

## Strength of Gratitude Determining Subjective Well-Being: Evidence for Mediating Role of Problem-Solving Styles

**Authors :** Sarwat Sultan, Shahzad Gul

**Abstract :** This study was carried out to see the mediating role of problem solving styles (sensing, intuitive, feeling, and thinking) in the predictive relationship of gratitude with subjective well-being. A sample of 454 college students aged 20-26 years old participated in this study and provided data on the measures of gratitude, problem solving styles, and subjective well-being. Results indicated the significant relationships of gratitude with subjective well-being and problem solving styles of intuitive and thinking. Results further indicated the positive link of intuitive and thinking styles with subjective well-being. Findings also provided the evidence for the significant mediating role of problem solving styles in the relationship of gratitude with subjective well-being. The implication for this study is likely to enhance the medium to long term effects of gratitude on subjective well-being among students and as well as assessing its value in promoting psychological health and problem solving strategies among students.

**Keywords :** gratitude, subjective well-being, problem solving styles, college students

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