

The Intervention Effect of Gratitude Skills Training on the Reduction of Loneliness

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Abstract : This study defined 'gratitude skills training' as a social skills training which would become a new intervention method about gratitude intervention. The purpose of this study was to confirm the intervention effect of gratitude skills training on the reduction of loneliness. The participants in this study were university students (n = 36). A waiting list control design was used, in which the participants were assigned either to a training group (n = 18) or a waiting list control group (n = 18); the latter group took the same training after the first group had been trained. The two-week gratitude skills training comprised of three sessions (50 minutes per each of sessions). In the three sessions, the guidebook and the homework developed in this study were used. Results showed that gratitude skills training improved the participants' gratitude skills. The results also indicated the intervention effect of gratitude skills training on the reduction of loneliness during the follow-up after three weeks. This study suggests that gratitude skills training can reduce loneliness. The gratitude skills training has a possibility of becoming a new treatment to reduce loneliness.

Keywords : gratitude skills, loneliness, social skills training, well-being

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