



Research Article

Gratitude, Spirituality and Psychological Flexibility - A Correlational Study

Aasmi Walia ^{1*}, Dr Rita Kumar ²

^{1,2} AIPS (Amity Institute of Psychology and Allied Sciences), Amity University Campus
Noida, Uttar Pradesh, India

Corresponding Author: *Aasmi Walia

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Abstract

We counted the conformability of gratitude, spirituality and mental acceptance in youths, whether spirituality was connecting the grateful and accepted. Adolescence to early twenties is a troublesome area - individuals have to deal with mood swings, self-exploration and other mental issues. Their emotions could be kept under control through having something to be thankful for, spiritual, and accepting. In this case, we adopted a convenience sample of 114 young adults in conducting a correlational study. We administered the Acceptance and Action Questionnaire-II (AAQ-II), Daily Spiritual Experience Scale (DSES), Gratitude Questionnaire (GQ-6) and the regularly-used. The correlation revealed that gratitude, spirituality and acceptance are interrelated according to the Pearson correlation coefficient. In addition, the relation of acceptance and appreciation was fully plotted out in the mediation analysis that identified spirituality as the fully explained relationship. In summary, the important element that gratitude enhances in acceptance is the deeper spiritual experiences. Through the study, it is easy to point out the proximity of the spiritual and gratitude combo to affirm emotional well-being and mind acceptance among the youths.

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KEYWORDS: Gratitude, Spirituality, Psychological Acceptance, Psychological Flexibility, Young Adults, Emotional Well-being Mediation Analysis, Positive Psychology.

1. INTRODUCTION

1.1 Young Adulthood as a Critical Developmental Stage

Young adulthood is an important developmental period that generally begins in the late teenage years and continues into the mid-twenties. This stage is marked by significant social, emotional, and psychological changes. During this period, individuals often enter higher education, begin their careers, establish independence from their families, and develop close interpersonal relationships. According to developmental psychologists, this stage plays a crucial role in shaping identity, personal values, and long-term life goals (Arnett, 2015).

Erikson's psychosocial theory identifies young adulthood as the stage of intimacy versus isolation. At this stage, individuals strive to build meaningful relationships while maintaining a stable sense of self (Erikson, 1968). Successful resolution of this stage leads to healthy emotional connections and long-term relationships, whereas difficulties may result in loneliness and social withdrawal. Therefore, the experiences and coping mechanisms developed during young adulthood significantly influence emotional well-being in later life.

Young adults often face numerous challenges such as academic demands, career uncertainty, financial pressures, and changing social roles. These stressors may contribute to emotional instability, anxiety, and self-doubt if individuals lack effective coping strategies (Schulenberg et al., 2014). However, this developmental stage also provides opportunities for personal growth, resilience building, and identity exploration.

Arnett (2000) described this phase as "emerging adulthood," highlighting its distinctive characteristics such as identity exploration, self-focus, instability, and optimism about the future. Because of these rapid transitions and emotional fluctuations, maintaining mental well-being during young adulthood becomes particularly important. Psychological resources such as gratitude, spirituality, and acceptance may help individuals cope with stress and maintain emotional stability.

1.2 Psychological Challenges Faced by Young Adults

Young adults encounter several psychological challenges as they navigate the transition from adolescence to adulthood. One of the most significant challenges is identity development. During this stage, individuals actively explore their beliefs, values, and personal goals to develop a stable sense of self (Erikson, 1968). This process, although necessary for personal growth, may also create emotional conflicts, particularly when personal aspirations differ from family or societal expectations. Financial and career concerns are also major stressors for many young adults. Concerns related to employment opportunities, financial independence, and professional success often contribute to anxiety and psychological distress (Schulenberg et al., 2014). Academic competition and performance expectations further intensify these pressures.

Interpersonal relationships also play an important role during this stage. Young adults seek meaningful friendships and romantic relationships while simultaneously striving for independence. Difficulties in maintaining relationships or fear

of rejection can negatively affect emotional well-being (Shulman & Connolly, 2013). Additionally, increased exposure to social media often leads to social comparison, which may increase feelings of inadequacy or loneliness.

Research suggests that many mental health conditions, such as anxiety and depression, frequently emerge during young adulthood (Kessler et al., 2005). Without effective coping mechanisms, these stressors can significantly affect psychological well-being. Therefore, identifying protective psychological resources that help individuals manage these challenges is essential.

1.3 Need for Positive Psychological Resources

In recent years, psychology has increasingly focused on positive psychological resources that support mental health and resilience. Positive psychology emphasises strengths such as optimism, gratitude, hope, and psychological flexibility rather than focusing solely on mental illness (Seligman, 2011).

These internal strengths act as protective factors that help individuals manage stress and adversity more effectively. Research has shown that individuals who possess higher levels of positive psychological traits experience greater life satisfaction, emotional stability, and resilience. Such resources allow individuals to cope with stressful situations more adaptively and maintain psychological well-being.

Recent studies have also found strong associations between gratitude, optimism, and mental well-being. These positive traits help individuals reinterpret stressful experiences, develop adaptive coping strategies, and maintain emotional balance. Consequently, integrating positive psychological resources into mental health research has become increasingly important, particularly for young adults who face numerous developmental challenges.

1.4 Concept of Gratitude in Psychology

Gratitude is one of the most widely studied constructs in positive psychology. It refers to the tendency to recognise and appreciate the positive aspects of life and the contributions of others (Wood et al., 2010). Gratitude can be experienced both as a temporary emotional state and as a stable personality trait.

According to Seligman (2011), gratitude plays a significant role in promoting psychological flourishing. Individuals who regularly experience gratitude tend to focus on positive experiences rather than negative ones. This perspective encourages optimism, enhances interpersonal relationships, and promotes emotional well-being.

Research consistently demonstrates that gratitude is associated with lower levels of anxiety, depression, and stress, as well as greater emotional regulation and resilience (Emmons & Mishra, 2011; Wood et al., 2014). Grateful individuals are more likely to interpret challenging situations positively and maintain adaptive coping strategies.

Gratitude also strengthens social relationships by promoting empathy, cooperation, and prosocial behaviour (Algoe, 2012). For young adults who are forming new friendships and romantic relationships, gratitude may enhance relationship

satisfaction and social connectedness. Consequently, gratitude functions as an important psychological resource that contributes to emotional stability and overall well-being.

1.5 Gratitude as a Coping Mechanism

Beyond its emotional benefits, gratitude also functions as an effective coping strategy. Coping refers to the methods individuals use to manage stress and challenging life situations. Gratitude helps individuals reinterpret stressful events more constructively and focus on available support or personal strengths.

Studies have shown that gratitude practices such as gratitude journaling and reflection improve emotional regulation and reduce symptoms of anxiety and depression (Emmons & Mishra, 2011; Dickens, 2017). By encouraging individuals to focus on positive aspects of their lives, gratitude reduces negative emotional reactions and promotes resilience.

Gratitude also enhances social support networks. Individuals who express gratitude are more likely to receive emotional support from others, which further strengthens their ability to cope with stress (Algoe, 2012). Recent research also indicates that gratitude encourages psychological acceptance and flexibility, allowing individuals to acknowledge both positive and negative experiences without becoming overwhelmed by them (Jans-Beken et al., 2020).

1.6 Understanding Spirituality

Spirituality refers to the search for meaning, purpose, and connection with something greater than oneself. Unlike organised religion, spirituality is often understood as a personal and subjective experience that may or may not involve religious beliefs (Koenig, 2012).

In psychological research, spirituality is considered an important internal resource that helps individuals cope with life challenges. It provides individuals with a framework for understanding difficult experiences and finding meaning during stressful situations (Pargament, 2013).

Spirituality is also associated with improved emotional regulation and psychological resilience. Practices such as meditation, prayer, and mindfulness have been linked with reduced anxiety, greater emotional stability, and improved mental well-being (Garssen et al., 2021). Recent studies also indicate that spirituality contributes to life satisfaction and reduces symptoms of depression and emotional distress (Counted et al., 2022).

For young adults facing academic, career, and relationship challenges, spirituality can provide a sense of direction, hope, and emotional support.

1.7 Concept of Psychological Acceptance

Psychological acceptance is another important concept in modern psychology, particularly in acceptance-based therapeutic approaches. It refers to the ability to acknowledge and experience thoughts and emotions without attempting to suppress or avoid them (Hayes et al., 2012).

Acceptance promotes psychological flexibility, allowing individuals to remain engaged with meaningful activities despite experiencing uncomfortable emotions. According to Acceptance and Commitment Therapy (ACT), avoiding negative emotions often intensifies psychological distress, whereas accepting them helps individuals manage them more effectively.

Research indicates that higher levels of psychological acceptance are associated with lower stress, reduced anxiety and depression, and greater emotional resilience (Kashdan et al., 2014). Acceptance also encourages self-compassion and emotional awareness, which contribute to overall mental well-being.

Recent studies further suggest that acceptance-based strategies significantly improve psychological functioning and life satisfaction among young adults (Gloster et al., 2020; Rueda et al., 2020).

1.8 Importance of Acceptance for Mental Well-Being

Acceptance plays a crucial role in promoting emotional balance and psychological resilience. By reducing experiential avoidance—the tendency to suppress uncomfortable emotions—acceptance allows individuals to process their experiences more adaptively (Kashdan et al., 2014).

Acceptance also supports psychological flexibility, enabling individuals to adapt to life changes while maintaining their personal values. Research has shown that acceptance-based interventions such as mindfulness and Acceptance and Commitment Therapy significantly improve mental health outcomes (Gloster et al., 2020).

For young adults experiencing developmental challenges, acceptance may help them manage emotional difficulties, build resilience, and maintain psychological well-being. Together with gratitude and spirituality, psychological acceptance represents an important positive psychological resource that supports healthy emotional functioning.

2. REVIEW OF LITERATURE

Nguyen and Söylev (2026) Here is what one researcher in the mindfulness parenting study said about the link between a spiritual outlook and its effect on mental health: "looked into how a spiritual outlook can shape mental health via the timely introduction of meaning and turning to meaning helps - but turns out, folks who are more spiritually minded usually find meaning and purpose even when life gets tough - It nudges them to be grateful even when stuff gets rough as gratitude helps them take the facts in stride without fighting it boosts how well they're able to accept acceptance steadies our mental and emotional movement" the study basically says that spirituality is a mental map that allows us to support mental health and emotional stability.

Zhang et al. (2025) Turns out, spirituality works as a backdrop to increase the good vibes from gratitude to your overall well being; folks who lean more into religion feel positive gratitude in deeper, steadier ways; that ongoing thankfulness lets them accept life's uncontrollable stuff better; gratitude plays the role

of a middleman between faith and mental health: showing how spiritual worldviews help folks see life through a more appreciative lens; and the study points out how spirituality really averages the effects of gratitude - based ways of coping. Kashdan et al. (2025) identified the links between emotional management strategies and gratitude. The results revealed that gratitude enhances acceptance-based coping as compared to the avoidance or suppression of emotions. Thankful individuals were better able to receive displeasing thoughts and feelings without making a judgment. This tolerance broadened the range of psychological flexibility and reduced affectivity. These findings suggest that thankfulness makes one ultimately emotionally stable by fostering acceptance of one's own situation.

Hinds and Hinterberger (2025) explored coping strategies of spirituality. The study revealed that patients experienced more gratitude when they performed such processes such as prayer and meditation. They were able to link that increment of gratitude to the limitations and uncertainty of their illness. The thankful people remained more adherent to their treatment and found less emotional distress. The takeaway? Toleration and appreciation, agreed, especially in the case of connection with spirituality, actually help.

Nguyen and Söylev (2025) discussed spirituality and the purpose of life and mental health in the framework of structural equation modelling. The research discovered that spirituality assisted individuals in accepting major things such as death and suffering. When people found meaning in things, they were thankful. It was this gratitude that levelled their minds and kept their emotions under check. Fundamentally, gratitude as a form of acceptance, which is spiritual, can make a positive contribution towards mental well-being.

Garcia et al. (2024). The study examined acceptance as a sort of bridge between feeling and being thankful. They found that without acceptance, it is not enough to be grateful to predict how mentally healthy you are. Gratefulness helps folks to focus on the positives in their lives. That change results in an increased sense of balance and not being as thrown off by tough stuff. So, to summarise, acceptance is one of the key links that connect well-being and gratitude to each other.

Wnuk (2024) discussed its impact on the general mood of people through a spiritual atmosphere in the workplace. As it turned out, being at the office and being spiritual raised the degree of appreciation team members have towards each other. The said grateful mood enabled the individuals to approach the stress related to their jobs in a lighter way. This brought about happiness in the lives of the people and reduced burnout when the individuals embraced what the job was requesting them to do. The study indicates that gratitude tips spirituality and stress management in places of work.

Manthey et al. (2024) assessed mindfulness and acceptance practices combined with gratitude therapies. Individuals who combined acceptance techniques with gratitude practices demonstrated long-term emotional well-being. Additionally, these people reported less emotional distress and rumination. The results imply that acceptance enhances gratitude therapies'

long-term efficacy. This study backs integrative strategies that combine acceptance and thankfulness.

Holm (2024) carried out a qualitative study on spiritual experiences while recovering from mental illness. After experiencing spiritual revelations, participants often reported feeling more grateful. Acceptance of personal limitations and hardship was strongly associated with these demonstrations of thankfulness. People who were grateful were able to see upsetting events in a more positive light. The results highlight how spirituality might support acceptance and thankfulness during the healing process.

Najafi et al. (2023) examined the relationships among spiritual well-being, gratitude, and psychological flexibility. The study found that gratitude acted as a partial mediating factor in the relationship between spirituality and acceptance-based coping. Greater ability to tolerate emotional discomfort was linked to higher levels of spiritual well-being. This acceptance reduced symptoms of anxiety and depression. The findings highlight the emotional link between spirituality and flexibility through gratitude.

3. METHODOLOGY

3.1 Aim of the Study

The present study aims to examine the relationship between gratitude, spirituality, and psychological acceptance among young adults, and to investigate the mediating role of spirituality in the relationship between acceptance and gratitude. Young adulthood is a developmental stage characterised by emotional transitions, identity exploration, and increased responsibilities. Understanding psychological resources such as gratitude, spirituality, and acceptance may provide insight into factors that support mental well-being during this period.

3.2 Objectives of the Study

The specific objectives of the study are:

1. To examine the relationship between gratitude and spirituality among young adults.
2. To examine the relationship between acceptance and gratitude among young adults.
3. To investigate the relationship between spirituality and acceptance among young adults.
4. To determine whether spirituality mediates the relationship between acceptance and gratitude among young adults.

3.3 Hypotheses

Based on the objectives of the study, the following hypotheses were formulated:

1. There will be a significant relationship between gratitude and spirituality among young adults.
2. There will be a significant relationship between acceptance and gratitude among young adults.
3. There will be a significant relationship between spirituality and acceptance among young adults.

4. Spirituality will significantly mediate the relationship between acceptance and gratitude among young adults.

3.4 Research Design

The present study employed a correlational research design. This design was chosen because the aim of the study was to examine the relationships among psychological variables without manipulating them. Correlational analysis helps in identifying the direction and strength of relationships between variables.

In addition to correlation analysis, mediation analysis was conducted to examine whether spirituality explains the relationship between acceptance and gratitude. Mediation analysis allows researchers to determine whether the effect of one variable on another occurs indirectly through a third variable.

3.5 Variables of the Study

Independent Variable

Gratitude

Gratitude refers to a positive emotional tendency in which individuals recognise and appreciate the benefits received from others or from life experiences. In this study, gratitude represents a person's general tendency to feel thankful and appreciative.

Mediating Variable

Spirituality

Spirituality refers to an individual's sense of meaning, purpose, inner peace, and connection to something greater than oneself. In the present study, spirituality acts as a mediating variable explaining the relationship between acceptance and gratitude.

Dependent Variable

Acceptance

Acceptance refers to an individual's willingness to experience thoughts, emotions, and life situations without avoidance or judgment. In this study, acceptance represents psychological flexibility and the ability to handle internal experiences in a healthy way.

3.6 Sample and Sampling Technique

The sample consisted of 114 participants. Participants were selected using a convenience sampling method, which involves selecting individuals who are easily accessible and willing to participate.

Participants were members of the general population who met the study criteria and voluntarily agreed to take part in the research. Participation was completely voluntary, and responses were kept confidential to ensure ethical research practices.

3.7 Description of Tools Employed

1. Gratitude Questionnaire (GQ-6)

The Gratitude Questionnaire-6 (GQ-6) is a widely used instrument designed to measure the tendency to experience

gratitude in daily life. The scale contains six items that assess how strongly individuals feel and express gratitude.

The GQ-6 demonstrates good reliability with a Cronbach's alpha ranging from .82 to .87, indicating strong internal consistency. The scale also shows good test-retest reliability, suggesting stability of scores over time.

The questionnaire has strong construct validity and content validity, as the items effectively capture the core aspects of gratitude. It also demonstrates convergent validity, as gratitude scores are positively related to life satisfaction, well-being, and positive emotions. Additionally, the scale shows discriminant validity, distinguishing gratitude from related constructs such as religiosity.

2. Daily Spiritual Experience Scale (DSES)

The Daily Spiritual Experience Scale (DSES) measures the frequency of everyday spiritual experiences. It focuses on feelings of connection, peace, meaning, and spiritual awareness in daily life.

The DSES has excellent reliability with Cronbach's alpha values ranging from .90 to .95, indicating high internal consistency. The scale also demonstrates strong validity across various cultural and research settings.

It shows good construct validity by measuring experiential aspects of spirituality and content validity through items that capture emotional and experiential components of spirituality. The scale also demonstrates convergent validity, as it correlates positively with well-being and life satisfaction, while maintaining discriminant validity from unrelated psychological traits.

3. Acceptance and Action Questionnaire – II (AAQ-II)

The Acceptance and Action Questionnaire-II (AAQ-II) measures psychological acceptance and experiential avoidance. It assesses an individual's ability to manage difficult thoughts and emotions.

The AAQ-II has strong reliability with Cronbach's alpha values ranging from .78 to .88, indicating good internal consistency. It also demonstrates good test-retest reliability.

The scale shows good construct validity, as its items measure psychological flexibility and acceptance. It also demonstrates convergent validity through correlations with measures of psychological distress, anxiety, and depression. Furthermore, it displays discriminant validity by differentiating psychological inflexibility from general negative affect.

3.8 Statistical Analysis

Data analysis was conducted using JaMovi statistical software.

The following statistical procedures were used:

1. Pearson's correlation analysis to examine relationships between gratitude, spirituality, and acceptance.
2. Mediation analysis to determine whether spirituality mediates the relationship between acceptance and gratitude.
3. Statistical significance was tested at 0.05, 0.01, and 0.001 levels.

4. RESULT

The current study looked at the connections between acceptance, spirituality, and gratitude in a sample of 114 adults. The suggested hypotheses were tested using mediation analysis and Pearson's correlation analysis.

4.1 Trend Analysis

Variable	Low (%)	Moderate (%)	High (%)
Gratitude	14%	21%	65%
Spirituality	8%	32%	60%
Acceptance	22%	54%	24%

Different distribution patterns for the three study variables were found by the overall trend analysis. The majority of participants

expressed strong feelings about appreciation, as seen by the largely high-level tendency in gratitude (65%), whereas low gratitude was very rare (14%). The majority of participants reported frequent spiritual experiences, and only 8% shown low levels of spirituality, which was also substantially high at 60%. Conversely, fewer people reported high acceptance (24%), with acceptance being largely moderate (54%), indicating an average measure of psychological flexibility. Overall, the suggested study hypotheses are descriptively supported by the pattern of moderate acceptance along with high levels of appreciation and spirituality.

4.2. Descriptive Statistics of Study Variables

	GENDER	GRATITUDE	SPIRITUALITY	ACCPTANCE
N	Female	65	65	65
	Male	49	49	49
Missing	Female	0	0	0
	Male	0	0	0
Mean	Female	29.8	45.7	24.8
	Male	28.2	45.2	22.2
Median	Female	30.0	45.0	25.0
	Male	30.0	44.0	22.0
Standard deviation	Female	6.84	14.9	8.49
	Male	7.50	13.2	7.89
Minimum	Female	18.0	19.0	9.00
	Male	17.0	22.0	7.00
Maximum	Female	41.0	91.0	47.0
	Male	41.0	68.0	43.0

There were 65 females and 49 males in the sample, and all the variables have 100% data. The median scores were pretty much the same, so the central trends are similar. But the average scores turned out to be slightly higher for the females in terms of acceptance, spirituality and thankfulness than for the males.

The gender differences were tiny and just descriptive, even though men had a bit more variability on some variables. To determine whether these differences are statistically significant, you would need to run inferential stats to find out.

4.3 Normal Curve

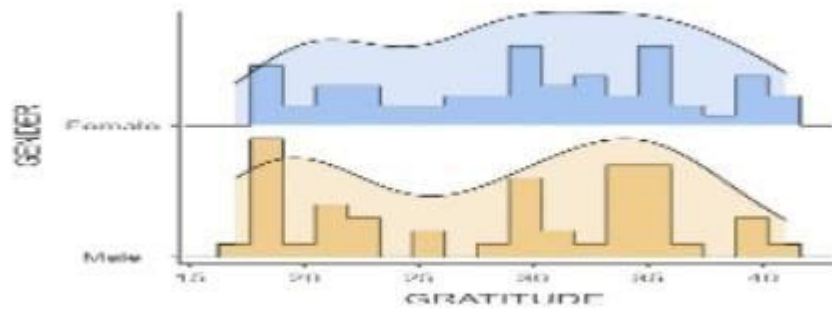


Figure 4.3.1: The figure 4.3.1 does show a slightly larger concentration amongst females and more variability amongst males, while the picture still looks like something around a pretty normal distribution of ratings for gratitude across genders, so that, overall, we're looking at similar levels of gratitude.

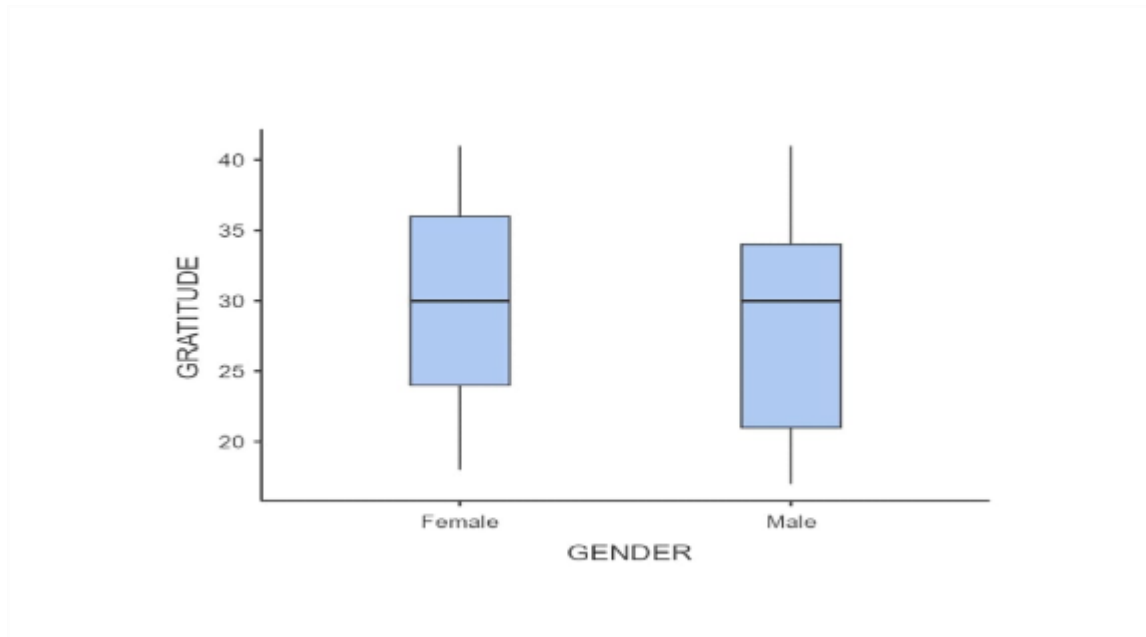


Figure 4.3.2: The figure 4.3.2 shows that the median thankfulness scores for men and women are pretty much the same, and the boxplot makes that clear. Male more spread, plus, on the other hand, women have a little bit higher top end. The two distributions overlap most of the time, so there is actually no real difference between the two genders in how thankful one feels.

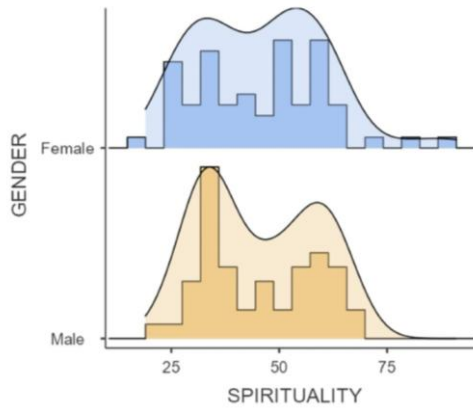


Figure 4.3.3: The distribution in this chart, see figure 4.3.3, indicates that guys have more variation, and gals report a little higher moderate/to high levels of spirituality; however, overall, the distribution is pretty normal across the genders, and, well, it looks as if spirituality is about the same, all else being equal.

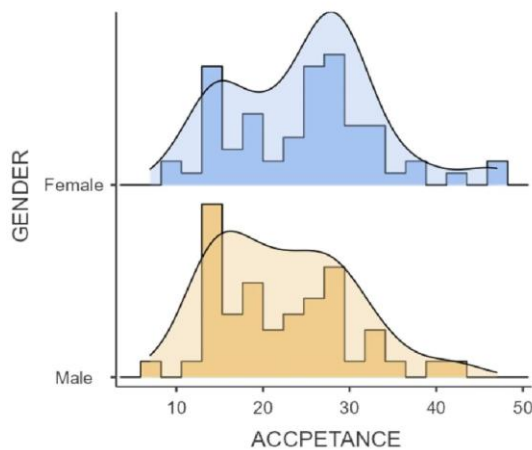


Figure 4.3.4: The acceptance ratings for both sexes are distributed somewhat normally in Figure 4.3.4, with males showing more dispersion and females reporting a slightly higher score, suggesting similar acceptance levels overall.

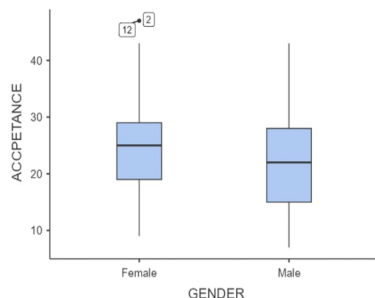


Figure 4.3.5: The median acceptance number for female participants is marginally higher than that of the male participants, as seen by the 4.3.5 boxplot. Males show significantly greater diversity in acceptance scores, even though the distributions largely overlap. Overall, the data shows that there is no appreciable difference in the degree of acceptance between the sexes.

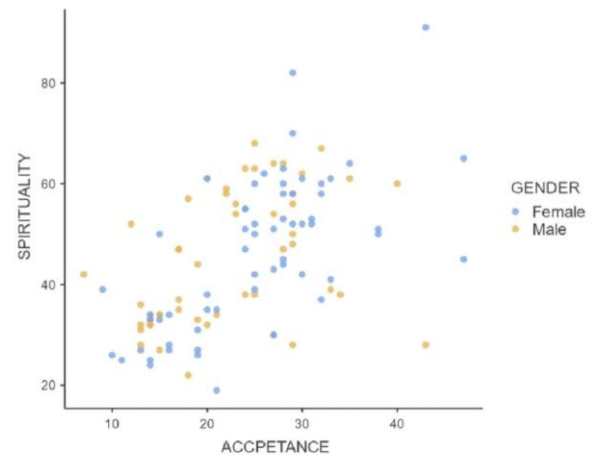


Figure 4.3.6: Spirituality and acceptance are positively correlated for both genders, as seen in Figure 4.3.6, where there are no discernible differences according to gender in the overall pattern, and spirituality rises in tandem with acceptance.

4.4 Pearson’s Correlation Matrix among Gratitude, Spirituality, and Acceptance (N = 114)

Variables	Gratitude	Spirituality	Acceptance
Gratitude	—		
Spirituality	-0.654	—	
Acceptance	-0.408	0.571	—

Note. $p < .05$, $p < .01$, $p < .001$

Pearson's correlation analysis was used to examine the relationships among young people's acceptance, spirituality, and appreciation. The data demonstrated a substantial relationship between spirituality as well as gratitude ($r = -0.654$, $p < .001$), supporting the first hypothesis. A strong association between appreciation and acceptance ($r = -0.408$, $p < .001$) also supported the second hypothesis. Furthermore, there was a significant positive correlation between acceptance and spirituality ($r = 0.571$, $p < .001$), which supported the third hypothesis. These findings demonstrate a strong correlation between the three variables, which supports further mediation study.

4.5 Path Coefficients for the Mediation Model

Path	Estimate	SE	Z	p
Gratitude → Spirituality	-1.2950	0.1402	-9.235	< .001
Spirituality → Acceptance	0.3121	0.0595	5.241	< .001
Gratitude → Acceptance (Direct)	-0.0702	0.1179	-0.595	.552

Gratitude strongly predicted spiritual ($\beta = -1.295$, $p < .001$), whereas spirituality highly predicted acceptance ($\beta = 0.312$, $p < .001$), according to path analysis. However, there was no significant direct influence for gratitude on acceptance ($\beta = -0.070$, $p = .552$), indicating that spirituality is a crucial factor in explaining the connection between acceptance and gratitude.

4.6 Mediation Analysis of Spirituality between Gratitude and Acceptance

Effect	Estimate	SE	Z	p
Indirect Effect	-0.4042	0.0887	-4.558	< .001
Direct Effect	-0.0702	0.1179	-0.595	.552
Total Effect	-0.4743	0.0993	-4.776	< .001

Gratitude had a significant indirect impact on acceptance through spirituality, according to mediation analysis ($\beta = -0.404, p < .001$). While the overall effect of appreciation on acceptance appeared significant ($\beta = -0.474, p < .001$), the direct effect was not. These results show that among young individuals, spirituality completely mediates the link between acceptance and appreciation.

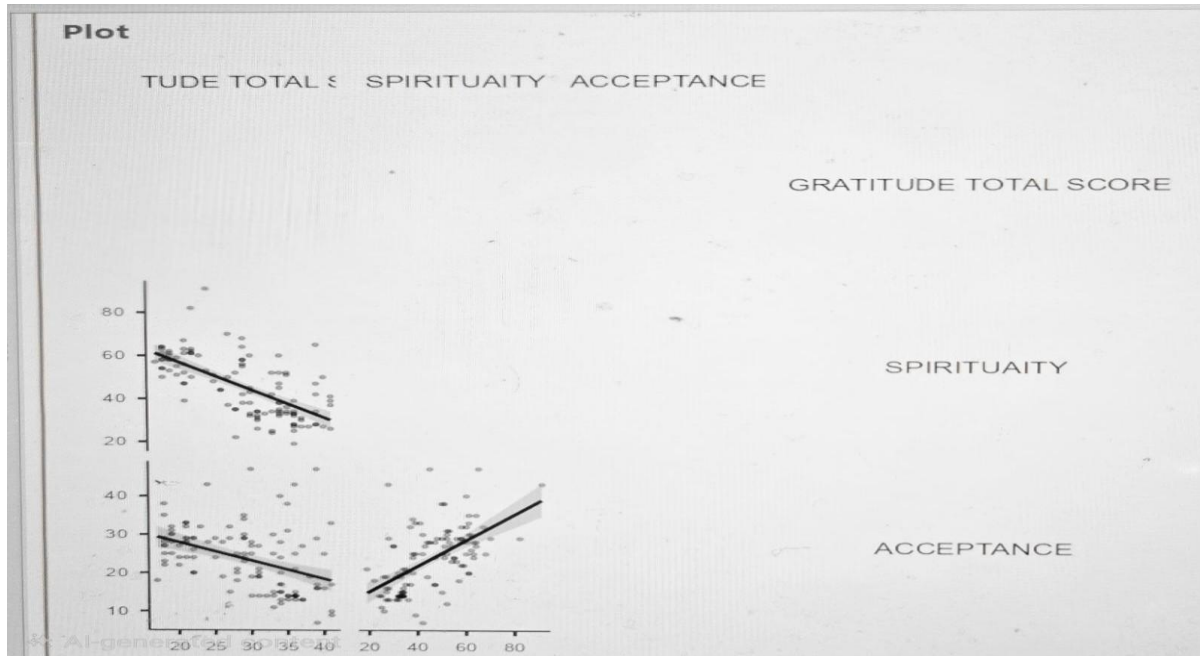


Figure 4.6.1: Clear linear correlations between the variables are shown in Figure 4.6.1. The correlation and interaction findings are supported by the positive relationship between spirituality and acceptance and the negative relationship between thankfulness and both.

5. DISCUSSION

The present study examined the relationships between acceptance, spirituality, and gratitude among young adults, with a particular focus on the mediating role of spirituality. The findings revealed significant positive relationships among all three variables, supporting the proposed hypotheses. These results highlight the interconnected role of emotional and existential resources in promoting psychological adjustment during young adulthood.

Correlation analysis showed that gratitude was strongly associated with spirituality, indicating that individuals who experience higher levels of gratitude are more likely to report stronger spiritual awareness. Gratitude encourages individuals to recognize positive aspects of life and fosters a sense of connection with others and with larger existential meanings. Similarly, gratitude was positively related to psychological acceptance, suggesting that grateful individuals may find it easier to acknowledge and accept both positive and negative life experiences.

A significant relationship was also observed between spirituality and acceptance, indicating that spiritual beliefs and practices may help individuals develop greater emotional resilience and acceptance of life circumstances.

The mediation analysis further revealed that spirituality fully mediated the relationship between gratitude and acceptance. This suggests that gratitude may enhance spiritual orientation, which in turn promotes greater acceptance of life experiences. Overall, the findings emphasize the importance of gratitude and spirituality as psychological resources that contribute to emotional well-being and adaptive coping among young adults.

6. CONCLUSION

Hypothesis No.	Hypothesis Statement	Statistical Test Used	Value	p-value	Result
H1	Gratitude will be significantly related to acceptance.	Pearson's Correlation	$r = -0.408$	< .001	Supported
H2	Gratitude will be significantly related to spirituality.	Pearson's Correlation	$r = -0.654$	< .001	Supported
H3	Spirituality Will be positively related to	Pearson's Correlation	$r = 0.571$	< .001	Supported

H4	acceptance. Spirituality will mediate the relationship between gratitude and acceptance.	Mediation Analysis	Indirect Effect = -0.404	< .001	Supported (Full Mediation)
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The results of this study suggest acceptance, spirituality, and thankfulness is a psychological concepts as are intimate to each other. The major way in which gratitude fosters psychological acceptance is the enhancement of everyday spiritual experiences. Gratitude influences an individual's ability to imbibe ideas, feelings in addition to life experiences in a flexible and adaptive manner via spirituality, which is an integral mechanism.

All four of the study's hypotheses were statistically validated, as the summary table demonstrating hypothesis testing makes evident. The table shows that spirituality was strongly correlated with acceptance, thankfulness was significantly correlated with both spirituality as well as acceptance, and spirituality completely mediated the correlation between acceptance and appreciation. Strong empirical support for the study's suggested conceptual model is provided by this methodical validation of each hypothesis.

The findings also imply that unless thankfulness promotes a deeper feeling of spirituality, it might not necessarily result in greater acceptance. Acceptance as well as psychological flexibility seem to be greatly aided by everyday spiritual experiences like inner peace, connectivity, meaning, and thankfulness for life. This result highlights the significance of spirituality in converting positive emotional qualities onto adaptive psychological outcomes and supports the mediation role of spirituality as shown in the suggested testing summary.

The study also emphasises the importance of incorporating spirituality-oriented and gratitude-oriented activities in programmes aimed at improving people's mental well-being and health. Encouraging thankfulness can assist folks to develop into extra spiritually minded, developing extra acceptance and emotional strength. The practical importance of these results is highlighted in the hypothesis assessment table which summarises good support for each hypothesis.

So basically, this study shows that spirituality really serves as a middle-man between accepting things and feeling grateful. It's providing us with more knowledge about how a spiritual vibe and good emotions go together to promote acceptance and overall well-being in the young adults and we confirmed every hypothesis we threw out.

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About the corresponding author



Aasmi Walia is associated with the Amity Institute of Psychology and Allied Sciences (AIPS), Amity University, Noida, Uttar Pradesh, India. Her academic interests lie in psychology and allied behavioural sciences. She is engaged in academic and research activities focusing on psychological well-being, human behaviour, and contemporary issues in applied psychology.