Investigating the Relationship Between Expressing Gratitude and Social Desirability Bias

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ABSTRACT

This research aims to investigates the relationship between expressing gratitude and social desirability bias. Social desirability bias refers to the tendency of individuals to react in a manner that is viewed favorably by others, rather than providing authentic responses. The study will explore whether individuals who frequently express gratitude are more likely to exhibit social desirability bias in their behavior and responses. The research will involve surveying participants to assess their levels of gratitude expression and social desirability bias, and analyzing the data to determine if a significant relationship exists between the two variables. The outcomes of this study will contribute to our understanding of how expressing gratitude may influence social behavior and perceptions.

The reason for conducting research on the correlation between expressing gratitude and social desirability bias is to gain a better understanding of how these two constructs are related and to explore the potential implications of this relationship. Expressing gratitude is often seen as an encouraging social behavior that can strengthen social connections and augments well-being. However, it is possible that individuals who frequently express gratitude may also be more inclined to exhibit social desirability bias, as they may be more concerned with presenting themselves in a favorable light to others.

By investigating this relationship, researchers can gain insights into how expressing gratitude may influence social behavior and perceptions. This research can also have practical implications, such as informing interventions aimed at promoting genuine expressions of gratitude and reducing social desirability bias. Overall, this research can contribute to a deeper understanding of the complex interplay between gratitude, social behavior, and social cognition.

Keywords: Social Desirability Bias, Social Desirability, Gratitude

CHAPTER 1
INTRODUCTION

Gratitude and appreciation are related emotions. To be very precise, this phenomenon is described by the American Psychological Association (n.d.) as feelings of contentment and gratitude in reaction to a fortunate happenstance or tangible gift.

Gratitude has the potential to enhance your relationships. Expressing a friend or family member your gratitude or appreciating demonstrates your concern for them and creates the likelihood of future interactions that will be more delightful. Telling your friend that their support is significant to you during

difficult times, for instance, will make them realize how essential they are to you and encourage them to dwell by your side. You may feel propelled to reciprocate their kindness.

Beyond only improving your connections with family and friends, gratitude can have positive social effects. Empathy has been indicated to encourage generosity and helpfulness in even acquaintances-based research. Attempt expressing your gratitude to your neighbors or coworkers. You might commence a domino effect of prosocial conduct that advantages your community or place of employment.

Greater expression of gratitude would be associated with more communal strength, this relationship would persist even after accounting for relationship satisfaction, social desirability, and demographic factors, relationship with a close friend or romantic mate.

The tendency for people to demonstrate themselves favorably or react in a way that they presume is socially acceptable is termed as social desirability bias. When it comes to gratitude, social desirability bias could manifest in individuals exaggerating expressions of gratitude or behaving in a way that they believe other people will perceive as appreciative rather than providing a genuine or authentic response.

Upon conducting research on the topic of gratitude, social desirability bias must be taken into account since it may influence how accurately and sincerely stated levels of gratitude are. It could be vital for researchers to employ strategies that reduce the impact of social desirability bias to get a more accurate picture of people's genuine thankfulness levels.

The relationship between gratitude and social desirability bias can be nuanced. On the one hand, those who are truly appreciative could be more likely to show their appreciation honestly and genuinely rather than letting expectations or societal conventions affect them. Gratitude may thereby lessen the effects of social desirability bias by encouraging sincerer and truthful responses.

However, people who are anxious about getting approval from others could be more inclined to exaggerate their expressions of gratitude to blend in with society's expectations and conform to social norms, even if they don't feel that way. In accordance with this, gratitude may make people more susceptible to social desirability bias by inspiring them to show themselves in a way that allures other people.

Altogether, individual characteristics, circumstances, and the sincerity of expressions of gratitude may all influence how thankful one is and its effect on social desirability bias. To yield a deeper understanding of the interaction between social desirability bias and thankfulness, researchers analyzing this link may need to put up with account elements like genuineness, social norms, and cultural influences.

Gratitude and social desirability bias are indeed topics of interest within positive psychology, each offering unique insights into human behavior and well-being:

1. Gratitude: Positive psychology emphasizes the significance of gratitude as a fundamental aspect of human flourishing. Investigators within this field examine the effects of practicing thankfulness on various facets of well-being, including happiness, life satisfaction, resilience, and positive relationships. Studies have revealed that cultivating gratitude through practices such as keeping gratitude journals, expressing thanks, and engaging in acts of kindness can lead to momentous improvements in psychological and physiological well-being. Positive psychology intends to comprehend the underlying mechanisms by which gratitude contributes to overall health and to develop interventions to promote its cultivation in individuals and communities.

2. Social desirability bias: While social desirability bias is often considered a limitation in research methodology, positive psychology acknowledges its relevance in comprehending social behavior and self-presentation. Researchers within this field may observe how social desirability influences individuals' perceptions of oneself and others, as well as its influence on social interactions and relationships. Positive

psychology seeks to explore the positive aspects of social desirability, such as its role in promoting prosocial behavior, politeness, and social harmony, while also recognizing its potential drawbacks, such as inhibiting authenticity and genuine self-expression.

In summary, both gratitude and social desirability bias are topics of interest within positive psychology because they provide valuable insights into human strengths, virtues, and well-being. By studying these concepts, researchers aim to uncover strategies for enhancing positive emotions, fostering meaningful connections, and promoting overall flourishing in individuals and communities.

CHAPTER 2
REVIEW OF LITERATURE

This study investigates the possible impact of thankfulness on a reduction in emotional state of loneliness, even after regulating for a number of variables related to sociodemographic traits, well-being (including subjective contentment and life gratification), and social desirability. An accessibility sample of 197 people responded to an online questionnaire with these variables through a web-based survey. The study included association and four-step hierarchical multiple regression analysis. The findings indicate a negative relationship between loneliness and thankfulness; moreover, even after adjusting for surplus variables, gratitude is able to explain as much as almost one-fifth of the overall variability in loneliness. Other risk factors for loneliness that should be included in future research include being a woman, not being in a committed relationship, and not being in the workforce.

Furthermore, it has been shown that thankfulness is linked to higher levels of pleasure, life satisfaction, and social desirability than loneliness, which is typically associated with lower levels of these outcomes. Regarding the objective of our study, it seems that thankfulness has a significant role in moderating feelings of loneliness, elucidating as much as nearly one-fifth of its variability. This suggests the potential advantages of gratitude for fostering social relationships. (Caputo, 2015)

Research has revealed that prosocial performance is increased when one is shown gratitude, but slight is understood about the psychological procedures that underlie this consequence. We suggest that expressions of appreciation can encourage prosocial behavior via both communal and agentic mechanisms. Specifically, we find that when helpers get recognitions for their efforts, their sense of social value and self-efficacy are heightened, which in turn encourages them to contribute in prosocial behavior. Helpers were incentivized in Experiments 1 and 2 to assist a different beneficiary in addition to the advantage who expressed thanks, after receiving an ephemeral written expression of gratitude. Expressions of thankfulness were found to have an impact on feelings of social value rather than affect or self-efficacy. We purposefully duplicated these effects in a field investigation in Experiment 3: University fundraisers made more calls after a manager conveyed gratitude; this relationship was intervened by social worth rather than self-efficacy. In Experiment 4, the benefits of an interpersonal expression of thankfulness were facilitated by a distinct communal worth measure. Our conclusions are consistent with the community perspective as opposed to the agentic approach: Gratitude expressions make people feel cherished in society, which in turn encourages prosocial behavior. (Grant & Gino, 2010)

Supporting oneself when under stress might be advantageous psychologically. Additionally, gratitude has been connected to enhanced social connections and raised feelings of support. The current study aimed to investigate if being thankful increased the advantages of getting help when under stress through an experimental approach. A random project was made to one hundred twenty-seven college students to write about either a neutral or an understanding that made them feel grateful. Participants were informally

assigned to receive no support or support after the writing process, and during the speech that followed, they were given that evidence. Factorial Analysis of Covariance in two dimensions was used to analyze the data. Findings indicated that there was a substantial relationship between feeling grateful and getting social support during the speech; those in the gratitude inscription state who got assistance felt substantially less stressed than those who did not. These discoveries add to the increasing amount of research indicating that thankfulness strengthens the positive impacts of assistance on psychological well-being.(Deichert et al., 2021)

Research provides few workable ways to lessen interpersonal abuse in organizations, despite the widespread detrimental effects of this behavior. The current study examines the efficacy of a 10-day gratitude journaling involvement in reducing workplace discourtesy, chatter, and ostracism, given that interpersonal relationships are strengthened and desired employee behaviors are more frequent when individuals intentionally cultivate feelings of gratitude. We combine theory and data from the gratitude writings to propose and evaluate a multiple mediator model, since research has not looked at the processes through which gratitude treatments affect outcomes. We specifically look at the find-remind-and-bind theory, social exchange theory, self-regulation theory, and moral affect theory of thankfulness as potential reasons for the intervention's benefits. Through the improvement of self-control resources, the intervention reduced mistreatment (as reported by coworkers), as shown by two field trials including 147 (Study 1) and 204 (Study 2) employees. Additionally, we discovered that the intervention's effects were more pronounced for people who believed that their workplaces had higher standards for appreciation. The results show that gratitude interventions are an efficient means of reducing interpersonal abuse in workplaces and validate their resource-building characteristics, theoretical and practical implications are examined. (Locklear et al., 2021)

Although the social consequences of gratitude are believed to exist, most empirical research on these effects has concentrated on the reciprocation of good deeds. The relational antecedents of thankfulness and its consequences for the development of relationships were the main topics of the current study. The authors looked at how naturally occurring thankfulness plays a part in college sororities over a week-long gift-giving event between more seasoned members and brand-new recruits. Reactions to perks received over the week were documented by new members. The new and returning members evaluated their connections and interactions at the conclusion of the week and one month later. thankfulness for benefits was predicted by perceptions of benefactor responsiveness, and future relationship outcomes were predicted by thankfulness expressed during the week. Having gratitude may help to build and sustain relationships. (Algoe et al., 2008)

The authors considered at the links between trait gratitude, perceived social support, stress, and depression during a life change in two longitudinal studies. In both research, individuals completed all measures at the beginning and end of their first semester in college using a full cross-lagged panel design. Direct, reverse, and reciprocal models of directionality were compared using structural equation modelling. The two investigations corroborated a direct model in which feelings of appreciation were positively correlated with perceived social support, stress, and sadness. On the other hand, no factor promoted thankfulness, and the majority of mediation models were disregarded. Furthermore, Study 2 confirmed that, apart from the Big Five personality characteristics, gratitude is the cause of the other variables. In general, appears to immediately increase social support and shield individuals from stress and despair, which may have consequences for therapeutic interventions. (Wood et al., 2008)

The unexpected results of a prior study were explained by a correlation between empathy and social desirability and elements from the Narcissistic Personality Inventory (NPI). The Exploitativeness/Entitlement (EE) dimension was found to predict fewer emotional and cognitive empathy, more interpersonal discomfort, less social responsibility, and worse social desirability scores when statistical controls for the NPI's complex structure were applied. On the other hand, higher levels of social responsibility and lower levels of interpersonal discomfort were linked to the leadership/authority and superiority/arrogance factors. As a result, EE might operationalize a maladaptive disposition that is defined by an irresponsible and socially intolerable interpersonal insensitivity. More adaptive self-functioning may be recorded by other NPI dimensions. (Watson & Morris, 1991)

Giving thanks is often a genuine way for people to express their feelings, but it can also be done because they know it creates a positive social impression. In other words, certain acts of thankfulness are motivated by extrinsic or intrinsic factors. These motives have an impact on behavior results. In two investigations (combined n = 398), the current work evaluated trait inclination to regulate socially desirable expressions, thankfulness, and well-being. In Study 2, goals related to impression management were altered and motivations for conveying thankfulness were also assessed. The findings direct that people express gratitude most when they wish to leave a positive impression, and that the relationship between gratitude and wellbeing can be tempered by extrinsic motivations for expressing thankfulness. There is discussion of the implications for the measuring of appreciation and the theoretical understanding of the social role of gratitude. (Kearns & Schaffer, 2023)

According to McCullough, Kilpatrick, Emmons, and Larson (2001), people act prosocially when they are grateful. Nevertheless, scenario and self-report technique have been the mainstays of research on the prosocial benefits of thankfulness. This experimentation made use of a laboratory induction of gratitude, which is a possibly more covert strategy than scenarios and produces true glad emotion, in order to address the shortcomings of earlier studies. To assess the prosocial effect of thankfulness, prosocial reactions to appreciation—operationalized as the donation of resources to another—were matched with a self-report amount of gratitude. In this experiment, reactions from those getting favors were compared to responses from people who happened to receive positive outcomes by chance in order to examine positive mood as a potential reason. Forty individuals in total were assigned at random to be in the Chance or Favor condition. (Tsang, 2006)

It has been demonstrated that other-oriented traits, such as compassion, have a significant role in pro-social behavior. For instance, current studies have validated that empathy for the suffering environment supports environmental preservation. We expand on this idea by connecting pro-social conduct to empathy for the plight of others. We offer a theoretical framework to explain how compassion influences pro-social behavior, adapting the model of Pfattheicher et al. (2016). We comprehend that Social Desirability and Morality play a moderating function in facilitating companionate state of mind while contributing to society. We also applied this theory to healthcare workers, offering suggestions on how to leverage their companionate tendencies to enhance their work intents. Donations, pro-environmental attitudes, and intentions were social influences. To establish empirical validity, a survey with a closed-ended questionnaire was used. A total of 275 respondents provided information, which was analyzed using structural equation modelling and confirmatory factor analysis. The findings demonstrated that moral behavior and social desirability are positively and significantly impacted by compassion. Significantly and favorably, social desirability influences all three of the pro-environmental elements. Nonetheless, pro-environmental intentions appear to be influenced by moral actions. Therefore, rather than coming from

moral deeds, the majority of prosocial behavior originates from social desirability intentions. Therefore, it is recommended that managers generate a platform and train staff members to be kind and understanding to others as well as supportive during challenging times. (Sahar & Siddiqui, 2020)

Giving and receiving acts of kindness both make people happier, but we find that givers consistently underestimate the beneficial effects they imprint on recipients. Subjects who performed acts of kindness reported how pleasant they expected receivers to feel, and recipients reported how they actually felt, in both field and laboratory settings (Experiments 1a through 2b). Those who performed random acts of kindness, whether it was giving away a gift in the lab or a cup of hot chocolate in the park, consistently overestimated the positive emotions their recipients would experience, believing their act to be of lesser value than recipients assessed it to be. An egocentric bias in assessments of the act itself contributes to the miscalibrated expectations of givers (Experiment 3). Givers' expectations are largely insensitive to the warmth given in their activity, but recipients' positive reactions are amplified by the warmth conveyed in a generous gesture. Experiment 4 shows that when people underestimate the beneficial effects of a random act of kindness, they also underestimate the behavioral implications that their prosociality will cause in receivers through indirect reciprocity. We propose that givers' misguided expectations are important because they may make it harder for people to participate in prosocial activities more frequently in daily life (Experiments 5a and 5b). This could lead to people losing out on chances to improve their own and other people's well-being. (Kumar & Epley, 2023)

Although giving and receiving compliments both expand people's wellbeing, according to a number of surveys, people say they don't give as many as they would like to. Conferring to nine experiments, people may be reluctant to offer sincere praises because they don't realize how much of an influence they will have. After writing sincere compliments, participants made assumptions about the recipients' emotions, including contentment and awkwardness. In all cases, expressers overestimated the awkwardness of recipients' feelings while consistently underestimating the positive feelings of recipients (Experiments 1-3, S4). Perspective gaps cause expressers to underestimate how competent—and, to a lesser extent, how warm—their praises will be received by recipients, which contributes to these misplaced expectations (Experiments 1-3). Devaluing praises prevents people from expressing them because their desire to do so is partially enthused by their anticipation of the recipient's response (Supplemental Experiments S2, S3, S4). Consequently, encouraging participants to concentrate on the warmth that their compliments conveyed (Experiment 4) raised their desire to offer them. These results, in our opinion, might point to a broader propensity for people to undervalue the benefits that prosocial behavior can have on others, which would cause them to act less prosocially than would be best for their own well-being as well as the well-being of others. (Zhao & Epley, 2021)

Prosocial behavior can foster social bonds that improve the wellbeing of both givers and recipients, but people may be reluctant to engage prosocially out of fear of the other person's feedback. Centered on current research, it appears that people may be miscalculating these worries and underestimating the beneficial effects their prosocial behavior will have on the beneficiaries. It is essential to recognize when misplaced cognitive barriers may impede social involvement and when relationship-building treatments may start when miscalibrated expectations arise in development. Two experiments involving adults and children (ages 4–7 for Experiment 2 and 8–17 for Experiment 1) asking them to carry out the same random act of kindness for someone else reveal that both groups greatly underestimate how "big" and positive their act will seem to the recipients. All ages combined, participants greatly underestimated the benefits

of prosociality. Early in life, misaligned psychological barriers to social interaction may become apparent. (Echelbarger & Epley, 2023)

Although being generous to others improves their wellbeing, sometimes asking for assistance makes it difficult for others to be good to others. We propose that misguided expectations about the prosocial motivation of others may cause people to be unduly reluctant, underestimating the good emotions that others would experience when they are solicited for assistance. In contrast, a series of scenarios, recalled experiences, and in-person interactions among adult participants in the United States (total N = 2,118) revealed that individuals in need of assistance consistently underestimated others' willingness to help, underestimated how positively helpers would feel, and overestimated how inconvenienced helpers would feel. A pretest exposed that interest in asking for help was correlated with expectations of how helpers would think and feel. The reason for these misplaced assumptions was that the prosocial incentive of helpers was overestimated, while the compliance motivation was underestimated. This study illustrates that both academics and laypeople should be cautious when interpreting help-seeking from a compliance-focused perspective. Underestimating prosociality may put up an unwarranted obstacle to seeking assistance when required.(Zhao & Epley, 2022)

Despite their potential to progress wellbeing, gratitude interventions are not commonly started and carried out. Previous experimental data indicates that positive psychological therapies are more successful when social support is provided (i.e., encouraging and supporting remarks). However, the kind of support may have distinct effects on motivation. In this study, we hypothesized as long as instructional support is provided—that is, guidance on how to carry out the intervention—will make a thankfulness intervention more desirable and enhance its likelihood of being initiated. Pamphlets on a voluntary, web-based thankfulness intervention were distributed to 274 participants. Randomly chosen, half of the participants were given instructional support, which involved reading testimonies on the most effective ways to carry out the intervention. Subsequently, the participants were interrogated regarding their ideas regarding self-control, social norms, utility, and their intention to take part in the intervention. In contrast to what we had predicted, receiving instructional support made the thankfulness intervention less desirable, which in turn made participation intentions less likely. Consequently, providing receivers with guidance on navigating an intervention produced a contradictory outcome. Permitting participants to identify and manage intervention difficulties independently may yield greater efficacy. (Kaczmarek et al., 2014)

Well-being is influenced by receiving social support, but people may be reluctant to offer it if they are concerned about the other person's response. Our research shows that people's likelihood of expressing support is projected by their expectations about how it will be received (Study 1, N = 100 online adults), yet on a regular basis, these expectations are out of balance. When participants conveyed support to a new friend in person (Study 3, N = 50 adult pairs) or via communications to people they knew (Study 2, N = 120 students), they consistently are taken too lightly the favorable response they would receive. Miscalibrated expectations could be explained by a systematic perspective mismatch between the expressers and the recipients: While recipients may concentrate on the warmth of the support, expressers may emphasize how capable it appears to be (Study 4, N = 300 people). Inadequate worries about the most appropriate ways to offer assistance can cause people to be unduly reluctant to upkeep others in need. (Dungan et al., 2022)

Although it is beneficial to one's well-being, people may not always show their gratitude. Persons make decisions centered on the expected value of their activities, which is a fundamental feature of rational behavior. Although following expectations could make sense, if those expectations are misplaced, one

might not make the best decisions. Misaligned projections can constitute an unwarranted barrier to the expression of appreciation because people tend to overestimate the costs associated with it and underestimate its benefits. There is a perspective-based asymmetry between actors and targets that contributes to these false assumptions about interpersonal interactions. The inclination to minimize one's beneficial influence on others could be a symptom of a more common trend undermining prosociality in day-to-day life—to the cost of both one's own and other people's wellbeing. (Kumar,2022)

An innovative model of gratitude that defined the generative mechanisms linking people's individual differences (trait gratitude) and objective circumstances (state thankfulness) with the degree of gratitude they feel after receiving assistance was evaluated in three different experiments. Each participant (N = 253) in Study 1 read the same vignettes, which described a situation in which they were helped. The association between trait and state levels of gratitude was totally mediated by those with higher trait thankfulness, who made more advantage appraisals (observing the support as more valued, costlier to supply, and more altruistically meant). Study 2 (N = 113) used a daily process study in which participants reported on actual occurrences every day for a maximum of 14 days in order to replicate the findings. In Research 3, subjects (N = 200) were given vignettes to read in which objective events were experimentally altered to be either high or low in benefit. It has been demonstrated that benefit appraisals both cause state thankfulness and act as a mediator in the relationship between state gratitude and other prosocial circumstances. The three judgements show how important benefit appraisals are in establishing a connection between the objective circumstance, trait thankfulness, and state gratitude. (Wood et al., 2008)

Value priorities and socially desired responding (SD) may be associated, either because of a substantial relationship between wants and objectives or because of a style bias that skews self-reported value assessments. We speculate that, as a stylistic bias, SD would encourage individuals to (a) match their own value evaluations to those of importance in their social surroundings and (b) raise the significance people give to values in general. As a substantive variable, SD would connect negatively with value types that oppose social norms and harmony (hedonism, stimulation, self-direction, success, control) and positively with value types that emphasize social harmony (conformity, security, compassion, tradition). A value survey and the Marlow—Crowne SD scale were completed by 131 social work students from Finland and 207 persons from Israel in different studies.The substantive hypothesis was upheld by both studies. The primary stylistic hypothesis had some proof, but the next had none. (Schwartz et al., 1997)

Regardless of their potential to improve wellbeing, gratitude interventions are not frequently started and carried out. Previous experimental data indicates that positive psychological therapies are more successful when social support is provided (i.e., encouraging and supporting remarks). However, the kind of support may have distinct effects on motivation. In this learning, we hypothesized that providing instructional support—that is, guidance on how to carry out the intervention—will make a thankfulness intervention more desirable and enhance its likelihood of being initiated. Pamphlets on a voluntary, web-based thankfulness intervention were distributed to 274 participants. Randomly chosen, half of the participants were given instructional support, which involved reading testimonies on the most effective ways to carry out the intervention. Subsequently, the participants were questioned regarding their ideas regarding self-control, social norms, utility, and their intention to take part in the intervention. In contrast to what we had predicted, receiving instructional support made the thankfulness intervention less desirable, which in turn made participation intentions less likely. Consequently, providing receivers with guidance on navigating an intervention produced a contradictory outcome. Letting participants identify and manage intervention issues on their own might prove to be a more efficacious approach. (Kaczmarek et al., 2014)

Similar to additional good emotions, thankfulness is thought to upkeep resilience and inclusive well-being by assisting people in evolving their communal and psychological capital. Some researchers argue that not all cultures find thankfulness to be advantageous. In this learning, we looked at the connection between school resilience and well-being and thankfulness, as well as the potential mediating effect of relatedness with important social partners in the context of Asian culture. 190 secondary pupils from one Singaporean school took part in the study. The relationship between gratitude and school resilience was found to be positively correlated, with relatedness to important individuals acting as a partial mediating factor. Additionally, a noteworthy sequential pathway from appreciation to relatedness (with significant others), school resilience, and finally school well-being was demonstrated by the final model. This study's boundaries and practical ramifications are conversed. (Caleon et al., 2019)

We have an innate need for more because of society. We get a dopamine surge when we finally get what we're searching for. After the initial rush wears off, we resume our never-ending search for more. More is ubiquitous. Because we often desire more and are not content with what we have, we lose out on the delight of thankfulness. Relishing life to the fullest necessitates gratitude and acceptance of life as it is. Furthermore, showing gratitude and appreciation can advance our relationships and provide us with potency during tough times. We can modify our perception by changing our center of attention. For example, let's say that you and a coworker are not friendly. Humans tend to take the things we like for granted and concentrate on the ones we dislike. We tend to lose sight of the positive aspects of someone we appreciate because we are too preoccupied with their flaws.(Nischal Shetty,2022)

It was investigated how a grateful mindset affected both physical and mental health. Members in Studies 1 and 2 were allocated to one of three experimental conditions (hassles, gratitude listing, neutral life events, or social comparison); subsequently, they documented their dispositions, coping mechanisms, health performances, physical symptoms, and overall life assessments either weekly (Study 1) or daily (Study 2). People with neuromuscular sickness were allotted to the appreciation condition or the control condition in a third research. Compared to the comparison groups, the gratitude-outlook groups showed higher levels of well-being on many, but not all, of the conclusion measures throughout the three investigations. The robust finding seemed to be the effect on positive emotion. The findings imply that intentionally concentrating on blessings may have positive effects on relationships and emotions.(Emmons & McCullough, 2003)

CHAPTER 3
METHODOLOGY
AIM
The study aims to investigate the relationship between expressing gratitude and social desirability bias among young adults in order to gain deeper insight into the correlation between the two variables and how one's social demeanor affects the extent of gratitude.
OBJECTIVE
To access the correlation between Social Desirability Bias and Gratitude
HYPOTHESIS
H1: Social desirability bias and gratitude have a significant negative relationship
SAMPLE SELECTION
The research design is a cross-sectional correlational design, aimed at exploring the relationship between social desirability bias and gratitude levels among adolescents. Data from 101 participants are collected

using quota sampling, where participants are selected based on specific demographic characteristics, from 18-30 years of age to ensure representation of various groups. Two main tools used are The Gratitude Questionnaire-Six-Item Form (GQ-6) and Marlowe-Crowne Social Desirability Scale (MC-SDS). Correlation is employed for data analysis to examine these relationships while controlling for potential confounding variables.

MEASURES

Gratitude The Gratitude Questionnaire-Six-Item Form (GQ-6): It is a six- item self-report questionnaire designed by McCullough, Emmons, & Tsang to assess individual differences in the proneness to experience expressions of gratefulness and appreciation in daily life, as well as feelings about receiving from others. Respondents endorsed each item on a 7-point Likert-type scale and the score was calculated as the sum of items, ranging from 6 to 42. Higher scores mean higher proneness to experience gratitude in daily life. For the purpose of this study, the scale was adapted to the Italian language through translation, back translation and equivalence evaluation, and showed a satisfactory internal consistency (α = .750). The scale shows moderate test-retest reliability that ranges from 0.50 to 0.80.

Social desirability The Italian adaptation (Manganelli Rattazzi, Canova, & Marcorin, 2000) of the short 9-item version of the Marlowe-Crowne Social Desirability Scale (MC-SDS) was used to measure social desirability. Participants were requested to respond to each item on a 7-point scale. A total score is derived from the sum of all items, ranging from 7 to 63. Higher scores indicate higher levels of social desirability. Internal consistency was sufficient (α = .611). The relatively low Cronbach's alpha seems to be in agreement with other studies using the Italian short version of the MC-SDS.

DATA ANALYSIS

Pearson's Correlational analysis method has been used for the data analysis.

CHAPTER 4
PROCEDURE

The current study's primary objective is to examine the relationship between gratitude and social desirability bias. In this study, 101 volunteers made it to the study. Data was collected using two questionnaires-The Gratitude Questionnaire-Six-Item Form (GQ-6) and Marlowe-Crowne Social Desirability Scale (MC-SDS). Before beginning the study, participants were given clear instructions about the study's purpose and the time commitment required, and requested them to sign a consent form after giving their free and clear consent. Additionally, participants were told that their answers would be kept private. Although there was no time limit for completing the questionnaires, it was typically expected to take around 5-10 minutes to complete them. There were no right or wrong responses, and participants were instructed to reply in accordance with their personal experiences and sentiments. The scoring of each questionnaire was done according to the instructions provided in their respective manuals. Overall, ethical considerations were carefully addressed throughout the study to ensure the protection of participants' rights and privacy.

CHAPTER 4
RESULT

The strength and direction of the correlation between gratitude and social desirability bias was determined by Pearson's correlation tool that measures the parametric, strength and direction of association between

two ranked variables and evaluate how well the relationship between two variables can be described using a monotonic function.

The research paper explored the correlation between gratitude and social desirability bias, revealing a significant negative correlation of -0.24. The outcome proposes that as levels of gratitude increase, social desirability bias tends to decrease, indicating a potential link between gratitude expression and more authentic responses. The negative correlation implies that individuals who display higher levels of gratitude may be less inclined to present themselves in a socially desirable manner, showcasing a more genuine behavior.

This this proves the hypothesis right and gives evidence for the relevance of the study, suggesting an inverse relationship between gratitude and social desirability bias.

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CORRELATIONS
  /VARIABLES=Gratitude SD
  /PRINT=TWOTAIL NOSIG
  /STATISTICS DESCRIPTIVES
  /MISSING=PAIRWISE.
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Correlations

[DataSet0]

Descriptive Statistics

	Mean	Std. Deviation	N
Gratitude	27.7129	6.82398	101
SD	21.7327	4.91303	101

Correlations

		Gratitude	SD
Gratitude	Pearson Correlation	1	-.240*
	Sig. (2-tailed)		.016
	N	101	101
SD	Pearson Correlation	-.240*	1
	Sig. (2-tailed)	.016	
	N	101	101

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

CHAPTER 5
DISCUSSION

The purpose of this study was to examine the relationship between gratitude and social desirability bias in young adults. To achieve these objectives, quantitative research methods were used. Correlational analysis was employed to examine the relationship between the two variables using The Gratitude Questionnaire-Six-Item Form (GQ-6) and Marlowe-Crowne Social Desirability Scale (MC-SDS).

The scoring of the GQ-6 scale was obtained by adding the scores of each item. For items 3 and 6, reverse scoring had to be done. The maximum scoring can be between 6 and 42.

For MC-SDS, the items are scored through answering on a 'True' or 'False' basis. One point for yes and zero points for no. The total score is found from the sum of the true statements. The score range for this inventory is: Low Scorers (0-8), Average Scorers (9-19) and High Scorers (20-33).

The sum of scores of both the variables were analyzed and a correlational analysis was drawn out using the Pearson's correlational analysis method.

CHAPTER 6
CONCLUSION

This study examining the inverse association between gratitude and social desirability bias spotlights the complex interplay between these two constructs. The outcomes of a current investigation recommend that there is a firm negative correlation between gratitude and social desirability bias. People who convey more appreciation tend to be resistant to introducing themselves in a socially desirable manner. This conclusion implies that developing gratitude could potentially mitigate the impacts of social desirability bias, directing to more precise interactions and reactions. The implications of these impacts extend beyond respective behavior to societal norms and expectations. Promoting gratitude procedures could not only enrich personal well-being but also facilitate more genuine communication and engagement within communities. Future analysis should delve deeper into the underlying mechanisms of this negative correlation and examine practical applications for leveraging gratitude as a tool to deal with social desirability bias in varied contexts.

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