

ABSTRAK

HUBUNGAN ANTARA *GRATITUDE* DENGAN *PSYCHOLOGICAL WELL BEING* PADA GURU HONORER SMP DAN MTS DI KECAMATAN LIMA KAUM KOTA BATUSANGKAR

Penelitian ini bertujuan untuk mengetahui hubungan antara *gratitude* dengan *psychological well being* pada guru honorer di SMP dan MTS di Kecamatan Lima Kaum Kota Batusangkar. Variabel bebas dalam penelitian ini adalah *gratitude* dan variabel terikat adalah *psychological well being*. Alat ukur yang digunakan dalam penelitian ini adalah skala *gratitude* dan skala *psychological well being*. Teknik pemilihan sampel dalam penelitian ini adalah teknik *sampling jenuh*. Sampel dalam penelitian ini adalah 53 guru honorer di SMP dan MTS di Kecamatan Lima Kaum Kota Batusangkar. Uji validitas dan reliabilitas pada penelitian ini menggunakan teknik *alpha cronbach*. Hasil koefisien validitas pada skala *gratitude* berkisar antara 0.331 sampai dengan 0,766. Hasil koefisien validitas pada skala *psychological well being* berkisar antara 0.314 sampai dengan 0.842. Dengan koefisien reliabilitas *gratitude* sebesar 0.935 dan pada skala *psychological well being* sebesar 0.944. Berdasarkan analisis data, diperoleh nilai korelasi antara *gratitude* dan *psychological well being* sebesar $r = 0.467$ dengan taraf signifikan $p = 0.000$ yang berarti hipotesis diterima. Menunjukkan hubungan dengan taraf sedang dan berarah positif, artinya semakin tinggi *gratitude* maka semakin tinggi *psychological well being*, dan sebaliknya semakin rendah *gratitude* maka semakin rendah *psychological well being*. Hal ini menunjukkan bahwa ada hubungan yang signifikan antara *gratitude* dengan *psychological well being* pada guru honorer di SMP dan MTS di Kecamatan Lima Kaum Kota Batusangkar.

Kata Kunci: *gratitude, psychological well being, guru honorer, SMP, MTS.*

ABSTRACT

THE RELATIONSHIP BETWEEN GRATITUDE AND PSYCHOLOGICAL WELL BEING IN JUNIOR HIGH SCHOOL AND MTS HONORER TEACHERS IN THE DISTRICT LIMA KAUM KOTA BATUSANGKAR

This study aims to determine the relationship between gratitude and psychological well-being in honorary teachers at SMP and MTS in Lima Kaum District, Batasangkar City. The independent variable in this study is gratitude and the dependent variable is psychological well being. The measuring instruments used in this study are the gratitude scale and the psychological well being scale. The sample selection technique in this study is saturated sampling technique. The sample in this study were 53 honorary teachers at SMP and MTS in Lima Kaum District, Batasangkar City. Test the validity and reliability in this study using the alpha cronbach technique. The results of the validity coefficient on the gratitude scale range from 0.331 to 0.766. The results of the validity coefficient on the psychological well being scale ranged from 0.314 to 0.842. With a gratitude reliability coefficient of 0.935 and on a psychological well being scale of 0.944. Based on data analysis, a correlation value was obtained between gratitude and psychological well being of $r = 0.467$ with a significant level of $p = 0.000$, which means the hypothesis is accepted. Shows a relationship with a moderate level and a positive direction, meaning that the higher the gratuity, the higher the psychological well being, and conversely the lower the gratitude, the lower the psychological well being. This shows that there is a significant relationship between gratitude and psychological well-being in honorary teachers at SMP and MTS in Lima Kaum District, Batasangkar City.

Keywords: *gratitude, psychological well being, honorary teacher, SMP, MTS.*