

© *Indian Journal of Psychology and Education*

July 2017, Vol.8, No.2, pp 147-150

Effect of Gratitude Intervention on Emotional Intelligence in Adolescents

S. A. Salve* and A. K. Lavlekar**

Abstract

The purpose of the present study was to develop a gratitude intervention and to test its efficacy for adolescents in improving gratitude and emotional intelligence. Incidental sample of junior college students from Pune city, 99 boys and 123 girls was employed, Experimental group consisted of 47 boys and 61 girls, whereas control group consisted of 52 boys and 62 girls. Data were analyzed using t test. Results revealed non-significant intervention effects on emotional intelligence for boys, whereas for girls, it was significant, $F(1,121) = 6.47, p < .05$. Findings are discussed for their implications.

Keywords: Gratitude, Gratitude intervention, Emotional Intelligence, Adolescents.