

## **Gratitude and Happiness of New Student After Covid-19 Pandemic**

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### **ABSTRACT**

Gratitude in man is often associated with the feeling of happiness in his heart. A happy human is a self-sufficient and meaningful individual. The goal of this research is to establish a link between gratitude and the joy of new students at Raden Fatah State Islamic University after the COVID-19 pandemic. The study uses a quantitative method of correlation, the number of responders of 41 people using purposive sampling with criterion, the scale used is cg-6 (all gratitude nare scale). His Pearson's effect is 1,000 \*\* and its significance between its two variabilities is 0,000, which means there is a strong link between gratitude and happiness in a new university, raden Fatah state Islamic university. It is thus inferred that there is a strong connection between gratitude and happiness in humans.

## **Introduction**

Happiness is an essential part of human life and the circumstances that are truly desirable by all people of all ages and positions (argyle, 2001). Happiness is not only a phenomenon of happiness, good, or extraordinary, but also an overall sense of well-being socially, physically, emotionally, and psychologically (froh, bono, & emmons, 2010). Positive psychologist Martin Seligman introduced the perma concept to explain happiness. The perma stands for positive emotions, commitment, relationships, meaning, and achievement. According to seligman, achieving optimum welfare requires balance from all aspects of perma seligman (2004).

Martin Seligman defined happiness and luck as the ultimate goal. Martin Seligman felt that psychology needed alternative treatment from negative behavior and mental illness alone. Seligman has published 20 books and 200 articles relating to personality psychology and motivation. His books are famous among The Learned Truths and What You. Change and the impossible, the optimistic child and the real child are happy. The book itself became a bestseller in

and around the United States. Especially when the text was translated in the 16th century. He was very fluent in language and won various awards for his writing. In various timelines, Martin Seligman has made headlines in the New York Times, Times, and Fortune. This popular magazine has taken over the focus on Seligman's theory, which is directly related to everyone every day. Where is the theory of Martin Seligman? Make the world and people happier, more optimistic, and more comfortable Seligman in any situation (2004).

Psychologist Mihaly Csikszentmihalyi, known as the flow of happiness theory, stresses the importance of challenging and rewarding activities to find happiness. Mihaly Csikszentmihalyi explains that flow is a condition where one is fully engaged in an activity, happy, and content. Happiness, like a lost treasure, will be sought anywhere in the world by every human. When it comes to gaining happiness there are a variety of ways to achieve it. Some people think of opulence and an abundance of possessions as a welcome measure of happiness. Others think that happiness comes from having a position and being respected by those around him. In a superficial employee, owning a secure job is the goal of happiness. It is also a person with disabilities, considering physical perfection as an inestimable happiness. Happiness is an essential part of individual life and is a condition that all persons of different ages and walks (Argyle, 2001) long to attain.

Therefore, the very essence of happiness lies within man itself. Authentic happiness lies not in wealth, throne, earthly pleasure, nor in perfect physical exercise. However, authentic happiness is how we humans can make sense of the life we live today, learn from each event we have experienced, and be grateful for what we have, not look for what we can't have yet. Happiness not only revolves around a phenomenon of pleasure but also feels good overall, socially, physically, emotionally, and psychologically (Froh, Bono & Emmons, 2010).

Much of the research that John Halliwell has done, Richard Layered and Jeffrey Sanchs, about happiness, has been found in all countries of the world or in what is called the World Happiness Report in 2015. Based on the study, results have shown that Indonesia is 92nd in the 2019 class of happiness, which means that there has been an increase in the level of happiness for Indonesians if seen in 2018. MC Cullough (2002) in his research is that grateful individuals, prone to positive responses or emotions, compared with those of less gratitude, grateful people have a great sense of satisfaction and hope in their lives. Highly grateful individuals also tend to have higher grades than those who are less grateful for prosocial sizes. They tend to be more empathic, forgiving, supportive, and less focused on materialistic activities than their less grateful peers.

In this, those who have been grateful realize that they have received a great deal of kindness, appreciation, and gifts. Good from god, another individual. And the environment around them that they feel compelled to reciprocate with appreciation and gratitude for all that he has received in all endeavors through feelings, phrases, and deeds. In conceptual, gratitude divides into two levels: state and trait. In a circumstance, gratitude means a subjective feeling of adoration, gratitude and appreciation for everything received. Where as a trait, gratitude is defined as an individual's tendency to feel entitlements in life, though a tendency to feel them does not always arise, however, the individual with this tendency will more often express gratitude in certain situations.

Gratitude will contribute to a more positive outlook and a broader perspective on life, the view that life is a gift (Listiyandini et.al 2015). This gratitude demonstrates an individual's tendency to see his life as something worthwhile. Gratitude comes in a variety of concepts, may as emotions, attitudes, morals, personality traits, and actions and gratitude has a bearing on happiness (Pitaloka & Ediaty, 2015). Kompas.com 2021 stated this based on a survey conducted on 3.686 respondents from 33 provinces in Indonesia. The research was conducted by Dr Auliya Iskandarshah, a medical psychology expert at Padjadjaran University. As a result, 72% of participants admitted to feeling anxious, and 23% admitted to being unhappy. Therefore, researchers are interested in the third finding, to research with gratitude which will bring happiness to each individual.

## **Method**

The study uses a quantitative approach with types of correlation. Quantitative research is a positive (concrete data) study method, the study data of Numbers to be measured using statistics as count tools, about the problem studied to produce a conclusion. (sugiyono,2018) Based on this type of research, it is done by collecting data psychologically, which leads to and is tested by statistical tests, and is analyzed to see whether or not there is a correlation between gratitude and college student happiness.

The subject of this study is a student at the Islamic university of Raden Fatah, which is made up of the Department of Tarbiyah, the science department, the faculty of Economics and the Islamic business, the faculty of ushuluddin, the Faculty of dakwah, the faculty of sharia, the faculty of adab, the faculty of physical and eventually the faculty of psychology, with 41 respondents. As for the data-collection technique used is a survey or questionnaire through Google form, which is a technique for aggregating data through a few questions for responders to

answer. And also to use the scale of meritornare (cg-6) which has 6 questions, which are (1) many things present in my life are good to be thankful for, (2) if I have to write down all that makes me feel grateful, it will be a very long list, (3) when I see the world, I don't find much to be grateful for, The more I can appreciate the people, events, and situations that have been part of the history of my life, (5) the older I get, the more I can appreciate the people, events, and situations that have been part of the history of my life, (6) a long time may pass before I feel grateful for something or someone.

### Results and Discussion

The purpose of this study is to see the link between gratitude and happiness in new students at raden fatah state islamic university after the COVID-19 pandemic -19. The scale used in the research is the development from the scale of McCullough to the name of the revolutionaries (cg-6). For the choice of answers, use the Likert scale of 1-7. 1 indicates that the individual is very unhappy, and 7 expresses great happiness. Then we spread our view of questionnaires through the Google form to the faculty - available faculty such as the tarbiyah school of Science, the Science Department, the Faculty of Economics and the Islamic business, the Faculty of Ushuluddin, the faculty of Dakwah, the faculty of sharia, the faculty of culture, the faculty of culture, and the last of the psych faculty.

From the data, we were able to and then we ran through a hypothetical test analysis, we were able to show that there was a powerful link between gratitude and happiness. And for the significant value of 0,000, we can know that the value of  $p$  is less than 0.05 ( $p < 0.05$ ) so it can be said that it has a positive relationship between the variable of gratitude and the variable of happiness. This shows that the higher the gratitude, the higher the happiness that new students feel in Raden Fatah Palembang after the COVID-19 pandemic, and the lower the gratitude, the lower the level of happiness in new students, raden fatah Islamic State University after the Covid pandemic -19. The result is consistent with previous studies by scholars who have exercised prabowo and hermien laksmiwati, which also indicates that gratitude has a significant relationships with happiness in any associated individual.

Table 1 (ANOVA)

	Sum of Squares	df	Mean Square	F	Sig.
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Gratitude * happy	Between Groups	(Combined)	154.010	12	12.834	.382	.952
		Linearity	38.912	1	38.912	1.157	.297
		Deviation from Linearity	115.097	11	10.463	.311	.973
	Within Groups		571.857	17	33.639		
	Total		725.867	29			

Table 2 (Correlations)

Correlations		Happines	Gratitude
Happines	Pearson	1	1.000**
	Correlation		
	Sig. (2-tailed)		.000
	N	41	41
Gratitude	Pearson	1.000**	1
	Correlation		
	Sig. (2-tailed)	.000	
	N	41	41

\*\* . Correlation is significant at the 0.01 level (2-tailed).

### Conclusion

New student Raden Fatah after the covid-19 pandemic has deep gratitude and happiness. This is stated by the significance .000 and Pearson Corelation 1,000 so there is a relationship between gratitude and the new student's happiness. Happiness is not only a phenomenon of happiness, good, or extraordinary, but also an overall sense of well-being socially, physically, emotionally, and psychologically (froh, bono, & emmons, 2010). So that a grateful and meaningful human lives will reach the peak of happiness. If man is ever grateful, then he will feel happiness in his heart. And felt calm in his soul.

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