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IMPACT OF DAILY ACTS OF KINDNESS ON THE LIFE SATISFACTION AND POSITIVE MOOD IN YOUNG ADULTS

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Abstract

The present study investigated the correlation between daily acts of kindness, life satisfaction and positive mood in young adults of Multan, Pakistan. Actions of kindness helping others, supporting others emotionally, engaging in considerate behaviors can be linked to positive emotional experiences and life satisfaction. The relationships are especially relevant in young adulthood when social relationships, personal responsibilities and emotional experiences are changing. A cross-sectional research design with quantitative approach was used in the study to examine the relationships between the study variables. The sample population was made up of 100 University students, randomly selected from a population of 1,000 students aged 18 to 30 years. There were 50 male and 50 female participants. Three well established questionnaires were used to gather data: the Acts of Kindness Scale, Satisfaction with Life Scale and Positive and Negative Affect Schedule (PANAS) subscale of positive affect. The data was analyzed using descriptive statistics, Pearson's correlation, regression analysis and independent-samples t tests. Results indicated a significant positive correlation between acts of kindness and life satisfaction ($r = .52$, $p < .01$), suggesting that the higher the number of acts of kindness that were performed, the higher the level of satisfaction with life. Likewise, positive mood was positively correlated with acts of kindness ($r = .61$, $p < .01$) indicating a relationship between more positive emotional experiences and kind behaviors. Regression analysis showed that acts of kindness significantly predicted life satisfaction ($\beta = .52$, $p < .001$, $R^2 = .27$) and positive mood ($\beta = .61$, $p < .001$, $R^2 = .37$). The findings suggest that 27% of the variance in life satisfaction and 37% of the variance in positive mood in the corresponding regression models was explained by acts of kindness. Additionally, there were no significant differences between males and females with respect to the study variables. Overall, the results underscore the possible significance of everyday kindness to young adults' psychological health. Peer-support, volunteering, and collaborative learning can be used to promote kindness among students in universities and educational institutions. The study was cross sectional, however, so the results of the study were associations or connections, rather than causes. Longitudinal studies with larger and more diverse samples

could be used in future studies to investigate these relationships over time and between different populations.

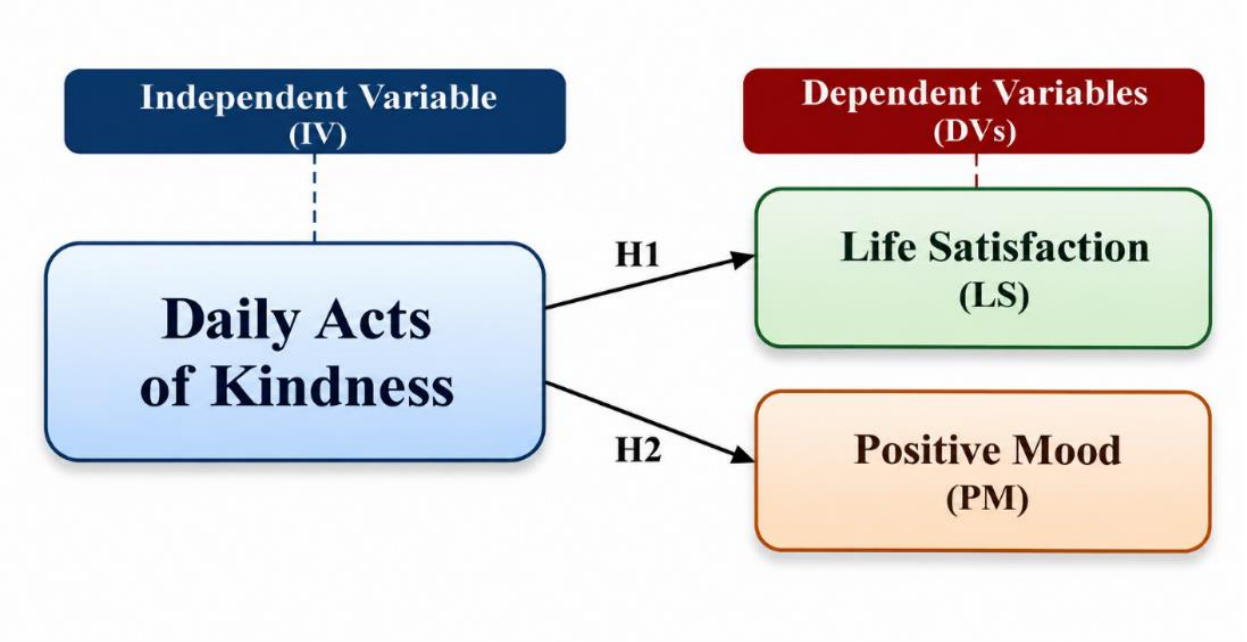
1. INTRODUCTION

Positive Psychology has revolutionized psychological research in the last few decades from focusing on mental illness to the promotion of human flourishing and well-being. Positive psychology is more than just focusing on what is missing, it also focuses on strengths, virtues and behaviors that help a person live a meaningful and satisfying life (Seligman & Csikszentmihalyi, 2000). In this area, kindness has become a simple but effective strategy for improving the psychological health of others. Kindness is defined as that which involves voluntary actions that benefit others, like expressing compassion, sharing, and helping (Lyubomirsky et al., 2005). These can be helpful for the recipient and have an important psychological impact on the person carrying them out. Practicing prosocial behavior has been shown to help people feel good, build social connections, and help them feel good about themselves (Aknin et al., 2013; Dunn et al., 2008). Recently, meta-analytic evidence has emerged to support a weak but significant positive relationship between prosociality and well-being for a variety of populations with different effect sizes depending on the definition of well-being and the operationalization of prosociality (Hui et al., 2020). Life satisfaction is a key element of well-being and is defined as a person's cognitive appraisal of his or her quality of life (Diener, 1984). It reflects the individual's sense of personal success, interpersonal relationships and personal conditions in relation to desired and intended outcomes. Positive mood is one dimension of well-being along with life satisfaction, which includes feelings of happiness, joy and enthusiasm (Watson et al., 1988). These constructs combine into the subjective well being. Young adulthood is a period of development when identity is being explored, when school and life have a lot of demands on them, when you are thinking about your career, and when your social life is changing (Arnett, 2000). It can be a time of improvement or it can be a stressful and uncertain period as well as a heightened period of mental health risks. Students experiencing academic stress, financial problems and societal expectations will experience mood swings and a feeling of life dissatisfaction. It is therefore important to identify efficient and accessible interventions to enhance their health. One such method is to try to do little kindnesses during the day. Kindness behaviors can be implemented easily and effectively into daily activity routines, and are easily sustainable and widely applicable, as opposed to structured interventions. A pre-registered 6-week diary study with university students recently revealed that reporting an above-average number of prosocial behaviors for the weeks they had more was associated with increases in happiness, flourishing, thriving, optimism, resilience, as well as a decrease in loneliness (Cash et al., 2024). Similarly, when prosociality was analyzed within individuals on a daily basis with Spanish university students, increases in prosociality were uniquely and significantly correlated with increases in life satisfaction on the same day (Moreno et al., 2017). In addition, kindness promotes social connectedness, which is one of the key factors involved in psychological well-being (Baumeister & Leary, 1995). Acts of kindness have a lot of different influences on wellbeing. They include the development of positive feelings, enhancement of social relationships, boosting self-esteem and fulfilling psychological needs. Moreover, when kind behaviors are repeated, they can establish a positive feedback loop; more well-being will lead to more prosocial behavior (Fredrickson, 2001). Although more research is beginning to explore this field, there is a need for additional research on the effects of "kindness everyday," especially across the cultural lens of non-Western cultures. Existing research is largely limited to western societies and therefore has limited applicability. In Pakistan, a collectivistic culture in which social relations and communal

values are paramount, acts of kindness could hold even more importance. A study in Pakistan with students at a university found that kindness-based skills interventions resulted in a positive impact on family relationships and negative affect reduction in this context (Majeed & Kamal, 2023). Therefore, this study aims to explore the impact of daily acts of kindness on the life satisfaction and positive mood of young adults within this cultural context. Despite a growing awareness of mental health, there is still a number of young adults reporting low levels of life satisfaction and low levels of positive mood. Traditional treatments tend to focus on reducing psychological suffering instead of supporting positive functioning. There is some research that identifies acts of kindness as an intervention for promoting well-being; however, very few studies have explored the daily effects of acts of kindness on well-being including life satisfaction and positive mood among young adults in the context of a developing country. Furthermore, previous research has focused on short-term or experimental interventions, and has not explored how routine acts of kindness can influence the cumulative or long-term effects. A recent daily diary study revealed that increases in prosocial behavior correlated with increases in life satisfaction over successive days, but not over weekly assessments, opening up the potential for further investigation of the temporal dynamics of kindness effects (Gregori et al., 2025). This study aims to address this gap by studying the impact of daily acts of kindness on psychological well-being among young adults. This paper is of both theoretical and practical significance. It theoretically builds on an existing literature on positive psychology by examining the cumulative impact of kindness behaviors on well-being across the day. A combination of various theories is used to create a holistic view of the role of kindness on life satisfaction and mood. The results could be practically applied to improve interventions for mental health of young adults. Kindness is inexpensive and simple to put into practice, and it is culturally flexible, so that it can be applied in large-scale educational programs and community initiatives. This study offers culturally relevant insights for enhancing well-being through prosocial actions within the Pakistani context, where a collectivist cultural value places emphasis on social relationships.

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2. Conceptual Model



3. Hypotheses

H1: There is the positive relationship between daily acts of kindness and life satisfaction.

H2: Daily acts of kindness have significant relationship with positive mood.

4. Literature Review

4.1 Theoretical Framework

The current study combines four extensive theoretical frameworks to address the role of daily acts of kindness in psychological well-being.

4.1.1 Broaden-and-Build Theory

Emotions that are positive (joy, gratitude, love and compassion) are hypothesized to serve an adaptive function in the moment, to broaden an individual's thought-action repertoires, following the broaden-and-build theory (Fredrickson, 2001). Positive emotions are the opposite of negative emotions which narrow the thinking process and encourage one to take some survival actions, positive emotions open up the thinking process, stimulate creativity, exploration and openness to new experiences. Positive emotions are a direct result of acts of kindness. People feel warm, satisfied and happy when engaging in kind actions. According to this theory, such emotions are not only momentary pleasurable experiences, but also play an important role in psychological growth in the long run, because they contribute to the growth of personal resources in the long run. These resources comprise social networks, coping mechanisms, resilience and psychological flexibility. Youth who experience kindness may exhibit an “upward spiral” of well-being.

4.1.2 Subjective Well-Being Theory

The theoretical framework for the study of happiness and life satisfaction is the theory of subjective well-being, which has been developed by Diener (1984). This theory suggests that subjective wellbeing consists of two components a cognitive component (life satisfaction) and an affective component (positive and negative emotions). Life satisfaction is a process of appraisal of one's life situation and positive mood is the subjective amount of pleasant emotional experiences. There are a number of effects of kindness on subjective well-being. Cognitively, prosocial behavior can boost individuals' perception of meaningful and purposeful lives. Individuals may feel valuable to society when they are helping others and as a result become more satisfied with life.

4.2. Previous Literature

There is an increasing number of studies that show how life satisfaction and acts of kindness go hand in hand. Prosocial behavior leads to a sense of meaning and purpose, and this increases the people's evaluation of their lives (Steger et al., 2008). Lyubomirsky et al. (2005) have shown that people who regularly did something kind were more satisfied with their life than those who did not. The result of this is credited to an increase in positive emotions, better social relationships and improved self-worth. Moreover, kindness fosters a sense of moral identity, thereby enhancing people's self-concept as good and valuable members of society. This self-assessment helps improve people's life satisfaction. Meta-analytic evidence has been confirmed in recent years, revealing a positive but weak relationship between prosociality and well-being (*r* = .13, K = 201, N = 198,213), showing that the relationship with eudaimonic well-being is greater than with hedonic well-being (Hui et al., 2020). But a few studies indicate that the benefits of kindness for life satisfaction may be moderated by such aspects as its frequency, intentionality and individual differences. For instance, excessive acts of kindness in a brief time can result in emotional exhaustion, which can diminish the beneficial effects of kindness (Layous et al., 2012). Hence, sustainability and balance will be relevant issues.

It is well-documented in the literature that one link between kindness and positive mood is very strong. Prosocial behaviors produce ‘hot’ rewards, such as feelings of happiness, warmth, and satisfaction, immediately after the behavior. Aknin et al. (2013) found that culture did not make any difference: people who performed prosocial spending had more positive emotions. Likewise, Otake et al. (2006) demonstrated that those who engaged in acts of kindness had greater positive mood. An extensive meta-analysis of the actor-beneficiary positive effect findings showed that in

a variety of samples, positive affect increased when people performed acts of kindness (Curry et al., 2018). There are reward systems in the brain which are activated by kindness and which are called the "helper's high. This phenomenon points to the fact that it is when we help someone else that we experience neurological responses to pleasure and satisfaction. In addition, kindness decreases negative feelings like stress and anxiety, which also helps to create a more positive mood.

Young adulthood is marked by a developmental period called "exploration and transition" (Arnett, 2000). This is when a few things happen which may impact mental health. There are simple actions that can serve as a protective factor and contribute to emotional health and resilience. Research indicates that there is a link between prosocial behavior and happiness, as well as social connectedness, in young adults (Layous et al., 2012). A pre-registered diary study was conducted with 193 students starting university (1,544 observations) and students indicated higher levels of well-being during the weeks in which they engaged more often in prosocial behaviours. Well-being was measured by levels of happiness, flourishing, thriving, optimism, resilience, anxiety and loneliness. The results indicate that caring for others and being kind would be linked to more positive psychological experiences for the transition to university. Caring also can make students feel welcome and accepted by their peers and have improved interpersonal skills, especially at this age. Moreover, interventions based on kindness in university have demonstrated potential to enhance students' well-being and decrease students' perceptions of loneliness. The results show the importance of integrating kindergarten activities into educational programs to strengthen the social relations and psychological state of the students.

5. Methodology

To investigate the relationship between daily acts of kindness, life satisfaction, and positive mood, the present study used a quantitative cross-sectional research design. The quantitative approach is the research approach that collects data in the form of numbers and applies statistics to examine patterns and relationships between variables (Creswell, 2014). A cross-sectional design was used because data were collected from the participants at one time. This method was appropriate for exploring the relationship between the independent variable (act of kindness) and the dependent variables (life satisfaction and positive mood) occurring daily. The design does not set up cause and effect relationships between these variables, however. This study took place in Multan, Pakistan with the population of young adults linked with the universities and higher education institutions citywide. The research context offered a chance to examine prosocial behaviour in a local culture context where interpersonal relationships and social connections, and community values are part of daily life. The target population were people from the age group of 18-30 enrolled in universities or other higher education institutions. The age group was chosen to examine the relationship between positive mood and satisfaction in life and everyday acts of kindness during young adulthood, when individuals are typically developing social relationships and transitioning to new academic and personal pressures.

The choice of the age group was because adolescence, in particular, young adulthood is a crucial developmental period of transition in emotional, social and academic aspects (Arnett, 2000). The total number of samples taken was 100 (50 male, 50 female) The number of men and women were made equal to provide a balance of gender and to enable comparisons to be drawn between the groups. A simple random sampling technique was used to select participants. Participants were selected through simple random sampling, thus providing every eligible individual with an equal chance of being selected (Kerlinger & Lee, 2000). This was to reduce selection bias and increase the sample's representativeness. The participants who fulfilled age and availability criteria were allowed to participate in the study if they gave the consent of participation. Persons under 18 and over 30 years of age were not included, nor were those whose answers were incomplete. Daily acts of kindness was the independent variable and life satisfaction and

positive mood was the dependent variable in this study. Data for these three variables were gathered by the use of structured questionnaires and psychological measurement scales. These instruments were chosen because they are largely used in psychological studies and their relevance to the study purposes.

Daily acts of kindness were assessed using a self-report scale commonly used in positive psychology research (Lyubomirsky et al., 2005; Otake et al., 2006). The scale contained 10 items that assessed the frequency of kind, supportive and helpful behaviors in daily life. Each item was rated by the participants on a 5-point Likert scale: 1 (*Never*) to 5 (*Always*). All 10 items were scored and a total score was calculated. The higher scores were indicative of more frequent acts of kindness in daily living. Acceptable internal consistency of kindness-related measures was reported in previous studies with Cronbach's alpha values of greater than .70 for these measures (Otake et al., 2006). In addition to the above, there are other instruments related to the kindness, such as the Kindness Scale (Comunian, 1998) and the Kind Attitude Scale (Jasielska et al., 2025), which was created to measure elements of kindness. Specific adapted scale should be reliable and valid in the current sample. The Satisfaction with Life Scale (SWLS) developed by Diener et al. (1985) was used to measure life satisfaction. This instrument is comprised of five items which measure the overall cognitive appraisal of life of individuals. One example of the sample items is "In most ways, my life is close to my ideal. The items were presented to the participants on a 7-point Likert scale ranging from 1 (Strongly Disagree) to 7 (Strongly Agree). The responses were summed to create a life satisfaction composite score ranging from 5 to 35 points, with higher scores indicating greater life satisfaction. Extremely Dissatisfied (5-9), Dissatisfied (10-14), Slightly Dissatisfied (15-19), Neutral (20), Slightly Satisfied (21-25), Satisfied (26-30), Extremely Satisfied (31-35).

Good internal consistency of the original scale (Cronbach's alpha approximately .87) and validity (Diener et al., 1985). It has been further investigated in various populations in subsequent studies, such as measurement invariance across demographic groups (Dirzyte et al., 2021; Neto & Neto, 2024). Positive mood was measured using the Positive and Negative Affect Schedule (PANAS) by Watson et al. (1988). The complete PANAS is comprised of 20 items, but only the 10-item positive effect subscale was used in the present study. The items measure positive emotional states including feeling interested, excited and enthusiastic. The five-point scale of the participants ranged from Very slightly or not at all (1) to Extremely (5). Scores were aggregated across them to get a score of between 10 and 50, with higher scores reflecting more positive affect. Watson et al. (1988) have reported good internal consistency for the positive effect subscale (Cronbach's alpha was generally between .86 and .90). In recent years, the psychometric characteristics of the PANAS have been investigated across different cultures, such as university students (Balgansuren et al., 2025). The information was gathered by using a structured questionnaire, given to participants in the universities. Participants were briefed on the purposes of the study and the procedures before the completion of the questionnaire. They were also assured that their responses would be confidential. Demographic items and the three scales measuring DAK, life satisfaction, and positive mood were included in the questionnaire. Each participant had ample time to take the questionnaire and it was completed on average in about 10-15 minutes. Ethical issues were adhered to throughout the research process. All participants were informed and gave their consent before the data collection and the participation was voluntary. The participants were made aware that they could leave the study at any time. Ensuring confidentiality and anonymity for participants to ensure participants' identities and personal information were protected. Data was analyzed using the Statistical Package for the Social Sciences (SPSS). Demographic and study variables were summarized using descriptive statistics (mean, standard deviation, and frequencies). Correlation analysis was used to investigate the relationships between the daily occurrences of kindness, life satisfaction, and positive mood. Two outcome variables were evaluated for predictive

relationships with acts of kindness using regression analysis. The independent-samples t-test was used to explore gender differences in acts of kindness, life satisfaction, and positive mood. The choice of these statistical techniques was made to test the study hypotheses and to determine the level of relationship between the variables.

6. Results

6.1 Descriptive Statistics

Table 1: Descriptive Statistics of Study Variables

Variable	Mean (M)	Standard Deviation (SD)	Minimum	Maximum
Acts of Kindness	3.72	0.65	2.10	4.90
Life Satisfaction	24.85	5.40	12.00	34.00
Positive Mood	32.60	6.10	18.00	48.00

Interpretation:
The results indicate that participants reported moderate to high levels of kindness behaviors (M = 3.72, SD = 0.65). Life satisfaction scores (M = 24.85) fall within the "slightly satisfied" to "satisfied" range, while positive mood scores (M = 32.60) indicate a relatively high level of positive affect among participants.

6.2 Correlation Analysis

To examine the relationship between variables, Pearson correlation analysis was conducted.

Table 2: Correlation Matrix Among Variables

Variables	1	2	3
1. Acts of Kindness	—		
2. Life Satisfaction	.52**	—	
3. Positive Mood	.61**	.58**	—

*Note: *p < .01

Interpretation:
The results show that:

- Acts of kindness are positively and significantly correlated with life satisfaction (*r* = .52, *p* < .01).
- Acts of kindness are strongly positively correlated with positive mood (*r* = .61, *p* < .01).
- Life satisfaction is also positively correlated with positive mood (*r* = .58, *p* < .01).

These findings suggest that higher engagement in acts of kindness is associated with greater life satisfaction and improved positive mood.

6.3 Regression Analysis

Regression analysis was conducted to examine whether acts of kindness predict life satisfaction and positive mood.

6.3.1 Regression Analysis for Life Satisfaction

Table 3: Regression Analysis for Life Satisfaction

Predictor	B	SE	β	t	p
Constant	10.25	2.10	—	4.88	.000
Acts of Kindness	3.92	0.65	.52	6.03	.000

R^2 = .27, F (1, 98) = 36.36, *p* < .001

Interpretation:

Acts of kindness significantly predict life satisfaction (β = .52, *p* < .001). The model explains 27% of the variance in life satisfaction, indicating a moderate effect size. This suggests that individuals who engage more frequently in acts of kindness tend to report higher life satisfaction.

6.3.2 Regression Analysis for Positive Mood

Table 4: Regression Analysis for Positive Mood

Predictor	B	SE	β	t	p
Constant	14.10	2.45	—	5.75	.000
Acts of Kindness	4.98	0.70	.61	7.11	.000

R^2 = .37, F(1, 98) = 50.55, *p* < .001

Interpretation:

Acts of kindness significantly predict positive mood (β = .61, *p* < .001). The model explains 37% of the variance in positive mood, indicating a strong effect. This suggests that kindness behaviors are a strong predictor of positive emotional states.

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6.4 Hypotheses Testing

Table 5: Summary of Hypotheses Testing

Hypothesis	Statement	Result
H1	Acts of kindness are positively associated with life satisfaction	Supported
H2	Acts of kindness are positively associated with positive mood	Supported
H3	Acts of kindness predict higher overall well-being	Supported

Interpretation:
All hypotheses were supported. The findings indicate that daily acts of kindness have a significant positive impact on both life satisfaction and positive mood among young adults.

6.5 Gender-Based Analysis

Table 6: Gender Differences (t-test)

Variable	Male (M ± SD)	Female (M ± SD)	t	p
Acts of Kindness	3.65 ± 0.67	3.79 ± 0.62	-1.20	.23
Life Satisfaction	24.10 ± 5.60	25.60 ± 5.10	-1.45	.15
Positive Mood	31.80 ± 6.30	33.40 ± 5.80	-1.35	.18

Interpretation:
The results indicate no significant gender differences in acts of kindness, life satisfaction, or positive mood (all *p* > .05). This suggests that the benefits of kindness are universal and not influenced by gender.

7. Discussion

7.1 Discussion of Findings

The results of the present study indicated that daily kindness was significantly and positively associated with life satisfaction. Participants who reported higher levels of kind behaviours showed higher levels of self-reported life satisfaction, supporting hypothesis 1. This study is consistent with previous studies by Lyubomirsky et al., (2005) which had found that doing good deeds led to greater happiness and well-being. Similarly, Dunn et al. (2008) showed that prosocial spending correlated with happiness as compared to spending on oneself. Further, a meta-analysis of 201 studies (N = 199,931) revealed a weak but

significant positive correlation between prosocial behavior and well-being (r = .13) which was stronger for prosocial behavior and eudaimonic well-being than hedonic well-being (Hui et al., 2020). The Subjective Well-Being framework, which views life satisfaction as a cognitive assessment of one's life, can help to explain the relationship between acts of kindness and life satisfaction. Kind actions could lead to a feeling of purpose, of meaning, of personal worth, which could lead to more positive life evaluations. The Broaden-and-Build Theory (Fredrickson, 2001) also accounts for positive emotions that accompany kind actions expanding people's thinking processes and promoting the growth of lasting psychological and social resources.

These resources offer potential for improving relationships and better mental health. In a Pakistani context which is very much based on interpersonal relationship and social harmony, there may also be a social and emotional value to acts of kindness. To check the relevance of kindness intervention in this cultural context, a study was conducted with university students in Pakistan, where students reported positive changes in family relations and a decrease in negative emotions after the intervention (Majeed & Kamal, 2023). Furthermore, positive mood was found to be positively associated with daily acts of kindness, supporting Hypothesis 2. People who participated in positive behaviors felt happier, more excited, and more satisfied than others. The results are congruent with Aknin et al. (2013) who found positive affect to be associated with prosocial behaviors across different cultural contexts. Likewise, Otake et al. (2006) reported that kindness was linked to happiness and Curry et al. (2018) conducted a systematic review and meta-analysis which indicated that kind behaviors have positive effects on the well-being of the person performing the acts of kindness. The Broaden-and-Build Theory offers a theoretical account of this link by suggesting that positive emotions expand people's immediate thought-action responses and lead to the accumulation of psychological resources over the course of time (Fredrickson, 2001).

Acting Kind can evoke positive emotions, such as: doing something for others, creating a social network of relationships, usefulness. These experiences may contribute to good mood and emotional health. Such benefits, however, would also need to be demonstrated over time, rather than an association at one time. The regression analysis also confirmed that acts of kindness significantly predicted life satisfaction and positive mood which supported Hypothesis 3. The reported models accounted for 27% of the variance for life satisfaction and 37% of the variance for positive mood. The results indicate both outcomes are meaningfully related to acts of kindness in the current sample. However, these results need to be considered in the context of the research design and must not be interpreted as proof of the benefit of acts of kindness on psychological well-being; only statistical prediction can do that. The findings, however, do point to the merits of kindness-oriented activities as universally available and fairly easy-to-implement means for fostering positive psychological moments. Deliberately increasing kind behaviors could lead to positive mood and life satisfaction, and future experimental or longitudinal studies would help confirm this. Lastly, the findings showed no sex differences in regards to acts of kindness, life satisfaction or positive mood.

This implies that there was little evidence in the study of gender differences in these variables in the sample. This result is congruent with those of other studies finding that pro-social actions might have psychological advantages for different sexes (Aknin et al., 2013). This association may, however, differ across genders, as shown in a meta-analysis by Hui et al., (2020). These results may be due to the characteristics of the sample, such as its size and cultural context, but these explanations cannot be confirmed without further analysis. Based on these findings, the results indicate that kindness-based activities could be relevant for both genders, and larger and more diverse samples are required to establish if there are differences between genders.

7.2 Implications of the Study

This study adds to the literature on positive psychology by offering empirical evidence of the relationship between daily acts of kindness and psychological well-being. The results corroborate theory on life satisfaction and positive mood that suggests that positive behaviors could be a factor. Moreover, the study is an extension of the previous studies as it investigates these relationships within the context of Pakistan, thereby offering evidence from a non-Western cultural context. The results could inspire future studies to further investigate the psychological and social pathways linking kindness to well-being in other cultures.

There are some practical implications for promoting psychological well-being in the findings. Schools can create and/or adopt kindness-based initiatives and events to encourage positive relationships and promote students' health. Mental health professionals could incorporate kindness-based activities into appropriate interventions to encourage positive emotions and improved social relationships. Everyone may also carry out little everyday acts of goodwill, such as helping others, offering emotional assistance, and expressing appreciation, that can potentially contribute to their well-being. Community groups can also develop initiatives to promote prosocial behaviour, improve interpersonal relationships, and build social cohesion. These activities can contribute to both social capital and social wellbeing, but there is still much to explore and research.

7.3 Limitations of the Study

The study has the following limitations:

1. The sample size: 100, may limit the generalizability of findings.
2. Data were gathered in a single city (Multan) making it difficult to generalize the findings for other cities.
3. Self-report measures can also be subject to response bias since the behaviors and feelings are potentially over or underestimated.
4. This design is not causal; it only suggests relationship between variables.
5. Without a control group, it is more difficult to draw conclusive conclusions about the causal impacts of kindness interventions.

7.4 Recommendations for Future Research

Future studies should:

1. Improve the generalizability by using more and varied samples.
2. Longitudinal research to explore the long-term impact of daily acts of kindness – recent diary studies indicate effects can be different over time (Gregori et al., 2025).
3. Discuss other factors like stress, anxiety, resilience and social support.
4. Examine and explore cultural variations in the connection between kindness and well-being in various societies.
5. Use experimental designs to investigate cause and effect.
6. Include objective measures (behavioral observations, physiological measures) as well as self-report measures.

7.5 Conclusion

As a whole, the results of this study emphasize the significance of small acts of kindness in the lives of young adults. The results show that acts of kindness are positively associated with life satisfaction and positive mood. This implies that everyday gestures like offering a helping hand, emotional support, resources, or care and respect can make a difference in someone's day. Kindness doesn't have to cost anything, have particular skills, or take a lot of time. Little actions can elevate others in their feelings of being valued and supported. Meanwhile, people who have done kind deeds are likely to feel better and happier in themselves as well. By this means, kindness can be of benefit to both the giver and the receiver. The results highlight the importance of prosocial behavior as a simple and meaningful component of everyday life that could serve as a potential indicator of psychological health in young adults. The results also have implications for mental health practitioners, educators, and policy makers. As one way to foster positive emotional experience and social connections, mental health professionals can support people by suggesting

they incorporate small acts of kindness into their daily lives. In the same way, universities and other educational institutions can encourage kindness through collective activities, peer support plans, volunteering initiatives and awareness campaigns. These activities can foster empathy, enhance interpersonal connections, and promote a positive classroom atmosphere. Policymakers and educational leaders can also look for ways to incorporate kindness and community involvement into programs that support the well-being of youth. But kindness should not be considered as an alternative to professional mental health care if needed, it is just a way to support psychological well-being. The relationships between variables in the current study were investigated at one time, so the results of this study cannot be interpreted as demonstrating that acts of kindness result in higher life satisfaction or positive mood. Still, the outcomes indicate how important it is to foster goodwill in everyday life and nurture environments that are supportive, respectful, and connected with others. Encouraging positive attitudes could lead to personal health and positive community spirit over time.

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Appendices

Appendix A: Informed Consent Form

Title of Study: Impact of Daily Acts of Kindness on Life Satisfaction and Positive Mood in Young Adults

Researcher: Esha

You are invited to participate in a research study conducted for academic purposes. The purpose of this study is to examine how daily acts of kindness influence life satisfaction and positive mood among young adults.

Your participation is voluntary. You may withdraw at any time without any penalty. All information provided will be kept confidential and used only for research purposes.

The questionnaire will take approximately 10–15 minutes to complete. There are no risks associated with this study.

By signing below, you indicate that you have read and understood the information provided and agree to participate in this study.

Participant Name: _____

Signature: _____

Date: _____

Appendix B: Demographic Information Sheet

Please fill in the following information:

1. Age: _____
2. Gender: ☐ Male ☐ Female
3. Educational Level: ☐ Undergraduate ☐ Graduate
4. Marital Status: ☐ Single ☐ Married
5. University Name: _____
6. Field of Study: _____
7. Do you usually engage in helping others? ☐ Yes ☐ No

Appendix C: Acts of Kindness Scale

Instructions: Please indicate how often you engage in the following behaviors using the scale below:

1 = Never | 2 = Rarely | 3 = Sometimes | 4 = Often | 5 = Always

No.	Statement	1	2	3	4	5
1	I help others when they need assistance	☐	☐	☐	☐	☐
2	I perform small acts of kindness daily	☐	☐	☐	☐	☐
3	I offer emotional support to friends or family	☐	☐	☐	☐	☐
4	I share my resources with others	☐	☐	☐	☐	☐
5	I go out of my way to make others feel happy	☐	☐	☐	☐	☐
6	I help strangers when possible	☐	☐	☐	☐	☐
7	I express gratitude toward others	☐	☐	☐	☐	☐
8	I engage in acts that benefit others without expecting rewards	☐	☐	☐	☐	☐
9	I make an effort to be kind in my daily interactions	☐	☐	☐	☐	☐
10	I enjoy helping others	☐	☐	☐	☐	☐

Scoring: Sum all items. Higher scores indicate higher engagement in acts of kindness.

Appendix D: Satisfaction with Life Scale (SWLS)
Source: Diener et al. (1985)
Instructions: Below are five statements that you may agree or disagree with. Using the 1–7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

Response Options:
1 = Strongly Disagree | 2 = Disagree | 3 = Slightly Disagree | 4 = Neutral | 5 = Slightly Agree | 6 = Agree | 7 = Strongly Agree

No.	Statement	1	2	3	4	5	6	7
1	In most ways my life is close to my ideal	☐	☐	☐	☐	☐	☐	☐
2	The conditions of my life are excellent	☐	☐	☐	☐	☐	☐	☐
3	I am satisfied with my life	☐	☐	☐	☐	☐	☐	☐

No.	Statement	1	2	3	4	5	6	7
4	So far I have gotten the important things I want in life	☐	☐	☐	☐	☐	☐	☐
5	If I could live my life over, I would change almost nothing	☐	☐	☐	☐	☐	☐	☐

Scoring: Total score ranges from 5–35. Higher scores indicate greater life satisfaction.

Appendix E: Positive Affect Scale (PANAS - Positive Items)

Source: Watson et al. (1988)

Instructions: This scale consists of a number of words that describe different feelings and emotions. Read each item and then indicate to what extent you have felt this way during the past few weeks.

Response Options:

1 = Very slightly or not at all | 2 = A little | 3 = Moderately | 4 = Quite a bit | 5 = Extremely

No.	Emotion	1	2	3	4	5
1	Interested	☐	☐	☐	☐	☐
2	Excited	☐	☐	☐	☐	☐
3	Strong	☐	☐	☐	☐	☐
4	Enthusiastic	☐	☐	☐	☐	☐
5	Proud	☐	☐	☐	☐	☐
6	Alert	☐	☐	☐	☐	☐
7	Inspired	☐	☐	☐	☐	☐

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No.	Emotion	1	2	3	4	5
8	Determined	☐	☐	☐	☐	☐
9	Attentive	☐	☐	☐	☐	☐
10	Active	☐	☐	☐	☐	☐

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