

# THE RELATIONSHIP BETWEEN GRATITUDE AND THE MEANING OF LIFE IN STUDENTS AT BHAYANGKARA JAKARTA RAYA UNIVERSITY

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## *Abstract*

*College students often experience various problems in their lives, sharing the problems faced by students can cause stress, so that students will experience a decrease in the meaning of their lives. In this case, it will affect various aspects ranging from decreased learning achievement, depression, to college students losing their purpose in life. Based on the data obtained, the level of depression experienced by college students is high, especially on the Asian continent which is the largest contributor to the data. Meanwhile, gratitude can have a positive impact that will make college students appreciate their lives more.*

*This study describes the relationship between Gratitude and the Meaning of Life in students at Bhayangkara Jakarta Raya University. This study aims to determine whether there is a relationship between the two variables in students, with a total of 122 active student respondents. The method used in this research is correlation with convenience sampling technique. To see the relationship of the two variables, using SPSS version 22. The results obtained show that gratitude is positively related to the meaning of life in Bhayangkara Jakarta Raya University students with a correlation value of 0.617\*\*.*

*So it can be concluded that the higher the meaning of life that is owned, the higher the sense of gratitude. Therefore, college students must always think positively about the events they experience, and improve social relationships with anyone, especially people who have physical and material limitations, in order to feel how lucky they are to increase their gratitude so that they value their lives more.*

## **Keywords:**

*Gratitude; Meaning of Life*

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## INTRODUCTION

Humans as social creatures are often faced with various problems, not only social problems are experienced, but humans will also face various things in their lives Taftazani, (2017). Problems in life are unavoidable and will continue to appear in life, but that does not mean that they cannot be overcome, it just means that they will continue to come and change (Mohamad, 2014).

In solving problems, every human being has a variety of different ways of solving them, not only in solving them, the point of view of interpreting a problem will also not be the same, because basically everyone has different life experiences (Puspaningtyas, 2019).

College students who are considered to have better intelligence compared to people who have a lower educational background, and students are also considered to be able to solve problems in their lives better, but in contrast to the actual situation, actually collegian experience various problems in their lives (Ratnasari et al., 2022).

In the world of education, especially lectures, many students experience various problems, in research conducted at International University there are students who experience this, from the survey results that students often face, including survey results that are often faced by students, including related to economic and interpersonal problems (Bruffaerts et al., 2018).

Based on previous research, it shows that college students experience many problems, ranging from personal, environmental, and learning problems, this statement is also shown in the results of previous studies which state that the level of depression experienced by students around the world is high, and students on the Asian continent are the largest

contributor to data experiencing depression which can affect academic achievement (Hasanah et al., 2020).

The stress experienced by college students will cause negative emotions that have an impact on poor self-control, thus affecting the perception of the current situation and the experience of the meaning of life (Li & Jia, 2022)

Based on the previous explanation, the researcher conducted an initial survey of 42 college students, finding that the most experienced problem was managing time. Poor time management will have a negative impact on delaying an activity, and making a job undirected, it can even cause anxiety in college students, who then tend to avoid this anxiety and postpone all assigned tasks, will experience a decrease in academic achievement.(Ompusunggu, 2022).

Time management is used in managing time to be effective, in managing time one must understand the difference between urgent and important circumstances. Urgent circumstances are not all important, but important circumstances are needs that must be met. While in life needs that must be met are part of the meaning of life.. (Atos, 2014).

The meaning of life can positively and significantly affect satisfaction in one's life. In addition, someone who has a high meaning of life can reduce anxiety, depression, inability to adjust to the social environment, and face various stigmas that exist in society. In addition, the meaning of life can also reduce a person's thoughts of hurting himself. (Purba & Djaling, 2019).

The meaning of life can also be found through religious activities, approaching oneself to God makes a person able to find meaning in his life. In carrying out worship

such as establishing fasting prayers, asking for forgiveness for the mistakes that have been made, and feeling enough and thanking God for all the pleasures that have been given in his life. (Saliyo, 2017).

In worshipping humans not only relate to God, there are vertical and horizontal relationships or *hablum minallah* and *hablum minannas*. *Hablum minallah* is the relationship between humans and their God, and *hablum minannas* is the relationship between fellow humans. (Gunadi et al., 2020).

*Hablum minannas* can be done well if one can maintain good relations with fellow humans. With mutual respect, and respect for *hablum minannas* can be done. Saying thank you is an example of *hablum minannas*. Expressing gratitude is an expression of one's gratitude for the gift or help one gets. (Hassan et al., 2019).

Gratitude is part of gratitude, based on the language taken from Latin *gratita* means grace, the meaning of grace itself is gratitude. From the beginning of the word came the term gratitude. Thank you or gratitude is a picture of generosity, and a gift or acceptance in life. (Prabowo, 2017).

Gratitude is a psychological condition that indicates an emotion, moral virtue, attitude, personality trait, or a way of responding to events that can have an impact on health. Gratitude is a feeling that encourages a person to be grateful and appreciative for the blessings that have been received. This will lead to a sense of calmness and psychological satisfaction. Thus it can be understood that gratitude is a condition in which a person feels a happy feeling for what is owned or experienced. Gratitude is one way for humans to live happier, figures in psychology reveal

that gratitude is an expression of gratitude for everything given. (Aziz et al., 2017).

Research on the relationship between gratitude and the meaning of life in child prisoners in Pekanbaru researched by Ricca dan Munthe (2015).

Based on this research, there is a significant relationship between Gratitude and the meaning of life in child prisoners in Pekanbaru, the higher the Gratitude, the higher the meaningfulness of life of child prisoners. Here the researcher also conducted research with the same variables as the previous study, using different respondents, namely students at Bhayangkara Jakarta Raya University.

Based on the introduction above, the researcher formulated the problem, "Is there a relationship between gratitude and the meaning of life in students at Bhayankara University, Greater Jakarta?".

The purpose of this study is to find out the relationship between gratitude and the meaning of life using student subjects at Bhayangkara Jakarta Raya University.

The benefits of this research are expected to help college students realize the importance of maintaining mental health in dealing with problems, so that students can break down stress and have a purpose in life. Gratitude is one way to increase positive emotions in life, by being grateful for one's role as college students, because not all have the opportunity to become a student, will provide positive emotions and a sense of responsibility for the war owned as a student, so that he still has a purpose in his life and focuses on the lessons he receives. And the results of this study are expected to contribute to the development of psychology in particular or as a reference for further research to be developed again with the latest theory.

The hypothesis of this study states that there is a relationship between gratitude and the meaning of life in students at Bhayangkara Jakarta Raya University. And the higher the gratitude, the higher the meaning of life owned by college students.

**METHOD**

This research uses quantitative methods by processing data from questionnaires distributed through statistical methods in processing data in the form of numbers. The author applies a correlational study to measure the relationship between the variables of gratitude and meaning of life, by determining the population or sample based on research criteria, to describe and test the hypothesis that has been set. Based on the philosophy of positivism used in quantitative methods (Sugiyono, 2013).

Researchers used two variables as objects in the study. Independent variables (independent variables) are stimuli that affect or cause changes and arise related variables (dependent variables). Related variables arise based on the influence of independent variables (Sugiyono, 2013).

The two variables of this study are:

Independent variable (X): Gratitude

Related variable or dependent variable (Y): The meaning of life

Operational Definition of Gratitude Gratitude is a form of one's gratitude towards God and the environment or fellow humans. Gratitude can improve the quality of a person's life, by being grateful makes a person appreciate whatever they have in their life. The measurement of gratitude is based on four aspects of intensity, frequency, range, and density (Emmons & McCullough, 2012).

Operational Definition of Life Meaning Life meaning is a person's goal to survive, and

makes a reason why someone has to keep fighting in his life, the meaning of life is also a person's motivation. In taking action also based on the meaning of life that a person has. In this study, three aspects of freedom of will, will to meaning, and meaning of life were used to measure the respondents' meaning of life (Frankl, 2017).

The western version of gratitude developed by McCullough et al., (2002) states that there are four aspects in gratitude, namely:

- a. . Intensity  
Intensity is being grateful for the good things that happen in his life
- b. Frequency  
Frequency is a description of a person in expressing gratitude every day.
- c. Range / span  
Span is defined as a person's form of gratitude in various circumstances in his life, ranging from the job he has to the events in his life in his life.
- d. Density  
A person's gratitude towards others.

Gratitude Scale The gratitude scale is a measuring instrument used based on aspects of intensity, frequency, range, and density to measure respondents' gratitude. This measuring instrument is adapted from research Grimaldy & Haryanto, (2020) based on the theory created by (McCullough et al., 2002), by using four aspects of it.

**Table 1.** gratitude scale

No	Aspek	Before the trial		After the trial	
		Favorable	unfavorable	favorable	Unfavorable
1	Intensity	1,5,6,7	3	1,5,6,7	3
2	frequency	8			
3	range	2,9,10,11		2,9,10,11	
4	density	4		4	
<b>Total</b>		11		11	

\*\*in the gratitude scale there are no items that are canceled, the total number of items is 11 items

Viktor Frankl, (2017) states that there are 3 aspects to finding meaning in life. aspects in finding the meaning of life, namely:

a. Freedom of will

In Frankl's statement, the freedom in question does not mean that humans can do anything, because basically humans are limited creatures, Human limitations are due to various different conditions different conditions that each human being has such as physical, psychological, and spiritual differences. physical, psychological, and spiritual differences. The freedom in question is freedom in socializing, determine attitudes to various conditions, and determine what activities are suitable for their physical condition. However in determining freedom of will humans can do it with the abilities they abilities that he has, to achieve his goals so that his life is of higher quality, and in this freedom must be accompanied by quality of life, and in this freedom must be accompanied by with a sense of responsibility, so that humans do not act arbitrarily.

b. The will to meaning

Will is a desire or wish. At basically everyone wants a life that is a meaningful life, but if the desire or desire has been fulfilled, a person will feel that their life is more meaningful and feel useful, and vice versa. The desire for a meaningful life makes the main motivation in humans. With this desire is what makes humans do everything so that his life becomes more valuable and meaningful.

c. Meaning of life

The meaning of life is everything that is considered valuable and important to a person, so it is worth fighting for or being the main goal in life. Someone who succeeds in achieving their goals in life will make that person feel a more meaningful and happier life. and in finding the meaning of life itself a person can find it in various circumstances, be it pleasant or depressing.

Meaning of Life Scale This meaning of life scale uses a measuring instrument based on aspects of freedom of will, will to meaning, and meaning of life proposed by (Frankl, 2017) using a Likert scale instrument with 21 items. which was adopted in the study (Rochma, 2016).

**Table 2.** meaning of life scale

No	Aspek	Before the trial		After the trial	
		Favorable	unfavorable	favorable	Unfavorable
1	freedom of will	1,8, 12	3,21	1,*, 12	3,*
2	will to meaning	4,5,7, 10,16, 20	2,9,17	4,5,7,1 0,16,20	2,9,17
3	meaning of life	6,13,1 5,19	11,14,1 8	6,13,15 ,19	11,14, 18
Total		21		19	

\*\* on the meaning of life scale there were items that fell during the trial, there were 2 items that fell 8 & 21 the number of items previously 21 became 19.

The sample is a small part of the overall population in the study that will represent the characteristics either completely or not. Azwar,

(2017). In determining the number of samples, researchers used the Gpower 3.1 application to determine the number of samples. Based on the results obtained by determining the size effect of 0.3, it produces a minimum sample size of 111 active student respondents at Bhayangkara Jakarta Raya University. However, researchers got 122 respondents with male gender 38 and female 84.

The sample collection technique uses non probability, where each respondent only has one chance to fill out the questionnaire With the convenience sampling method being the sample technique, this convenience sampling is determined based on who the researcher meets and is willing to become a respondent, based on the criteria in the study, namely active students at Bhayangkara Jakarta Raya University as the criteria in this study (Sugiyono, 2013).

This research instrument is a tool in measuring variables that have been determined by the author, based on various social and natural phenomena that can be measured. In this research instrument, using a questionnaire instrument with a Likert scale (Sugiyono, 2018).

**Table 3.** likert scale

Alternative	Score	
	Favorable	Unfavorable
Answer		
Very Unsuitable	1	5
Not suitable	2	4
Neutral	3	3
Retrieved	4	2
Very suitable	5	1

In this study, researchers used basic assumption tests which included normality tests and correlation tests using two variables to be able to find out how much the relationship between grateful variables and the meaning of

life. This research data analysis uses Pearson's product moment correlation method using SPSS 22 For Windows software.

**RESULT**

Hypothesis testing based on the research hypothesis, by testing the correlation between the variables of meaning of life and gratitude, using the Pearson correlation test, is listed in the table below. using the Pearson correlation test is listed in the following table::

**Table 4.** spearman's correlation test

Variables	Spearman's correlation	Significance	Number of respondents
The meaning of life and gratitude	0.617	0,000	122

Based on the correlation coefficient obtained, which is 0.617 and a significance value of 0.00, it is stated that there is a positive correlation between the two variables, based on the standards determined in the table below:

**Table 5.** spearman's correlation coefficient

Spearman's correlation value	Description
<b>0-0.24</b>	No correlation
<b>0.25-0.49</b>	Very weak correlation
<b>0.5-0.74</b>	Moderate correlation
<b>0.75-0.99</b>	Very strong correlation
<b>1</b>	Positive perfect relationship correlation
<b>-1</b>	Negative perfect relationship correlation

So it can be concluded that the two variables have a strong correlation because it has a value of 0.617 and with a significant value of  $p < 0.05$ ,

which is 0.00. The relationship between the two variables also has a significant relationship.

In the correlation, the two variables have a positive relationship, if the meaning of a person's hitup increases, then his gratitude will also increase, and vice versa if someone experiences a decrease in the meaning of his life, his gratitude will also decrease. Based on the information presented, it states that the hypothesis can be accepted.

### Validity and Reliability

Based on the results of the trials that have been carried out, researchers have tested the validity by using the SPSS application and obtained the following results:

**Table 6.** Validity

Variables	Validity Range	Description
Meaning of Life	0.341 – 0.682	Very good
Gratitude	0.313 – 0.815	Very good

From the results of the trial there were 2 items in the meaning of life scale that were canceled, from 21 items to 19 items, while on the grateful scale 11 items remained. Based on the calculation of the validity test with a limit of  $p < 0.3$ , the fallen items were not used in the implementation of the study (Periantalo, 2016).

The Cronbach's Alpha reliability test has a value of 0.851 on the meaning of life scale and 0.811 on the grateful scale, this explanation will be drawn in tabular form as follows:

**Table 7.** Reliability

Variables	Score	Description
Meaning of life	0.851	Very reliable
Gratitude	0.811	Very reliable

## DISCUSSION

The results obtained based on data processing, state that there is a significant

relationship between the meaning of life and gratitude in students at Bhayangkara Jakarta Raya University. In this study, the hypothesis is accepted that there is a relationship between gratitude and the meaning of life, indicating that students at Bhayangkara Jakarta Raya University have a high sense of gratitude, so that their meaning of life has also increased.

Based on previous research, researchers suspect a relationship between the meaning of life and gratitude as explained by Viktor Frankl which states that the meaning of life can be found in various circumstances, as well as gratitude is an acceptance of various circumstances, even though someone has shortcomings, but anyone can be grateful in various circumstances (Shabrina et al., 2020).

McCullough also stated that gratitude is part of religion or part of worship, gratitude is a form of one's worship to God. And in finding the meaning of life, one can find it in worshiping God (Ricca & Munthe, 2015)

According to Seligman (2005) positive emotions are an aspect of happiness in life, positive emotions will provide happiness in the things that happen in life. The suitability in this study has similarities based on the intensity aspect of being grateful for good things. Seligman also categorizes positive emotions into 3 groups, the first of which is related to the past, namely gratitude and forgiveness. This research is in line with (Putra et al., 2019).

Based on the title of this research "The Relationship between Gratitude and the Meaning of Life in Students at Bhayangkara Jakarta Raya University" there are many factors that influence the variables of gratitude and meaning of life including gender, age, and religious differences. Then the influence between the two variables

Researchers determine the boundaries of the problem, to focus this research on measuring the relationship between gratitude and the meaning of life in students at Bhayangkara Jakarta Raya University.

## CONCLUSION

The results of this study state that there is a positive relationship between gratitude and the meaning of life in active students at Bhayangkara Jakarta Raya University. So it can be concluded that the higher the meaning of life, the higher the sense of gratitude.

This research aims to increase college students' sense of gratitude to improve social relationships with anyone, especially people who have physical and material limitations so that they can feel how lucky they are. Increase their sense of gratitude to appreciate their lives more.

College students must have meaning in their lives, thus students have clear life goals, and can take responsibility for their role as students to improve their learning achievements.

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