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# The Benefits of Humility: Correlations with Gratitude, Happiness, and Joy

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**Definition of Humility:** Viewing oneself realistically and accurately and involves focusing on others more than oneself

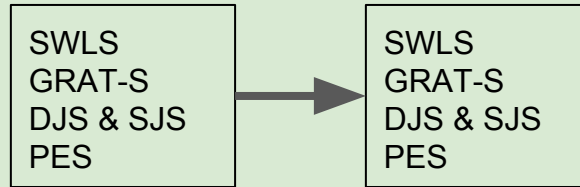
**Purpose-** To investigate the benefits of humility

**Significance-** Very little research has been done even though humility is considered an important and positive emotion across cultures

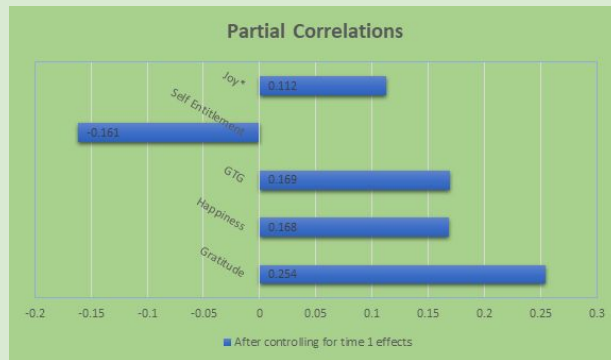
**Participants-** 150 EWU undergraduate psychology students

## Method:

Time 1      7-9 weeks      Time 2



## Results:



\*while joy was not statistically significant, results were in the expected direction

## Scales-

SWLS-Satisfaction with Life Scale  
GRAT-S- Gratitude, Resentment, and Appreciation Test- short version  
DJS & SJS- Dispositional and State Joy Scales  
PES- Personal Entitlement Scale

**Implications-** Humility promotes positive traits and inhibits negative traits such as self entitlement which may also lead to more prosocial relationships

**Conclusion-** Humility is an important positive emotion worth more scientific study as it predicts an increase in gratitude, happiness, gratitude to God, and joy as well as inhibits self entitlement