

## ABSTRAK

### HUBUNGAN ANTARA *GRATITUDE* DAN *SUBJECTIVE WELL-BEING* PADA MAHASISWA DI YOGYAKARTA

Reva Arella Assan

Universitas Sanata Dharma

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Penelitian ini dilatarbelakangi oleh mahasiswa yang berada pada masa dewasa awal, yang ditandai oleh berbagai tuntutan akademik, sosial dan penyesuaian diri ke dinamika kehidupan mahasiswa. Hal ini berpotensi membuat mahasiswa tidak puas dengan kehidupannya. Dalam kajian psikologi positif, terdapat beberapa hal yang diduga berhubungan dengan *subjective well-being*, yaitu emosi positif. Salah satu dari emosi positif adalah *gratitude* atau kebersyukuran. Penelitian ini bertujuan untuk mengidentifikasi tingkat *gratitude* dan tingkat *subjective well-being* (SWB) pada mahasiswa S1 di Yogyakarta, serta menganalisis hubungan antara kedua variabel tersebut.

Metode penelitian menggunakan kuantitatif korelasional terhadap 145 responden. Instrumen pengumpulan data meliputi skala *Gratitude*, *Satisfaction with Life Scale* (SWLS), dan PANAS. Ditemukan nilai reliabilitas masing-masing skala adalah  $\alpha = 0,900$ ,  $\alpha = 0,834$ ,  $\alpha = 0,753$ , dan  $\alpha = 0,864$ . Teknik analisis data yang digunakan adalah uji korelasi *Spearman's Rho*.

Hasil penelitian menunjukkan bahwa mayoritas responden memiliki tingkat *gratitude* sangat tinggi (59%), dan tingkat *subjective well-being* menunjukkan hasil yang kontras antara sangat tinggi dan sangat rendah memiliki persentase nilai yang sama besar, yaitu 24%. Hasil uji korelasi menunjukkan adanya hubungan positif yang signifikan namun lemah antara *gratitude* dan SWB ( $r = 0,221$ ;  $p = 0,007$ ), yang berarti semakin tinggi rasa syukur mahasiswa, semakin tinggi pula kesejahteraan subjektif mahasiswa.

**Kata kunci:** *Gratitude*, *Subjective Well-being*, Mahasiswa, Yogyakarta.

**ABSTRACT**

**CORRELATIONS BETWEEN GRATITUDE AND SUBJECTIVE WELL-BEING  
AMONG COLLEGE STUDENTS IN YOGYAKARTA**

Reva Arella Assan

Sanata Dharma University

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*This study is based on the condition of undergraduate students who are in the stage of early adulthood, a period characterized by various academic, social, and self-adjustment demands within the dynamics of student life. These challenges may affect students' life satisfaction and potentially reduce their subjective well-being. In positive psychology, several factors are believed to be related to subjective well-being, one of which is positive emotion. One form of positive emotion is gratitude. Therefore, this study aims to identify the levels of gratitude and subjective well-being (SWB) among undergraduate students in Yogyakarta and to examine the relationship between these two variables..*

*A quantitative correlational method was used with 145 respondents. Data were collected using the Gratitude scale, Satisfaction with Life Scale (SWLS), and Positive and Negative Affect Schedule (PANAS). The reliability coefficients of the instruments were  $\alpha = 0.900$ ,  $\alpha = 0.834$ ,  $\alpha = 0.753$ , and  $\alpha = 0.864$ , respectively. Data analysis was conducted using the Spearman's Rho correlation test.*

*The results show that the majority of respondents have a very high level of gratitude (59%). The level of subjective well-being shows a contrast, with very high and very low categories each accounting for 24%. A significant but weak positive correlation was found between gratitude and SWB ( $r = 0.221$ ;  $p = 0.007$ ), indicating that higher gratitude is associated with higher subjective well-being among students.*

**Keywords:** Gratitude, Subjective Well-being, College Students, Yogyakarta.