

The Relationship Between Gratitude and Psychological Wellbeing in Adolescents

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Abstract - The period of adolescent development is a period of development that is of concern to many people, because this period of development is often referred to as the period of self-discovery. The transition period from the period of child development to adulthood often causes serious problems that have an impact on low psychological wellbeing. Gratitude possessed by adolescents also affects psychological conditions. Therefore, this study aims to examine the relationship between gratitude and psychological wellbeing in adolescents. To achieve this goal, this research uses a quantitative approach. The sample in this study were class IX students of SMPN 1 Prambon Sidoarjo. The instrument used is the instrument of psychological wellbeing and the instrument of the gratitude questionnaires six item form (GQ-6). The data analysis technique used in this research is correlation coefficient analysis to test the degree of relationship between variables. The results of this study obtained that the correlation coefficient between the gratitude variable and the psychological wellbeing (PWB) variable was 0.601, which means that the correlation between gratitude and psychological wellbeing (PWB) is very strong. The hypothesis of this study is accepted that there is a relationship between gratitude and psychological wellbeing (PWB) in adolescents.

KEY WORDS: Gratitude; Psychological wellbeing; adolescents

I. INTRODUCTION

As humans get older, from infancy, children, adolescents, adults to old age, they will experience certain changes, both physical and psychological changes. The changes that occur in adolescents affect their psychological condition. The developmental stage of adolescence is often said to be an unstable and turbulent period. Physical and emotional development is one of the things that often gets more attention than the development of adolescence. Masa remaja, seperti yang didefinisikan oleh Papalia dan Olds, dimulai saat seorang anak berusia 12 atau 13 tahun, dan berlanjut hingga remaja akhir dan awal 20-an (Gunarsa, 2001).

Adolescence has certain developmental characteristics that differ from developmental periods in other periods. According to Elizabet Hurlock, the characteristics of the development of adolescence include adolescence as an important period, adolescence as a period of transition, adolescence as a period of change, adolescence as a troubled age, adolescence as a period of identity search, adolescence as a period that creates fear, adolescence as an unrealistic period, and adolescence as the threshold of adulthood (Elizabeth, 1980).

The transition period experienced by adolescents from childhood to adulthood brings various changes that do not occur only physically but also psychologically. The changes experienced during adolescence as well as the search for self-identity are often quite serious problems for themselves and their surroundings. These times make them often try new things and not a few of them fall into negative behavior because they violate religious and social norms.

Psychological conditions in all periods of life are important, including the psychological conditions in the life period of adolescents. Adolescence is prone to stress, relationship problems with friends or family, and emotional problems. The physical changes experienced by adolescents also often cause problems that have a psychological impact. The physical changes experienced by adolescents often trigger feelings of anxiety and insecurity. Based on the results of a study, adolescents who face physical changes during puberty experience anxiety (Hardianingsih, 2017). Most adolescents also face anxiety about the uncertainty of the future they will face.

In a study it was found that adolescents who have gratitude in their life, the assessment of their body changes

will be positive, but conversely the lower the gratitude they have, the more negative the evaluation of their body changes will be (Aritonang, N. N., & Refaniel, 2022). Gratitude possessed by adolescents also affects the health of adolescents, the higher the gratitude, the more positive the psychological health of adolescents (Wijayanti, S., Listiyandini, R. A., & Rahmatika, 2018). In other research results, it shows that gratitude plays an important role in reducing pressure, this is evident from the provision of stress management training and gratitude journaling which is effective in reducing the pressure experienced by adolescents (Khanna, P., & Singh, 2021).

Attitudes and expressions of gratitude actually bring many benefits to teenagers who are in the process. The results of a study found that adolescents who are always grateful in the various situations they face have several advantages including being easier to work with, creative, having goals in life, and also having high endurance. They look more positively at all the situations they are facing, both situations that are expected or situations that are not expected (Froh, J. J., Emmons, R. A., Card, N. A., Bono, G., & Wilson, 2011).

Gratitude is emotion, moral value, attitude, personality trait, and coping style. Gratitude comes from the Latin which means grace or gratefulness (Lopez, S. J., & Snyder, 2003). The word *gratia* according (Emmons, R. A., & McCullough, 2004) associated with kindness, generosity, and the beauty of giving and receiving. In general, gratitude can be interpreted as gratitude or gratitude for all the goodness that is obtained. The aspects of gratitude according to McCullough, et.al are intensity, frequency, time span, and destiny. The aspect of intensity in gratitude is the feeling resulting from the positive emotions that arise from gratitude. The frequency aspect is how often people are grateful. The span of time aspect refers to the conditions of life in which a person feels grateful at certain times. Aspects of destiny are things that show how many events to be grateful for and to whom the gratitude is bestowed (M.E., M., R.A., E., & J.A., 2002).

According to (Seligman, 2002), Gratitude is a form of positive emotion in expressing happiness and gratitude for all the good that he has received. Many studies have been conducted regarding the importance of implementing gratitude in everyday life. Individuals who are aware of the many good things in their lives will be encouraged to repay, appreciate and thank them in the form of words, feelings and deeds (Prabowo, 2017).

Gratitude possessed by a person is influenced by various factors including emotional, religious and prosocial conditions. The emotional condition referred to here is the tendency in which a person feels emotional and evaluates what is happening in his life. Prosocial factors are a person's tendency to be accepted in his social environment. While the religiosity factor is something related to one's religious or transcendental values (M.E., M., R.A., E., & J.A., 2002).

Gratitude according (McCullough, M. E., Emmons, R. A., & Tsang, 2002) divided into three levels, namely trait, mood, and emotion. Gratitude as a trait is gratitude which determines an individual's threshold for feeling certain emotional states. Someone who makes gratitude a trait tends to have a high level of life satisfaction, helpful behavior, is more empathetic, is easy to apologize and forgive, has a high level of spirituality and religiosity, has a happier life, and has bright hopes in his life. Someone with gratitude emotions, usually will be accompanied by expressions and actions that are clearly visible. Meanwhile, the level of gratitude as a mood will not be seen clearly in behavior. Someone with gratitude as a mood tends to have a lower stress level.

Gratitude will appear one of them in people who have psychological well-being (PWB). According to Kneezel and Emmons gratitude can increase personal well-being in individuals whose basic psychological needs are met, namely competence, autonomy, and relatedness (Roehlkepartain, E., King, P., Wagener, L., & Benson, 2006) According to Wood, et.al gratitude has a positive relationship with several aspects of psychological well-being, those being one's own personal development, interpersonal connections, career aspirations, and a sense of contentment with one's own existence (Wood, A. M., Froh, J. J., & Geraghty, 2010). An experimental study conducted on adults in Europe who participated in thankfulness training interventions found a favorable correlation between gratitude and subjective well-being. Relationships with others, accomplishment of goals, and positive interactions with the natural world were identified as factors contributing to an individual's sense of psychological well-being (Czyżowska, N., & Gurba, 2022).

Psychological well-being according to Ryff is a person's ability to accept oneself, form good and warm relationships with others, be independent in dealing with the social environment, have the ability to control the external environment, be able to set goals in life and be able to realize the abilities they have (Ryff, 1989). Another definition of psychological well-being is a person's psychological condition that functions well and is positive. Someone with a good psychological condition will behave well towards himself and others, have clear goals in life, have the ability to regulate the environment, and try to explore and maximize their potential (Ramadhani, T., Djunaedi, D., & Sismiati S., 2016).

Self-acceptance, healthy social interactions, autonomy, a sense of meaning and purpose in one's life, personal growth, and the ability to exert control over one's physical surroundings are the six pillars on which Ryff bases his theory of psychological well-being (Ryff, 1989). One of the factors that can support adolescents in achieving their success in passing the transition from childhood to adulthood is the existence of good psychological well-being within them (Wahyuningsih, 2016). Psychological wellbeing (PWB) can support better health, extend life,

improve quality of life and function of life (Harimukthi, M. T., & Dewi, 2014). Psychological wellbeing (PWB), especially in adolescents who have experienced bad experiences, can affect social adjustment. Therefore it is important for adolescents to maintain and develop psychological well-being (PWB) (Hardjo, S., & Novita, 2015).

Using the background provided above, this study will examine the hypothesized connection between gratitude and psychological well-being in ninth-grade students. Adolescents who express more gratitude tend to be happier and healthier mentally

II. METHOD

To answer the objectives of this study, the research approach used is a quantitative approach. Quantitative research approach is a research approach to test certain theories by examining the relationship between variables. These variables are usually measured using research instruments (Creswell, 2017)

The population in this study were students of class IX at Prambon 1 Public Middle School. Sampling in this study using cluster sampling. Cluster sampling is sampling based on clusters, in this study the clusters are the classes in the school where the research was conducted. After calculating the number of samples obtained, there were 342 samples who were in a predetermined class, namely class IX or third grade with 176 male students and 166 female students.

Psychological health is the primary indicator of interest here. While thankfulness serves as the independent variable in this investigation. The Ryff-created Psychological Well-Being Instrument is a standard for gauging a variety of factors related to people's emotional health and happiness in research settings. Autonomy, self-development, environmental mastery, life objectives, meaningful connections, and self-acceptance are the six pillars on which the psychological well-being instrument rests. There are five possible responses ranging from "strongly disagree" to "strongly agree" on the instrument's 5-point Likert scale. Meanwhile, McCullough et al's six-item thankfulness questionnaire instrument (GQ-6) can be used to assess this trait. Researchers translated both instruments into Indonesian and made minor modifications based on the average education level of their sample population to make them more accessible to their target population. All of the questions about the instrument's accuracy and precision have been answered. The results of the reliability test for the correlation between appreciation and emotional health are as follows:

Table 1 Reliability Test Results

Variable	Value	Level
Gratitude	658	Reliabel
Psychological Well Being	904	Reliabel

III. RESULT AND DISCUSSION

3.1 Result

Demographic data of respondents based on gender and age can be seen in the following table:

Table 2 Characteristics of Respondents

Variable	Category	N	Percentage
Gender	Male	176	51,5%
	Female	166	48,5%
Age	14 years	250	73%
	15 years	92	27%

The characteristics of the respondents were taken based on gender and age, in table 1 above shows that the majority of respondents were male by 51.5% of the total 342 respondents, while female respondents were 48.5% of the total respondents. The age of the respondents from a total of 342 respondents who were still in class IX or third grade of junior high school, the majority were 14 years old by 73%.

Table 3 Categorization of Variables

Variable	Category	Frequency (n)	Percentage
Gratitude	High	127	37,1%
	Low	215	62,8%
Psychological well being	High	122	35,6%
	Low	220	64,3%

Based on table 2 after going through the calculations, a categorization is made for each variable, namely the gratitude variable and the psychological wellbeing variable. Based on the table above, it can be seen that of the 342 research respondents, there were 127 respondents or 37.1% who were classified as having a high level of gratitude. While as many as 215 people or 62.8% of respondents belong to the low category.

While on the psychological well-being variable based on table 2 above, it can be seen that of the 342 respondents, there were 122 respondents or 35.6% who had a high level of psychological well-being. Meanwhile, as many as 220 or 64.3% of the respondents had a psychological well-being level which was included in the low category.

Data normality was checked before the hypothesis test was performed. The purpose of the data normality test was to evaluate the distribution of the data on the variables. The Kolmogorov-Smirnov test was used to examine the distribution of the data, and the results showed that the psychological well-being variable was 0.200 and the thankfulness variable was 0.200. We can infer that the data follows a normal distribution because the combined significance level of the two variables is greater than 0.05.

The gratitude and mental health variables were also subjected to a hypothesis test to determine their relative importance. The following are the findings of a correlation coefficient test used to test hypotheses:

Table 4 Correlation Coefficient Test Results

Variable	Pearson correlation	Sig. (2-tailed)
Gratitude	.601**	.001
Psychological Well Being	.601**	.001

Based on the table above the results of the correlation coefficient test carried out using SPSS, the variable gratitude and psychological wellbeing (PWB) shows that, the correlation coefficient between the gratitude variable and the psychological wellbeing (PWB) variable is 0.601, which means that the correlation between gratitude and psychological wellbeing (PWB) is very strong. The p-value in the sig.(2-tailed) column is 0.001, which means that the hypothesis that there is a relationship between gratitude and psychological wellbeing (PWB) is acceptable.

3.2 Discussion

Based on the results of the correlation coefficient test, it can be seen that there is a positive and significant relationship between the gratitude variable and the psychological wellbeing variable (PWB). The correlation coefficient value of .601 indicates a strong relationship between variables. The higher the gratitude, the higher the psychological wellbeing (PWB). The existence of a positive correlation between the gratitude variable and the psychological wellbeing (PWB) variable supports the results of previous research (Fauziyah, D. U., & Abidin, 2020), (Nugraha, M. A., & Budiman, 2019), (Măirean, C., Turliuc, M. N., & Arghire, 2019), (Bali, M., Bakhshi, A., Khajuria, A., & Anand, 2022), (Pridayati, T., & Indrawati, 2019), (Aisyah, A., & Chisol, 2020).

Research results from (Fauziyah, D. U., & Abidin, 2020) A positive and statistically significant correlation between appreciation and PWB was found among UNDIP Bidikmisi students. Similar findings have been found in other studies conducted on older adolescents, demonstrating that an attitude of thankfulness has a favorable and significant impact on PWB. At the Children's Home (Nugraha, M. A., & Budiman, 2019). Other research results that support this research are research (Măirean, C., Turliuc, M. N., & Arghire, 2019), Researchers found that teenagers who scored higher on measures of trait thankfulness also scored higher on measures of psychological well-being (PWB).

This study found a significant relationship between appreciation and PWB among teenagers, namely among class IX students at SMPN 1 Prambon in Sidoarjo. When one's level of gratitude is high, one tends to be in a

state of greater psychological wellness (PWB). This is in line with the findings of the variable categorisation, which place the vast majority of the study's participants (62.8%) in the lowest quartile. In the meantime, 64.3% of the study's participants fell into the "poor" category in terms of their PWB. These results show that there is a significant correlation between the trait of gratitude and adolescents' PWB.

There is a correlation between gratitude and psychological well-being (PWB) based on research (Wood, A. M., Froh, J. J., & Geraghty, 2010) because thankfulness is associated with various factors that contribute to one's mental health, including personal development, connection to others, achievement of one's life goals, and acceptance of oneself. According to (Ryff, 1989) psychological wellbeing aspects consist of self-acceptance or self-acceptance, positive relationships with others, autonomy, purpose in life, self-growth, and mastery of the environment. While the gratitude aspect according to (Emmons, R. A., & McCullough, 2004) consists of intensity, frequency, span of time, and destiny of gratitude.

Other research also supports the results of previous research, in another study it was found that individuals who are grateful show an attitude of acceptance no matter what happens. This is in accordance with the psychological well-being aspect (PWB), namely self-acceptance. Teenagers who have an attitude of self-acceptance are teenagers who are able to have a positive attitude towards themselves, other people and the surrounding environment (Pridayati, T., & Indrawati, 2019).

In the description of the discussion it can be seen that adolescents need to cultivate psychological well-being. According to Kneezel and Emmons, gratitude can increase personal well-being in individuals whose basic psychological needs are met, namely competence, autonomy, and relatedness.

IV. CONCLUSION

Some people consider the period of adolescent development to be a period of difficult development. The period of adolescent development which is synonymous with the search for identity and emotional instability often encounters problems related to psychological conditions. One of the factors that can support adolescents in achieving their success through adolescence is good psychological well-being within them. Meanwhile, based on the results of various studies, expression and gratitude can have an impact on psychological calm. Based on the results of the correlation coefficient analysis in this study, it can be concluded that there is a relationship between the gratitude variable and the psychological wellbeing variable (PWB) in adolescents.

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