SELF ACCEPTANCE, GRATITUDE, AND SPIRITUAL WELL-BEING AMONG UNIVERSITY STUDENTS

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DEDICATION

To my beloved parents (Muhammad Akram & Nusrat Akram) and siblings.

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Abstract

The present study aimed to explore the relation of self-acceptance, gratitude, and spiritual well-being among university students and how these variables influence each other.

Given the potential benefits and explore the mediating role of gratitude in relationship between self-acceptance and spiritual well-being, this research employs a correlational cross sectional research design was in use to investigate the link between self-acceptance, gratitude, and spiritual well-being among university students. Purposive sampling was adopted in the present research to select the sample of interest. A sample of 500 university students was drawn from both government and private universities. Sample consisted of (n=250) university students from government university and sample consisted of (n=250) university students from private university, male (n=258) and female (n=242) having age range of 18-30 years. Gratitude questionnaire (McCullough et al., 2002), Spiritual Well-Being Scale (Moberg & Brusek, 1980) & Self-Acceptance Scale (Berger, E. M, 1952) were used to measure the focal constructs of the present study, Self-acceptance, Gratitude and Spiritual well-being of the Participants. All scales demonstrated the acceptable levels of internal consistency. SPSS 27.0 used to analyze the data. Descriptive statistics summed up demographics. Pearson correlation investigated the relationships. Mediation analysis tested the effect of gratitude and an independent t-test for assessing gender differences. It was established from the finding that there exists a highly significant ($r = .376$, $p < .001$) positive correlation between GQ and SWBS, and significant positive correlation in SAS & GQ ($r = .406$, $p < .001$), and gratitude acts as a mediator in relationship with spiritual well-being and self-acceptance among university student. Limitations and implication related to the present study was elaborated and suggestions for the future researches were discussed.

Keywords: gratitude, self-acceptance, spiritual well-being, students

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List of Symbols:

α	Cronbach's alpha
M	Mean
SD	Standard Deviation
<	Less than
>	greater than
SE	Standard error
P	Significance value
%	Percentage
f	Frequency
F	Ratio of variance
R^2	Proportions of variance
N	Size of participants

List of Abbreviations

GQ	Gratitude questionnaire
SWBS	Spiritual well-being scale
SAS	Self acceptance scale