



Notice for the PhD Viva-Voce Examination

Ms Simmi Gupta (Registration Number: 1951093), PhD scholar at the School of Psychological Sciences, CHRIST (Deemed to be University), Bangalore will defend her PhD thesis at the public viva-voce examination on Monday, 25 November 2024 at 11.00 am in Room No. 044, Ground Floor, R & D Block, CHRIST (Deemed to be University), Bengaluru - 560029.

Title of the Thesis : **Mechanisms Linking Gratitude to Life Satisfaction among Adults: A Mixed-Methods Study**

Discipline : **Psychology**

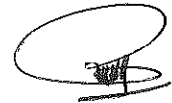
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The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva-voce examination.

Place: Bengaluru
Date: 20 November 2024



Registrar

ABSTRACT

The study examined the relationship between gratitude and life satisfaction in educated adults in an Indian context and the mediation of affect, schema and coping. The sample comprised 711 males and females (18-45 yrs). The research utilised a sequential explanatory mixed methods design, incorporating a follow-up explanation model (Creswell & Creswell, 2017). The initial quantitative phase addressed research questions concerning how the selected variables mediate the relationship between gratitude and life satisfaction. Mediation analysis revealed that positive affect and positive self/others partially mediated the relationship between gratitude and life satisfaction. There is no gender difference in the role of gratitude in life satisfaction. The quantitative data held significance as it served as the foundation for subsequent qualitative analysis. The two-phased data collection facilitated a comprehensive exploration of the research questions, and integrating quantitative and qualitative data provided a better understanding of the relationships under investigation. A semi-structured interview was designed in the qualitative phase, incorporating insights from the survey results. The interview questions explored participants' perceptions and experiences regarding how various factors contribute to connecting gratitude with life satisfaction. A thematic analysis was performed to recognise the themes expressed by the participants, as outlined by Braun and Clarke in 2013. Three broader themes were derived, incorporating the 14 categories identified through coding.

The three identified themes from the qualitative analysis are: 1. Life satisfaction through positive emotions; 2. Self-oriented schema promotes a sense of satisfaction, and 3. Positive connections with others enhance happiness. The qualitative data enrich our understanding by illustrating how participants who prioritise others' well-being and maintain meaningful social connections experience enhanced happiness. The quantitative findings are reinforced by the qualitative insights, which highlight that positive emotions serve as an emotional bridge that connects the feelings of gratitude to an overall sense of happiness, enhancing life satisfaction. This integrated approach enhances our understanding of how gratitude influences emotional well-being, ultimately contributing to overall life satisfaction. The identified themes of life satisfaction through positive emotions, self-oriented schema, and positive connections with others yield valuable implications. Implementing gratitude-focused interventions offers actionable steps for individuals, educators, and mental health practitioners to enhance overall well-being.

Keywords: Gratitude, life satisfaction, affect, schema, mixed methods

Publications:

1. **Gupta, S., Kohli, K., Padmakumari, P., Dixit, P. K., Prasad, A. S., Chakravarthy, B. S., & Varadaraj, G. (2020).** Psychological health among armed forces doctors during the COVID-19 pandemic in India. *Indian Journal of Psychological Medicine*, 42(4),374-378. doi:10.1177/0253717620934037 Citations 49
2. **Gupta, S., Prasad, A. S., Dixit, P. K., Padmakumari, P., Gupta, S., & Abhisheka, K. (2021).** Survey of the prevalence of anxiety and depressive symptoms among 1124 healthcare workers during the coronavirus disease 2019 pandemic across India. *Medical Journal Armed Forces India*, 77, S404-S412. doi:10.1016/j.mjafi.2020.07.006 Citations 67
3. **Gupta, S., & Kumar, A. (2020).** The mediating role of positive perceptions on coping strategies and psychological well-being among mothers of children with intellectual disabilities. *Advances in Mental Health and Intellectual Disabilities*, 14(6), 263-272. doi:10.1108/AMHID-02-2020-0004 Citations 12
4. **Gupta, S., & Padmakumari, P. (2023).** Cognitive Schema Mediates between Gratitude and Life Satisfaction Among Indian Adults. *Journal for ReAttach Therapy and Developmental Diversities*, 6(10s(2)), 581-590.
5. **Gupta, S., & Padmakumari, P. (2023).** Gratitude and life satisfaction among Indian Adults: The mediating role of affect. *Hellenic Journal of Psychology*, Vol 20 (2023), 298-317. doi.org/10.26262/hjp.v20i3.9445