

The Association Between Gratitude, Intolerance of Uncertainty, Prosocial Behaviors, and Coping During a Pandemic

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Research shows that higher levels of gratitude are associated with many aspects of well-being and with positive coping styles (Chopik et al., 2019; Wood et al., 2009; Lin et al., 2006; Mofidi et al., 2014). Individual differences in gratitude have also been demonstrated, which may affect the impact of gratitude on these factors (Kashdan et al., 2009; McCullough et al., 2004; Wood et al., 2009). Recent psychological research on Covid-19 has investigated the relationship between individual factors and coping with the pandemic, but no research to date has looked at the influence of gratitude in coping with the pandemic and engaging in prosocial beliefs and behaviors, such as mask wearing. Intolerance of uncertainty has recently been found to play a role in coping with the Covid-19 pandemic. The present study sought to explore how gratitude and intolerance for uncertainty are simultaneously associated with adults' prosocial behaviors and attitudes and their ability to cope with the Covid-19 crisis. Student participants at Alma College completed scales of general gratitude levels, intolerance of uncertainty levels, coping style during the pandemic, and prosocial behaviors and beliefs during the pandemic. It was hypothesized that those who show high levels of gratitude and low levels of intolerance for uncertainty are better at coping with the pandemic and more likely to engage in prosocial pandemic-related behaviors. This research may contribute to our knowledge of at-risk populations during crises and provide insight into factors that are associated with resilience and altruism.