

## Hubungan antara gratitude dan psychological well-being pada mahasiswa= Correlation between gratitude and psychological well-being among college students

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### Abstrak

[<b>ABSTRAK</b><br>

Penelitian ini dilakukan untuk melihat apakah terdapat hubungan antara gratitude dan psychological well-being pada mahasiswa. Variabel gratitude diukur dengan SS8 (Skala Syukur 8) yang divalidasi dan diterjemahkan oleh

Oriza dan Menaldi (2010), dari GQ6 (Gratitude Questionnaire 6) yang diciptakan oleh McCullough, Emmons, dan Tsang (2001). Variabel psychological well-being diukur dengan alat ukur self-report yang diadaptasi dari penelitian sebelumnya oleh Hapsari (2011), yang menggunakan Ryff's Scale of Psychological Well-Being

(RPWB) (1989). Penelitian ini melibatkan 340 responden yang berusia 17 sampai 25 tahun dari seluruh fakultas di Universitas Indonesia. Hasil penelitian

menunjukkan terdapat hubungan positif yang signifikan antara gratitude dan psychological well-being.

Selain itu, dalam penelitian ini ditemukan bahwa mean

skor kedua variabel tersebut tidak signifikan berbeda antara responden yang tergabung dalam perkumpulan keagamaan dan yang tidak tergabung dalam perkumpulan keagamaan.

<b>ABSTRAK</b><br>

The aim of this research is to investigate the correlation between gratitude and psychological well-being among college students of. Gratitude measurement used SS8 (Skala Syukur 8) which is validated and translated by Oriza and Menaldi (2010), from GQ6 (Gratitude Questionnaire 6) which is created by McCullough, Emmons, and Tsang (2001). Psychological well-being measurement used self-report scale which is adopted by Hapsari (2011) from Ryff's Scale of Psychological Well-Being (RPWB) (1989). Respondents of this research are 340 college students of Universitas Indonesia aged 17 to 25 years old. Finding shows that gratitude and psychological well-being are significantly and positively correlated. Furthermore, this research found there is no significant difference among respondents who are involved in religious group and who aren't involved in religious group., The aim of this research is to investigate the correlation between gratitude and psychological well-being among college students of. Gratitude measurement used SS8 (Skala Syukur 8) which is validated and translated by Oriza and Menaldi (2010), from GQ6 (Gratitude Questionnaire 6) which is created by McCullough, Emmons, and Tsang (2001). Psychological well-being measurement used self-report scale which is adopted by Hapsari (2011) from Ryff's Scale of Psychological Well-Being (RPWB) (1989). Respondents of this research are 340

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