Gratitude and Happiness Among Single Parents

Ajrin Syarafina Batam*, Hendro Prabowo

[a] ajrinsyar14@gmail.com
Gunadarma University, Depok, Indonesia
Gunadarma University, Depok, Indonesia

Abstract

Being a single parent is not an easy thing because you have to carry out your duties as a single parent for your children. This certainly makes single parents have to carry a heavy burden and it is not uncommon to feel hopeless and down with this situation, but there are also single parents who still feel happy even though they have to do their duties as parents alone. This study aims to examine the relationship between gratitude and happiness in single parents. In this study, the number of respondents was 58 people. Happiness was measured by a scale that the researcher made his own scale based on aspects from Anggoro & Widhiarso (2010) and for gratitude the researcher modified the original scale made based on the components according to Watkins (2014). This study uses Pearson's Product Moment correlation technique which results in a highly significant relationship between gratitude and happiness with a significance value of 0.802. These results indicate a positive relationship between gratitude and happiness which means that the higher the gratitude of single parents, the higher the happiness.

Keywords: Gratitude, Happiness, Single Parents

1. Introduction

Currently, divorce cases have increased, causing someone to become a single parent. Based on data from the Central Bureau of Statistics in 2022, there were 12.72 percent of women who became heads of households out of the total households in Indonesia (Anwar, 2023). Single parenthood can be due to the death of a husband or wife, separation or divorce, having a child in the absence of marriage, raising or adopting a child by a single or unmarried individual (Perlmutter & Hall, 1985). Being a single parent is not an easy thing because it has to undergo its duties as a single parent for its children. A single parent must play the role of both father and mother for their children. This certainly makes single parents have to carry a heavy burden and it is not uncommon to feel desperate and down with this situation, but there are also single parents who still feel happy even though they have to do their duties as parents alone. According to research conducted by Mailany and Sano (2013) on single parents in Jorong, single parents caused by divorce experience the most problems in family life, namely in the aspect of relationships with the husband's extended family. Meanwhile, single parents who die experience the most problems in personal life, namely aspects of physical condition and health. Meanwhile, according to research by Mastika, Yusnita, & Sartika (2021) problems in single parents include economic problems such as making a living and social problems, namely being underestimated by society.

According to Lyubomirsky and Kurtz (2008) happiness can be considered as a general term that includes low-intensity positive emotions (calmness), high-intensity positive emotions (joy, euphoria), as well as often feeling positive affect and rarely feeling negative affect and feeling that life is good and useful. According to Surbakti (2010), happiness is a positive emotion that builds a cheerful, joyful, pleasant, or encouraging atmosphere, not a negative emotion that builds a sad, gloomy, or sorrowful atmosphere. Wicaksono (2016) says that happiness is when a person can feel comfortable and easy to get along with others and is good at living. Meanwhile, gratitude is a word that comes from the Latin 'gratia' or 'gratus' which means grace, kindness, or a feeling of gratitude. Everything from Latin is related to kindness, giving, gifts, the beauty of giving and receiving, or getting something willingly (Pruyser in Peterson & Seligman, 2004). According to Peterson and Seligman (2004) gratitude or gratitude as a feeling of gratitude and pleasure in response to receiving a gift, the gift provides benefits to someone or an event that provides peace. Meanwhile, according to Emmons and McCullough (2004) gratitude is an emotion, which is a pleasant feeling about the benefits received.

According to the results of research conducted by Raop and Kadir (2011) on the meaning of life, gratitude and its relationship with subjective joy among workers conducted on 220 workers in Malaysia found that the meaning of life and gratitude are related to subjective happiness. Further research conducted by Safaria (2014) on forgiveness, gratitude, and happiness conducted on 81 psychology students at one of the universities in Jogjakarta showed that gratitude and forgiveness had an R-square of 0.289 or contributed 28.9% to happiness. Gratitude contributes the most to happiness with a significance value of 0.000 (p<0.05) and a regression coefficient of 0.536. Meanwhile, forgiveness has no contribution to happiness because it has a significance value of 0.414 (p>0.05) and has a regression coefficient of 0.078. This states that gratitude makes the biggest contribution to happiness compared to forgiveness. Watkins et al (2003) have also found that grateful people tend to experience greater positive emotions, such as more often rejoicing, being happy, and having hope, and have fewer negative emotions.

In previous research conducted by Safaria (2011), it has been known that gratitude is related and contributes greatly to happiness, but the study has different subject characteristics, namely workers and students. In this study, researchers will use single parents as subjects, where single parents have many differences in characteristics with workers and students. One of the characteristics that distinguishes single parents from workers and students is that single parents must bear a considerable burden as single parents. The hypothesis proposed in this study is that there is a relationship between gratitude and happiness in single parents. This study aims to examine the relationship between gratitude and happiness in single parents.

2. Research Method

The sample technique in this study was snowball sampling and purposive sampling with several criteria, including (1) single parents due to divorce or death of husband or wife, (2) having children whose age range is between children including infants and toddlers to still attending school or college. Snowball sampling is a sampling technique that starts small, then gets bigger (Sugiyono, 2013). Like a rolling snowball that gradually becomes large, while purposive sampling is a sampling technique with certain considerations (Sugiyono, 2013).

The data collection method used in this research is the questionnaire method. This study used two questionnaires with a Likert scale model. The Likert scale is a scale that can be used to measure the attitudes, opinions, perceptions of a person or group of people about a symptom or phenomenon (Sugiyono, 2013). Here is how to score the Likert scale. The data analysis technique used in this study, namely using the Pearson Moment Product correlation analysis method. This correlation is used to test the significance of two variables, namely the independent and dependent variables (Sugiyono, 2013), namely gratitude and happiness with the help of the Statistical Product and Service Solution (SPSS) version 22 for Windows program.

The preparations made to carry out the research consisted of preparing measuring instruments in the form of a happiness questionnaire consisting of 51 statement items and a gratitude questionnaire consisting of 40 statement items. The happiness scale used is a scale that the researcher made himself based on the aspects found by Anggoro and Widhiarso (2010). While the gratitude scale used in this study is the Gratitude Resentment and Appreciation Test (GRAT) scale which is compiled based on the components put forward by Watkins (2014) and has been modified from the original scale. Before the questionnaire was distributed, expert judgment was carried out which was useful to determine the extent to which the items in the questionnaire were valid for use. In this study, researchers prepared 80 copies of questionnaires and google forms containing happiness questionnaires and gratitude questionnaires.

On the happiness scale there are 44 items that have high discrimination power and 7 items that are canceled. Of the 44 items that have high discrimination power, they have a total item correlation between 0.376 to 0.810. This means that the happiness scale is precise and accurate. While the gratitude scale has 30 items that have high discrimination power and 10 items that are canceled. Of the 30 items that have high discrimination power, they have a total item correlation between 0.319 to 0.716. This means that the kebersyukuran scale is precise and accurate. The reliability test is carried out to determine the consistency of the measuring instrument. The reliability coefficient is in the range of numbers 0 to 1. If the reliability coefficient is higher or closer to 1, it means that the measurement is more reliable. The minimum limit of the reliability coefficient is 0.70 (Azwar, 2012). The reliability test conducted with the Cronbach Alpha technique on the happiness scale resulted in a coefficient value of 0.957 while on the gratitude scale resulted in a coefficient value of 0.914. This shows that both measuring instruments are reliable.
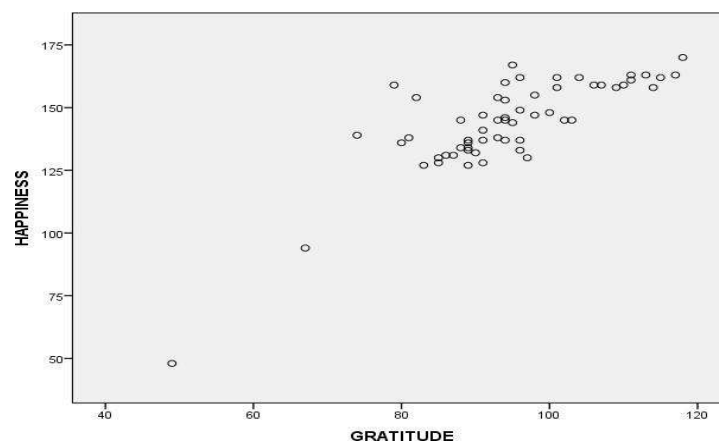
3. Results

3.1 Normality Test

The normality test in this study used the SPSS version 22, for Windows program, namely Kolmogorov Smirnov. From the results of the normality test using Kolmogorov Smirnov, it is known that the happiness scale has a significance value of 0.002 (p <0.05). This indicates that the happiness data is not normally distributed. While the normality test results on the gratitude scale have a significance value of 0.200 (p≥0.05). This indicates that the gratitude data is normally distributed. The following are the results of the normality test on these two variables.

Table 1. Results of the Normality Test

	Kolmogorov-Smirnov[a]		
	Statistic	df	Sig.
HAPPINESS	0,154	58	0,002
GRATITUDE	0,101	58	0,200

3.2 Linearity Test

Figure 1. *Scatter Plot*

Based on Figure 1, it can be seen that the data for the two variables, namely gratitude and happiness, are linear and positively directed and there are no outliers. The linearity test in this study obtained Anova significance results which can be seen by looking at the F- Linearity and F-Deviations from Linearity columns. According to Widhiarso (2010) there are two results that need to be seen, the first is the F-Linearity column and the F-Deviations from Linearity column. F- Linearity shows the extent to which if the dependent variable is predicted to lie exactly on a straight line. If the result is significant ($p<0.05$) then a linear model is appropriate for the modeled relationship. If the F-Deviations from Linearity value is in the insignificant range ($p>0.05$) then it can be said that the data has a linear relationship. However, if one of the F- Linearity and F- Deviation from Linearity meets the requirements then the data linearity has been fulfilled.

Based on the results of the linearity test, the results obtained the F-Linearity value of 186.459 with a significance of 0.000 and F- Deviation from Linearity of 2.401 with a significance of 0.017. This shows that there is a linear relationship between the two variables. The following is a linearity test table.

Table 2. Result of Linearity Test

			Sum of Squares	df	Mean Square	F	Sig.
HAPPINESS * GRATITUDE	Between Groups	(Combined)	19072,437	35	544,927	7,659	0,000
		Linearity	13265,406	1	13265,406	186,459	0,000
		Deviation from linearity	5807,031	34	170,795	2,401	0,017
	Within Groups		1565,167	22	71,144		
	Total		20637,603	57			

3.3 Hypothesis Test

Hypothesis testing in this study was carried out using bivariate correlation techniques. Based on the results of the hypothesis test, the test value of the relationship between gratitude and happiness in single parents is 0.802 with a significance value of 0.000 ($p < 0.01$). These results indicate that there is a very significant positive relationship between gratitude and happiness in single parents. Thus, the hypothesis in this study is accepted. The following are the results of hypothesis testing.

Tabel 3. Hypothesis Test

		HAPPINESS	GRATITUDE
HAPPINESS	Pearson Correlation	1	0,802[**]
	Sig. (2 tailed)		0,000
	N	58	58
GRATITUDE	Pearson Correlation	0,802[**]	1
	Sig. (2 tailed)	0,000	
	N	58	58

4. Discussion

This study aims to examine the relationship between gratitude and happiness in single parents. Based on the results of this study, it shows that there is a very significant positive relationship between gratitude and happiness in single parents. This shows that the higher the gratitude in single parents, the higher the happiness, and vice versa if the lower the gratitude in single parents, the lower the happiness. This is in accordance with the statement put forward by Seligman (2005) which says that positive feelings will encourage individuals to have true happiness, one of which is to give thanks for what they have.

According to the results of research conducted by Permana (2017), it shows that there is a positive and significant relationship with a significance of (0.019) <0.05 and R = 0.37, which means that this study confirms the relationship between gratitude and happiness in students who are victims of divorce. Further research conducted by Safaria (2014) on forgiveness, gratitude, and happiness also shows that gratitude makes the greatest contribution to happiness. Watkins et al (2003) have also found that grateful people tend to experience greater positive emotions, such as rejoicing more often, being happy, and having hope, and have fewer negative emotions.

5. Conclusions and Suggestions

5.1 Conclusion

Based on the results of the research that has been conducted, it can be concluded that the hypothesis in this study is accepted, namely that there is a very significant relationship between gratitude and happiness in single parents. The relationship is positive, which means that the higher the gratitude in single parents, the higher the happiness.

5.2 Suggestion

Suggestions for research respondents, namely single parents, are advised to always and increasingly be grateful for what they have. In addition to being grateful, single parents are also expected to have other positive emotions so that they can always feel happy. As for future researchers, it is hoped that they can further develop this research such as by looking for single parent communities to make it easier to get a larger number of respondents and adding the number of male respondents in order to balance the number of women. As well as paying more attention to the items so that they do not lead to social propriety to avoid respondents who pretend to be good at filling out the questionnaire. In addition, it is also expected to add the cause of being a single parent to the respondent's identity, this is useful for seeing and describing the level of happiness based on the cause of being a single parent.

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