

THE RELATIONSHIP BETWEEN GRATITUDE AND HAPPINESS IN DIVORCED PEOPLE IN PRINGSEWU

Dewi Karisma¹, Bayu Sekar Larasati²

dewikarisma232@gmail.com¹, bayusekarlarasati30@gmail.com²

Aisyah Pringsewu University

Abstrak

Kebahagiaan adalah suatu perasaan berupa kepuasan, kesenangan, dan kenyamanan menjalankan kehidupannya dan tidak adanya perasaan menderita yang dialaminya. Salah satu faktor yang mempengaruhi kebahagiaan adalah kebersyukuran. Tujuan dari penelitian ini yaitu untuk mengetahui hubungan antara kebersyukuran dengan kebahagiaan pada orang yang bercerai di Kabupaten Pringsewu. Penelitian ini menggunakan pendekatan kuantitatif dengan teknik pengambilan sampel menggunakan accidental sampling. Populasi dalam penelitian ini sebanyak 1.268 orang yang bercerai di Kabupaten Pringsewu dengan jumlah sampel sebanyak 130 subjek. Hasil analisis product moment menggunakan SPSS 25.0 for Windows menunjukkan $r = 0.208$ dengan $p = 0.009$ ($p < 0.01$), menunjukkan adanya hubungan positif yang sangat signifikan antara kebersyukuran dengan kebahagiaan. Kebersyukuran memiliki sumbangan efektif sebesar 4,3% terhadap kebahagiaan.

Kata Kunci: Kebersyukuran, Kebahagiaan, Orang Yang Bercerai.

Abstract

Happiness is a feeling of satisfaction, pleasure and comfort in living one's life and the absence of feelings of suffering one experiences. One of the factors that influences happiness is gratitude. The aim of this research is to determine the relationship between gratitude and happiness in divorced people in Pringsewu Regency. This research uses a quantitative approach with a sampling technique using accidental sampling. The population in this study was 1,268 divorced people in Pringsewu Regency with a sample size of 130 subjects. The results of product moment analysis using SPSS 25.0 for Windows show $r = 0.208$ with $p = 0.009$ ($p < 0.01$), indicating that there is a very significant positive relationship between gratitude and happiness. Gratitude has an effective contribution of 4.3% to happiness.

Keywords: Gratitude, Happiness, Divorced People.

INTRODUCTION

Marriage is a bond between a man and a woman with the aim of building a family that is harmonious and blessed by God (Azis, 2021). However, in reality many marriages end in divorce, which is caused by various factors, such as disputes, quarrels and domestic violence (Abror, 2019). Divorce is an attempt to dissolve the marriage bond for certain reasons. In Indonesia, the divorce rate continues to increase, with more than 500,000 cases in 2023, dominated by young couples aged 30-40 years. In Pringsewu Regency alone, 634 divorce cases were recorded in 2023, with the majority of cases occurring in young marriages, namely 3 to 10 years (BPS, 2023).

Divorce has a significant negative impact on individual happiness. Divorced people tend to have lower levels of happiness compared to those who have never married or are divorced (Safitri et al., 2020). The impact of divorce is not only limited to changes in social status, but also includes emotional aspects, such as loneliness, decreased income, and disruption in relationships with children (Vitaloka & Elfida, 2023).

Happiness is a form of positive emotion that is related to individual well-being (Deviana Maharani, 2015). Happiness includes life satisfaction obtained from various aspects of life, including family relationships, psychological and spiritual states (Fuad, 2015). Several studies

show that gratitude plays an important role in increasing a person's happiness (Sativa & Helmi, 2013) . Individuals who are grateful tend to have positive affect, such as optimism, productivity, and better health (Sriaissah & Maryam, 2022)

Based on this phenomenon, this research aims to examine the relationship between gratitude and happiness in divorced individuals in Pringsewu Regency. It is hoped that this research can provide further insight into the importance of gratitude in increasing happiness, especially for those experiencing divorce.

RESEARCH METHODS

The type of research used is a correlational method with a quantitative approach. This correlational method aims to determine the strength and direction of the relationship that exists between variables. The time used by researchers for this research was carried out in August 2024. The location of this research was in Pringsewu Regency, Lampung. The analysis used to measure the relationship between each variable uses the product moment analysis technique. The reason this type of research was chosen was because researchers wanted to find out how much gratitude is related to happiness in divorced people.

The population in this study were people who divorced in early adulthood, namely 20-40 years in Pringsewu district with a population of 1,268. The total sample was 130 respondents, namely divorced people in Pringsewu Regency who met the specified criteria. In this research, accidental sampling was used. The following sample characteristics in this study are:

- People who experience divorce with a marriage age of 1-10 years
- Early adulthood is 20-40 years
- Domiciled in Pringsewu Regency.

The data collection method used in this research is scale distribution via Google Form. The scale used in this research is the Likert model scale. There are two instruments for this research, namely Happiness is measured through a Happiness Scale arranged based on the elements of happiness, namely positive emotions, engagement, relationship, meaning, accomplishment. Gratitude is measured through a gratitude scale arranged based on aspects of gratitude, namely Intensity, Frequency, Span, Density. Data analysis used in this research was assisted by the IBM Statistical Package for Social Scene (SPSS) 25.0 for Windows computer program. The hypothesis test in this research is product moment correlation.

RESULTS AND DISCUSSION

a. Gratitude Scale

The gratitude scale uses a scale designed using aspects of gratitude from McCullough (2002). The gratitude scale consists of 32 items. Based on the fourth round, no items were dropped with the remaining items being 25 out of 32 items. The item validity value ranges from 0.312 – 0.699 with a reliability coefficient of 0.877. This gratitude scale has a reliability value close to 1.00, which means this scale is reliable and can be used as a research instrument. The distribution of items after testing is in the following blueprint.

Table 1
Gratitude Research Scale blue print

Aspect	Valid Item Number		Amount
	Favorite	Unfavorable	
<i>intensity</i>	10	4,5,11	4
<i>Frequency</i>	6,15,16	9,8,13	6
<i>Span</i>	17,18,30,32	20,19,31,29	8
<i>Density</i>	28,27,23,24	26,22,21,25	7
Amount	11 14		25

b. Happiness Scale

The Happiness Scale uses a scale designed based on the Happiness aspects of Seligman (2013). This Happiness Scale consists of 40 items. Based on the third round, no items were wasted, with the remaining items being 20 out of 40 items. The item validity value ranges from 0.493 – 0.776, with a reliability coefficient of 0.950. This happiness scale has a reliability value close to 1.00, which means this scale is reliable and suitable to be used as a research instrument. The distribution of items after the trial is in the following blue print table.

Table 2			
Aspect	Valid Item Number	Amount	
	Favorite	Unfavorable	
<i>Positive Emotions</i>	2,4	3.5, 6.7	6
<i>Engagement</i>	10,12, 14	9, 11, 15	6
<i>Relationships</i>	21, 22	19,23,24	5
<i>Meaning</i>	26, 29.32	28,30,31	5
<i>Accomplishment</i>	35.36	34, 39,40	5
Amount	9 16		27

Table 3								
Research Variable Scores								
Variable	Hypothetical Score				Empirical Score			
	Min	Max	Mean	elementary school	Min	Max	Mean	elementary school
Gratitude	25	100	62.5	12.5	60	93	76.5	5.5
Happiness	27	108	67.5	13.5	57	76	76.5	6.5

Based on the table above, it is explained that the gratitude scale consists of 25 items so that the lowest possible value for the data hypothetically is $1 \times 25 = 25$, and the highest value is 4 the mean is $(100 + 25) : 2 = 62.5$.

The happiness scale consists of 27 items so that the lowest possible data value hypothetically is $1 \times 27 = 27$, and the highest value is 4 $27) : 2 = 62.5$.

Table 4				
Research Hypothesis Results				
Correlations				
			Y	X
Y	Pearson Correlation		1	.208 **
	Sig. (1-tailed)		130	.009
	N			130
X	Pearson Correlation			1
	Sig. (1-tailed)		.208 **	.009
	N		130	130

Hypothesis testing uses product moment correlation to see the relationship between gratitude and happiness. Based on the calculation results, the correlation coefficient between gratitude and happiness was obtained with $r_{xy} = 0.208$ with $p = 0.009$ ($p < 0.01$). Based on this analysis, it can be concluded that the hypothesis proposed by the researcher is accepted, so that there is a very significant positive relationship between gratitude and happiness in divorced people in Pringsewu Regency. The higher the gratitude, the higher the happiness. Likewise, the lower the gratitude, the lower the happiness of divorced people in Pringsewu Regency.

Table 5
Effective Contribution
Measures of Association

	R	R Squared	Eta	Eta Squared
X *	,208	,043	,589	,347
Y				

So it is known that the R Square value or coefficient of determination is 0.043. Also the same means the coefficient of determination value is 4.3%. This shows that the gratitude variable effectively contributes 4.3% to the happiness variable and other variables not included in the study account for the remaining variation.

Discussion

According to Suseno & Pramithasari (2019) Divorce can have an impact on all family members, both the divorced couple and their children, such as feelings of disappointment, sadness, stress, anger, trauma, decreased achievement, blaming themselves and their parents, and breaking ties between the family. both sides. Divorced couples will experience feelings of sadness, disappointment, anger or loss (Noviandari & Rini, 2023).

An increase in gratitude can play a role in increasing a person's happiness, with gratitude a person feels able to accept problems with open arms so that the condition can increase the sense of happiness (Hambali, et al, 2015). This is supported by the results of Eriyanda and Khairina's research (2018) which found that there is a positive relationship between gratitude and happiness, the higher the gratitude obtained, the higher the happiness received.

Divorced individuals who have high levels of gratitude will have positive impacts such as being attentive, energetic, enthusiastic, enthusiastic, attractive, fun, and strong. Apart from that, individuals who have low gratitude tend to feel lacking in their lives (Sriaissah & Maryam, 2022). One source of happiness that has an important role in an individual's life is having hope, forgiving and forgetting and gratitude. Individuals who are grateful tend to influence their happiness, because in essence gratitude can be manifested in the form of positive feelings (Nurhazizah, 2022).

The results of the gratitude categorization show that of the 130 subjects, 41 (29.7)% had a level of gratitude in the low category, 67 (48.6)% in the medium category, and 22 (15.9)% in the high categorization, thus the majority of subjects had a moderate level of gratitude. Furthermore, the results of happiness categorization show that of the 130 subjects, as many as 16 (11.6)% have happiness in the low category, 79 (57.2)% in the medium category and 35 (25.4)% in the high category, so it can be decided that the majority of subjects have happiness in the moderate category.

The effective contribution of gratitude to happiness is 4.3%, while the remaining 95.7% comes from variables not examined in this research. Another factor that makes an effective contribution to happiness is forgiveness. From the results of research conducted by Marannu and Huwae (2023), it was found that forgiveness has an effective contribution of 39% to happiness. Then, research conducted by Asiyah & Amalia, (2020) shows that hope has an effective contribution of 4.9% to happiness.

Based on the results of the hypothesis test that was carried out, a significant value of 0.208 was obtained with $p = 0.009$ ($p < 0.01$), which means that the hypothesis proposed by the researcher was accepted, meaning that there is a very significant positive relationship between gratitude and happiness in divorced people in the district. Pringsewu. The higher the gratitude, the higher the happiness and vice versa, the lower the gratitude, the lower the happiness. Gratitude is also an important factor in increasing happiness in divorced people.

Other factors that influence individual happiness include income, age, physical activity, friendship, good relationships with other people, warm relationships with family, good

relationships with friends, quality of life, marriage, health, faith, culture and gratitude (Fatimah & Nuqul, 2018). Gratitude is an important factor in creating calm, serenity, individual happiness, as well as a mental attitude for believers (Shobirin, 2012).

As for the results of Prabowo and Laksmiwati's (2020) research, it was found that there was a correlation test between the two variables, namely gratitude and happiness, which had a very significant correlation between one variable and another, thus making gratitude play an important role in increasing a person's happiness. The gratitude that a person gets can show that gratitude is part of godly behavior and makes a person able to thank God. Apart from making individuals happier, gratitude can increase positive emotions, life satisfaction, vitality, optimism, and can reduce stress and depression (Putri, et al, 2016).

According to Franklin (Tanjung, et al, 2022) happiness is a way of life that allows a person to realize his or her full potential and move towards a better human life. Gratitude is a form of emotion which then develops into an attitude, feeling, and ultimately will influence the individual (Intan, 2022). Individuals who experience divorce with high levels of gratitude will have positive impacts such as being attentive, enthusiastic, interesting, fun, and happy. Apart from that, individuals who have low gratitude tend to feel lacking in their lives (Maryam & Sriassah, 2022). One source of happiness that has an important role in an individual's life is having hope, forgiving and forgetting and having a sense of gratitude. Individuals who are grateful tend to influence their happiness, because in essence gratitude is a form of positive feeling (Azizah, 2018). This is also true. It can be seen from the research results that there are still 35 divorced people who experience happiness in the high category.

CONCLUSION

Based on the results of research conducted, it was found that there is a significant positive relationship between gratitude and happiness in divorced individuals in Pringsewu Regency. Gratitude plays an important role in increasing happiness, where individuals who have high gratitude tend to feel higher happiness. Conversely, low levels of gratitude are related to low levels of happiness. Gratitude is proven to contribute to happiness even though the effective contribution is relatively small, namely 4.3%. This shows that although gratitude is an important factor, happiness is also influenced by various other factors such as income, social relationships, health and faith.

This research confirms that in the context of divorce, developing gratitude can help individuals face emotional challenges and improve their psychological well-being. Therefore, it is important for individuals experiencing divorce to develop gratitude as part of a strategy to increase their happiness and well-being.

REFERENCES

- Abror, K. (2019). DIVORCE LAWSUIT AND ITS IMPACT ON THE FAMILY. *ASAS* , 11 (01), 24–37. <https://doi.org/10.24042/asas.v11i01.4640>
- Asiyah, S. Nur, & Amalia, R. (2020). Post Traumatic Growth in Divorced Women. *Indonesian Psychological Research* , 2 (1), 22–28. <https://doi.org/10.29080/ipr.v2i1.218>
- Azis, M. (2021). Economic Influence on Divorce in Pacitan Regency. *Journal of Islamic Philanthropy and Disaster (JOIPAD)* , 1 (1), 1–26. <https://doi.org/10.21154/joipad.v1i1.3042>
- Deviana Maharani. (2015). LEVEL OF HAPPINESS IN STUDENTS OF THE FACULTY OF EDUCATIONAL SCIENCES, YOGYAKARTA STATE UNIVERSITY. *Student Research Journal of Guidance and Counseling* , 151 (April), 10–17.
- Eriyanda, D., & Khairani, M. (2018). GRATITUDE AND HAPPINESS IN DIVORCED WOMEN IN ACEH. *PSYCHODIMENSIONS* , 16 (2), 189. <https://doi.org/10.24167/psiko.v16i2.1269>
- Nurhazizah, A. (2022). The Role of Gratitude on the Happiness of Adolescent Victims of Divorce (Case Study at SMA-IT Jaisyul Quran Boarding School Nagreg). *Journal of Research in Religion* , 2 (1), 258–272. <https://doi.org/10.15575/jra.v2i1.17174>
- Safitri, AO, Novrianto, R., & Maretih, AKE (2020). Body Dissatisfaction and Dieting Behavior in

- Adolescent Girls. *Psychbernetics* , 12 (2), 100–105.
<https://doi.org/10.30813/psibernetika.v12i2.1673>
- Sativa, AR, & Helmi, AF (2013). GRATITUDE AND SELF-ESTEEM WITH TEENAGE HAPPINESS. Discourse. <https://doi.org/https://doi.org/10.13057/wacana.v5i2.9>
- Sriaissah, A., & Maryam, E.W. (2022). The Relationship Between Gratitude and Happiness in Year 12 High School Students. *Psychology: Journal of Psychology* , 7 .
<https://doi.org/10.21070/psikologia.v7i0.1693>
- Suseno, MN, & Pramithasari, A. (2019). Gratitude and Subjective Well-Being in Sewon I State High School Teachers. *Journal of Psychological Research* , 10 (2), 1–12.
<https://doi.org/10.29080/jpp.v10i2.240>
- Vitaloka, L., & Elfida, D. (2023). Contribution of Gratitude and Happiness to Divorced People in Pekanbaru City. *Journal of Islamic and Contemporary Psychology (JICOP)* , 3 (1s), 203–213.
<https://doi.org/10.25299/jicop.v3i1s.12361>.