

**CHRIST**(DEEMED TO BE UNIVERSITY)  
BANGALORE · INDIA

## Notice for the PhD Viva Voce Examination

Ms Riba Maria Kurian (Registration Number: 1951083), PhD scholar at the School of Social Sciences, CHRIST (Deemed to be University), Bangalore will defend her PhD thesis at the public viva-voce examination on Friday, 8 December, 2023 at 10.30 am in Room No. 044, Ground Floor, R & D Block, CHRIST (Deemed to be University), Bengaluru - 560029.

<b>Title of the Thesis</b>	:	<b>The Mediating Role of Perceived Stress in the Relationship between Gratitude and Well-Being among Information Technology Professionals</b>
<b>Discipline</b>	:	<b>Psychology</b>
<b>External Examiner (Outside Karnataka)</b>	:	<b>Dr D Barani Ganth</b> Associate Professor Department of Applied Psychology Pondicherry University Chinna Kalapet Puducherry - 605014
<b>External Examiner (Within Karnataka)</b>	:	<b>Dr Shanmukh V Kamble</b> Professor Department of Psychology Karnatak University Dharward - 580003 Karnataka
<b>Supervisor</b>	:	<b>Dr Shinto Thomas</b> Assistant Professor Department of Psychology School of Social Sciences CHRIST (Deemed to be University) Bangalore Yeshwanthpur Campus Bengaluru - 560073 Karnataka

The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva-voce examination.

Place: Bengaluru

Date: 23 November 2023

  
Registrar

## ABSTRACT

The information technology (IT) industry in India is an integral part of the nation's economy. Yet, IT professionals encounter a profusion of mental health challenges and well-being issues. This study explored, 'how can optimal experiences of well-being be determined among IT professionals?' It adopted a narrative style of literature review as the principal objective of this review was to comprehend the well-being issues among IT professionals and to develop a conceptual framework. From the perspective of positive psychology, the study addressed the research lacuna by investigating the effect of gratitude on the professionals' perception of stress and well-being. It comprehended the professionals' self-reflected aspects of stress and coping methods. The principal objective of this study was to investigate the mediation effect of perceived stress in the relationship between gratitude and well-being.

The influence of socio-demographic factors on perceived stress and the well-being differences based on self-reflected stress severity were also examined. Data from 421 participants were included for analysis in this mixed method research study. The data collection tools included: emotion subscale in the multi-component gratitude measure, perceived stress scale, subjective happiness scale, psychological capital questionnaire, anxiety and depression subscales in the mental health inventory, and fatigue assessment scale. Findings indicated that perceived stress fully mediated the gratitude – well-being relationship. Furthermore, the results showed that certain socio-demographic variables influenced perceived stress. In addition, it was found that the professionals who conveyed that they encountered high stress, experienced lower well-being. This study contributes to the human-machine system by extending research on the emotions in software professionals. Besides, the present findings have positive implications as they signify the favourable impacts of gratitude in mitigating stress and augmenting well-being in IT professionals.

*Keywords: gratitude, perceived stress, well-being, IT professionals*

### Publication:

1. Kurian, R. M., & Thomas, S. (2022). Perceived stress among information technology professionals in India during the COVID-19 pandemic. *Theoretical Issues in Ergonomics Science*, 23(2), 182-198. <https://doi.org/10.1080/1463922X.2021.1901321>
2. Kurian, R. M., & Thomas, S. (2023). Perceived stress and fatigue in software developers: Examining the benefits of gratitude. *Personality and Individual Differences*, 201. <https://doi.org/10.1016/j.paid.2022.111923>
3. Kurian, R. M., & Thomas, S. (2022). Importance of positive emotions in software developers' performance: a narrative review. *Theoretical Issues in Ergonomics Science*, 1-15. <https://doi.org/10.1080/1463922X.2022.2134483>
4. Kurian, R. M., & Thomas, S. (2023). Gratitude as a path to human prosperity during adverse circumstances: a narrative review. *British Journal of Guidance & Counselling*, 1-14. <https://doi.org/10.1080/03069885.2022.2154314>