

# Gratitude

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# 1. INTRODUCTION

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Gratitude can be approached as subjective feeling of admiration, thankfulness and valuing for life. 38  
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 is it?. 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 <sup>25</sup> 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.

## **2. 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 <sup>21</sup> 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 Stateman 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. <sup>11</sup> 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.

<sup>15</sup>  
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.”

<sup>14</sup>  
Barbara Lewis, author 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.

<sup>17</sup> 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 the focus of research shifted to correcting the actions taken and then validating. The will which people had in them to enforce resilience has helped them in making each member of their families powerful and brave enough. Many a times, it is seen that the main cause of this origination has been found outside of the person himself, be it from their families, people living around them, culture the environment surrounding them

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 adjustments regardless of adversity anyone face in their lives. For years, resilience analysis has tried many stages. From initial concentration on the untouchable or unconquerable kid, psychologists began to acknowledge that abundant resilience. The term "Resilience" was first popularised by Holling in 1973 among the influential work titled as 'Resilience and Stability of Ecological Systems', where he outlines, however different views of behaviour will produce totally different approaches to the management of resources.

<sup>13</sup> 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 important clarity about the resilience within the recent years is: positively adapting the life in the way it is despite adversities faced.

Rutter (2000) has illustrated versatility as relative protection from psychosocial hazard encounters that centers around various number of results, not just simply the positive ones; it doesn't fundamental expect that insurance lies in positive aptitude and doesn't accept that the arrangement lies in what the individual will concerning the negative mastery at the time . Seeker (1999) conceptualizes strength in an exceedingly time with 2 posts: less ideal flexibility and ideal versatility. Less ideal versatility incorporates "survival methods for savagery, high hazard practices, and social and enthusiastic withdrawal" (Hunter, 1999). Seeker's primary intention is that young people who demonstrates this sort of flexibility commonly are maladapted as grown-ups.

There are 3 general classes of versatility models - compensative, defensive, and challenge - that indicate anyway strength factors work to change the mechanical wonder from hazard introduction to negative result (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 use of the test model of versatility given by Richardson (2002) demonstrates that "strong reintegration" is that the best result of a strategy including an identity's responses to some pressure or misfortune. Versatile reintegration happens once one encounters some understanding or development as a consequences of disturbance. It winds up in the recognizable proof or fortifying of flexible characteristics.

Iris Heavy Runner depicted quality "our inborn limit with respect to flourishing" . She delineates adaptability as the standard, human ability to investigate life well. It takes after sense which each and every spirit has. The fundamental thing is to utilize inherent quality, that is estate of each soul, understanding our inspiration and finding a strategy for heading.

Essentialness is moving toward life energetically with vitality; <sup>3</sup>not doing things midway or weakly; living as an undertaking; feeling invigorated and actuated. The quality of essentialness is midway indispensable and one in everything about key qualities that are most amazingly identified with joyfully and prosperity. (The four qualities are interest and enthusiasm inside the world, expectation and idealism, appreciation, and consequently the ability to like and be needed.)

*"A vital person is someone whose aliveness and spirit are expressed not only in personal productivity and activity-such individuals often infectiously energize those with whom they come into contact."* <sup>3</sup>(Peterson and Seligman, 2004, p. 273)

In each the physical and mental sense, essentialness alludes to a feeling of aliveness. The word itself springs from vita or "life." inside the physical sense, this imperativeness alludes to feeling solid and able and vigorous. Mentally, this condition of aliveness brings a way that one's activities have that implies and reason.

Despite the fact that Power Bar creators would have accept something else, the vitality identified with essentialness is unmistakable from caloric vitality. Except if you're genuinely denied <sup>3</sup>of calories, eating and drinking don't help imperativeness (Selye, 1956).Eating an

exorbitant measure of, then again will diminish essentialness. What's more, work out (caloric yield) will support essentialness (Myers et al,1999).

<sup>3</sup> The conception of vitality has deep roots in eastern philosophies and healing traditions. the conventional Chinese origination of Chi, the Japanese thought of Ki, the Indonesian idea of Bayu, and the Indian thought of Prana all look forever and wellbeing from hidden life vitality or power that courses through living things. Old and suffering wellbeing rehearses from needle therapy to reiki to yoga have some expertise in controlling and expanding the existence vitality.

Scientists have united positive social settings with expanded imperativeness (Ryan and town, 1997), amid an investigation of nursing home inhabitants, <sup>32</sup> those occupants who had differed social contacts for the duration of the day had more elevated amounts of essentialness.

Imperativeness is intensely identified <sup>3</sup> with general physical and mental state, anyway it is anything but a simple relationship. Investigates proposes that practically everything that negatively affect physical wellbeing or disposition even negatively affect essentialness. Smoking, less than stellar eating routine, inertia, and a frightening setting are for the most part contrarily identified with essentialness (and wellbeing).

<sup>37</sup> As shown by the Self-Determination Theory of Deci and Ryan (1985), Ryan and Fredric (1997) "Enthusiastic Vitality Scale", they depicted it as an as a component stacked up with imperativeness, energy, aliveness, non-shortcoming, depletion, and exhaustion, and exhibited that once the theoretical centrality is in the midst of a lower level, testiness and exhaustion are made and it won't make completely usage of potential to endeavor and do works out. At any rate once the passionate hugeness has a progressively raised sum ,sufficient imperativeness is made to endeavor and do such activities, and thusly the mentality is in a correct status , along these lines all commitments and activities are performed prominent, (Ryan and Deci, 2001). Unique centrality exhibits component stacked up with mental valuable essentialness, and energetic individual is an alert and fresh individual is furthermore stacked up with life and vitality.In keeping with this hypothesis, vitality contains a primary job in emotional imperativeness. To hold prosperity and emotional imperativeness, it's important to savor ideal dimension of vitality (increasingly worried on mental vitality), in this manner we have should endeavor to get it and reproduce it. Ryan and Fredrick (1997) laid out

abstract imperativeness as a psychological encounter loaded up with life and vitality. This issue is referenced in elective societies underneath very surprising titles.

The origination of prosperity that abstract essentialness is one in everything about perspectives, contains an entangled structure that is elucidated to the presentation and having a hopeful activity experience (Ryan and Deci, 2001). Mental prosperity incorporates of 3 angles: Happiness, purposive, and essentialness. These viewpoints are made when an individual's significant wants are satisfied. Amid this situation, people are headed to save their imperativeness and accomplish an understanding from themselves, their life and accordingly nature encompassing them (Kaplan 1995). Coffee shop and Kasser (1999), communicated 3 mental prosperity things. These 3 things incorporate life fulfillment, having positive state of mind, and absence of negative disposition. These 3 things named bliss. Mental prosperity is started from indulgence logic. With regards to this theory, the main and significant objective of life is to have bunches of agreeable encounters. Furthermore, satisfaction is come about to prosperity. Riff and Singer (2000), didn't think about the prosperity satisfactory pleasure, they trusted that prosperity is an undertaking to accomplish rise and advancement of genuine capacity of the human

In the exploration , Ryan and Fredric (1997) evaluate emotional imperativeness. They found that not exclusively abstract essentialness has connection with mental elements like self-rule and association, anyway moreover with physical wellbeing. Riff and Singer (1998) found that positive correspondence with others and alteration is significant factors in emotional essentialness and prosperity. Ryan and Deci (2001) communicated that on the quality of their investigation, self-rule and self-proficiency and capacity are fundamental for abstract prosperity, mental wellbeing, emotional imperativeness, scholastic execution and nonstop nearness inside the organization.

An examination in regards to the mindfulness mediation for solid school understudies and its consequences for emotional essentialness (Nicholas K. Canby and Ian M. Cameron and Amrit T. Calhoun and Gregory M. Buchanan , 2014) portrays the school a long time as critical and troublesome formative procedure, each for the arrangement of propensities that reason achievement and prosperity sometime down the road and for figuring out how to

address pressure and consequently the rate of mental challenges (Hunt and Eisenberg 2010; Mowbray et al. 2006). The exploration discoveries demonstrated that care based generally mediation extensively broadened restraint, abstract imperativeness, and self-detailed mindful mindfulness. Body vitality and imperativeness are normally identified with physiological condition, and have contend a critical job in frameworks of antiquated medicine and religious apply from wherever the globe (Ryan and town,1997). In addition, tenacious absence of vitality is identified with high feelings of anxiety, and amid this implies emotional imperativeness depicts the elective effect. In conclusion, emotional imperativeness is elucidated to general prosperity and self-inspiration (Ryan and town 1997).

In an examination that was finished by Nicks, Ryan and Manly (1999) uncovered that the researchers have a great deal of self-effectiveness and capacity after they are in setting wherever insurance, reinforcing self-governance and discretion are its essential obligations, and this capacity are brought about their mental wellbeing and emotional essentialness, along these lines amid this situation understudies' mental state are justified.

Fun and positive full of feeling encounters are thought of to be one of the premier imperative reasons that understudies take an interest in physical action and absence of fun as a significant explanation behind evading physical movement support (Ewing and Seefeldt, 1988). Further, Pasco, Jacka, Williams, Brennan, Leslie, and dolt (2011) have appeared positive affect intrigue, energy, eagerness, and application that ar identified with greater dimensions of physical movement support. Consequently, it indicates interfaces between positive emotive encounters and physical movement contribution , the accessibility of positive emotive encounters in instruction may cause expanded conceivable outcomes for future physical action association.

Undergrads who broadly use web, are regularly spoken to as ones who invest their the greater part of the energy in web , has caused physical and mental issues. One of the premier normal of those issues has are neurological inconveniences, mental unsettling influences, and relative bedlam. Web fixation is moreover broadly observed round the world and has made negative effects on the instructive, relationship, monetary, and movement parts of the numerous lives.

An investigation indicates connection between web fixation and Subjective essentialness portrays that web compulsion has contrarily anticipated abstract imperativeness. This finding recommends that a great deal of tricky web use is identified with a lower abstract imperativeness. In spite of the fact that abstract imperativeness has been completely connected with body working vanity, fulfillment with life, and positive affectivity and adversely to burdensome side effects, uneasiness, and negative affectivity, web fixation has been totally connected with a lessening in social collaborations, melancholy, depression, and lower confidence. Also, abstract essentialness might be a "positive sentiment of aliveness partner with vitality" and this mental vitality is open to an individual; it reflects psycho-social prosperity and upgrades practices that help a solid way.

Joy and positive states of mind impact wellbeing, and contrariwise. Assortment of social and disposition factors impact wellbeing straightforwardly, for example by strong wellbeing conduct or the framework. These variables furthermore affect wellbeing in a roundabout way by impacting satisfaction and states of mind. These components encapsulate social connections, exercise and elective parts of recreation, work standing and elective parts of work, financial class, and various different parts of demeanor. it's generally trusted that joy and wellbeing come, somewhat (Argyle, 1997). Bliss can likewise be up to said to incorporate elective measurements like that implies and reason throughout everyday life (Tov and Diener, 2007).

### 3. 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. <sup>6</sup> 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 principal 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.

#### <sup>36</sup> 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 <sup>7</sup> 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

Essential information is accumulated especially with the ultimate objective of research adventure. Influence of Primary information is that it is especially tweaked to examination needs. The wellspring of essential information is the masses test from which data is assembled. The underlying stage in the process is choosing target masses. It's impracticable to assemble data from everyone, so we should concentrate on the example size and sort of test. The example should be subjective and a stratified arbitrary example is regularly reasonable. In this examination we arranged a survey comprising questions identified with appreciation, strength and essentialness and was circled among Indian understudies to gather their reactions.

### 3.b SECONDARY DATA

We can break the wellsprings of optional information into inner just as outside sources. Internal sources join information that exists and is put away in an associations itself. Outside information alludes to the information that is accumulated by different people or relationship from affiliation's external condition. In this examination information has been gathered distinctly from the essential source.

## 4. QUESTIONNAIRE:

### GRATITUDE

Author of Tool:

Watkins, P. C., Woodward, K., Stone, T., & Kolts, R. L.

<sup>4</sup>  
**Primary use / Purpose:**

The GRAT was designed to measure an individual's dispositional gratitude. A <sup>24</sup> 9 pointer Likert scale was used ranging from 1 (I strongly disagree) to 9 (I strongly agree).

**Background:**

The creators presented a few qualities that that a thankful individual would show. An appreciative individual would not feel denied throughout everyday life, they would have a feeling of wealth. They would regard the commitment of others to their prosperity and prosperity, would value life's basic joys, and would recognize the significance of encountering and offering thanks. Their idea of appreciation was appeared relate with proportions of abstract prosperity and positive effect.

The updated Gratitude Resentment and Appreciation Test (GRAT) comprises of 44 things estimating these attributes. The short-structure GRAT comprises of 16 things. The two scales are appraised on a nine point scale from I emphatically differ to I firmly concur with the announcement.

**Psychometrics:**

The amended GRAT has been appeared to have great inside consistency, factorial legitimacy, build legitimacy, and fleeting dependability (Watkins et al., 2003)

## RESILIENCE

### Author of the tool:

<sup>18</sup>  
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).<sup>29</sup>

### BACKGROUND:

While flexibility has been characterized as protection from sickness, adjustment, and flourishing, the capacity to skip back or recoup from pressure. Past flexibility measures survey assets that may advance strength as opposed to recuperation, opposition, adjustment, or flourishing. To test another concise versatility scale. The short flexibility scale (BRS) was made by Smith et each of the 2008, was utilized to quantify versatility among Indian understudies. To evaluate the capacity to ricochet back or recuperate from pressure. Its psychometric attributes were inspected in four examples, including two understudy tests and tests with cardiovascular and endless torment patients. The BRS was dependable and estimated as a unitary build. It was identified with individual attributes, social relations, adapting, and wellbeing in all examples. It was contrarily identified with nervousness, wretchedness, pessimistic effect, and physical indications when other strength measures and positive thinking, social help, and Type D identity (high negative effect and high social hindrance) were controlled. There were huge contrasts in BRS scores between heart patients with and without Type D and ladies with and without fibromyalgia. The BRS is a solid methods for surveying flexibility as the capacity to bob back or recuperate from pressure and may give extraordinary and significant data about individuals adapting to wellbeing related stressors.<sup>8</sup>

## VITALITY

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

Ryan and Frederick (1997)

### **Purpose:**

<sup>16</sup> 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 <sup>31</sup> ranging from 1 (not at all true) to 7 (very true).

### **BACKGROUND:**

The idea of emotional imperativeness alludes to the condition of feeling invigorated and alert—to having vitality accessible to oneself. Imperativeness is viewed as a part of eudemonic prosperity (Ryan and Deci, 2001), as being essential and fiery is a piece of being completely working and mentally well.

Ryan and Frederick (1997) built up a size of abstract imperativeness that has two variants. One rendition is viewed as an individual distinction. As it were, it is a progressing qualities of people that has been found to relate emphatically to self-realization and confidence, and to relate adversely to discouragement and tension. The other rendition of the scale evaluates the condition of emotional imperativeness instead of its suffering angle. At the state level, essentialness has been found to relate contrarily to physical agony and decidedly to the measure of self-sufficiency support in a specific circumstance (e.g., Nix, Ryan, Manly, and Deci, 1999). To put it plainly, on the grounds that the idea of mental prosperity is tended to <sup>28</sup> at both the individual distinction level and the state level, the two dimensions of evaluating abstract essentialness tie into the two dimension of prosperity.

The first scale had 7 things and was approved at the two dimensions by Ryan and Frederick (1997). Ensuing work by Bostic, Rubio, and Hood (2000) utilizing corroborative factor examinations demonstrated that a 6-thing adaptation worked far better than the 7-thing form.

<sup>16</sup> The Subjective Vitality Scale (SVS: Ryan & Frederick, 1997 (a 7-thing self-report instrument has been broadly utilized in mental investigations) was utilized to quantify people dimension of imperativeness. A 7 pointer Likert scale was utilized running from 1 (not in the slightest degree valid) to 7 (extremely obvious).

**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.
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		
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Fig 1. Categorical division of data collected

## **5. TOOLS USED FOR ANALYSIS:**

Factors responsible for <sup>1</sup> data handling and its execution.

**1. Data Transformation:** This method is utilized to change over the arrangement of the information. Subsequent to changing the information type, it incorporates same sort of information in one spot and it turns out to be anything but difficult to oversee it. You can embed the distinctive sort of information into SPSS and it will change its structure according to the framework particular and prerequisite. It implies that regardless of whether you change the working framework, SPSS can in any case chip away at old information.

**2. Regression Analysis:** It is utilized to comprehend the connection among reliant and associated factors that are put away in an information record. It additionally clarifies how an adjustment in the estimation of a related variable influences the needy information. The need of relapse investigation is to comprehend the kind of connection between various factors.

**3. ANOVA (Analysis of fluctuation):** It is a factual way to deal with look at occasions, gatherings or forms, and examine the distinction between them. It can comprehends which strategy is progressively appropriate for executing an assignment. By taking a gander at the outcome, you can discover the possibility and adequacy of the specific strategy.

<sup>1</sup>**4. T-tests:** It is utilized to comprehend the contrast between two example types, and analysts utilize this strategy to discover the distinction in light of a legitimate concern for two sorts of gatherings. This test can likewise tell if the created yield is trivial or valuable. SPSS <sup>1</sup>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.

## 6. DATA ANALYSIS

		MEAN	STANDARD DEVIATION
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		

Fig 2: Mean & Std. deviation of categorized data

### CRONBACH ALPHA test for consistency

<sup>25</sup> Cronbach's alpha is a measure to characterize interior consistency, it appears, how firmly related is a lot of things are in a gathering. It is a trustworthy proportion of scale unwavering quality. A "high" esteem for  $\alpha$  does not connote that the measure is unidimensional, notwithstanding the proportion of inner consistency, we wish to give proof of that the scale is unidimensional, so extra examinations can be performed. Actually, Cronbach's alpha is definitely not a factual test however a coefficient of unwavering quality.

DIMENSION	CRONBACH ALPHA
Gratitude	0.763
Resilience	0.307
Vitality	0.635

Fig 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

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

## Inter-Item Correlation Matrix

	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

Fig 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

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

10 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

Fig 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

Inter-Item Correlation Matrix							
	V1	V2	V3	V4	V5	V6	V7
V1	1.000						
V2	-.280	1.000					

Fig 8 : Mean & Std. deviation of Vitality questions

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

Fig 9: Inter-Item Correlation Matrix of Vitality questionnaire

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

### CORRELATION

5

The connection coefficient is a factual measure which ascertains the quality of the connection between the overall developments of two factors. The qualities go between - 1.0 and 1.0. A

determined number more noteworthy than 1.0 or not exactly - 1.0 implies that there was a blunder in the relationship estimation. A relationship of - 1.0 demonstrates an ideal negative connection, while a relationship of 1.0 demonstrates an ideal positive relationship. A connection of 0.0 demonstrates no connection between the development of the two factors.

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	4.750000	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

Fig 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**

GENDER	VARIABLE	LOSD	AO	SA	RESILIENCE	VITALITY

Female	Mean	5.8178	6.656667	6.661111	3.0240	0.90432
	SD	1.39314	1.709759	1.685621	0.41445	0.07384
Male	Mean	5.4767	1.782294	6.097222	3.0194	1.1015
	SD	1.37374	0.148525	6.097222	0.54725	0.08419

Fig 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.

	T-value	Significance
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

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

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

UNIVERSITY	VARIABLE	LOSD	AO	SA	RESILIENCE	VITALITY
------------	----------	------	----	----	------------	----------

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

Fig 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.

	T-value	Significance
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

Fig 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

Fig 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

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

<b>LOSD</b>	<b>CORRELATION</b>	<b>SIGNIFICANCE</b>
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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

Fig 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

## **7. 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.

## **8. 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.

## 9. 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.

# Gratitude

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