



GRATITUDE: STRENGTH OF HUMAN LIFE



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ABSTRACT

Gratitude is a powerful learning strategy. Now a day, stress has been laid education. The paper describes the meaning of the term “gratitude”, importance of gratitude in education and ways for becoming a grateful person who creates peaceful and pleasant environment. This will be illustrated with an example of how gratitude was introduced as a practice in with positive outcomes when they applied in all aspects of life.

KEY WORDS: *Gratitude, Society, Strength, Human Life, Thankful, Pleasing, Education*

INTRODUCTION

Education and society both are inter-related or inter-dependent. Every society gives importance to education because it is a panacea for all evils. It is the key to solve the various problems of life. For a civilized and socialized society, gratitude education should be taught to each individual. Gratitude is neither the answer to how we might educate better citizens, nor a panacea to cure all

of the ills of society but gratitude is consider as an important missing piece of current educational practices that plays a part in being a powerful antidote to the exchange paradigm. Gratitude derived from the Latin word *gratus*, which means “thankful, pleasing.” When you feel gratitude, you’re pleased by what someone did for you and also pleased by the results. Gratitude embodies a



dynamic interrelation between giver, receiver and gift, and as such can provide a powerful dimension to the gift paradigm. Gratitude has also been a focus of recent public attention, with many people reporting increased gratitude and appreciation of life following vicarious exposure to the 11 September terrorist attacks (Peterson & Seligman, 2003).

Gratitude has been given a central position in religious and philosophical theories (Emmons & Crumpler, 2000). Philosopher Robert Roberts describes gratitude as comprising of “givers, gifts, recipients, and the attitudes of giver and recipient toward one another. It is a deeply social emotion, relating persons to persons in quite particular ways...”

Each tradition emphasizes the development of gratitude as a path to a good life and prescribes approaches for practicing. Cultivation of gratitude through education should be begin with the primary level because primary education works as a base line for future progress, and should continue to university level because after completing the university education students enter in the profession where gratitude create a healthy environment. Education is currently constructed as the teacher who is giving the gift of education to the recipients, the students, and there is an absence of students being

educated to give back for the gifts of education. Too often education is not seen by its receivers as a gift or privilege, but only as a right or expectation.

NEED OF GRATITUDE IN EDUCATION

Students orientate themselves to where they can feel valued and where there is trustable environment. It is not until they find this safe haven that they can settle and be present enough to learn the new things. Many of our educational environments – be they schools or universities or colleges of advanced education – are breeding grounds for conditions which make it difficult for gratitude and trust to take hold. The antithesis condition to gratitude are – victim mentality, resentment, envy, or a sense of entitlement – are toxins that kill off goodwill. This toxic environment of ensuing complaint culminates in good teachers and leaders walking out wounded by ingratitude, extremely unlikely to return. It is our lack of consciousness of the impact of this malaise that keeps us in the dark, and stops many wonderful education initiatives from taking hold i.e. gratitude education should be learn each and every individual for well-being and better adjustment with their peers, parents and teachers and it work as powerful tool for harmonious development.

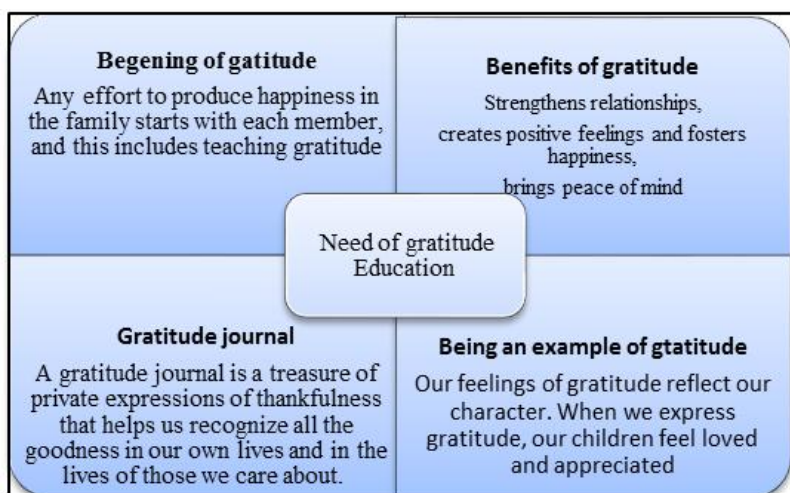


Fig 1: Represents need of gratitude in Education

By inculcation of gratitude, toxin which kills the good may be removed and create toxin free society. (H. Li, 2012 and L. L. Wang, 2011) in their research they reported that in order to build up a harmonious society, in which everyone lives in peace and in harmony with each other nowadays, and strengthening gratitude education of college students in an effort to enable them to have a grateful heart, has important practical significance and is of great urgency. Only through integrating gratitude education into the practice can we

find breakthrough between students and real life and provide a new platform for cultivation and sublimation of student’s moral feelings.

EFFECTS OF GRATITUDE IN HUMAN LIFE

Gratitude is a State of Consciousness that Creates Miracles. Emmons, 2001 studied that Religions and philosophies have long embraced gratitude as an indispensable manifestation of virtue, and an integral

component of health, wholeness, and well-being. Human life is about giving, receiving, and repaying benefits and kindnesses. In this sense, gratitude functions to help regulate relationships by solidifying, affirming, and strengthening them.

1.Moral Effect:-

Research suggests that gratitude operates as ‘moral’, or pro social affect. Specifically, it acts as a moral barometer, drawing attention to help received; a moral motivator, encouraging a pro social response to help; and as a moral reinforcer, where the expression of gratitude makes the benefactor more likely to provide help in the future (McCullough *et al.*, 2001).in the form of moral barometer it measures a sensitivity to a particular type of change in one’s social relationship-the provision of benefit by another moral agent that enhance one’s well-being. Gratitude motivates beneficiaries to engage in pro social behavior.in the form of moral reinforce, when expressed to one’s benefactors, gratitude motivates benefactors to behave more pro-socially in the future(McCullough *et al.*,2001).

2. Consciousness of oneness and Consciousness of perfection:-

Because of the oneness underlying the universe, whenever we give something out, we will also receive something back. When we give something of value to another person and then receive their gratitude in return, this is a manifestation of the dynamic oneness of the universe at work in our experience, reflecting a portion of our own giving back to us. As we learn to recognize acts of gratitude as expressions of universal oneness, our consciousness of the underlying unity of all things becomes more pronounced. The process of extending gratitude to all things and circumstances will open our awareness to

the inherent perfection in all experiences. The absolute perfection underlying all reality justifies our attitude of gratitude in all situations. Likewise, our extension of gratitude to all things will open us more completely to the actual experience of that perfection. In this way the practice of gratitude fuses with the consciousness of perfection and brings us to an expanded state of awareness.

3. It enriches the feeling of Love and higher Truth:-

When we show gratitude for something, we are expressing appreciation for the same. We are signifying that this is something we value. By valuing and appreciating something, we are also expressing love towards it. For part of loving something is to esteem it highly. Therefore, when we express genuine gratitude we are also expressing love. Love always raises our vibration and consciousness. Because of its close relationship to love, gratitude does the same. When the feeling of love enters in human life then human try to become a truthful person. Expressing gratitude for the higher truths that are revealed to us opens us even further to truths.

ASPECTS OF GRATITUDE

To educate oneself for the feeling of gratitude means to take nothing for granted, but to always seek out and value the kindness that will stand behind the action. Nothing that is done for you is a matter of course. Everything originates in a will for the good, which is directed at you. Train yourself never to put off the word or action for the expression of gratitude. – Albert Schweitzer

Gratitude is not just an expression of good manners; it’s a doorway to higher consciousness. This is because gratitude is closely connected to several other key dynamics that are also associated with higher states of well- being.

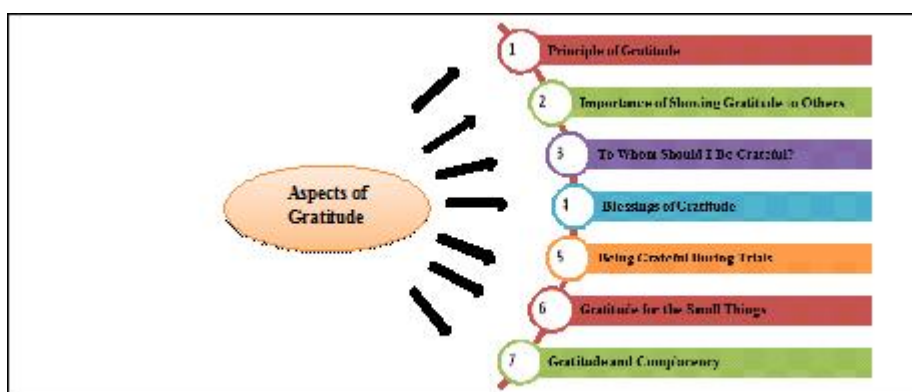


Fig 2: Represents aspects of Gratitude

Gratitude enjoys receiving, but does not keep the joy to itself, it shares, not to boast, but to create a joy ripple, prolonging and sharing the original pleasure. Gratitude is important because it encourages other positive behaviours. It accomplishes this first as a teacher, second as a motivator, and third as a reinforcer. For example, young child who has been given a toy by an older sibling. Naturally, the child feels gratitude for the toy. Because she or he feels that pleasure the child learns sharing is good accomplishes as a Teacher. That child then learns that when you give someone a toy, he or she feels good, so the child wants to share to give others the same feeling accomplishes as a Motivator. And, if the child expresses that gratitude, the older sibling wants to share again in the future accomplishes as a Reinforcer. Each gratitude relationship involves a receiver and a giver, or benefactor. (Fredrickson, 2005) Being grateful leads to greater success which in turn leads to gratitude perpetuating the cycle. Students should include their curiosity, wonder and gratitude for the many small things all around us. Gratitude is helpful in treating depression, reducing anxiety, and introducing a more positive focus to troubled relationships. Multiple studies now suggest that people who feel more gratitude are much more likely to have higher levels of happiness, and lower levels of depression and stress (e.g. McCullough *et al.*, 2004; Watkins *et al.*, 2003). Gratitude gives us and others more pleasure, with no cost.

WAYS OF CULTIVATING GRATITUDE

1. **Gratitude Journal.** In daily practice one should remind yourself of the gifts, grace, benefits, and good things you enjoy. Setting aside time on a daily basis to recall moments of gratitude associated with ordinary events, your personal attributes, or valued people in your life gives you the potential to interweave a sustainable life theme of gratefulness. Everyone should maintain a gratitude journal to recall the unforgettable events of their life.
2. **Remember the unpleasant situations**
To be grateful in your current state, it is helpful to remember the bad times and painful situation that you once experienced. When you remember how difficult life used to be and how far you have come, you set up an explicit contrast in your mind, and this contrast is fertile ground for gratefulness.

3. Answer of Three Questions

“What have I received from __?”

“What have I given to __?”

“What troubles and difficulty have I caused?”

4. **Learn Prayers of Gratitude.** In many spiritual traditions, prayers of gratitude are considered to be the most powerful form of prayer, because through these prayers people recognize the ultimate source of all they are and all they will ever be. Some research has been done on different types of prayer, some of which include adoration, confession, thanksgiving, and supplication (ACTS; e.g., Ladd & Spilka, 2002; Laird *et al.*, 2004). Nathaniel M *et al.* 2009 in their research work found that participants who were randomly assigned to pray evidenced greater gratitude than those who were randomly assigned to a control condition.
5. **Senses:** Through our senses—the ability to touch, see, smell, taste, and hear—we gain an appreciation of what it means to be human and of what an incredible miracle it is to be alive. Seen through the lens of gratitude, the human body is not only a miraculous construction, but also a gift.
6. **Visual Reminders.** Forgetfulness and a lack of mindful awareness are the two primary obstacles to gratefulness. Visual reminders can serve as cues to trigger thoughts of gratitude. Often times, the best visual reminders are other people who judge your personality in best manner.
7. **Make a Vow to Practice Gratitude.** Research shows that making an oath to perform a behaviour increases the likelihood that the action will be executed. Therefore, write your own gratitude vow, which could be as simple as “I vow to count my blessings each day,” and post it somewhere where you will be reminded of it every day.
8. **Linguistic Style.** Grateful people have a particular linguistic style that uses the language of gifts, givers, blessings, blessed, fortune, fortunate, and abundance. In gratitude, one should not focus on how inherently good you are, but rather on the inherently good things that others have done on your behalf.

9. Grateful Motions of gratitude. When students go through grateful motions, the emotion of gratitude should be triggered. Grateful motions include smiling, saying thank you, and writing letters of gratitude.

10. Look beyond the box. Students should firstly try to look beyond the existing situation to make the opportunities to flex your gratitude muscles, one must creatively look for new situations and circumstances in which to feel grateful as they enters in their professionals environment.

CONCLUSION

It is necessary to learn gratitude to build harmonious socialist society. Gratitude is the morality of people. As the future of the country and the hope of nation development is depends upon the youth, who learnt about gratitude education will works as pillars of the society and toxin free society will be developed by inculcation of morality, truth, brotherhood of man and fatherhood of god. Ignoring the gratitude means spoil the society. Gratitude is such a vital part of human being for abundant and happy life. Thus gratitude makes us better in all aspects of lives.

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