

CAN UNIVERSITY UNDERGRADUATES IMPROVE THEIR LEVELS OF HAPPINESS BY BEING GRATEFUL AND LIVING A PURPOSEFUL LIFE?

Mayungbo, O. A.* & Iwuoha, C. C.

Department of Psychology, Lead City University, Ibadan, NIGERIA

Email: doctormayungbo@gmail.com

ABSTRACT

Gratitude has been linked with normal human functioning and well-being yet, its association with happiness and life satisfaction remains understudied among non clinical samples in collectivist cultures. Most studies on gratitude are focused on clinical settings and in individualist cultures. This study investigates the predictive strength of gratitude and purpose in life on life satisfaction among university undergraduates in Nigeria. Using a cross sectional research design, 390 university students were selected from 2 (public and private) universities. A questionnaire on socio-demographic profile, gratitude scale($r=0.84$), purpose in life scale($r=0.96$) and life satisfaction scale ($r=0.90$) was administered to participants. Data were analyzed using descriptive statistics, correlation analysis and regression analysis at 0.05 level of significance. Three hypotheses were tested. The results revealed that gratitude and purpose in life jointly and independently predicted life satisfaction ($R^2 = .24$; $F = 62.56$; $p < .05$). Being grateful and having purpose are crucial for a comprehensive examination of life satisfaction.

Keywords: Gratitude, Purpose in life, Happiness, Cultural differences, Undergraduates, Nigeria.