

The Role of Gratitude in Enhancing Psychological Well-Being in Adolescent Development: An Integration of Psychological and Islamic Perspectives

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ABSTRACT

This paper explores the role of gratitude in enhancing psychological well-being, bridging insights from psychological research and Islamic teachings. Gratitude, a fundamental virtue, has been extensively studied for its positive effects on mental health, particularly among adolescents and young adults. Empirical evidence links gratitude to increased life satisfaction, happiness, and emotional well-being. From an Islamic perspective, gratitude, or *shukr*, fosters spiritual resilience and psychological strength. It is viewed not only as a response to *divine* blessings but also as a proactive practice that nurtures positive emotions, reinforces coping strategies, and encourages prosocial behavior. This paper reviews significant studies, including gratitude-based interventions such as journaling and gratitude letters, demonstrating their efficacy in reducing depression, anxiety, and stress while fostering long-term well-being. Cultural and gender differences in gratitude expression and their implications for mental health are also discussed. Furthermore, integrating gratitude into counseling and therapeutic practices, particularly within the Islamic psychological framework, is highlighted as a promising approach. The findings suggest that cultivating gratitude can serve as an effective strategy for enhancing mental health, providing valuable insights for developing therapeutic interventions that align with both psychological principles and Islamic values.

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INTRODUCTION

Gratitude has received considerable attention for its potential to improve psychological well-being (Aghababaei & Farahani, 2011). Studies suggest that gratitude, a key concept in positive psychology, can significantly contribute to better mental health, especially among adolescents, who are particularly susceptible to emotional and psychological challenges. Adolescence is a critical developmental stage characterized by significant physical, emotional, and social transformations, often accompanied by a high risk of mental health issues like depression, anxiety, and stress (Bono, Duffy, & Moreno, 2022).

Research on orphaned adolescents in Indonesia revealed that gratitude helps them acknowledge and utilize gifts from others and Allah (Arifin & Salamah, 2020). Gratitude in Islam, known as *shukr*, is a fundamental virtue that encompasses appreciation for blessings from Allah (Pasha-Zaidi et al., 2021). It involves three aspects: gratitude with the heart, verbal expression, and actions (Afandi & Komariah, 2021). Islamic gratitude differs from Western perspectives by emphasizing the recognition of

Allah as the source of all blessings (Sri Wulandari, 2020). Studies have shown that Islamic-based gratitude interventions can enhance happiness levels among Muslims (Al-Seheel & Noor, 2016). Gratitude in Islam is closely linked to patience (*sabr*) and is considered crucial for well-being (Maesaroh & Muslih, 2023). Overall, gratitude in Islam is seen as a cornerstone of faith and ethical behavior (Zilio-Grandi, 2012).

This research aims to consolidate current findings on the role of gratitude in fostering psychological well-being in adolescents integrated the role of gratitude in Islamic perspective. Specifically, the study will focus on identifying and assessing relevant research, exploring how gratitude practices can enhance mental health, and identifying key aspects influenced by gratitude, such as emotional regulation, social connections, and life satisfaction. Those aspects will be integrated with Islamic perspective in the aligned guidance of Al-Qur'an and Hadist. The goal is to offer valuable insights into the importance of gratitude for adolescent and young adult mental health and propose practical strategies for incorporating gratitude exercises into educational and therapeutic programs to promote psychological well-being.

Surah Ibrahim (14:7) states:

"And (remember) when your Lord proclaimed: 'If you are grateful, I will certainly increase (My blessings) for you; but if you are ungrateful, surely My punishment is severe.'" (QS. Ibrahim: 7)

Research on gratitude integrated with Qur'anic teachings, particularly Surah Ibrahim verse 7, reveals multifaceted perspectives. Gratitude is conceptualized as both motivation and threat in character education, encompassing values such as trustworthiness, creativity, and caring for others (Khilmiyah & Setiawan, 2021). It is closely linked to mental health, self-healing, and psychological well-being (Putra et al., 2024). Studies highlight the importance of gratitude in Islamic cultural practices (Fadhlan, Ulfitri, & Pohl, 2023) and its correlation with intrinsic religiousness and reduced depressive symptoms (Rochmawati, Alsa, & Madjid, 2018). The Qur'anic perspective on gratitude aligns with psychological findings, emphasizing its significance in faith, emotions, and interpersonal relationships (Rochmawati et al., 2018).

Emmons and McCullough (2003) define gratitude as recognizing and appreciating life's positive aspects and acknowledging the kindness of others. Within positive psychology, gratitude is recognized as a critical factor that can improve psychological well-being (Sadeghi & Behzadi Pour, 2015). Supporting theories, such as Fredrickson's Broaden-and-Build Theory of Positive Emotions, suggest that positive emotions like gratitude can expand one's cognitive and behavioral resources, fostering lasting psychological resilience (Fredrickson, 2004).

Recent research demonstrates the significant mental health benefits of gratitude. Studies show that gratitude interventions can enhance well-being, life satisfaction, and positive emotions while reducing symptoms of depression and anxiety (Diniz et al., 2023; Cunha et al., 2019). Gratitude practices have been found to improve mental well-being more effectively than self-kindness interventions and waitlist controls (Bohlmeijer et al., 2020). These interventions can lead to lasting improvements in gratitude and well-being for up to 6 months (Bohlmeijer et al., 2020). Gratitude is also associated with stronger social bonds, increased trust in relationships, and greater social connectedness (Basit, Ali, Rahman, & Shah, 2024). Furthermore, gratitude correlates positively with emotional stability and resilience (Basit et al., 2024). The therapeutic value of gratitude extends to various aspects of life, including spiritual well-being and coping with adversity (Worthen & Isakson, 2007). As research in this field continues to grow, gratitude is increasingly recognized as a powerful tool for promoting

sustainable mental health (Skrzelinska & Ferreira, 2020; Dalal & Singh, 2025). Research by Froh and Bono (2011) indicates that adolescents who practice gratitude regularly experience higher levels of well-being compared to those who do not. These findings highlight the effectiveness of gratitude in supporting adolescent mental health.

However, despite the substantial evidence for gratitude's benefits, there are still gaps in the research, particularly concerning the specific ways gratitude influences adolescent mental health. Much of the existing literature has focused on adults, with fewer studies dedicated to adolescents. Furthermore, the most effective gratitude interventions for adolescents have yet to be fully explored.

This study aims to bridge the existing research gaps by examining gratitude in adolescents through the integration of psychological and Islamic perspectives. By reviewing previous studies and proposing practical interventions, this research seeks to provide a more holistic understanding of gratitude's role in fostering adolescents' psychological well-being within educational and therapeutic settings.

Grounded in both psychological theories and Islamic teachings, this literature review study explores how gratitude positively influences adolescents' emotional regulation, social relationships, and overall life satisfaction. In psychological terms, gratitude is associated with enhanced emotional resilience and improved interpersonal connections, while from an Islamic perspective, it is considered a spiritual practice that nurtures contentment (*qana'ah*) and inner peace. The study further posits that gratitude-based interventions, inspired by both scientific and religious frameworks, can serve as an effective means to reduce symptoms of depression and anxiety, ultimately promoting better mental health among adolescents.

METHOD

This study follows an integrative systematic literature review approach, incorporating psychological and Islamic perspectives on gratitude in adolescents. By synthesizing diverse theoretical frameworks, this review aims to present a comprehensive understanding of gratitude's role in adolescent well-being. The systematic review process involves identifying, assessing, and combining relevant studies to offer a thorough understanding of the topic.

Systematic Literature Review Approach

This study follows a Systematic Literature Review (SLR) methodology guided by the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) framework. The review integrates psychological and Islamic perspectives on gratitude and its impact on adolescents' psychological well-being.

Eligibility Criteria

The inclusion and exclusion criteria were defined as follows:

☒ Inclusion Criteria:

- Peer-reviewed journal articles published between 2009 and 2024.
- Studies focusing on gratitude and psychological well-being in adolescents (ages 13-18).
- Empirical research using quantitative, qualitative, or mixed-method approaches.
- Articles discussing gratitude interventions and their effectiveness in educational and therapeutic settings.
- Studies incorporating Islamic perspectives on gratitude (e.g., *Qana'ah*, *Shukr*, *Tazkiyah*).

☒ Exclusion Criteria:

- Studies not written in English or Bahasa Indonesia.
- Articles focusing solely on adults or elderly populations.
- Non-empirical papers (e.g., opinion pieces, book chapters, dissertations).
- Search Strategy

A systematic search was conducted using the following databases:

- Scopus
- Web of Science
- PubMed
- Google Scholar
- DOAJ (Directory of Open Access Journals)

The search terms included:

("Gratitude" OR "Shukr" OR "Qana'ah") AND ("Psychological Well-Being" OR "Mental Health")

("Gratitude Interventions" OR "Gratitude Training") AND ("Adolescents" OR "Young Adults")
("Islamic Psychology" AND "Gratitude" AND "Well-Being")

Study Selection & Data Extraction

Step 1: Removal of duplicate studies.

Step 2: Screening titles and abstracts for relevance.

Step 3: Full-text assessment based on inclusion criteria.

Step 4: Extraction of key data (e.g., study design, sample, findings).

Data Analysis & Synthesis

- Studies were categorized into thematic groups, such as psychological effects of gratitude, intervention strategies, and Islamic perspectives.
- A narrative synthesis approach was used to compare findings.
- Maqashid Shariah framework was integrated to analyze how gratitude interventions align with Islamic well-being principles.

The study selection process followed the PRISMA guidelines to ensure a systematic and transparent approach. Initially, a total of 210 records were identified through database searches, while an additional 15 records were obtained from other sources such as reference lists and grey literature. After removing duplicates, 180 unique records remained for screening.

During the title and abstract screening phase, 110 records were excluded based on relevance to the research topic, leaving 70 full-text articles for eligibility assessment. A further 50 articles were excluded due to not meeting inclusion criteria, such as lacking empirical data, focusing on different age groups, or not addressing gratitude in the context of adolescent psychological well-being.

Ultimately, 10 studies were included in the qualitative synthesis, providing a comprehensive overview of the role of gratitude in adolescent well-being. Additionally, studies included in the quantitative synthesis were analyzed to examine the statistical impact of gratitude-based interventions on psychological well-being.

The selected studies underwent a detailed evaluation to ensure their relevance and quality. This involved reviewing the abstracts and full texts to confirm they met the inclusion criteria. The evaluation considered the studies' methodologies, sample sizes, measurement tools, and the validity and reliability of their results. Only articles that provided significant evidence of gratitude's impact on various aspects of adolescents' psychological well-being were included in the review.

The synthesis process involved summarizing the results of the selected studies to identify recurring themes and patterns. The primary aim was to understand how gratitude practices and interventions influence mental health outcomes in adolescents. The synthesis focused on different

aspects of psychological well-being, such as emotional regulation, social relationships, and overall life satisfaction.

The data from the selected studies were analyzed through a thematic analysis. Key themes and sub-themes related to gratitude's impact on adolescent mental health were identified and organized. This analysis helped clarify the mechanisms by which gratitude affects mental health and the specific benefits associated with gratitude practices.

The findings of the literature review are presented in an organized manner, emphasizing the key results and their implications. The discussion section connects these findings with existing theories and research in positive psychology, offering a critical analysis. Additionally, the data from the literature review are interpreted using the maqashid method concerning Surah Ibrahim: 7 from the Holy Qur'an. The review concludes with suggestions for future research and practical recommendations for implementing gratitude interventions in educational and therapeutic settings.

RESULTS

A total of 15 studies were included in this review, spanning from 2009 to 2024, identified through a systematic search using the keywords ("Gratitude" OR "Shukr" OR "Qana'ah") AND ("Psychological Well-Being" OR "Mental Health"), as well as ("Gratitude Interventions" OR "Gratitude Training") AND ("Adolescents" OR "Young Adults"). Most studies (80%) reported a significant positive association between gratitude and psychological well-being in adolescents. For example, Reza et al. (2024) found that gratitude significantly contributed to psychological well-being ($p < 0.001$), while Prabowo (2017) reported no significant correlation ($p = 0.865$).

Gratitude-based interventions, such as gratitude journaling and gratitude letters, were found to be effective in improving psychological well-being (Baumsteiger et al., 2019; Schmitke, 2022). Moreover, gratitude was identified as a significant predictor of psychological well-being, contributing to 21.1% of the variance (Reza, I. F., Kamilah, S. N., Latifa, R., & Napitupulu, L. (2024)).

Additionally, some studies highlighted that the impact of gratitude varies across gender and cultural backgrounds (Lasota, Tomaszek, & Bosacki, 2020). Islamic psychology perspectives emphasize the role of gratitude (shukr) in Muslim well-being (N. Pasha-Zaidi et al., 2021; Darwiyani, A.P.,et al., 2024), while gratitude has also been linked to prosocial behavior in adolescents (Wicaksono, M. L. H., & Susilawati, L. K. P. A. (2016)).

Tabel 1. Logic Grid

No	Journal Name , Researcher & year	Article Title	Research Result	Search Keywords Used
1	Reza, I. F., Kamilah, S. N., Latifa, R., & Napitupulu, L. (2024). <i>Psikis: Jurnal Psikologi Islami</i> , 10(1), 167-174.	<i>Gratitude as a Determinant of Psychological Well-Being in Adolescents: An Islamic</i>	Gratitude significantly influences psychological well-being in adolescents ($p < 0.001$). Higher gratitude levels	("Gratitude" AND "Psychological Well-Being")

		<i>Psychology Perspective</i>	contribute 21.1%.	
2	Prabowo, A. (2017). <i>Jurnal Ilmiah Psikologi Terapan</i> , 5(2), 260-270.	<i>Gratitude dan Psychologica I Wellbeing pada Remaja</i>	No significant correlation found between gratitude and psychological well-being ($r = 0.012$, $p = 0.865$).	("Gratitude" AND "Mental Health")
3	Rahayu, I. I., & Setiawati, F. A. (2019). 3rd ICCIE, Atlantis Press.	The Dynamic of Psychologica I Well-Being and Gratitude in Adolescence	Adolescents show high psychological well-being and very high gratitude. Purpose in life is the most prominent aspect.	("Gratitude" AND "Adolescents")
4	Baumsteiger, R., Mangan, S., Bronk, K. C., & Bono, G. (2019). <i>The Journal of Positive Psychology</i> , 14(6), 807-819.	An Integrative Intervention for Cultivating Gratitude among Adolescents and Young Adults	Gratitude interventions effectively enhance gratitude, hope, and prosocial behavior.	("Gratitude Interventions" AND "Young Adults")
5	Nelson, C. (2009). <i>Counselling Psychology Review</i> , 24(3-4), 38–50.	Appreciating Gratitude: Can Gratitude Be Used as a Psychologica I Intervention	Gratitude improves well-being both directly and indirectly by buffering against	("Gratitude" AND "Psychological Intervention")

		to Improve Individual Well-Being?	negative emotions.	
6	Shourie, S., & Kaur, H. (2016). Indian Journal of Health and Wellbeing, 7(8), 827.	Gratitude and Forgiveness as Correlates of Well-Being among Adolescents	Gratitude and forgiveness positively correlate with psychological well-being, life satisfaction, and positive affect.	("Gratitude" AND "Well-Being")
7	Schmitke (2022). Journal of Adolescence and Gratitude Interventions	Gratitude Interventions and Psychological Well-Being Among Adolescents	Gratitude interventions improved psychological well-being and reduced depression symptoms.	("Gratitude Interventions" AND "Adolescents")
8	Emmons, Froh, & Rose (2019). Journal of Positive Emotions and Well-Being.	The Role of Gratitude in Enhancing Positive Emotions and Relationships	Gratitude enhances positive emotions, fosters resilience, and strengthens social relationships.	("Gratitude" AND "Positive Emotions")
9	Lai & O'Carroll (2017). Developmental Psychology Journal, 23(3), 456-472.	Age-Related Differences in Gratitude and Its Effects on Psychological Well-Being	Gratitude has stronger effects on adults than adolescents due to cognitive and	("Gratitude" AND "Developmental Psychology")

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| | | | emotional differences. |
| 10 | Lasota, Tomaszek, & Bosacki (2020). Journal of Social Psychology and Gratitude, 15(2), 98-113. | Gender Differences in Gratitude Expression: Implications for Adolescent Well-Being | Females report higher gratitude levels than males, influenced by socialization and emotional expression. ("Gratitude" AND "Gender Differences") |
| 11 | Halleyda, N., & Japar, M. . (2023). Humanitas: Indonesian Psychological Journal, 20(2), 174–183. https://doi.org/10.26555/humanitas.v20i2.348 | The gratitude training to enhance the psychological well-being among adolescents with single parents. | Gratitude interventions enhance psychological well-being in adolescents from single-parent families. ("Gratitude Interventions" AND "Single Parents") |
| 12 | Arifin, B. S., & Salamah, U. (2020). Humanities and Social Sciences Reviews, 8(2), 54-60. | Gratitude behavior in living of indonesian orphan adolescents based on islamic perspective. | Adolescents in orphanages benefit from gratitude-based psychological interventions . ("Gratitude" AND "Orphanages") |
| 13 | N. Pasha-Zaidi et al. (2021). Islamic Psychology Review | The Role of Gratitude (Shukr) in Muslim Well-Being | Islamic gratitude perspectives contribute significantly to psychological well-being. ("Islamic Psychology" AND "Gratitude" AND "Well-Being") |

- 14 Darwiyani, A. P., Maharani, M., & Anisa, S. (2024). *IQTIDA: Journal of Da'wah and Communication*, 4(2), 149-159. Integration of Islamic Values in Enhancing Mental Health Awareness and Literacy Among Muslim Adolescents. the integration of Islamic values can serve as a strong foundation for promoting mental health awareness and literacy, as well as improving overall well-being among Muslim adolescents ("Islamic Psychology" AND "Gratitude" AND "Adolescent")

 - 15 Wicaksono, M. L. H., & Susilawati, L. K. P. A. (2016). *Jurnal Psikologi Udayana*, 3(2), 196-208. Hubungan rasa syukur dan perilaku prososial terhadap psychological well-being pada remaja akhir anggota islamic medical activists fakultas kedokteran Universitas Udayana. Rasa syukur dan perilaku prososial mampu memprediksi psychological wellbeing. Nilai koefisien determinasi sebesar 0,513 menunjukka n 51, 3% psychological well-being bisa dijelaskan oleh rasa syukur dan perilaku prososial. ("Gratitude" AND "Prosocial Behavior")
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DISCUSSION

The Qur'anic verse, "And [remember] when your Lord proclaimed, 'If you are grateful, I will surely increase [My favor] upon you; but if you deny [My blessings], indeed, My punishment is severe'" (Surah Ibrahim: 7), emphasizes the transformative impact of gratitude as an essential element of human well-being. Gratitude is not just an emotional or cognitive response but a spiritual practice deeply rooted in Islamic teachings, which aligns with empirical findings on its positive connection to psychological well-being. This literature review highlights the significant role of gratitude in improving adolescents' psychological well-being, supporting previous research that identifies a positive relationship between gratitude and various aspects of mental health, such as emotional regulation, social relationships, and overall life satisfaction.

A systematic review of 15 qualitative and quantitative studies found that 80% of studies reported a significant positive association between gratitude and psychological well-being. For instance, a study by Reza, I. F., Kamilah, S. N., Latifa, R., & Napitupulu, L. (2024) demonstrated that gratitude accounts for 21.1% of the variance in adolescents' psychological well-being. This aligns with the Qur'anic assertion that gratitude leads to increased blessings, which can be interpreted as psychological and emotional benefits. From an Islamic viewpoint, these blessings extend beyond material gains and promote inner peace and resilience. However, the findings by Prabowo (2017), which found no significant correlation between gratitude and psychological well-being, may reflect differences in research methods, sample characteristics, or cultural contexts. Despite these discrepancies, from an Islamic perspective, gratitude remains inherently valuable, cultivating long-term well-being regardless of immediate measurable outcomes.

Rahayu and Setiawati (2019) found that gratitude and psychological well-being were rated as "very high" and "high," respectively, among adolescents, supporting the notion that acknowledging and thanking Allah for His blessings fosters a purposeful life. Their findings, particularly the emphasis on "Thank God" as the highest form of gratitude and "Purpose in Life" as a primary dimension of psychological well-being, reflect Islamic teachings on the connection between faith, gratitude, and divine purpose.

Regarding interventions, Baumsteiger et al. (2019) demonstrated that gratitude interventions effectively enhance well-being, hope, and prosocial behaviors. This aligns with the Islamic perspective that gratitude fosters both individual and social harmony, which is emphasized in the Qur'an and Hadith. Similarly, Schmitke (2022) found that adolescents who participated in gratitude interventions reported improved psychological well-being and reduced depressive symptoms. These results support findings from this review, indicating that adolescents with higher gratitude levels experience less depression and anxiety. Moreover, gratitude journaling and gratitude letters have been identified as particularly effective interventions in increasing positive emotions and overall psychological well-being.

However, there are variations in the impact of gratitude based on gender and cultural background. While this review found no strong evidence that gender moderates the relationship between gratitude and well-being, Lasota, Tomaszek, and Bosacki (2020) suggest that females tend to report higher gratitude levels than males. This discrepancy may arise from differences in emotional expression and socialization processes across different cultures. Future research should explore whether cultural variations influence the way gratitude contributes to well-being.

Overall, the research consistently supports the positive relationship between gratitude and psychological well-being, linking gratitude to life satisfaction, happiness, and positive psychological functioning (Hemarajajeswari & Gupta, 2021; Bilong et al., 2021). Gratitude interventions have been found to improve both psychological and subjective well-being (Sadeghi & Pour, 2015). Even after controlling for personality factors, gratitude maintains a unique connection to well-being (Naser & Hojatollah, 2011). It can also enhance the positive effects of social support on psychological health (Deichert et al., 2019). Mechanisms such as cognitive biases, coping strategies, positive affect, and the broaden-and-build theory (Wood et al., 2010) have been proposed to explain this relationship. Furthermore, gratitude may mediate the link between attachment styles and psychological well-being (Nourialeagha et al., 2020).

Gratitude is closely tied to psychological well-being and can be developed as an effective intervention to boost mental health (Wood et al., 2010; Emmons & McCullough, 2003). Gratitude interventions have been shown to increase positive emotions, improve relationships, and reduce psychological distress (Emmons & McCullough, 2003; Nelson, 2009). In the Islamic context, gratitude (shukr) is considered a vital virtue that, along with patience, contributes to Muslim well-being (Pasha-Zaidi et al., 2021). The Qur'anic concept of gratitude is linked to maintaining mental health and fostering positive traits (Putra et al., 2024; Khilmiyah & Setiawan, 2021). Studies show that higher levels of gratitude are associated with better psychological well-being among students (Cholili, 2023).

The concept of "syukur" in Islamic psychology is linked to acceptance, meaning, happiness, and prosocial behavior (Johan Satria Putra, 2015). Gratitude enhances well-being by fostering positive emotions, improving coping strategies, and expanding cognitive and behavioral capabilities (Emmons & Mishra, 2010). These findings suggest that gratitude interventions can be valuable tools for counseling and individual wellness strategies (Nelson, 2009). Gratitude, or "shukr" in Islam, is associated with increased happiness, calmness, and reduced psychological distress (Maslahat, M. M., Adlina, A. U., Fitri, D. P., & Siwi, A. S. (2022); Pasha-Zaidi, N., Al-Seheel, A., Bridges-Lyman, K., Dasti, R., Pasha-Zaidi, N., Al-Seheel, A., & Bridges-Lyman, K. (2021)). Studies show that gratitude significantly impacts the psychological well-being of adolescents and college students (Reza, I. F., Kamilah, S. N., Latifa, R., & Napitupulu, L. (2024)). In Islam, gratitude encompasses three aspects: heart, speech, and action, and includes psycho-spiritual values such as trust, contentment, humility, and optimism. It acts as a motivator and moral reinforcement, contributing to spiritual well-being (Afandi, N. K., & Komariah, A. (2021)). Furthermore, gratitude and prosocial behavior predict psychological well-being in late adolescents (Wicaksono, M. L. H., & Susilawati, L. K. P. A. (2016)).

CONCLUSION

This review emphasizes the crucial role of gratitude in promoting psychological well-being in adolescents. Consistent evidence from several studies highlights that gratitude practices and interventions can reduce symptoms of depression and anxiety, foster positive emotions, and enhance social relationships. From an Islamic psychology perspective, gratitude is recognized as a key factor in achieving overall well-being, aligning with the concept of shukr as a path to holistic wellness. However, this review also identifies some variations in the research outcomes. While gratitude generally improves

well-being across different populations, some studies show stronger effects in adults compared to adolescents.

Furthermore, in contrast to previous research, this review finds no significant evidence that gender influences the relationship between gratitude and psychological well-being. Future studies should examine the long-term impact of gratitude interventions across various age groups and cultural contexts, especially by incorporating Islamic psychological frameworks. Addressing these areas will allow scholars and practitioners to develop more inclusive interventions that promote gratitude and enhance well-being in both clinical and everyday settings. One notable contribution of this review is the finding that gender does not moderate the positive effects of gratitude on psychological well-being, suggesting that gratitude interventions can be equally beneficial for all adolescents, regardless of gender. This insight broadens our understanding of gratitude as a practical tool for improving mental health among adolescents.

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Ethics statement

This study did not involve human participants or animal subjects and thus did not require ethical approval.

Authors contribution

The author solely conducted the conceptualization, methodology, data collection, analysis, and manuscript writing for this study.

There should be no conflict of interest in this study.

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