SUMMARY

The aim of the present investigation was to study the correlates of Subjective Well-being, Total Psychological Well-being and its components, Total Quality of Life and its 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 also explored the predictors of Subjective Well-being, Total Psychological Well-being and its components, Total Quality of Life and its components among adolescents. The study 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.
Summary

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, and Clarity Difficulties.

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

**CORRELATES**

Correlation analysis was carried out to study the relationship between all the variables under study. The analysis was conducted for Total Sample (N = 250), Males Sample (n = 125) and Females Sample (n = 125).

**For Total Sample (N = 250)**

Correlation analysis revealed that Subjective Well-being significantly and positively correlated with Gratitude, Total Affect Forgiveness, Total Behaviour Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, and Perceived Father Care. Subjective Well-being significantly and negatively correlated with Perceived Mother Over-Protection and 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 among adolescents. Hence, the hypotheses were upheld.

Correlation analysis revealed that Total Psychological Well-being and Dimensions (Autonomy, Environmental Mastery, Personal Growth, Positive Relations with Others, Purpose in Life, Self-Acceptance) significantly and positively correlated with Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition.
Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care and Perceived Father Care. Total Psychological Well-being and Dimensions (Autonomy, Environmental Mastery, Personal Growth, Positive Relations with Others, Purpose in Life, Self-Acceptance) significantly and negatively correlated with Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance with Emotion Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression among adolescents. **Hence, the hypotheses were upheld.**

Correlation analysis revealed that Total Quality of Life and Components (Physical Quality of Life, Psychological Quality of Life, Social Quality of Life, Environmental Quality of Life) significantly and positively correlated with Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, and Perceived Father Care. Total Quality of Life and Components (Physical Quality of Life, Psychological Quality of Life, Social Quality of Life, Environmental Quality of Life) significantly and negatively correlated with Perceived Mother Over-Protection, Perceived Father Over-Protection, Perceived Stress, Non-acceptance with Emotion Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression among adolescents. **Hence, the hypotheses were upheld.**

**For Males Sample (n = 125)**

Correlation analysis revealed that Subjective Well-being significantly and positively correlated with Gratitude, Total Affect Forgiveness, Total Behaviour Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, and Perceived Father Care. Subjective Well-being significantly and negatively correlated with Perceived Mother Over-Protection and Perceived Father Over-Protection, Perceived Stress, Non-acceptance of Emotional Responses, Goal Difficulties, Impulse Difficulties, Awareness Difficulties, Strategies
Summary

Difficulties, Clarity Difficulties, Total Difficulties with Emotion Regulation, Physical Aggression, Verbal Aggression, Anger, Hostility, Total Aggression. **Hence, the hypotheses were upheld.**

Correlation analysis revealed that Total Psychological Well-being significantly and positively related with Gratitude, Total Affect Forgiveness, Total Behaviour Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, and Perceived Father Care. Subjective Well-being significantly and negatively correlated with Perceived Mother Over-Protection and 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.**

Correlation analysis revealed that Total Quality of Life significantly and positively correlated with Gratitude, Total Affect Forgiveness, Total Behaviour Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, and Perceived Father Care. Subjective Well-being significantly and negatively correlated with Perceived Mother Over-Protection and 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.**

**For Females Sample (n = 125)**

Correlation analysis revealed that Subjective Well-being significantly and positively correlated with Gratitude, Total Affect Forgiveness, Total Behaviour Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, and Perceived Father Care. Subjective Well-being significantly and negatively correlated with Perceived Mother Over-Protection and 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.**

Correlation analysis revealed that Total Psychological Well-being significantly and positively correlated with Gratitude, Total Affect Forgiveness, Total Behaviour Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, and Perceived Father Care. Subjective Well-being significantly and negatively related with Perceived Mother Over-Protection and 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.**

Correlation analysis revealed that Total Quality of Life significantly and positively related with Gratitude, Total Affect Forgiveness, Total Behaviour Forgiveness, Total Cognition Forgiveness, Total Forgiveness, Mindfulness, Optimism, Self-Esteem, Perceived Mother Care, and Perceived Father Care. Subjective Well-being significantly and negatively related with Perceived Mother Over-Protection and 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.**

**PREDICTORS**

Stepwise Multiple Regression Analysis was carried out to delineate the significant predictors for Subjective well-being, Total Psychological Well-being and it’s components and Total Quality of Life and it’s components. For the criterion variables, the predictor variables entered were viz. Gratitude, Total Affect Forgiveness, Total Behavior Forgiveness, Total Cognition Forgiveness, Mindfulness, Optimism,
Summary

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, Physical Aggression, Verbal Aggression, Anger, Hostility, for Total Sample, Males Sample and Females Sample.

Predictors for Total Sample (N = 250) for criterion variable Subjective Well-being

A perusal of Stepwise Multiple Regression Analysis for Total Sample for the criterion variable Subjective Well-being revealed eight significant predictors. Hostility, Gratitude, Perceived Stress, Strategies Difficulties, Clarity Difficulties, Non-acceptance of Emotional Responses, Goal Difficulties, and Total Affect Forgiveness emerged as significant predictors.

Predictors for Males Sample (n=125) for criterion variable Subjective Well-being

A perusal of Stepwise Multiple Regression Analysis for Males Sample for the criterion variable Subjective Well-being revealed six predictors. Anger, Gratitude, Non-acceptance of Emotional Responses, Physical Aggression, Strategies Difficulties and Perceived Stress emerged as significant predictors.

Predictors for Females Sample (n=125) for criterion variable Subjective Well-being

A perusal of Stepwise Multiple Regression Analysis for Males Sample for the criterion variable Subjective Well-being revealed eight predictors. Perceived Stress, Gratitude, Impulse Difficulties, Hostility, Awareness Difficulties, Total Affect Forgiveness, Self-Esteem, and Goal Difficulties emerged as significant predictors.

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

A perusal of Stepwise Multiple Regression Analysis for Total Sample for the criterion variable Total Psychological Well-being revealed eight predictors. Anger, Gratitude, Perceived Stress, Clarity Difficulties, Verbal Aggression, Optimism, Perceived Father Care and Goal Difficulties emerged as significant predictors.
Predictors for Males Sample (n=125) for criterion variable Total Psychological Well-being

A perusal of Stepwise Multiple Regression Analysis for Males Sample for the criterion variable Total Psychological Well-being revealed eight predictors. Anger, Clarity Difficulties, Physical Aggression, Awareness Difficulties, Verbal Aggression, Total Cognition Forgiveness, Mindfulness, and Total Behavior Forgiveness emerged as significant predictors.

Predictors for Females Sample (n=125) for criterion variable Total Psychological Well-being

A perusal of Stepwise Multiple Regression Analysis for Females Sample for the criterion variable Total Psychological Well-being revealed six predictors. Gratitude, Perceived Stress, Anger, Optimism, Perceived Father Care, and Strategies Difficulties emerged as significant predictors.

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

A perusal of Stepwise Multiple Regression Analysis for Total Sample for the criterion variable Total Quality of Life revealed nine predictors. Anger, Gratitude, Clarity Difficulties, Hostility, Perceived Father Care, Mindfulness, Perceived Stress, Total Cognition Forgiveness and Self-Esteem emerged as significant predictors.

Predictors for Males Sample (n=125) for criterion variable Total Quality of Life

A perusal of Stepwise Multiple Regression Analysis for Males Sample for the criterion variable Total Quality of Life revealed four predictors. Anger, Perceived Father Care, Gratitude, and Clarity Difficulties emerged as significant predictors.

Predictors for Females Sample (n=125) for criterion variable Total Quality of Life

A perusal of Stepwise Multiple Regression Analysis for Females Sample for the criterion variable Total Quality of Life revealed six predictors. Hostility, Clarity Difficulties, Gratitude, Perceived Stress, Total Cognition Forgiveness and Anger emerged as significant predictors.

GENDER DIFFERENCES

Significant gender differences were found on few variables.

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

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.**

The positive and negative correlates and predictors of well-being among adolescents have indicated that positive skills like gratitude, forgiveness, mindfulness, optimism, self-esteem can be incorporated in a positive skills based education in order to reduce emotion dysregulation, the effects of negative stress and aggressive behavior among adolescents.

The following chapter will discuss the implications of the present findings and suggestions for future research.