Adolescents, a period of transition from childhood to adulthood, involves dramatic changes in the physical, social, emotional and cognitive dimensions. People equate this period with stresses - yet it is also a period of great joy, happiness, excitement and creativity.

This is a period when adolescents need to prepare for adulthood. A happy adolescent will be a happy adult contributing maximally to society. It is, therefore, very important to know and understand the factors related to maximizing Well Being of adolescents. Theories of well being fall into the categories – Hedonistic and Eudiamonic.

Proponents of hedonistic viewpoint emphasize pursuit of sensual pleasures as the ultimate goal in life. This gives transitory happiness. To have lasting happiness, one should actualize one's potential and have meaning in life, this is the viewpoint of Eudiamonic theorists. The present study focused on these very important aspects of human life – Well Being measures viz. Subjective Well Being and Psychological Well Being. The aim was to explore the dynamics of Well Being from a family perspective i.e. how behavior and well being of parents is related to that of their offsprings. In addition, psychological correlates of Subjective Well Being and Psychological Well Being were also investigated. As character strengths are very important in human life, gratitude which is one of the greatest virtues and pillar of social strengths in any civilized society was also included in this investigation. Psychological Well Being, Subjective Well Being and Gratitude are all positive emotions and contribute to the optimum growth of the individual and society.

Results of the present study clearly demonstrate the contribution of parents as role models in cultivating positive emotions and mental health in their offspring. Parents pass on genetic predispositions and create appropriate family environments. Eysenckian Personality dimensions,
Coping styles, Hope, Optimism, Happiness, Mental Health, Well Being and Gratitude showed strong family relationships between father-daughter, father-son, mother-daughter and mother-son dyads.

Correlational and Regression analysis clearly revealed that by and large common predictors emerged for well being and gratitude. On the positive side, Extraversion, Perceived Parental Care, Coping styles, Forgiveness, Hope, Optimism, Mental Health, good Physical Health and Happiness emerged as positive correlates of Subjective Well Being, Psychological Well Being and Gratitude.

Perceived Parental Overprotection, Psychoticism, Neuroticism and Stress dimensions were pointed to be negatively related with Subjective Well Being, Psychological Well Being and Gratitude.

Surprisingly, and contrary to the expectations, anger experienced and Anger Expression styles were found unrelated to WB or gratitude. When anger experienced and anger expressed of parents and their offspring were studied, these dimensions were found to be significantly related for father-son dyad only. Mother-daughter dyad showed significant relation for Anger In style only. Mother-son dyad showed significant correlation for Anger Out only.

As regards gender, no differences emerged on SWB and their correlates. On Psychological Well Being, Forgiveness with all its dimensions was found to be significantly related with Psychological Well Being for males only. Similarly, Psychoticism and Neuroticism emerged as negative correlates of Psychological Well Being for males only. On Gratitude, the only gender differences that emerged were on Perceived Parental Overprotection which was negatively related with Gratitude for males only.

Though most of the research findings remain in the realm of incoherence; present investigations emphatically show cases the importance of dyadic relationships on most of the positive as well as negative emotions. Thereby, landing significant evidence emphasizing the
role of family relationships on the Subjective Well Being, Psychological
Well Being and Gratitude with exceptions, in various aspects of Anger.

This study demonstrates, to a great level, the Mother-Daughter,
Father-Daughter, Mother-Son and Father-Son dyad impacting Personality,
Happiness, Optimism, Gratitude, Forgiveness, Stress and Coping, Hope,
Autonomy, Purpose in Life and Self Acceptance, among adolescents. In
terms of, application of the finding of this study, it could be safely
concluded that a positively changed family relationships go a long way in
the Subjective Well Being, Psychological Well Being as well as the
Gratitude of the adolescents. Back to the basics, parents take care of
"what emotions their offsprings' are imbibing" – is the buzzword of present
study.

In the unending search for understanding and analysis this work
deserves to be extended to the rural population, Brother-Brother, Sister-
Sister, Sister-Brother dyads and triads in different socioeconomic and
cultural groups.

In one of the rare but meaningful excursions beyond the statistical
feature it could be concluded that the personality behavior of Indian
adolescent reflects the mentoring as well as the core of parental bonding.