Analysis of Nexus among Socioeconomic Status, Happiness, Gratitude, and Psychological Wellbeing in Adults

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ABSTRACT

Pakistan's population faces heightened susceptibility to mental health disorders and overall psychological well-being concerns due to the country's myriad social and economic challenges. The present research explored the relationships among adults' socioeconomic status, gratitude, happiness, and psychological well-being. Utilizing a cross-sectional study design and quantitative research methodology, a sample of 350 adults was selected through purposive sampling techniques. The study utilized a self-developed demographic sheet in conjunction with standardized questionnaires, including the Subjective Happiness Scale (SHS) and the Ryff Scale of Psychological Well-Being (PWB). The SHS, comprising four self-report items, was crafted by psychologist Carol D. Ryff. Conversely, the PWB, a 42-item scale, was designed to gauge six dimensions of well-being and happiness: autonomy, environmental mastery, personal growth, positive relationships with others, meaning in life, and self-acceptance. Additionally, the Gratitude Questionnaire-20, developed by Bernabe Valero and Jose Salvador Blasco Magraner, was employed. The study underscores a positive nexus between socioeconomic status, gratitude, happiness, and psychological well-being. Methodologically, it employs a Pearson product-moment correlation for descriptive statistics and multiple linear regressions to forecast the relationship between psychological well-being and happiness, gratitude, and socioeconomic status (SES). Results illuminate a robust direct correlation among gratitude, happiness, SES, and psychological well-being, with all variables exhibiting strong positive associations. Notably, happiness and SES demonstrate a significant Pearson Product Moment Correlation ($r=0.135^*$, $p=0.032$), underscoring their pivotal role. Furthermore, linear regression analysis, while controlling for GRT, SH, and SES, unveils the substantial predictive capacity of happiness and gratitude on adults' psychological well-being, elucidated by an R-squared value of 0.15. Collectively, these findings accentuate the salient influence of socioeconomic status, happiness, and gratitude on psychological well-being, fostering a deeper comprehension of their interconnectedness.

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1.   Introduction

Amidst Pakistan's enduring economic challenges exacerbated by events like the COVID-19 pandemic and floods of 2022, socioeconomic status emerges as a critical determinant of well-being. With a backdrop of persistent poverty and limited access to resources, the study seeks to assess the impact of socioeconomic status on happiness, gratitude, and psychological well-being among adults in Sialkot. Social class or socioeconomic status (SES) encompasses

various dimensions including power, prestige, and economic standing, shaping individuals' social position (Oakes & Rossi, 2003). In Pakistan, the population faces heightened vulnerability to mental health disorders and overall psychological well-being due to prevalent social and economic challenges. The COVID-19 pandemic inflicted severe damage on Pakistan's economy, particularly impacting the middle and lower classes already grappling with socioeconomic hardships. Compounding the situation, the floods of 2022 struck as the country was still recovering from the pandemic's aftermath, exacerbating both societal and economic strains. Within the framework of SES, three distinct levels—upper, medium, and lower—are commonly employed to gauge a family or individual's social standing. Education holds varying degrees of importance across these strata, with higher SES households prioritizing education within both familial and communal contexts. Conversely, lower SES households often prioritize basic needs such as shelter, safety, and access to food over educational pursuits. SES stands as a pivotal factor in shaping an individual and family's societal status and economic well-being, with income and education serving as prominent indicators of social class. Income reflects financial stability and the capacity to maintain a high standard of living, while education plays a critical role in determining one's occupation and earning potential.

The multifaceted nature of SES extends beyond income and education to encompass factors like employment, family influence, class status, property ownership, and caste, collectively contributing to an individual or family's social and economic standing. Socioeconomic status (SES) presents a nuanced and intricate picture, encompassing both subjective evaluations of individuals' socioeconomic circumstances and objective indicators like wealth or education. Subjective SES measures often utilize illustrative social ladders, where individuals gauge their position relative to others based on factors such as income, education, and career. While these findings align with existing research on psychological well-being and perceived SES identity, it's important to recognize that relying solely on certain societal indicators may narrow individuals' perceptions of their SES. Well-being can be understood as an individual's sense of self and their ability to contribute to society (Ryff & Singer, 2008). According to the hedonic approach, happiness is the absence of pain and the pursuit of pleasure (Deci & Ryan, 2008). Therefore, maintaining a stable financial situation is crucial for attaining psychological well-being, as it allows individuals to contribute to society effectively and find joy. Our occupation, social status, and economic circumstances all have psychological effects on us. However, the absence of financial resources and subsequent financial difficulties have a more pronounced negative impact on the psychological welfare of families and children. When a family must compromise on essential needs due to a lack of adequate funds and settle for lower-quality goods, they are considered to be experiencing economic hardship (Victoria, 2006). Socioeconomic status (SES) significantly impacts an individual's contentment and satisfaction with life. Happiness, as defined by Tangsathapornphanich (2017), encompasses a range of positive emotions from satisfaction to profound joy.

Daniel Kahneman describes happiness as the immediate experience of one's present circumstances. This happiness is heavily influenced by the ease with which individuals can access essentials and fulfill their basic needs. The pursuit of happiness is considered a fundamental human motivation. However, recent advancements in psychological science have enabled the measurement and prioritization of positive aspects of both mental and physical health. Some scholars argue that traditional concepts of well-being, which solely focus on the absence of illness, may not offer a comprehensive understanding of a person's overall well-being (Diener, 1994). According to Frisch (2001), a high quality of life entails striving for excellence rather than simply existing. However, contemporary studies have shifted focus towards alternative indicators. Initially, researchers assessed objective factors such as income and access to health, education, and recreational resources to gauge quality of life. Individuals with higher incomes tend to experience greater happiness as they often compare themselves with those who have lower incomes. To assess the extent to which financial status impacts happiness, economist Angus Deaton and psychologist Daniel Kahneman conducted a study in 2010. Their findings indicated that while daily happiness increases with wealth until basic needs and certain indulgences are met, additional wealth does not always lead to greater contentment beyond that point. Expressing gratitude allows individuals to recognize and appreciate the positive aspects of their lives (Wood, Froh, & Geraghty, 2010). Derived from the Latin word "gratus," meaning "pleasing" or "thankful," gratitude fosters a broader perspective, enabling individuals to cherish significant people in their lives. Emmen, Malda, Mesman, van

IJzendoorn, Prevoo, and Yeniad (2013) defines gratitude as a sense of contentment derived from receiving something—a gift, financial advantage, or emotional benefit—that was not necessarily earned. Grateful individuals acknowledge that these benefits were freely given and that they did not exert effort to acquire them. Early academic exploration of gratitude, such as Adam Smith's theory of moral sentiments (1976/1790), laid the groundwork for understanding its significance. Today, psychologists are increasingly interested in studying gratitude, its effects, and the inclination to appreciate life's blessings (Fredrickson, 2013). SES plays a role in individuals' acknowledgment of the positive aspects of their lives.

1.2. Model of Psychological well-being

The Six-Factor Model of Psychological Well-Being by Carol Ryff delineates six key factors influencing an individual's psychological health, including self-acceptance, fulfilling relationships, independence, mastery over one's environment, sense of purpose in life, and personal growth. In the digital age of social media, socioeconomic status (SES) plays a pivotal role in individuals' psychological well-being, as they compare themselves to others based on employment, education, and financial status, with lower SES linked to increased psychological welfare issues. Pakistan grapples with significant economic challenges, characterized by enduring structural deficiencies, poverty, and disparities, despite past progress in poverty reduction through agricultural and remittance-driven development. The study aims to examine the impact of SES on happiness, gratitude, and psychological well-being among adults in Sialkot, acknowledging that while happiness and gratitude may improve with higher SES, psychological well-being is influenced by social status and access to necessities. Education is a focal concern for adults in Pakistan, as it is essential for a healthy lifestyle, yet obtaining higher education often requires financial resources, disproportionately affecting those in the middle and lower socioeconomic classes.

2. Literature Review

Against a backdrop of enduring poverty and constrained resource access, this study endeavors to explore how socioeconomic status impacts the levels of happiness, gratitude, and psychological well-being among adults in Sialkot.

2.1. Psychological wellbeing and Socio-economic status

Max Weber, a sociologist, conceptualized inequality along three interconnected axes in 1958: class, position, and party. Each was seen as a foundation for authority and influence. Status was defined as honor and prestige in contrast to class, which emphasized financial standing and somewhat alluded to political influence. According to Weber, status groups were arranged hierarchically based on their particular lifestyles, dietary habits, and conduct or behavior tendencies. Well-being is probably affected by both money and education (Barger, Donoho, & Wayment, 2009). Higher levels of education, wealth, and therefore SES all contribute to greater psychological well-being in diverse ways. Low SES, on the other hand, is more likely to have a detrimental effect on well-being. A debt-to-assets ratio, used by Zimmerman and Katon (2005) to measure financial stress, likewise shows a strong correlation between depressed symptoms. In order to measure depression, CES-D (Eaton, Muntaner, Smith, Tien, & Ybarra, 2004) was employed on a sample from the US National Survey. They discovered that unemployment increases the likelihood of developing depression. In the Netherlands, a research comparing Moroccan and Turkish immigrants discovered differing relationships across each of the immigrant groups' life happiness and income (Gokdemir & Dumludag, 2012). Emmen et al. (2013) identified that greater SES corresponded to lower psychological distress and decreased acculturation stress among a different Turkish immigrants sample in the Netherlands. Thus, we can state that while a low SES maybe an adverse element and raise depression risk, a higher SES measured by finances and schooling tends to possess an encouraging effect on overall happiness and psychological well-being. This connection appears to be unrelated to the immigration population or the host nation.

2.2. Theoretical Background

A "*hedonism theory*" is of well-being that is based on classical utilitarianism. Hedonism holds that enjoyment is completely based on the number of conscious experiences one has favorable compared to ones deemed bad. In accordance with this theory, satisfaction and contentment are the solely essential welfare goods. The most fundamental welfare negatives, on the contrary, include unpleasant emotions like pain and sadness. Happiness and pain are terms we use for readability purposes to describe positive and negative experiences,

respectively. The hedonistic theory for happiness is vast: It encompasses not just classic examples of sensual enjoyment, such as the sensations of partaking in sexual activity and indulging in delicious food—and also additional instances of positive valence, such as the accomplishments of overcoming a challenge, either reading a book or assisting a friend. According to hedonists, each of these enjoyable endeavors has value on its own. Hedonists value other things as well, but they do so for different reasons. These include things like wealth, good health, equality, and fairness. In other words, they only have value if they help make individuals happier and experience less misery.

Hedonism is contentious, nevertheless, because it suggests that:

i.   All happiness and all pain are essentially beneficial to you.
ii. The only fundamental welfare good is happiness, and the only basic welfare evil is suffering.

Desire theories claim that fulfilling your life objectives will render happiness. In desire theory, key to living a happy life is simply to get whatever you desire, Need or desire. Bringing together utilitarianism with a desire theory of well-being generates preference utilitarianism. This theory holds that the optimum course of conduct involves the most effectively advances (everyone's) desires in general. Desire theory explains whether being poked in the eye gets preference to an ice cream cone, comparable to hedonism. Hedonism and desire theory however, frequently clash. Hedonism holds that happiness is achieved only if pleasure surpasses pain, regardless of whether it may not be what an individual desires most. Desire hypothesis, No matter what degree of pleasure is experienced; achieving a desire makes an individual happier or they experience pain. One obvious advantage of the desire theory is the capacity to comprehend Wittgenstein. The "objective list theory" (Nussbaum, 1992) sets happiness on a list of "truly valuable" items in the actual world, placing it outside of sensation. It asserts that achieving particular goals from a list of desirable activities is what makes a person happy. These goals might include professional success, companionship, freedom from illness and pain, financial pleasures, patriotic spirit, elegance, education, affection wisdom, and a clear conscience. According to theories of objective lists, numerous things are objectively valued or improve a person's well-being. Such lists frequently comprise meaningful acquaintances, achievement, enjoyment of elegance and originality, knowledge, 31 along with other things further than being happy. It is important to note that the items in this list represent fundamental or intrinsically valuable, meaning that their worth comes from those attributes rather than from an additional advantage. The list is said to as objective since the items on it are considered to be of advantageous to you regardless of how you may feel about them.

2.3.   Psychological wellbeing and Happiness

Happiness is a distinctive human attribute that influences mental health and is also influenced by the strength of one's cognitive abilities (Fowler & Christakis, 2008). In 2009, WHO for the first time recognized happiness as a crucial component to wellness. A crucial component of our daily lives is happiness. According to research (Bloodworth & McNamee, 2007; Stubbe, de Moor, Boomsma, & de Geus, 2007). A dedication to healthier degrees of physical exercise, maintaining an appropriate sleeping pattern, eating a nutritious diet, and making the decision to stop smoking or drinking too much alcohol are all strongly correlated with happiness. Those who are happy with their life are more unlikely to engage in dangerous or harmful behaviors (Graham, Eggers, & Sukhtankar, 2004). According to Piqueras et al. (2011), happy people have greater positive outcomes, including enhanced coping skills, nurturing relationships, higher financial achievement, physical health, and longevity. A happy life is one in which one is comfortable with one's circumstances, is physically healthy, and has a secure financial future, as stated by Johnson et al. (Farzianpour, Eshraghian, Emami, Hosseini, Hosseini, & Farhud, 2011). Modern civilization places the great priority on contentment. People strive for contentment in their own lives, but there is also a growing consensus that everyone ought to care relating to happiness of people around us and the governments should work to make more people happier overall. Now that scientific study offers deeper insight into the prerequisites for pleasure, this ancient philosophy is not only more widely acknowledged but also more readily applicable (Veenhoven, 2005).

2.4. Theoretical background

According to "cognitive theories", happiness is a byproduct of human thought and is a reflection of differences between views of life as it is and ideas about how life should be. It is considered that ideas about what should happen in life have roots in societal norms and differ among cultures. This philosophy-dominated perspective on happiness also permeates the minds of many social scientists. The "affect theory" suggests our level of whatever we feel influences how happy we are overall. According to affect theory, we "infer" rather than "compute" contentment, with the common heuristic being "most of the time I feel well, therefore I might be happy" (Schwarz & Strack, 1988). According to "set-point theory of happiness" a person's subjective well-being is said to vary around a stable set-point according to this theory we created so this data pattern can be explained (Diener, Lucas, & Scollon, 2009). As a result of significant life experiences, people may temporarily experience increases in well-being or losses in it, they will however swiftly adjust and SWB might ultimately revert due to its genetically predetermined level of baseline, according to these ideas (Lykken & Tellegen, 1996).

2.5. Psychological wellbeing and Gratitude

Gratitude is a feeling associated with admiration. The phenomenon of gratitude by American Psychological Association is more precisely described as happiness and appreciation sentiment as a response to a tangible incentive or providential coincidence. In accordance to Jans-Beken et al. (2020), gratitude serves as a trait and characteristic. In more simple explanation, one might feel appreciative for something or someone in the in attendance, while someone else might feel grateful for long time taking it as a virtue. In view of Jans-Beken et al. (2020), emotional, societal, and wellness of psychological has recognized to be positively associated with gratitude. Trait appreciation is a considerable "wellbeing predictor in addition to product desired by life" (Portocarrero, Gonzalez, & Ekema-Agbaw, 2020) a fact not very unexpected. Gratitude seems to have a domino effect. There is probability for an individual to recognize the support and consequently in return offer assistance if they experienced gratefulness (Wood, Froh, & Geraghty, 2010). If people are praised there is perhaps more probable of them to assist other individuals in their futures. Correspondingly, the expectation in the future of individuals to give back favors in future might not be acknowledged. According to Bono, Emmons, and McCullough (2004), it is advantageous for either people or nation to show appreciation. Initial scholars to seriously look on gratitude emotion proposed the theory of moral sentiments**.**

The investigation on gratitude, its influence, including the desire to appreciate the positive experiences that surround us (Fredrickson, 2013) has become interest among psychologists. SES influences the individual's acknowledgement about the positive aspects in their life. As per the knowledge of the researcher despite extensive research on the relationship between socioeconomic status (SES) and well-being, there is still a gap in understanding how cultural and societal factors interact with individual perceptions of happiness and gratitude. The current research seeks to explore these constructs, especially in regions experiencing significant economic constraints, such as Sialkot, Pakistan. Following hypothesis was formulated on the basis of literature review and theoretical perspectives:

- Psychological well-being will be positively associated with Gratitude and Happiness and socioeconomic status
- Socioeconomic status would have positive relationship with Psychological well-being, Gratitude and happiness among Adults.
- There ought to be a strong positive correlation among happiness and gratitude.

3. Method
3.1. Participants

The study involved 250 adult participants, specifically targeting young adults aged between 18 and 25. Among them, there were 16 males and 234 females, all of whom were students enrolled in different colleges and universities in Sialkot.

3.2. Design of Research

The current study utilized cross-sectional research approach to explore the association between Psychological Wellbeing (PWB) and three independent variables: Socioeconomic Status (SES), Happiness, and Gratitude, among adults. Multiple linear regressions were

employed for data analysis. Research methodology encompasses the systematic and conceptual evaluation of techniques utilized within a particular field of study (Kothari, 2004).

3.3. Sampling Technique

Data was collected through purposive sampling technique as in population every individual has an equal likelihood of getting chosen.

3.4. Measures
3.4.1. The Ryff's Psychological Well-Being Scales

The Ryff Psychological Wellbeing (PWB) Scale, comprising 42 items, assesses six variables: Autonomy, Environmental Mastery, Personal Growth, Positive Relationships with Others, Sense of Purpose in Life, and Self-Acceptance, to gauge wellness and contentment. Utilizing a Likert-type rating scale with 6 points, ranging from 1 (Strongly Disagree) to 6 (Strongly Agree).

3.4.2. The Subjective Happiness Scale

The Subjective Happiness measure comprises a 4-item Likert-type scale assessing overall subjective happiness on a scale from 1 to 7. Two items offer a brief overview of happy and unhappy individuals, prompting participants to evaluate how well each category describes them, while the other two questions inquire about participants' self-rating in absolute terms and relative to their peers. The Subjective Happiness Scale demonstrates strong internal consistency.

3.4.3. Gratitude Questionnaire-20 Items

The Gratitude Questionnaire-20 is grounded in a comprehensive conceptual framework of gratitude, providing a robust foundation for its questions. Utilizing a Likert-type rating system ranging from 1 (Strongly Disagree) to 7 (Strongly Agree), this tool offers multiple advantages, including the assessment of various types of gratitude triggered by different stimuli, the intensity of affect associated with the object, and diverse manifestations encompassing mental processes, emotions, and actions. It evaluates 20 facets of gratitude across four dimensions: Interpersonal Gratitude (IG): Items 1–7; Gratitude in the face of Suffering (GS): Items 8–12; Recognition of Gifts (RG): Items 13–16; Expression of Gratitude (EG): Items 17–20.

3.5. Procedure
3.5.1. The Macarthur Scale of Subjective Social Status (Macarthur SSS Scale)

The study confirmed main focuses: gratitude, socioeconomic status, happiness, and psychological well-being. Before gathering data, researcher secured permissions from scale authors and approvals from institutions like GPGC Sialkot, Govt. Murray College Sialkot, and University of Sialkot. Both men and women participated, providing clear consent. Researcher ensured participants understood the questionnaire instructions, adhering to ethical guidelines. While many were literate, the researcher was available for clarifications. Data analysis was conducted using SPSS for a detailed interpretation.

3.5.2. Ethical consideration

All ethical guidelines were meticulously adhered to throughout the research. Informed consent, confidentiality, and debriefing were rigorously maintained. Authorization for consent to conduct the study was obtained from relevant authorities. Individuals within the specified age range were invited to participate in the research project via a printed consent form. Participants were assured that their information would be kept confidential and used solely for academic purposes, fostering trust in their participation.

4. Results
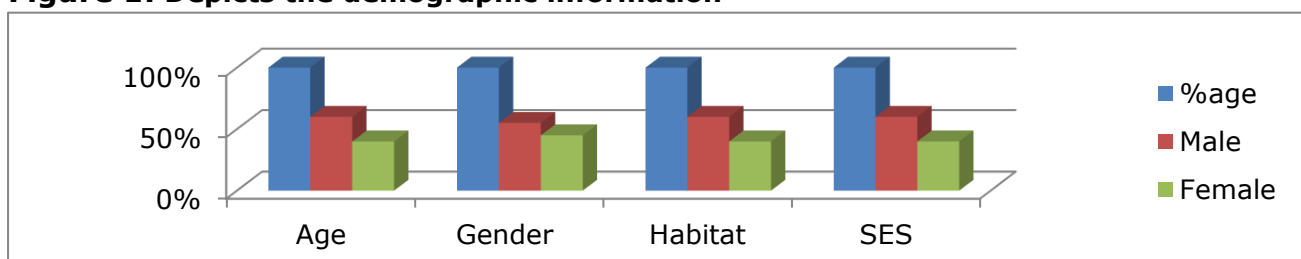**Figure 1: Depicts the demographic information**

Figure 2: Defines descriptive statistics of the scales of the current study

SES ■ gratitude ■ happiness ■ psychological well-being

Table 1: Pearson Product Moment Coefficient of Correlation analysis for variables (N=350).

		SES	GRT	PWB	SH
SES	Pearson Correlation	1	-.047	.116	.135*
	Sig. (2-tailed)		.457	.068	.032
GRTT	Pearson Correlation	-.047	1	.319**	.168**
	Sig. (2-tailed)	.457		.000	.008
PWBT	Pearson Correlation	.116	.319**	1	.269**
	Sig. (2-tailed)	.068	.000		.000
SH	Pearson Correlation	.135*	.168**	.269**	1
	Sig. (2-tailed)	.032	.008	.000	
	N	350	350	350	350

*. Correlation is significant at the 0.05 level (2-tailed).
**. Correlation is significant at the 0.01 level (2-tailed).

Table 1 reveals that the Pearson product moment correlation (r=.135*, p=.032) for happiness with SES. Significant positive correlation exists between PWB (r=.319**, p=.000) and SH (r=.168**,p=.008). The value of (p=.000) depicts that there is high level of statistical difference between GRT (r=.319**) and SH (r=.369**). The SES (r=.135*, p=.032) has significant association with SH. GRT (r=.168**) and PWB (r=.269**) have high significant difference in association with SH. N row depicts the sample size that is N=350.

Table 4: Multiple Linear Regression

		B	B			95.0%CL	
1	(Constant)	120.901		15.183	.000	(105.218,	136.585)
	GRTT	.359	.319	5.296	.000	(.225,	.492)
2	(Constant)	110.464		13.388	.000	(94.212,	126.715)
	GRTT	.317	.282	4.730	.000	(.185,	.449)
	SH	.859	.222	3.733	.000	(.406,	1.312)

a.   Dependent Variable: PWBT

Note: Adjusted R square = .143, CL = confidence interval for B

Linear regression analysis was applied in order to check the effects of GRT, SH and SES on PWB. Results show that the gratitude and happiness predict significantly the psychological wellbeing among adults p < 0.00 with an R square of 0.15.

5.   Discussion

This study investigated the connections between psychological health, gratitude, and happiness, highlighting the significant role of socioeconomic status (SES) in people's well-being and life satisfaction. Happiness, seen as a range of positive emotions from contentment to pure joy, is heavily influenced by access to essentials and meeting basic needs. Recent advancements in psychology emphasize the importance of considering positive aspects of mental and physical health, going beyond just the absence of illness, as highlighted by scholars like (Diener, 1994). Both education and wealth, key components of SES, contribute to better psychological well-being, while a lower SES is linked to negative health outcomes, including depression (Wang, Schmitz, & Dewa, 2010). This study (N = 368; Mean Age = 39.67, Standard Deviation = 13.40) aims to reevaluate SES measures in conjunction with mental health,

suggesting a modified SES framework that includes money, education, and employment as distinct social indicators. The study seeks to determine if these social indicators can predict mental health outcomes. In the context of the COVID-19 pandemic, urgent mental health intervention is crucial for affected individuals, caregivers, families, and the general population to reduce the risks of secondary mental health crises (Kang et al., 2020). Implementing mental health interventions through both on-site and online platforms is essential in addressing the psychosocial impact of an ongoing pandemic. In today's world, adults are striving for happiness and fulfillment, often seeking autonomy and intrinsic motivation to make their own choices. Setting meaningful goals and practicing gratitude are effective strategies for improving overall well-being. Numerous studies have demonstrated that gratitude leads to successful living and helps individuals find purpose in life. Grateful individuals are more likely to maintain a positive outlook, accept themselves, and approach challenges with optimism, leading to a deep sense of satisfaction and purpose in life.

5.1. Study Limitations

Additionally, the reliance on self-reported measures for psychological health, gratitude, and happiness may introduce response biases. Future research could benefit from longitudinal designs to better understand the long-term effects of SES on mental health outcomes. Moreover, incorporating objective measures of SES, such as income and educational attainment, could provide a more comprehensive understanding of its impact.

6. Conclusion

The current study examines how socioeconomic status (SES), gratitude levels, and happiness impact psychological well-being. It suggests that SES plays a significant role in predicting the levels of happiness, gratitude, and psychological well-being in individuals. Higher SES tends to correlate with greater psychological well-being, happiness, and gratitude. Psychological well-being is characterized by a positive outlook on life, feelings of satisfaction and fulfillment, and the ability to manage distressing emotions like sadness and anxiety.

6.1. Study Implications

The study's theoretical and practical implications underscore the importance of considering SES, gratitude, and happiness in understanding and promoting psychological well-being across various domains of life. It's theoretical and practical implication is as follows.

6.1.2. Theoretical Implications

The study reinforces the notion that SES serves as a significant predictor of psychological well-being, happiness, and gratitude. This aligns with existing theories suggesting that access to resources and opportunities associated with higher SES contributes to overall well-being. Moreover, by examining the relationships between SES, gratitude, happiness, and psychological well-being, the study contributes to the field of positive psychology. It highlights the importance of considering positive factors, such as gratitude and happiness, in understanding psychological well-being alongside traditional indicators. Further the findings underscore the role of social determinants, specifically SES, in shaping individual well-being. This contributes to a deeper understanding of the complex interplay between socioeconomic factors and psychological outcomes.

6.1.3. Practical Implications

Policymakers can use the insights from this study to develop interventions aimed at addressing socioeconomic disparities and promoting well-being. Efforts to reduce income inequality and increase access to education and resources may positively impact overall psychological well-being. Community-based programs can incorporate strategies to enhance gratitude and happiness, particularly among individuals from lower SES backgrounds. These programs can offer support, resources, and skills training to improve mental health outcomes. Mental health professionals can integrate interventions targeting gratitude and happiness into therapy sessions, especially for clients facing socioeconomic challenges. By fostering positive emotions and coping strategies, therapists can contribute to the psychological well-being of their clients.

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