



A Comparative Study on Gratitude Among Working and Non-Working Women

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ABSTRACT

Gratitude has been conceptualized as an emotion, an attitude, a moral virtue, a habit, a personality trait or a coping response. Gratitude has been defined in numerous ways throughout history. Gratitude is an expression of admiration, thankful, and appreciation of possessing something. People who are grateful to be always optimistic and positive thinking in dealing with problems or stressful situations (Emmons & McCullough, 2003). The aim of the present study was to compare working and non-working women on gratitude. The respondent in the present study were 80, which were further divided in 40 working and 40 non-working women of the age range of 30-45 year, from the AGRA city of U.P state. Simple random sampling method was used to select the samples. The working women in different organization of 'Agra City' were selected for the sample. The Gratitude Questionnaire- Six Item Form (GQ6) developed by Michael E. McCullough, Robert A. Emmons, and Jo-Ann Tsang (2002) was used to collect the data. Descriptive research method was used to collect data for the research. For statistical analysis of data Mean, S.D and Critical Ratio were used. The results of this study found significant difference between gratitude among working and non-working women.

Keywords: - Gratitude, Working women and Non-Working women.

Introduction

Within the last few decades, women studies as a formal discipline is rising up throughout the world. Women status, their issues and women at work force are some of the focused concerns for researchers. The past two decades get to witnessed immense arrival of women into workforce. The status of Indian women has been significantly got improved in the country for the period of the post-Independence era. Now it is very widespread to find women asserting their presence in all spheres, i.e., education, administration, business, politics etc. In today's vibrant world, the astounding boost in the employment of women could be due to sheer economic requirement or for their self-expression etc. but it is a reality that the tasks of working women have been far surpassed than those of non-working women as she has to make a balance between her domestic functions and professional commitments also.

One variable that may help to clarify the conflict in well-being is Gratitude. The Oxford English Dictionary (1989) defined gratitude as “the quality or condition of being thankful; the word gratitude is resulting from the Latin gratia, meaning favor, and grates, meaning pleasing. All derivatives from this Latin root “have got to do with kindness, generousness, gifts, the beauty of giving and receiving, or getting something for nothing” (Pruyser, 1976).

Throughout history, gratitude has been given a central position in religious and philosophical theories (Emmons & Crumpler, 2000). Adam Smith believed that gratitude was essential for society, motivating reciprocation of help, when no other legal or economic incentive encouraged its repayment. But until recently, researchers have principally overlooked it as a subject of scientific inquiry. At the same time gratitude has been one of the most neglected emotion and one of the most underestimated of the merits. It has got established that psychology has been more interested in studying human vice than virtue (Myers & Diener, 1996).

Gratitude means thankfulness, counting your blessings, feeling of kindness, noticing simple pleasures, and acknowledging everything that you receive. It means learning to live your life as if everything were a miracle, and being aware on a continuous basis of how much you have

been given. Although gratitude has been the focus of religious and philosophical interest for Centuries, it is merely during the last decade that it has become the spotlight of psychological research as part of the positive psychology movement. Gratitude has come up significantly within the field of positive psychology research, having strong correlates to the character, wellbeing, social dealings, mood and health. Psychological research into gratitude has boomed during the last decade, as division of a rising interest within the psychological profession in 'Positive Psychology'. There is now considerable theory and research surrounding the conceptualization of gratitude in psychological terms, the correlates to gratitude, and the mechanisms underlying those relationships.

One character strength that has been identified as contributing to living a good and fulfilling life is gratitude. (Peterson & Seligman, 2004) offer an expanded definition of gratitude: "a sense of thankfulness and joy in response to receiving a gift, whether the gift be a tangible benefit from a specific other or moment of peaceful bliss evoked by natural beauty."

Good benefits of gratitude are the emergence of positive emotions. Makhdlori (2007) stated that with grateful then individuals can be more calm in dealing with problems. Gratitude is defined as a belief always feel enough for what he has (Emmons & McCullough, 2003).

Wood et al [2008] conducted a study on gratitude and well-being in a sample of 389 adults, in the context of personality style. In this study, they found that gratitude was most strongly correlated with personality attributes related to well being, and the authors concluded the gratitude has an erratic relationship with life satisfaction.

Watkins, Woodward, Stone & Kolts (2003) concluded that in the gratitude condition people were reliably reportedly increased with positive affect, in comparison to those who were in the control condition. They also found that this effect was prominently there in the grateful thinking situations, in comparison to the writing condition, what concluded that mediating on grateful experiences probably enhance moods optimistically, more than just keeping them analytically.

Sunny son et al., (2015) held a study to discover the relationships between gratitude disposition, positive job attitude, subjective well-being and feeling of happiness among

female employees, and investigated mediating effects of job attitude between gratitude disposition and subjective well-being. The results showed that gratitude disposition was reasonably correlated with positive job attitude, such as job satisfaction and organizational commitment among female employees and gratitude disposition and positive job attitude were positively correlated with subjective well-being or feeling of happiness.

OBJECTIVE

To compare the working and non-working women on Gratitude.

HYPOTHESIS

It is expected that there will be no significant difference between the gratitude among working and non-working women.

DESIGN OF THE STUDY

The nature of present study clearly focused on “what” is the status of working and non-working women in the light of gratitude. Thus, a research which enforces on ‘what’ rather than ‘why’ categorize as descriptive research method. Therefore the present study has been completed through the normative survey design method of research.

SELECTION OF SAMPLE

The sample for the present study was selected using stratified random sampling method. The total sample for the present investigation consisted of 80 women (40 working women and 40 non-working women). The sample was selected from the Agra city of U.P state. The working women in different organizations of ‘Agra City’ were selected for the sample. To make the sample representative, efforts were made to choose the respondents from the various departments of the organizations.

PSYCHOLOGICAL TOOL USED-

Gratitude Questionnaire Six (GQ-6) constructed by Michael E., McCullough, Robert A. Emmons and Jo-Ann Tsang (2002)

Brief summary of the scale:-

Name of the tool	The Gratitude Questionnaire-Six Item Form (GQ-6)
Author	Michael E. McCullough, Robert A. Emmons, and Jo-Ann Tsang
Year	2002
No. of items	06 (Positive items: 1, 2, 4 & 5 and Negative items: 3 & 6)
Group/ Individual	Both
Structure	Seven points rating scale
Nature	Verbal
Reliability	Cronbach alpha reliability (.73)
Validity	Construct validity (0.61), content and face validity

Ethical Consideration-

Prior to conducting the study, an informed written consent was obtained from the participants, informing them the objectives of the study and it was also made clear that their responses will be kept confidential and that their participation in the study is voluntary -that they can opt out of the study at any point of time.

PROCEDURE FOR DATA COLLECTION

Data collection was carried out with the prior permission of the head of the organization. After which subjects were personally contacted for collection of data. Subjects were selected according to the inclusion and exclusion criteria. Good rapport with subjects

was established by giving introduction about the objectives of the study, importance of their co-operation and their sincere responses before the distribution of the questionnaires. It was made clear that their responses will be kept confidential and will be used for the research purpose only. At the end, with questionnaire being completed, subjects were thanked their kind co-operation and informed that they should feel free to contact the researcher to discuss any issues that might have been raised by the survey.

STATISTICAL ANALYSES –

The data emerging from the above mentioned study was statistically analyzed by following standard statistical methods. Descriptive statistics (Mean and standard deviation) were used to describe sample characteristics. Inferential statistics like the Critical ratio was used to compare the level of gratitude among working and non-working women.

RESULT AND DISCUSSION

In relation to compare the gratitude of working and non-working women, investigator obtained the Mean and Standard Deviation of raw score which was collected through standardized scale of gratitude. Investigator calculated the value of Critical Ratio (CR) to measure the significant difference between working and non-working women in relation to their gratitude. The obtained statistical values (M., S.D., CR-value) to compare the gratitude of working and non-working women are shown as below-

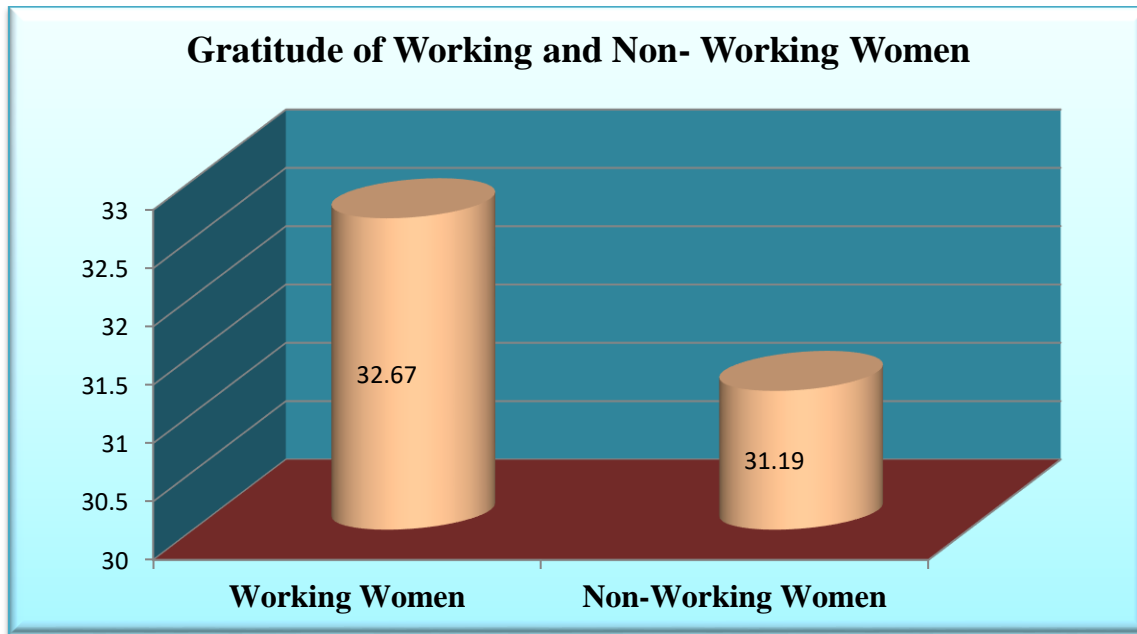
Table- 1

Mean S.D. and t-value for gratitude of working and non-working women

Variable	Group	N	M	S.D.	CR-value	df
Gratitude	Working Women	40	32.67	5.52	2.99**	398
	Non-working Women	40	31.19	4.27		

***significant at 0.05 level and **significant at 0.01 level**

Diagram-showing the mean comparison of gratitude among working and non-working women on GQ-6



Mean value(s) of gratitude of working and non-working women.

It is revealed from the table-1 that the Mean value of gratitude for working and non-working women were found 32.67 and 31.19 respectively and for the same, the value of Standard Deviation were found 5.52 and 4.27 respectively. The Mean value of gratitude of working women was found greater than the Mean value of gratitude of non-working women which indicates that working women expressed a high level of gratitude as compared to non-working women. To study the significant difference in Mean value of gratitude of working and non-working women, investigator obtained the value of Critical Ratio (CR) between both groups i.e. working and non-working women and it was found 2.99 which is significant at 0.01 level ($df=398$). Thus, it can be said that significant difference was found between mean value of gratitude of working and non-working women. It may be due to working women tends to be more smart in terms of communication, rapport and as a motivator etc. which creates high level of expressive behaviour of admiration, gratefulness, and appreciation for something, that's why they show high levels of gratitude as compared to non-working women. Thus, our hypothesis "There is no significant difference in gratitude of working and non-working women" is rejected at 0.01 level of significance in this regard.

The results of the present study indicate clearly that working women tend to be more grateful than non-working women. This can be explained in the light of several previous

studies with similar results. In a study conducted by Penn State University, it was found that people especially women are happier at their work place than their home and thus, experience gratitude. It is because happiness is positively related to gratitude, therefore, women those who are working feel happy at their workplace because it provides them a place away from household chores, burden of responsibilities, stress, multifold tasks, a place where they can be themselves breaking away their shells and enhancing their well-being. Working women are more grateful because they get an exposure to a lot of things, people and environment, they develop self worth and confidence and people with high self-esteem tend to be more grateful than people those who have low self-esteem. Whereas non working women sometimes have low self-esteem and are less confident than their counterparts because they are seldom a part of decision making at home, confined to their typical role of a responsible mother, wife, and daughter-in-law etc .She is overburdened with the responsibilities with a less important role of not being an earning member of the family, which leaves her feeling unhappy and therefore they have less expression of behavior of appreciation ,thankfulness and gratitude.

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