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

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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

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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

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