Relationship Between Social Support, Resilience, and Gratitude on Happiness among Young Adults in Selangor, Malaysia

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Abstract
This study examines the intricate relationship between social support, resilience, and gratitude, and how these collectively impact happiness. Utilising current psychological theories, the study seeks to clarify how these positive psychology concepts impact the well-being of young adults in Malaysia. A cross-sectional survey was conducted, comprising a total of 320 participants. Data on each variable was collected using validated scales. The investigation revealed robust positive connections between happiness and social support, resilience, and gratitude. In addition, a multiple regression study revealed that social support, resilience, and gratitpude are important predictors of happiness, accounting for 51.4% of the variability in happiness scores. These results highlight the significance of improving social support, resilience, and gratitude through specific interventions to promote increased well-being. The study also emphasises the importance of tailoring mental health methods to align with cultural nuances, hence augmenting their efficacy in heterogeneous groups.
Keywords: Happiness, Social Support, Resilience, Gratitude, Young Adults

Introduction
The concept of happiness is a prominent focus in psychological studies, indicating a common objective that is pursued by individuals in different cultures and countries. Happiness, in psychological studies, is commonly defined as a state of overall well-being and contentment. It is generally measured by considering factors such as life satisfaction, the experience of pleasant emotions, and the lack of negative emotions. Extensive research has continuously established a strong connection between happiness and a wide range of positive outcomes, such as improved health, increased lifespan, and enhanced interpersonal achievements (Lyubomirsky, 2021). There is a large body of literature that reveals multiple elements that have a major impact on an individual's happiness. Out of these factors, social support,

resilience, and gratitude are particularly noteworthy since they have strong and consistent connections with improved psychological well-being. Social support, which refers to the emotional and practical help obtained from social networks, has been demonstrated to mitigate the negative impacts of stress and improve individual well-being (Cohen, 2019). Resilience, defined as the ability to bounce back swiftly from hardships, empowers individuals to flourish in the face of obstacles, hence directly impacting their overall well-being (Bonanno, 2020). Likewise, the act of expressing gratitude by acknowledging and valuing the favourable aspects of life has been associated with several positive psychological results, such as increased pleasure (Emmons, 2019).

Although each of these elements has been linked to happiness alone, recent studies indicate that examining their interaction may lead to a more thorough comprehension of how happiness can be effectively nurtured. The interplay between social support, resilience, and gratitude suggests a complicated framework in which these factors might work together to improve well-being. This implies that a holistic approach is necessary in happiness research, since these variables have the potential to increase each other's effects (Smith & Lazarus, 2020). Although the positive effects of social support, resilience, and gratitude on happiness are well-established, there is less understanding of how these elements jointly impact happiness in various groups. Several research have analysed these predictors individually, without taking into account their potential interaction impacts. In addition, a significant portion of the current study has been carried out in Western contexts, with less attention given to how these dynamics may appear in various cultural settings, especially in rapidly urbanising regions like Southeast Asia.

This study seeks to address these deficiencies by examining the combined influence of social support, resilience, and gratitude on the happiness of people in Southeast Asia. The study aims to enhance understanding of happiness across cultural barriers by analysing these links within a non-Western context. The findings may provide valuable insights for focused interventions that utilise these crucial aspects to improve well-being in various demographic groups. This research has important implications for policymakers, mental health practitioners, and educational sectors. It aims to develop and implement well-being initiatives that are culturally sensitive and psychologically impactful. The present study expands upon the previous literature by examining the separate effects of social support, resilience, and gratitude on happiness, as well as investigating their collective influence using a comprehensive model. This approach is consistent with the recommendations of recent research that advocate for more complete models of psychological well-being. These models should consider the intricate relationships between many factors that contribute to happiness (Johnson & Wood, 2021). This study aims to gain a comprehensive understanding of how various indicators interact and contribute to increased happiness by incorporating them into a unified framework. The findings will serve as a basis for developing more targeted and efficient interventions to improve well-being.

In light of the above concerns, this study aims to look at social support, resilience, and gratitude on happiness with specific research questions as follows:
1. What is the level of social support, resilience, gratitude, and happiness among young adults in Selangor, Malaysia?

2.   Is there any relationship between social support, resilience, gratitude on happiness among young adults in Selangor, Malaysia?
3.   What are the unique predictors of happiness among young adults in Selangor, Malaysia?

The Role of Social Support in Enhancing Happiness
Social support is essential for increasing personal happiness and serves as a protective barrier against the detrimental impacts of stress and psychological anguish. The literature distinguishes between perceived social support, which refers to the expectation that support would be accessible when needed, and received social support, which refers to the actual experience of receiving support. Both categories are closely linked to enhanced welfare. Perceived social support has a constant and significant effect on happiness, as it affects individuals' capacity to handle stress and adversity (Taylor, 2018). This comprehension forms the basis for recognising the significance of not only the existence but also the interpretation of assistance in promoting happiness.

The efficacy of social support frequently relies on its categorization into emotional, informational, and instrumental types. The provision of emotional support, encompassing qualities such as empathy, trust, and caring, is positively correlated with improved mental health outcomes and heightened personal well-being (Cohen, 2019). Informational support, which entails the dissemination of guidance and knowledge that assists individuals in coping with stressors, and instrumental support, which encompasses concrete assistance and services, also make substantial contributions to happiness. These support kinds engage with specific attributes, such as personality and resilience levels, as well as contextual aspects like cultural norms and social structures, which affect their influence on well-being (Kawachi & Berkman, 2020).

The cultural context is a crucial factor in determining the influence of social support on happiness. In communities that prioritise communal relationships and interdependence, such as collectivist societies, the impact of social support may differ from that in individualistic society, where personal autonomy is highly prized. Research has indicated that in Asian societies, the presence of strong community and family support is a significant factor in determining happiness. This finding reflects the cultural emphasis on social harmony and the well-being of the group (Chu et al., 2020). The presence of cultural diversity emphasises the importance of taking cultural variations into account when analysing the connection between social support and happiness.

Resilience as an Underlying Mechanism of Happiness
Resilience is widely acknowledged as the ability to preserve or restore psychological well-being when confronted with adversity, obstacles, or substantial stressors. This characteristic empowers individuals to effectively adjust and thrive even in the face of adversity, challenges, or external pressures. In the field of psychology research, resilience encompasses not only the ability to recover from adversity but also the capacity to develop and thrive as a result of facing obstacles. Research continuously demonstrates a positive correlation between higher levels of resilience and increased levels of happiness and life satisfaction. Resilient persons possess superior abilities to effectively cope with stress and negative emotions (Southwick & Charney, 2018).

The correlation between resilience and happiness might be elucidated through diverse approaches, encompassing proficient stress management techniques and constructive psychological adjustments. Resilient individuals commonly utilise adaptive coping skills, such

as problem-solving, acceptance, and cognitive reappraisal, to decrease the adverse emotional effects of stress and enhance emotional well-being. In addition, resilience is frequently accompanied by a favourable perspective on life, optimism, and a feeling of purpose, all of which are recognised factors that contribute to happiness (Neenan, 2019).

Due to the significant correlation between resilience and happiness, multiple treatments are implemented to bolster resilience as a means to boost overall well-being. These interventions encompass a variety of approaches, including cognitive-behavioral therapies that target the modification of negative thought patterns, mindfulness-based stress reduction programmes, and resilience training workshops that aim to teach coping skills and emotional regulation. Empirical research has provided evidence of the efficacy of these therapies in enhancing resilience, resulting in heightened happiness and diminished symptoms of mental health disorders such as depression and anxiety (Robertson et al., 2020). Although the advantages of resilience are clear, it is crucial to take into account the influence of cultural and environmental elements in building and demonstrating resilience. Various cultures may possess unique perspectives on the definition of resilience and the manner in which it should be exhibited. In numerous Eastern cultures, resilience often encompasses the preservation of harmony and collective well-being, rather than prioritising individual assertiveness. Comprehending these cultural subtleties is essential for creating and executing resilience interventions that are culturally attuned and successful among diverse populations (Liu et al., 2021).

Gratitude and Happiness

Gratitude, as a psychological concept, extends beyond just gratitude for happy events. It involves a profound admiration for someone or something, resulting in sustained optimism. Studies have demonstrated a strong correlation between gratitude and increased levels of happiness. By recognising the positive aspects of their lives, individuals can amplify their happiness and contentment, often experiencing a change in perspective from what is missing to valuing what is already there. This shift not only enhances good feelings but also cultivates resilience by facilitating a positive ability to cope amid challenging circumstances (Emmons & Mishra, 2018).

Several interventions have been devised to foster appreciation, such as gratitude journals, letters expressing thanks, and reflection exercises. These approaches have been demonstrated to be efficient in elevating levels of gratitude, thereby enhancing psychological well-being. Multiple studies have repeatedly demonstrated that routinely participating in gratitude exercises can enhance happiness, diminish despair, and even enhance physical well-being. For example, people who keep a gratitude notebook experience fewer health issue and display more optimism towards future life events (Davis et al., 2016).

The advantages of appreciation go beyond simple emotional enhancements. Gratitude involves bolstering cognitive resilience and nurturing interpersonal connections to strengthen social support. Expressing gratitude not only boosts individuals' own positivity but also strengthens their relationships with others, fostering a supportive social environment that promotes overall happiness. Furthermore, expressing appreciation assists individuals in managing stress and trauma by cultivating a flexible outlook on life's difficulties (Wood et al., 2017).

Although the ways in which gratitude is expressed and valued may differ among cultures, the positive effects it has on one's well-being are widely acknowledged. Nevertheless, cultural subtleties have an impact on the manner in which gratitude is conveyed and interpreted. In

collectivist cultures, gratitude is commonly shown towards the group or community, thereby enhancing the overall well-being of the collective rather than focusing on individual welfare. It is essential to comprehend these cultural differences in order to implement gratitude interventions on a worldwide scale. This ensures that the interventions are modified to honour and incorporate cultural values and practices (Lomas et al., 2019).

Method
Participants
The research was carried out in Selangor, Malaysia, with a specific focus on a heterogeneous cohort of young individuals ranging from 15 to 24 years old. 320 participants were chosen, with equal representation in terms of gender, socioeconomic background, and geographic region. This sample was meticulously selected from diverse urban and rural regions throughout Selangor in order to investigate the impact of social support, resilience, and gratitude on happiness. The individuals engaged in diverse community activities and possessed varying educational levels, facilitating a thorough examination of how these characteristics impacted their overall well-being. The criteria for inclusion were determined by the voluntary participation of individuals and a representative distribution across different demographic groups. This approach allowed for a comprehensive understanding of the young adult population in Selangor. This varied and representative sample served as a strong foundation for investigating the intricate relationship between the psychological variables examined and their influence on happiness.

Procedure and Measures
The study commenced by contacting potential participants through email, providing them with a comprehensive overview of the study's objectives and the procedures involved. Informed consent was obtained from all participants to ensure their voluntary participation and understanding of the study's aims and potential implications. The research employed a quantitative approach to gather a rich and nuanced understanding of the relationship between social support, resilience, gratitude on happiness. Participants completed a structured quantitative survey designed to measure the level of variables. The surveys were administered electronically and were completed anonymously to ensure confidentiality and reduce any potential response biases.

Social Support
The Multidimensional Scale of Perceived Social Support (MSPSS) is a widely recognised instrument used to assess individuals' perception of social support. The Zimet et al. (1988) study was conducted to assess individuals' views of support from three distinct sources: family, friends, and significant others. The MSPSS instrument consists of a total of 12 items and is separated into 3 subscales. There are 4 elements in each subscale. The initial subscale pertains to familial social support. For instance: "My family earnestly endeavours to assist me." The second subscale pertains to the level of social support received from friends. For example, "My friends make genuine efforts to assist me." The third subscale pertains to the provision of social support from a significant other. For instance, "There exists an individual of particular significance who is present when I require assistance." Participants are asked to express their degree of agreement using a 7-point Likert scale, where 1 represents "very strongly disagree" and 7 represents "very strongly agree." However, the present study would solely compute and examine the comprehensive composite score of social support. Zimet et

al. (1988) found that the Cronbach's coefficient alpha for the family, friends, and significant other subscales was 0.87, 0.85, and 0.91, respectively. The overall scale demonstrated a reliability coefficient of 0.88, indicating a high level of internal reliability.

Resilience

The Brief Resilience Scale (BRS) is a psychological instrument specifically created to evaluate the level of resilience in individuals. The BRS, created by Smith et al. (2008), assesses an individual's capacity to rebound or recuperate from stressful or demanding circumstances. The BRS comprises a total of 6 elements. Items 1, 3, and 5 are phrased positively, exemplified by statements like "I have a tendency to recover rapidly from difficult situations." Nevertheless, items 2, 4, and 6 are expressed using negative language, such as "I struggle to cope with stressful situations." Participants are requested to indicate their degree of agreement using a 5-point Likert scale. Items 1, 3, and 5 are evaluated using a scale that spans from 1 (indicating a strong disagreement) to 5 (indicating a strong agreement). However, items 2, 4, and 6 are evaluated in an opposite manner, with the scale ranging from 1 (strongly agree) to 5 (strongly disagree). The BRS is a dependable instrument for assessing resilience due to its Cronbach's alpha values, which vary from 0.80 to 0.91 (Smith et al., 2008).

Gratitude

The gratitude Questionnaire-Six Item Form (GQ-6) is a quantitative assessment tool used to measure an individual's gratitude level. The GQ-6 was created by McCullough et al. (2002) as a tool to assess the inclination of individuals to feel gratitude in their everyday existence. The GQ-6 comprises six elements. The components 1, 2, 4, and 5 are formulated in a positive manner, exemplified by the statement "I have ample reasons to express gratitude for my life." Nevertheless, items 3 and 6 are stated in a negative manner, exemplified by the statement "When I observe the world, I perceive little to be thankful for". Participants are requested to indicate their degree of agreement using a 7-point Likert scale. Items 1, 2, 4, and 5 employ a scale that spans from 1 (representing significant disagreement) to 7 (representing strong agreement). Conversely, items 3 and 6 are evaluated in an opposite manner, with a scale that spans from 1, indicating great agreement, to 7, indicating extreme disagreement. The overall scale had a reliability coefficient of 0.82, indicating a high level of internal consistency reliability (McCullough et al., 2002).

Happiness

The Oxford Happiness Questionnaire (OHQ) is a self-administered assessment tool used to gauge the level of happiness in individuals. The OHQ is an enhanced iteration of the Oxford Happiness Inventory. The OHQ was created by Hill and Aryle in 2002. The OHQ consists of a total of 29 elements. Out of the 29 items, a few of them are expressed in a positive manner, such item 2 which states "I feel that life is very rewarding". In contrast, certain things are phrased in a negative manner, such as item 1 which states "I don't feel particularly pleased with the way I am". Participants are asked to specify their degree of agreement using a 7-point Likert scale. The scale range for positively worded questions is from 1 (strongly disagree) to 6 (strongly agree). The scale range for negatively worded questions is from 1, representing "strongly agree," to 6, representing "strongly disagree." Hills, Argyle, and Crossland (1989) determined that the OHQ is a dependable measure because of its strong internal consistency, as indicated by a Cronbach's alpha coefficient of 0.90. Furthermore, the measure demonstrated strong test-retest reliability across a 7-week duration, with a value of 0.78.

Data Analysis

The study's quantitative data was analysed using the Statistical Package for the Social Sciences (SPSS), specifically version 29.0. The first stage entailed doing descriptive statistical analysis to summarise the demographic features of the participants, so establishing a fundamental overview of the data distribution. This phase was crucial in establishing the foundation for more intricate and comprehensive studies.

After conducting a descriptive study, Pearson correlation analyses was used to investigate the relationships between social support, resilience, gratitude, and happiness among young adults in Selangor. The selection of this strategy was based on its efficacy in determining and measuring the magnitude and orientation of the associations between these crucial factors. Multiple regression analyses were undertaken to further explore the relationship between social support, resilience, and gratitude in predicting happiness. This methodology facilitated the comprehension of the independent and collective predictive capacity of these variables on happiness, providing valuable insights into the factors that exert the greatest influence on well-being within the context of Selangor. The rigorous methodology employed in this section of the study ensured a detailed analysis of the proposed connections, resulting in a nuanced comprehension of the psychological mechanisms that contribute to increased happiness among young adults in Malaysia.

Results and Discussion

The results shown in Table 1 indicate the levels of Happiness, Social Support, Resilience, and Gratitude among 320 participants. The findings revealed that the average scores for Happiness and Resilience were both 24.66. However, Gratitude had a higher mean score of 31.92, while Social Support had the highest average score of 63.96. The distribution among these categories indicates that most participants regard themselves as having a high level of Social Support (68.4%) and Gratitude (58.1%). A smaller but still significant number ranked themselves high in Happiness (34.1%) and Resilience (14.1%).

 The aforementioned pattern of outcomes underscores some fundamental psychological theories. The strong connection between Social Support and gratitude with the subjective experience of Happiness and Resilience confirms earlier studies that suggest that having supportive social networks and practicing gratitude can improve psychological resilience and overall well-being (Smith et al., 2017; Brown & Ryan, 2003). Social support has a crucial role in protecting against stress and adversity, hence improving resilience, which is the ability to bounce back from unpleasant experiences (Cohen & Wills, 1985). Moreover, there is extensive evidence documenting the positive impact of gratitude on increasing life satisfaction and alleviating symptoms of psychological distress (Wood, Froh, & Geraghty, 2010).

The high prevalence of scores in Social Support and Gratitude within this sample indicates that these factors may have a major impact on individuals' perception of their Happiness and Resilience. This conclusion aligns with the broaden-and-build idea put forth by Fredrickson (2001), which suggests that happy emotions expand an individual's range of thoughts and actions, so enhancing their personal resources, including physical, intellectual, social, and psychological resilience.

Additionally, the smaller percentage of participants who reported low levels of Happiness and Gratitude may suggest an overall optimistic attitude or a possible bias in the sample towards persons with better psychological well-being. It is crucial to acknowledge that self-report

measures might be influenced by social desirability biases, leading to an overestimation of positive replies (Paulhus & Vazire, 2007).

Based on these observations, it is clear that creating a setting that promotes Social Support and fosters appreciation practices might be advantageous methods for enhancing personal resilience and general well-being. These findings emphasise the need for additional investigation into specific interventions that can utilise these concepts, especially in therapeutic or educational environments, to improve psychological well-being.

This study is consistent with previous research, but it also emphasises the importance of conducting more detailed investigations into the interactions between these positive concepts in various populations and cultural settings. It is crucial to consider that cultural factors can greatly affect how psychological traits are expressed and their impact, as demonstrated by Markus and Kitayama (1991).

Table 1
Level of study variables

Level	n	%	Mean	SD	Min	Max
Happiness			24.66	1.78	12	36
Low (6 – 16)	10	3.1				
Medium (17 – 26)	201	62.8				
High (27 – 36)	109	34.1				
Social Support			63.96	4.42	12	84
Low p(12 – 43)	23	7.2				
Moderate (44 – 63)	78	24.4				
High (64 – 84)	219	68.4				
Resilience			24.66	4.11	6	30
Low (6 – 17)	67	20.9				
Moderate (18 – 25)	208	65				
High (26 – 30)	45	14.1				
Gratitude			31.92	2.40	13	42
Low (6 - 18)	3	.9				
Moderate (19 - 30)	131	40.9				
High (31 - 42)	186	58.1				

The strong and significant positive correlation (r=0.578, p=.001) between Happiness and Social Support highlights the important role that perceived social support plays in increasing individual happiness. This correlation aligns with recent academic research, such as the study conducted by Kansky (2018), which states that the emotional advantages obtained from strong social connections are important indicators of happiness during both adolescence and

maturity. The strong correlation between the durability of social ties and the prediction of happiness implies that interventions focused on augmenting social support could be advantageous for promoting overall well-being.

The strong positive correlation (r=0.529, p=.001) between Happiness and Resilience confirms current research suggesting that resilience, which refers to the capacity to adapt and bounce back from challenges, plays a substantial role in subjective well-being. Smith and Hollinger-Smith (2020) emphasise that resilience training has the potential to significantly enhance life satisfaction by strengthening coping mechanisms in the face of stress. This implies that cultivating resilience can have a direct impact on levels of happiness. The strong positive correlation (r=.549, p=.001) between Happiness and gratitude aligns with recent studies, including the findings of Watkins (2018), which indicate that engaging in gratitude practices consistently leads to an enduring enhancement in good emotions and happiness. Moreover, gratitude interventions have been found to redirect attention from negative to positive parts of life, so effectively improving psychological well-being (Johnson & Wood, 2019).

These findings emphasise the interdependence of these concepts and their combined influence on happiness. The strong associations indicate that social support, resilience, and gratitude not only have individual benefits but also greatly contribute to increasing happiness. Subsequent investigations should prioritise the examination of these connections in more depth, employing longitudinal data to evaluate causation and potential moderating variables.

Table 2
Correlations among Study Variables

Variable	Happiness	
	r	*p*
Social Support	.578**	.001
Resilience	.529**	.001
Gratitude	.549**	.001

N = 320, * p < .05, ** p < .001

The regression results are displayed in Table 3. The model's overall fit was robust, as evidenced by an R^2 value of .514 and an adjusted R2 value of .509. The F-statistic for the model was 111.183, indicating a strong prediction of Happiness by the model. The regression analysis results unequivocally indicate that Social Support, Resilience, and Gratitude are very influential factors in predicting Happiness, as all variables exhibit robust positive correlations. The significant standardised coefficients demonstrate that each variable makes a distinct contribution to the prediction of Happiness, with Social Support exerting the most influential effect (β=.367), followed by Resilience (β=.307), and Gratitude (β=.254).

The substantial impact of Social Support on Happiness corresponds with current psychology research that underscores the significance of social connections and perceived assistance in improving individual well-being. These findings align with the results of Demirci and Ekşi's (2020) study, which demonstrated a significant positive relationship between perceived social support and increased life satisfaction, as well as decreased symptoms of depression and anxiety. The prominent significance of resilience in predicting happiness provides support for the resilience hypothesis of well-being, which suggests that the capacity to recover from adversity is a crucial aspect of psychological well-being. Recent research, conducted by Wagnild (2019), has provided support for the notion that resilience training can enhance subjective satisfaction by improving adaptive coping methods.

The impact of appreciation on happiness (β=.254) is supported by an increasing body of literature that acknowledges gratitude as a significant factor in determining higher levels of subjective well-being. Research, such as the study conducted by Wood et al. (2021), has demonstrated that gratitude interventions have a dual effect of enhancing positive emotions and diminishing negative emotional states, ultimately leading to an overall improvement in happiness. The model's high predictive value (R^2=.514) suggests that these variables collectively account for more than half of the variation in Happiness among the participants, a notable finding in the field of psychology. This strong model indicates that treatments targeted at improving these factors could be quite helpful in boosting levels of happiness. Subsequent studies could investigate the connections between these predictors and their interactions with other psychological or environmental factors in influencing happiness.

Table 3
Regression Results

Variable	Happiness			
	B	SE. B	Beta, β	*p*
Social Support	.208	.025	.367	.000
Resilience	.314	.045	.307	.000
Gratitude	.188	.034	.254	.000
R²	.514			
Adjusted R²	.509			
F	111.183			

The Role of Social Support, Resilience, and Gratitude in Enhancing Happiness
Exploring the elements that contribute to increased happiness is a crucial focus of study in the field of psychology. This debate is around three key determinants of happiness: Social Support, Resilience, and Gratitude. It emphasises the ways in which each of these factors contributes to enhancing one's subjective well-being. The correlation and regression analyses demonstrate both robust associations with happiness and their potential for intervention strategies targeted at enhancing life satisfaction and general mental well-being.

The relationship between Social Support and happiness is constantly robust and favourable, highlighting its crucial role as a primary provider of emotional and psychological comfort. Studies have shown that those who have a strong social network are less likely to have mental health problems and are more likely to be happier (Demirci & Ekşi, 2020). Social support offers individuals a feeling of inclusion, perceived concern, and aid, which are essential during periods of stress and hardship. Therefore, psychological therapies targeted at boosting well-being should strategically prioritise enhancing social ties and communal connections. Resilience, which refers to the capacity to recover from adverse events, is an additional crucial element that contributes to happiness. Resilience refers to an individual's ability to preserve or restore their mental well-being when confronted with difficulties, serving as a protective barrier against psychological suffering (Wagnild, 2019). Recent research indicates that engaging in resilience training can significantly enhance positive emotions and alleviate symptoms of anxiety and depression, hence promoting overall happiness (Smith & Hollinger-Smith, 2020). This underscores the capacity of resilience-building programmes as a component of all-encompassing mental health therapies.

Gratitude entails acknowledging and valuing the favourable aspects of life, a factor that has been demonstrated to have a direct impact on levels of happiness. It redirects attention from deficiencies to abundance, cultivating a pervasive feeling of happiness that influences all aspects of life (Watkins, 2018). Studies that have specifically targeted gratitude as an intervention have found notable improvements in happiness, indicating that developing a mindset of appreciation may be a straightforward yet impactful method for increasing overall life satisfaction (Wood et al., 2021). Although each element has its own impact on happiness, the combined effects of these factors indicate that a comprehensive strategy may be the most successful in enhancing psychological well-being. Integrative mental health programmes that incorporate social support, resilience, and gratitude may provide more significant enhancements in happiness compared to interventions that solely target one feature. Further investigation is needed to examine the combined impacts of these factors in order to create more holistic approaches for improving overall happiness and satisfaction.

Limitations and Future Directions
The current investigation, albeit informative, is susceptible to certain constraints that necessitate recognition. The research's cross-sectional methodology restricts the capacity to establish a causal relationship between the psychological dimensions of social support, resilience, gratitude, and happiness. Therefore, the observed connections may not effectively depict the directional influences among these factors. In addition, the study utilised self-report measures, which are vulnerable to biases such as social desirability and recall bias. The dependence on subjective data might occasionally skew the accurate essence of the constructs being assessed, thus compromising the validity of the results.

Another constraint is to the sample, which was selected from a distinct geographic and cultural milieu. This raises inquiries over the applicability of the results to different communities and cultures. Psychological concepts like happiness and resilience can exhibit distinct characteristics when seen in different cultures, as they are shaped by diverse social conventions and life circumstances. Hence, the present findings may not be generalizable to larger, more heterogeneous groups without additional verification and comparison investigations. In order to overcome these constraints, future research should utilise longitudinal designs, enabling the investigation of temporal changes and causal connections between social support, resilience, gratitude, and happiness. These investigations could assist elucidate the causality of these associations and offer more profound understandings of how these factors dynamically interact to impact well-being. Moreover, broadening the research scope to encompass other cultural contexts would augment the comprehension of both the universal and culturally unique aspects of these conceptions. Introducing multi-cultural studies could reveal distinct cultural factors that impact the success of interventions designed to enhance happiness.

Progress in research methodology and technologies also provide potential opportunities for future research. Utilising ecological momentary assessment (EMA) approaches can offer immediate data on participants' happiness, social support, resilience, and gratitude, hence minimising the bias linked to conventional retrospective self-report methodologies. In addition, the inclusion of qualitative methodologies could enhance the quantitative findings, providing a more nuanced understanding of how individuals perceive and experience these psychological dimensions in their everyday lives. By acknowledging and overcoming these limitations and implementing these proposed future approaches, future research has the

potential to greatly expand our comprehension of the most effective methods for increasing happiness across different groups of people.

Conclusion

The prominent contributions of social support, resilience, and gratitude in forecasting happiness not only emphasise their significance in mental well-being but also provide practical opportunities for intervention. Mental health providers can effectively enhance happiness and resilience in varied groups by concentrating on three essential areas. Further investigation and implementation of these discoveries can result in more sophisticated comprehension and inventive strategies for mental health interventions.

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