

Hubungan antara optimisme dan bersyukur pada mahasiswa penerima beasiswa Bidikmisi Universitas Indonesia = The relation between optimism and gratitude among students of Bidikmisi scholarship at Universitas Indonesia

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Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara optimisme dan bersyukur pada mahasiswa penerima Beasiswa Bidikmisi Universitas Indonesia. Penelitian ini dibuat dengan metode kuantitatif untuk mengukur dua variabel yakni optimisme dan bersyukur. Alat ukur optimisme menggunakan Life Orientation Test-Revised (LOT-R) yang dibuat oleh Scheier, Carver, & Bridges (1994) dan alat ukur bersyukur menggunakan Gratitude Questionnaire-Six Item Form (GQ-6) yang dikembangkan oleh McCullough, Emmons, dan Tsang (2001) dan diadopsi dari Amanda (2014). Partisipan penelitian ini berjumlah 257 orang mahasiswa penerima Beasiswa Bidikmisi angkatan 2011, 2012, 2013, dan 2014. Hasil penelitian ini menunjukkan adanya korelasi positif yang signifikan antara optimisme dan bersyukur pada mahasiswa penerima Beasiswa Bidikmisi.

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The aim of this study was to investigate was there any correlation between optimism and gratitude among students of Bidikmisi Scholarship at University Indonesia. This study was conducted by quantitative study to measure both variables which was optimism and gratitude. Optimism measurement used Life Orientation Test-Revised (LOT-R) was created by Scheier, Carver, and Bridges, (1994) and gratitude measurement used Gratitude Questionnaire-Six Item Form (GQ-6) which has been developed by McCullough, Emmons, and Tsang (2001) and adopted by Amanda (2010). Participants of this study were 257 students of Bidikmisi Scholarship at University Indonesia branch of 2011, 2012, 2013, and 2014. The result of the study shows that there was a significant positive correlation between optimism and gratitude among student of Bidikmisi Scholarship.