>SA</b>	<b>RESILIENCE</b>	<b>VITALITY</b>
Delhi	Mean SD	5.755760 1.376705	2.483316 0.158487	6.398318 1.665970	2.998165 0.445351	4.204456 0.956963
Delhi NCR	Mean SD	5.636364 1.284130	1.441966 0.048479	5.742424 1.597504	3.163636 0.557266	4.610390 0.880841
Others	Mean SD	5.305128 1.423260	1.584995 0.048797	6.448718 1.865932	3.076923 0.582765	4.558242 0.931904

Table 15 : Finding Mean & Std. deviation of Residency categories & Comparing Gratitude, Resilience & Vitality category wise

We have divided residents into three categories , and we have split the data on the same basis and applied one way Anova , the significance value for all the measures are greater than 0.05 which means there is high gratitude and resilience in the students living in these areas but the vitality is low in them as the significant v value is less than 0.05. It is not sure of which group but for sure vitality is low in them if they have a gratitude feeling.

	<b>F-value</b>	<b>Significance</b>
LOSD	2.651825	0.072232
AO	0.528551	0.590023
SA	0.828657	0.437663
Resilience	1.158715	0.315568
Vitality	4.099241	0.017553

Table 16: Finding F-value and Significance for Gratitude, Resilience & Vitality

<b>LOSD</b>	<b>CORRELATION</b>	<b>SIGNIFICANCE</b>
With Resilience	-0.106	0.071
With Vitality	0.43	0.45
<b>SA</b>	<b>CORRELATION</b>	<b>SIGNIFICANCE</b>
With Resilience	0.667	0.004
With Vitality	0.574000	0.00
<b>AO</b>	<b>CORRELATION</b>	<b>SIGNIFICANCE</b>
With Resilience	0.806	0.71
With Vitality	0.702	0.00

Table 17: Correlation between Gratitude, Resilience & Vitality

The table presents a scenario where people who have marked agreement in LOSD questions have negative correlation with resilience and vitality giving a pretence of scenario where people with low gratitude do not hold resilience and vitality as a quality

SA questions under Gratitude as a variable has a positive correlation and the values are higher than 0.5 which present a case that people with higher gratitude are more resilient and vital

The results of questions marked under AO proves that positive attitude and high gratitude brings more positivity and vitality in life as the correlation coefficient is not only positive but attains value closer to 1



## **CONCLUSION**

The aim of this research was to understand the role of resilience and vitality in determining gratefulness among Indian university students across the city.

Findings state that correlation between LOSD and resilience is -0.106, which can be interpreted to point that the two variables are inversely proportional to each other. Higher the gratefulness/happiness amongst the students, faster they cope from difficulties.

Correlation between LOSD and vitality is 0.43, which can be interpreted to highlight that the two variables are directly proportional to each other. Higher the gratefulness/happiness among students, more full of energy and passionate they are about things in life.

From analysis, it can be indicated that there is positive relation between Appreciation of others and resilience and vitality i.e more we are grateful to people around us, who helps us in difficult times, more are the chances of liveliness amongst the students and more they are likely to recover back easily to normal life at times of hardships.

The positive relation between Sense of Appreciation and resilience & vitality shows that, more a student feels appreciated about things that he has in his life, they are more likely to be more passionate and careful about them and more likely to keep their lives on track after facing all the challenges life throws at them. They are able to pass all the curve balls that this life has for them in store to be a more strong person in life.

## **MANAGERIAL IMPLICATIONS OF GRATITUDE, RESILIENCE AND VITALITY**

1. Gratitude makes manager more effective: Effective management requires toolkit of expertise. It is very easy to disapprove with someone, while the potential to feel gratitude and express compliment is often non-existent. Sincere applaud is much better than the criticism. Many researches have established this fact that criticism can emotionally drain the person whereas showing gratitude can uplift the motivation of an individual. At odds with conjecture, if praise is moderate and performance focused, repeated expressions of gratitude will not lose their impression, and employee performance will get heightened.
2. It also helps the manager in making networks: Gratitude has been been visible covering a number of studies to expand societal behavior. A pair of longitudinal researches exhibited that those with elevated levels of gratitude in fact evolved more social deep pockets than those with lower levels. Those who are more appreciative are more likely to assist others, and to reimburse it forward, that is, to take on mentoring alliances.
3. Gratitude increase the possibility of goal achievement: In one study, participators were requested to jot down those goals which they desired to realize over the couple of next months. Those who were directed to keep a gratitude logbook outlined more progression on accomplishing their targets at the end of the research.

4. Gratitude increases the productivity: Those who are insecure have complication concentrating because many of their cognitive riches are tethered up with their worries. On the contrary, those who are extremely optimistic are able to be more fruitful, because they can direct more of their concentration towards their task. This operates at both a conscious and subconscious level – one may be getting mentally diverted by his/her worries, or more often, parts of unconscious mind are spending energy to defeat pessimistic data and concerns. As gratitude has been shown to heighten morale and dampen self-doubt, implying that it can help one concentrate and revamp productivity.
  
5. Dutton and Heaphy (2003) noticed that when the employees feel gratitude towards managers and peers, they respect and admire others' tasks, thus help their peers perform their work and finally strengthen the connection among employees.
  
6. Managers exhibiting the feelings is likely to encourage optimistic environment not only in themselves but also among their employees.
  
7. Resilience is flexible and open to progress (Krush et al., 2013) and resilience should thus be seen as a compilation of skills that can be evolved as part of strategic human resource management.

## **LIMITATIONS OF THE STUDY**

1. To look good and present a positive image of themselves people have a tendency to mould the truth. Moreover, many people tend to fill for the sake of filling it.
2. It was Time-taking to collect the data. Because of which only around 300 samples could be collected which really doesn't present a clear picture.
3. The study may be biased as our research included most of the samples from DTU and DU. There are many other universities and colleges present there but they are few in number. So, the former will overburden the latter.
4. Also in our study we have included the students of mainly North India. Technically, the research should have done pan India to get accurate results.
5. Interpreting the data was very time consuming. Prior to commencing any interpretation all the data of around 300 samples were coded.
6. As we are new to primary data collection and don't have any significant experience in this. So, it might happen that our implementation of primary data collection is biased.

7. So as to know the scope of work that has been done in any research, researcher studies literature review of related field extensively. Literature review also helps the researcher for selecting a topic. So, if any prior research work would have been done in India regarding this then we would have picked a contemporary problem.
  
8. Also we are naive in making a research study of this depth and size. There are chances that the broadness of discussion of a particular topic is compromised.
  
9. Unlike any professor or Phd scholars, who can devote his considerable time in looking for the answers of a given project, we were obstructed by the due date. There was paucity of time otherwise we would have delved into many dimensions of this project.