

ABSTRACT

Ahmad, Danang D. M., 2012. Relationship between Gratitude and Subjective Well Being On Faculty of psychology of the Semester (Semester 1, 3, 5, 7) UIN MMI Malang.

THESIS, Faculty of psychology of the UIN Maliki Malang.

Supervising Professor: Iin Tri Rahayu, M. Si.

Keywords: relationship, Gratitude, Subjective Well Being

Gratitude is the tendency of a person's will or in responding to everything that is given either in the form of Allah/test trials and barokah/good response with the favors, either orally or by giving hamdalah deed. It is very closely related to the realm of positive psychology in particular subjective well being, in which gratitude is included in one of its components. Subjective well being itself is a form of measuring a person's quality of life satisfaction in fulfilling his life and his life with the purpose to evaluate the reach the happiness of his life. Subjective wellbeing can be seen from 4 aspects: (a) positive emotions, Negative Emotions (b), (c) the life satisfaction, and (d) the satisfaction of domain. Therefore, the man expected to define her life positively and remain grateful to all the things that they currently have so that they are able to bring the subjective satisfaction reaches the desired.

In this research, who wants to know is (1) the level of gratitude students faculty Psychology UIN Maliki, (2) the level of Subjective Well Being of students of the Faculty of psychology of the UIN Maliki, as well as (3) the relationship of gratitude with subjective well being. While the research design used is quantitative. The subject of research is the student of Faculty of Psychology with the details of the first half as many as 32 people, Semester III 36, Semester V 38, and Semester VII 36 people. And its data collection method is angket, interviews and documentation with data analysis that is used is the Product Moment correlation. Then to test validation level of gratitude there are 20 aitem aitem valid and 5 the autumn, with aitem value koefesien the lowest 0,262 and the value of koefesien is the highest is 0,510. As for the level of Subjective Well Being as much as 37 aitem valid and 18 a fall out of a total aitem aitem i.e. 55 aitem, with the lowest coefficient 0,278 value and the value of the coefficient of highest 0.637.

Based on the calculation of statistics (SPSS 16.0), then shows the scale of gratitude and 0.809 scale of Subjective Well Being of 0,896. The results showed that (a) the level of gratitude of students of the Faculty of psychology of the UIN Maliki a lot more are on a high category. for 85,3% and only 1% in the low category, (b) the level of Subjective Well Being of students of the Faculty of psychology of the UIN Maliki is in a category is that of 73,23%, and in the low category of 13,38%, and (c) the results of the analysis of the correlation test of 0,276 with momentnya product $p = 0.001$. This shows that there is a significant relationship between the level of gratitude with subjective well being because $p < 0,050$ can be explained by ($r_{xy} = 0,276$ sig = $0.000 < 0.05$).