

Abstract

The study was carried out to explore the relationship between Gratitude, Religiosity and Psychological Wellbeing among early, middle and late adulthood. It was a cross sectional research. Purposive sampling strategy was used. A sample of 400 early, middle and late adults was taken (early adults = 150, middle adults = 150 and late adults = 100). The Gratitude Questionnaire- 6 by McCullough, Emmons, and Tsang (2001) was used to measure gratitude, the IIUM Religiosity Scale (IIUMRelS) by Mahudin, Noor, Dzulkifli, and Shari'e Janon, (2016) for measuring religiosity and Ryff's scale of psychological well-being by Ryff, (1989) was used to measure the psychological well-being in the study. Correlation analysis was conducted to determine the relationship between gratitude, religiosity and psychological wellbeing. Findings indicated a significant positive correlation between gratitude, religiosity and psychological wellbeing. The results of multiple linear regression showed that gratitude and religiosity significantly predict psychological wellbeing. Furthermore, MANOVA indicated that late adults were higher in gratitude, religiosity and psychological wellbeing as compared to early and middle adults. MANOVA also indicated that women were significantly higher in gratitude and religiosity than men in all age categories. However, no significant gender differences were found regarding psychological wellbeing. Moreover, mediation analysis indicated that religiosity significantly mediates the relationship between gratitude and psychological wellbeing. However, age as a mediator, did not significantly mediates the relationship between gratitude, religiosity and psychological wellbeing. The study has wide implications in the fields of positive psychology, gerontology and psychology of religion.

Keywords : Gratirude, Religiosity, Psychological Wellbeing, Early, Middle and Late Adults