

## ABSTRAK

### HUBUNGAN ANTARA *GRATITUDE* DENGAN *SUBJEKTIF WELL BEING* PADA SISWA KELAS XI DI SMA NEGERI 4 SIJUNJUNG

Penelitian ini bertujuan untuk mengetahui hubungan antara *gratitude* dengan *subjectif well being* pada siswa kelas XI di SMA Negeri 4 Sijunjung. Variabel bebas dalam penelitian ini adalah *gratitude* dan variabel terikat adalah *subjective well being*. Alat ukur yang digunakan dalam penelitian ini adalah skala *gratitude* dan skala *subjective well being*. Teknik pemilihan sampel dalam penelitian ini adalah teknik *sampling jenuh*. Sampel dalam penelitian ini adalah 68 siswa kelas XI yang terdiri dari dua kelas yaitu XI F.1 dan XI F.2 di SMA Negeri 4 Sijunjung. 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 *subjective well being* berkisar antara 0,376 sampai dengan 0,734. Dengan koefisien reliabilitas *gratitude* sebesar 0,935 dan pada skala *subjective well being* sebesar 0,937. Berdasarkan analisis data, diperoleh nilai korelasi antara *gratitude* dan *subjective well being* sebesar  $r = 0.467$  dengan taraf signifikan  $p = 0.000$  yang berarti hipotesis diterima artinya terdapat hubungan yang sedang dan sangat signifikan antara *gratitude* dengan *subjectif well being* pada siswa kelas XI di SMA Negeri 4 Sijunjung. Menunjukkan hubungan dengan arah positif, artinya semakin tinggi *gratitude* maka semakin tinggi *subjective well being* dan sebaliknya semakin rendah *gratitude* maka semakin rendah *subjective well being*.

**Kata Kunci:** *gratitude, subjective well being, siswa, SMA N 4 Sinjunjung.*

## **ABSTRACT**

### ***THE RELATIONSHIP BETWEEN GRATITUDE AND SUBJECTIVE WELL BEING IN CLASS XI STUDENTS AT SMA NEGERI 4 SIJUNJUNG***

*This research aims to determine the relationship between gratitude and subjective well being in class XI students at SMA Negeri 4 Sijunjung. The independent variable in this research is gratitude and the dependent variable is subjective well being. The measuring instruments used in this research are the gratitude scale and subjective well being scale. The sample selection technique in this research is a saturated sampling technique. The sample in this study was 68 class XI students consisting of two classes, namely XI F.1 and XI F.2 at SMA Negeri 4 Sijunjung. Validity and reliability testing in this research used the Cronbach's alpha technique. The results of the validity coefficient on the gratitude scale ranged from 0.331 to 0.766. The results of the validity coefficient on the subjective well being scale ranged from 0.376 to 0.734. With a gratitude reliability coefficient of 0.935 and a subjective well being scale of 0.937. Based on data analysis, the correlation value between gratitude and subjective well being was obtained at  $r = 0.467$  with a significant level of  $p = 0.000$ , which means the hypothesis is accepted, meaning there is a moderate and very significant relationship between gratitude and subjective well being in class XI students at SMA Negeri 4 Sijunjung. . Shows a relationship in a positive direction, meaning that the higher the gratitude, the higher the subjective well-being and conversely, the lower the gratitude, the lower the subjective well-being.*

***Keywords: gratitude, subjective well being, students, SMA N 4 Sinjunjung.***