

ABSTRACT

Hayati, Indah Nadzifah. 2013. The Relationship Between Gratitude and Happiness at Blind Disability Person in Technical Executive Unit of Sosial Rehabilitation for Blind Disability Person. Thesis. Faculty of Psychology Islamic State University of Maulana Malik Ibrahim Malang.

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Happiness is like a precious missing item, that always looking for the existence of every human being and It is also had been around blind disability person. Based on the results of the study, there are many disabilities people who are not satisfied with their life because they feel weak and inhibited to do some activities, lack of confidence, and the greater person's level of disability, the greater level of social rejection. Various things can be done to achieve happiness, one of them is always being grateful. Focus on gratitude can make life more satisfied, meaningful, and productive, tend to experience positive emotions, satisfaction and have greater expectations in life while encouraging prosocial behavior.

This study use quantitative correlational design, using Spearman's correlation test with a significance level of 0.05 to determine the relationship between gratitude and happiness. Sampling technique that use in this study is simple random sample, with 37 number of blind disabilities people in the Social Rehabilitation Unit Defects Malang.

The results showed that 73% of persons with blind disabilities be in a high level of gratitude, while those in the moderate level is 19% and 8% at a low level. On the happiness variable was concluded that 75.7% blind disabilities have a higher level of happiness and for the moderate level is 16.2%, whereas the percentage level of happiness on a low level is 8.1%. The test results that the correlation between gratitude and happiness suggests that there is a significant relationship between gratitude and happiness. A close relationship is with the percentage of 47.4% while other is affecting the happiness and gratitude by 36.3% and 63.7% are influenced by other factors besides the gratitude that not discussed in this study.