

**Examining the Effect of Application -Based Gratitude Intervention  
on Subjective Well-Being; An Experimental Study  
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**Abstract**

*This intervention-based research was aimed to investigate if, an application-based gratitude would be more effective than traditional or manual-based. It also explored the association between life satisfaction and positive affect and negative affect. Mental health is a crucial aspect of human life and their mental well-being improves by practicing gratitude. In this experimental study, there were 40 participants was selected from two different organizations. There were two primary assessment tools utilized to found pre and post results. The primary tools were included, Satisfaction with Life by Diener et al. (1985) and the Positive and Negative affect schedule by Watson et al. (1988). The intervention includes, manual and web-based application, which were designed or developed on different gratitude interventions, which were (writing four good things that happened in your whole day, recalling a happy moment, gratitude letter for yourself, a gratitude letter for a loved one, a gratitude jar, and gratitude prompt). There were the same criteria used for manual-based gratitude exercises designed to practice. The outcomes indicated that practicing manual-based gratitude was more effective than application-based. Furthermore, there was a positive but weak relationship between life satisfaction and positive affect, and insignificant results between life satisfaction and negative affect overall paired sample statistics suggested negative affect was reduced by practicing gratitude.*

**Keywords:** Gratitude, Application-based gratitude intervention subjective well-being, mental health.

**Introduction:**

Positive psychology interventions play a vital role in increasing an individuals' well-being and happiness. It is the responsibility of every individual to take care of their own mental well-being. The identifiable factors that affect well-being and be open to the discussion of what makes them person feel better, and individuals need the one who elaborates on them for them (Stone & Mackie, 2013). From a psychological perspective, gratitude is a sense of happiness. Gratitude is not only the highest virtue. But, the tower of all others, the moral of mankind, the

transformative force key that opens all the doors. One of the famous quotes of Breathnach said that "whatever we are waiting for, such as grace, happiness, a peaceful mind, and others, it will be near, but only when we are ready for it with an open mindset and positivity" (Parham, (2022)).

However, Subjective well-being (SWB) discusses people's life experiences, evaluation of their lives, and precise areas or activities in their lives. Subjective well-being (SWB) is also called self-reported well-being (Kahneman et al., 1999). This subjective well-being has improved evidently among researchers, national statistical offices, politicians, the media, and the public. The worth of this information depends on the potential influence, and observing the economic, social, and health conditions of populations and decisions in potentially informing policy across these domains (Krueger et al., (2009)). There are several techniques used to check the experience of well-being. It also examines the questionnaire of Positive and Negative Affect Schedule (Watson et al., 1988). It can be examined by inspecting the positive and negative effects or emotions of subjects. These effects are simply inverse to each other. The dimension of construct reveals the range of positive and negative emotions of humans (Diener, 1984). Subjective well-being is the responsibility of mankind to take care of their mental well-being. We all should gain awareness of what affects mental health and recognize the factors that affect well-being, as well as open the discussion to learn what makes a person feel better. Is an attribute of being distressed and pleased to experience a particular moment (Kahneman et al., 1999). The experience of being healthy, happy, and prosperous is stated as well-being, which also includes life satisfaction, good mental health, and being socially connected (Gary, 2019).

## **Literature Review**

The word gratitude was coming from the Latin word "gratia", which means grace or gratefulness. Gratitude is giving in the form of positive energy and returns nothing but positivity. These are the common themes shared by Latin roots (Pruyser, 1976). According to Blabst and Diefenbach (2018), gratitude always has a positive effect on well-being. In the study, in which 32 participants used the app and the traditional method for gratitude journaling, Participants had three slots to express gratitude daily by using the application. The application name was "Three Gratitude," and it runs on the iOS system. There were two groups, one practicing with the app and the other with traditional or written methods for one week. After this, the activity was swapped and continued

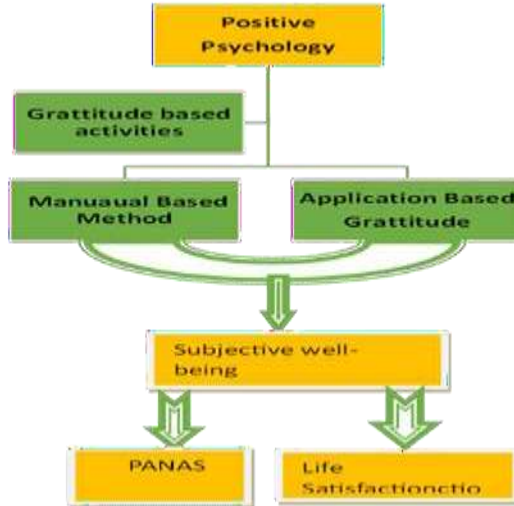
for one more week. 60% of participants preferred the app, and 40% preferred the traditional method. Thus, the overall experience of this research had a positive impact, with a slight preference for the application.

The Developers create many mobile applications on mental health and well-being. The research was conducted on self-diagnosing application for people, who suffered from mental health issues. The conducting procedure was in three phases. Initially, they asked a question related to the mental health issues they experienced. Then, asked about their concerns and needs relating to the mental health app. After this, they engaged the participants in a codesigning workshop in which participants drew a design according to their management strategies. The researcher understands the opinions of the participants. After the procedure, the 10 themes came according to the participant's concerns, such as doing something to distract their mind, solving problems, external support, time management, religious practice, interacting socially, and isolation. These approaches help build the best application or aid to improve mental health issues (Alqahtani et al., 2021).

The research conducted by Alqahtani et al. (2022) on the usability and testing of the gratitude application, whose name is “Be Grateful”, tested 14 participants. The testing and usability were analyzed by conducting interviews and questionnaires. The Be Grateful app provides step-by-step instructions for helping and encouraging users to complete a gratitude journal. The qualitative and quantitative data revealed a 73% usability of the application rather than the traditional method. Thematic analysis of reveals the application design functionality, and the user interface of the application was most appreciated by the users because of the simplicity and straightforwardness of the app. Another research evaluated and collected data from three palliative care service hospitals in Switzerland. The researcher inspected semi-structured interviews with the participants as part of an experimental gratitude intervention. There were thirty-three gratitude letters written by the patients and families as well. For examining the results, a qualitative or thematic analysis framework was used. The consequences revealed that patients signified gratitude towards their loved ones, which reinforced their well-being and clear that gratitude has requirement to respond in relationships of care dependence and relatives represent gratitude as comfort in the middle of a serious disease (Poncin et al., 2023). The gratitude-based interventional research was conducted in China. The total participant was hundred and four including, male criminals suffering from mental illness but, able to write dairies. The task was writing and counting blessings daily based on exercise and sharing gratitude within the group among prisoners. This intervention enhanced the Subjective Well-being

and reduced aggression. The upgrading in gratitude increases the mental and psychological well-being of the prisoner. (Deng et al., 2019). The research published by Franks (2020), includes gratitude activity used in physical education classes to give boundless benefits for classroom culture and students' social-emotional well-being. The gratitude activities include gratitude notes (students receive three sticky notes and write grateful thing that happened in a whole day), and a self-gratitude letter(students write a thankfulness for themselves). In this letter teacher gave a gratitude prompt to list ten things you love about yourself, what makes you smile, and how you make other people smile. What strengths are you grateful to have? Etc. And other activities were mentioned to promote a healthy classroom environment for students. This practice motivates students successful, thoughtful, and willing the students in engaging social, and physiological health benefits. The research was conducted to find the effect of different gratitude roles and arranged with actors as a participant. This research conducted and structured the process of recalling, sharing, receiving, and witnessing gratitude stories. The research is based on two studies. In study 1, students wrote letters on gratitude and daily activities shared with their parents but, half. In study 2, participants read positive, neutral, and gratitude letters by anonymous peers addressed to benefactors. The result revealed that, recalling gratitude increased enhancements in gratitude and mood, and sharing this experience boosted their gratitude state and relationship closeness. The Study 2 indicates that the witnesses (observant) of gratitude stated improved positive affect and elevation ( $r = 0.24$ ) but, reduced state gratitude (Walsh et al., 2022). The correlational study shows the results of negative affect between negative correlation with life satisfaction. The research also supported by Kamlesh and Shalini (2008), who examined the relationship between grit, happiness, life satisfaction, and positive and negative affect. The outcomes of the study revealed that there was a negative correlation between life satisfaction, negative affect, grit and happiness. Meanwhile, there was a positive correlation between life satisfaction, positive affect, grit, and happiness.

## Theoretical Framework



Positive Psychology through the scientific approach, uncovering an individual's strengths and promoting their positive functioning. In this experimental study, there are positive psychology techniques; and gratitude-based activities used by two different methods. The gratitude activities are applied by two methods 1) Manual-Based and 2) Application-Based. This experiment was used to check the satisfaction with life and well-being and how positive and negative affect are reduced by practicing gratitude intervention

### Operational Definition

**Gratitude** - It is an emotion and feeling of thankfulness of everything that happen in an individual daily life, which satisfies them and provides happiness (Kashdan, 2009).

**Life Satisfaction** - It indicates the positive assessment of an individual overall quality of life (Frisch, (2005).

**Positive and Negative affect** – it indicates both positive and negative emotions individual feel (Diener, 1984).

### Hypothesis:

After thorough literature research, the following hypotheses were drafted for this current study:

**H1:** manual-based gratitude practice will be more effective for subjective well-being than Application-based gratitude.

**H2:** There may be a positive relationship between life satisfaction and positive affect.

**H3:** There may be a negative relationship between life satisfaction and negative affect.

## **Methodology**

The research design was quantitative experimental design. A pre-post study was done to conduct mean correlation research. This study will take place in the natural setting of organizations.

## **Participants**

This survey was conducted by using technique of purposive sampling. The participants chosen for this study were both males and females between the age of 18-45 year. Both males and females were chosen from two different organizations one is e-commerce organization's also having their retail branches, and other is academic organization. total 40 participants, they all filled out the form, 21 from one organization and 19 from other organizations. Participants from Organization One were provided with an application and participants from Organization Two were provided with a manual booklet.

## **Measures:**

### **Positive and Negative Affect Schedule (PANAS)**

The Positive and negative affect schedule this questionnaire developed by (Watson et al. 1988). This scale is one of the widely used scale to measure individuals' positive and negative or emotional experiences. This scale consists of two subscales, one is used to detect positive emotional affect and the second is used to detect negative emotional affect. The positive affect measures the emotions of joy, excitement, enthusiasm, and contentment, and the negative affect measures sadness, anger, anxiety, and fear that how often a person possesses these emotions in their daily life. A 5-point Likert scale format is used where the answers range from very slightly or not at all to extremely. The internal reliability has a value range with alpha from 0.85 to 0.90 for Positive Affect and from 0.84 to 0.87 for Negative Affect, which is considered good reliability.

### **Satisfaction with Life Scale (SWLS)**

The Satisfaction with Life Scale is developed by Ed Diener and colleagues in (1985 to 1993). The scale is used widely to measure individuals' overall satisfaction with their lives. It consists of five items, which a person is supposed to rate on a Likert scale from 1 to 7. In a Likert Scale, there is a seven-agreement statement including, strongly disagree, disagree, slightly disagree, neither agree or disagree, agree and strongly agree. The scale

helps assess a person's subjective well-being. The reliability of scale is (0.87).

### **Application -Based Gratitude**

The Application-Based application's name is “Gratitude Venture”. In this application we considered the design and colors to be appealing, and attractive. This application is based on 6 activities. In these activities includes, “Write 4 good things, recall happy moments, a gratitude letter for yourself, a gratitude letter for a loved one, a gratitude jar, and gratitude prompts”. In some activities, we added different quotes to make them feel good and to increase participants' motivation.

### **Manual-Based Gratitude**

In this Manual, we considered the design, and colors to be appealing and attractive. This manual booklet is based on activities which are “write 4 good things, recall happy moments, a gratitude letter for yourself, and a gratitude letter for a loved one, a gratitude jar, and gratitude prompts”.

### **Procedure**

The researchers constructed the gratitude activities for a Manual booklet and an application-based to find the effectiveness of both methods. Two organizations were selected Naheed Super Mart and Al-Moiz academy. After consent from the participants, a workshop (session 1) was conducted. In this session, we provided them with a consent form and questionnaire for the Positive and Negative Affect Schedule (PANAS) and Satisfaction with Life Scale (SWLS) to fill out. Then, a workshop was conducted that included some basic questions provide basic insight about mental health and than the researcher provides information about gratitude, how to practice gratitude, and how gratitude enhances subjective well-being. The activities included making a gratitude list (participant wrote three things they were grateful for), a gratitude message(in this activity, they shared their thoughts and feelings about their loved one by writing a heartfelt message), and gratitude prompts(participant wrote three things they were grateful for their friends or family members). The method was used with the participants of both organizations. In the end, researchers provided an assignment of the booklet to the Al-Moiz Center and an application-based assignment to Naheed Super Mart. After seven days, a workshop (session 2) was conducted in Al-Moiz Center and Naheed Super Mart for a post-test. After the questionnaire or form filling, participants did some gratitude activities. Those activities included gratitude letters (in this activity, participants express positive thoughts about themselves), gratitude quotes(participants willingly recite gratitude quotes, gratitude expression(participants showed appreciation towards their loved one action), and feedback Session (participants shared their

positive feelings and thoughts after completing seven days activity to themselves and gave feedback about the intervention). The overall feedback from the participants was good. The duration of each session was 90 minutes. At the end of these seven days' activity, the researcher collected the data along with a booklet and application-based gratitude data. The pre and post-tests were used to measure subjective well-being with the help of a questionnaire of Satisfaction with Life Scale and Positive and Negative Affect Schedule. The software SPSS(Statistical Package for the Social Sciences) used to analyze pre-post results.

Here the chart below shows the summary of session 1 and session 2.

<b># of Session</b>	<b>Duration</b>	<b>Activity</b>
Session 1	<b>90 minutes</b> (Conducted with the employees of Naheed Super Mart & Al-Moiz Center)	<ul style="list-style-type: none"> <li>• Pre-test</li> <li>• Introduction gratitude</li> <li>• Make a gratitude list</li> <li>• Gratitude message</li> <li>• Gratitude Prompts</li> </ul>
Session 2	<b>90 minutes</b> (Conducted with the employees of Naheed Super Mart & Al-Moiz Center)	<ul style="list-style-type: none"> <li>• Post-test</li> <li>• Gratitude Expression</li> <li>• Gratitude letter for yourself</li> <li>• Gratitude Quotes</li> <li>• Feedback session</li> </ul>



## **Results**

**Table 1:**  
*Demographic Information of Participants (N=40)*

	Category	N	%
Organizations	Al-Moiz Academy	21	52.5
	Naheed Super Mart	19	47.5
Gender	Male	17	42.5
	Female	23	57.5

Table 1 demonstrates the demographics of the participants. It presents the place, gender, and number of participants in data collection. There were 40 participants in total, 17 (42.5%) were males and 23(57.5%) were females from two different organizations. There were 21 (52.5%) employees or participant of Al-Moiz center and 19 (47.5%) employees of Naheed Super Mart.

**Table 2:**  
*Descriptive Statistics of Manual Based Gratitude*

<i>Description</i>	<i>Mean</i>	<i>N</i>	<i>St. Deviation</i>
Pre-satisfaction with life	24.6842	19	5.64754
post satisfaction with life	28.0474	19	6.53600
Pre-Positive Affects with life	38.4737	19	6.48074
Post Positive Affects with life	40.0000	19	7.77723
Pre-Negative Affects with life	29.7895	19	10.09719
Post Negative Affects with life	28.000	19	9.01363

Table 2 presents statistics of standard deviations and means of the pre-test and post-test intervention measures of manual-based intervention. The mean scores of Satisfaction with Life presents an insignificant difference as shown in Table 2 (M= 24.6842, S.D= 5.64754) and after interventions (M= 26.0474, S.D= 6.53600) (M= 24.6842, S.D= 5.64754). However, the mean score of Satisfaction with positive affect presents an insignificant difference shown in Table 2 (M= 38.4737, S.D= 6.48074) and after interventions (M= 40.0000, S.D= 7.77723) (M= 38.4737, S.D= 6.48074). However, the mean score of Satisfaction with negative affect presents a significant difference in Table 2 (M= 29.7895, S.D= 10.09719) and after interventions (M= 28.6316, S.D= 9.01363). The mean scores of both scales exhibit small difference.

**Table 3**  
*Statistics of Manual Based Gratitude*

Description	Mean	SD	T	Sig(2-tailed)	Cohen's D
Pre satisfaction With life & Post satisfaction With life	1.36	5.17303	-1.604	.301	0.223185
Pre positive affect & Post positive Affect	1.52	4.29946	1.547	.139	0.213218
Pre positive affect & post positive Affect	-1.15	13.68399	0.369	.717	0.18626

Table 3 presents an insignificant difference in the measures of SWB and Positive and Negative Affect in the participants, before and after manual-based gratitude interventions. The results showed a small effect of the Satisfaction with Life Scale as Cohen's d value (0.223185). While, the values of positive affect Cohen's d (0.213218) and Negative Cohen's d (0.18676).

**Table 4**  
*Descriptive Statistics of Application Based Gratitude*

Description	Mean	N	SD
Pair 1: Pre-Satisfaction with Life	22.0048	21	5.96937
Post Satisfaction with Life	22.6667	21	6.06552
Pair 2: pre-positive affects	32.9048	21	7.30003
Post positive affects	34.8571	21	6.31099
Pair3: pre-negative affects	26.3333	21	5.58868
Post negative affects	24.0524	21	6.58389

Table 4 presents the statistics of pre and post intervention phase of application-based activities, including the mean and standard deviation of all the measures of SWB. However, the mean score of Satisfaction with Life scale presents an insignificant difference shown in Table 4 (M= 22.0048, S.D= 5.96937) and after interventions (M= 22.6667, S.D= 6.06552). However, the mean score of Satisfaction with positive affect presents a difference shown in Table 4 (M= 32.9048, S.D= 7.30003) and after interventions (M= 34.8571, S.D= 6.31099). The mean score of Satisfaction with negative affect presents an insignificant difference in Table 4 (M= 26.3333, S.D= 5.58868) and after interventions (M= 24.0524, S.D= 6.58389). The mean scores of life satisfaction scale and positive and negative affect exhibits a small difference obvious result.

**Table 5**  
*Paired Sample Statistic of The Mean of Application-Based Gratitude*

Description	Mean	SD	T	Sig(2-tailed)	Cohen's D
Pre satisfaction with life & Post satisfaction With life	0.66	5.10003	-2.48	.805	0.10993
Pre positive affect & Post positive Affect	1.95	7.12597	-2.66	.791	0.286116
Pre negative affects & Post negative Affect	-2.28	11.46947	.993	.327	3.313222

Table 5 presents an insignificant difference in the measures of SWB of the participants before and after Application-Based Gratitude intervention. The results showed a small effect between pre and post Satisfaction with Life Scale as Cohen's d value (0.10993). While, the values of Positive Affect Cohen's d (0.286116) and Negative Cohen's d (3.313222)

**Table 6**  
*Paired Sample Statistics*

Description	Application-based gratitude Mean	Manual-based gratitude
Pre -satisfaction with life & Post satisfaction With life	0.66	1.365
Pre-positive-affect & post-positive Affect	1.95	1.52
Pre-negative affects & pos-negative Affect	-2.28	-1.15

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Table 6 presents the overall mean of Application-Based Gratitude and Manual-Based Gratitude. However, the overall mean scores of Satisfaction with Life and positive and negative affect present a insignificant difference in both application and manual-based gratitude.

**Table 7**  
**Correlation Of Life Satisfaction with Positive and Negative Affect**

Pair	Correlation	Sig Value
Life satisfaction and Positive Affect	.338	.033
Life satisfaction and Negative Affect	.269	-.093

Table 7 presents the correlation of life satisfaction and positive affect since the sig value is .033 which shows significant positive weak correlation. It also presents the correlation between life satisfaction and negative affect since the sig value is -.093 which shows there is no association.

**Table 8:**  
**Cronbach's Alpha of Research Scales**

Variable name	Cronbach alpha	No of items
Satisfaction with Life Scale	0.87	5
Positive and Negative Affect Schedule	0.86	20

The Cronbach Alpha value Satisfaction with Life Scale showed (0.87) and Positive and Negative Affect Schedule (0.86). It showed that both scales values were good and reliable.

### **Limitations and recommendations**

This study has some limitations, which are essential to improve for better results.

- First, this interventional study should focus on equal gender for both control and experimental groups. The findings' applicability to other genders, particularly males, may be limited.
- To gain an actual or accurate understanding of practicing gratitude, the duration of intervention must be extended to more than one week.
- For the Future, the study should aim to include a more diverse and increased sample size that encompasses both males and females may provide us with more authentic results.

### **Discussion**

This study aimed to explore subjective well-being by opposing Gratitude application-based intervention. Other than that, to investigate how gratitude helps to improve subjective well-being, and the relationship between life satisfaction with positive and negative affect. In this experimental study, researchers used two scales to analyze subjective well-being as a tool. The first measure tool was Satisfaction with Life Scale (SWLS), which is a broadly recognized assessment tool of SWB (Diener et al., 1985). The next scale was PANAS (Positive and Negative Affect Schedule) by (Watson et al., 1988).

In this intervention-based study, there were three hypotheses designed to observe the outcome of application-based gratitude intervention on subjective well-being, life satisfaction, and positive and negative affect. The outcomes showed the insignificance outcomes of our first hypothesis, which claims that subjective well-being is more effective by practicing application-based gratitude exercises. There are many researchers who found the same results. This study was conducted to check the gratitude journaling by traditional method and application. The research emphasizes that gratitude always has a positive effect on well-being. The app (Three Gratitude) ran on the iOS system. Thirty-two participants used gratitude practice by both written and application methods for one week the activity was swapped and continued for one more week. Thus, subjective well-being remains the same in both traditional methods and apps. There was no significant increase in both methods. Thus, the overall experience of this research had a positive impact with a slight preference for the application (Blabst & Diefenbach, 2018). Another study was conducted to analyze the effects of writing gratitude letters on the primary qualities of well-being such as positive effects like happiness, cognitive assessment and life satisfaction, and depressive symptoms, which have negative effects. There were two hundred and above participants wrote three



gratitude letters during three weeks. The ANOVA statistical analysis revealed the outcomes that, writing gratitude letters increased the participants' happiness and life satisfaction, and decreased depressive indicators (Steven et al., 2012). Another study was conducted during a pandemic to check the impact of the gratitude on happiness and sleep quality of students. The findings indicate no improvements in gratitude, happiness, and sleep quality. The intervention was pre and post with the gratitude app gave outcomes that after using the application there was no significant effect on students' happiness and sleep quality. The possible reasons for these results may be the outcomes of the small sample size or scored high in the outcome measures of students before the intervention. Students enjoyed the overall app. They gave some suggestions for improvement of the app in the future (Blabst & Diefenbach, 2018). According to the research published on 30th October by Heesubg et al. (2021), gratitude is the key to the subjective well-being and mental health of an individual. The research provided the outcomes that, practicing gratitude journaling can change human perception by appreciating and accepting benefits from nature, nurture, objects, and other people. It is one of the most effective practices for healing depression. The participant was a nursing student. They did gratitude journaling for eight weeks. They practice the journal either with a mobile app or handwritten. The results reveal that 33% of students preferred handwritten journaling, and 20% used mobile apps. In this Korean intervention, the students were motivated and preferred handwritten practice rather than mobile apps.

Our second hypothesis was supported the results which prompted a positive relationship between life satisfaction and positive affect. This hypothesis is accepted with weak correlation, and many researchers support this. The online study was conducted on positive psychology techniques, which focus on increasing happiness in the UK. The MSc student Gilek (2010) studied the outcome of gratitude intervention on subjective well-being. The gratitude intervention led to enhanced SWB and positive effects. The participants of the gratitude group showed better positive change in both measures of SWB, and they were also reporting the reduction of negative affect relative to participants in the control group. The results discovered that the gratitude intervention improved SWB in the participants. It also revealed that it declined negative affect, and slightly positive affect increased in the participants. Another study conducted by Japanese students focuses on improving employees' well-being in the workplace. They inspect the efficiency of workplace intervention containing gratitude exercises on workers' well-being, such as subjective happiness among Japanese workers, positive affect, and life satisfaction. The intervention consisted of writing things a person is grateful for and five events that occurred past week. They analyzed that the positive effect was improved in both the control and intervention groups by doing

gratitude exercises. Thus, the outcomes revealed that gratitude intervention is beneficial to increase gratitude-related feelings and positive affect (Otsuka, 2012).

Our third hypothesis was not supported. It claimed a negative relationship between life satisfaction and negative affect (H3). Most of the research supported that there is a negative relationship between life satisfaction and negative affect. The study was conducted by Palmer et al. (2002), to find the association between life satisfaction and emotional intelligence. In this, there were different EI measures (TMMS, TAS-20, DIF, EOT, etc.), SWLS, and PANAS used to measure emotional intelligence. The PANAS were used to evaluate the positive and negative emotions experienced by the participants to predict life satisfaction. The outcomes revealed the negative correlation between life satisfaction and negative affect, and positive affect was positively correlated with life satisfaction. The research was conducted by Bajaj and Pande (2016), analyzed that the resilience played a mediating role in the outcome of an impact of mindfulness, affect, and life satisfaction. This result showed that life satisfaction was positively correlated with positive affect and negatively correlated with negative affect. The outcomes of the study revealed that resilience possibly mediates the relationship between positive and negative affect, life satisfaction, and mindfulness. The different outcomes of our results may be the cause of the lowest sample size and duration. Furthermore, the study conducted on exceptionally old age people by Bishop et al. (2012), explores how positive and negative emotions or effects mediate between perceived health, functional, fatigue, cognition, and distal life event stress on life satisfaction. The result revealed that perceived health and fatigue were significantly related with life satisfaction and positive and negative as well. It demonstrated that, the life satisfaction occurred in the existence of both negative and positive life experiences.

## **Conclusion**

This intervention reflects that practicing gratitude increases life satisfaction and decreases positive and negative effects. The positive psychology techniques are effective in reinforcing and fluctuating human subjective well-being. It offers a unique perspective and helps psychologists in managing psychological disorders by using positive psychology tools. Moreover, it offers an exclusive perspective for counselors to use as a tool to support individuals manage and improve individual mental health. The research proposes that practicing gratitude increases subjective well-being and positive affect and decreases Negative effects. To detect the best way, there were comparing two application-based and the traditional manual methods. This research concluded that practicing manual-based gratitude is more effective than application-based.

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