Gratitude & self esteem among college students

Abstract

The study was conducted to conceptualize and find relationship between self-esteem and gratitude among college students. Data was collected through Rosenberg self-esteem scale and gratitude GQ6 questionnaire. 60 students from both genders were administered both questionnaires. The finding revealed that there was no significant relationship between self-esteem and gratitude. At the end, gender differences were analyzed by using t, test. There was no significant difference among male and female students regarding self-esteem and gratitude.

Keywords: Self-esteem, Gratitude, Rosenberg Scale, Gratitude scale

Introduction

With the foundation of positive psychology, gratitude has gain to much courtesy among the psychologist and theorist from social, development. Gratitude defined as state of attributes, in literature and different religions define gratitude in different views. (Chen and Kee, 2008, Emmons 2003, Watkin 2003) Gratitude is the gratefulness, when a someone does good something for any one then feels grateful. Gratitude is defined as, as “a sense of thankfulness and joy in response to receiving a gift, whether the gift be a perceptible benefit from a specific other or a moment of peaceful ecstasy suggested by natural beauty”. Self-esteem, one’s over-all sense of his or her worth or value. May be theorized to act as a mediator of the connection. Considered gratitude had relation with self-esteem. The main purpose of this research was to find the relation of self-esteem with gratitude, Self-esteem is the main part of modern life, it is seen as a key role to success, in financial life, social life, mental health and personal fulfillment, and it regarded as an medicine or treatment to underachievement, drug abuse and crime, street crime (Branden, 1994; Mecca, Smelser, & Vasconcellos, 1989). Lot of studies showed that self-esteem is related and have the relation with confidence, non-blaming behavior, self-care, love and independent and cooperative in life.

The views of gratitude got attraction in popular culture. The pervasiveness of book targeted to general audiences on the topic. (Steindler Rast 1984, Van Kaam & Muto 1993, Miller 1995, Breathnach 1996, The concept of gratitude recently has attracted considerable inest in the popular culture. The prevalence of books targeted to general audiences on the topic (Breathnach, 1996; Hay, 1996; Miller 1995; Ryan 1999; Steindler Rast, 1984, Tuner, 1998; Van Kaam & Muto, 1993) state to the comprehensive plea of this eternal concept. Gratitude is derived from the Latin Gratia, meaning grace, graciousness or gratefulness. In the root of Latin, “to have to do with kindness, generosity, gift the beauty of giving and receiving or getting something for nothing” ( Pruyser, 1976, p.69). As a psychological, religion and socially gratitude had same meaning, all of these, appreciate gratitude and in all of eras kindness is appreciated.

Literature review

Literature review showed that gratitude is connected with strongly life satisfaction but the level to which overriding variables facilitate their relationship is comparatively not much studies. Literature review has predictable one hopeful mediator among gratitude and life satisfaction is communal support. Like other positive emotion, gratitude is believed to reflect motivate and reinforce social action in both the giver and gift recipient (Fred-Rickson). So, gratitude can build from social support of members of community. Some theorist has further proclaimed that, gratitude might have relation with self-esteem and some them claimed that person which have higher level of gratitude are better to perceive, and appreciate social support from members of society.1, 2 “Build and Broaden” model presented that, positive or cheer full emotions, and gratefulness and broaden people produced better behaviors and build enduring personal resource. Fred-Rickson’s 2001Gratitude enhance the level of self-esteem, confidence, moral, ethics, some theorist has said that, persons which has gratefulness behavior or gratitude have higher levels of self-esteem and self-measurement and skill greater comfort.1 Lot of experimental studies shown, people which are at higher level of gratitude has their self-esteem at highest level Furthermore, self-esteem hypothetically (e.g. Hermans 1992; Mack 1983) And practically (e.g. 7; b; Sedikides et al. 2004). Showed and has contribution to satisfaction of life so gratitude associated with self-esteem’s higher level. Long history in philosophy, psychology and sociology, different researchers examined the relation of gratitude with different aspects, and lot of studies on how to improve gratitude level, and many studies showed up, relation of gratitude with social support, life satisfaction and self-esteem. Experimental works has given results that social support as an element of self-esteem. (Rosenberg 1979 Mruk 1995 give theoretical work on social support as an element of self-esteem. Abundantly theoretical studies shown that, social support have relation and predicted person’s self-esteem level. Kong et al.1 Many studies showed up results, gratitude believed, has relation with motivation, self-analysis, self-esteem, reinforcement and social action in both aspects, giver and gift receivers (2004 Fred Rickson. Gratitude easily builds social life, and got social support from society. Some theorist has further examined that person which has highest level of gratitude, is more convenient, better perceive, and appreciate from others, so that’s why got highest place in society and experience better moral person.1 Abundant studies have established that self-esteem is contrariwise associated to depression in western samples and optimistic connected to indicators of subjective comfort in numerous cultures (Lucas et al. 1996).

Significance of the study

Up to this moment, nationally very few studies have been found to determine and identify the correlation between self-esteem and...
gratitude. The outcomes of this research project will helpful for the Pakistani society especially for the students will know about the link between self-esteem and gratitude. When there will be greater awareness, this will help the students to know about the solutions of the problems. The result of this research will contribute to enhance level of gratitude and self-esteem.

Objective
Following are the main objective of this research
1. To find out there is a relationship between perceived self-esteem and gratitude among college students
2. To find the difference between female’s self-esteem had relation with gratitude and male’s self-esteem had relation with gratitude.

Hypothesis
There is a relationship between perceived self-esteem and gratitude among college students.
Male and female college students differ in terms of self-esteem.
Male and female college students differ in terms of gratitude.

Methodology
Research methodology
The current study utilized correlational design to determine the extent to gratitude related to self-esteem among college students. Correlation project was considered to be a type of non-experimental research in which the main objective was to collect evidence to support link between two of and more naturally occurring variables.

This project was a quantitative research and questionnaire was used to measure the self-esteem and gratitude. Self-esteem questionnaire consisted on ten question and Gratitude scale consisted on six questions.

Data collection tools
For the purpose of data collection two questionnaires was used and collected data about self-esteem and gratitude:
1. Rosenberg self-esteem scale
2. Gratitude questionnaire GQ6

Rosenberg self-esteem scale
A 10-item scales that measures global self-worth by measuring both positive and negative feelings about the self. The scale is believed to be uni-dimensional. All items are answered using a 5-point Likert scale format ranging from strongly agree to strongly disagree.

Strongly agree=1, agree=2, neutral=3 disagree=4 strongly disagree=5

Gratitude scale GQ6
Gratitude scale is six item scale which measure gratitude all the item are answered using a 5 point Likert scale format ranging from strongly agree to strongly disagree.

Strongly agree=1, agree=2, neutral=3 disagree=4 strongly disagree=5

Target population
Target population consisted of college students from the rural area of Narowal Punjab. Student was subject wise some was Science students and some was arts students unit of analysis in this project was individual. Data was collected from students individually.

Sample size
Sample size was consisted of 60 students from College, in which 30 were girls and 30 boys
N = 60
Age Range
The age of population was range of 18 – 21

Sampling technique
Convenience sampling technique will be used in this project. Convenience sampling is a specific type of non-probability sampling method, which depends on data collection form population who are suitably available to contribute in project. The convenience sample will be used in this project because of its ease and cost effective.

Data collection
A multi question questionnaire was used to administer to participants in college. All the questionnaire administrates was in English language and simple wording. And used convenience sampling method, Firstly, brief introduced to students about research, and explained briefly about the questionnaire, then both questionnaire filled by students, all the data kept confidential and assured. Almost 15 – 20 min took students to fill up questionnaire.

Data processing & analysis
All the result analyzed with the help of SPSS (IBM version 24.O) package. First a correlation analysis was conducted to examine the link of self-esteem and gratitude and then t-test analysis is carried out to see difference experience of male and female regarding to self-esteem and gratitude.

Data analysis
Table 1 shows the descriptive statics of study variables. i.e Mean and standard deviation for each variable that was measured by self-esteem and gratitude. Gratitude had highest standard deviation of (SD=4.13693) and self-esteem had standard deviation of SD=2.63 this mean that self-esteem was less varied.

Table 1 shows correlation analysis was carried out using Statistical package for social sciences (SPSS). A Pearson correlation coefficient was computed to assess the relationship between Self Esteem and Self Gratitude. There was no significant relationship between self esteem and Gratitude, i.e. r (58)=0.20, n=60, p=0.88. A t-test was computed
to find the gender differences between the study variables. Table 3 shows t-test analysis based on gender, male and female students. No significant difference was found among male and female students in terms of Self esteem, t(58)=-0.13, p=0.89 and Gratitude t(58)=-1.60, p=0.11.

Table 2 Correlation matrix of the variables (self esteem and gratitude)

<table>
<thead>
<tr>
<th>Variables</th>
<th>Self esteem</th>
<th>Gratitude</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self Esteem</td>
<td>1</td>
<td>0.2</td>
</tr>
<tr>
<td>Gratitude</td>
<td>-</td>
<td>1</td>
</tr>
</tbody>
</table>

*p < 0.05, **p<0.001

Table 3 Mean, standard deviation, t and p value of male and female students

<table>
<thead>
<tr>
<th>Variable</th>
<th>Males</th>
<th>Females</th>
<th>t (df)</th>
<th>p</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self esteem</td>
<td>36.6</td>
<td>36.7</td>
<td>-0.13</td>
<td>0.89</td>
<td>-1.4 1.2</td>
</tr>
<tr>
<td>Gratitude</td>
<td>21.2</td>
<td>22.9</td>
<td>-1.60</td>
<td>0.11</td>
<td>-3.7 0.41</td>
</tr>
</tbody>
</table>

Summary

Study was conducted to find the relation of self esteem with gratitude among the college students data were collected from 60 students from college. Data was collected according to psychological ethics and convenience sampling technique was used. And analysis was carried out by using SPSS software package. Determinant of self esteem and gratitude, showed that by statistical data view showed negative relation, self esteem have not much effect on person gratitude.

Conclusion

From the finding of this study, following conclusions may be drawn regarding students self esteem and gratitude. Study showed that, gratitude did not have significant relation with self esteem among students of college.10-11

Recommendations

This study should be on large level and conducted in different colleges and universities for additional research in these field Private colleges and govt. colleges give equal environment to students. With teaching also give the lectures about ethics and mores duties of human being.

Limitation

1. The results of this research cannot be generalized to whole Pakistan because of the sample size.
2. The research was conducted in limited area
3. Social class was not considered while recording responses.
4. Questionnaire was used in English Language, which may create some misunderstanding due to difficult terms.
5. The respondent could not be measure on important variable like, marital status, home status, social class, middle class, and upper class.

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Conflict of interest
None.

References
Appendix

Appendix A: Rosenberg Self-esteem Scale

ROSENBERG SELF-ESTEEM SCALE


A 10-item scale that measures global self-worth by measuring both positive and negative feelings about the self. The scale is believed to be uni-dimensional. All items are answered using a 4-point Likert scale format ranging from strongly agree to strongly disagree.

Scale: Please paste this questionnaire in appendices.

Instructions

Below is a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement.

1. On the whole, I am satisfied with myself.
   Strongly Agree       Agree       Disagree     Strongly       Disagree

2. At times I think I am no good at all.
   Strongly Agree       Agree       Disagree     Strongly       Disagree

3. I feel that I have a number of good qualities.
   Strongly Agree      Agree        Disagree      Strongly       Disagree

4. I am able to do things as well as most other people.
   Strongly Agree      Agree        Disagree       Strongly       Disagree

5. I feel I do not have much to be proud of.
   Strongly Agree     Agree        Disagree        Strongly       Disagree

6. I certainly feel useless at times.
   Strongly Agree   Agree        Disagree       Strongly       Disagree

7. I feel that I'm a person of worth, at least on an equal plane with others.
   Strongly Agree Agree Disagree Strongly Disagree

8. I wish I could have more respect for myself.
   Strongly Agree Agree Disagree Strongly Disagree

9. All in all, I am inclined to feel that I am a failure.
   Strongly Agree Agree Disagree Strongly Disagree

10. I take a positive attitude toward myself.
    Strongly Agree Agree Disagree Strongly Disagree

Scoring:

Items 2, 5, 6, 8, 9 are reverse scored. Give “Strongly Disagree” 1 point, “Disagree” 2 points, “Agree” 3 points, and “Strongly Agree” 4 points. Sum scores for all ten items. Keep scores on a continuous scale. Higher scores indicate higher self-esteem.

Appendix B: Gratitude Questionnaire-6 (GQ-6)

The Gratitude Questionnaire-Six Item Form (GQ-6)

Using the scale below as a guide, write a number beside each statement to indicate how much you agree with it.

1 = strongly disagree
2 = disagree
3 = slightly disagree
4 = neutral
5 = slightly agree
6 = agree
7 = strongly agree

1. I have so much in life to be thankful for.
2. If I had to list everything that I felt grateful for, it would be a very long list.
3. When I look at the world, I don’t see much to be grateful for.*
4. I am grateful to a wide variety of people.
5. As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.
6. Long amounts of time can go by before I feel grateful to something or someone.*

Scoring Instructions:

1. Add up your scores for items 1, 2, 4, and 5.
2. Reverse your scores for items 3 and 6. That is, if you scored a “7,” give yourself a “1,” if you scored a “6,” give yourself a “2,” etc.
3. Add the reversed scores for items 3 and 6 to the total from Step 1. This is your total GQ-6 score. This number should be between 6 and 42.