

**SAVOURING, HOPELESSNESS AND WELLBEING  
AMONG YOUNG ADULTS**

**By,**

**Sakthi Kaviya, R.**

**20PAP017**

**A thesis submitted to the**



**Avinashilingam Institute for Home Science and Higher Education for Women**

(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD)

Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

**In Partial Fulfillment of the Requirement for the Degree of**

**Master of Science**

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*S. Gayathri Devi*  
**Signature of the Head of the Department**

*R. Sudha*  
**Signature of the Guide**

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## ABSTRACT

*“Something always, always shines, even in the mire and muck of things; the significance of handling an adversity like COVID-19 is critical, but it is equally important to build the capacity to relish life and make it meaningfully beautiful”. The study on “Savouring, Hopelessness and Wellbeing among Young Adults” aims to assess the relationship among the variables and to understand the gender difference among the variables and to investigate savouring as a predictor. The study used Simple Random Sampling Technique which involves 202 participants (male = 96; female = 106) from Hosur and Coimbatore. The participants were assessed using Savouring Beliefs Inventory developed by Bryant (2003), Beck Hopelessness Scale constructed by Beck et al (1988) and The World Health Organization- 5 Well-Being Index (1998). Pearson Correlation Coefficient, independent sample t test and multiple regression was used to analyse and draw conclusions. The results indicated that Hopelessness was negatively correlated with Savouring, and Wellbeing. While, Savouring and Wellbeing were positively correlated. Females were found to have high savouring beliefs and low hopelessness levels than males. Regression analysis revealed that Savouring acts as a significant predictor of Hopelessness and Wellbeing. It can be concluded that, the importance of understanding Hopelessness and Wellbeing through the lens of Savouring can greatly assist in expansion of ideas with regards to the significance of positive emotional experiences, thus contributing to effectively deal with adversities and prioritizing positive functioning through intervention development from micro to macro level among Young adults.*

*Keywords: Young Adults, Savouring, Hopelessness, Wellbeing*

# ***INTRODUCTION***

## CHAPTER I

### INTRODUCTION

Humankind has encountered the biggest health hazard of the decade with the inception of the novel coronavirus. Pandemic expresses an extraordinary situation that affects both physical health and adversely impacts mental health and wellbeing. Globally, the 21<sup>st</sup> century has been reflecting hopelessness that stems from multiple factors, not just the pandemic but the economic crisis, depletion of resources worldwide, unemployment, war and climatic change.

The psychological impact of the pandemic is compounded by the uncertainty involved in the face of various challenges that proceed with the COVID-19 crisis, which models a belief in men, that living conditions will not improve, thus resulting in apathy where the individual fails to develop the ability to cope with the present crisis also sets in negative expectations towards the impending future. This cognitive framework of pessimistic thoughts paired with the loss of pleasure attributed to hopelessness which is prospectively associated with various psychological conditions such as depression, stress, anxiety and self-harm behaviour.

Wellbeing is the plasma that holds mankind integrated and realistically oriented. Pandemic has shifted the subjective experience of wellbeing that one possesses about their life, as it has contributed to poor health, financial strain, grief due to loss of loved ones, also enabled individuals to realize their potential, successfully cope with the challenges that the pandemic has bestowed and also helped many by making their life purposeful. It is important that humans leverage on distinct positive experiences of the past to make their presence more meaningful which underlies the psychological construct of savouring. It helps individuals to intentionally attend to appreciate and enhance their experiences in their life. The significance of handling an adversity like COVID-19 is vital, but it is also equally important to build the capacity to enjoy life and to make it meaningfully beautiful.

## **Savouring**

### *Definition and Meaning*

Savouring has been defined as “the capacity to attend to, appreciate, and enhance the positive experiences in one’s life” (Bryant and Veroff, 2007). It has been propounded as a regulatory mechanism that influences the relationship between positive events and an individual’s positive emotional reactions to the events. The conceptual definition of savouring has evolved over time, throughout this evolution, however, two core postulations have remained dominant, that savouring involves:

- A degree of mindful awareness of positive feelings, and
- The management and regulation of positive experience.

Savouring can be understood as the set of cognitive and behavioural responses to positive events that enhance positive emotional reactions as ‘amplifying’ savouring responses, and cognitive and behavioural responses to positive events that suppress positive emotional reactions as ‘dampening’ savouring responses. Paralleling this conceptual approach in the domain of negative life events, efforts to cope with stress are conceptualized as coping responses regardless of whether they increase or decrease distress. Also, savouring can serve as a mediator and/or moderator of the relationship between positive events and happiness, just as stressful events trigger certain coping efforts, which in turn lead to particular mood states, the occurrence of positive events might evoke certain savouring efforts, which in turn might lead to a sense of greater happiness (Bryant, 1989, 2003)

Coping with negative events is a regulatory process regardless of whether it increases or decreases negative feelings. Similarly, savouring positive events is a regulatory process regardless of whether it amplifies or dampens positive feelings. Thus, suggesting that savouring and dampening are not two separate processes, but rather amplifying and dampening are two separate forms of the same underlying process of savouring. Further, savouring functions as both a state and a trait variable. State savouring is a contextualized reaction toward the experience of a positive event, while trait savouring is a stable personality trait that elicits a predisposed response to a positive experience (Jose, Lim, & Bryant, 2012).

### ***Savouring Beliefs***

Although a savouring experience requires a focus of attention on positive feelings in the present, savouring may also involve a temporal focus on either the past (termed reminiscence) or the future (termed anticipation). When people savour through reminiscence, they attend to positive feelings that they rekindle from the past, or attend to other positive feelings they experience when looking back on the past. When people savour through anticipation, they attend to positive feelings they imagine they will have in the future or attend to other positive feelings they experience when looking forward. People may also enhance the quality of an unfolding positive experience by remembering how much they looked forward to it earlier (i.e., recalled anticipation) or by looking forward to reminiscing about it later (i.e., anticipated recall). Thus, savouring can involve a form of ,mental time travel (Quoidbach et al., 2010). Females, compared to males, tend to perceive themselves as more capable of savouring positive experiences. Also, individuals are most capable of savouring through reminiscence, moderately capable of savouring the moment, and least capable of savouring through anticipation.

### ***Savouring and Positive Psychology***

Positive psychology focuses on understanding the strengths and virtues of individuals, rather than the traditional focus on distress and dysfunction. Positive psychology aims to understand human flourishing occurring in the past, present, and future (Seligman & Csikszentimihalyi, 2000). The large body of empirical evidence illustrates that savouring promotes positive psychological functioning, and enhances psychological growth and wellbeing (Fredrickson, 2001).

Savouring can be conceived as a positive construct within the field of positive psychology, defined as “a distinct form of perceived control over positive emotions;” wherein, an individual is capable of “generating, intensifying, and prolonging enjoyment through one’s own volition” (Bryant, 2003). Positive events can be either more or less pleasurable depending on one’s hedonic baseline which is one’s stable relative level of happiness (Brickman, 1978), indicating that experiencing positive events and enjoying them are separate processes. Therefore, understanding how one draws pleasure from positive experiences is critical to the development and maintenance of happiness.

### ***Components of Savouring***

In explicating the nature of savouring, it is important to distinguish four interrelated conceptual components: savouring experiences, savouring processes, savouring strategies, and savouring beliefs.

- Savouring experience consists of one's sensations, perceptions, thoughts, behaviours, and feelings when mindfully attending to and appreciating a positive stimulus.
- A savouring process is a sequence of mental or physical operations that unfolds over time and transforms a positive stimulus into positive feelings to which a person attends and savours.
- A savouring response or strategy is the operational component of the savouring process—that is, a specific concrete thought or behaviour that amplifies or dampens the intensity, or prolongs or shortens the duration, of positive feelings.
- Savouring beliefs reflect people's perceptions of their ability to enjoy positive experiences, as distinct from their ability to obtain positive outcomes in the first place, and encompass temporal domains of savouring (Bryant, 2003; Bryant et al., 2008; Bryant & Veroff, 2007).

### ***Savouring the Moment***

Young children, even infants, seemingly have an innate capacity for positive feelings. The development of children's language skills is also crucial in the development of savouring because it enables caregivers to communicate verbally with children about the causes and consequences of positive emotions, concrete strategies for generating, intensifying, dampening, sustaining, or curtailing positive feelings.

If the development of savouring parallels that of coping, then cognitive savouring responses develop in late childhood. Research indicates that young children cope with stress using behavioural distraction methods, and adults are more likely to use cognitive strategies (Band & Weisz, 1990; Compas, 1998).

### ***Savouring through Reminiscence***

Savouring the past is a higher-order process than simply recalling the past. Savouring through reminiscence requires one to reflect on feelings associated with pleasant memories

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and to think abstractly about one's own inner experience. Past-focused self-reflection may not fully develop until late childhood or early adolescence (Inhelder & Piaget, 1958), children presumably first master the art of retelling and reliving positive memories in the company of others and then later learn how to savour positive memories in their minds when they are developmentally capable of such abstractions.

### *Savouring through Anticipation*

Three cognitive skills are necessary in order to savour by looking forward to positive experiences—an ability to reflect on one's own feelings, an awareness of the future, and the capacity to delay gratification. Adults often find it difficult to delay gratification in certain situations, making savouring through anticipation a lifelong challenge. Further complicating the process of anticipation is the possibility of disappointment.

### *Reactive and Proactive Savouring*

Proactive savouring requires the effortful allocation of time and energy to create a positive experience that one can savour, whereas reactive savouring, in contrast, merely requires awareness of an ongoing positive experience one has not intentionally created, but can savour. For this reason, proactive savouring is less common than reactive savouring across all three temporal domains.

Proactive savouring of the moment fosters the joy of anticipation, whereas reactive momentary savouring fosters the joy of surprise. Proactive reminiscence serves to keep one's storehouse of pleasant memories fresh and accessible, compared to only reminiscing reactively when external circumstances bring positive memories to mind. Likewise, proactive anticipation can heighten the joy of positive events both before and during their occurrence.

### *Daydreaming, Savouring and Mindfulness*

Daydreaming is characterized by a stream of thought that turns attention inward and that is no longer determined by one's immediate surroundings or current task (Singer, 1981). Furthermore, daydreaming has been conceptualized as without goal or purpose (Klinger, 1990), whereas savouring has the clear, deliberate goal of amplifying or prolonging the positive emotional experience.

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According to Langer, when people are mindful, they are open to generating new ways of looking at the world and are not controlled by routines and habitual ways of observing. When people savour, they too are mindful of their experience, but their attention does not remain totally open to incoming or internal stimuli. Instead, the savouring process involves a more restrictive focus on internal and external stimuli associated with positive affect. In that sense, savouring is a narrower concept than mindfulness.

### *Savouring and Emotional Intelligence*

Savouring, like emotional intelligence, involves awareness and regulation of emotions, as well as the use of emotional cues to direct thoughts and behaviours. Savouring also shares common ground with the narrower constructs of mood attention (Salovey et al., 1995) and mood awareness (Swinkels & Giuliano, 1995), which encompass both mood monitoring and mood labelling. Emotional intelligence involves the adaptive harnessing of emotions in oneself and others (Salovey & Mayer, 1990). Likewise, savouring may be either adaptive or maladaptive depending on the contexts in which it occurs. Thus, people may savour in emotionally intelligent or unintelligent ways, and they can learn healthier ways of savouring their lives.

### *Attention and Savouring*

The focus of attention during savouring was differentiated by Bryant and Veroff (2007) as two general perceptual orientations in terms of whether the dominant attentional focus is world-focused or self-focused. They also suggested that both can co-occur during the same savouring experience. On the other hand, there is also evidence that excessive self-monitoring can inhibit enjoyment. Thus, too much attention to good feelings, as opposed to just experiencing these feelings, may short-circuit savouring and disrupt enjoyment.

Regulating attentional focus while savouring is a complex mental task. Because the human capacity for conscious information processing is limited, external and internal attention are competing mental states—people can typically focus on either external or internal information one at a time and not simultaneously, but one can switch their attention quickly between external and internal foci (Benedek, 2018).

*Savouring Strategies*

Bryant and Veroff (2007) have identified ten savouring strategies that people use in relation to positive experience: Sharing with others, memory building, self-congratulation, sensory-perceptual sharpening, comparing, absorption, behavioural expression, temporal awareness, counting blessings, and kill-joy thinking.

Quoidbach, et al., (2010) have distinguished four broad types of savouring strategies (behavioural display, focusing attention on the present moment, capitalizing, and positive mental time travel) have also focused on the concept of positive regulatory diversity, using multiple savouring strategies rather than a few specific savouring strategies and have found that people who typically use a broader range of savouring strategies report higher levels of overall happiness.

- **Behavioural display** - Expressing positive emotions with non-verbal behaviours. Studies have shown that the facial expression of emotion may play a causal role in the subjective experience of emotion (Strack, Martin, & Stepper, 1988).
- **Directing attention to the present pleasant experience** - Both correlational and experimental studies have shown that this strategy is linked with the increased intensity and frequency of positive emotions (Bryant, 2003).
- **Capitalizing** – It is associated with increased daily positive affect, over and above the impact of the positive event itself and improved immune response (Labott, et al., 1990).
- **Positive Mental Time Travel (Positive MTT)** - By vividly remembering or anticipating positive events– two abilities that are very closely related. Indeed, both cross-sectional and experimental studies have shown that positive MTT predicts happiness (Quoidbach, Wood, & Hansenne, 2009).

*Neuropsychology of Savouring*

Concerning savouring through reminiscence, fMRI data revealed that enhanced activity in the striatum and medial prefrontal cortex is associated with increased positive emotion when recalling positive autobiographical memories (Speer et al., 2014). Concerning savouring the moment, EEG data indicate that participants instructed to savour monetary rewards show greater changes in reward positivity (Irvin et al., 2020).

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More recently, Wilson and McNamara (2021) have provided the first empirical evidence that savouring is an effective and lasting means of increasing subjective and neural responses to visual imagery. Participants instructed in how to savour positive pictures, compared to those who passively viewed these images, not only rated the pictures as more pleasant but also showed increased picture-elicited late positive potential (LPP) in frontocentral and parieto-occipital regions of the brain (i.e., a neural marker of emotional arousal). Moreover, when viewing the same stimuli 20 min later (in the absence of instructions to savour), pictures that had been savoured earlier were rated as more pleasant and more arousing and continued to elicit a larger LPP, compared to pictures that had not been savoured.

## Hopelessness

### *Definition*

Hopelessness can be conceived as an individual's negative belief about the future and is characterized by negative emotions, pessimistic expectations and loss of pleasure in life (Beck, et al., 1974). Hopelessness is a thought and an appraisal of one's conditions and life circumstances. It occurs most often in conjunction with a variety of affective and emotional states, like despair and depression, but hopelessness by self is a cognitive variable.

Stotland (1969) considered hopelessness as a system of cognitive schemas in which the common denominator is negative expectancy about short and long-term futures. Evaluating levels of hopelessness forms an essential part of assessing suicide risk (American Psychological Association, 2003). In the State of hopelessness, an individual is completely overwhelmed and disregards the positive sight of life. Considers life is not worth living and consistently strives under the shadow of pessimism. Persons who are pessimistic about the causes and consequences of events and who tend to attribute negative self-characteristics after negative events have been found to be more at risk for hopelessness (Brozina & Abela, 2006).

Campbell's (1987), investigation pointed out four attributes of hopelessness that is negative future expectations, loss of control over the future, passive acceptance of the futility of planning goals and emotional negativism. Similarly, Drew (1990) analysed hopelessness, helplessness and powerlessness. He argued that the three concepts are qualitatively different in nature but hopelessness is primarily a trait among adults.

### *Theories of Hopelessness*

The hopelessness theory of suicidality and Beck's theory (1987) hypothesize that a set of particular cognitive vulnerabilities lead to suicide, and this relationship is mediated by hopelessness. The cognitive vulnerabilities are slightly different in each theory: a depressogenic-inferential style in the hopelessness theory, and negative self-schema and dysfunctional attitudes in Beck's theory.

According to the hopelessness theory, those with a depressogenic-inferential style attribute negative life events to stable and global causes, believe that negative outcomes will follow from these negative life events, and the negative events will mean that they are worthless. These individuals are susceptible to developing hopelessness when they are faced with negative life events, and suicidality is a symptom of this hopelessness (Abramson et al., 1998).

Beck's theory of depression (1987) states that negative self-schema results in vulnerability to depression. These negative thoughts are believed to develop into hopelessness, low self-esteem and depression when encountering negative life events, and due to this vulnerability to hopelessness. Similar to the hopelessness theory, Beck also believed that cognitive vulnerability is a risk for suicide, and this risk is mediated by hopelessness.

The dual-process model suggests that humans hold two interacting models of information processing, with regards to hopelessness, it possess both a rational, deliberative, conscious perception of the degree of hope toward the future as well as an automatic, reflexive, emotionally driven level of hope toward the future (Epstein, 1994).

### *Diathesis-Stress-Hopelessness Model*

The diathesis-stress-hopelessness model explores the relationship between problem-solving abilities, hopelessness and suicide. The ability to solve problems interacts with negative life stress to predict hopelessness, so the relationship between problem-solving abilities and suicide also may be linked to hopelessness in this model (Bonner & Rich, 1988).

The hopelessness theory structured negative inferential styles as involving three forms of inferential tendencies in response to a negative event: (1) inferring stable and global causes (rather than unstable and specific causes) for the event, (2) inferring negative consequences of

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the event, and (3) inferring negative self-characteristics. The three inferential styles function as cognitive diatheses, which by themselves cannot be associated with an increased likelihood of developing hopelessness and depression. Instead, only in the presence of negative life events the individuals possessing these cognitive diatheses to be at greater risk of becoming hopeless and depressed. This aspect of the hopelessness theory is therefore essentially a diathesis-stress model.

### *Positive Inferential Styles and Adaptive Inferential Feedback*

According to this model, just as individuals with a tendency to form negative inferences are vulnerable to becoming hopeless and depressed when experiencing a negative life event, individuals with a tendency to form positive inferences about the cause, consequences, and self-characteristics associated with a positive life event are likely to become more hopeful and recover from depression. In this manner, a positive inferential style may function as a resilience factor that interacts with positive life events to produce an ameliorative effect on the individual's sense of hope and mood.

### *Hope, Hopelessness and Helplessness*

Hope and hopelessness are two distinct but correlated constructs that have their own bipolar spectra. A person can have a raised sense of agency and problem-solving abilities (i.e., hope) on one spectrum, together with the presence of negative future-oriented thoughts (i.e., hopelessness) on the other. Indeed, the difference in temporal focus between the two constructs also provides a basis for individuals to have hope and hopelessness at the same time. Whereas hopelessness focuses on the anticipation of future experiences or consequences, hope focuses on past and present experiences of successful goal pursuit.

Hopelessness is considered to be more directly contrary to coping than helplessness since it has a negative response outcome expectancy. The negative outcome is evaluated as to their fault since the individual has control. This introduces the element of guilt which may make hopelessness a better model for depression than helplessness (Prociuk, Breen, & Lussier, 1976). Hopelessness is more associated with depression while post-traumatic stress disorder (PTSD) may be more related to helplessness.

### ***Hopelessness Depression***

The hopelessness theory proposes the existence of a distinct cognitively mediated subtype of depression, hopelessness depression, with hopelessness leading specifically to this depression subtype. A diagnosis of hopelessness depression requires at least two weeks of hopelessness with at least five of the following 11 symptoms: sadness, retarded initiation of voluntary responses, suicidal ideation or behaviour, sleep disturbance characterized by initial insomnia, fatigue, self-blame, concentration difficulties, psychomotor retardation, brooding or worrying, reduced self-esteem, and dependency.

## **Wellbeing**

### ***Definition***

Wellbeing is a fundamental human goal. It is not a mono-dimensional or unitary construct. The scientific landscape of wellbeing and mental wellness has developed significantly through interdisciplinary cross-pollination by researchers in neuroscience, psychology, sociology, and economics, including traditional and complementary medicine.

The study of wellbeing is related to the individual's subjective experience about their lives and the inherent premise is that the wellbeing is defined as the individual's conscious knowledge/experiences in terms of the hedonic feelings and the cognitive satisfaction. The process of maintaining mental wellness is viewed as lifelong and involves developing the skills and knowledge to make conscious choices about living a healthy, purposeful, and fulfilling life. This lifelong process enables individuals to realize their potential, cope with daily stresses, work productively, and contribute meaningfully to family, community, and society (Bodeker et al., 2018).

The term subjective wellbeing is synonymous with positive mental health. The World Health Organization defines positive mental health as “a state of wellbeing in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” (WHO, 2019).

Verma and Verma (1989) defined general wellbeing as, “the subjective sensation of contentment, happiness, satisfaction with life's experiences and of one's role in the universe

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of work, sense of achievement, utility, belongingness, no distress, dissatisfaction or worry etc.”

Veenhoven (1984) defines subjective wellbeing as, “the degree by which an individual justice the overall quality of his or her personal life as a whole in a favourable manner. In other words, subjective wellbeing is how intimately the person like the life she or he leads”.

### *Wellbeing Perspectives*

#### **General Wellbeing**

General wellbeing as a construct refers to the harmonious functioning of the physical as well as psychological aspects of the personality, giving satisfaction to the self and benefit to the society (Siwach, 2000). General Wellbeing has been defined as encompassing people’s cognitive and effective evaluations of their lives (Karatzias et al., 2006). Health and wellness have four characteristics (Kiefer, 2008); being able to function and do what they wanted to do, being independent or self-determining, having both a physical and emotional state of wellbeing, and an absence of pain. The other term quality of life is used to evaluate the general wellbeing of individuals and societies.

#### **Subjective Wellbeing**

Subjective Wellbeing is a broad category of phenomena that includes people’s emotional responses, domain satisfactions, and global judgements of life satisfaction (Diener, Suh, Lucas and Smith, 1999). “As an operational definition, Subjective Wellbeing is most often interpreted to mean experiencing a high level of positive affect, a low level of negative affect, and a high degree of satisfaction with one’s life. The concept of SWB, assessed in this way, has frequently been used interchangeably with ‘happiness.’ Thus, maximizing one’s wellbeing has been viewed as maximizing one’s feelings of happiness.”(Deci and Ryan, 2008).

#### **Psychological Wellbeing**

Psychological Wellbeing refers to positive mental health (Edwards, 2005). It is a diverse multidimensional concept (Ryff, 1989), which develops through a combination of emotional regulation, personality characteristics, identity and life experience (Helson and Srivastava, 2001). There are six distinct components of psychological wellbeing having a positive attitude towards oneself and one’s past life (self-acceptance); having goals and objectives that give life meaning (purpose in life); being able to manage complex demands of

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daily life (environment mastery); having a sense of continued development and self-realization (personal growth); possessing caring and trusting ties with others (positive relations with others); and being able to follow one's own convictions (autonomy).

### **Hedonic Wellbeing**

Hedonic Wellbeing “focuses on happiness and defines wellbeing in terms of pleasure attainment and pain avoidance” “the predominant view among hedonic psychologists is that wellbeing consists of subjective happiness and concerns the experience of pleasure versus displeasure broadly construed to include all judgments about the good/bad elements of life. Happiness is thus not reducible to physical hedonism, for it can be derived from the attainment of goals or valued outcomes in varied realms” (Ryan and Deci, 2001)

### **Eudaimonic Wellbeing**

The eudaimonic perspective of wellbeing – based on Aristotle's view that true happiness comes from doing what is worth doing – focuses on meaning and self-realization, and defines wellbeing largely in terms of ways of thought and behaviour that provide fulfilment (Gale et al., 2013).

### **Flourishing**

Flourishing is the desirable state whereby both hedonic and eudaimonic facets of wellbeing are simultaneously present within an individual (Huppert & So, 2009). Sustainable wellbeing includes the experience of functioning well, for instance having a sense of engagement and competence, being resilient in the face of setbacks, having good relationships with others, and a sense of belonging and contributing to a community. Keyes's Complete Mental Health Model includes the facets of emotional wellbeing (i.e., SWB) and positive functioning in life (i.e. eudaimonic wellbeing), which includes psychological wellbeing and social wellbeing.

### **Spiritual Wellbeing**

Spiritual Wellbeing is the affirmation of life in the relationship with God, self, community and environment that nurtures and celebrates wholeness (Ellison, 1983). Moberg (1971) has conceptualized Spiritual Wellbeing as two facets, with both vertical and horizontal components. The vertical dimension refers to our sense of life wellbeing in relation to God (Paloutzian and Ellison, 1982). The horizontal dimension refers to a sense of life purpose and life satisfaction.

### **Social Wellbeing**

Keyes (1998) conceived of a five-component model of social wellbeing: social integration, social contribution, social coherence, social actualization, and social acceptance. These five elements, taken together, indicate whether and to what degree individuals are overcoming social challenges and are functioning well in their social world, alongside neighbours, co-workers, and fellow world citizens (Gallagher et al., 2009).

### ***Determinants of Wellbeing***

#### **Personal Characteristics**

Wellbeing is related to gender, age, personality, and personal values. In a recent report using data from the Gallop World Poll collected between 2005 and 2010, Graham and Chattopadhyay (2012) found that women have higher average levels of reported wellbeing than men worldwide. When wellbeing is assessed using a life satisfaction measure, the relationship between age and wellbeing is U-shaped, with the highest levels in young adulthood and early old age (Blanchflower & Oswald, 2008).

Personality traits are also strongly related to subjective wellbeing (DeNeve & Cooper, 1998). Longitudinal studies confirm that personality characteristics of individuals in their early teens predict psychological wellbeing in mid-and later life (e.g., Abbott et al., 2008). Individuals who hold more materialistic values are less happy and less satisfied with their life than those whose values are less materialistic (Kasser, 2002). Individuals who are more intrinsically motivated show higher wellbeing relative to those who are more extrinsically motivated (Kasser & Ryan, 1993; Sheldon & Kasser, 2005). Abdallah, et al., (2008) found average life expectancy to be the strongest predictor of life satisfaction at the national level.

#### **Employment and Work-Related Factors**

Unemployment is strongly negatively related to various measures of wellbeing. Although low wellbeing can lead to unemployment, longitudinal studies suggest that the experience of unemployment leads to low subjective wellbeing (Oswald & Powdthavee, 2005). There is a relationship between quality of work, work-related variables such as work-life balance and commuting time and subjective wellbeing. Also, an inverse U-shaped relationship between hours worked and subjective wellbeing (Helliwell & Huang, 2010).

### **Health**

Poor objective health and disability are associated with lower subjective wellbeing (Dolan et al., 2008). In relation to psychological ill-health, affective disorders are associated with poor subjective wellbeing (Diener & Seligman, 2004). With respect to health-related behaviours, physical activity has a beneficial effect on subjective wellbeing (Biddle & Ekkekakis, 2005), sufficient sleep, typically 6–8 hours per night is associated with better psychological functioning and positive emotions, with fewer symptoms of anxiety and depression (Kahneman et al., 2004). Conversely, poor sleep is associated with low subjective wellbeing.

### **Education**

The relationship between education and subjective wellbeing is mediated by other factors, including health, income, and social mobility (Dolan, et al., 2006). Some studies have shown a non-linear relationship between education level and life satisfaction, whereby an average level of education rather than the highest level is related to higher life satisfaction (Helliwell, 2003). Quality of education is important in making learning enjoyable, fostering personal development, and promoting social wellbeing, all of which are associated with later subjective wellbeing (Statham & Chase, 2010).

### **Social relationships**

Studies suggest that an individual's relationship with their partner and family is an important determinant of wellbeing (Kapteyn, et al., 2010). Numerous studies, both cross-sectional and longitudinal, show that being married is strongly associated with overall life satisfaction, happiness, and positive psychological functioning (Diener et al., 1999). However, the effect of marriage is probably mediated through having a secure and supportive relationship: the wellbeing effect of living with a partner is high when the relationship is perceived to be stable (Brown, 2000).

The number and strength of social connections is a robust predictor of subjective wellbeing, (Dolan et al., 2008). There is also a positive relationship between volunteering or altruistic behaviour and wellbeing (Helliwell, 2003). Participation in leisure activities in general contributes positively to subjective wellbeing (Brajsa-Zganec, et al., 2011).

### **Natural and living environment**

The most comprehensive relationship between wellbeing and the natural and physical environment can be found in Volume II of this Wiley series on wellbeing, entitled “Wellbeing and the Environment”. Perceived access to green spaces is positively associated with subjective wellbeing (Guite, et al., 2006). A positive perception of the surrounding physical environment is associated with positive emotions, reduced stress, and increased social wellbeing (Hartig et al., 2003).

### ***Wellbeing and Genetic Predisposition***

The field of gene-environment interactions suggests that the same genotype which predisposes an individual with a mental health problem if they experience an adverse early environment also predisposes an individual to flourish provided a positive early environment (Belsky and Pluess, 2009). Studies on the link between genes and subjective wellbeing conclude that for any complex outcomes such as mental health and wellbeing, there will be the involvement of multiple genes, each with a small effect. Studies of twins on wellbeing show a large hereditary component underlying response to the questionnaire (Lykken, 2000). In relation to positive aspects of wellbeing, a gene that is receiving a great deal of attention relates to the neuropeptide oxytocin. Cultural differences in the expression of this gene have also been reported (Kim et al., 2010).

### ***Wellbeing Therapy (WBT)***

WBT is a short-term psychotherapeutic strategy developed by Giovanni A. Fava, which emphasizes self-observation, with the use of a structured diary, interaction between individuals and therapists and homework. WBT is based on a model of psychological wellbeing that was originally devised by Marie Jahoda in 1958. Where 6 criteria for positive mental health were outlined: autonomy, environmental mastery, satisfactory interactions with other people, the individual's style and degree of growth, development or self-actualization and the attitudes of an individual toward his/her own self and the individual's balance and integration of psychic forces.

Carol Ryff further elaborated on the first 5 dimensions of positive functioning and introduced a method for their assessment, the Psychological Wellbeing scale. Initially, WBT aimed at increasing psychological wellbeing, its goal was subsequently refined in the

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achievement of a state of euthymia, which guides actions and feelings for shaping the future accordingly and resistance to stress (resilience and anxiety or frustration tolerance). It hypothesised that the individual adjusts the psychological dimensions of wellbeing to changing needs.

### *Need for the study*

Mental health investigators in recent years have emphasised the need for systematic studies to help surpass perplexities that humans encounter. Numerous research in the domain of positive psychology has been conducted in the western world, whereas studies contributing to this field are to a lesser degree in other parts including India. The present study is an effort made in this direction.

The current scenario across the globe with pandemic, war and climate shift has turned to pose the greatest challenges in the face of humankind. It has distilled Wellbeing and has lodged passive acceptance of futility which is shadowed by pessimism. The approach of savouring rides individuals into a realm to cultivate experiences of positive emotions even as they struggle with overwhelming negative thoughts posed by the ongoing pandemics tend to exist. Multiple investigations have been conducted separately on aspects of Savouring, Hopelessness and Wellbeing but still, there is a dearth of combined studies on these variables among young adults. The findings of the current study can help reiterate the importance of understanding savouring in relation to hopelessness and wellbeing thus helping individuals deal with adverse situations in the light of positive emotional experiences in momentum.

# *REVIEW OF LITERATURE*

## CHAPTER II

### REVIEW OF LITERATURE

#### Savouring

Bryant, et al., (2021) investigated Gratitude as a mediator of the effects of Savouring on positive adjustment to ageing. The participants were 202 adults aged 65 and older. They were assigned either to an experimental condition (where they reflected on important lessons life had taught them) or a control condition (where they reflected on their typical routine). The study concluded that reflecting on life lessons increased levels of savouring which led to greater gratitude, predicted a stronger positive attitude towards ageing, life satisfaction and hope.

A study by Gregory, et al., (2021) investigated the perceptions of uncertainty enhancing savouring. Three studies induced uncertainty and measured savouring. Study 1 had 6680 participants, study 2 had 397 participants and study 3 had 201 participants. The findings from all three studies with diverse samples suggested that uncertainty enhances savouring.

Doorley, et al., (2021) conducted a study on savouring the present to investigate associations between positive emotions and positive emotion regulation in daily life. The participants were 67 college athletes who completed a 2-week daily diary study, 836 daily observations were considered and the results suggested that savouring enhanced positive emotions related to positive events and also regulate emotions related to negative events. Another study by Irvin, et al., (2020) examined associations between psychophysiological reward processing captured by Reward Positivity, positive affect regulation strategies and symptoms of depression among 100 undergraduates. The results indicated that the participants were elicited by the reward that appeared sensitive to a savouring intervention suggesting that mitigating depressive symptoms in emerging adults may depend on both savouring (top-down) and reward positivity (bottom-up) forms of positive affect regulation providing implications in managing depressive disorder).

Pereira, et al., (2021) conducted a study among 52 mothers of neurotypical children and 26 mothers of children with autism. Each of them was assigned either to relational savouring or personal savouring conditions. The findings of the study revealed that mothers with higher levels of anxiety experienced a greater decrease in negative affect post- savouring. A study by

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Palmer & Gentzler., (2018) in a sample of 120 adults examined attachment, and savouring ability and concluded that insecure attachment relates poorly to savouring interpersonal events.

An interesting study by Yu, et al., (2020) used Facebook to conduct a Savouring intervention. The participants were 122 university students, of which 61 were assigned to undergo 3 weeks of savouring intervention and 61 were assigned to the non-treatment control group. The results indicated enhanced positive affect in the treatment group compared to the control group.

A study on mindful awareness, cognitive reappraisal and savouring positive experiences among 194 emerging adults (18- 27) in Hong Kong by Cheung and Ng (2020) indicated that the association between mindful awareness and savouring positive experiences was mediated by cognitive reappraisal over and above the effects of sex, age and autoregressive control variables. Cheung, et al., (2019) investigated the mediating role of savouring positive experiences in the association between family functioning and psychological outcomes such as anxiety and depressive symptoms in emerging adulthood. Participants were 167 emerging adults. Findings suggested that both anxiety and depressive symptoms were negatively related to perceived capabilities of regulating negative emotions and savouring positive emotions.

Borelli et al., (2020) used relational savouring as an intervention among 63 adults aged 60 – 90 years and found it reduced physiological reactivity and enhanced psychological agency in participants. A similar study by Burkhart et al., (2015) on parents of infants and toddlers evaluated the impact of relational savouring on emotion and parent-child relationship satisfaction and suggested that savouring conditions increased levels of positive emotion and relationship satisfaction.

The role of savouring as a buffer against marijuana problems was investigated by Luba, et al., (2020) among 195 participants. The results revealed that as savouring increased, the negative consequences marijuana problems created decreased. Thus, supporting the idea of using savouring interventions in the prevention of marijuana problems. Lin, et al., (2010) examined employee savouring among 357 salespeople. Analysis of data showed that savouring was positively related to perceived job performance and moderated by employees' positive affectivity.

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An investigative study on relational wellbeing, savouring and relationship satisfaction was done by Lenger & Gordon., (2019) which focused on 122 undergraduates in monogamous dating relationships. It was concluded that total savouring also each facet of savouring – anticipation, present moment and reminiscence were positively related to relationship satisfaction.

A study by Samios & Khatri., (2019) on savouring and relationship satisfaction in 128 couples coping with a stressful life event showed that savouring predicted their own and partners' relationship satisfaction. The findings support the use of savouring as an interpersonal resource for couple based interventions. Another study by Salces- Cubero, et al., (2019) explored the efficiency of 3 different interventions based on savouring, gratitude and optimism on wellbeing among 124 adults aged between 60 and 89 years. The findings of the study indicated that gratitude and savouring increased life satisfaction, subjective happiness, resilience and reduced negative affect. However, optimism failed to produce a significant change in variables. Also, savouring and optimism interventions decreased scores in depression.

A study by Smith & Bryant (2019) examined the effects of savouring on perceptions of ageing and wellbeing. The participants were assigned to either one of the experimental conditions - savouring life lessons reflecting on negative aspects of ageing or the centered control condition. Findings suggested that individuals in savouring life lessons should have greater positive perceptions of ageing and wellbeing. Sato et al (2018) aimed to investigate the mechanism linking nature and savouring experiences. The participants were 60 university students, they were assigned to take a daily 20-minute walk in a natural environment for 47 days. The study concluded that daily exposure to nature contributed to greater savouring and positive affect.

Marios Biskas et al., (2019) examined whether savouring creates nostalgic memories that foster optimism through 3 studies conclude that savouring acts as a foundation for nostalgic memories and in ensuring optimism. Five studies by Chun, et al., (2017) were conducted to demonstrate that savouring an upcoming consumption experience heightens enjoyment by creating effective memory traces that are reactivated and integrated into the actual experience. Later concluded that memory traces of savouring enhance enjoyment. A study by Bryant (1989) investigated a four-factor model of perceived control: Avoiding, Coping, Obtaining and Savouring. The findings indicated that beliefs about avoiding and

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coping related more strongly to subjective distress and beliefs about obtaining and savouring related more strongly to subjective wellbeing.

Căzănescu, et al., (2019) analyzed the relationship between irrational beliefs, savouring, depression and joy within a sample of 276 participants, revealing that presence of irrational beliefs is a strong negative predictor of savouring and has a significant impact on depressive symptoms and positive emotions (joy). A similar study by Ford, et al., (2017) examined preliminary criteria for identifying savouring and self-compassion as protective factors for depression. 133 undergraduate students completed 2 surveys 5 weeks apart. Findings showed that savouring and self-compassion were inversely related to depression. Also, cross-sectionally savouring moderated the relation between negative life events and depression but not prospectively.

A study by Geiger, (2019) examined changes in perceived savouring abilities and associations with perceived health in 131 older adults. The data was collected from 131 folder articles at baseline and 2 and a half years later. The study concluded that a greater perceived ability to savour the present moment predicted better-perceived health. Jose, et al., (2012) carried out a study to determine whether and how savouring influences daily happiness. 101 participants provided self-reports of their momentary positive events, savouring responses and positive affect daily over a period of 30 days. Findings suggested that the three constructs were positively related to each other. Thus concluding that savouring is an important mechanism to derive happiness.

Sytine, et al., (2018) examined savouring as a moderator of combat exposure and mental health symptoms. The participants were 885 U.S. Army soldiers. Findings indicated that savouring was negatively related to symptoms of post-traumatic stress disorder and depression. Also, moderated the relationship between post-traumatic stress disorder, depression and combat exposure. The findings provide implications for the possibility of training individuals exposed to trauma in savouring techniques.

The effect of savouring on negative emotions and suicidal behaviour was investigated by Klibert, et al., (2018) in a sample of gender and sexual minorities. Which concluded that savouring moderated the effects of negative emotions on suicidal behaviour. Also, the study provides implications for use of positive psychological interventions such as savouring in gender and sexual minority suicide prevention. Two experimental studies were conducted by

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Straszewski and Siegel., (2018) to examine savouring-based, positive emotion infusion to increase help-seeking intentions among individuals with depression and found a direct effect thus offering support in creating savouring based interventions. A study by Speer, et al., (2014) found fMRI enhanced activity during the recall of positive autobiographical memories in corticostriatal circuits which also corresponded to monetary rewards.

The impact of savouring on physical health and psychological wellbeing was studied by Smith & Bryant (2016) among 266 adults aged over 55 years. The results revealed that savouring moderated the relationship between health and life satisfaction the findings have implications for developing positive interventions to enhance the psychological wellbeing of older adults. A similar study by Smith & Hollinger (2015) examined the relationship between savouring positive experiences and psychological wellbeing for older adults with higher and lower levels of Leslie and the participants were 164 older adults' results revealed that a greater ability to savour and higher resilience both predictor grated happiness, lower depression and greater psychological wellbeing. The findings have implications for the development of interventions based on savouring to improve wellbeing and resilience.

Jennifer et al., (2015) examined the relationship between savouring positive experiences, resilience and psychological wellbeing. The participants were 164 older adults living in a large metropolitan area. The study concluded that in older adults, a greater ability to savour positive experiences and higher resilience both predicted greater happiness, lower depression and greater satisfaction with life. Borelli, et al., (2015) examined the effects of relational savouring in long-distance romantic relationships among 533 participants and found that relational savouring yielded greater positive emotions and relationship satisfaction. Another study by Camgoz, (2014) investigated the role of savouring in work-family conflict among 354 dual-earner couples suggesting savouring to be negatively related to work-family conflict.

Research was carried out to study age differences in savouring among 218 adults by Ramsey & Gentzler., (2014). It concluded that age was not directly associated with savouring. However, an indirect effect of future time perspective linking age and savouring indicated that younger adults reported greater savouring.

## Hopelessness

The levels of burnout, hopelessness, fear of the COVID-19 and perceived social support in healthcare workers were investigated by Karagöl, et al., (2022). The study suggested that individuals with low salaries, and not having enough time for themselves or their own families had higher levels of burnout and hopelessness. Family support was found to tackle burnout and hopelessness. A similar study by Johnson, et al., (2021) assessed the level of hopelessness in 1330 New York State physicians, suggesting that hopelessness was significantly higher among physicians aged 40 to 49 years than those aged 50 years or more.

Jang, et al., (2022) examined the relationship between perceived stress, mindfulness and hopelessness among 309 military soldiers. The study concluded that the lower the level of mindfulness the greater the hopelessness when the perceived stress increased. A study by Siyahtas and Çakir (2021) suggested that there is a significant relationship between leisure benefits, entrepreneurship and academic hopelessness.

A study by Baba kaya (2022) examined the effect of swimming exercise on hopelessness and depression. The sample consisted of 40 women above 55 years. Swimming exercise was applied to the experimental group for 12 weeks. Findings revealed a significant reduction in depression and hopelessness levels. Ejdemyr, et al., (2021) Explored specific somatic symptoms of helplessness and hopelessness by studying 3210 participants who constituted case groups of helplessness and hopelessness reference groups. 15 common somatic symptoms and 5 specific somatic symptoms of both helplessness and hopelessness were identified.

A cross-sectional descriptive approach was used by Durmus and Olcun (2022) to study the effect of the COVID-19 outbreak on older adults' hopelessness, loneliness and spiritual wellbeing. The sample included 476 individuals aged over 65 years. The findings suggested a significant negative relationship between hopelessness and loneliness with spiritual wellbeing. Chang, et al., (2010) Examined loneliness and negative life events with hopelessness and suicidal behaviour in a sample of 160 adults. Concluded that loneliness and negative life events were found to be positively associated with both hopelessness and suicidal behaviour.

An integrative data analysis on hopelessness and depressive symptoms was carried out by Liu, et al., (2021) among 2466 children and adolescents. The study concluded that

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homelessness was associated with depressive symptoms, also hopelessness levels help in determining the heterogeneity of depressive presentations. Another study by Savi, et al., (2021) Investigated life satisfaction, risky behaviours and hopelessness among 290 adolescent students. Life Satisfaction Scale, Beck Hopelessness Scale and Risky Behaviour Scale were administered. The findings of the study revealed that adolescent risk behaviours and hopelessness decreased as their life satisfaction increased.

A cross-sectional study was conducted by Peros, et al., (2021) to examine the role of interpersonal hopelessness in help-seeking intentions and behaviours in 239 adults. Findings indicated that hopelessness was significantly positively correlated with help-seeking intentions and behaviours. Another study by Inangil, et al., (2021) examined the level of family life satisfaction and hopelessness in the relatives of the patients. Hopelessness in parents was found to be higher than that of spouses, daughters, sons and other relatives. Also, relatives with below-average levels of hopelessness had above-average family life satisfaction.

Kavak, et al., (2021) conducted a cross-sectional study to understand the effect of religious belief on depression and hopelessness within a sample of 267 advanced cancer patients. The Religious Attitudes Scale, The Beck Hopelessness Scale (BHS) and The Beck Depression Inventory (BDI) were administered. The results of the study suggested that religious beliefs, depression and hopelessness levels were found to be significantly related to each other. A similar study by Tasan and Citlik (2021) Studied spirituality and hopelessness among 650 cancer patients. Analysis of data revealed that there was a significant relationship between spirituality and hopelessness. Also, it was found that as spirituality increased levels of hopelessness decreased.

A study by Gray, et al., (2021) suggested that high levels of implicit and explicit hopelessness were associated with a history of self-injurious behaviour. Burr, et al., (2018) Examined different types of hopelessness and their association with suicidal ideations and attempts. The study concluded that state and trait hopelessness were differently associated with ideations and attempts. Also, trait hopelessness was significantly positively associated with suicidality than state hopelessness.

Sun, et al., (2021) Evaluated the efficacy of logotherapy on meaning in life, depression, hopelessness and suicide ideations among 86 patients from a psychiatric department. Logotherapy was administered for 12 weeks. Findings of the study revealed that logotherapy

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increased levels of meaning in life and reduced the degree of depression, hopelessness and suicide ideations. Another study by Huen, et al., (2015) examined the role of hope in buffering the impact of hopelessness on suicidal ideations. The sample consisted of 2106 participants. The study concluded that hope and hopelessness are 2 distinct but correlated constructs. Also, hope can act as a factor to buffer the impact of hopelessness on suicidal ideations.

The relationship between cumulative risk and hopelessness among rural to urban migrant adolescents was studied by Ming, et al., (2021). The sample included 251 adolescents. The study suggested that individuals exposed to more risk factors face a higher risk of hopelessness. A similar study by Thompson, et al., (2005) explored the roles of anxiety depression and hopelessness on adolescent suicidal behaviour among 1287 potential high school dropouts. The study illustrated that depression and hopelessness had a direct effect on suicidal behaviours for males and hopelessness was found to have a direct effect but not depression in females. For both males and females anxiety was directly linked to depression and hopelessness.

The predictive role of childhood traumas and hopelessness on psychological symptoms was investigated by Asici, et al., (2021) within a sample of 195 counsellor trainees. The study suggested that childhood traumas affect hopelessness levels and also they lead to the revealing of psychological symptoms. A study by Haatainen et al., (2003) Investigated gender differences in the association to adult hopelessness with adverse childhood experiences. 1598 adults participated. The study concluded that clustering of adverse childhood experiences cast lasting effects by increasing the risk of hopelessness in adulthood, especially in women. Another Study suggests childhood emotional abuse was associated with elevated levels of hopelessness and depressive symptoms. Also, hopelessness significantly moderated the association of emotional abuse with depressive symptoms (Elizabeth, et al., 2008).

Hopelessness was investigated by Marchetti (2019) in a large community sample of 1985 individuals' representative of the general population. The study revealed that expecting more negative than positive future events and having important goals blocked along with feelings of giving up were the most central elements of hopelessness. A study by Rosellini and Bagge (2014) examined the direct and indirect effects of temperaments hopelessness and attempted suicide. Findings suggested that negative temperaments and positive temperaments both predicted levels of hopelessness. Also, the tendency to experience excessive negative

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emotions, as well as the paucity of positive emotions, may lead individuals to experience hopelessness.

Wolfe, et al., (2019) suggested that hopelessness is a predictor of suicidal ideation and emphasised the importance of early identification of hopelessness in depressed youth. A similar study by Horwitz, et al., (2017) revealed that the relationship between hopelessness and depression helps predict suicide-related outcomes. Also, hopelessness varies based on the anticipation of positive versus negative events. Another study by Duke, et al., (2011) evaluated the relationship between youth hopelessness and violence perpetration within a sample of 1,36,549 students. The study concluded that moderate to high levels of hopelessness exhibited a significant relationship with violence-related outcomes.

Kuo, et al., (2004) carried out a 13-year community-based study on hopelessness, depression, substance disorder and suicidality among 3000 participants. Findings suggested that hopelessness was predictive of all types of suicidal behaviour. Also, the relation between suicidality and hopelessness was stronger and more stable than the association of suicidality with the presence of depression and substance use disorders. A study was conducted by Beck, et al., (1975) among 384 suicide attempters. Which illustrated that hopelessness is the key variable that links depression to suicidal behaviour. Thus by focusing on reducing hopelessness we can alleviate suicidal crises more effectively.

## **Wellbeing**

Mead, et al., (2021) examined the role of different protective factors during the COVID-19 pandemic on wellbeing within a sample of 138 participants. Protective factors included physical activity, tragic optimism, gratitude, social support and nature connectedness. The study concluded that wellbeing was significantly lower compared to a previous sample. Also, it was observed that protective factors accounted for up to 50% of the variance in wellbeing.

Otto, et al., (2021) Explored mental health and wellbeing from childhood to adulthood using the design, methods and results of the 11 year follow up study with 3492 individuals aged 7 to 31 years. The study concluded that general health and wellbeing were better in younger than older and in male than female participants. A Meta-analytic review on physical activity and subjective wellbeing in healthy individuals was carried out by Buecker, et al.,

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(2021). Facets from childhood to old age were considered and the study concluded that showed physical activity was more significantly related to positive affect than to cognitive wellbeing.

Individual differences and changes in subjective wellbeing during the early stages of the COVID-19 pandemic were investigated by Zacher and Rudolph (2021). Participants were 979 individuals from Germany. It was found that the COVID-19 pandemic is associated with declining in key facets of subjective wellbeing. A similar study by Dawel, et al., (2020) explored the effect of COVID-19 on mental health and wellbeing in a representative sample of Australian adults. It was found that pandemic induces difficulties in work and social functioning were strongly associated with increased depression and anxiety symptoms as well as decreased psychological wellbeing.

McKinlay, et al., (2021) conducted a qualitative study about the mental health and wellbeing of older adults in the UK during the first wave of the COVID-19 pandemic. They found that participants considered fears of mortality, grieving normal life and concerns for the future as potential threats to their wellbeing during the pandemic. Also describe activities and behaviours such as adopting a slower pace of life maintaining a routine, socializing and using past coping skills to protect their mental health and wellbeing. A cross-sectional study of the psychological wellbeing of Indian adults during the COVID-19 lockdown was done by Sharma and Subramanyam (2020). 282 LGBT adults and persons with comorbidities or a history of mental illness participated. Findings suggest that anxiety was higher among both the groups suggesting poor wellbeing.

Deichert (2021) conducted among 127 college students by randomly assigning them to write about a gratitude inducing experience or a neutral experience and were assigned to receive support or no support where they gave a speech. The results showed that gratitude enhances the beneficial effects of social support on psychological wellbeing. A short term longitudinal study on stress and wellbeing in college students during the COVID-19 pandemic was carried out by Boni, et al., (2020), it also assessed levels of grit and gratitude. The findings suggested that grit and gratitude can be promoted to enhance student's subjective wellbeing.

A cross-sectional investigation of sleep exercise and diet on mental health and wellbeing among young adults was carried out by Wickham, et al., (2020). The sample consisted of 1111 young adults aged 18 to 25. The study concluded that sleep quality was the strongest predictor of depressive symptoms and wellbeing. Also, sleep quantity physical

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activity raw fruit and vegetable consumption predicted greater wellbeing. Long et al (2020) also considered a longitudinal approach to study the role of hope in subsequent health and wellbeing for older adults the participants were 12998 individuals with a mean age of 66 years. Results showed that a greater sense of hope was associated with higher psychological wellbeing and social wellbeing.

Gray, et al., (2020) investigated the influence of the COVID-19 pandemic on mental wellbeing and psychological distress. Participants were 12, 989 adults aged 16 and above across wales. Research showed clinically significant psychological distress in around 50% of the population. A study by Duy and Yildiz (2019) investigated the mediating role of self-esteem in the relationship between optimism and subjective wellbeing among high school and college students 384 students participated and the finding suggested that self-esteem significantly mediated the relationship between optimism and subjective wellbeing.

Stephoe, et al., (2015) investigated subjective wellbeing, health and ageing through review and analysis relating to the pattern of wellbeing and survival at older ages. Suggesting that the relationship between physical health and subjective wellbeing is bi-directional. Another study on the mental health and wellbeing of undergraduate students in a Malaysian research university was carried out by Mey & Yin (2015) for a course of 2 years suggested that students exposed to changing environment experiences were found to be psychologically stressful and heightened in anxiety.

A study by Antaramian (2015) assessed psychological symptoms and wellbeing by applying a dual-factor mental health model to understand student performance in a sample of 561 college students. Suggesting, the presence of positive wellbeing and absence of clinical symptoms are important for academic success. A contextual view of psychological processes and wellbeing in relation to the field of positive psychology was explored by McNulty and Fincham (2012). They reviewed for independent longitudinal studies of marriage suggesting that positive processes such as forgiveness optimistic expectations positive thoughts and kindness can either benefit or harm wellbeing depending on the context of various non-interpersonal domains.

In a book by Ruud (2013) on music, health and wellbeing the positive effects of music on wellbeing across a range of cultures are discussed. It also brings together research from music psychology including neuroscience of music and music therapy. Burt and Atkinson

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(2012) investigated a relationship between quilting and wellbeing. 29 semi-structured interviews were conducted with women from a local quilting group. The study concluded that creative craft hobbies such as quilting can be a meaningful vehicle for enhancing wellbeing.

Ryff and Singer (2013) explored the demonic approach to psychological wellbeing. Findings suggested possible health benefits in association with living a life rich in purpose and meaning, continued growth and quality ties to others. A similar study by Slade (2010) Studied mental illness and wellbeing by focusing on the importance of positive psychology and recovery approaches. The study supported the reorientation of health services around promoting wellbeing in positive psychology and its evidence-based interventions to improve wellbeing.

The role of wellbeing therapy (WBT) in achieving a balanced and individualised path to optimal functioning was investigated by Ruini and Fava (2012). Findings indicated that interventions based on WBT with a positive evaluation of oneself, a sense of continued growth and development, the belief that life is purposeful and meaningful, the possession of quality relations with others, the capacity to manage effectively one's life and a sense of self-determination, does yielding both promotion of wellbeing and decreased distress.

The relationship between psychological wellbeing and psychological distress was investigated by Winefield, et al., (2012). Data was collected through telephonic interviews from a sample of 1933 adults. The findings of the study suggest that variables positively associated with psychological wellbeing were negatively associated with psychological distress. Diener, E. (2012) Worked on new findings and future direction for subjective wellbeing research. Suggesting that high subjective wellbeing benefits health longevity and social relationships.

Dodge, et al., (2012) explored the challenge of defining wellbeing. Proposed a definition conveying the multi-faceted nature of wellbeing. Wellbeing was investigated by Camfield, et al., (2009) in developing countries by reviewing the role of qualitative methods which included India, Ethiopia, Peru, Vietnam, Bangladesh and Thailand. Findings recommended combining data from qualitative and quantitative approaches to understand people's experiences of wellbeing.

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A Longitudinal Study by Xu and Roberts (2010) examined subjective wellbeing and its components as predictors of longevity over general population. Data was collected from Alameda County Study over 28 years, consisted of 6856 individuals. It concluded that subjective well being and its positive components except for the component negative feelings significantly predicted longevity.

Bewick, et al., (2010) Investigated psychological wellbeing of undergraduate students as they progress through university and it was found that wellbeing levels decline across the degree course. A similar study by Crook, et al., (2006) considered measuring, monitoring and managing psychological wellbeing of first-year university students. Data were collected on 4 occasions from 4699 students. Findings suggested that levels of wellbeing are lower initially compared to later years also the first year was found to be a time of heightened anxiety.

Chen and Kee (2008) conducted cross-sectional studies to study the relationship between gratitude and athletes' wellbeing. In the study I, 169 Senior High School athletes participated. In study II, 265 adolescent athletes participated. Findings from both studies reveal that gratitude was significantly related to adolescent athlete's wellbeing. A study by Pavot and Diener (2004) reviewed the importance of demographic, personality and cultural variables to the experience of subjective wellbeing across the adult's life span. The study suggested that high subjective wellbeing was related to higher levels of relationship and marital satisfaction, improved ability to cope with stress and better health outcomes.

The above review of literature suggests that there is limited number of studies in the field of positive psychology from South East Asia specifically pertaining to savouring. Hopelessness studies have been carried out extensively within clinical and special population in recent years and hence, the current study is emphasised on general youth population. There are very few research studies relating hopelessness and positive psychological factors as most studies focus on negative effect that revolves around hopelessness, present study is an effort in this direction upholding the construct of savouring. The review reflects mixed views in terms of differences in levels of savouring and wellbeing among males and females, this study can help delineate these views in present pandemic context. Review suggests that savouring has helped in management of depression. Hopelessness being an important symptom of depression, it in the lens of savouring can help understand and manage wellbeing among youth.

## ***METHODS***

## **CHAPTER III**

### **METHOD**

The method pertaining to the study on “Savouring, Hopelessness and Wellbeing among Young Adults” was carried out in the following steps

- Objectives
- Hypothesis
- Area
- Sample
- Inclusion criteria
- Exclusion criteria
- Tools
- Procedure
- Analysis of data

#### **Objectives**

- To identify the levels of Savouring, Hopelessness and Wellbeing among young adults.
- To assess the relationship between Savouring, Hopelessness and Wellbeing among young adults.
- To assess the gender difference in Savouring, Hopelessness and Wellbeing among young adults.
- To find the influence of Savouring on Hopelessness and Wellbeing.

#### **Hypotheses**

- H 1: There is a significant relationship between Savouring and Hopelessness and Wellbeing among Young Adults.
- H 2: There is a significant gender difference in the levels of Savouring, Hopelessness and Wellbeing among Young Adults.
- H 3: The level of Savouring predicts the level of Hopelessness and Wellbeing among young adults

## Area

The study was conducted in and around Hosur and Coimbatore. The reason for the choice of cities are as follows:

- Cooperation and willingness of the participants.
- Availability of the required number of samples for the study.

## Sample

For the study, a total sample of Two hundred and two was chosen within the age group of 19 to 29 years, hundred and six females and ninety-six males. Simple random sampling technique was used to collect the data required.

## Inclusion criteria

- Participants in the age group of 19-29 years.
- Young adults who are willing to participate in the study are included.
- Both male and female participants are included.

## Exclusion criteria

- Young adults not willing to participate in the study are excluded
- The participants below 19 and above 29 years
- Genders other than male and female
- Non-genuine samples

## Tools

The study used the following tools for the purpose of data collection

- **Informed consent form**

The consent form was designed by the researcher. It helps to understand the willingness of the participants who take part in the study.

- **Confidentiality form**

The confidentiality form is the one that assures the participants about the usage of their response for research purpose only. Meanwhile, the responses will not be revealed outside.

- **Socio-Demographic status profile**

The Socio-Demographic status profile is designed by the researcher to be used for gathering the demographic details of the participants like age, gender, education, locality, and socioeconomic status for research purposes.

- **Savouring Beliefs Inventory (SBI)**

The SBI is a 24-item measure designed by Bryant (2003) to assess the extent to which individuals savour positive experiences. It consists of three 8-item subscales that measure personal beliefs about savouring abilities in the past (Reminiscing), Present Moment and future (Anticipating). Each item on SBI is measured on a seven-point Likert scale ranging from 1 (strongly disagree) to 7 (strongly agree). Subscale scores are computed as means across the items and a total score is computed by averaging all of the items. The scale has demonstrated good internal consistency ( $\alpha = .89$ ; Bryant, 2003). Higher scores indicate a stronger belief in one's ability to savour positive experiences.

- **Beck Hopelessness Scale (BHS)**

The BHS developed by Beck et al., 1988 measures the extent of perceived negative attitudes about the future. It is composed of 20 dichotomous "true/false" items. Total scores are created by first reverse-coding nine items (items 1, 3, 5, 6, 8, 10, 13, 15, 19) and then summing the item scores. Higher total scores indicate greater hopelessness (range 0–20). The test-retest reliability of the scale is found to be ( $\alpha = .69$ ).

- **The World Health Organization- 5 Well-Being Index (WHO-5)**

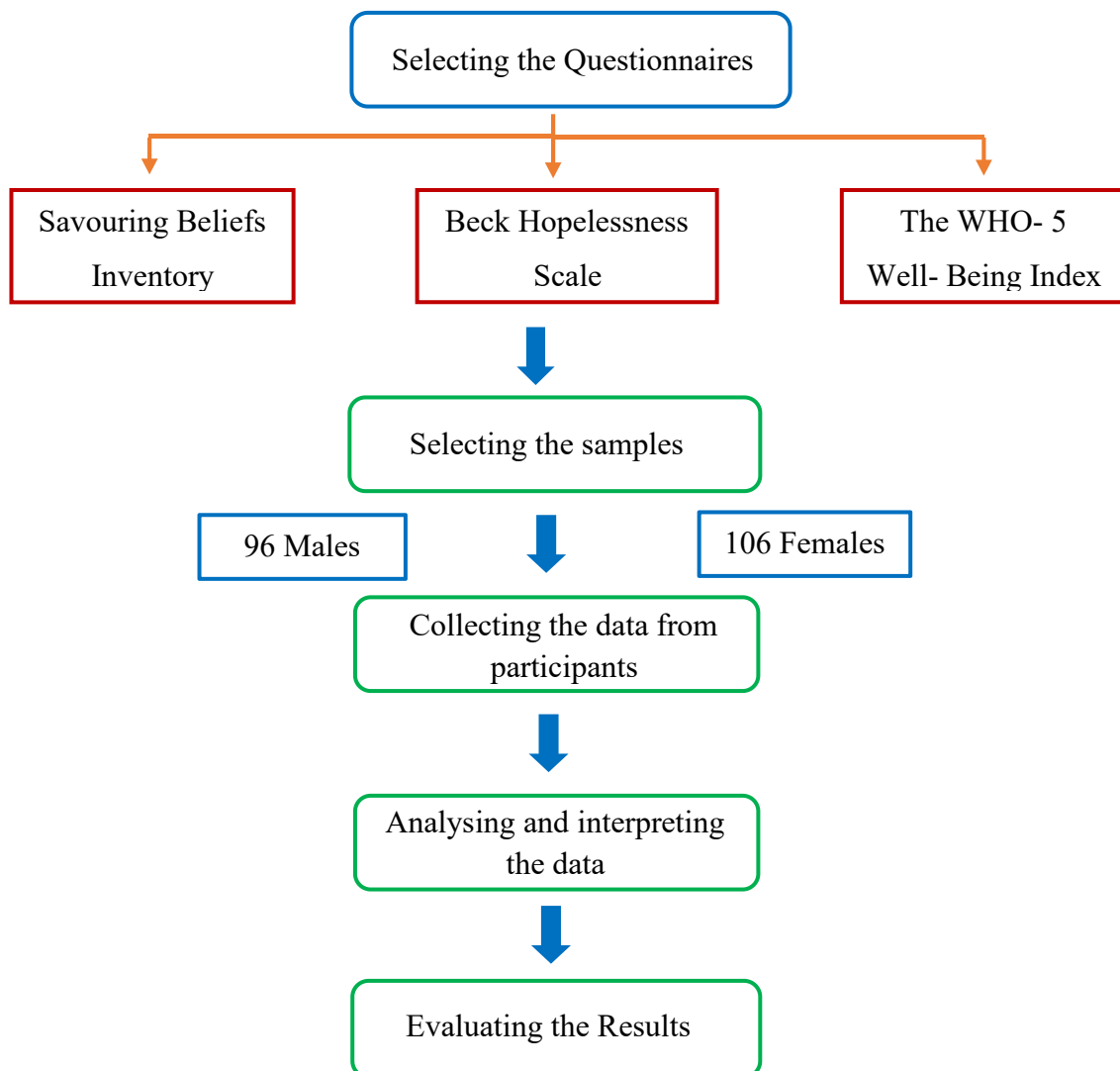
The WHO-5 is a short self-reported measure of current mental wellbeing. It consists of five positively worded items that are rated on a 6-point Likert scale, ranging from 0 (at no the time) to 5 (all of the time). The WHO-5 has been found to have strong internal consistency (Cronbach's alpha = .83). The total raw score, ranging from 0 to 25, is multiplied by 4 to give the final score, lower scores indicate poor wellbeing and higher scores represent better states of wellbeing.

## **Procedure**

The Google forms were circulated to collect data. It consisted of informed consent also demographic details were collected. This study used a Simple random sampling technique to collect data from 202 participants belonging to 19 to 29 years of age. The Savouring Beliefs Inventory (SBI), Beck Hopelessness Scale (BHS) and The World Health Organization- 5 Well-Being Index (WHO-5) were present in Google form. The instructions for responding to each Questionnaire was present above the items for the participants to read. The data was collected. The scoring was computed according to the scoring key and interpreted with the norms provided by the author. SPSS was used to analyse the data. The results were studied and the hypotheses were examined.

## **Analysis of the data**

The data was analysed using SPSS (Statistical Package for Social Science) software. The statistical methods used in the study include Pearson Correlation, independent sample t-test and Multiple Regression.

**Flowchart****Institutional Human Ethics Committee**

As the study involves human subjects, all procedures described in the study was reviewed and approved by the Institutional Human Ethics Committee, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore. The approval number for the research purpose is **AUW/IHEC/A.PSY-21-22/XPD-13**

## ***RESULTS AND DISCUSSION***

## CHAPTER IV

## RESULTS AND DISCUSSIONS

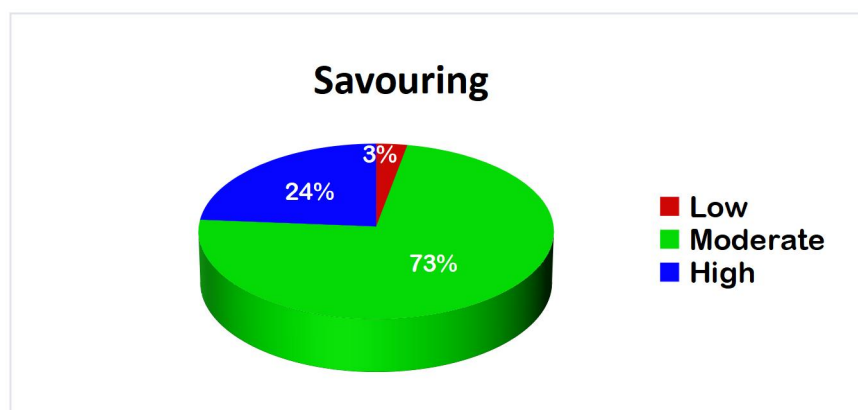
The results of the study “Savouring, Hopelessness and Wellbeing among Young Adults” is tabulated and discussed below. The study involves 202 participants (male = 96 and female = 106) from Hosur and Coimbatore, chosen by Simple Random Sampling Technique. The participants were assessed using Savouring Beliefs Inventory (SBI), Beck Hopelessness Scale (BHS) and The World Health Organization- 5 Well-Being Index (WHO-5). The data was analyzed using SPSS software version 21. Initially, the distribution analysis was conducted to understand the distribution of the variables in the sample. The results are tabulated below.

**Table 1** *Distribution of Savouring among young adults*

**N=202**

Savouring	No. of participants	Percentage
High	80	24
Moderate	120	73
Low	2	3
Total	202	100

Table 1 shows that 80 participants have high a level of savouring, 120 participants have a moderate level of savouring and 2 participants have a low level of savouring. The same data is represented in figure 1 below.



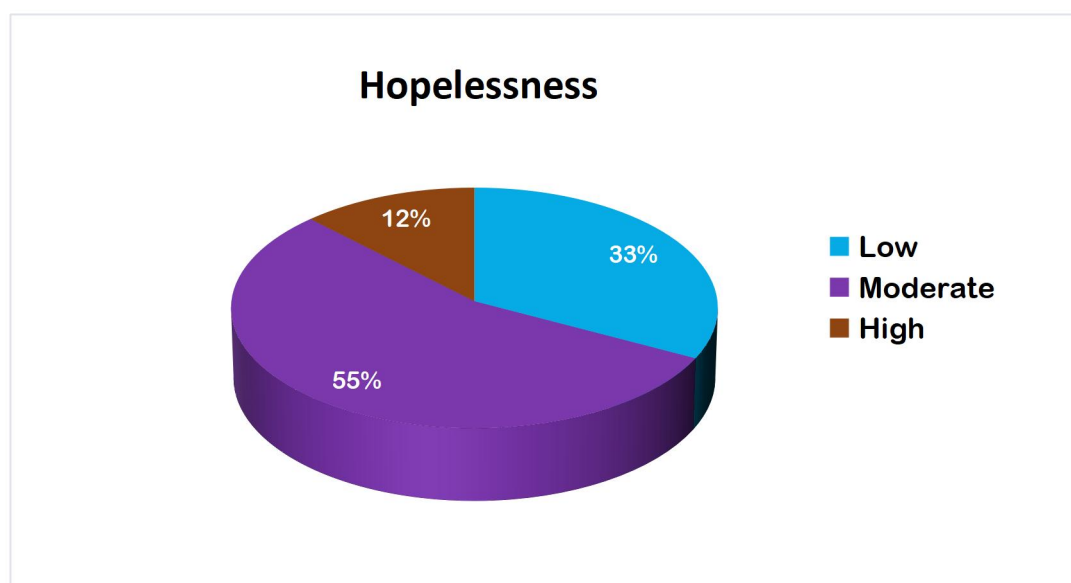
**Figure 1** *Distribution of Savouring among young adults*

**Table 2 Distribution of Hopelessness among young adults**

N=202

Hopelessness	No. of participants	Percentage
High	25	12
Moderate	111	55
Low	66	33
Total	202	100

Table 2 shows that 25 participants have a high level of hopelessness, 111 participants have a moderate level of hopelessness and 66 participants have a low level of hopelessness. The same distribution is demonstrated in figure 2 below.

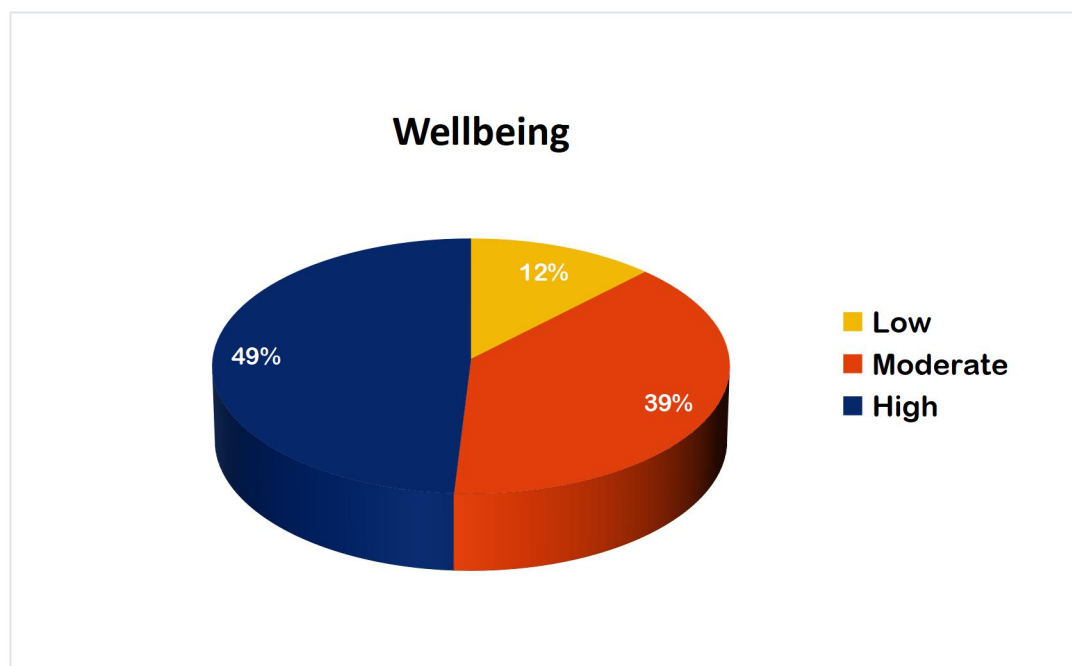
**Figure 2 Distribution of Hopelessness among young adults****Table 3 Distribution of Wellbeing among young adults**

N=202

Wellbeing	No. participants	Percentage
High	99	49
Moderate	78	39
Low	25	12
Total	202	100

## Savouring, Hopelessness and Wellbeing among Young Adults

Table 3 shows that 99 participants have a high level of wellbeing, 78 participants have a moderate level of wellbeing and 25 participants have a low level of wellbeing. The same data is illustrated in figure 3 below



**Figure 3** *Distribution of Wellbeing among young adults*

Pearson's product-moment correlation between the variables taken up for study was calculated.

**Table 4** *Correlation between Savouring, Hopelessness and Wellbeing*

N= 202

	Savouring	Hopelessness	Wellbeing
Savouring	1	-0.47**	0.21**
Hopelessness	-0.47**	1	-0.55**
Wellbeing	0.21**	-0.55**	1

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

### Savouring, Hopelessness and Wellbeing among Young Adults

The above table shows that the correlation between savouring and hopelessness is statistically significant ( $r=-0.47$ ) at the 0.01 level. This means that the higher the savouring beliefs, the lower the hopelessness and vice versa.

There is a significant positive correlation ( $r=-0.21$ ) between savouring and wellbeing at the 0.01 level. This indicates that the higher the savouring beliefs, the higher the wellbeing and vice versa.

In the above table, there is a significant negative correlation between hopelessness and wellbeing ( $r=-0.55$ ) at the 0.01 level. This shows that the lower the level of hopelessness, the higher the level of wellbeing and vice versa.

**Hence the Hypothesis 1 “There is a significant relationship between Savouring, Hopelessness and Wellbeing among young adults” is accepted.**

Independent samples t-test was calculated to decipher the gender differences among variables. The results are shown below.

**Table 5 Gender Difference in Savouring, Hopelessness and Wellbeing**

**N= 202**

Variables	Gender	N	Mean	Standard Deviation	t
Savouring	Male	96	67.03	10.04	2.45*
	Female	106	70.89	12.06	
Hopelessness	Male	96	38.33	16.09	2.06*
	Female	106	33.25	18.71	
Wellbeing	Male	96	62.04	18.45	0.15 <sup>NS</sup>
	Female	106	61.62	20.46	

\*Significant at 0.05 level, N.S = Not significant

## Savouring, Hopelessness and Wellbeing among Young Adults

The above table shows that there is a gender difference between males and females in Savouring and Hopelessness. It is found that there is no gender difference in Wellbeing. In Savouring, for males and females, the mean values are 67.03 and 70.89, with a standard deviation of 10.04 and 12.06 respectively. The t value is found to be 2.45 which is significant at the 0.05 level. It can be inferred that Savouring is higher in females compared to males.

Females are found to have higher levels of savouring than males which can be interpreted through the modalities of emotional experiences each express themselves. Their gender difference in emotional experience may be aligned to the reflection of traditional differential social beliefs and expectations regarding male and female roles. Where women are mostly encourage to work on emotional related skills which might in turn have contribute to enhanced sensitivity and expressiveness.

In Hopelessness, the mean value is 38.33 and 33.25 and the standard deviation is 16.09 and 18.71 for males and females respectively. The t value is 2.06 which is significant at the 0.05 level. It can be understood from the values that, Hopelessness is higher in males compared to females.

Gender differences in Hopelessness can be attributed to both personal and global events, with a pandemic on venue vital needs such as mastery and survival being a challenged phenomenon. Men have been studied to relate themselves to their productive output and achievements, while women have been studied to relate themselves to self and relationship building. The pandemic has increased family proximity, emotional commitment, and togetherness even while putting our survival in risk by imposing physical health challenges, financial crisis, loss, and fear, notably in men who have traditionally been in constant contact with the outside world. The pandemic has constrained that might have made them feel powerless, castigating them to a certain negative outcome in life.

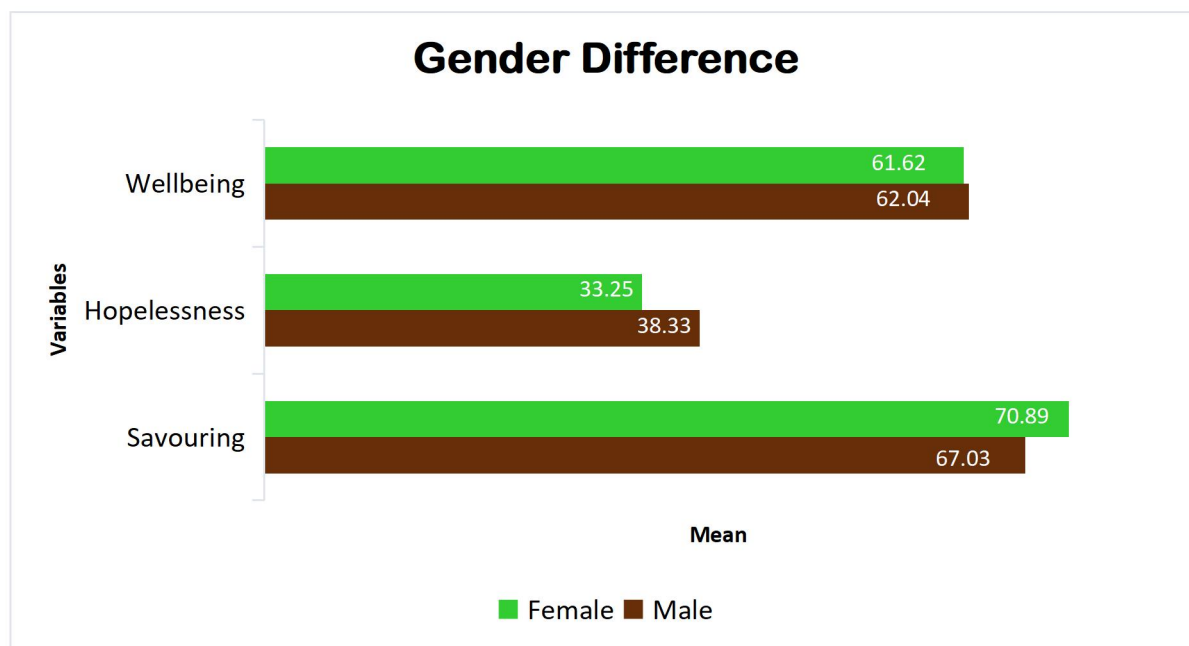
The table shows that in Wellbeing, for males and females, the mean value is 62.04 and 61.62 with a standard deviation of 18.45 and 20.46 respectively. The t value is found to be 0.15 which is not significant. It is identified that females and males do not differ in Wellbeing levels.

Wellbeing can be attributed to various factors as it is a concept that holds numerous perspectives, the twenty first century makes the availability of various resources contributing to wellbeing almost equal to the population in a particular geographical area, it might have

### Savouring, Hopelessness and Wellbeing among Young Adults

thus resulted no difference in levels of wellbeing among males and females but the usage and experience out of each might be different which can be analysed by studying various dominance of wellbeing that may produce gender differences. The same data is illustrated below.

**Figure 4** *Distribution of Gender Difference in Savouring, Hopelessness and Wellbeing among young adults*



Hence the Hypothesis 2, “There is a significant gender difference in the levels of Savouring, Hopelessness and Wellbeing among Young Adults” is partially accepted.

Regression analysis was done to analyze which among the three types of Savouring predicts the Hopelessness among young adults

**Table 6 a:** *Regression Analysis showing R Square Values*

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	0.47	0.22	0.21	15.67

**Table 6 b: ANOVA for Regression Analysis**

	<b>Model</b>	<b>Sum of Squares</b>	<b>df</b>	<b>Mean Square</b>	<b>F</b>	<b>Sig.</b>
1	Regression	14005.03	3	4668.35	19.01	<.001 <sup>b</sup>
	Residual	48629.74	199	245.61		
	Total	62634.78	202			

**Table 6 c: Coefficients for Regression Analysis**

	<b>Model</b>	<b>Unstandardized Coefficients</b>		<b>Standardized Coefficients</b>	<b>t</b>
		<b>B</b>	<b>Std. Error</b>	<b>Beta</b>	
1	(Constant)	86.66	6.86		12.64
	Anticipating	-0.29	0.12	-0.21	2.47**
	Reminiscing	-0.15	0.12	-0.12	1.31
	Present Moment	-0.30	0.13	-0.22	2.41**

\*\* Significant at the 0.01 level.

A multiple regression was calculated to predict Hopelessness levels based on the type of Savouring. The Regression Analysis showed that the model is a significant predictor of the level of Hopelessness. A significant regression equation was found ( $F(3, 199)=19.01, p<.001$ ), with an  $R^2$  of 0.22 which indicates the type of Savouring beliefs a person has can account for 22% predictor of the Level of Hopelessness among young adults. While Savouring the Present Moment is also a high predictor of low levels of Hopelessness ( $B=-0.30, p<.01$ ), it was seen that Savouring through Anticipating was also seen as a significant predictor of low levels of Hopelessness. It can be concluded that those young adults who Savour the Present Moment and savour by Anticipating positive experiences had low levels of Hopelessness.

## Savouring, Hopelessness and Wellbeing among Young Adults

Regression analysis was done to analyze which among the three types of Savouring predicts the Wellbeing among young adults

**Table 7 a: Regression Analysis showing R Square Values**

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	0.28	0.08	0.06	18.88

**Table 7 b: ANOVA for Regression Analysis**

Model	Sum of Squares	df	Mean Square	F	Sig.
1 Regression	5756.55	3	1918.85	5.38	.001 <sup>b</sup>
1 Residual	70565.03	199	356.39		
Total	76321.58	202			

**Table 7 c: Coefficients for Regression Analysis**

Model	Unstandardized Coefficients		Standardized Coefficients	t
	B	Std. Error	Beta	
(Constant)	37.02	8.26		4.48
1 Anticipating	-0.05	0.14	-0.03	-0.33
1 Reminiscing	-0.08	0.14	0.05	-0.55
1 Present Moment	0.50	0.15	0.32	3.31**

\*\* Significant at 0.01 level

A multiple regression was calculated to predict Wellbeing levels based on the type of Savouring. The Regression Analysis showed that the model is a significant predictor of Level of Wellbeing. A significant Regression equation was found ( $F(3, 199)=5.38, p<.001$ ), with an

### Savouring, Hopelessness and Wellbeing among Young Adults

$R^2$  of 0.08 which indicates the type of savouring beliefs a person has can account for 6.1% predictors of the Level of Wellbeing among young adults. While Savouring the Present Moment is a high predictor of high Level of Wellbeing ( $B=0.50$   $p<.001$ ), it was seen that Savouring through Reminiscing and Anticipation were seen as significant predictors of low levels of Wellbeing. It can be concluded that those young adults who believed in savouring through reminiscing and anticipation had low levels of Wellbeing, while those who used present moment to savour the positive experiences had a high level of Wellbeing.

**Hence the Hypothesis 3 “The level of Savouring predicts the level of Hopelessness and Wellbeing among young adults” is accepted.**

### Discussion

Research in the area of savouring has clearly revealed that it acts as a successful moderator and a protective factor for depressive symptoms. The purpose of the current study was to explore its relationship with hopelessness which acts as a risk factor contributing to psychological distress and depression. The construct of savouring relates to the up-regulation of positive emotions and thoughts while hopelessness revolves around the negative effect of the present and pessimistic view of the future. This conceptually aligns with results obtained in the current study which identifies a negative relationship between savouring and hopelessness. Savouring necessitates a conscious knowledge of emotion and deliberate complete attention to the pleasure experience, which can counteract the interaction between negative cognitions and negative life events thus in endangering a sense of hopelessness with hope.

The present study contributes to our understanding of the link between savouring and wellbeing which is found to be in line with previous findings where savouring significantly contributed to the enhancement of psychological health of individuals suggesting a positive relationship between wellbeing and savouring. Studies show that savouring increases relationship satisfaction (Samios & Khatri, 2019) and also provides greater resilience against stress (Ong et al., 2006). Beliefs regarding one's ability to savour can play a significant role in determining positive wellbeing. Savouring is considered to be an active memory-building activity that contributes to robust cognitive storage in the pursuit and experience of overall wellbeing. The capacity to savour and maintain positive feelings can be associated with an

## Savouring, Hopelessness and Wellbeing among Young Adults

increased ability for emotion regulation which in turn promotes successful adaptation to stress and adversity such as the ongoing pandemic.

Numerous research works have investigated hopelessness most importantly during the lockdown and have established that it undermines the wellbeing levels and vice versa among frontline workers and students. According to the findings of this study, there is a strong negative association between hopelessness and happiness among young adults. As the pandemic has worked as a perfect catalyst for hopelessness, repeated stressful life events may tend to produce pessimistic attitudes concerning the future, resulting in decreased wellbeing.

Gender is a dauntingly complex variable. Gilbert (1992) states, “gender refers not only to biological sex but also to psychological, social and cultural features and characteristics that have been strongly associated with the biological characteristics of the female and male”. Studies from the past has shown that women manifest a greater tendency to savour their life experiences (Bryant 2003). Similarly, the present study showed a significant gender difference in terms of savouring beliefs, it was identified that women had higher levels of savouring than men.

In interpreting the observed gender difference in savouring beliefs, Research has shown that women report more powerful emotions than males and are more willing to seek out and express emotional experiences, which helps to explain the observed gender difference in savouring beliefs (Eagly & wood, 1982). Differential social attitudes and expectations about male and female roles may have caused this variation in emotion. Furthermore, males are more likely to exhibit emotions through physiological reactions and overt behaviour, whereas females are more likely to express emotions through verbal and nonverbal expressions that reflect a more conscious understanding of emotion. As a result, women are more likely than males to exhibit positive feelings in society with greater variety and intensity, which could be related to gender-based emotional expression standards. (LaFrance & Banaji, 1992).

Men and women experience hopelessness in varied forms. Gender differences in the context of hopelessness have not been well studied in the past. However, studies on depressed symptoms that include hopelessness have revealed that women are more likely than men to experience depressive symptoms and suicidal ideation. But the current study results suggest that men are found to have high hopelessness levels than women. Previous research on the

### Savouring, Hopelessness and Wellbeing among Young Adults

disparities in wellbeing between men and women has produced mixed results. A recent study by Otto and his colleagues (2021) identified that males had higher wellbeing than females. But the current study results suggest no difference in levels of wellbeing between men and women.

Results showed that savouring acted as a significant predictor of hopelessness and wellbeing. This aligns with previous research where savouring interventions were found to be effective in improving wellbeing and managing depressive symptoms in older adults (Smith & Hanni, 2019). Savouring was found to exert greater influence hopelessness than on wellbeing specifically present moment savouring was a high predictor of a high level of wellbeing and low level of hopelessness. As savouring entails deep attention into a present experience such that the individual is mindfully aware of it and strives to maintain a positive effect out of that experience. Furthermore, reminiscing and anticipating are structured on a complex cognitive framework thus individuals might find difficulty in recollecting experiences specific prior events to savour in the moment.

Negative life events in the past may trump the desire for positive experiences, diminishing individual's ability to appreciate the present and future. As a result, savouring through reminiscing may appear counterproductive at times, and people may avoid it in favour of the other two temporal domains of savouring. Furthermore, savouring through anticipation has the risk of dampening, as exceeding expectations for future experiences can occasionally prove to be untrue. Life appears to be difficult in this fast-paced society, which is flooded with information that is largely focused on unpleasant events. Covid has magnified the consequences of many existing human flaws and has left humanity in a state of uncertainty. A recent study shows that uncertainty enhances savouring (Gregory, et al., 2021). Thus, savouring in turn can help individuals to build the capacity to retain positive effects, promoting a sense of control to achieve overall positive functioning.

## ***SUMMARY AND CONCLUSION***

## CHAPTER V

### SUMMARY AND CONCLUSION

The study on “Savouring, Hopelessness and Wellbeing among Young Adults” was done under the following objectives:

- To identify the levels of Savouring, Hopelessness and Wellbeing among young adults.
- To assess the relationship between Savouring, Hopelessness and Wellbeing among young adults.
- To assess the gender difference in Savouring, Hopelessness and Wellbeing among young adults.
- To find the influence of Savouring on Hopelessness and Wellbeing.

“Savouring, Hopelessness and Wellbeing among Young Adults” is a study carried out among 19-29 years old males and females from, Coimbatore and Hosur. There were 202 participants who answered the Savouring Beliefs Inventory (SBI), Beck Hopelessness Scale (BHS) and The World Health Organization- 5 Well-Being Index (WHO-5) through Google form. The scoring was done and interpreted according to the norms. The results were tabulated and analysed using the SPSS software package 21. The following conclusions can be drawn from the study:

- Savouring and Hopelessness are negatively related among young adults.
- Savouring and Wellbeing are positively related among young adults.
- Hopelessness and Wellbeing are negatively related among young adults.
- Females are found to have high levels of Savouring.
- Males are found to have high levels of Hopelessness.
- Males and females do not differ in levels of Wellbeing.
- The subscales of Savouring predicts Hopelessness and Wellbeing.

### **Limitations of the study**

The study had the following limitations:

- The data was collected online hence, the honesty of the responses depends on each participant.
- The sample size is limited to the young adults.
- Sample belongs to limited geographical area.
- Misunderstanding of the questions/ statements might have an influence on the results.
- As the study was conducted during pandemic, it might have an influence on results.

### **Recommendations**

- A broad sample size with a longitudinal design would lead to a wide scope of generalised results.
- There is a possibility to conduct this study among a wider range of age groups belonging to a different area.
- A wide range of socio-demographic data could be included to study the variables.
- This study can also be done using different combinations of variables such as Social Anhedonia, Mindfulness, Self Compassion, and Depression which are subjective to yield prospective results.

### **Implications of the study**

There are greater possibilities and necessities for further research on Savouring, Hopelessness and Wellbeing. The scope of these areas would heighten in upcoming years.

- This study would serve as a background data for further researches.
- The research findings will benefit young adults, counsellors, and therapists etc. to develop programmes in relation to Savouring, Hopelessness and Wellbeing for greater benefit of human kind.
- Results from this study can be used to support possible future frameworks for interventions that may help young adults gain savouring strategies aimed at pandemic resilience.

### Savouring, Hopelessness and Wellbeing among Young Adults

- The ways of enhancing the levels of Savouring and Wellbeing among the Young Adults could be explored.
- This research can assist in making policies relating the Government of India, “National Health Mission” which prioritises national wellbeing. In alignment with the UNDP Sustainable Developmental Goal 3, pertaining to ensure creating wellbeing promoting societies.

The results of this study can have important implications for young adult population. The broad alignment of our results with previous research indicates that savouring can act as variable of greater interest and development in Indian context. Although hopelessness has been viewed as a concept in relation to individuals with mental health conditions this study results suggests for hopelessness and savouring an important area for future enquiry among young adults. Which can contribute to enhanced wellbeing of the global youth community.

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# ***ANNEXURES***

## **ANNEXURE 1**

### **CONSENT FORM**

Use of questionnaires for adults

You are being invited to take part in a research study. Before you decide to participate in this study, it is important that you understand why the research is being done and what it will involve. Please take the time to read the following information carefully. Please ask the researcher if there is anything that is not clear or if you need more information. The purpose of the research is to study Savouring, Hopelessness and Wellbeing among young adults.

#### **STUDY PROCEDURE**

You will be given three tests of paper-pencil type along with socio demographic profile. You need to respond to all the items in the tests. There is no risk in undertaking the study. There will be no direct benefits to you for your participation in this study. Your responses to the question will be anonymous and kept confidential. Your participation in this study is voluntary. It is up to you to decide whether or not to take part in this study. If you decide to take part in this study, you will be asked to sign this form. You are free to withdraw at any time and without giving any reason. There are no costs to you for your participation in this study.

#### **CONSENT**

“By signing this consent form, I confirm that I have read and understood the information and have the opportunity to ask questions. I understand that my participation is voluntary and I am free to withdraw at any time, without giving a reason and without cost. I voluntarily agree to take part in this study conducted by Ms. R. Sakthi Kaviya (20PAP017), II M.Sc Applied Psychology.

Name of the participant:

Signature :

Place :

Date :

**ANNEXURE 2****SOCIO-DEMOGRAPHIC STATUS PROFILE**

NAME :

AGE :

GENDER : M/F

EDUCATION :

OCCUPATION :

SOCIO ECONOMIC STATUS :

AREA : Rural/ Semi Urban/ Urban

Family : Nuclear/ Joint

I assure that the data collected will be used only for the study and will not be used for any other purposes and confidentiality will be maintained throughout and even after the study.

## ANNEXURE 3

### SAVORING BELIEFS INVENTORY

(Bryant, F. B., 2003)

Instructions: For each statement listed below, please circle the one number that best indicates how true the particular statement is for you. There are no right or wrong answers. Please be as honest as you can.

Strongly

Strongly

Disagree

Agree

1.	Before a good thing happens, I look forward to it in ways that give me pleasure in the present.	1	2	3	4	5	6	7
2.	It's hard for me to hang onto a good feeling for very long.	1	2	3	4	5	6	7
3.	I enjoy looking back on happy times from my past.	1	2	3	4	5	6	7
4.	I don't like to look forward to good times too much before they happen.	1	2	3	4	5	6	7
5.	I know how to make the most of a good time.	1	2	3	4	5	6	7
6.	I don't like to look back at good times too much after they've taken place.	1	2	3	4	5	6	7
7.	I feel a joy of anticipation when I think about upcoming good things.	1	2	3	4	5	6	7
8.	When it comes to enjoying myself, I'm my own "worst enemy."	1	2	3	4	5	6	7
9.	I can make myself feel good by remembering pleasant events from my past.	1	2	3	4	5	6	7
10.	For me, anticipating what upcoming good events will be like is basically a waste of time.	1	2	3	4	5	6	7
11.	When something good happens, I can make my enjoyment of it last longer by thinking or doing certain things.	1	2	3	4	5	6	7
12.	When I reminisce about pleasant memories, I often start to feel sad or disappointed.	1	2	3	4	5	6	7
13.	I can enjoy pleasant events in my mind	1	2	3	4	5	6	7

	before they actually occur.							
14.	I can't seem to capture the joy of happy moments.	1	2	3	4	5	6	7
15.	I like to store memories of fun times that I go through so that I can recall them later.	1	2	3	4	5	6	7
16.	It's hard for me to get very excited about fun times before they actually take place.	1	2	3	4	5	6	7
17.	I feel fully able to appreciate good things that happen to me.	1	2	3	4	5	6	7
18.	I find that thinking about good times from the past is basically a waste of time.	1	2	3	4	5	6	7
19.	I can make myself feel good by imagining what a happy time that is about to happen will be like.	1	2	3	4	5	6	7
20.	I don't enjoy things as much as I should.	1	2	3	4	5	6	7
21.	It's easy for me to rekindle the joy from pleasant memories.	1	2	3	4	5	6	7
22.	When I think about a pleasant event before it happens, I often start to feel uneasy or uncomfortable.	1	2	3	4	5	6	7
23.	It's easy for me to enjoy myself when I want to.	1	2	3	4	5	6	7
24.	For me, once a fun time is over and gone, it's best not to think about it.	1	2	3	4	5	6	7

## ANNEXURE 4

### BECK'S HOPELESSNESS SCALE

(Beck et al., 1988)

Please read the statements carefully one by one. If the statement describes your attitude for the past week including today, circle TRUE in the column next to the statement. If the statement does not describe your attitude, circle FALSE in the column next to the statement.

1.	I look forward to the future with hope and enthusiasm.	TRUE	FALSE
2.	I might as well give up because there is nothing I can do about making things better for myself.	TRUE	FALSE
3.	When things are going badly, I am helped by knowing that they cannot stay that way forever.	TRUE	FALSE
4.	I can't imagine what my life would be like in ten years.	TRUE	FALSE
5.	I have enough time to accomplish the things I want to do.	TRUE	FALSE
6.	In the future, I expect to succeed in what concerns me most.	TRUE	FALSE
7.	My future seems dark to me.	TRUE	FALSE
8.	I happen to be particularly lucky, and I expect to get more of the good things in life than the average person.	TRUE	FALSE
9.	I just can't get the breaks, and there's no reason I will in the future.	TRUE	FALSE
10.	My past experiences have prepared me well for my future.	TRUE	FALSE
11.	All I can see ahead of me is unpleasantness rather than pleasantness.	TRUE	FALSE
12.	I don't expect to get what I really want.	TRUE	FALSE
13.	When I look ahead to the future, I expect that I will be happier than I am now.	TRUE	FALSE
14.	Things just don't work out the way I want them to.	TRUE	FALSE
15.	I have great faith in the future.	TRUE	FALSE
16.	I never get what I want, so it's foolish to want anything.	TRUE	FALSE

17.	It's very unlikely that I will get any real satisfaction in the future.	TRUE	FALSE
18.	The future seems vague and uncertain to me.	TRUE	FALSE
19.	I can look forward to more good times than bad times.	TRUE	FALSE
20.	There's no use in really trying to get something I want because I probably won't get it	TRUE	FALSE

## ANNEXURE 5

### THE WORLD HEALTH ORGANIZATION- 5 WELL- BEING INDEX

(WHO.,1998)

Please put a circle on each of the five statements which is closest to how you have been feeling over the last two weeks.

	Over the last two weeks	All of the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time
WHO 1	I have felt cheerful in good spirits.	5	4	3	2	1	0
WHO 2	I have felt calm and relaxed.	5	4	3	2	1	0
WHO 3	I have felt active and vigorous.	5	4	3	2	1	0
WHO 4	I woke up feeling fresh and rested.	5	4	3	2	1	0
WHO 5	My daily life has been filled with things that interest me.	5	4	3	2	1	0

# INSTITUTIONAL HUMAN ETHICS COMMITTEE



## Avinashilingam

Institute for Home Science and Higher Education for Women  
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3  
of UGC Act 1956) Re-accredited with 'A++' Grade by NAAC.  
Recognised by UGC Under Section 12 B  
Coimbatore-641 043, Tamil Nadu, India

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Dr.G.Victoria Naomi  
Dr. Judith Justin  
Dr.Anitha Subash

26<sup>th</sup>Febrary 2022

To  
Ms.Sakthi Kaviya.R  
Department of Applied Psychology  
Avinashilingam Institute for Home Science and  
Higher Education for Women  
Coimbatore – 641 043

Dear Sakthi Kaviya.R,

Ref: Your proposal No. IHEC/21-22/A.PSY-13 entitled  
“Savouring, Hopelessness and Wellbeing among Young Adults”  
submitted for approval of IHEC on 23.11.2021.

The Institutional Human Ethics Committee of our University  
hereby grants approval to your research proposal No. IHEC/21-22/  
A.PSY-13 entitled “Savouring, Hopelessness and Wellbeing among  
Young Adults” submitted by you. The Approval number for the  
same is AUW/IHEC/A.PSY-21-22/XPD-13.

We wish you all the best in your research endeavours.

Regards,

*S. Uma Mageshwari*  
Dr.S.Uma Mageshwari  
Member Secretary

