

The Relations Between Gratitude and Happiness Among Students of Divorce Victims at SMA PGRI Purwoharjo

Yudha Permana. University of Muhammadiyah Malang¹

ABSTRACT. Divorce becomes the major factor that highly affects behavior, personalities, and emotions of children. It does not only have negative effects, but also the positive effects for adolescents. The adolescents who are able to positively accept their parents' divorce, rarely show any problems in their behavior. The students whose parents have been getting divorced should be able to be a strong person to face every challenge in their lives and become more independent, so that they can feel happy by always being grateful to face what has happened in their family. The present research used descriptive-quantitative research to find out the relations between gratitude and happiness among student of divorce victims at SMA PGRI Purwoharjo. The subject of the present research was 40 students whose parents have been getting divorced with the number of female students were 26 (65%), and male students were 14 (35%). The measurement of research variables was conducted using Gratitude Questioner (GQ-6) and The Oxford Happiness Questionnaire (OHQ). The data were analyzed by using statistical correlation technique on SPSS 18.0. The result of the analysis showed that there is positive and significant relations with sig (0.019) < 0.05 and R = 0.37. The students who had high level of gratitude reached 5% (2 students), the moderate ones reached 82.5% (33 students), and the low ones reached 12.5% (5 students). Whereas the students who had high happiness reached 10% (4 students), the moderate ones reached 70% (28 students), and the low ones reached 20% (8 students). The results of the present research confirmed the relations between gratitude and happiness among students of divorce victims.

Keywords: Happiness, gratitude and divorce

Introduction

The survey results of religious courts in Banyuwangi showed that divorce rate that has rapidly increased from year to year. Divorce in Banyuwangi is ranked fourth nationally after Indramayu, Malang, and Surabaya. Religious courts of Banyuwangi are handling divorce cases on average 30-40 cases per day and there are 500 new widows in Banyuwangi monthly (Fanani, 2016). The occurrence of divorce in a family creates negative emotions in the children, especially the most frequent is the sad and angry emotions, more visibly is their silence, and there are feelings of resentment,

insecurity, and hatred, and aggressive behavior that can interfere in the relationship with others especially with peers.

Divorce has many negative effects for children especially in adolescents, but not all children whose parents had been getting divorced have negative impacts but also can have positive effect for adolescents. Emery & Simons (in Simons et al., 1999) explains that teenagers from divorced families who are able to accept their parents' divorce positively rarely show any problem in behavior.

Teenagers whose parents have divorced should be a strong person in order to face every challenge in their life and always feel happy, and to be easy in facing problems encountered. Happiness does not only revolve around the phenomenon of feelings of pleasure, good or extraordinary experience, but also feel good overall ie social, physical, emotional, and

¹ Korespondensi ditujukan kepada Yudha Permana,
 email: Email: yudha.permana160592@gmail.com

psychological (Froh, et al., 2010). Research conducted by Thomas and Diener (Diener, et al., 2005) found that happiness is influenced by the individual's mood at a certain moment, his beliefs about happiness, and how easily one receives positive and negative information.

Based on research conducted Birnbaum & Friedman (2014) showed a significant relationship between gratitude and happiness. How to increase happiness is by showing gratitude for what you have. Gratitude is a form of personal characteristics that think positively, and present life more positively (Wood, et al (2007). Froh et al. (2009) explains if the individual has a high gratitude attitude will indicate happiness, optimism, the emergence of prosocial behavior, support social and so on, so that gratitude becomes a factor that complements teenagers in achieving progressive life. Froh et al. (2011) also expressed the same that thankful can motivate young people and also adolescents to achieve progressive life. Individuals will be motivated to meet the basic needs of self-development, social relationships and community.

Gratitude, as a positive psychological response provides interpersonal benefits. Gratitude leads to the emergence of positive emotions that can help to strengthen individual social relationships, where social relationships are also an aspect of happiness (Bono & McCullough, 2006). Wood et al. (2009) support this statement by stating that gratitude is one of the important and unique predictors of psychological well-being. Toussaint and Friedman (2009) stated that gratitude has a relationship with happiness, but not directly affected, and it was created through mechanisms. Gratitude is mediated in advance by affection and belief, and then affecting to the happiness.

As a psychological component, gratitude is a kind of admiration, gratitude, and respect for life. These feelings can be addressed to other parties, both to humanity as well as to the God, other living beings (Emmons & Shelton, 2002). Toussaint & Friedman (2009) explain gratitude has a significant position in positive psychology. The attachment of gratitude to things like hope, life satisfaction, happiness, well-being, religiosity and spirituality are positively related and negatively correlated with stress and depression.

Happiness

According to Seligman, (2002) Happiness is the condition and ability of a person to feel positive emotions in the past, the future and the present. Meanwhile, according to Diener et al (Carr, 2004) happiness is a person's evaluation includes an experience that pleases a person and his appreciation of life. In positive psychology, happiness is also known as subjective well being (Boniwel, 2012).

Seligman (2002) describes five major aspects of the source of happiness:

1. The establishment of positive relationships with others, positive relationships are not just having friends, spouses, or children, but by establishing positive relationships with individuals around
2. Full engagement not only in careers but also in other activities such as hobbies and family activities by fully engaging ourselves, not only on the physical activity but the heart and mind also.
3. The discovery of meaning in life by being fully engaged in positive relationships with others to be happy
4. Optimistic. Happy people are not easily anxious in life.
5. Resilience. A happy person does not mean never suffering but the extent to which one has the ability to rise from unpleasant events.

Gratitude

Peterson & Seligman (2004) define being grateful as a sense of gratitude and happiness as a response to receive the gift, whether the gift is felt by others or a comfortable, safe, and natural state. Be grateful to make someone better, someone wiser and create harmony between himself and his environment and community, while the lack of gratitude will undermine the existing harmony (Emmons, 2007). Emmons and McCullough (2003) found that grateful people do not only exhibit more positive mental states (eg enthusiastic, diligent, and caring), but also more generous, caring, and helpful to others.

Fitzgerald (Emmons & Mccullough, 2004) identified three components of gratitude:

- a. A Warm Sense of Appreciation: An appreciation and appreciation of others and a warm one for someone or something, including feelings of love, and affection.
- b. A Sense of Goodwill: Goodwill addressed to

someone or something, including the desire to help others in distress, desire to share, etc.

c. A Disposition to Act: The tendency to act positively to reward and be kind to others, the environment and God, includes the intention of helping others, repaying the good of others, worshipping, etc.

Divorce

Divorce is the disconnection of a family because one or both partners decide to leave each other and thus stop performing their obligations or role as husband and wife (Farida, 2007). The factors of divorce according to Dariyo (2003) are as follows (a) infidelity, (b) domestic violence, (c) economy, and (d) child problem. Divorce can occur if the spouses are not able to resolve conflicts or problems that occur between them.

Research Method

This research is included in the type of correlation research (Correlation Research) means that this study would test and explain the presence or the absence of relationships between variables. In addition, correlation research aims to investigate the extent to which variations in one variable relate to variation in one or more other variables, based on the correlation coefficient (Azwar, 2009). The population of this study is PGRI Purwoharjo Senior High School Students with a sample of 40 students whose parents have divorced. Sampling technique used is non probability sampling - purposive sampling.

In this research, the process of collecting data was obtained by using Gratitude Questioner (GQ-6) proposed by McCullough, M.E., Emmons, R. A., & Tsang, J. (2002), consisting of 6 items with a reliability consistency of 0.808. Happiness is measured using the Oxford Happiness Questionnaire (OHQ) presented (Hills & Argyle, 2002) consisting of 29 items with a reliability consistency of 0.897.

Result and Discussion

This study aims to determine the relationship of gratitude with happiness in the students of divorce victims in SMA PGRI Purwoharjo. The subjects in this study were students whose parents divorced and aged 15-19 years with the total number of 40 students contained in table

1. Tabel 1. Gender of Research's Subject

Based on table 1, it shows that the subjects amounted to 40 students with male students amounted to 14 (35%) and female students

Gender	Numbers	Percentage
Male	14	35%
Female	26	65%
Total	40	100%

amounted to 26 (65%)

Table 2. Variables of Gratitude

Based on table 2, it can be seen that from 40 students sampled in this study showed that 2 students (5%) have high gratitude, 33 students (82.5%) have moderate gratitude, and

Gratitude	Frequency	Percentage
High	2	5%
Moderate	33	82.5%
Low	5	12.5%
Total	40	100%

5 students (12.5 %) have low gratitude.

Table 3. Happiness Variables

Based on Table 3, it can be seen that from 40 students sampled in this study showed that 4 students (10%) had high happiness level, 28 students (70%) had moderate happiness level,

Happiness	Frequency	Percentage
High	4	10%
Moderate	28	70%
Low	8	20%
Total	40	100%

and 8 students (20%) had low level of happiness.

Classic Assumption Test

Before performing correlation test, the assumption test is done first as follows.

Normality Test

The method used to test the normality is by using Kolmogorov Smirnov test against the residual value of the regression equation. If the probability of Kolmogorov Smirnov test results is greater than 0.05 then the assumption of normality is met.

Table 4. Normality Assumption Test Results

Variable	Sig	Exp.
Gratitude	0.085	Normal
Happiness	0.603	Normal
Gratitude and happiness	0.436	Normal

Based on the normality test results in the above table, it is known that the value of residual significance of the regression formed is greater than the 5% real level so it can be said that the assumption of normality is met.

Linearity Test

Table 5. Linearity Test Results

Model	Coefficients					
		Unstandardized Coefficients		Standardized Coefficients		Sig.
		B	Std. Error	Beta	t	
1	(Constant)	35.445	11.184		3.169	.003
	Gratitude	1.614	.658	.370	2.453	.019

Based on the results of linearity test result of sig value 0.019 where the sig value (0.019 < 0.05 so it can be concluded that gratitude influence to happiness equal to 0.37 (37%).

Discussion

The result of the hypothesis test of research shows acceptance of hypothesis that there is significant relation with positive direction between gratitude with happiness at student of victim of divorce in SMA PGRI Purwoharjo . The students who have a high sense of gratitude are likely to be able to feel happiness in life, while those who have low gratitude will experience many problems in life and tend to loss their happiness.

The students who are able to accept the situation even though their parents have divorced and always feel grateful are happier than students who are not grateful for the circumstance. Gratitude has a correlation with happiness. This is in accordance with research conducted Birnbaum & Friedman (2014) shows the relationship between gratitude and happiness. How to increase happiness is by showing gratitude for what you have. Gratitude is a form of personal characteristics that think positively, and present a more positive life (Wood, et al. (2007). Grateful students will be easier in accepting what they receive so that will

affect the happiness of students, students who feel happy even though their parents divorced will be able to grow into a creative, optimistic, not desperate in facing every problem and able to work hard to achieve what they wanted, but for students who have low levels of gratitude will experience many problems in the social, physical, emotional and even psychological so that will interfere with the development of children. This is in accordance with previous research that people who are more grateful will be easier to feel happy because they feel prosperous in life, low levels of anxiety and depression which caused in a difficult situation there is always a positive (McCullough et al. , Wartkins et al., 2003, Jo & Park 2011, Jun & Jo, 2016)

Based on the regression test results, it obtained the correlation between gratitude and happiness of 0.37 (37%) with sig value (0.019) < 0.05, this explains that relationship of both research variables are categorized weak and have direction (+). The value of R Square or coefficient of determination (KD) 0.137 which explains that Gratitude has a contribution influence of 13.7% to happiness and 86.3% influenced by other factors outside the variable of gratitude. This is in accordance with research from Caunt et al. (2012) that gratitude does not present well to be a factor supporting happiness. Gratitude has a relationship with happiness but there are still other factors that have a stronger relationship to predict happiness.

Conclusion

Based on the result of data analysis, it can be concluded that there is a significant correlation between gratitude with happiness in student of divorce victim in SMA PGRI Purwoharjo with correlation level 0.37 (37%) using sig value (0.019) < 0,05 with positive direction. Students who have a high level of gratitude are 2 students, while 33 students have low level of gratitude, and 5 students have high level of happiness, while 4 students, 28 students and 8 students have low level of happiness. Therefore, it can be concluded that in this study, most students whose parents had getting divorced have a level of gratitude and happiness that indicates that the student is able to rise from the difficult time after both parents divorced.

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