

The Role of Gratitude on Life Satisfaction for Adolescents in Malang City Orphanages

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Abstract

This research aims to examine the role of gratitude in the life satisfaction of adolescents in orphanages in Malang City. This research uses a quantitative approach with a correlational design, using simple linear regression analysis techniques. The population of this study was adolescents in orphanages in Malang City. The sample used in this research was 223 people selected using incidental sampling techniques. Data collection used the Gratitude Questionnaire-Six-Item Form (GQ-S6), which was adapted into Indonesian by Grimaldy and Haryanto (2020) and adapted the Satisfaction with Life Scale (SWLS) in Adolescents based on the concept of Diener et al. (1985). The results obtained show that gratitude plays a role in the life satisfaction of orphanage youth in Malang City, with an F value of 32.817 and a significance of (3.289×10^{-8}) more than 0.05, so the gratitude variable can predict the life satisfaction variable for adolescents in orphanages in Malang City.

Abstrak

Penelitian ini bertujuan untuk menguji peran kebersyukuran terhadap kepuasan hidup remaja panti asuhan di Kota Malang. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional, dengan menggunakan teknik analisis regresi linier sederhana. Populasi penelitian ini adalah remaja panti asuhan di Kota Malang. Sampel yang digunakan dalam penelitian ini berjumlah 223 orang yang dipilih dengan menggunakan teknik sampling insidental. Pengumpulan data menggunakan *Gratitude Questionnaire-Six-Item Form* (GQ-S6) yang diadaptasi ke dalam bahasa Indonesia oleh Grimaldy dan Haryanto (2020) dan mengadaptasi *Satisfaction with Life Scale* (SWLS) in *Adolescents* berdasarkan konsep Diener et al. (1985). Hasil yang diperoleh menunjukkan bahwa kebersyukuran berperan terhadap kepuasan hidup remaja panti asuhan di Kota Malang, dengan nilai F sebesar 32,817 dan signifikansi $(3,289 \times 10^{-8})$ lebih dari 0,05, sehingga variabel kebersyukuran dapat memprediksi variabel kepuasan hidup pada remaja panti asuhan di Kota Malang.



INTRODUCTION

Every individual goes through several phases of development in his life. One of the developmental phases in human life is the adolescent phase, which is a transition period towards adulthood

with an age range of 10 to 22 years in which there is a biological development process related to individual physical changes, cognitive development related to changes in thinking processes,

and socio-emotional development related to personality changes which in the process involve previous experiences (Santrock, 1992). Based on this, it can be understood that adolescence is an essential phase in a person's life.

Each individual tries to fulfill their own needs. This is in line with Abraham Maslow's theory of needs, which states that one of the basic needs of humans is the need for affection, one of which comes from the family (Rini, 2017). However, not everyone has this privilege, and there is a possibility that a child has to be separated from their parents at a very young age due to, for example, the sudden death of their parents, becoming a street child and so on, which requires the children to be cared for and live in an orphanage (Tricahyani & Wideasavitri, 2016). High stress levels in adolescents are also influenced by the affection they receive and their lack of ability to adapt to that environment (Titaheluw et al., 2014). These unfavorable experiences trigger adolescent stress and can reduce self-confidence (Pebrianty, 2021).

This is related to the results of an interview conducted with one of the adolescents at Orphanage X, Malang City, who often compared his personal life with other people who had complete families. Interviewees often compare the differences in affection they receive with their peers who live with their families. Experiences during an adolescent's lifetime also become the basis for adolescents to assess their lives from all aspects personally. Individuals make personal assessments based on their subjective experiences through a cognitive process, which is also called life satisfaction (Pebrianty, 2021).

Life satisfaction is how individuals feel psychological well-being (Santrock, 1992). Life satisfaction can be shown from the attitude of an individual who continues to live life despite all the difficulties that exist. This is also a form of individual gratitude for their life (Sulastina & Rohmatun, 2018). Life satisfaction is part of psychological health where individuals feel that their life is meaningful, feel they are actively

contributing to activities they are interested in, have the motivation to achieve life goals, experience positive emotions, and have a sense of belief in the Almighty (Diener & Biswas-Diener, 2008). There are five aspects of life satisfaction mentioned by Diener et al. (Wulansari, 2020), including: (1) desire to change life; (2) satisfaction with current life; (3) satisfaction with life that has been lived; (4) life satisfaction in the future or future; and (5) other people's assessments of their lives.

Life satisfaction is an essential indicator in adolescents' lives, which can give rise to an individual's well-being, which influences the level of depression in adolescents (Rathore et al., 2015). Proctor et al. (2017), in his research journal, also stated that there is a tendency towards aggressiveness in individuals with low life satisfaction. Several factors influence life satisfaction in adolescents (Proctor et al., 2017): (1) intrapersonal factors, which have a significant role where gratitude is related to the level of life satisfaction in adolescents; (2) physical factors and physical quality, where life satisfaction influences adolescent health behavior, one of the risks is the use of narcotics and alcohol abuse; (3) family and environmental factors, where parents' emotions and environment, problems in the family, physical condition, and the quality of the physical environment also influence life satisfaction in adolescents; and (4) educational factors, where the social environment will also influence an individual's mindset, including how the individual views his future. Research conducted by Bronk (Proctor et al., 2017) states that individuals who have goals in their lives have greater life satisfaction in their teenage years.

Life satisfaction can be achieved when the desires and hopes in life are fulfilled so that there is a good experience for the individual, which can be the basis for assessing life in a positive direction and continuing to live life despite all the difficulties that exist. Research by Yildirim and Alanazi (2018) states that the level of gratitude influences life satisfaction and reduces neg-

ative feelings such as stress, depression and anxiety, so it can be seen that one of the factors that can influence life satisfaction is gratitude.

Gratitude is how individuals positively view life experiences that come from nature or God and feel the benefits in the form of material and non-material from something they receive (Emmons & McCullough, 2003). Gratitude originates from personal experience, which involves cognitive processes in individuals where the first step is that the individual will feel that someone has achieved something positive. In the next step, the individual realizes that this positive result comes from outside themselves. Positive emotions are closely related to the presence of an individual's sense of gratitude, where this feeling of gratitude is an interactive emotion and includes feelings of satisfaction (Emmons & McCullough, 2003). This research also states that negative influences occur less in individuals with high levels of gratitude.

McCullough et al. (2002) describe four aspects of gratitude: (1) intensity, where individuals who have a high intensity of gratitude will think more positively about events in life; (2) frequency, where individuals always look positively at even small things and feel grateful every day; (3) span, where several life circumstances in which someone feels gratitude at any given time; and (4) density is an expression of gratitude directed at someone—for example, parents, friends, or family, where this figure accompanies them in achieving the benefits of life.

Gratitude is directed at individuals, other individuals, as well as nature or God. Gratitude arises from an individual's positive self. There are two factors in gratitude, as explained by Grimaldy and Haryanto (2020). The first factor is gratitude for continuous life experiences. This factor brings a feeling of appreciation for life that continues and is repeated or continuous. This happens because individuals show gratitude for the slightest blessings or benefits. The second factor is the individual's expression of gratitude for the whole of his life, where the indi-

vidual not only expresses gratitude to others but also the universe so that the individual can better understand the meaning of life.

Gratitude can also build up and reinforce a sense of spirituality, given the long history of gratitude and religion (Emmons & Crumpler, 2000; McCullough et al., 2002). Finally, gratitude, like other positive emotions, broadens the scope of cognition and allows for flexible and creative thinking, which aids in coping with stress and hardship (Aspinwall, 1998; Folkman & Moskowitz, 2000). In this regard, gratitude is one of the main factors in happiness and the basis of healthy individual personality functioning. Research conducted by Wijayanti et al. (2020) found that gratitude can influence the quality of life in various aspects, such as psychological well-being and friendship. In line with research by Sulastina and Rohmatun (2018), it is known that there is a relationship between gratitude and life satisfaction with a correlation value of 0.814. As mentioned previously, gratitude is an essential factor in individual life satisfaction.

Based on the description above, this research aims to find out whether there is a role between gratitude and life satisfaction in adolescents in orphanages.

METHODS

This research uses a quantitative approach with a correlational design using regression analysis techniques to prove whether there is a role between variable X (gratitude) and variable Y (life satisfaction). The population in this study were adolescents in orphanages in Malang City with an age range of 10–22 years, totalling 223 respondents. Researchers used incidental sampling techniques according to the criteria and carried out saturated sampling at each orphanage in Malang City.

The Gratitude Questionnaire-Six-Item Form (GQ-6) was used, adapted into Indonesian by Grimaldy and Haryanto (2020), to measure gratitude in foster children in orphanages in Malang City. This scale is based on two gratitude factors, namely the appreciation factor for continuous

life experiences and the appreciation factor for individuals who have contributed to life. This scale uses exploratory factor analysis (EFA) to determine construct validity. The scale model used is a Likert scale with an interval of 1 to 7,

totalling 11 valid items with a reliability level of 0.879 based on Cronbach's alpha coefficient value and item-total correlation value in the range of 0.517–0.655.

Table 1.
Matrix Component Rotation Table

| No. Items | Components | |
|-----------|--------------|--------------|
| | 1 | 2 |
| 1 | 0.185 | 0.771 |
| 2 | 0.248 | 0.798 |
| 3 | 0.243 | 0.646 |
| 4 | 0.748 | 0.150 |
| 5 | 0.711 | 0.244 |
| 6 | 0.630 | 0.359 |
| 7 | 0.790 | 0.196 |
| 8 | 0.698 | 0.248 |
| 9 | 0.695 | 0.296 |
| 10 | 0.400 | 0.644 |
| 11 | 0.201 | 0.814 |

This research adapted the Satisfaction With Life Scale (SWLS) in Adolescents proposed by Diener et al. (1985) to measure life satisfaction among foster children in orphanages in Malang City, which was then tested again by Jovanović et al. (2022) on respondents with 24 different countries, as well as different genders and ages. This scale is based on five aspects by Diener (1984): (1) the desire to change life; (2) satisfaction with current life; (3) satisfaction with the life that has been lived; (4) life satisfaction in the future or the future; and (5) other people's assessments of a person's life. This scale consists of five items; the scale model used is a Likert scale with an interval of 1 to 7. This scale has a reliability of 0.84 based on Cronbach's alpha coefficient value.

The validity test uses the confirmatory factor analysis (CFA) method with Jeffreys's Amazing Statistics Program (JASP) to test the model for measuring life satisfaction. Based on the results of the analysis, a fit model was obtained by covarying two items, namely item 2 and item 5, to obtain a fit model for life satisfaction with values of GFI = 0.999 (> 0.95), IFI = 0.925, CFI = 0.921, and RMSEA = 0.099. There are five items, with each aspect representing one item, namely the aspect of desire to change life, satisfaction with current life, satisfaction with life that has been lived, satisfaction with life in the future or the future, and finally, namely other people's assessment of their life. The following is a fit model of the life satisfaction scale.

Table 2.
Life Satisfaction Model Accuracy Parameters

| Categories | Parameter Fit | Output | Criteria | Result |
|-----------------|---------------|--------|-----------|--------|
| Absolut fit | GFI | 0.999 | > 0.095 | Fit |
| | RMSEA | 0.099 | 0.05–0.10 | Fit |
| | IFI | 0.925 | | Fit |
| Incremental fit | CFI | 0.921 | > 0.09 | Fit |

Next, test reliability using construct reliability. Based on Hair et al. (2010), if the CR value is ≥ 0.7 , then it can be said to be good reliability, while if the CR value is in the range of 0.67 to 0.7, then it can be said to be acceptable reliability.

RESULTS

Description of Respondent Characteristics

The variables examined in this research were gratitude and life satisfaction among adolescents in orphanages in Malang City. Researchers distributed questionnaires to each orphanage directly to 223 participants with different ages, genders and orphanage locations, which will later be reported in this study.

Table 3.

Participant Characteristics Based on Age

| Age | Frequency | Percentage |
|-----|-----------|------------|
| 12 | 13 | 5.8% |
| 13 | 18 | 8.1% |
| 14 | 38 | 17% |
| 15 | 36 | 16.1% |
| 16 | 37 | 16.6% |
| 17 | 31 | 13.9% |
| 18 | 29 | 13% |
| 19 | 12 | 5.4% |
| 20 | 9 | 4% |

Table 4.

Characteristics Based on Gender

| Gender | Frequency | Percentage |
|--------|-----------|------------|
| Male | 145 | 65% |
| Female | 78 | 35% |

Table 5.

Characteristics Based on Orphanage Location (Subdistrict)

| Subdistrict | Frequency | Percentage |
|---------------|-----------|------------|
| Kedungkandang | 26 | 11.7 % |
| Sukun | 26 | 11.7 % |
| Blimbing | 34 | 15.2 % |
| Klojen | 36 | 16.1 % |
| Lowokwaru | 101 | 45.3 % |

Descriptive Statistics

The gratitude variable in this study was measured using a gratitude scale adapted to Indonesia by Grimaldy and Haryanto (2020), while the life

satisfaction variable was measured using a life satisfaction scale with 223 participants. Both variables were analyzed using the SPSS program with descriptive statistical results as follows.

Table 6.
Hypothetical Data

| Variables | N | Min. | Max. | Mean | SD |
|-------------------|-----|------|------|------|----|
| Gratitude | 223 | 11 | 77 | 44 | 11 |
| Life Satisfaction | 223 | 5 | 35 | 20 | 5 |

Table 7.
Empirical Data

| Variables | N | Min. | Max. | Mean | SD |
|-------------------|-----|------|------|-------|------|
| Gratitude | 223 | 47 | 77 | 65.63 | 5.46 |
| Life Satisfaction | 223 | 11 | 35 | 26.02 | 4.07 |

It is known from the empirical data table above for the life satisfaction variable that the minimum value is 11, the maximum value is 35, the mean value is 26.02, and the standard deviation is 4.07. For the gratitude variable, the minimum value was 11, the maximum value was 77,

the mean value was 65.63, and the standard deviation value was 5.46.

In the descriptive analysis of this research, categorization is needed to determine the level of gratitude and life satisfaction of each respondent based on empirical data. The results of the categorization can be observed in the table below.

Table 8.
Gratitude Category

| Categories | Norm | N | Percentage |
|------------|------------------------------|------------|--------------|
| Very Low | $x \leq M - 1.5SD$ | - | - |
| Low | $M - 1,5 < x \leq M - 0.5SD$ | - | - |
| Moderate | $17.5 < X \leq 22.5$ | 3 | 1.3% |
| High | $22.5 < X \leq 27.5$ | 32 | 14.3% |
| Very High | $27.5 < X$ | 188 | 84.3% |
| | Total | 223 | 100 % |

Based on the table above, it is known that three respondents (1.3%) were in the moderate category, 32 respondents (14.3%) were in the high category, and 188 respondents (84.3%) had

a very high level of gratitude. It can be concluded that the gratitude variable is in the very high category.

Table 9.
Life Satisfaction Category

| Categories | Norm | N | Percentage |
|------------|--------------------------|------------|-------------|
| Very Low | $X \leq 27.5$ | 2 | 0.9% |
| Low | $27.5 < X \leq 38.5$ | 3 | 1.3% |
| Moderate | $38.5 < X \leq M + 49.5$ | 41 | 18.4% |
| High | $49.5 < X \leq 60.5$ | 91 | 40.8% |
| Very High | $60.5 < X$ | 86 | 38.6% |
| | Total | 223 | 100% |

Based on the table above, it is known that there are two respondents (0.9%) in the very low category, three respondents (1.3%) in the low category, 41 respondents (18.4%) in the sufficient category, 91 participants (40.8%) were in the high category and the remaining 86 participants (38.6%) had a very high level of gratitude. It can be concluded that the gratitude variable is in the very high category.

Classic Assumption Test

The normality test is used to determine whether the research data is normally distributed or not. The normality test used in this research is the One-Sample Kolmogorov-Smirnov Test with the help of SPSS. The basis for decision-making or the significance of normally distributed data is $p > 0.05$. Data is not normally distributed if the p -value < 0.05 . The results of the normality test can be seen in the table below.

Table 10.

Normality Test Results

| Variables | Significance | p-value | Conclusion |
|-------------------|--------------|------------|----------------------|
| Gratitude | 0.2 | $p > 0.05$ | Terdistribusi Normal |
| Life Satisfaction | | | |

Based on the table above, it can be seen that the significance value is 0.2, which indicates $p > 0.05$, so it can be concluded that the data is normally distributed.

Next, there is a linearity test based on decision-making; namely, if the significance value $\alpha < 0.05$, then the independent variable is related to

the dependent variable. The linearity test also looks at the deviation for linearity value, where if the significance value is $\alpha > 0.05$, then the linearity deviation is not significant, which means there is a linear relationship between the gratitude variable and the life satisfaction variable.

Table 11.

Linearity Test

| Variables | Significance | p-value | | Conclusion |
|---------------------------------|-----------------------|-------------------------|------------|------------|
| Gratitude– Life Satisfaction | 1.67×10^{-8} | Linearity | $p < 0.05$ | Linear |
| | 0.055 | Deviation for Linearity | $p > 0.05$ | |

Based on the table above, the linearity test results are 1.67×10^{-8} , which means $p < 0.05$, while the linearity test results based on deviation for linearity are 0.055, which means the relationship between the two variables is linear.

Hypothesis Testing

The hypothesis test used in this research is a simple linear regression analysis to determine the

role of gratitude on life satisfaction among adolescents in Malang City orphanages. If the significance value is < 0.05 , then the hypothesis is accepted. The results of the simple regression analysis can be reviewed in the following table.

Table 12.

Model Summary

| Model | R | R Square | Adjusted R Square | Std. Error of the Measurement |
|-------|-------|----------|-------------------|-------------------------------|
| 1 | 0.360 | 0.129 | 0.125 | 3.804 |

Table 13.
Analysis of Variance

| | Sum of Squares | df | Mean Square | F | Sig. |
|-------------------|----------------|-----|-------------|--------|------------------------|
| Regression | 474.883 | 1 | 474.883 | 32.817 | 3.289×10^{-8} |
| Residual | 3198.005 | 221 | 14.471 | | |
| Total | 367.888 | 222 | | | |

Based on the regression analysis table above, it is known that the calculated F value is 32.817, and the significance is $(3.289 \times 10^{-8}) \leq 0.05$. It can be concluded that the gratitude variable can predict the life satisfaction variable for adolescents in orphanages in Malang City. From the table above, it is also known that the standard error value is 3.804, which means that the lower the

error value, the more accurate it is in predicting variable Y (life satisfaction).

Based on the table above, it is also known that the R Square or coefficient of determination is 0.129, which means that the gratitude variable can explain 12.9% of the variation in the life satisfaction variable, while other variables explain the remaining 87.1%.

Tabel 14.
Regression Coefficient Value

| | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. |
|------------|-----------------------------|------------|---------------------------|-------|-----------------------|
| | B | Std. Error | Beta | | |
| (Constant) | 8.452 | 3.078 | | 2.746 | 0.007 |
| Gratitude | 0.268 | 0.47 | 0.360 | 5.729 | 3.29×10^{-8} |

Based on the table above, it is known that the constant value is 8.452, which illustrates that the gratitude variable significantly predicts the life satisfaction variable. Based on this, the regression equation is known as follows:

$$Y = a + bX$$

$$Y = 8.452 + 0.268X$$

where,

X = Gratitude

Y = Life Satisfaction

Based on this, it can be concluded that for every one-point increase in gratitude among adolescents in orphanages in Malang City, life satisfaction increases by 0.268.

DISCUSSION

Description of Gratitude Among Adolescents in Orphanages in Malang City

Snyder and Lopez (2002) define gratitude as an expression of admiration and appreciation for life and gratitude aimed at fellow humans, na-

ture, and the Creator. Mc Cullough et al. (Snyder & Lopez, 2002) state that gratitude arises because the individual's morals are stimulated by a sense of caring for others, whereas gratitude occurs when an individual is in a prosocial position.

Based on the results of descriptive tests, it is known that the level of gratitude among adolescents in orphanages in Malang City tends to be high, with the majority being in the very high category. This is known based on data where 188 out of 223 or 84.3% of participants were in the very high category.

According to a systematic review by Rahmat et al. (2022), five factors influence a person's gratitude, one of which is the meaningfulness of life, which is defined by Nadhiroh (2012) as the way and also the meaning that each individual has in his life. This means that something meaningful to others is not necessarily meaningful to oneself, and vice versa. Individuals seeking

the meaning of life will go through a process of rejection of a situation, which will raise self-awareness as the individual begins to analyze the valuable qualities within themselves.

The next factor that influences gratitude, according to Rahmat et al. (2022), is psychological well-being, which is a behavior that positively evaluates past events in one's life so that one can then actualize one's self and have a broader view of life so one can achieve happiness (Prameswari & Ulpawati, 2019).

Resilience is also a gratitude factor. This factor is also related to the spiritual well-being factor, as explained by (Estria, 2018) that it is easier for a person to face and accept disasters that occur in their life when the individual believes that there is a good lesson in every event and will from God and the universe.

Specifically, the gratitude factor in adolescents described by From et al. (Wijayanti et al., 2020) includes gender, positive outlook, peer perception, optimism and social support. This is also consistent with the findings by Wood et al. (Wijayanti et al., 2020), which shows that gratitude has a correlation, one of which is with social support. (Purba et al., 2007) explained that there are many types of social support, including when the environment provides comfort and care for individuals, giving rise to positive psychological impacts such as feeling appreciated.

This statement is in line with the results of research by (Wijayanti et al., 2020), where gratitude is related to social and peer support, which is also in line with research by McCullough et al. (Wijayanti et al., 2020) where individuals who feel social support within themselves also have feelings of gratitude.

Based on this, it can be seen that one of the reasons for the high level of gratitude among adolescents in orphanages in Malang City is influenced by social support. This result is also supported by the explanation from the orphanage administrators regarding providing social support to orphanage children, such as providing educational facilities for orphanage children

in the form of a library. Apart from social support in the form of material, the orphanage also provides psychological support, starting with creating the atmosphere of the orphanage so that it feels like their own home. Orphanage administrators also emphasize openness to both friends and orphanage administrators so that orphanage children have a place to talk. Through this, children in orphanages receive social support to increase their gratitude.

Description of Life Satisfaction of Adolescents in Orphanages in Malang City

Based on the results of descriptive analysis tests that have been carried out, it is known that life satisfaction among adolescents in orphanages in Malang City tends to be high. Based on these results, it can be seen that the majority of adolescents in Malang City orphanages feel life satisfaction as a result of self-awareness, which includes understanding one's potential so that they have the urge to actualize themselves to achieve life goals in the future (Dariyo, 2016; Goleman, 2019).

Life satisfaction is how individuals represent the quality of their lives based on their life experiences (Green et al., 2019). (Seligman, 2005) also mentions a concept related to life satisfaction, which is an individual's expectations that align with the reality obtained. This is also in line with the explanation from (Pratama et al., 2015), where life satisfaction can be achieved if individuals can realize their hopes accompanied by effort.

Research by (Pratiwi, 2020) on adolescents aged 11 to 20 found that one of the biggest factors influencing adolescents' life satisfaction is social support from parents as close figures to adolescents. This is consistent with research by Khan (2015), which states that there is a positive relationship between social support and life satisfaction in adolescents. Previous research, such as that conducted by Wenk et al. (Khan, 2015), revealed that men and women who feel close to their parents (specifically with their fathers) have a positive relationship with life satisfaction.

However, as is known, some people have to separate from their parents at a young age for various reasons, which requires them to live in social institutions such as orphanages. This causes them not to get social support directly from the family but from the child's attachment figure. Ervika (2005) concluded that an attachment figure is someone who is trusted and can provide a sense of security to children with the special characteristic of having a two-way relationship over a long period. In an orphanage environment, the child's attachment figure is not the biological parent but the caregiver in the orphanage. As stated by Ervika (2005), the mother or caregiver is one of the child's attachment figures. The results of follow-up interviews with orphanage administrators in Malang City also revealed the same thing: the attachment figures of children in orphanages have been replaced by caregivers or orphanage administrators so that orphanage administrators are like substitutes for parents, while children in orphanages who are older or younger become substitute figures for older or younger siblings.

The explanation above aligns with preliminary interviews conducted with several adolescents living in orphanages in Malang City regarding affection and social support for adolescents in orphanages. This shows that the social support in Malang City orphanages influences life satisfaction, which will also influence the ability to adapt and stress levels in adolescents.

The Role of Gratitude on Life Satisfaction of Orphanage Adolescents in Malang City

Based on the results of data analysis that has been carried out using simple regression analysis techniques, it is known that gratitude plays a role in life satisfaction among adolescents in Malang City orphanages. It is known that for every one-point increase in gratitude, the life satisfaction score of adolescents in orphanages in Malang City will also increase by 0.268, judging from the regression equation obtained. Furthermore, from the coefficient of determination (R Square) with a value of 0.129, it can be seen that the grat-

itude variable can explain 12.9% of the variation in life satisfaction, and the remaining 87.1% is caused by other factors not examined in the research.

This is consistent with the theory presented by Emmons and McCullough (2003) that gratitude arises when someone has a positive view of their life experiences. Furthermore, Yildirim and Alanazi (2018), in their research, explained that gratitude influences life satisfaction and has other positive impacts, such as reducing stress, depression and anxiety. Life satisfaction is one of the concepts of subjective well-being, where each individual has a basis for assessing his or her life satisfaction, both through the opinions of other people and their life experiences (Snyder & Lopez, 2002). Thus, it can be seen that life satisfaction between individuals will always differ according to the conditions they have experienced and current conditions.

The results of this study are also in line with Wood et al. (Xiang & Yuan, 2021), which revealed that gratitude is a predictor in assessing one's life satisfaction. Individuals with low gratitude will tend to have low life satisfaction, so they have no motivation in life and no life goals. Furthermore, Yildirim and Alanazi (2018) stated that adolescents with low gratitude and life satisfaction tend to have high-stress levels.

Several things mediate the influence of gratitude and life satisfaction. Research conducted by Xiang and Yuan (2021) based on the broaden-and-build theory revealed that two types of envy play a role in this, namely benign envy and malicious envy, where individuals with a higher level of gratitude will be more able to control themselves over the achievements of others, while individuals with a lower level of gratitude will feel inferior or inferior and only focus on the desired results rather than on the process. However, individuals who have envy tend to be able to improve themselves so that they can increase life satisfaction with the new goals they have. It can be concluded that gratitude becomes a stim-

ulus or stimulus for feelings of envy in individuals to increase life satisfaction.

Research by Xiang and Yuan (2021) with a different mediating variable, namely mindfulness, states that individuals who have feelings of gratitude form awareness and attention to current conditions so they can pay more attention to the experiences of other people. In short, mindfulness raises individuals' awareness, which acts as a bridge for benign envy and prevents malicious envy, both of which have a part in shaping an individual's perception of life satisfaction. Apart from that, negative emotions also play a role in a person's life satisfaction, where negative emotions actively build awareness and attention to the surrounding environment so that there is an urge to improve a better life to increase life satisfaction. It can be concluded that high life satisfaction arises due to the positive emotions individuals create because they have a high level of gratitude.

CONCLUSION

Gratitude plays a role in the life satisfaction of orphanage adolescents in Malang City by 12.9% of the variation in the life satisfaction variable, while other variables explain the remaining 87.1%. For every one-point increase in gratitude, the life satisfaction score of adolescents in orphanages in Malang City will also increase by 0.268. It is hoped that future researchers can involve more participants because this will influence the construction process of the measuring instrument using CFA to find a model that fits the measuring instrument and also examine 87.1% of other variables that may be related as well as mediator variables such as benign envy, malicious envy, and mindfulness to find out whether these variables mediate the role of gratitude on life satisfaction.

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