

## ABSTRAK

*Gratitude* atau kebersyukuran merupakan suatu bentuk apresiasi atau penghargaan yang dialami oleh individu ketika seseorang melakukan hal yang baik atau bermanfaat bagi mereka. *Gratitude* dapat dimiliki oleh setiap individu dari berbagai rentang usia, tidak terkecuali pada remaja yang tinggal di pondok pesantren. Dalam penelitian belakangan ini, *gratitude* banyak dihubungkan dengan peningkatan *subjective well-being* atau kesejahteraan subjektif. *Subjective well-being* adalah konstruk yang mengukur kebahagiaan yang terdiri dari dimensi afek positif, afek negatif, dan kepuasan hidup. Terdapat banyak faktor yang dapat memengaruhi *subjective well-being*, diantaranya yaitu rasa syukur, pemaafan, kepribadian, harga diri, spiritualitas, dan dukungan sosial. Penelitian ini dilakukan untuk mengetahui hubungan antara *gratitude* dengan *subjective well-being* santri kelas XII di Pesantren X Kabupaten B.

Penelitian dilakukan menggunakan pendekatan kuantitatif dengan rancangan penelitian korelasional. Penelitian ini menggunakan teknik *non-probability sampling* yaitu *convenience sampling*. Responden penelitian terdiri dari 84 santri kelas XII di Pesantren X Kabupaten B. Uji korelasi pada penelitian ini menggunakan uji *Pearson's r* karena data berdistribusi normal. Hasil penelitian menunjukkan bahwa terdapat hubungan korelasional antara *gratitude* dengan *subjective well-being* santri kelas XII di Pesantren X Kabupaten B. Analisis hubungan komponen *gratitude* dengan *subjective well-being* pun menunjukkan adanya korelasi dari setiap komponen *gratitude* dengan *subjective well-being*. Selain itu, kategori tingkat *gratitude* dan *subjective well-being* mayoritas responden tergolong sedang. Tingkatan kategori yang sama pada kedua variabel membuktikan bahwa kedua variabel memiliki korelasi yang kuat.

**Kata kunci:** *gratitude*, *subjective well-being*, santri.

## **ABSTRACT**

*Gratitude is a form of appreciation experienced by individuals when someone does something good or beneficial for them. Gratitude can be owned by every individual from various age ranges, including teenagers who live in Islamic boarding schools. In recent research, gratitude has been associated with an increase in subjective well-being. Subjective well-being is a construct that measures happiness which consists of positive affect, negative affect and life satisfaction dimensions. There are many factors that can affect subjective well-being, including gratitude, forgiveness, personality, self-esteem, spirituality, and social support. This research was conducted to determine the relationship between gratitude and the subjective well-being of class XII students at X Islamic Boarding School, B Regency.*

*This study used a quantitative approach with a correlational research design and non-probability sampling technique, convenience sampling. The research respondents consisted of 84 class XII students at X Islamic Boarding School, B Regency. The correlation test in this study used the Pearson's  $r$  test because the data is normally distributed. The results showed that there was a correlational relationship between gratitude and the subjective well-being of class XII students at X Islamic Boarding School, B Regency. Analysis of the relationship between the components of gratitude and subjective well-being also showed a correlation between each component of gratitude and subjective well-being. In addition, the category of level of gratitude and subjective well-being of the majority of respondents is moderate. The same category level for both variables proves that the two variables have a strong correlation.*

**Keywords:** *gratitude, subjective well-being, students.*