

## GRATITUDE LETTERS AND ADOLESCENTS' SUBJECTIVE WELL-BEING

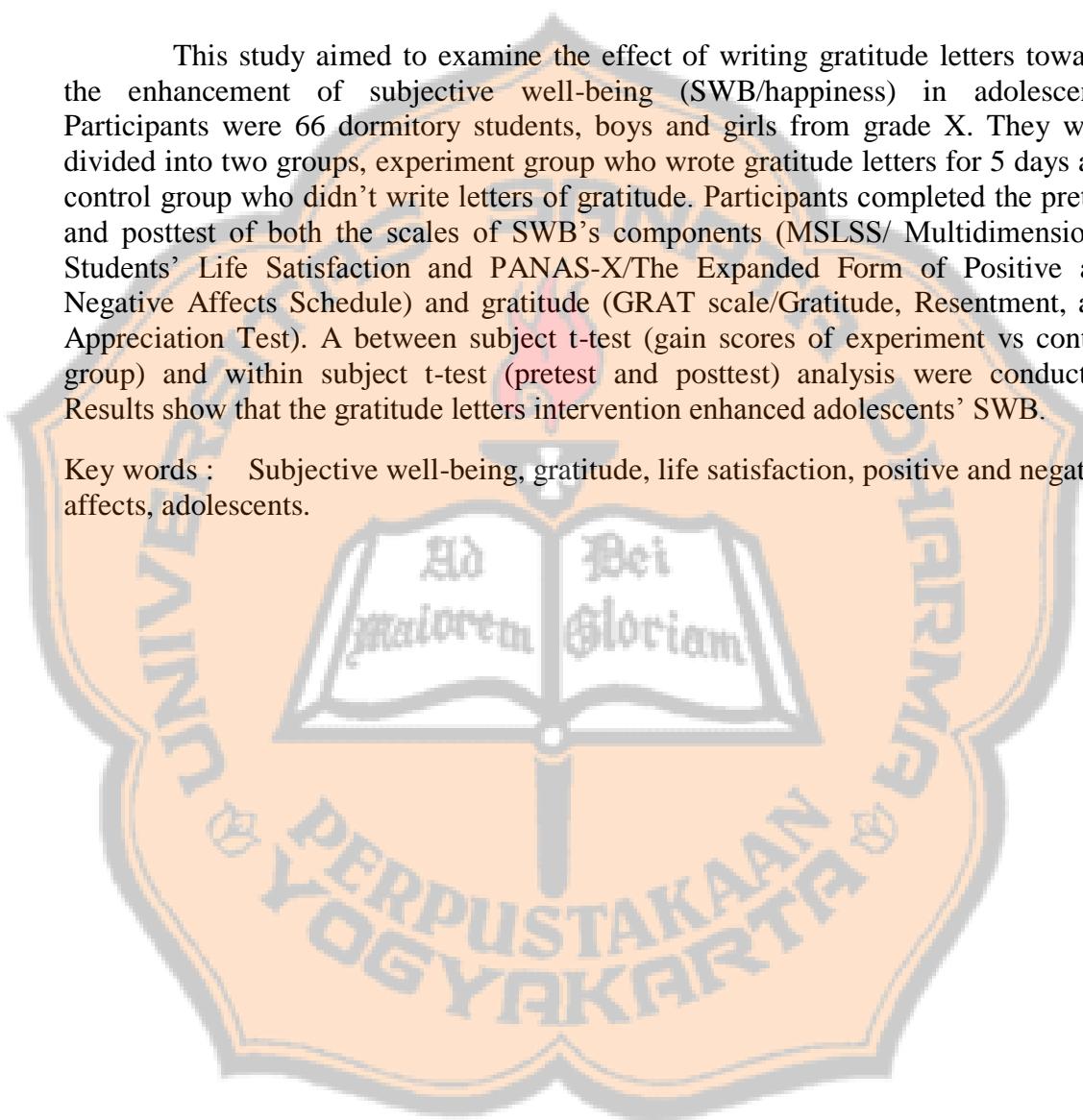
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### ***ABSTRACT***

This study aimed to examine the effect of writing gratitude letters towards the enhancement of subjective well-being (SWB/happiness) in adolescents. Participants were 66 dormitory students, boys and girls from grade X. They were divided into two groups, experiment group who wrote gratitude letters for 5 days and control group who didn't write letters of gratitude. Participants completed the pretest and posttest of both the scales of SWB's components (MSLSS/ Multidimensional Students' Life Satisfaction and PANAS-X/The Expanded Form of Positive and Negative Affects Schedule) and gratitude (GRAT scale/Gratitude, Resentment, and Appreciation Test). A between subject t-test (gain scores of experiment vs control group) and within subject t-test (pretest and posttest) analysis were conducted. Results show that the gratitude letters intervention enhanced adolescents' SWB.

Key words : Subjective well-being, gratitude, life satisfaction, positive and negative affects, adolescents.



## SURAT SYUKUR DAN KEBAHAGIAAN REMAJA

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### ABSTRAK

Penelitian ini bertujuan menguji efek intervensi syukur dengan metode menulis surat syukur terhadap peningkatan kebahagiaan (subjective well-being/SWB) remaja. Subjek penelitian adalah 66 siswa asrama kelas X. Partisipan dibagi menjadi 2 kelompok yaitu, kelompok eksperimen yang mendapat tugas menulis surat syukur selama 5 hari dan kelompok kontrol yang tidak menulis surat syukur. Para siswa mengisi skala Kebahagiaan (*Multidimensional Students' Life Satisfaction/MSLSS* dan *The Expanded Form of Positive and Negative Affect Schedule/PANAS-X*) dan skala disposisi syukur (*GRAT/Gratitude, Resentment, & Appreciation Test*), sebelum dan sesudah eksperimen. Peneliti menerapkan analisis statistika *independent sample t test* untuk *gain score* kelompok eksperimen dan kelompok kontrol (*between group*) dan uji *t within group* (*paired sample t-test*) untuk hasil *pretest* dan *posttest* subjek. Hasil menunjukkan bahwa intervensi menulis surat syukur meningkatkan kebahagiaan remaja.

Kata kunci : kebahagiaan, syukur, kepuasan hidup, afek positif, afek negatif, remaja.

