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## The Ingratitude Epidemic: Why Thankfulness is Disappearing from Modern Life

In today's fast-paced, highly connected world, it can feel like people are becoming less grateful. We are constantly bombarded with information, entertainment, and demands on our time and attention. In the midst of all this, it's easy to take the good things in our lives for granted.

In a study conducted by Coach Foundation, it was revealed that 70% of employees would feel better about themselves if their boss were more grateful, and 81% would work harder. 95% of employees agree that a grateful boss is more likely to be successful.

Being grateful and thankful has been shown to improve sleep, boost the immune system, reduce blood pressure, and increase feelings of happiness and satisfaction with life. Grateful people also tend to be more empathetic, generous, and forgiving towards others. Gratitude is an important part of overall wellbeing.

Experts believe there are several reasons behind the decrease in gratitude. The constant stream of social media and news can make us focus more on what we lack rather than what we have. The emphasis on individualism and self-fulfillment in modern cultures may make it harder for people to recognize their connections to and dependence on others.

Additionally, the fast pace of technology and the ability to access anything instantly can give people a sense of entitlement. When we can get what we want with just a click, it's easy to forget the effort and resources that went into providing those conveniences.

The solution, according to gratitude researchers, is to be more intentional about recognizing and expressing appreciation. This can involve simple daily practices like verbally thanking people or sending thank-you notes or emails. On a larger scale, we may need to re-examine the values and priorities that shape our behaviors as a society.

Ultimately, cultivating gratitude is not just about good manners - it's about nurturing our humanity and our connections to one another. In a world that often feels rushed, disconnected, and focused on the negative, rediscovering gratitude may be the answer we need.

Gratitude is a skill we can develop. So let's work on having more grateful hearts, and appreciating the small wonders and the people who make our lives brighter.

At ADU, a strong culture of gratitude and appreciation was cultivated through the vision of the Chairman and the University's leadership, which was communicated and embraced by everyone in the University.

"Showing gratitude is one of the simplest yet most powerful things humans can do for each other." - Randy Pausch

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