

ABSTRACT

Krisna Silvia, Leni. 2014. The Relationship Between Stress In Gratitude to Class X Students YPM Al-Rifa'ie Gondanglegi. Thesis, Faculty of Psychology. University Islam Negeri Maulana Malik Ibrahim Malang.

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The different situation between in home and dormitory can be source of pressure or stressor that may stress. The worst impact of stress is fatigue, decrease in productivity learning and personal activities. Everyone has experienced stress. The levels also vary from one individual to another, from mild to severe. Slightest stress levels usually remain will have negative impacts on the lives, particularly with regard to health. The students must apply gratitude into itself to reduce the stress level. Gratitude can begin to implement the behavior or sincerity qona'ah with all existing circumstances. Someone who is always grateful in every day, they will always find abundance, never feel deprived etc on a daily basis.

This study is in Al-Rifa'ie YPM Gondanglegi Malang, with the aim to determine the level of gratitude in class X students, and then to determine the level of stress and also to prove whether there is a relationship between the level of stress on gratitude class X students YPM Al-Rifa 'ie Gondanglegi Malang.

The design of this study using a quantitative correlation. Subjects numbered 113 high school students YPM Al-Rifa'ie. Retrieval of data using two Likert scale form, the scale and the scale stress gratitude, also comes with interviews, observation, and documentation. As for processing the data were analyzed with Pearson Product Moment Correlation of, and to test the reliability and power of different researchers used Cronbach alpha formula with SPSS 16.0 for Windows.

The results showed that in this study showed no significant relationship. It due to the presence of many factor is less support in the study. In this case it can be seen that $r_{xy} = 0.037$ and $p = 0,697$ ($p < 0.05$) in this case means no link between gratitude with stress.