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Mediating role of Gratitude: Assessing the relationship between Successful Aging and Psychological Well-Being

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Abstract

Purpose: Aging is a period in the life cycle experienced by everyone as well as an entitlement that we're recognizing more as a society. Not only does aging bring experience and wisdom, but it also brings freedom. This study aimed to investigate the mediating role of gratitude and its relationship between successful aging and psychological well-being.

Method: A sample of 142 participants was selected using purposive sampling. The age range of the participants 60-85 years. Data was collected through validated questionnaires assessing successful aging, Psychological Well-Being, and gratitude. For statistical analysis Correlation were conducted to examine the associations between these variables, and hierarchical regression analyses were used to assess the impact and mediating role of variables.

Results:The findings of the study indicated a positive correlation between successful ageing, gratitude, and psychological well-being. The study also found that there was a statistically significant relationship between successful ageing and psychological well-being on gratitude, as indicated by the combined variance explained.

The findings of the study revealed that there was a positive and partial mediating effect of gratitude on the relationship between successful ageing and psychological well-being.

Conclusion: This study highlights the importance of successful aging, Psychological Well-Being, and gratitude in the lives of elderly individuals. It underscores the role of gratitude as a mediator in promoting Psychological Well-Being and offers insights into the influence of attachment styles. These findings have implications for tailored interventions aimed at enhancing the well-being of older adults and may extend to culturally diverse populations in multicultural societies.

Keywords:Successful Aging, Psychological Well-Being, Gratitude, Elderly, People

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Introduction

India's population is seeing a tremendous increase in age. According to the United States Census Bureau, the proportion of individuals aged 60 and over is expected to almost double between 2001 and 2031, and is projected to reach around 20% by the middle of the century. Overall, this shift has occurred due to the ongoing decrease in morbidity and mortality caused by communicable, maternal, neonatal, and dietary factors, and a rise in the burden of disease caused by non-communicable illnesses and injuries, including self-harm (Institute for Health Metrics and Evaluation). The ensuing demographic change presents a multitude of problems to the overall health and well-being. For instance, illnesses that affect older individuals, such as cardiovascular disorders, diabetes, and cancer, are now some of the main reasons for illness and death in India. It is anticipated that the occurrence of these problems would rise considerably in the next years (Patel et al., 2011).

The rise in life expectancy leads to a larger population of elderly individuals, making it crucial to prioritise the preservation of good health and functionality in older people within ageing societies. The ultimate goal is to achieve effective ageing or healthy ageing. This has been a prominent area of inquiry in recent decades. Successful ageing is characterised by the ability to enhance the quality of life and experience contentment with both previous and current life circumstances (Eun & Kahana, 2017). The identification of characteristics that may have a beneficial impact on effective ageing is of significant interest to both people and society. This is particularly important considering that the percentage of the global population aged 60 years and above is projected to almost quadruple between 2015 and 2050 (Eun & Kahana, 2017).

The concept of successful ageing has been the subject of recent investigation, but a consensus definition has yet to be established. Various factors, including disease and disability prevention, high cognitive, mental, or physical function, active engagement in life, and psychological well-being, have been examined in relation to successful ageing (Boero, Francesco, Vizzuso, & Dessì, 2017). The areas include physical and functional well-being. The notion of effective ageing, as outlined by Boero et al. (2017), encompasses psychological wellness, cognition, social involvement, family support, economic resources, and financial stability.

Successful ageing is characterised by a minimal presence of illness and impairment associated to disease, as well as a high degree of physical and cognitive functioning. Additionally, those who age successfully are actively and productively engaged in many activities throughout their lives (Boero et al., 2017).

Gratitude:

Gratitude, being a positive psychological concept, is gaining more recognition for its ability to improve personal well-being by acting as a protective barrier against stress and despair. In the context of ageing, thankfulness may have a significant impact by fostering a positive perspective on life and a sense of appreciation for the past. These factors are crucial for effectively dealing with the difficulties that come with ageing and improving overall life satisfaction. Empirical research has shown a strong correlation between thankfulness and enhanced mental well-being, stronger interpersonal connections, and heightened ability to cope with adversity. These findings indicate that gratitude may be effectively used as a therapeutic intervention. Gratitude has the ability to redirect attention from the negative aspects of ageing, such as losses and deterioration, towards a more positive and rewarding perspective on one's life history and accomplishments. This change not only promotes psychological well-being but also possibly mitigates the impacts of ageing processes, making it a crucial area of emphasis for ageing research and therapies targeted at promoting effective ageing outcomes.

Daily Gratitude and Well-being

While most research have primarily investigated the impact of enduring appreciation on well-being, a few recent studies have explored whether experiencing thankfulness on a daily basis as a temporary emotional state is also linked to well-being. Nezlek and colleagues (2017) discovered that keeping a daily diary and expressing gratitude was linked to increased levels of both hedonic well-being (i.e., higher positive emotions and lower negative emotions) and eudaimonic well-being (i.e., a greater sense of purpose in life and self-esteem) on the same day. However, the following day, it was only associated with higher levels of hedonic well-being, not eudaimonic well-being.

According to a study done by (Algoe et al.,2010), expressing thankfulness for a partner's activities on a daily basis is linked to higher levels of relationship satisfaction and closeness among cohabiting couples, regardless of gender. In a study conducted by Nezlek and colleagues (2019), it was shown that expressing appreciation on a daily basis had a moderating effect on the link between stress and daily hedonic and eudaimonic well-being. More specifically, the negative relationships between stress and well-being were less pronounced on days when participants experienced higher levels of thankfulness.

Prior research in this field mostly consists of laboratory trials that used interventions to generate appreciation or retrospective surveys conducted after a stressful experience. Nevertheless, there have been few investigations regarding the impact of thankfulness on

individuals' everyday well-being in the presence of real-life stressors. In a study conducted by Kashdan and his colleagues in 2006, it was shown that expressing appreciation on a daily basis was linked to improved everyday well-being in individuals both with and without post-traumatic stress disorder. According to a study conducted by (Sztachańska et al., 2019), women with breast cancer who were instructed to enumerate reasons for feeling thankful had higher levels of daily well-being compared to those who were not given this task.

While both investigations used a diary design, the stressors involved were of a chronic nature, including post-traumatic stress disorder in the study by Kashdan and colleagues (2006) and breast cancer in the study by Sztachańska and colleagues (2019). People may have had sufficient time to adapt to these long-lasting stresses. There is a lack of research on whether the advantages of expressing thankfulness on a regular basis may be applied to persons who experience abrupt and considerable stress in real-life situations. Nevertheless, this knowledge is crucial for comprehending the efficacy of thankfulness in enhancing well-being under unexpected and pressing circumstances.

The Role of Age

Several research have investigated whether the association between thankfulness and well-being is influenced by age. In a study conducted by Hill and Allemand (2011), it was discovered that there was no variation in the connection between trait thankfulness and well-being based on age. The study included a substantial number of Swiss individuals. Chopik and his colleagues (2019) conducted a study using two samples that reflect the whole United States population and a huge sample from 40 other nations. They discovered that the connection between having a grateful personality characteristic and experiencing well-being was constant across all age groups.

The observed pattern was uniform in all three samples. The researchers justified these results by positing that there is a strong correlation between trait appreciation and well-being over individuals' lifespans. Consequently, an elevated degree of thankfulness improves overall well-being. However, in a comprehensive analysis of 158 separate samples, Portocarrero and his team discovered that the connection between a person's inherent gratitude and their overall well-being was more pronounced, while the link between their dispositional gratitude and negative emotions was less significant, particularly among older individuals (Portocarrero et al., 2020). The authors elucidated these data by positing that people exhibit more generativity as they advance in age. Generativity is a significant concept that may be seen as an expansion of appreciation, as discussed by Portocarrero et al. (2020). Nevertheless, the authors pointed out that there is a lack of actual data to support this hypothesis. There is a lack of research on whether the connection between thankfulness as a daily emotional state and daily well-being

may be influenced by age. This research aimed to investigate the impact of age on the association between daily thankfulness and daily well-being, in order to get a deeper understanding of the link between gratitude and well-being throughout one's lifetime.

Psychological Well-Being

Health has traditionally been described as a condition of whole physical, mental, and social well-being, rather than just the absence of suffering or sickness. Nevertheless, the indicators of health and well-being in our culture have persistently prioritised discomfort, disease, and low functioning over an extended period (Ryff & Singer, 1998). From 1989 to 1995, Carol Ryff integrated numerous frameworks to create a multilevel model of psychological well-being. In this model, well-being is shown as a multifaceted and dynamic process that includes many psychological characteristics. This paradigm included six discrete measures of good psychological functioning. The first dimension, referred to as Self-Acceptance, involves positive evaluations of oneself and one's past life. The second dimension, known as Personal Growth, relates to the sense of ongoing development as an individual. The third dimension, called Purpose in Life, encompasses having goals and a sense of direction, as well as feeling that one's life is purposeful and meaningful. The fourth dimension, Positive Relations with Others, involves the ability to establish meaningful relationships based on trust, warmth, empathy, and affection. The fifth dimension, Environmental Mastery, refers to the capacity to effectively manage one's life and the world around them. Lastly, the sixth dimension, Autonomy, pertains to being self-confident, independent, and having a sense of self-determination.

Psychological well-being rapidly emerged as a prominent and extensively studied concept in health research across several settings, including the field of ageing. Research has shown that it has a crucial impact on the well-being of elderly individuals by effectively reducing the risk of chronic illnesses and enhancing lifespan. Nevertheless, there is not always agreement among the available evidence on the developmental patterns of the many aspects of psychological well-being throughout a person's life, particularly in the latter years. For instance, Ryff and Keyes saw a decrease in the Purpose in Life and Personal Growth subscales as individuals became older, whereas they found an increase in scores for Environmental Mastery and Autonomy.

Several variables, including biological and psychological factors such as personality traits and cognitive abilities, might influence the association between psychological well-being (PWB) and age. Specifically, while examining cognitive processes, many research have

shown that assessments of overall cognitive ability were positively linked to psychological well-being (PWB) in samples of older individuals. However, the majority of research have primarily focused on the associations with overall cognitive function or fluid intelligence, without taking into account the potential influence of particular cognitive talents.

Methodology

The objectives of this study

The purpose of this research was to examine the role of gratitude as a mediator between effective aging, psychological well-being, and gratitude, and to find out how these three variables relate to one another. association between successful aging and psychological well-being and to examine the hierarchical regression analysis of the successful aging, Gratitude, Psychological well-being.

- i. To assess the relationship between successful aging, Psychological Well-Being and Gratitude among each other.
- ii. To examine the impact of the successful aging on Psychological Well-Bing among elderly people
- iii. To investigate —the mediating effect of gratitude on the relationship between successful aging and Psychological Well-Being.

Hypothesis

H1: There will be a significant relationship between Successful aging and Psychological Well-Being

H2: There will be a significant relationship between Successful aging and gratitude.

H3: Psychological well-being will have a significant relationship with gratitude.

H4: Successful aging will significantly impact Psychological Well-Being.

H5: The relationship between Successful aging and Psychological Well-Being will be mediated through gratitude.

Research Design

The research design in this study is characterized by descriptive correlational research. This specific approach enables an exploration of relationships between different variables through survey. In the context of this study it serves as a valuable method for investigating the intricate connections between successful aging, Psychological Well-Being, and gratitude. By employing correlational research, the study aims to uncover the extent to which these variables are interrelated and how they influence each other within the study population.

Participants

The participants in this study consisted of 142 elderly individuals. The study focused on the aging population, and the participants were selected based on specific criteria related to age. The participants were all aged 60 years or above.

Sampling Technique:

This research used purposive sampling as its sampling strategy. Researchers use purposeful sampling, a non-random sample strategy, to choose study participants based on predetermined criteria. To ensure that the sample included only those aged 60 and over, participants were selected using a purposeful age selection method.

Data collection: The primary data collection technique employed in this study is a "questionnaire," where participants likely responded to a series of questions related to the study's variables, allowing researchers to analyze their relationships and patterns.

Measuring Tools Details:

To measure the variables of interest, the following validated questionnaires were used:

Socio-demographic characteristics questionnaire After a comprehensive literature review and rigorous group discussions, a questionnaire on socio-demographic characteristics, including gender, age, education level, place of residence, health behavior (smoking habits, alcohol habits, and physical activity), and self-assessed health status was finally developed.

Successful Aging: This scale was developed by Gary T. Reker, in 2009. This questionnaire consists of 14 items. It will measure 3 dimensions i.e., engagement with life, adaptive coping, and healthy lifestyle habits. This scale, which ranges from strongly agree to strongly disagree, is based on a 7-point Likert scale. —7 points will be given for —strongly agree (SA) and for —strongly disagree (SD) 1 will be given.

Gratitude: The Gratitude Questionnaire-6-Six Item Form (GQ-6) was developed by McCullough and Emmons in 2002. The appreciation Questionnaire-Six-Item Form (GQ-6) is a concise questionnaire consisting of six items that individuals may use to examine their own inclination to feel appreciation in their everyday lives. Participants indicate their level of agreement with each question on a 7-point Likert scale, ranging from 1 (strongly disagree) to 7 (strongly agree). The GQ-6 had strong reliability and validity, indicating robust psychometric qualities. The scale has satisfactory internal consistency, as shown by a Cronbach's alpha coefficient of .82. It also exhibits strong convergent reliability with measures of wellbeing and peer evaluations, as well as excellent test-retest reliability. Furthermore, it demonstrates discriminant validity from other related qualities. (McCullough et al., 2002). The research yielded a Cronbach's alpha coefficient of .87.

Psychological Well-Being:The Psychological Well-Being Scale has been developed by Carol Ryff. The assessment evaluates psychological well-being via six dimensions: Self-Acceptance, Positive Relations with others, Autonomy, Environmental Mastery, Purpose in Life, and Personal Growth. Respondents express their degree of concurrence with each inquiry using a 7-point Likert scale, including a range from 1 (strongly disagree) to 7 (strongly agree). The scale's reliability is often evaluated using Cronbach's alpha, which measures internal consistency. This statistic measures the degree of correlation between the items within each dimension of the scale. Typically, a Cronbach's alpha value more than 0.70 is deemed satisfactory for research purposes, signifying a substantial level of dependability.

Procedure

The study was conducted in accordance with the rules prescribed by the American Psychological Association. All participants were above the age 60 and capable of giving informed consent. The participants were provided with a comprehensive explanation of the purpose and characteristics of the research, and their rights regarding autonomy, dignity, and privacy were ensured. Participants were informed that they had the option to withdraw from the study at any time. After obtaining clearance, the participants were provided with a questionnaire that included measures of Successful ageing, Gratitude, and Psychological Well-being.

RESULTS

Table 1: Descriptive Statistics for Gratitude, Psychological Well-Being and Successful Aging

The descriptive statistics, including the means and standard deviations, for all key variables are shown in Table 1. The skewness and kurtosis values for these scales varied from -.304 to 1.073 and 1.528 to -.112, respectively. These values indicate that the data followed a normal distribution.

	N	Mean	Standard Deviation	Skewness	Kurtosis
Gratitude	142	31.36	4.930	- 1.073	1.528
Psychological well-being	142	77.65	8.962	-.086	-.197
Successful Aging	142	86.11	3.663	-.304	-.112

Table 2 summarizes the descriptive statistics and distribution characteristics for Gratitude, Psychological Well-Being, and Successful Aging among 142 participants. Gratitude scores had an average of 31.36, indicating moderate levels with a negative skew (-1.073) and high kurtosis (1.528), suggesting a distribution that is both left-leaning and more peaked than a normal distribution. Psychological Well-Being showed a high average score of 77.65, with negligible skewness (-.086) and slightly platykurtic distribution (-.197), indicating a more even distribution of scores. Successful Aging also reported a high average of 86.11, with a slight negative skew (-.304) and low kurtosis (-.112), pointing to a slight tendency towards lower scores and a flatter distribution. All variables showed a complete set of data with no missing values.

Table 2: Mediation Analysis

Path	β	t-value	Test Results	Indirect Effect	
				Boot LLCI	Boot ULCI
Successful Aging \rightarrow Psychological Well-Being	.37***	5.18	Supported	.07	.19
Successful Aging \rightarrow Gratitude	.41***	6.27	Supported		
Gratitude \rightarrow Psychological Well-Being	.34**	4.92	Supported		

*p<0.001

Indirect Path	b	Boot SE	Confidence Interval	Decision
SAG \rightarrow PWB	.12**	.03	95%	Accepted
	P<0.01 Bootstrap Sample = 5000			

SA = Successful Aging; PWB = Psychological Well-Being; GRAT= Gratitude; b = Unstandardized Coefficient

Tables 2 present the results of hypothesis testing for direct and indirect relationships. H1, H2, and H3 were supported, showing significant positive direct relationships between Successful Aging and Psychological Well-Being ($\beta = .37, p < .001$), Successful Aging and Gratitude (β

= .41, $p < .001$), and Gratitude and Psychological Well-Being ($\beta = .34$, $p < .01$), respectively. These findings affirm that as successful aging increases, so do levels of gratitude and psychological well-being. Table 4 demonstrates the mediation effect, with Gratitude serving as a mediator between Successful Aging and Psychological Well-Being (H5). This indirect relationship was statistically significant ($b = .12$, $p < .01$) with a 95% confidence interval not containing zero (.07 to .19), supporting the hypothesis that the effect of Successful Aging on Psychological Well-Being is partly through the increase in gratitude levels. The data was bootstrapped with 5000 samples, ensuring the robustness of the mediation effect.

The study validated its hypotheses, confirming significant relationships between successful aging and psychological well-being (H1), successful aging and gratitude (H2), as well as between gratitude and psychological well-being (H3). H4 was corroborated, showing a significant influence of successful aging on psychological well-being. Notably, H5 was affirmed, establishing gratitude as a mediator between successful aging and psychological well-being. These outcomes bolster the theoretical framework, enhancing our comprehension of the interplay between successful aging, gratitude, and psychological well-being in the elderly.

Discussion

The main aim of this study was to investigate the connections between Successful ageing, Gratitude, and Psychological Well-being. The theory proposed a direct relationship among these elements. A greater evaluation of the quality of the garden was linked to a deeper sense of belonging to the area and improved self-rated health.

The analysis of descriptive statistics from Tables 1 reveals a compelling narrative about the experiences of gratitude, psychological well-being, and successful aging within our sample of elderly participants. Psychological Well-Being scores, which average 77.65 with a standard deviation of 8.962, suggest that our participants generally perceive their mental state positively. This high level of well-being is complemented by a noteworthy average in Successful Aging scores (86.11), with a tighter standard deviation of 3.663, denoting a common experience of aging well within the group. These statistics underscore the potential of successful aging as a prevalent experience rather than an exception, aligning with (Vollmann et al., 2019) research that interweaves gratitude with social roles and obligations, fostering an environment where aging is not just respected but also associated with increased social value and engagement. The skewness and kurtosis in Table 1 illuminate a distribution trend where a minor leftward skew and a flatter peak suggest a modest inclination towards lower scores among the elderly. This distribution may reflect an interesting aspect of the aging population's experience and is congruent with (Koorevaar et al., 2015) and Wood et al.

(2016), which explore the nuanced impact of attachment styles on an individual's capacity for gratitude and well-being across different cultural settings. This could imply that while our participants generally report high levels of well-being and successful aging, there exists a segment that faces challenges, perhaps due to varying levels of attachment security, thus influencing their experience and expression of gratitude.

Building upon the foundational work of (Gillath et al., 2018), our findings emphasize the strategic role of gratitude in geriatric psychological interventions. The consistent relationship between gratitude and well-being noted by (Leung & Tong, 2017) is echoed in our study, suggesting that gratitude is not only a reactive emotion but also a proactive agent in shaping an elder's life satisfaction and overall well-being. (Diehl & Chui, 2023) stated Gender differences in loneliness were significant in young adults who were more grateful and in older adults who were less grateful. Women were less lonely than men, on average, and the gender difference was significant for those younger and more grateful, or older and less grateful. Thus, the beneficial effect of gratitude on loneliness differed across age and gender. The study's hypotheses, particularly H5 as demonstrated in Table 2, are substantiated by the significant indirect effects wherein gratitude mediates the relationship between successful aging and psychological well-being ($b = 0.12$). The absence of zero in the 95% confidence interval (.07 to .19) supports this mediation's statistical significance, reinforcing the conclusion that gratitude is a critical factor in the successful aging experience. This provides a valuable perspective on the potential mechanisms through which aging individuals maintain and enhance their well-being.

This research contributes to the broader discourse on aging, suggesting that interventions aimed at fostering gratitude could have a pronounced impact on the psychological health of the elderly. The deliberate cultivation of gratitude may not only be beneficial for the individual but could also enhance communal bonds and societal cohesion. It opens pathways for future research, particularly in the examination of gratitude interventions as a therapeutic tool for older adults facing psychological challenges, and the exploration of how societal structures and cultural contexts influence these dynamics.

Our findings beckon further inquiry into the longitudinal aspects of gratitude and well-being, the role of cultural differences, and the mechanisms through which gratitude can be most effectively nurtured in the elderly to improve not only psychological health but also physical health and social well-being.

Theoretical, Practical, Social, and Clinical Implications

The social consequences of these creations may be comprehended via the lens of symbolic interactionism, a theoretical framework that highlights the mutual impact between individual

welfare and society. From this viewpoint, the individual's identity is shaped by society, and society is reflected in the individual (Delgado, 2009). This would foster the growth of a society that is characterised by inclusivity, kindness, compassion, and a reduced emphasis on ego and extremism. Promoting thankfulness would lead to a culture that places less importance on superficial living, has less self-alienation, and enjoys a life that is less influenced by external forces. Consequently, this would promote the growth of a culture that is more adaptable, dynamic, and inventive.

Furthermore, the finding has significant clinical relevance. By advocating for the principles of gratitude, graceful ageing, and psychological well-being, people may cultivate a good sense of self. The presence of a positive identity is evident in the form of enhanced self-esteem, more curiosity and involvement, and the process of ageing with elegance (Tsang et al., 2012). By incorporating these principles into an organisational environment via its training programme, there would be a noticeable improvement in cooperation, team cohesion, and overall corporate culture. These notions centre upon attaining a balanced integration of the needs related to ageing and well-being, while also aiming for maximum performance and sustained psychological well-being (Wayment, Bauer, & Syslaska, 2015).

Limitation and Future Direction

Although there were many contributions, the research had certain constraints. The study used a correlational research strategy, which limited the ability to examine factors over a longer duration. Additionally, owing to the correlational design, the study could not demonstrate the essential condition for demonstrating causality. The research used a convenience sampling design, mostly consisting of college students. Therefore, it is necessary to assess the degree to which the findings may be extrapolated to other populations. The research used self-report measures to examine the relevant variables. Consequently, the participants' responses may have been influenced by socially desirable values, resulting in a social desirability bias that might have impacted the association between the constructs (Van de Mortel, 2008).

The research opens up many research avenues for future research. More studies need to be done using different probability sampling designs and comprising of different sets of populations to increase generalizability. Another future research opportunity is to explore the relationship of quiet ego with variables such as hope, altruism, resilience, or humility, along with their behavioral implications (Campbell & Buffardi, 2008; Tsang et al., 2012; Yang et al., 2016). To overcome the issues of social desirability bias and falsification, future studies need to include a lie scale so that participants' response consistency be maintained. Future studies need to have more mediators and moderators, such as self-esteem and spirituality, to

gain more insights related to the association between quiet ego and flourishing. Further studies need to be conducted to explore the relationship between voluntary simplicity and authenticity. Studies need to be conducted using the experimental design on the concerned variables to establish the cause-and effect relationship between the variables.

Conclusion

This study delved into the intricate relationships between successful aging, gratitude, and psychological well-being among the elderly. The empirical evidence gathered and analyzed corroborates the initial hypotheses, illustrating a substantial positive correlation between successful aging and psychological well-being, which is significantly mediated by gratitude. Our findings reinforce the concept that as individuals navigate the complexities of aging, the cultivation of gratitude can lead to enhanced well-being, suggesting a valuable psychological resource that aging individuals may harness.

Importantly, the research brings to light the potential for gratitude to act as a therapeutic target in interventions aimed at the elderly. By fostering gratitude, it may be possible to not only elevate the psychological well-being of older adults but also to improve their overall quality of life. This underscores the broader implications of our results, highlighting how a focus on emotional health, particularly through the enhancement of gratitude, can be pivotal in successful aging strategies.

The study's robust methodological approach, as evidenced by the significant findings across multiple hypotheses, adds credibility to the notion that psychological well-being in later life is not solely dependent on the absence of illness or the presence of positive circumstances but also on the proactive engagement with positive emotional states like gratitude.

While the implications of this study are promising, they also signal the need for continued research. Future studies should explore the role of gratitude across diverse cultures and social structures, considering its applicability in various interventions and its impact on other dimensions of aging such as physical health and social connectedness.

In conclusion, this research contributes to the understanding of successful aging, providing valuable insights for psychological practices and policy-making aimed at improving the lives of the elderly. By acknowledging the power of gratitude, we can better support our aging populations in not just living longer, but living well.

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