DISCUSSION

Exploring well-being among different age groups has become a prominent concern; firstly because what contributes to well-being has ignited interest among all ages and secondly, in order to promote quality of life among different age groups and society at large (Diener et al., 1999; Kahneman et al., 1999). Well-being is a multifaceted construct i.e. it is concerned with two distinct yet overlapping paradigms of well-being i.e. the hedonic and the eudaimonic viewpoints (Ryan et al., 2001). The WHOQOL Group conceptualized well-being in terms of quality of life. The present investigation has taken both the viewpoints i.e. hedonic and eudaimonic well-being as well as quality of life to measure adolescent well-being.

Adolescents have to confront a number of novel physical, psychological and practical realities which predispose their vulnerable minds to distress, helplessness, emotional turmoil, sadness, aberrant mental conditions and lowered quality of life. Adolescence is immensely crucial not just in terms of being a critical transitional phase but also in being the gateway to adulthood. While G. Stanley Hall (1904) conceptualized adolescence as a period of “storm and stress”, other developmental researchers like Arnett (1999) stated that “storm and stress in adolescence is not something written indelibly into the human life course.” Amidst storm and stress, adolescence is also considered to be a period for positive growth and development (Lerner et al., 2009; Patton et al., 2016). There is no doubt that adolescents go through multiple conflicts and mood swings but adolescents can channelize their energies, take best in many aspects of their lives, feel satisfied in their relationships and be optimistic and hopeful about their future (Offer et al., 1992). Infact, Hall (1904) also stated adolescence to be “the best stage of life.” Adolescence has been defined as “an age bubbling with energy and it is in this transitional phase, that their energies have to be channelized towards positive emotions in order to equip the youth with positive life skills to lead a well-functioning adult life. Yet, it is considered to be the most turbulent, challenging, stressful and uncertain of all phase of life, both for youth themselves and for their parents, teachers and health professionals.” (Mohan, 2003).

The aim of the present investigation was to study the correlates of Subjective Well-being, Total Psychological Well-being and it’s components and Total Quality of Life and it’s components among adolescents. For this purpose, 250 adolescents in the
age range of 16-18 years were taken. The sample comprised of 125 males and 125 females. The study explored the predictors of Subjective Well-being, Total Psychological Well-being and it’s components and Total Quality of Life and it’s components. The study also explored gender differences on measures of well-being and their correlates.

For measuring **Subjective Well-being**, two scales were used. The **Satisfaction with Life Scale** by Diener et al. (1985) and **Positive Affect and Negative Affect Scale** by Watson et al. (1988) which measures Positive Affect and Negative Affect.

For measuring **Psychological Well-being**, **Psychological Well-being Scale** by Ryff et al. (1995) was used which measures six dimensions of psychological well-being viz. Autonomy, Environmental Mastery, Personal Growth, Positive Relations with Others, Purpose in Life, and Self-Acceptance.

For measuring **Quality of Life**, **World Health Organization Quality of Life-BREF** by WHOQOL GROUP (1998) was used which four dimensions of quality of life viz. Physical Quality of Life, Psychological Quality of Life, Social Quality of Life, and Environmental Quality of Life.

For measuring **Gratitude**, **Gratitude Questionnaire** by McCullough et al. (2002) was used.

For measuring **Forgiveness**, **Enright Forgiveness Inventory** by Enright et al. (2004) was used to assess State Forgiveness and its dimensions viz. Affect, Behavior and Cognition.

For measuring **Mindfulness**, **Child and Adolescent Mindfulness Measure** by Greco et al. (2011).

For measuring **Optimism**, **Life Orientation Test-Revised** by Scheier et al. (1994) was used.

For measuring **Self-Esteem**, **Self-Esteem Scale** by Rosenberg (1965) was used.

For measuring **Parental Bonding**, **Parental Bonding Instrument** by Parker et al. (1979) was used. The scale measured Perceived Mother Care, Perceived Father Care, Perceived Mother Over-Protection, Perceived Father Over-Protection.
For measuring **Perceived Stress**, **Perceived Stress Scale** by Cohen et al. (1983) was used.

For measuring **Difficulties with Emotion Regulation**, **Difficulties in Emotional Regulation Scale** by Gratz et al. (2004) was used. The scale measured Non-acceptance of emotional responses, Goal difficulties, Impulse difficulties, Awareness difficulties, strategies difficulties, clarity difficulties and Total Difficulties with Emotion Regulation.

For measuring **Aggression**, **The Aggression Questionnaire** by Buss et al. (1992) was used. The questionnaire measured Physical Aggression, Verbal Aggression, Anger, Hostility and Total Aggression.

The raw scores on all the above mentioned variables were subjected to statistical analyses viz. Descriptive Statistics, Correlation Analysis and Stepwise Multiple Regression Analysis.

In the first part of the study, normality for the total sample was checked. **Table 1** shows Means, Standard Deviations, Kurtosis and Skewness for the Total sample (N = 250) which is indicative of normal distribution of data. George and Mallery (2010) indicated that values for skewness and kurtosis should lie between -2 and +2 to be considered acceptable in order to prove normal distribution. Hence, the values obtained for the Total Sample fall within the range.

**Table 2** shows Means, Standard Deviations and t-ratios depicting gender differences on various measures of well-being and their correlates. Means of all the variables for Males and Females have been graphically presented in **figures 7 to 15**.

**Table 3-5** show the inter-correlation matrix for Total Sample (N = 250), Males Sample (n = 125) and Females Sample (n = 125) respectively.

**Table 6** shows regression analysis for Total Sample (N = 250) for the criterion variable **Subjective Well-being**. **Table 7-8** show regression analysis for Males Sample (n = 125) and Females Sample (n = 125) for the criterion variable **Subjective Well-being** respectively.

**Table 9-29** show regression analysis for Total Sample (N = 250), Males Sample (n = 125) and Females Sample (n = 125) for the criterion variables **Autonomy**, **...**
Discussion

Environmental Mastery, Personal Growth, Positive Relations with Others, Purpose in Life, Self-Acceptance and Total Psychological Well-being.

Table 30-44 show regression analysis for Total Sample (N = 250), Males Sample (n = 125) and Females Sample (n = 125) for the criterion variables Physical Quality of Life, Psychological Quality of Life, Social Quality of Life, Environmental Quality of Life and Total Quality of Life.

CORRELATES

SUBJECTIVE WELL-BEING AND CORRELATES

1.1. Subjective Well-being was expected to be positively related to Gratitude, Forgiveness and it’s dimensions (Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness), Mindfulness, Optimism, Self-esteem, Parental Bonding and it’s Care dimensions (Perceived Mother Care, Perceived Father Care) among adolescents.

1.2. Subjective Well-being was expected to be negatively related Parental Bonding and it’s Control dimensions (Perceived Mother Over-Protection, Perceived Father Over-Protection), Perceived Stress, Difficulties with Emotion Regulation and it’s components (Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation), Aggression and it’s components (Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression) among adolescents.

Subjective Well-being and Correlates for Total Sample (N = 250)

A perusal of inter-correlation matrix (Table 3, N = 250) revealed significant positive correlations between Subjective Well-being and Gratitude, Total Affect Forgiveness, Total Behaviour Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

Significant negative correlations were found between Subjective Well-being and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties,
Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

**Hence, the hypotheses were upheld.**

**Subjective Well-being and Correlates for Males Sample (n = 125)**

A perusal of inter-correlation matrix (Table 4, n = 125) revealed **significant positive correlations** in Males Sample, were found between Subjective Well-being and Gratitude, Total Affect Forgiveness, Total Behaviour Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

**Significant negative correlations** were found between Subjective Well-being and Perceived Mother Over-Protection, Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Anger, Physical Aggression, Hostility, Verbal Aggression, Total Aggression.

**Hence, the hypotheses were upheld in majority of the cases.**

**Subjective Well-being and Correlates for Females Sample (n = 125)**

A perusal of inter-correlation matrix (Table 5, n = 125) revealed **significant positive correlations** in Females Sample, were found between Subjective Well-being and Gratitude, Total Affect Forgiveness, Total Behaviour Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Optimism, Mindfulness, Self-Esteem, Perceived Mother Care, Perceived Father Care.

**Significant negative correlations** were found between Subjective Well-being and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Anger, Physical Aggression, Hostility, Verbal Aggression, Total Aggression.
Discussion

Hence, the hypotheses were upheld in majority of the cases.

The correlation findings have indicated that in Males, no significant relationship was found between Subjective Well-being and Total Cognition Forgiveness whereas, in Females, significant relationship was found between Subjective Well-being and Total Cognition Forgiveness.

PSYCHOLOGICAL WELL-BEING AND CORRELATES

2.1. Total Psychological Well-being and it’s components (Autonomy, Environmental Mastery, Personal Growth, Positive Relations with Others, Purpose in Life, Self-Acceptance) were expected to be positively related to Gratitude, Forgiveness and it’s dimensions (Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness), Mindfulness, Optimism, Self-Esteem, Parental Bonding and it’s Care dimensions (Perceived Mother Care, Perceived Father Care) among adolescents.

2.2. Total Psychological Well-being and it’s components (Autonomy, Environmental Mastery, Personal Growth, Positive Relations with Others, Purpose in Life, Self-Acceptance) were expected to be negatively related to Parental Bonding and it’s Control dimensions (Perceived Mother Over-Protection, Perceived Father Over-Protection), Perceived Stress, Difficulties with Emotion Regulation and it’s components (Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation), Aggression and it’s components (Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression) among adolescents.

Psychological Well-being and Correlates for Total Sample (N = 250)

Autonomy and Correlates for Total Sample (N = 250)

A perusal of inter-correlation matrix (Table 3, N = 250) revealed significant positive correlations between Autonomy and Gratitude, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.
Discussion

Significant negative correlations were found between Autonomy and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

Hence, the hypotheses were upheld in majority of the cases.

Autonomy and Correlates for Males Sample (n = 125)

A perusal of inter-correlation matrix (Table 4, n = 125) revealed significant positive correlations in Males, significant positive correlations were found between Autonomy and Gratitude, Total Behavior Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

Significant negative correlations were found for between Autonomy and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

Hence, the hypotheses were upheld in majority of cases.

Autonomy and Correlates for Females Sample (n = 125)

A perusal of inter-correlation matrix (Table 5, n = 125) revealed significant positive correlations in Females, significant positive correlations were found between Autonomy and Gratitude, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

Significant negative correlations were found for between Autonomy and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties
Discussion

with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

**Hence, the hypotheses were upheld in majority of the cases.**

The correlation findings indicated that in Males, no significant relationship was found between Autonomy and Total Cognition Forgiveness, Autonomy and Total Forgiveness whereas in Females, significant relationship was found between Autonomy and Total Cognition Forgiveness, Autonomy and Total Forgiveness.

**Environmental Mastery and Correlates for Total Sample (N = 250)**

A perusal of inter-correlation matrix (Table 3, N = 250) revealed **significant positive correlations** between Environmental Mastery and Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

**Significant negative correlations** were found between Environmental Mastery and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

**Hence, the hypotheses were upheld.**

**Environmental Mastery and Correlates for Males Sample (n = 125)**

A perusal of inter-correlation matrix (Table 4, n = 125) revealed **significant positive correlations** in Males between Environmental Mastery and Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

**Significant negative correlations** were found between Environmental Mastery and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties
with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

Hence, the hypotheses were upheld in majority of cases.

Environmental Mastery and Correlates for Females Sample (n = 125)

A perusal of inter-correlation matrix (Table 5, n = 125) revealed significant positive correlations in Females between Environmental Mastery and Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

Significant negative correlations were found between Environmental Mastery and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

Hence, the hypotheses were upheld.

The correlation findings indicated that in Males, no significant relationship was found between Environmental Mastery and Total Cognition Forgiveness whereas in Females, significant relationship was found between Environmental Mastery and Total Cognition Forgiveness.

Personal Growth and Correlates for Total Sample (N = 250)

A perusal of inter-correlation matrix (Table 3, N = 250) revealed significant positive correlations between Personal Growth and Gratitude, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

Significant negative correlations were found between Personal Growth and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.
Discussion

Hence, the hypotheses were held in majority of cases.

Personal Growth and Correlates for Males Sample (n = 125)

A perusal of inter-correlation matrix (Table 4, n = 125) revealed significant positive correlations in Males between Personal Growth and Gratitude, Total Behavior Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

Significant negative correlations were found between Personal Growth and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

Hence, the hypotheses were upheld in majority of cases.

Personal Growth and Correlates for Females Sample (n = 125)

A perusal of inter-correlation matrix (Table 5, n = 125) revealed significant positive correlations in Females between Personal Growth and Gratitude, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

Significant negative correlations were found between Personal Growth and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

Hence, the hypotheses were upheld in majority of cases.

The correlation findings indicated that in Males, significant relationship was found between Personal Growth and Total Behavior Forgiveness whereas, in Females, no significant relationship was found between Personal Growth and Total Behavior Forgiveness.
Positive Relations with Others and Correlates for Total Sample (N = 250)

A perusal of inter-correlation matrix (Table 3, N = 250) revealed significant positive correlations between Positive Relations with Others and Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

Significant negative correlations were found between Positive Relations with Others and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

Hence, the hypotheses were upheld in majority of cases.

Positive Relations with Others and Correlates for Males Sample (n = 125)

A perusal of inter-correlation matrix (Table 4, n = 125) revealed significant positive correlations in Males between Positive Relations with Others and Gratitude, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

Significant negative correlations were found between Positive Relations with Others and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

Hence, the hypotheses were upheld in majority of cases.

Positive Relations with Others and Correlates for Females Sample (n = 125)

A perusal of inter-correlation matrix (Table 5, n = 125) revealed significant positive correlations in Females between Positive Relations with Others and Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.
Discussion

Significant negative correlations were found between Positive Relations with Others and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

Hence, the hypotheses were upheld.

The correlation findings indicated that in Males, no significant relationships were found between Positive Relations with Others and Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness whereas, in Females, significant relationships were found between Positive Relations with Others and Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness.

Purpose in Life and Correlates for Total Sample (N = 250)

A perusal of inter-correlation matrix (Table 3, N = 250) revealed significant positive correlations between Positive Relations with Others and Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

Significant negative correlations were found between Purpose in Life and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

Hence, the hypotheses were upheld.

Purpose in Life and Correlates for Males Sample (n = 125)

A perusal of inter-correlation matrix (Table 4, n = 125) revealed significant positive correlations in Males between Purpose in Life and Gratitude, Total Behavior Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.
Significant negative correlations were found between Purpose in Life and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

Hence, the hypotheses were upheld in majority of cases.

Purpose in Life and Correlates for Females Sample (n = 125)

A perusal of inter-correlation matrix (Table 5, n = 125) revealed significant positive correlations in Females between Purpose in Life and Gratitude, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

Significant negative correlations were found between Purpose in Life and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

Hence, the hypotheses were upheld in majority of cases.

The correlation findings indicated that in Males, no significant relationships were found between Purpose in Life and Total Cognition Forgiveness; Purpose in Life and Total Forgiveness whereas, in Females, significant relationship were found between Purpose in Life and Total Cognition Forgiveness; Purpose in Life and Total Forgiveness.

Self-Acceptance and Correlates for Total Sample (N = 250)

A perusal of inter-correlation matrix (Table 3, N = 250) revealed significant positive correlations between Self-acceptance and Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.
Discussion

Significant negative correlations were found between Self-acceptance and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

Hence, the hypotheses were upheld in majority of cases.

Self-Acceptance and Correlates for Males Sample (n = 125)

A perusal of inter-correlation matrix (Table 4, n = 125) revealed significant positive correlations in Males between Self-Acceptance and Gratitude, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

Significant negative correlations were found between Self-acceptance and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

Hence, the hypotheses were upheld in majority of cases.

Self-Acceptance and Correlates for Females Sample (n = 125)

A perusal of inter-correlation matrix (Table 5, n = 125) revealed significant positive correlations in Females between Self-Acceptance and Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

Significant negative correlations were found between Self-acceptance and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.
Hence, the hypotheses were upheld.

The correlation findings indicated that in Males, no significant relationships were found between Self-Acceptance and Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness whereas, in Females, significant relationships were found between Self-Acceptance and Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness.

**Total Psychological Well-being and Correlates for Total Sample (N = 250)**

A perusal of inter-correlation matrix ([Table 3](#), N = 250) revealed **significant positive correlations** between Total Psychological Well-being and Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

**Significant negative correlations** were found between Total Psychological Well-being and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

Hence, the hypotheses were upheld.

**Total Psychological Well-being and Correlates for Males Sample (n = 125)**

A perusal of inter-correlation matrix ([Table 4](#), n = 125) revealed **significant positive correlations** in Males between Total Psychological Well-being and Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

**Significant negative correlations** were found between Total Psychological Well-being and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total
Discussion

Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

Hence, the hypotheses were upheld in majority of cases.

Total Psychological Well-being and Correlates for Females Sample (n = 125)

A perusal of inter-correlation matrix (Table 5, n = 125) revealed significant positive correlations in Females between Total Psychological Well-being and Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

Significant negative correlations were found between Total Psychological Well-being and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

Hence, the hypotheses were upheld.

The correlation findings indicated that in Males, no significant relationships were found between Total Psychological Well-being and Total Cognition Forgiveness; Total Psychological Well-being and Total Forgiveness whereas, in Females, significant relationships were found between Total Psychological Well-being and Total Cognition Forgiveness; Total Psychological Well-being and Total Forgiveness.

QUALITY OF LIFE AND CORRELATES

3.1 Total Quality of Life and it’s components (Physical Quality of Life, Psychological Quality of Life, Social Quality of Life, Environmental Quality of Life) were expected to be positively related to Gratitude, Forgiveness and it’s dimensions (Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness), Mindfulness, Optimism, Self-esteem, Parental Bonding and it’s Care dimensions (Perceived Mother Care, Perceived Father Care) among adolescents.
**3.2 Total Quality of Life and Components** (Physical Quality of Life, Psychological Quality of Life, Social Quality of Life, Environmental Quality of Life) were expected to be negatively related to **Parental Bonding and it’s Control dimensions** (Perceived Mother Over-Protection, Perceived Father Over-Protection), Perceived Stress, **Difficulties with Emotion Regulation and it’s components** (Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation), **Aggression and it’s components** (Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression) among adolescents.

**Quality of Life and Correlates for Total Sample (N = 250)**

A perusal of inter-correlation matrix (Table 3, N = 250) revealed **significant positive correlations** between Physical Quality of Life and Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

**Significant negative correlations** were found between Physical Quality of Life and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

**Hence, the hypotheses were upheld.**

**Physical Quality of Life and Correlates for Males Sample (n = 125)**

A perusal of inter-correlation matrix (Table 4, n = 125) revealed **significant positive correlations** in Males between Physical Quality of Life and Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

**Significant negative correlations** were found between Physical Quality of Life and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties...
Discussion

with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

**Hence, the hypotheses were upheld in majority of cases.**

**Physical Quality of Life and Correlates for Females Sample (n = 125)**

A perusal of inter-correlation matrix (Table 5, n = 125) revealed **significant positive correlations** in Females between Physical Quality of Life and Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

**Significant negative correlations** were found between Physical Quality of Life and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

**Hence, the hypotheses were upheld.**

The correlation findings indicated that in Males, no significant relationships were found between Physical Quality of Life and Total Cognition Forgiveness; Physical Quality of Life and Total Forgiveness whereas, in Females, significant relationships were found between Physical Quality of Life and Total Cognition Forgiveness; Physical Quality of Life and Total Forgiveness.

**Psychological Quality of Life and Correlates for Total Sample (N = 250)**

A perusal of inter-correlation matrix (Table 3, N = 250) revealed **significant positive correlations** for Total Sample (N = 250) between Psychological Quality of Life and Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

**Significant negative correlations** were between Psychological Quality of Life and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties
with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

**Hence, the hypotheses were upheld in majority of cases.**

**Psychological Quality of Life and Correlates for Males Sample (n = 125)**

A perusal of inter-correlation matrix (Table 4, n = 125) revealed **significant positive correlations** in Males between Psychological Quality of Life and Gratitude, Total Behavior Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

**Significant negative correlations** were found between Psychological Quality of Life and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

**Hence, the hypotheses were upheld in majority of cases.**

**Psychological Quality of Life and Correlates for Females Sample (n = 125)**

A perusal of inter-correlation matrix (Table 5, n = 125) revealed **significant positive correlations** in Females between Psychological Quality of Life and Gratitude, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

**Significant negative correlations** were found between Psychological Quality of Life and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

**Hence, the hypotheses were upheld in majority of cases.**

The correlation findings indicated that in Males, significant relationship was found between Psychological Quality of Life and Total Behavior Forgiveness whereas, in Females, no significant relationship was found between Psychological Quality of Life and Total Behavior Forgiveness.
Discussion

Social Quality of Life and Correlates for Total Sample (N = 250)

A perusal of inter-correlation matrix (Table 3, N = 250) significant positive correlations for Total Sample (N = 250) between Social Quality of Life and Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

Significant negative correlations were found between Social Quality of Life and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

Hence, the hypotheses were upheld in majority of cases.

Social Quality of Life and Correlates for Males Sample (n = 125)

A perusal of inter-correlation matrix (Table 4, n = 125) revealed significant positive correlations in Males between Social Quality of Life and Gratitude, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

Significant negative correlations were found between Social Quality of Life and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

Hence, the hypotheses were upheld in majority of cases.

Social Quality of Life and Correlates for Females Sample (n = 125)

A perusal of inter-correlation matrix (Table 5, n = 125) revealed significant positive correlations in Females between Social Quality of Life and Gratitude, Total Affect Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

Significant negative correlations were found between Social Quality of Life and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.
Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

**Hence, the hypotheses were upheld in majority of cases.**

The correlation findings indicated in Males, no significant relationships were found between Social Quality of Life and Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness whereas, in Females, significant relationships were found between Social Quality of Life and Total Affect Forgiveness, Total Cognition Forgiveness, Total Forgiveness.

**Environmental Quality of Life and Correlates for Total Sample (N = 250)**

A perusal of inter-correlation matrix (Table 3, N = 250) **significant positive correlations** for Total Sample (N = 250) between Environmental Quality of Life and Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Total Affect Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

**Significant negative correlations** were found between Environmental Quality of Life and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

**Hence, the hypotheses were upheld.**

**Environmental Quality of Life and Correlates for Males Sample (n = 125)**

A perusal of inter-correlation matrix (Table 4, n = 125) revealed **significant positive correlations** in Males between Environmental Quality of Life and Gratitude, Mindfulness, Self-Esteem, Perceived Mother Care, Perceived Father Care.

**Significant negative correlations** were found between Environmental Quality of Life and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.
Discussion

Hence, the hypotheses were upheld in majority of cases.

Environmental Quality of Life and Correlates for Females Sample (n = 125)

A perusal of inter-correlation matrix (Table 5, n = 125) revealed significant positive correlations in Females between Environmental Quality of Life and Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

Significant negative correlations were found between Environmental Quality of Life and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

Hence, the hypotheses were upheld.

The correlation findings indicated that in Males, no significant relationships were found between Environmental Quality of Life and Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness whereas, in Females, significant relationships were found between Environmental Quality of Life and Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness.

Total Quality of Life and Correlates for Total Sample (N = 250)

A perusal of inter-correlation matrix (Table 3, N = 250) significant positive correlations were found for Total Sample (N = 250) between Total Quality of Life and Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

Significant negative correlations were found between Total Quality of Life and Perceived Mother Over-Protection Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.
Hence, the hypotheses were upheld.

Total Quality of Life and Correlates for Males Sample (n = 125)

A perusal of inter-correlation matrix (Table 4, n = 125) revealed significant positive correlations in Males between Total Quality of Life and Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

Significant negative correlations were found between Environmental Quality of Life and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

Hence, the hypotheses were upheld in majority of cases.

Total Quality of Life and Correlates for Females Sample (n = 125)

A perusal of inter-correlation matrix (Table 5, n = 125) revealed significant positive correlations in Females between Total Quality of Life and Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care.

Significant negative correlations were found between Total Quality of Life and Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression.

Hence, the hypotheses were upheld.

The correlation findings indicated that in Males, no significant relationships were found between Environmental Quality of Life and Total Cognition Forgiveness, Total Forgiveness whereas, in Females, significant relationships were found between Environmental Quality of Life and Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness.
**Discussion**

**PREDICTORS**

**SUBJECTIVE WELL-BEING AND PREDICTORS**

*Figure 16*

**Pictorial Presentation of Subjective Well-being & Predictors**

<table>
<thead>
<tr>
<th>Total Sample (N=250)</th>
<th>Males Sample (n=125)</th>
<th>Females Sample (n=125)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hostility</td>
<td>Anger</td>
<td>Perceived Stress</td>
</tr>
<tr>
<td>Gratitude</td>
<td>Gratitude</td>
<td>Gratitude</td>
</tr>
<tr>
<td>Perceived Stress</td>
<td>Non-acceptance of Emotional Responses</td>
<td>Inquire Difficulties</td>
</tr>
<tr>
<td>Strategies Difficulties</td>
<td>Physical Aggression</td>
<td>Hostility</td>
</tr>
<tr>
<td>Clarity Difficulties</td>
<td>Strategies Difficulties</td>
<td>Awareness Difficulties</td>
</tr>
<tr>
<td>Non-acceptance of Emotional Responses</td>
<td>Perceived Stress</td>
<td>Total Affect Forgiveness</td>
</tr>
<tr>
<td>Goal Difficulties</td>
<td>Total Affect Forgiveness</td>
<td>Self-Esteem</td>
</tr>
<tr>
<td>Total Affect Forgiveness</td>
<td>Goal Difficulties</td>
<td></td>
</tr>
</tbody>
</table>

*Indicates Predictors for Total Sample (N=250), Males Sample (n=125) & Females Sample (n=125)*

**Subjective Well-being and Predictors for Total Sample (N = 250)**

A perusal of Stepwise Multiple Regression Analysis for Total Sample for the criterion variable Subjective Well-being *Table 6* revealed eight significant predictors viz. Hostility, Gratitude, Perceived Stress, Strategies Difficulties, Clarity Difficulties, Non-acceptance of Emotional Responses, Goal Difficulties and Total Affect Forgiveness. This cluster of variables explained 87% variance in criterion variable Subjective Well-being.

**Subjective Well-being and Predictors for Males (n = 125)**

A perusal of Stepwise Multiple Regression Analysis for Males Sample for the criterion variable Subjective Well-being *Table 7* revealed six significant predictors viz. Anger, Gratitude, Non-acceptance of Emotional Responses, Physical Aggression, Strategies Difficulties, and Perceived Stress. This cluster of variables explained 86% variance in criterion variable Subjective Well-being among Males.
**Discussion**

**Subjective Well-being and Predictors for Females (n = 125)**

A perusal of Stepwise Multiple Regression Analysis for Males Sample for the criterion variable Subjective Well-being (Table 8) revealed eight significant predictors viz. Perceived Stress, Gratitude, Impulse Difficulties, Hostility, Awareness Difficulties, Total Affect Forgiveness, Self-Esteem, and Goal Difficulties. This cluster of variables explained 86% variance in criterion variable Subjective Well-being among Females.

**PSYCHOLOGICAL WELL-BEING AND PREDICTORS**

**Autonomy and Predictors for Total Sample (N = 250)**

A perusal of Stepwise Multiple Regression Analysis for Total Sample for the criterion variable Autonomy (Table 9) revealed four significant predictors viz. Anger, Perceived Stress, Strategies Difficulties and Gratitude. This cluster of variables explained 63% variance in criterion variable Autonomy.

**Autonomy and Predictors for Males (n = 125)**

A perusal of Stepwise Multiple Regression Analysis for Males Sample for the criterion variable Autonomy (Table 10) revealed four significant predictors viz. Anger, Perceived Stress, Strategies Difficulties and Perceived Father Care. This cluster of variables explained 66% variance in criterion variable Autonomy among Males.

**Autonomy and Predictors for Females (n = 125)**

A perusal of Stepwise Multiple Regression Analysis for Females Sample for the criterion variable Autonomy (Table 11) revealed four significant predictors viz. Anger, Non-acceptance of Emotional Responses, Goal Difficulties and Optimism. This cluster of variables explained 63% variance in criterion variable Autonomy among Females.

**Environmental Mastery and Predictors for Total Sample (N = 250)**

A perusal of Stepwise Multiple Regression Analysis for Total Sample for the criterion variable Environmental Mastery (Table 12) revealed five significant predictors viz. Hostility, Perceived Stress, Mindfulness, Perceived Father Care and Anger. This cluster of variables explained 56% variance in criterion variable Environmental Mastery.

**Environmental Mastery and Predictors for Males (n = 125)**

A perusal of stepwise Multiple Regression Analysis for Males Sample for the criterion variable Environmental Mastery (Table 13) revealed four significant
Discussion

Predictors viz. Non-acceptance of Emotional Responses, Perceived Stress, Clarity Difficulties and Total Cognition Forgiveness. This cluster of variables explained 56% variance in criterion variable Environmental Mastery among Males.

Environmental Mastery and Predictors for Females (n = 125)

A perusal of Stepwise Multiple Regression Analysis for Females Sample for the criterion variable Environmental Mastery (Table 14) revealed four significant predictors viz. Perceived Stress, Gratitude, Mindfulness and Impulse Difficulties. This cluster of variables explained 64% variance in the criterion variable Environmental Mastery among Females.

Personal Growth and Predictors for Total Sample (N = 250)

A perusal of Stepwise Multiple Regression Analysis for Total Sample for the criterion variable Personal Growth (Table 15) revealed four significant predictors viz. Anger, Clarity Difficulties, Goal Difficulties, and Self-Esteem. This cluster of variables explained 49% variance in criterion variable Personal Growth.

Personal Growth and Predictors for Males (n = 125)

A perusal of Stepwise Multiple Regression Analysis for Males Sample for the criterion variable Personal Growth (Table 16) with revealed two significant predictors viz. Clarity Difficulties and Anger. This cluster of variables explained 56% variance in the criterion variable Personal Growth among Males.

Personal Growth and Predictors for Females (n = 125)

A perusal of Stepwise Multiple Regression Analysis for Females Sample for the criterion variable Personal Growth (Table 17) revealed five significant predictors viz. Anger, Goal Difficulties, Awareness Difficulties, Total Behavior Forgiveness and Physical Aggression. This cluster of variables explained 44% variance in the criterion variable Personal Growth among Females.

Positive Relations with Others and Predictors for Total Sample (N = 250)

A perusal of Stepwise Multiple Regression Analysis for Total Sample for the criterion variable Positive Relations with Others (Table 18) revealed five significant predictors viz. Gratitude, Hostility, Verbal Aggression, Awareness Difficulties and Optimism. This cluster of variables explained 63% variance in criterion variable Personal Growth.
Discussion

Positive Relations with Others and Predictors for Males (n = 125)

A perusal of Stepwise Multiple Regression Analysis for Males Sample for the criterion variable Positive Relations with Others (Table 19) revealed four predictors viz. Gratitude, Strategies Difficulties, Physical Aggression and Awareness Difficulties. This cluster of variables explained 63% variance in the criterion variable Positive Relations with Others among Males.

Positive Relations with Others and Predictors for Females (n = 125)

A perusal of Stepwise Multiple Regression Analysis for Females Sample for the criterion variable Positive Relations with Others (Table 20) revealed four significant predictors viz. Verbal Aggression, Perceived Stress, Total Affect Forgiveness and Impulse Difficulties. This cluster of variables explained 58% variance in the criterion variable Positive Relations with Others among Females.

Purpose in Life and Predictors for Total Sample (N = 250)

A perusal of Stepwise Multiple Regression Analysis for Total Sample for the criterion variable Purpose in Life (Table 21) revealed four significant predictors viz. Anger, Gratitude, Clarity Difficulties and Mindfulness. The cluster of variance explained 47% variance in the criterion variable Purpose in Life.

Purpose in Life and Predictors for Males (n = 125)

A perusal of Stepwise Multiple Regression Analysis for Males Sample for the criterion variable Purpose in Life (Table 22) revealed three significant predictors viz. Clarity Difficulties, Mindfulness and Gratitude. This cluster of variables explained 53% variance in the criterion variable Purpose in Life among Males.

Purpose in Life and Predictors for Females (n = 125)

A perusal of Stepwise Multiple Regression Analysis for Females Sample for the criterion variable Purpose in Life (Table 23) revealed three significant predictors viz. Gratitude, Anger, and Optimism. This cluster of variables explained 43% variance in the criterion variable Purpose in Life among Females.

Self-Acceptance and Predictors for Total Sample (N = 250)

A perusal of Stepwise Multiple Regression Analysis for Total Sample for the criterion variable Self-Acceptance (Table 24) revealed five significant predictors viz.
Discussion

Anger, Perceived Father Over-Protection, Awareness Difficulties, Hostility and Total Cognition Forgiveness. The cluster of variance explained 57% variance in the criterion variable Self-Acceptance.

Self-Acceptance and Predictors for Males (n = 125)

A perusal of Stepwise Multiple Regression Analysis for Males Sample for the criterion variable Self-Acceptance (Table 25) revealed four significant predictors viz. Anger, Verbal Aggression, Perceived Stress and Perceived Father Care. This cluster of variables explained 59% variance in the criterion variable Self-Acceptance among Males.

Self-Acceptance and Predictors for Females (n = 125)

A perusal of Stepwise Multiple Regression Analysis for Females Sample for the criterion variable Self-Acceptance (Table 26) revealed five significant predictors viz. Gratitude, Awareness Difficulties, Perceived Father Over-Protection, Total Affect Forgiveness and Hostility. This cluster of variables explained 61% variance in the criterion variable Self-Acceptance among Females.

Figure 17

Pictorial Presentation of Total Psychological Well-being & Predictors
Discussion

Total Psychological Well-being and Predictors for Total Sample (N = 250)

A perusal of Stepwise Multiple Regression Analysis for Total Sample for the criterion variable Total Psychological Well-being (Table 27) with revealed eight significant predictors viz. Anger, Gratitude, Perceived Stress, Clarity Difficulties, Verbal Aggression, Optimism, Perceived Father Care and Goal Difficulties. The cluster of variance explained 82% variance in the criterion variable Total Psychological Well-being.

Total Psychological Well-being and Predictors for Males (n = 125)

A perusal of Stepwise Multiple Regression Analysis for Males Sample for the criterion variable Total Psychological Well-being (Table 28) revealed eight significant predictors viz. Anger, Clarity Difficulties, Physical Aggression, Awareness Difficulties, Verbal Aggression, Total Cognition Forgiveness, Mindfulness and Total Behavior Forgiveness. This cluster of variables explained 86% variance in the criterion variable Total Psychological Well-being among Males.

Total Psychological Well-being and Predictors for Females (n = 125)

A perusal of Stepwise Multiple Regression Analysis for Females Sample for the criterion variable Total Psychological Well-being (Table 29) revealed six significant predictors viz. Gratitude, Perceived Stress, Anger, Optimism, Perceived Father Care, and Strategies Difficulties emerged as significant predictors. This cluster of variables explained 82% variance in the criterion variable Total Psychological Well-being among Females.

QUALITY OF LIFE AND PREDICTORS

Physical Quality of Life and Predictors for Total Sample (N = 250)

A perusal of Stepwise Multiple Regression Analysis for Total Sample for the criterion variable Physical Quality of Life (Table 30) revealed five significant predictors viz. Anger, Strategies Difficulties, Perceived Stress, Gratitude and Hostility. The cluster of variance explained 69% variance in the criterion variable Physical Quality of Life.
Discussion

Physical Quality of Life and Predictors for Males Sample (n = 125)

A perusal of Stepwise Multiple Regression Analysis for Males Sample for the criterion variable Physical Quality of Life (Table 31) revealed five significant predictors viz. Gratitude, Perceived Father Care, Perceived Stress and Strategies Difficulties. This cluster of variables explained 74% variance in the criterion variable Physical Quality of Life among Males.

Physical Quality of Life and Predictors for Females Sample (n = 125)

A perusal of Stepwise Multiple Regression Analysis for Females Sample for the criterion variable Physical Quality of Life (Table 32) revealed four significant predictors viz. Anger, Strategies Difficulties, Physical Aggression and Mindfulness. This cluster of variables explained 70% variance in the criterion variable Physical Quality of Life among Females.

Psychological Quality of Life and Predictors for Total Sample (N = 250)

A perusal of Stepwise Multiple Regression Analysis for Total Sample for the criterion variable Psychological Quality of Life (Table 33) revealed seven significant predictors viz. Clarity Difficulties, Self-Esteem, Non-acceptance of Emotional Responses, Perceived Mother Care, Strategies Difficulties, Goal Difficulties and Mindfulness. The cluster of variance explained 55% variance in the criterion variable Psychological Quality of Life.

Psychological Quality of Life and Predictors for Males Sample (n = 125)

A perusal of Stepwise Multiple Regression Analysis for Males Sample for the criterion variable Psychological Quality of Life (Table 34) revealed five significant predictors viz. Clarity Difficulties, Goal Difficulties, Self-Esteem, Mindfulness and Strategies Difficulties. This cluster of variables explained 62% variance in the criterion variable Psychological Quality of Life among Males.

Psychological Quality of Life and Predictors for Females Sample (n = 125)

A perusal of Stepwise Multiple Regression Analysis for Females Sample for the criterion variable Psychological Quality of Life (Table 35) revealed six significant predictors viz. Non-acceptance of Emotional Responses, Self-Esteem, Perceived Mother Care, Total Behavior Forgiveness, Verbal Aggression and Mindfulness. This
cluster of variables explained 56% variance in the criterion variable Psychological Quality of Life among Females.

**Social Quality of Life and Predictors for Total Sample (N = 250)**

A perusal of Stepwise Multiple Regression Analysis for Total Sample for the criterion variable Social Quality of Life (*Table 36*) revealed four significant predictors viz. Gratitude, Hostility, Awareness Difficulties and Self-Esteem. The cluster of variance explained 59% variance in the criterion variable Social Quality of Life.

**Social Quality of Life and Predictors for Males Sample (n = 125)**

A perusal of Stepwise Multiple Regression Analysis for Males Sample for the criterion variable Social Quality of Life (*Tables 37*) revealed four significant predictors viz. Anger, Strategies Difficulties, Perceived Father Care and Hostility. This cluster of variables explained 69% variance in the criterion variable Social Quality of Life among Males.

**Social Quality of Life and Predictors for Females Sample (n = 125)**

A perusal of Stepwise Multiple Regression Analysis for Females Sample for the criterion variable Social Quality of Life (*Table 38*) revealed three significant predictors viz. Gratitude, Perceived Stress and Self-Esteem. This cluster of variables explained 55% variance in the criterion variable Social Quality of Life among Females.

**Environmental Quality of Life and Predictors for Total Sample (N = 250)**

A perusal of Stepwise Multiple Regression Analysis for Total Sample for the criterion variable Environmental Quality of Life (*Table 39*) revealed four significant predictors viz. Mindfulness, Perceived Father Care, Hostility and Total Cognition Forgiveness. The cluster of variance explained 34% variance in the criterion variable Environmental Quality of Life.

**Environmental Quality of Life and Predictors for Males Sample (n = 125)**

A perusal of Stepwise Multiple Regression Analysis for Males Sample for the criterion variable Environmental Quality of Life (*Table 40*) revealed two significant predictors viz. Perceived Father Care and Perceived Mother Over-Protection. This
Discussion

cluster of variables explained 25% variance in the criterion variable Environmental Quality of Life among Males.

Environmental Quality of Life and Predictors for Females Sample (n = 125)

A perusal of Stepwise Multiple Regression Analysis for Females Sample for the criterion variable Environmental Quality of Life (Table 41) revealed three significant predictors viz. Gratitude, Perceived Stress and Total Cognition Forgiveness. This cluster of variables explained 47% variance in the criterion variable Environmental Quality of Life among Females.

Figure 18

Pictorial Presentation of Total Quality of Life & Predictors

Total Quality of Life and Predictors for Total Sample (N = 250)

A perusal of Stepwise Multiple Regression Analysis for Total Sample for the criterion variable Total Quality of Life (Table 42) revealed nine significant predictors viz. Anger, Gratitude, Clarity Difficulties, Hostility, Perceived Father Care,
Mindfulness, Perceived Stress, Total Cognition Forgiveness and Self-Esteem. The cluster of variance explained 80% variance in the criterion variable Total Quality of Life.

**Total Quality of Life and Predictors for Males Sample (n = 125)**

A perusal of Stepwise Multiple Regression Analysis for Males Sample for the criterion variable Total Quality of Life (Table 43) revealed four significant predictors viz. Anger, Perceived Father Care, Gratitude, and Clarity Difficulties. This cluster of variables explained 78% variance in the criterion variable Total Quality of Life among Males.

**Total Quality of Life and Predictors for Females Sample (n = 125)**

A perusal of Stepwise Multiple Regression Analysis for Females Sample for the criterion variable Total Quality of Life (Table 44) revealed six significant predictors viz. Hostility, Clarity Difficulties, Gratitude, Perceived Stress, Total Cognition Forgiveness and Anger. This cluster of variables explained 81% variance in the criterion variable Total Quality of Life among Females.

The results obtained in the present study can be supported and understood in the light of previous studies and findings.

**Gratitude and Well-being**

The results of the present has clearly indicated that Gratitude is strongly related with Subjective Well-being, Total Psychological Well-being and Total Quality of Life. Accumulating evidence has documented the association of gratitude with well-being (Emmons et al., 2003; McCullough et al., 2001; Wood et al., 2010). The benefits of gratitude have been indicated by evidence with various age-groups and with clinical as well as normal population (Emmons et al., 2003; Froh et al., 2008). Given the strong association between gratitude and well-being, a number of possible explanations have been suggested to outline the mechanisms behind this relationship.

**Emmons and Mishra (2012)** suggested that gratitude enhances well-being by providing useful coping skills during distressing situations. **Wood, Joseph, & Linley (2007)** suggested that gratitude has been associated with utilization of positive coping
styles such as positive reframing, seeking social support, approach-oriented problem solving, and active coping. Empirical evidence further supported the role of gratitude as a coping agent. Gratitude promoted adaptive coping in combat veterans (Kashdan et al., 2006).

**Fredrickson (2001)** ‘‘Broaden and Build’’ model of positive emotions throws light on understanding the relationship between gratitude and well-being. Positive emotions like gratitude broaden people’s momentary thought-action repertoires which enhances resilience and builds their enduring physical, social and personal resources. Gratitude facilitates efficiency in physical functioning and social relationships which are essential for well-being. It also helps in reducing negative emotions. Over the course of time, positive emotions like gratitude trigger an “upward spiral” effect across various life domains (Fredrickson, 2004; Algoe et al., 2008).

Another explanation comes from “Find-Remind-Bind” theory of gratitude (Algoe et al., 2008) which is based on the assumption that gratitude enhances social relationships by finding or establishing new relationships i.e. it enhances one’s social network. Then, positive emotions related to gratitude remind about the importance of social relationships. Lastly, expressing gratitude further helps in binding the relationship between people by bringing them closer to each other.

**Emmons et al. (2012)** suggested that gratitude promotes well-being by discouraging materialistic goals (Froh, Card, Bono, & Wilson, 2010b).

**Wood, Maltby, Gillett, Linley, and Joseph (2008)** conducted two longitudinal studies among undergraduates. In study 1, they examined the relationships between trait gratitude, perceived social support, stress, and depression during a life transition. The results of Structural Equation Modelling revealed that gratitude led to the development of social support, improvement in levels of stress and depression over time. In study 2, the study aimed to replicate the results of Study 1. They examined Big Five personality traits as a potential third variable to explain the relationship between gratitude, social support, and well-being. The results of study 2 indicated that gratitude uniquely led to well-being and social support above the effect of Big Five Personality traits.
Wood, Joseph, Lloyd, and Atkins (2009b) conducted a study to see whether gratitude uniquely predicted sleep quality after controlling the effects of big five personality traits among a large community sample aged 18–68 years. The sample also included subjects with clinically impaired sleep. Correlational analyses indicated that gratitude was positively related to superior sleep quality and negatively related to impaired sleep quality. Regression analyses indicated that gratitude uniquely predicted greater subjective sleep quality, sleep duration, less sleep latency and daytime dysfunction in sleep after removing the effects of big five personality traits. The results also indicated that positive pre-sleep cognitions mediated the relationship between trait gratitude and sleep quality. The study has indicated the positive role of gratitude in improving sleep quality in healthy as well as clinical population.

Froh et al. (2009a) examined the benefits of gratitude among students. The results indicated positive associations between gratitude and positive affect, global and domain specific life satisfaction, optimism, social support, and prosocial behaviour. Gratitude was negatively associated with physical symptoms, but not with negative affect.

Froh et al. (2010a) investigated the relationship between gratitude, academic functioning, envy, depression, social integration, absorption, life satisfaction and materialism among 14-19 year olds. The results of structure equation modelling indicated that gratitude uniquely predicted grade point average, life satisfaction, social integration, and absorption, as well as lower envy and depression after controlling the effects of materialism. Materialism uniquely predicted lower grade point average, as well as higher envy and life satisfaction after controlling the effects of gratitude.

Ziskis (2010) explored the role of gratitude as a mediator between personality and psychological well-being among college students. Correlational analyses indicated that autonomy, environmental mastery, personal growth, purpose in life, positive relations with others, self-acceptance, overall psychological well-being, extraversion, openness, agreeableness, and conscientiousness were significantly and positively related with gratitude. Neuroticism was significantly and negatively related with gratitude. Multiple regression analyses revealed that gratitude fully mediated the relationship between gender and overall psychological well-being and its dimensions.
Discussion

It fully mediated the relationship between agreeableness, extraversion and overall psychological well-being. Personality and gratitude together accounted for up to 64.7% of the variance in psychological well-being. Gender differences revealed that females reported more gratefulness and higher levels of overall psychological well-being as compared to males.

**Gilham et al. (2011)** examined the role of character strengths in predicting subjective well-being in future among adolescents. The results indicated that transcendence strengths (such as meaning, love, gratitude) predicted greater life satisfaction. These findings suggested that strengths enhancing purpose and connections with people were found to predict future well-being.

**Klieman, Adams, Kashdan, and Riskind (2013)** examined the relationship between gratitude, grit, suicide and meaning in life among college students using a longitudinal design. The results indicated that high levels of gratitude and grit were associated with decrease in suicidal ideation over time. Mediation and moderation analyses indicated that gratitude and grit predicted suicide ideation through meaning in life. The results suggested that both enhanced meaning in life and reducing suicidal thoughts.

**Eaton, Bradley, and Morrisey (2014)** assessed the acts of gratitude and forgiveness and their association with enhanced quality of life among people with one of three chronic illnesses viz. arthritis, chronic obstructive pulmonary disease and diabetes. Results indicated that gratitude and forgiveness predicted enhanced quality of life. Positive affect mediated the relationship.

**Chaves, Harves, Garcia, and Vazquez (2016)** examined the relationship between life satisfaction and positive psychological resources among children aged 7–18 years with a life threatening illness. The subjects completed the measures on the Student Life Satisfaction Scale, health-related functioning problems, positive emotions, the Benefit Finding Scale for Children, and Values in Action Inventory of Character Strengths for Youth before and after 6 months period. The results revealed that health-related functioning problems were associated with negative changes in life satisfaction over time. Increases in benefit finding and character strengths (i.e., love
and gratitude) predicted positive changes in life satisfaction over time. Positive emotions predicted changes in benefit finding over time through several personal strengths (i.e., vitality and gratitude).

Khanna and Singh (2016) studied the impact of gratitude building intervention on adolescents’ gratitude and well-being indicators. The study was conducted among 11–14 year old attending two schools in North India. The subjects were randomly allocated to intervention group or control group. The subjects completed the measures in both pre-test and post-test condition. Intervention group was required to attend 30 minute long weekly sessions based on gratitude curriculum by Froh et al. (2014) for five consecutive weeks. The control group was required to attend neutral sessions for the same duration. The results of ANCOVA indicated significant positive intervention effects on psychological well-being, positive affect, positive feelings, life satisfaction and gratitude.

Guse, Vescovelli, & Croxford (2017) investigated subjective well-being and gratitude among South African adolescents. Gender and cultural differences on measures of subjective well-being and gratitude were also explored. Significant positive correlations emerged between subjective well-being and gratitude. Levels of satisfaction with school, friends, and self, state, and trait gratitude were more pronounced among females as compared to males. With regard to cultural differences, Black adolescents scored higher in satisfaction in the domains of self, and school and state gratitude. White adolescents scored higher in general life satisfaction and satisfaction with living environment and trait gratitude.

By appreciating and thanking for the blessings in life, one can experience short term and long term benefits in terms of enhancing one’s well-being and their perception of their lives.

Forgiveness and Well-being

The results of the present study have clearly indicated that Total Affect Forgiveness, Total Behaviour Forgiveness, Total Cognition Forgiveness, Total Forgiveness are significantly and positively related with Subjective Well-being, Total Psychological Well-being and Total Quality of Life. The present findings are consistent with existing evidence. Accumulating evidence has documented the association
between forgiveness and well-being ((Enright et al., 2000; McCullough, 2000; Krause et al., 2003; Hill et al., 2010; Alemand et al., 2012; Chan, 2013; Davis et al., 2013).

A possible explanation behind the relationship between forgiveness and well-being can be explained by Enright et al. (1991) definition that interpersonal forgiveness involves ‘letting go’ negative affect, thoughts and behaviour associated with past hurts and showing adaptive changes towards the offender such as positive affect, cognitions and behaviour. Such adaptive changes promote well-being.

Another possible explanation can be that forgiveness transforms the motivation of retaliation against an offender, decreases motivation to maintain estrangement from an offender, and increases motivation for good will and conciliation for an offender (McCullough, Worthington, & Rachal, 1997; McCullough, 2000). In this way, the tendency to forgive may protect against formation of negative interpersonal relationships and may assist in building and maintaining healthy social relationships.

Worthington et al. (2001) outlined in their model that forgiveness is directly and indirectly linked with mental health. Forgiveness prevents unforgiveness directly with strong positive emotions. Unforgiveness is related to negative mental health outcomes. Unforgiveness may be expressed through rumination, retaliation, betrayal, and negative emotions. Through physiological changes, forgiveness may have direct effect on improving mental health (Worthington et al., 1999; Worthington et al., 2001). Forgiveness indirectly promotes mental health through enhancing social support, interpersonal functioning and health behavior (Temoshok & Chandra, 2000; Worthington et al., 2001).

Karremans, Van-Lange, Ouwerkeke, and Kluwer (2003) examined “when and why does forgiveness enhances psychological well-being”. The results of studies 1 and 3 revealed significant interactions between forgiveness, commitment and life satisfaction, positive affect and self-esteem. Results of study 4 revealed that in the context of marital relationships, a tendency towards forgiving one’s spouse/partner was associated with well-being.

Tripathi (2008) studied the interpersonal forgiveness in relation to personality, religiosity, spiritual well-being, positive and negative emotions, health and well-being among 16-20 year olds. The results indicated that state forgiveness was positively and
Discussion

significantly related with gratitude, happiness, positive affect, satisfaction with life, subjective well-being, personal growth, being comfortable with self, being comfortable with others, total mental health, extraversion, anger control and negatively and significantly related with negative affect, psychoticism, neuroticism, anger out, state and trait anger, total anger expressed.

Wilson, Milosevic, Carroll, Hart, and Hibbard (2008) examined the relationship between self-forgiveness, other-forgiveness and physical health among healthy undergraduates. Correlational analysis indicated that dimensions of forgiveness were positively related to perceived physical health. Regression analysis revealed that self-forgiveness uniquely predicted a significant amount of variance in perceived physical health.

Hui and Chau (2009) tested the effectiveness of a forgiveness intervention with Hong Kong Chinese children who have been hurt and chose not to forgive their offenders. The findings revealed that subjects in forgiveness intervention had better understanding of forgiveness attitudes, awareness of personal and social benefits of forgiveness, inclination to see forgiveness as an unconditional act of love, increased self-esteem, hope and experienced a significant decrease in depression.

Hill, Allemand, and Burrow (2010) investigated relationship between forgiveness and identity development (identity commitment and identity exploration) among undergraduates. The results indicated that forgiveness was uniquely and positively related with both identity variables, controlling for each other. The mediational analyses revealed that with both identity variables, the indirect effects for agreeableness and neuroticism were both significant.

Webb and Brewer (2010) examined the relationship between forgiveness and health among college students who were problematic drinkers. The results indicated that after controlling for demographic variables (including religiosity), dimensions of forgiveness explained 7 to 33% of variance in the health-related variables in a salutary fashion.

Martin et al. (2012) examined the main and interactive effects of attachment style and forgiveness on physical health quality of life of HIV + adults. Correlational analysis revealed that attachment anxiety was negatively related to physical health quality of life. Forgiveness of self was associated with increased quality of life. Individuals with increased forgiveness of self, experienced more perception of health.
Akhtar et al. (2016) conducted a systematic review and meta-analysis to examine effectiveness of process-based forgiveness interventions in improving mental well-being among samples of adolescents and adults who had experienced a range of sources of hurt. The results suggested that forgiveness interventions had been effective in reducing depression, anger and hostility and stress and distress. They had been effective in improving positive affect, state forgiveness and trait forgiveness.

Mishra and Khan (2016) explored the relationship between well-being and forgiveness in early and late adolescents studying in the schools of Delhi. Results indicated that forgiveness and well-being were positively related with each other. Overall forgiveness and self-forgiveness were significantly higher in late adolescents as compared to early adolescents.

Van der Wal, Karremans, and Cillessen (2017) examined the relationship between interpersonal forgiveness and psychological well-being among children. The results revealed that forgiveness was associated with enhanced psychological well-being among peers. The association between psychological well-being and forgiveness was stronger toward friends as compared to forgiveness towards non-friends.

Akhtar et al. (2017) conducted a qualitative study to study the relationship between state forgiveness and psychological well-being among adults. Participants from religious backgrounds who had met the criteria of having practiced forgiveness to an interpersonal hurt were taken in the study. Qualitative analyses indicated positive relationship between unforgiveness and depression. Feelings, meaning and purpose in life were negatively affected by unforgiveness. On the other hand, forgiveness was related to feelings of peace, contentment, joy, calmness, freedom, confidence, vitality, autonomy, meaning in life, spiritual growth, improvement in interpersonal relationships etc.

Toussaint and Freidman (2009) investigated the relationship between forgiveness, gratitude and well-being among psychotherapy outpatients. They also examined the extent to which affect and beliefs mediated these relationships. The results indicated that forgiveness and gratitude were both positively related to well-being. Although they were mediated by affect and belief, but not largely.
Hill and Allemand (2011) examined the roles of gratitude and forgiveness in well-being among Swiss adults. The results indicated that gratitude and forgiveness were related to positive affect, life satisfaction and optimism. Both gratitude and forgiveness, uniquely predicted well-being when controlled for each other. Both were retained as significant predictors of well-being after controlling big five personality traits.

Forgiveness is a positive decision which releases negative emotions, brings peace to oneself and heals relationships. Letting go negative hurtful feelings in a relationship enables one to move on in life. Having a forgiving heart helps one to achieve well-being.

Mindfulness and Well-being

The present results have indicated significant and positive relationship between Mindfulness, Subjective Well-being, Total Psychological Well-being and Total Quality of Life. Present findings have provided insight into the positive role of mindfulness among adolescents.

Broaden and Build theory by Fredrickson (2000) can be applied to explain the relationship between mindfulness and well-being. Mindfulness enhances present moment experiences, quality of consciousness and sensitivity to positive emotions which in turn widens an individual's thought-action repertoires and enhances physical, social and psychological resources and thus, well-being.

Majority of literature has suggested that mindfulness contributes to emotional regulatory mechanisms and thus, enhances well-being. Paying attention to the present moment, a non-judgemental attitude and self-regulation are important facets of mindfulness which have been identified as beneficial to well-being (Brown et al., 2003; Kabat-Zinn, 2003; Bishop et al., 2004). Brown et al. (2003) suggested that mindfulness acts as a self-regulation agent. Nyklíček (2011) proposed a possible explanation that mindfulness influences well-being directly by inducing relaxation, insight, contact and harmony and such effects influence emotion regulation which influences psychological well-being. Broderick et al. (2012) suggested that mindfulness contributes to emotion regulation by reducing stress and strengthening executive functioning.
**Discussion**

Brown et al. (2003) provided a theoretical and empirical understanding of the role of mindfulness in psychological well-being. They conducted correlational, quasi-experimental, and laboratory studies which indicated that a unique quality of consciousness i.e. mindfulness is related to number of well-being constructs. An experience-sampling study conducted by Brown et al. (2003) suggested both trait and state mindfulness predicted self-regulated behaviour and positive emotional states.

Arch and Craske (2006) investigated the effect of 15-minutes mindfulness focused breathing exercise among undergraduates. The results indicated that brief 15-minutes mindful breathing exercise were effective in enhancing emotion regulation and in reducing negative emotional experiences.

Huppert and Johnson (2010) reported that practicing 10 minutes of mindfulness regularly was helpful in improving mindfulness, ego-resilience and well-being among adolescent boys.

Schonert-Reichl et al. (2010) evaluated the effectiveness of mindfulness education program among pre and early adolescents. The results indicated that subjects in mindfulness education program showed improvement in emotional and social competence and reduction in aggression and oppositional behaviour.

Brown, West, Loverich, & Biegel (2011) assessed mindfulness among normal and psychiatric adolescent population. The researchers indicated that higher trait mindfulness was related to higher life satisfaction, happiness and positive affect among adolescents. Mindfulness-based stress reduction intervention was effective to bring significant increase in mindfulness among outpatient psychiatric adolescent population.

Greco, Baer, & Smith (2011) assessed mindfulness in children and adolescents in 4 studies and developed a validated measure Child and Adolescent Mindfulness Measure (CAMM). The researchers indicated that mindfulness was positively related to overall quality of life and negatively related to internalizing and externalizing problem behaviours.

Parto and Besharat (2011) investigated the relationship of mindfulness, psychological well-being and psychological distress among students. They also explored the role of self-regulation and autonomy as mediating variables and mechanisms of mindfulness. The results indicated that mindfulness was negatively
related to psychological distress and was positively related to psychological well-being. Autonomy mediated the relationship of mindfulness with psychological well-being as well as psychological distress. Self-regulation mediated the relationship between mindfulness and psychological well-being.

Metz et al. (2013) conducted a study using “Learning to BREATHE” mindfulness-based training program with high school students and found it beneficial in reducing stress and psychosomatic symptoms as well as improved emotion regulation skills as compared to control group.


Singh, Choubey, and Singh (2016) assessed the relationship between mindfulness, stress and well-being among adolescents. Correlational results indicated significant and positive relationship between mindfulness and psychological well-being. Significant and negative relationship was found between mindfulness and perceived stress. Perceived stress partially mediated the relationship between mindfulness and psychological well-being.

Tan and Martin (2016) conducted a cross-sectional study among adolescents to examine the relationship between mindfulness, self-esteem, resiliency and mental health symptoms (such as anxiety, stress, depression and cognitive inflexibility). The results indicated significant negative relationship between mindfulness, stress, anxiety, depression and cognitive inflexibility.

Mindfulness, certainly enables one to cope up with life’s distressing situations. It awakens one to experience present moment and enables one to have non-judgmental attitude towards life. Such a powerful tool can enable one to find the optimal path, with
patience and positivity in a frantic technological world of multi-tasking and psychological issues.

**Optimism and Well-being**

The results of the present study have indicated that Optimism is significantly and positively related to Subjective Well-being, Total Psychological Well-being and Total Quality of Life. Present results are consistent with existing research evidence. Accumulating evidence has indicated that optimism plays a central role in well-being (Scheier et al., 1992; Conversano et al., 2010).

A possible explanation for the relationship between optimism and well-being can be given by considering the operationalization of optimism as “a dispositional tendency of an individual to hold generalized positive expectancies for future” (Scheier et al., 2000). Such an attitude allows one to deal with difficulties in adaptive ways during adversities. The operationalization of optimism rests on general model of behavioral self-regulation (Scheier et al., 1985; Carver et al., 1998). The model assumes that goal directed behavior often comes across closed-loop negative feedback systems (cf. Heckhausen, 1967; Scheier et al., 1985). The feedback system guiding goal-directed behavior becomes fully engaged when a person focuses attention towards the self when some behavioral goal or standard is salient (cf. Duval et al., 1972; Scheier et al., 1985). With adaptive self-regulation, it is possible to minimize or avoid any negative physical and psychological difficulties related to achievement of a goal (Rasmussen, Wrosch, Scheier, & Carver, 2006). Optimism becomes important when the difficulties appear. A person with optimistic attitude will consistently regulate the self and pursue desirable goals and distance away from undesirable goals (Scheier et al. 1985; Scheier et al., 2001; Carver et al., 2014).

Optimism promotes healthy lifestyle which in turn can be said to promote physical quality of life. It enhances adaptive thoughts and behaviors and effective coping strategies (Aspinwall, Richter, & Hoffman, 2001).

Optimism is a positive resource to build healthy social relationships and social network holds importance in well-being (Brissette, Scheier, & Carver, 2002).

Such theoretical explanations have helped to understand the relationship between optimism and well-being.
Segerstrom, Taylor, Kemeny, and Fahey (1998) examined the effects of optimism on mood, coping and immune changes among law students. The results indicated that optimism indicated better mood, higher numbers of helper T cells, and higher natural killer cell cytotoxicity. Avoidance coping partially mediated the relationship between optimism and mood. Mood partially mediated the relationship between optimism and T cells. Perceived stress partially mediated the optimism-cytotoxicity relationship.

Allison, Guichard, and Gilain (2000) investigated the role of dispositional optimism as a predictor of health-related quality of life among patients suffering from head and neck cancer. The results indicated that optimists reported better cognitive and emotional functioning, less pain, less fatigue and a better global rating of health-related quality of life.

Ben-Zur (2003) investigated the relationship between personal factors, parental factors and subjective well-being among university students and adolescents on the basis of 2 studies. Correlations and hierarchical regression analyses indicated that mastery and optimism were negative relationship with negative affect and positively related to positive affect. The second study was conducted among adolescents and their parents. The results revealed positive relationship between adolescents’ mastery and optimism with subjective well-being. Also, positive correlations were found between the adolescents’ and their parents’ subjective well-being (especially with their father’s).

Dickerhoof (2007) conducted an experimental study. The participants in experimental group did exercises based on happiness and optimism. The control group wrote about events of the past week. The students were informed that participation in either group will increase their overall well-being. The “happiness” exercise required subjects to either write about their best possible future selves “optimism exercise” or write letters of gratitude “gratitude exercise”. The results indicated that experimental group scored higher on well-being as compared to the control group.

Rasmussen et al. (2009) conducted a meta-analytic review of 83 studies to study the relationship between optimism and physical health. The results indicated that optimism had been a significant predictor of number of health outcomes. Optimists were found to have better physical health as compared to pessimists (Peterson, 2000). Optimism was related to faster recovery, healing process and healthy immune system as indicated by studies (Segerstrom et al., 1998; Chang et al., 2001;
Kohut et al., 2002; Carver et al., 2003; Ebrecht et al., 2004. Ironson et al. (2005) indicated that dispositional optimism was positively related to progress of the illness in patients suffering from AIDS.

Wong and Lim (2009) conducted a cross-cultural study and explored the relationship between hope, optimism, life satisfaction, affect, self-esteem and personality among American and Brazilian secondary school students. Correlational analysis indicated that optimism and hope were significantly and positively related with each other. Regression analysis indicated that both optimism and hope significantly predicted depression and life satisfaction even after controlling for each other.

Szczęśniak and Soares (2011) examined the relationship between forgiveness, optimism, gratitude and life satisfaction among Italian citizens. Correlational analysis indicated negative and significant correlation between satisfaction with life, the motivation for revenge and avoidance motivation, and the perception of a permanent adverse events. Significant and positive correlation was found between the perception of permanent causes of good events and life satisfaction.

Eryilmaz (2011) examined the relationship between positive expectations towards future and subjective well-being among adolescents. The results indicated that positive future expectation was significantly and positively related with adolescent subjective well-being.

Honmore and Jadhav (2015) studied the relationship between psychological well-being, gender and optimism among college students. The results of t-test indicated no significant gender differences in optimistic attitude. Correlational analysis indicated significant positive relationship between optimism and psychological well-being.

Huang, Lee, Ketheeswaran, Jones, Revicki, and Wu (2017) conducted a systematic review on the relationship between personality and health-related quality of life. They reviewed 76 studies based on personality and its relationship with various health states such as good health, cancer, cardiovascular disorders, aging etc. They indicated that personality characteristics like mastery, optimism, and sense of coherence were positively associated with psychosocial health-related quality of life. Neuroticism was negatively associated with psychosocial health-related quality of life.

Optimistic outlook towards life does influence one’s well-being. Optimists have a tendency to find something positive in the bad situations of life which enable them to
live in abundance. They strongly believe that the life will offer opportunities and countless blessings after temporary set-backs. This attitude enables them to lead a cheerful and enhanced quality of life.

**Self-Esteem and Well-being**

The results of the present study have indicated that self-esteem is significantly and positively associated with Subjective Well-being, Total Psychological Well-being and Total Quality of Life. Existing findings have been found to support the present results.

Self-esteem has emerged as a strongest predictor of well-being in number of studies (Diener et al., 1995; Bosson, Swann, & Pennebaker, 2000; Makikangas & Kinnunen, 2003; Schimmack & Diener, 2003; c.f. Kong, Zhau, & You, 2013). Greenberg et al. (1986) pointed out that self-esteem provides a buffer against anxiety engendered by human awareness about mortality. Empirical evidence has indicated that high levels of self-esteem are associated with reduced anxiety and anxiety-related defensive behaviour against threats in a variety of domains (Pyszczynski et al., 2004). Hence, Terror management theory provides an insight that self-esteem leads to various psychological benefits.


Paradise and Kernis (2002) examined the relationship between self-esteem and psychological well-being. The results revealed that high self-esteem indicated high well-being. The main effects for stable self-esteem emerged for autonomy, environmental mastery, and purpose in life. Self-acceptance, positive relations, and personal growth were influenced by self-esteem levels.

Liable, Carlo, and Roesch (2004) reported that parental attachment positively and directly influenced self-esteem among college students. Empathy and prosocial behaviour mediated the relationship between peer attachment and self-esteem among females. The findings suggested that close and supportive relationships i.e. peer and parent relationships among youth were positively related to self-esteem.
Discussion

**Wilkinson (2004)** conducted three studies among high school students and the results indicated self-esteem determined peer and parental attachment with regard to adolescent psychological health.

**Ikiz and Cakar (2010)** investigated the relationship between perceived social support levels and self-esteem levels among adolescents. The results indicated significant positive relationship between perceived social support levels and self-esteem levels among adolescents.

**Kong et al. (2013)** examined the role of global self-esteem as a mediator and moderator between social support and subjective well-being among Chinese university students. The regression analysis indicated that global self-esteem partially mediated the influence of social support on life satisfaction and positive affect. It fully mediated the influence of social support on negative affect. Global self-esteem moderately affected the relationship between social support, life satisfaction and positive affect. The subjects who scored high on global self-esteem, high on social support also reported high scores on life satisfaction and positive affect.

**Vanhalst, Luyckx, Scholte, Engles, and Goossens (2013)** investigated the direction of effects between loneliness and self-esteem in two independent longitudinal studies among Dutch adolescents and Belgian adolescents. The results indicated that low self-esteem was found to be associated with loneliness in adolescents. Perceived social acceptance mediated the relationship between self-esteem and loneliness.

**Birkeland, Briewick, and Wold (2014)** explored the role of peer acceptance as a moderator of global self-esteem among adolescents. The results indicated that peer acceptance was positively related with global self-esteem. Peer acceptance emerged as a protective factor.

**Sarkova et al. (2014)** indicated that better pupil–peer relationships and also pupil–teacher relationships significantly and positively influence self-esteem. The pupil–teacher relationship was not significantly related to their psychological well-being and self-esteem among aggression victims and aggression non-victims.

**Martinsen, Neumer, Holen, Waakter, Sund, and Kendall (2016)** investigated the relationship between quality of life and self-esteem among sad and anxious school children. The results indicated quality of life and self-esteem were negatively associated with quality of life and self-esteem.
Self-Esteem boosts one’s self confidence and potential to be successful in various domains of life i.e. relationships, career, personal growth etc. It is one of the vital aspect of well-being which enables one to lead a life respectfully, happily and lovingly.

**Parental Bonding and Well-being**

The results of the present study have indicated significant positive relationship between Perceived Mother Care, Perceived Father Care, Subjective Well-being, Total Psychological Well-being and Total Quality of Life. Significant negative relationship was found between Perceived Mother Over-Protection, Father Overprotection, Subjective Well-being, Total Psychological Well-being and Total Quality of Life. The results are in line with existent findings.

Parental warmth and parental control affect well-being of adolescents (Kurdek et al., 1994; Pedersen, 1994; Barber, 1996; Barber et al., 2002). Maternal care and affection helps the child to build lasting and healthy relationships in future. Maternal overprotection and lack of affection is associated with emotional instability and social isolation in future. Father overprotection has been associated with negative socialization in later life. Perceived Father Care has been associated with enhancing socialization processes in the child (c.f. Zafiropoulou et al., 2014). Inadequate parental bonding has been found to be associated with mental health problems in future (Bowlby, 1977).

Gray et al. (1999) indicated that the level of parental warmth influences well-being in children. Studies have indicated that authoritative parenting style has been linked with positive developmental outcomes like positive adolescent self-evaluations, self-esteem, positive adjustment, intrinsic motivation (Baumrind, 1966; Gecas, 1971; Buri et al., 1987; Ginsburg et al., 1993; Steinberg, 2001; Baumrind, 2005; Doyle et al., 2005; c.f. Cripps et al., 2009).

Steinberg (2001) indicated that authoritative parenting style was positively associated with self-reliance, achievement motivation, pro-social behavior, self-control, cheerfulness, and social confidence among adolescents.

Research evidence has indicated that low levels of parental care and high levels of parental control are associated with symptoms of anxiety and depression, suicidal thoughts and self-harm (Pedersen, 1994; Martin, Bergen, Roeger, & Allison, 2004).
Discussion

Parental control is linked with restricted autonomy development in children (Barber, 2002; Vansteenkiste, Zhou, Lens, & Soenens, 2005) and is also associated with depression, low self-confidence, low self-esteem, and low self-reliance for boys and girls both (Steinberg, Elmen, & Mounts, 1989; Mills & Rubin, 1998; Gray et al., 1999).

Pettit, Laird, Dodge, Bates, & Criss (2001) examined early childhood antecedents and behavior-problem correlates of parental monitoring and psychological control in a longitudinal study. The results indicated that parental monitoring was associated with fewer behavior problems. Increased psychological control was associated with more delinquent problems among girls.

Chang, Mcbridge-Chang, Stewart, and Au (2003) assessed the relationship between life satisfaction, self-concept and family relations among Chinese children and adolescents. The regression analysis indicated that general self-concept, parental warmth and autonomy/detachment predicted life satisfaction equally among children as well as adolescents. Mean group differences indicated that adolescents with low life satisfaction and self-concept were high in emotional detachment.

Flouri and Buchanen (2003) indicated that father and mother involvement protected adolescents against low levels of well-being. Both father and mother involvement contributed significantly and independently to happiness among adolescents. Father and mother involvement was important for both sons and daughters.

Piko and Hamvai (2010) investigated social correlates of adolescents' life satisfaction. The results indicated that parents continued to be a central correlate of adolescents' well-being.

Ozdemir (2012) examined the relationship between parental control, parental warmth, parental education, parental income with adolescents’ subjective well-being. Gender differences and age were also explored. The results indicated that parental income emerged as a significant predictor of life satisfaction. Age emerged as a significant predictor of positive and negative affect. Parental warmth was found to be associated with high life satisfaction and positive affect and low negative affect. Parental control was associated with high negative affect.

Acharya (2013) examined the contribution of parent-child relationship and cognitive distortions towards depressive symptoms among adolescent boys. Regression analysis revealed that self-criticism, helplessness, pre-occupation with danger, and Self
Blame positively contributed towards adolescent depression. Father Overprotection positively contributed to depression in adolescent boys.

Abreu, Melgaço, Abreu, Lages, and Paiva (2015) investigated parents’ and caregivers' views of adolescents' orthodontic treatment. The results suggested that parental care enhanced sense of emotional and social well-being among adolescents undergoing treatment which contributed to improve the perception of the overall oral health-related quality of life of adolescents.

Optimal parental bonding acts as a buffer against various stressful events in a child’s life. Parental care and love in the early years of life facilitate positive psychological functioning and self-regulation through all stages of life. The quality of relationship between the child and parents also determine the quality of relationships the child will experience in the outside world. Supportive and affectionate parenting along-with optimal control enables child’s overall growth and development.

**Stress and Well-being**

The results of the present study have indicated significant negative relationship between Perceived Stress, Subjective Well-being, Total Psychological Well-being and Total Quality of Life. Present results are in line with existing studies.

Lazarus and Folkman (1984) suggested that individual’s appraisals regarding stressful situation hold relevance to well-being. Appraisals cause affective responses which could have long-term effects in terms of well-being domains. Adolescents’ deliberate use of maladaptive coping mechanisms to deal with stress negatively affect overall well-being. Aggressive coping, anger coping, rumination coping and avoidant coping have been found to be related to depression, perceived stress and use of illicit substances among adolescents (Seiffge-Krenke & Klessinger, 2000; Galaif, Sussman, Chou, & Wills, 2003; Murberg et al., 2004; Skitch & Abela, 2008). According to the transactional stress model, problem-focused coping and emotion-focused coping are effective ways of dealing with stress (Lazarus et al., 1984).

Shek (2005) examined the relationship between perceived economic stress, quality of life (existential well-being, life satisfaction, self-esteem, sense of mastery, psychological morbidity) and problem behaviour among Chinese adolescents with and without economic disadvantage. The results indicated that perceived economic
Discussion

stress was negatively related to emotional quality of life and problem behaviour among adolescents. However, the relationship between stress and wellbeing was generally stronger for adolescents with economic disadvantage. The study also indicated that adolescents with higher levels of quality of life exhibited lower levels of problem behaviour.

Chang (2006) assessed the relationship between perfectionism, stress, and psychological well-being among college students. The results indicated that stress mediated the relationship between perfectionism and three dimensions of psychological well-being (autonomy, environmental mastery, and purpose in life).

Suldo, Shaunessy, and Hardesty (2008) investigated the relationship between stress, coping, and mental health in high school students. The results indicated that anger and positive appraisal moderated the influence of stress on global life satisfaction and internalizing symptoms of psychopathology.

Alleyne, Alleyne, and Greenidge (2010) examined the relationship between life satisfaction and perceived stress among undergraduates in Barbados. The results revealed that higher levels of perceived stress were negatively associated with satisfaction with life. Living environment, campus facilities, and perceived stress emerged as significant predictors of life satisfaction.

Osbert and Eggert (2012) examined the mediating role of irrational food beliefs on stress, bulimic symptoms and Body Mass Index in a subclinical college student population. Daily hassles directly influenced bulimic symptoms and indirectly influenced both bulimic symptoms and Body Mass Index through irrational food beliefs.

Awadh, Aziz, Yaseen, Abdulameer, Sahib, & Al-Lela, (2013) reported negative correlation between stress and mental and physical health-related quality of life among pharmacy students.

Coyle et al. (2013) examined the relationship between uncontrollable stress and levels of subjective well-being in a group of ethnically diverse urban adolescents. They also examined the types of coping skills used by adolescents during uncontrollable stress. The results indicated that high uncontrollable stress was related to high negative affect and active coping strategies were positively associated with positive affect and
negative affect. Active coping served as a moderator between uncontrollable stress and negative affect.

Thorsteinsson, Sveinbjornsdottir, Dintsi, and Rooke (2013) examined coping as a mediator and a moderator of psychological health among adolescents. The results indicated that rumination was positively associated with distress and negatively associated with satisfaction with life. Self-care was positively associated with satisfaction with life and negatively associated with distress.

Klanin-Yobas, Keawkerd, Pumpuang, Thunyadee, Thanoi, and He (2014) indicated that stress was associated with poor physical health and psychological health among nursing students in their study.

Vescovelli, Albieri, and Ruini (2014) examined self-rated and observer-rated adolescents’ well-being and adolescents’ distress among Italian high school students. Correlation analysis indicated that overall stress was significantly and negatively related to Autonomy, Personal growth and Positive relations with others.

Anand and Nagle (2016) explored perceived stress and psychological well-being among college students. The results revealed significant negative relationship between perceived stress and all the six dimensions of psychological well-being. Perceived Stress emerged as a significant predictor for all six dimensions of psychological well-being.

Lyons, Huebner, and Hills (2016) examined the relation between personality characteristics (extraversion and neuroticism), stressful life events, coping behaviour (approach and avoidance coping) and global life satisfaction among adolescents. The results indicated significant negative relationship between extraversion, stressful life events, approach coping behaviour and life satisfaction. Significant positive relationships were observed between neuroticism, stressful life events and avoidance coping behavior.

Difficulties with Emotion Regulation and Well-being

The results of the present study have indicated significant negative relationship between Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total
Discussion

Difficulties with Emotion Regulation, Subjective Well-being, Total Psychological Well-being and Total Quality of Life. Present results are in line with existing studies.

Eisenberg, Spinrad, & Eggum (2010) rightly pointed out that ability to manage one’s emotions during stressful situations is considered to be a foundation for well-being in all domains of life and throughout the life span. Emotion regulation skills help in balancing affective and cognitive experiences and protect against the occurrence of emotional and behavioural difficulties (Greene & Walker, 1997; Gross, 1998; Best, Miller, & Jones, 2009; Aldao et al., 2010). Emotion dysregulation, if not managed can lead to externalizing and internalizing disorders (Wolff & Ollendick, 2006; NolenHoeksema, Wisco, & Lyubomirsky, 2008), impaired goal-directed behavior and adverse achievement outcomes (Elliot & McGregor, 1999; Blair, 2002) as well as psychopathology (Kring et al., 2010).

Studies have indicated that emotion regulation skills have been associated with social competence, healthy relationship with peers and engagement in prosocial behaviour among children and adolescents (Denham et al., 2003; Eisenberg, et al., 1995; Rydell, Berlin, & Bohlin, 2003; Spinard et al., 2006; c.f. McLaughlin et al., 2011).

Palmer, Donaldson, and Stough (2001) examined the relationship between emotional intelligence and life satisfaction among 16-64 years. Positive and negative affect were also assessed. Emotional intelligence was assessed using Trait Meta-Mood Scale and the Twenty-Item Toronto Alexithymia Scale. The results indicated that clarity of feelings significantly and positively correlated with positive affect and negatively correlated with negative affect. Difficulty in describing feelings significantly and positively correlated with negative affect. Stepwise multiple regression analysis was performed with life satisfaction as the criterion variable. Positive affect, Negative affect and Clarity of feelings emerged as the most significant predictors of life satisfaction.

Suldo and Huebner (2006) examined the relationship between extremely high life satisfaction and adaptive functioning or maladaptive functioning among secondary level students. High life satisfaction among students was associated with higher levels on all indicators of adaptive psychosocial functioning, except for extraversion as compared to students with average life satisfaction. High life
satisfaction among students was associated with lowest scores on all measures of emotional and behavioural problems.

Spinrad et al. (2006) studied the relationship between emotion regulation and social competence among children. Correlation analysis indicated that significant positive relationship existed between appropriate behavior and effortful control (emotion regulation strategy). Significant negative relationship existed between impulsivity (emotion regulation strategy) and resiliency.

Suldo and Shaffer (2008) examined subjective well-being, psychopathology, academic functioning, social adjustment, and physical health among early adolescents. The results indicated that students with high subjective well-being and low psychopathology had better school attendance, reading skills, academic self-perceptions, academic-related goals, social support from classmates and parents, self-perceived physical health, and fewer social problems as compared to vulnerable peers without clinical levels of mental illness but with low subjective well-being.

Haga, Kraft, and Corby (2009) explored the effects of two emotion regulation strategies (cognitive appraisal and expressive suppression) on well-being among university students in U.S.A., Norway and Australia. The results indicated cognitive appraisal strategy was positively associated with positive affective experiences, social functioning and well-being whereas expressive suppression was associated with negative outcomes.

Quoidbach, Berry, Hansenne, and Mikolajczak (2010) assessed the effects of positive emotion regulation strategies on subjective well-being. The results indicated that positive emotion regulation increased experience of positive emotional states and enhanced life satisfaction. It decreased negative emotional experiences.

Friere and Tvares (2011) reported that suppression (emotion regulation strategy) was negatively associated with life satisfaction, happiness and meaning in life among adolescents.

Sun and Shek (2012) examined the relationship between life satisfaction, positive youth development and problem behaviour among Chinese secondary school students. Results indicated that positive youth development was positively related to life satisfaction, and positive youth development and life satisfaction were negatively
related to adolescent problem behaviour. The results also indicated that adolescents who had better bonding, social, emotional and behavioural competence, self-efficacy, prosocial behaviour and spirituality were high on life satisfaction. They exhibited low engagement in problem behaviour.

Pisani et al. (2013) studied the relationship between self-reported suicide attempts, emotion regulation difficulties, and positive youth-adult relationships among high-school students. Results indicated that difficulties with emotion regulation and lack of positive adult relationships were linked with increased risk for suicide attempt. The relationship between difficulties with emotion regulation and suicide attempts was moderately lower among students having positive adult relationships.

Mazaheri (2015) investigated the role of difficulties in emotion regulation and mindfulness on psychological and somatic symptoms of patients suffering with functional gastrointestinal disorders. Results indicated that emotional dysregulation was significantly and positively associated with psychological and somatic symptoms.

Panahi et al. (2016) investigated predictors of psychological well-being among graduates. The results revealed that psychological well-being was significantly and negatively influenced by catastrophizing, blaming others and self-blaming.

Morrish, Rickard, Chin, & Vella-Brodrick (2017) conducted a review based study and clearly indicated that emotion regulation promotes psychological flexibility, resilience and well-being among adolescents.

Aggression and Well-being

The results of the present study have indicated significant negative relationship between Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression, Subjective Well-being, Total Psychological Well-being and Total Quality of Life. Existing studies have indicated the negative effects of aggression on well-being. Anderson et al. (2002) proposed a unified model of aggression i.e. ‘General Aggression Model’ which suggested that “aggression involves person responding to an aggressive situation. Person and situation variables influence the person’s present internal state (cognitions, affects, and physiological arousal) which activate knowledge structures (which include affect) and the amount of arousal. A person may act on
impulsively or thoughtfully depending on the appraisal process. The resulting behavior will feed back into the immediate situation and also influence the person’s personality” (Anderson et al., 2002; Warburton et al., 2015). Evidence has clearly indicated the repercussions of aggression behavior on personality and well-being outcomes.

**Miller, Smith, Turner, Guijarro, and Halley (1996)** conducted a meta-analytic study on hostility and physical health. The results suggested that hostility is an independent risk factor for coronary heart disease.

**Musante and Trieber (2000)** indicated that anger expression and anger suppression related to unhealthy lifestyle like lack of physical activity and high consumption of alcohol, cigarettes and caffeine among adolescents.

**Zeman et al. (2002)** reported that sadness and anger dysregulation predicted internalizing and externalizing symptoms in children.

**Diong et al. (2004)** examined the relationships between anger, stress, perceived social support, coping strategies and health. Results indicated that high dispositional anger was found to be directly related to high levels of stress and low levels of perceived social support. It was indirectly related to greater use of avoidance coping. It was directly and indirectly related to low psychological well-being and high psychological distress. Psychological distress was, related to poorer physical health. On the other hand, high levels of anger control were positively associated with active and reappraisal coping and less use of avoidance coping. Active and reappraisal coping were positively related to psychological and physical health.

**Sullivan, Helms, Kliewater, and Goodman (2010)** examined the relationship between sadness, anger regulation coping, reluctance to express emotion, physical and relational aggression among high and middle school students. Relational aggression and expressive reluctance and sadness regulation coping were positively related with each other.

**Mitrofan and Ciuluvică (2011)** examined the relationship between difficulties with emotion regulation, aggression, and life satisfaction among high school students and undergraduates. The results indicated significant and positive correlation was found between anger, hostility, clarity difficulties, goal difficulties, impulse difficulties and non-acceptance of emotional responses. The level of aggression increased with
difficulties with emotion regulation. Significant negative correlations were found between life satisfaction and difficulties with emotion regulation, anger, and hostility. High negative correlation was found between hostility and life satisfaction. Low reappraisal capacity maintained a high level of anger and hostility. The results of stepwise multiple regression indicated clarity difficulties and goal difficulties as the strongest predictors for life satisfaction.

Savi Cakar et al. (2015) indicated that decreases in adolescent' risk behaviors and hopelessness were found to be linked with increase in life satisfaction.

Serra-Negra et al. (2015) analysed the relationship between verbal school bullying and life satisfaction among Brazilian adolescents. They analysed the profile of the adolescent aggressor only, aggressor/victim, victim only, and those not involved in verbal school bullying. The results indicated that adolescent aggressor group had low life satisfaction.

Kaplan (2017) investigated the predictive effect of subjective well-being on several emotional problems (anxiety, depression, negative self-concept, hostility, and somatization) among adolescents. The results indicated small to moderate correlations between subjective well-being and emotional problems. Students’ subjective well-being significantly and negatively correlated with anxiety, depression, negative self–concept, somatization, hostility and overall emotional problems. Path analysis revealed that subjective well-being was a significant predictor of anxiety, depression, negative self–concept, somatization, hostility and overall emotional problems.

Emotion dysregulation, stress and aggression have adverse effects on one’s quality of life including poor physical and psychological well-being. They drain one’s adaptive coping and lead to emotional and psychological exhaustion. They have a shadowing effect on one’s effective emotion regulation strategies to deal with distressing situations. Whereas, emotion regulation is the cornerstone of well-being.

GENDER DIFFERENCES

4.1 Gender differences were expected on following variables:

Positive Affect, Negative Affect, Satisfaction with Life, Subjective Well-being, Autonomy, Environmental Mastery, Personal Growth, Positive Relations with Others, Purpose in Life, Self-Acceptance, Total Psychological Well-being, Physical Quality of Life, Psychological Quality of Life, Social Quality of Life, Environmental Quality of
Life, Total Quality of Life, Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, Perceived Father Care, Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility among adolescents.

Table 2 shows t-ratios for gender differences. Means of all the variables for Males and Females have been graphically presented in figures 7 to 15.

$t$-ratios were calculated to find out the significance of differences between means of the two groups on the measured variables. Significant differences were found on few variables.

Males scored higher than Females on Autonomy, Physical Quality of Life and Physical Aggression.

Females scored higher than Males on Gratitude, Total Behavior Forgiveness, Perceived Mother Care, Perceived Father Care and Strategies Difficulties.

Hence, the hypotheses were upheld in few cases.

Gender Differences in Autonomy

The results of the present study have reported that males scored higher on Autonomy as compared to females. With ongoing and rapid socialization, girls and boys are getting greater opportunities in education, sports, and work etc. However, within the Indian family context, it has been observed that marked gender differences in autonomy continue to prevail in middle class families, with adolescent males still getting more encouragement for autonomous behavior as compared to adolescent females. Females are expected to show greater conformity to parental values. Chowdhary and Patnaik (2013) pointed out that girls are still expected to give more preference to household related activities and act according to family rituals.

Previous research studies have demonstrated considerable evidence on gender differences in autonomy (Moore, 1987). The reasons for autonomy related gender differences have been outlined in various studies. Josselson (1988) and Samuolis,
Discussion

Layburn, & Schiaffino (2001) had pointed out that identity formation in females is dependent on their connectedness with their parents. As compared to boys, girls show more reliance on parental norms, avoid conflict with parents, are more emotionally attached with parents, demonstrate higher enmeshment and separation anxiety as suggested by researchers (Holmbeck & Wandrei, 1993; Lamborn & Steinberg, 1993; Beyers & Goossens, 1999; Taradash, Connolly, Pepler, Craig, & Costa, 2001; Fleming, 2005). Fleming (2005) suggested that boys have a greater capacity to disobey their parents which leads to gender differences in autonomy. Previous findings have also illustrated that gender differences in autonomy are influenced by parental encouragement for autonomy to adolescent males and females. For example, in a study by Fullwinder-Bush and Jacobvitz (1993) it was indicated that parental encouragement of autonomy and parent-adolescent relationships promoted increased identity exploration in adolescent females.

Bumpus, Crouter, and McHale (2001) indicated that girls with families marked by traditional gender role attitudes were subjected to less autonomous opportunities.

Fleming (2005) investigated gender differences with regard to autonomy, achievement of autonomy and parental disobedience in a large sample of 12-17 year-old adolescents. The sample was divided into three age groups i.e. 12-13 years, 14-15 years and 16-17 years. The results indicated that major gender differences in autonomy were found at the age of 16 and thereafter. Boys exhibited more achievement of autonomy as compared to girls. The results further revealed that the increased level of achievement of autonomy reported by boys during late adolescence was also associated with increased frequency of parental disobedience.

Perez (2012) examined gender differences in various aspects of psychological well-being among Filipino college students. Significant gender differences were found in daily spiritual experience, father relationship, peer relationship, autonomy, positive relations with others, and purpose in life. No significant gender differences emerged on positive affect, negative affect, mother relationship, teacher relationship, environmental mastery, personal growth, and self-acceptance. Boys scored higher on autonomy.
**Discussion**

Meade and Dowswell (2016) assessed health related quality of life, gender and age differences among Australian adolescents over a three-year time period. Gender differences revealed that boys scored higher on parents’ relation and autonomy as compared to girls.

**Gender Differences in Physical Quality of Life**

The results of the present study have reported that males scored higher in Physical Quality of Life as compared to females. Existing studies have also indicated gender differences in children and adolescents’ quality of life. Research has outlined that adolescent females are suffering from number of physical health problems (such as diabetes, thyroid, pre-menstrual disorders, anemia, malnutrition, obesity etc.) and mental health problems (stress, depression, anxiety etc.) (Patton & Viner, 2007; Delara et al., 2012; WHO, 2017).

Viira and Koka (2012) studied gender differences in the health-related quality of life (physical health, emotional, social, and school-related functioning) among Estonian adolescents on three occasions: baseline, 3-month, and 6-month follow-ups. The results revealed that boys scored significantly higher on emotional functioning at all three time points over a six-month period as compared to girls. Boys scored higher on total score of health related quality of life, physical health and psychosocial health.

Nelson et al. (2014) assessed the health-related quality of life of adolescents in residential care. The results indicated females were found to exhibit poor physical and psychosocial health related quality of life.

Freire and Ferreira (2016) assessed health related quality of life among adolescents. The results indicated that boys scored higher on overall health-related quality of life (physical well-being, psychological well-being, autonomy and parents’ relation) as compared to girls.

Meade et al. (2016) assessed health related quality of life, gender and age differences among Australian adolescents over a three-year time period. Gender differences revealed that boys reported higher levels of health-related quality of life (i.e. on physical and psychological well-being, and parents’ relation and autonomy) as compared to girls.
Discussion

Gender Differences in Gratitude

The results of the present study have reported that females scored higher on Gratitude as compared to males. Existing studies support the results of the present study.

Gordon et al. (2004) examined gratitude among children and also assessed gender differences. They analysed the content of children's responses to a countywide in-class short essay assignment on gratitude. They identified the most prominent themes of children's gratitude as well as differences in the themes which emerged before and after the September 11 terrorist attacks. The results indicated that girls expressed more gratitude as compared to boys for a variety of social relationships such as family, friends, teachers, rescue workers and helpers, people other than family, friends and teachers, pets, and religion. Boys were more grateful for materialistic things.

Kashdan et al. (2009) examined gender differences in gratitude: examining appraisals, narratives, the willingness to express emotions, and changes in psychological needs. They conducted three studies to examine gender differences in gratitude among North American college students and older adults. The results of study 1 suggested that females were found to evaluate gratitude expression to be less complex, less conflicting, less uncertain, and more exciting and interesting as compared to males. In study 2, college students and older adults were asked to describe and evaluate a grateful episode. The results indicated that females were found to report greater gratitude as compared to males. In Studies 2 and 3, females were found to be higher on trait gratitude as compared to males. In study 3, over three months, females with higher gratitude exhibited higher need of belongingness and autonomous behavior as compared to males. Overall, the results indicated that males were less likely to feel and express gratitude as compared to females.

Jackson et al. (2014) investigated the role of self-efficacy, gratitude, and hope, in subjective well-being of white African adolescents. White female students experienced high levels of hope, gratitude, and life satisfaction as compared to white male students.
Vargas et al. (2016) examined social class, gender, and age-related variations in the expression of wishes and gratitude among 7 to 14 year olds. Chi-square analysis indicated that girls in public schools expressed significantly more self-oriented wishes and verbal gratitude as compared to boys.

Ziskis (2010) explored the role of gratitude as a mediator between personality and psychological well-being among college students. Multiple regression analysis revealed that gratitude fully mediated the relationship between gender and overall psychological well-being and its dimensions. Females scored higher on gratefulness and higher levels of overall psychological well-being as compared to males.

Guse, Vescovelli, and Croxford (2017) investigated subjective well-being and gratitude among South African adolescents. Gender and cultural differences in subjective well-being and gratitude were also explored. Females scored higher in satisfaction with school, friends, and self, state, and trait gratitude as compared to males.

**Gender Differences in Total Behavior Forgiveness**

The results of the present study have reported that females scored higher in Total Behavior Forgiveness as compared to males. Existing evidence has indicated the same. Earlier studies have also indicated that men were found to be more vengeful than women (McCullough, Bellah, Kilpatrick, & Johnson, 2001; Brown, 2003).

Miller et al. (2008) conducted meta–analysis of 53 articles reporting 70 studies based on gender and forgiveness. The results indicated that females were more forgiving as compared to males.

Rijavec et al. (2010) examined gender differences in the relationship between forgiveness and depression/happiness among University students. The results indicated that males were found to exhibit stronger revenge motivation as compared to females.

Kirmani (2015) examined the relationship between gratitude, forgiveness and subjective well-being among college going students. They also examined gender differences on these variables. Results indicated gender differences in gratitude and forgiveness. Girls were found to score higher than boys in gratitude and forgiveness.
Discussion

Gender Differences in Optimism

The results of the present study have reported that males scored higher in optimism as compared to females. Few existing studies support the results of the present study.

Few studies have indicated that females were found to assess a situation negatively and perceived themselves more pessimistically (Gjerde & Block, 1991; Bunnel, Cooper, Hertz, & Shenker, 1992).

Puskar et al. (2010) studied gender differences in relation to self-esteem and optimism in high school students in Rural Pennsylvania. The results indicated that males scored higher than females in both self-esteem and optimism.

Jacobson, Lee, Marquering, and Zhang (2014) investigated gender differences in optimism and asset allocation. The results indicated that men were more optimistic than women regarding a broad range of issues (related to economy and the stock market).

Gender Differences in Mother Care and Father Care

The results of the present study have indicated that females scored higher on Mother-Care and Father-Care. Existing evidence has provided the support for the results of the present study.

Studies have also indicated that girls score significantly higher as compared to boys for parental care. (Pedersen, 1994; Shek, 2005; Ngai, 2015).

Prior et al. (2000) suggested that gender differences of parent-child relationship vary during the first 15 years of life. The results of their study revealed that girls had difficulties with parents during the age of 5 to 7 years and such difficulties decreased to the age of 15 years.

Matsuoka et al. (2006) examined gender differences in relation to perceived adult attachment style among adolescents. The results indicated that high scores on paternal care and low scores on maternal overprotection indicated positive adult total attachment style in males. Among females, scores of paternal and maternal care, and low score on maternal overprotection predicted positive adult total attachment style.
Discussion

Shek (2006) indicated that gender moderated the perceived parental differences in parental control in their study conducted among Chinese adolescents. Gender differences indicated that adolescent girls were found to be higher on favourable perceptions of parent-adolescent relational qualities as compared to boys.

Hasumi, Ahsan, Couper, Aguayo, and Jacobsen (2012) examined the relationship between parental involvement and mental well-being among adolescents. It was a survey based study. Parental involvement was assessed by asking students a number of questions related to homework checking, parental understanding of their children’s problems, and parental knowledge of their children’s free-time activities. High levels of reported parental involvement was significantly associated with decreased poor mental health. Girls reported higher levels of parental understanding and parental monitoring as compared to boys. Girls who reported low levels of parental involvement suffered from symptoms of poor mental health, with highest rates of reported loneliness, anxiety, and depression.

Jayalakshmi and Ilango (2014) investigated the influence of parental handling and parental bonding among school students. They reported that majority of the female respondents were found to share problems with their mothers. The study indicated that females thought that both father and Perceived Mother Care and affection mattered towards them.

Gender Differences in Strategies Difficulties

The results of the present study have reported that females scored higher on strategies difficulties as compared to females. Existing studies have indicated the inclination of females to use dysfunctional strategies.

Gender role theories have suggested that women tend to use passive strategies such as rumination while dealing with emotions. In contrast, men use suppression or avoidance. Tamres, Janiki, & Helgeson (2002) conducted a meta-analysis of 10 studies and reported that women scored significantly higher on rumination as compared to men.

Studies have indicated that adolescent girls use more maladaptive coping strategies (Hampel & Petermann, 2006), and report experiencing higher levels of guilt, shame, and self-directed hostility (Hamilton & Jensvold, 1992).
Discussion

Nolen-Hoeksema & Aldao (2011) found gender differences in emotion regulation strategies among large community sample of women and men. The results indicated that women use rumination more as compared to men.

Gardener, Carr, MacGregor, and Flemingham (2013) investigated sex differences in emotion regulation in an event-related potential study. They indicated that women early emotional reactivity to negative stimuli.

Gender Differences in Physical Aggression

The results of the present study have indicated that males scored higher on Physical Aggression as compared to females. Existing findings are in line with present findings.

Valois, McKeown, Garrison, and Vincent (1995) examined the types and predictors of violent behaviours among adolescents in South Carolina. The results indicated that 38% males and 11% females reported carrying a weapon. Males were high in reporting fights as compared to females.

Pickett et al. (2005) conducted a cross national study by using Health Behavior in School-Aged Children (HBSC) survey among school students studying in Canada and United States. Boys were found to high in physical aggression.

Ray and Malhi (2006) investigated the prevalence and demographic characteristics of witnesses, victims and perpetrators of violence among 1500 Indian high school students. They also examined the impact of violence exposure on their psychosocial adjustments. 69% students witnessed violence in real life. 28% also witnessed serious violence (e.g. using objects like iron rods / sticks, chains, helmet / belts and hockey sticks/bats. Some of the adolescents even reported witnessing shootings and stabbing incidents. Males witnessed more violence and more serious crimes. Witnesses of violence had poorer academic performance, poorly adjustment at home, school and with teachers. Rate of victimization was more pronounced in girls and those exposed to violence had poor adjustment and poor school performance. Violence exposure was more prevalent among males as per witnesses as well as perpetrators.
Sadinejad et al. (2015) conducted a national study to explore the frequency of aggressive behaviours among Iranian children and adolescents. The results indicated that in total, physical fight was higher among boys as compared to girls. Being bullied and bullying others was higher among boys than among girls. No significant differences were found in prevalence of aggressive disorders in urban and rural sample. Physical fighting occurred more frequently among middle school students. Physical fighting, being bullied and bullying others occurred frequently among both boys and girls of middle school students.

Swahn et al. (2013) examined the prevalence of physical fighting among adolescents in 27 countries divided into 5 regions (Sub-Saharan Africa, Central and South America, Asia, Eastern Mediterranean, and the United States). Gender differences revealed that boys were high on frequent physical fighting than girls in 20 countries.

Sharma et al. (2014) assessed the prevalence of aggression among 15-26 year olds. Data was collected from Bangalore, Jammu, Indore, Kerala, Rajasthan, Sikkim and Delhi. The results indicated a significant difference between males and females in terms of experience and expression of aggression. Males were high on aggression as compared to females. Males were high on physical aggression, verbal aggression and anger as compared to females.

The experience of gender roles is dynamic and has a huge impact on the way one’s mental and physical realities operate. Gender socialization roles are influenced by multifarious factors such as genetic, environmental, familial, psych-social and cultural.

At this crucial stage, exposure to equal opportunities and experiences laid down for males and females are subjected to traditional social norms with respect to gender. Sustainable development goals also enshrine the dire need to consider gender empowerment, as a tool to bring transformations in the mind-set of society at large. The differences in gender emerging in the present study also bring out focus onto this global phenomenon.
Discussion

Hence, the present investigation has clearly brought out that positive and negative correlates can have a significant impact on well-being. This implies that well-being promotion programs or interventions for adolescents must focus on enhancing positive skills like gratitude, forgiveness, mindfulness, optimism, self-esteem and reducing/managing negative states like perceived stress, difficulties with emotion dysregulation and aggression in order to enhance well-being. It is essential to start promoting positive skills at the early stages of life-span in order to reap benefits in later life. Working on well-being enhancement positive skills will act as a buffer against emotion dysregulation. Another important factor that has emerged in the study is parental bonding. Balanced parenting where warmth, care, communication, affection, discipline and respect intersect will encourage adolescents to grow into responsible and flourishing adults. The ongoing discussion indicates that gender can have a critical role on the interplay of various correlates of Well-being.