RELATIONSHIP BETWEEN GRATITUDE AND LIFESATISFACTION IN STUDENTS

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ABSTRACT

This study aims to determine the relationship between gratitude and life satisfaction in students. The hypothesis proposed in this study is there has a significant positive relationship between gratitude and life satisfaction in students. The subjects involved in this study were students at one of the universities in Yogyakarta, 200 subjects with men as many as 122 subjects(61%) and women as many as 78 subjects (39%). This study uses two research measuring instruments, namely (a) life satisfaction scale with $\alpha = 0.680$ based on the unidimensional aspects proposed by Diener et al (1985) and (b) the gratitude scale proposed by Watkins (2003) with $\alpha = 0.888$ which is based on three aspects as Sence of abundance (Ab), Simple Appreciation (SA), and Appreciation for Other (AO). The results of data analysis using the Spearman Rho correlation technique because the normality test process states that the distribution of data is not normal but linear. The results of the Spearman Rho correlation test showed that there was a positive relationship between life satisfaction and gratitude in students ($r = 0.478$ with $p = 0.000$, ($p < 0.05$). Based on these results, the research hypothesis was **accepted.**

Keywords: Gratitude, Life Satisfaction, Students