

Moderating Effect of Personality Traits in the Relationship of Self-Esteem and Gratitude

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The present paper aims to understand the relationship between two important variables in the behavioural repertoire of human beings i.e., gratitude and self-esteem. Both these are known to have wide and varied impacts on individuals' psychological state. However, the relationship between these two variables is rather a complex one and is also moderated by one's personality traits. This study was conducted on a sample of 505 adolescents (Male=223 and Female=282) randomly selected from different schools in Varanasi. Questionnaires of gratitude, self-esteem, and personality traits were administered to the participants. Data were analysed with the help of correlation and moderation analysis. The findings present a comprehensive description of the relationship between gratitude, self-esteem and the moderating effect of the Big Five personality traits. Major findings revealed a negative relationship between self-esteem and gratitude for all participants. Besides this, extraversion turned out to be a significant moderator of this relationship for males whereas openness to experience and agreeableness were the significant moderators for females. Findings bear important implications for designing gratitude intervention programs for adolescents and young adults.

Keywords: Gratitude, Self- Esteem, Adolescents, Personality, Big Five Personality Traits

Gratitude can be understood as a reaction to a significant help either tangible or intangible, in either material aspects, like a gift, or non-material aspects, or like a spiritual or emotional experience (Singh, 2014). Gratitude finds its roots in the Latin word *Gratia*, which encompasses grace, gratefulness, and graciousness (Emmons et al., 2003). '*Gracia*' represents the concepts of benevolence, charm, generosity, and the act of giving and receiving (Pruyser, 1976). So, gratitude emerges upon recognizing that one has obtained a positive outcome from another individual who behaved in a way that was (1) costly to him or her, (2) valuable to the recipient, (3) intentionally rendered. As such, gratitude taps into the propensity to appreciate and savour everyday events and experiences (Brayant, 1989; Langston, 1994, Snyder, 2011).

Gratitude is one of the most important character strengths in value in action (VIA) given by Peterson and Seligman (2004) character strengths are a collection of beneficial qualities that represent paths towards virtuous values. In "value in action" (VIA; e.g., Park & Peterson, 2006) many individuals regard them as such due to their association with specific virtues and each representing a unique strength that reinforces the corresponding psychological mechanism fostering its practice. Evidence shows that gratitude has potential positive outcomes for individuals, including better physical health (Wood, Froh & Geraghty, 2010) psychological health and more. As identified by Appadurai (1985) expressions of gratefulness vary among cultures.

Gratitude was crucial for upholding a society founded on benevolence. (Emmons & Crumpler, 2000), (McCullough, Kilpatrick, Emmons, & Larson, 2001). Gratitude serves as a catalyst for individuals to become more generous, kind-hearted, and willing to assist others or engage in prosocial acts (McCullough et al., 2001); furthermore, it fosters stronger connections between people, including intimate relationships, (Algoe, Gable, & Maisel, 2010) while also potentially enhancing the overall work environment. (Allen, 2018).

The value of expressing gratitude is universally recognized across different cultures and time periods, evident throughout ancient sacred writings and recent empirical investigations in the field of social science (Singh, 2014) that emphasize its ability to bring about positive transformations in individuals' lives and in society at large. The cultivation of gratefulness is achieved through effort and is not a predisposition. Parents, caretakers, teachers, and peers all play a significant role in developing an attitude of gratitude among children through their unwavering efforts. All the major world religions emphasize and profess highly of gratitude (sood,2012).

There has been a surge in the number of studies evaluating the effectiveness of various methods (interventions) devised to promote gratitude, such as maintaining a gratitude journal where one records their blessings and writing gratitude letters to those whom they have never properly acknowledged. The above-mentioned studies have played a crucial role in pinpointing various advantages linked to expressing gratitude. In addition, the findings derived from these investigations propose that certain individuals are more likely to actively engage with and profit from specific gratitude interventions. Variables like self-esteem and neuroticism are found to have a

significant role in the development and expression of gratitude in different individuals. A person's self-esteem is one's perception of his/her own self. It can be either positive or negative. Therefore, self-esteem is the evaluative aspect of one's self-concept (Gecas and Burke, 1995), determined by the overall sense of self-worth, self-acceptance, and adequacy in a person (Crocker & Major, 1989).

Gratitude and Self-esteem

Multiple empirical investigations have demonstrated that individuals who express gratitude tend to possess higher levels of self-esteem (Kashdan et al, 2006, Lin, 2015, Strelan, 2007). According to Fredrickson's (2001) groundbreaking broaden and build theory relating to positive emotions, people's momentary repertoires of cognition and behaviour are widened, while also cultivating their long-lasting personal resources (Fredrickson, 2001). Therefore, the cultivation of gratitude might possibly boost their self-esteem levels; numerous experts claim that those who exhibit gratitude tend to exhibit higher levels of self-evaluations (McCullough et al, 2002, Jiang, 2017).

Gratitude is grounded in the understanding that someone has chosen to be kind towards oneself due to their genuine care and appreciation. (Algoe, 2012), Individuals who possess higher levels of self-esteem are more prone to expressing gratitude for the kindness and Favours extended by others, as compared to those individuals with lower levels of self-esteem. Research findings have indicated that individuals with high self-esteem tend to display a greater sense of gratitude compared to those with low self-esteem (Forest & Wood, 2012), and further studies suggest that self-esteem serves as a determining factor in how attachment styles influence one's experience of gratitude (Zhang et al, 2017 & Bartlett, et. all, 2020).

Personality as a moderator between gratitude and esteem

As a species, even if humans generally have an inherent predisposition towards expressing gratitude, the determination of whether an individual actually feels grateful or not is dependent on multiple factors discovered through research. These variables encompass personality factors, and gender to one's likelihood of experiencing gratitude or having a grateful disposition. Several studies have investigated the association between gratitude and various personality dimensions such as extraversion, agreeableness, conscientiousness, neuroticism or openness to new experiences; however disparate findings have emerged. Studies conducted by different researchers have yielded evidence suggesting that gratitude should be seen as a distinct factor within an individual's personality traits. It has been observed through various studies that girls and women tend to express more gratitude compared to boys and men, possibly due to the prevailing belief among males in the United States that gratitude is linked to vulnerability or obligation. Certain traits that hinder the experience of gratitude have been found in other studies, and these include envy, materialism, narcissism, and cynicism. Personality traits reflect people's characteristic patterns of thoughts, feelings, and behaviours. Personality traits imply consistency and stability. For Example, someone who scores high on a specific trait like extraversion is expected to be sociable in different situations and over time. (Diener, 2019).

However, it does not imply that personality is immune to all sorts of changes and transformations. A bunch of studies have demonstrated that personality can change, and this transformation occurs not just in the early years but also during the phase of young adulthood; (e.g., Neyer & Asendorpf, 2001; Robins, Fraley, Roberts,

& Trzesniewski, 2001), middle age (e.g., Hill, Turiano, Mroczek, & Roberts, 2012), and even old age (e.g., Möttus, Johnson, & Deary, 2012; Mroczek & Spiro, 2003; Small, Hertzog, Hultsch, & Dixon, 2003). According to Roberts, Walton, and Viechtbauer (2006), research on meta-analysis shows that individuals tend to exhibit increased confidence, agreeableness, conscientiousness, and emotional stability as they grow older. These changes in personality are often accompanied with changes in the feeling and expression of gratitude in people.

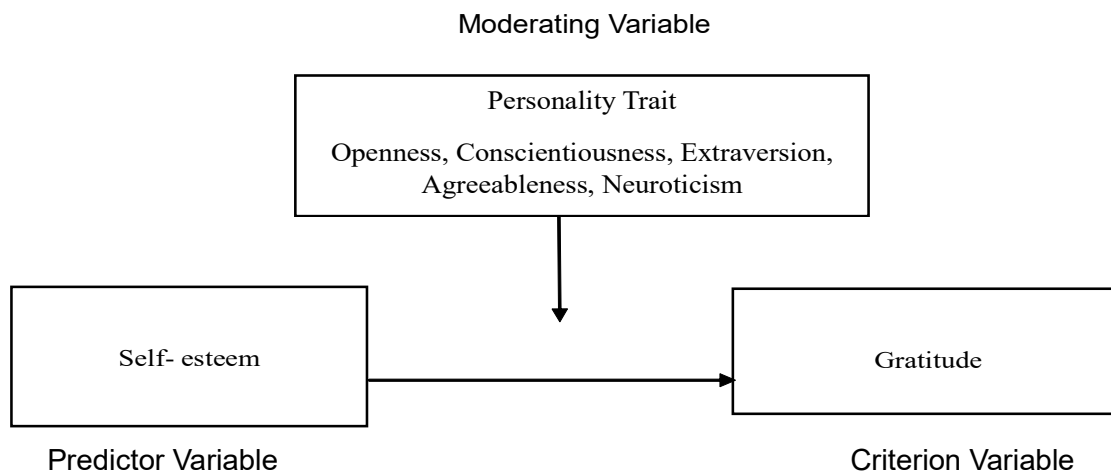
Gratitude is positively correlated with extraversion, and agreeableness and negatively correlated with neuroticism (e.g., Lin and Yeh 2011; McCullough et al. 2004, Wood et al. 2008). Another personality characteristic, known as narcissism, is also linked with gratitude. Those with a high level of narcissism engage in social interactions seeking affirmation of their grandiose self-concept. (Morf & Rhodewalt, 2001). They may not seek social approval but instead admiration from others. They present themselves in an excessively positive manner to others to gain such self-esteem benefits (Collins, 2008) and therefore, experience less gratitude to others in spite of clear reasons for doing so.

Rationale

In most psychological research, gratitude is taken as an essential factor in enhancing the well-being of people. Therefore, a plethora of research is available suggesting the relationship of gratitude with various indicators of well-being, happiness and quality of life. Another segment of research focuses on the intervention programs for the inculcation or enhancement of gratitude in individuals mainly children and adolescents. However, very few have attempted to explore the nature of the relationship between gratitude and other important factors such

as self-esteem and personality dimensions, which may enhance or diminish the experience and expression of it in different contexts. Even the studies examining the relationship of gratitude with personality factors are mostly confined to neuroticism and extraversion. The present paper has taken up this issue in a very systematic manner. In the first phase, it examines the relationship between self-esteem and

gratitude. In the next phase, the moderation effect of all the big five personality factors on the relationship of self-esteem and gratitude is examined. It would be apt to state here that this exercise has been done separately for male and female participants considering the possibility of varying effect of personality traits for two genders. The proposed model of the study is as follows:



Objectives

- To examine the relationship between gratitude and self-esteem
- To study the moderating role of personality traits in the relationship between gratitude and self-esteem
- To compare the pattern of the relationship between gratitude self-esteem and personality traits in males and females

Hypotheses

- Gratitude and self-esteem would be positively correlated
- Gratitude would be positively correlated with extraversion, agreeableness, conscientiousness, and openness to experience and negatively with neuroticism.

- Personality trait would moderate the relationship between Gratitude and Self-esteem
- The big five personality traits may have different role as moderators for male and female participants.

Method

Sample

A sample of 505 (male 223 and female 282) adolescents was randomly selected for the study from various schools in Varanasi city. The age of the participants ranged between 12 to 18 years.

Tools

Neo Five-Factor Inventory – Paul T, Cosa, Jr., and Rober R. McCrae (1992), developed Neo- FFI questionnaire. This questionnaire measures five dimensions of personality

Neuroticism, Extraversion, Openness to experience, Agreeableness and Conscientiousness this consists of 60 items and each item is rated on a 5-point scale of strongly disagree (1) to strongly agree (5). The internal consistency of NEO-PI-R was high at N= .92, E=.89, O=.87, A=.86, C=.90.

The Gratitude Questionnaire – McCullough, Emmons, & Tsang, (2002), developed The Gratitude Questionnaire (GQ-6) this is a self-report sex-item questionnaire. Participants respond based on a 7-point Likert scale and score range from Strongly disagree (1) to Strongly agree (7). GQ-6 has good internal reliability, with alphas between .82 and .87.

Rosenberg self-esteem scale – Rosenberg, M. (1965) developed a self-esteem measurement scale. The 10-item scale measures global self-worth by measuring both positive and negative feelings about the self. All items are answered using a 4-point Likert scale format ranging from strongly agree to strongly disagree. Internal consistency was 0.77, minimum coefficient of reproducibility was at least 0.90

Procedure

Before data collection, the participants of the study were informed about its purpose and nature and written consent was taken

from all the participants. A booklet containing all three study measures along with a demographic variables sheet was given to the participants. The researcher read out the instructions in front of the participants and duly responded to their queries. Once the data collection was over data sheets were collected back. The participants were thanked for their valuable contribution and were allowed to leave.

Results

The data were analyzed using appropriate statistics with the help of SPSS 21 and Process Macro Model-4 developed by Preacher and Hayes (2013). Correlation was computed to determine the relationship between the predictor and criterion variable under the study.

Moderating analyses were performed to test the moderating effect in the relationship between predictor and criterion variables. Hypothesis 1 and 2 deal with the relationship of gratitude with self-esteem and the big five personality factors. In order to test this hypothesis Pearson Product moment r was computed between these two variables along with the big five factors of personality. Table 1 presents the mean and SDs and Table 2 summarizes the correlation coefficients of the aforesaid variables for the male and female sub-samples.

Table 1 Means and SDs of gratitude, self-esteem and personality traits

	Male			Female		
	Mean	Std. Deviation	N	Mean	Std. Deviation	N
gratitude	28.3184	5.24894	223	28.1525	4.92450	282
self esteem	22.3453	3.68978	223	23.2234	3.44397	282
neuroticism	36.7578	5.91262	223	37.9965	5.31264	282
extraversion	37.8251	5.28902	223	38.8121	5.26353	282
openness	36.2152	4.12947	223	37.1560	3.61252	282
agreeableness	37.6306	4.55222	223	38.2766	4.43555	282
conscientiousness	41.7444	5.73139	223	43.1028	5.02592	282

Table 2. Correlation of Gratitude with Self – esteem and Personality Traits

	Male		Female	
	Grati- tude	Self- esteem	Grati- tude	Self- esteem
Gratitude	-	-.190**	-	-.339**
Self-esteem	-.190**	-	-.339**	-
Neuroticism	-.230**	.526**	-.323**	.420**
Extraversion	.275**	-.223**	.304**	-.299**
Openness	.064	.090	.134*	.016
Agreeableness	.147*	-.180**	.163**	-.132*
Conscientiousness	.263**	-.427**	.297**	-.396**

*p < .05, **p<.01

Table 2 shows that gratitude and self-esteem are significantly negatively correlated with each other. This is in sharp contrast to what was found in earlier studies and the hypothesis proposed in the study. Even interesting is the fact that the magnitude of correlation was higher for female than male participants. The correlation coefficients of gratitude with the big five factors of personality clearly show that the dimension of neuroticism behaves differently from the other four dimensions. While gratitude is positively correlated with openness, extraversion, agreeableness and conscientiousness in both males and females, it is negatively correlated with neuroticism. Besides this, the relationship of gratitude is significant with all other dimensions except openness for males. It is significant in the case of females but only at the .05 level.

On the other hand, the relationship between self-esteem and with big five factors look very different from the relationship between gratitude and personality traits. Self-esteem is significantly negatively correlated with extraversion, agreeableness, and conscientiousness in both sub-samples

whereas it is significantly positively correlated with neuroticism. It has a very low positive correlation with openness to experiences which was not significant. The trend persists in both male and female samples. So, hypothesis 1 did not find empirical support in this study whereas hypothesis 2 was approved by the data.

Hypothesis 3 attempts to predict the moderating effect of Personality Traits (neuroticism, extraversion, openness, agreeableness and conscientiousness) in the relationship between gratitude and self-esteem. Whereas hypothesis 4 predicts the varying role of moderators for males and females. To test these hypotheses moderation analysis was performed separately for the male and female participants. The result of the male subsample is summarized in Table 3 whereas Table 4 presents the results for the female subsample.

Table 3. Result of Moderation Analysis for Males (N=223)

Moderator-Neuroticism				
R= .2727		R ² = .0743		MSE= 25.8523
	Coeff.	SE	t	p
Constant	53.5959	9.0889	5.8969	.0000
Self-esteem (X)	-.8710	.4087	-2.1310	.0342
Neuroticism (W)	-.6028	.2462	-2.4482	.0151
Interaction (XW)	.0196	.0105	1.8692	.0629
Moderator-Extraversion				
R= .3354		R ² = .1125		MSE= 24.7873
	Coeff.	SE	t	p
Constant	-2.0325	12.1890	-.1667	.8677
Self-esteem (X)	.9192	.5177	1.7754	.0772
Extraversion (W)	.9346	.3233	2.8907	.0042
Interaction (XW)	-.0304	.0139	-2.1819	.0302

Moderator-Openness				
R= .2281		R ² = .0520		MSE= 26.4761
	Coeff.	SE	t	p
Constant	6.7971	16.6927	.4072	.6843
Self-esteem (X)	.7961	.7371	1.0801	.2813
Openness (W)	.7646	.4564	1.6753	.0953
Interaction (XW)	-.0296	.0201	-1.4724	.1423
Moderator-Agreeableness				
R= .2529		R ² = .0640		MSE= 26.2498
	Coeff.	SE	t	p
Constant	2.3819	15.0207	.1586	.8742
Self-esteem (X)	.9293	.6539	1.4211	.1567
Agreeableness (W)	.8448	.3993	2.1158	.0355
Interaction (XW)	-.0318	.0175	-1.8122	.0713
Moderator-Conscientiousness				
R= .2819		R ² = .0795		MSE= 25.7085
	Coeff.	SE	t	p
Constant	10.3034	15.0587	.6842	.4946
Self-esteem (X)	.4253	.6535	.6509	.5158
Conscientiousness (W)	.5054	.3541	1.4274	.1549
Interaction (XW)	-.0136	.0157	-.8678	.3864

Moderation analysis for the male subsample shows that the main effects of self-esteem and neuroticism both were negative and significant however, the moderation effect is only marginally significant ($\beta = .06$). On the other hand, the main effect and moderation effect of extraversion were significant. However, the other three dimensions of openness ($\hat{\alpha} = .14$), agreeableness ($\beta = .07$), and conscientiousness ($\beta = .38$) did not significantly moderate the relationship of self-esteem and gratitude.

Table 4 Result of Moderation Analysis for Females (N=282)

Moderator-Neuroticism				
R= .3937		R ² = .1550		MSE=20.7121
	Coeff.	SE	t	p
Constant	49.0815	13.0070	3.7735	.0002
Self-esteem (X)	-.5624	.5445	-1.0328	.3026
Neuroticism (W)	-.3352	.3413	-.9821	.3269
Interaction (XW)	.005	.0140	.3905	.6964
Moderator-Extraversion				
R= .4083		R ² = .1667		MSE= 20.4263
	Coeff.	SE	t	p
Constant	14.4406	10.3191	1.3994	.1628
Self-esteem (X)	.2404	.4289	.5605	.5756
Extraversion (W)	.5908	.2612	2.2615	.0245
Interaction (XW)	-.0165	.0110	-1.4954	.1359
Moderator-Openness				
R= .3826		R ² = .1464		MSE= 20.9236
	Coeff.	SE	t	p
Constant	67.9527	18.2916	3.7150	.0002
Self-esteem (X)	-2.0098	.7736	-2.5978	.0099
Openness (W)	-.7550	.4842	-1.5592	.1201
Interaction (XW)	.0405	.0205	1.9778	.0489
Moderator-Agreeableness				
R= .3868		R ² = .1496		MSE= 20.8454
	Coeff.	SE	t	p
Constant	70.7705	14.6637	4.8262	.0000
Self-esteem (X)	-2.0585	.6222	-3.3085	.0011
Agreeableness (W)	-.8382	.3808	-2.2014	.0285
Interaction (XW)	.0420	.0162	2.5879	.0102
Moderator-Conscientiousness				
R= .3976		R ² = .1581		MSE= 20.6366
	Coeff.	SE	t	p
Constant	3.4333	13.2794	.2585	.7962
Self-esteem (X)	.7114	.5534	1.2854	.1997
Conscientiousness (W)	.7733	.2998	2.5793	.0104
Interaction (XW)	-.0253	.0127	-1.8975	.052

The moderation analysis revealed that neuroticism and self-esteem both were negatively correlated with gratitude but the relationship was not significant here. At the same time, the interaction effect is also not significant indicating that neuroticism does not moderate the relationship between gratitude and self-esteem. Similarly, extraversion also does not show a significant moderation effect but introducing it as a variable in the predictor model changes the direction of the relationship self-esteem has with gratitude, which now looks positive with $\hat{\alpha}$ coefficient $+ .2404$. The other three dimensions openness ($\hat{\alpha} = .049$), and agreeableness ($\hat{\alpha} = .010$) significantly moderate the relationship between self-esteem and gratitude. Findings here provide partial support for hypothesis 3 and full support for hypothesis 4.

Discussion

The study starts with the objective of exploring the nature of the relationship between self-esteem and gratitude and examining the moderation effect of the big five personality factors in this relationship separately for male and female samples. Statistical analysis of data revealed a negative relationship between self-esteem and gratitude, which means higher self-esteem leads to low gratitude experience and expression. This is more so for females than for males. Self-esteem being the self-evaluation of an individual usually boosts when positive outcomes are attributed to the self. Acknowledging someone else's contribution to one's achievements or recognizing that some desirable outcome has been brought to us by others practically lowers the self-esteem of an individual. This presents a challenging situation as two variables related to the well-being of individuals are showing a negative correlation with each other. The correlation table showed that gratitude was negatively correlated with neuroticism both in males and females,

whereas self-esteem and neuroticism were positively correlated with each other. This means that an increase in self-esteem may lead to emotional instability, irritability, anxiety, and negative feelings and vice-versa thereby lowering gratitude which is a highly positive mindset. On the other hand, gratitude was positively correlated with extraversion, agreeableness, and conscientiousness in males and females. Openness was also positively correlated with gratitude but the magnitude of the relationship is very weak and is not found significant.

Moderation effects in Males

In male participants, extraversion is the only significant moderator of the relationship between self-esteem and gratitude. The following graphs present a visual depiction of the phenomena

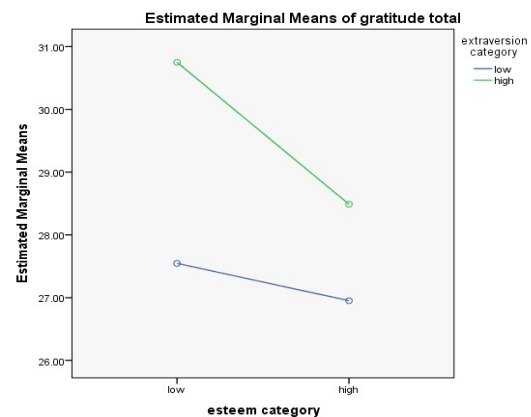


Figure 1. Moderation effect of extraversion for males

Extraversion was the only dimension successfully moderating the relationship of self-esteem and gratitude in males. The visual representation of the moderation effect showed a higher level of self-esteem reported by males scoring high on extraversion than those scoring low on this trait. An increase in

self-esteem is associated with a decrease in gratitude for both high and low-extrovert groups. However, the decrement is much steeper for the high extraversion group than for the low extraversion group.

Moderation effects in Females

In female participants, openness to experience and agreeableness are the significant moderators of the relationship of self-esteem and gratitude. The following graphs present a visual depiction of the phenomenon

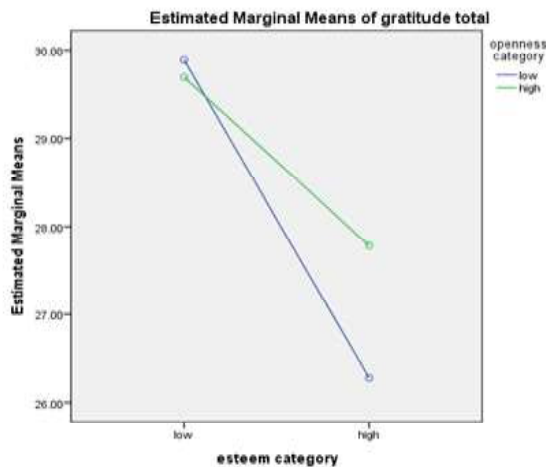


Figure 2. Moderation effect of openness for Females

The relationship between self-esteem and gratitude is reversed for the high-openness and low openness groups. The low openness group with low self-esteem showed a higher gratitude score than those with high openness and low self-esteem. However, the highly open females with low self-esteem reported much lower scores on gratitude than the highly open females with high self-esteem. Basically, the rate of decline in gratitude varies sharply in low-openness and high-openness groups. An increase in self-esteem of the participants with low openness resulted in the lowest gratitude scores.

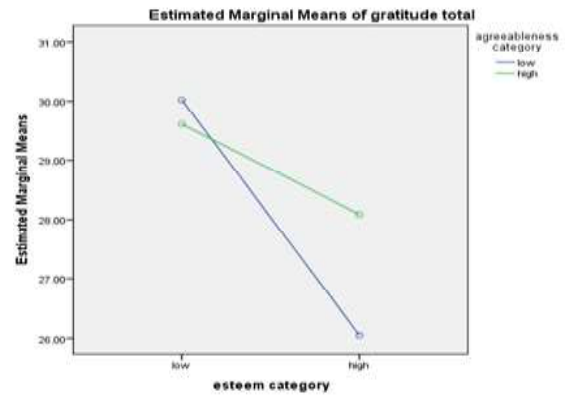


Figure 3. Moderation effect of agreeableness for Females

The graph showed that at the level of low self-esteem, the low agreeableness group scored more on gratitude score than the high agreeableness group however, they do not differ much. But with an increase in self-esteem the gratitude scores of the high and low agreeableness groups not only drift apart their trend is also reversed as now the high agreeableness group scores higher than the low agreeableness group.

Implications

This study has very important theoretical as well as practical implications. Theoretically, it presents a need to explore the culture-specific impact of self-esteem on gratitude, especially gratitude towards people around us besides the gratefulness we feel towards mother nature or the Supreme Power known as GOD. Secondly, it beautifully connects personality psychology with positive psychology by describing how the big five factors of personality come into play in moderating the relationship between self-esteem and gratitude.

The practical implication of this study lies in the fact that it offers valuable insights to construct and customize culture and gender-specific gratitude intervention programs. Findings clearly depicted that the same set of exercises cannot be effective in enhancing

gratitude in people with different personalities. This also opens an alternative way of working on the personality characteristics of an individual, which may have a synergistic effect on gratitude intervention programs. Moreover, it places a sincere demand on working on the relationship between self-esteem –and gratitude. It is important to work on the affective part which determines how one feels while receiving help from others. This will primarily decide if someone is willing to recognize and appraise the contributions major and minor in one's own life or he/she will develop a tendency to discount and sometimes completely ignore what others have done for them.

Limitations and future directions

Although this study presents a plethora of important findings for the enhancement of the field, it has certain limitations also. For example, the sample is drawn from Varanasi city only, which may restrict the generalization of the results regarding other parts of India which are culturally different. So, in future studies, adolescents from different cities, cultural backgrounds, and living arrangements could be incorporated, in order to have wider applicability of the research findings. In addition to this conducting an in-depth interview and using triangulation of methods and measures might be more beneficial in understanding the research variables in future.

Conclusion

This research began with an idea to examine how gratitude relates to self-esteem and personality traits. It was found that an increase in self-esteem resulted in a lowering in the experience and expression of gratitude both in males and females. For females, this relationship was especially strong.

Personality traits appeared in a very interesting manner while moderating There

are a number of important findings. The moderation effect of personality traits varies for males and females. In males, neuroticism and agreeableness predicted gratitude scores significantly but these did not moderate the relationship of self-esteem and gratitude significantly. Extraversion was the only trait significantly moderating the aforesaid relationship. Less extraverted participants showed lower scores on gratitude than the highly extraverted group in both low and high self-esteem conditions. However, the decline was much sharper for the high extraversion group moving from low to high esteem condition as compared to their low extraversion counterparts. Openness to experience and conscientiousness do not predict or moderate this relationship substantially. In females' openness and agreeableness significantly moderates the relationship between self-esteem and gratitude. It must be noticed that an increase in self-esteem infallibly reduces the scores on gratitude but this happens in a much stronger manner for the low openness and low agreeableness group as compared to their counterparts high on these dimensions. Therefore, Low openness and low agreeableness paired with high self-esteem present the most unfavourable condition for the experience and expression of gratitude.

The findings clearly show support for the notion stating that acknowledging others' contribution to one's achievement, success or happiness lowers self-esteem instead. This is especially true for females who fail to appreciate unconventional ways of thinking (low in openness) and have a poor inclination for adhering to others (low in agreeableness). Similarly, males who are high in making social interaction and deriving pleasure out of social engagement (i.e., highly extravert) usually show more gratitude than those low in these characteristics. However, extraversion also has the inclination

to dominate social interaction. When combined with high self-esteem it results in a sharp decline in self-esteem of males.

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