

The Influenced Factors of Gratitude: A Systematic Review

Hayatul Khairul Rahmat^{1*}, Ela Nurmalasari², Octari Annisa³, Taufiq Hidayat⁴, Nina Fitriyani⁵, Syahti Pernanda⁶

¹ Department of Islamic Guidance and Counseling, Faculty of Da'wah and Communication, Sunan Kalijaga State Islamic University, Yogyakarta, Indonesia, ✉ hayatulkhairul@gmail.com

² Master of Guidance and Counseling, Faculty of Educational Sciences, State University of Yogyakarta, Yogyakarta, Indonesia, ✉ elanurmalasari.2020@student.uny.ac.id

³ Department of Islamic Psychology, Faculty of Usuluddin and Religious Studies, Imam Bonjol State Islamic University, Padang, Indonesia ✉ octari.annisa@student.uinib.ac.id

⁴ Master of Environmental Science, Postgraduate Program, Andalas University, Padang, Indonesia, ✉ hidayattaufiq159@gmail.com

⁵ Department of Islamic Guidance and Counseling, Faculty of Da'wah, Sultan Maulana Hasanuddin State Islamic University, Banten, Indonesia, ✉ ninafitriyani.bk@gmail.com

⁶ Department of Elementary Teacher Education, Faculty of Educational Sciences, State University of Padang, Padang, Indonesia, ✉ syahti.pernanda95@gmail.com

*Corresponding Author

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Abstract

Humans as social beings are always faced with various problems in their daily life. If the individual is not able to manage the existing problems, it has the potential to create psychological pressure and in the long run to the level of depression. Gratitude is a coping mechanism that forms positive attributions and has been shown to prevent stress and depression. This study aims to describe the factors that can affect a person's gratitude. This study uses a systematic review method. The findings of this study are factors that influence gratitude, including the meaningful life, subjective well-being, resilience, spiritual well-being, and happiness.

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INTRODUCTION

Humans as social beings are always faced with various problems in their daily life. Problems faced either directly or indirectly can affect a person's physical and mental health. If the individual is not able to manage the existing problems, it has the potential to create psychological pressure and in the long run to the level of depression. Pressure will arise and increase if a person is not able to position himself properly in handling it. Bingku et al. (2014) stated that regular students of the Nursing Study Program class of 2010 at

Diponegoro University found that 10% of respondents experienced mild stress, while 70% of respondents experienced moderate stress and 20% of respondents experienced mild stress.

Gratitude is a coping mechanism that forms positive attributions and has been shown to prevent stress and depression. In addition, gratitude can help a person enjoy positive life experiences, such as enjoying a reward or something desired in life, so that individuals are able to achieve the greatest possible satisfaction and joy from the current situation (Lyubomirsky & Kristin, 2013).

Gratitude activities are carried out as a form of appreciation when someone gets a gift and a positive appreciation of the value of that gift (Emmons & McCullough, 2004). According to Emmons (2007), gratitude can make someone better and wiser, someone who is wiser can create harmony between himself and his environment and community. In another study, grateful activities make a person feel happy, optimistic and feel life satisfaction (Froh et al., 2009). This is in accordance with the research of Emmons & McCullough (2003) which states that someone who is grateful by recording the kindness he receives shows increased social relationships, improved health, feels life satisfaction, and feels happy.

Based on the explanation above, the aim of this research is to examine the results of research related to the influenced factors of gratitude of individuals. It is hoped that through this research, we can find out more about the protean career attitude and be useful for further research.

RESEARCH METHOD

This research is included in research with a systematic review. Systematic review is a structured and planned review of previous articles (Setyaningsih et al., 2019; Alawiyah et al., 2020, Bastian et al., 2021; Marufah et al., 2020; Priambodo et al., 2020; Putri et al., 2020). The approach used in this research is meta-ethnograph, where the researcher summarizes various relevant research results in a narrative manner with the aim of developing new theories to complement existing theories (Siswanto, 2010; Widha et al., 2021; Rahmanisa et al., 2020; Rahmat et al., 2020). The analysis process from the systematic review will be explained in **Figure 1**.

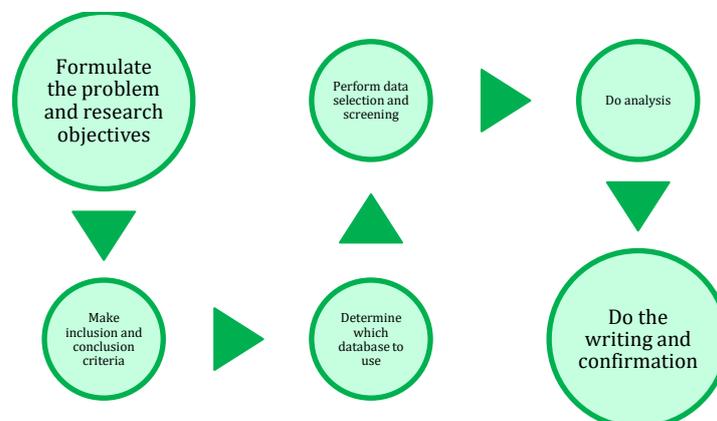


Figure 1. Analysis Process of Systematic Review

RESULT AND DISCUSSION

Based on the search results using the Google Scholar database, five articles were found that were considered to be in accordance with the research theme that was raised, namely about the influenced factors of gratitude. The five articles will be described in **Table 1**.

Table 1. Research Article Findings

Author	Aim	Measurement	Finding
Mujib (2019)	This study aims to determine the effect of gratitude on the meaningful life for divorcee in Merjosari Village, Malang City.	<ul style="list-style-type: none"> - The instrument of gratitude is adapted from the theory of McCullough et al. (2002) which consists of aspects of intensity, frequency, reach, and density. - The instrument of meaningful life is adapted from the theory of Bastaman (1996) which consists of aspects of self-insight, the meaning of life, changing attitude, self-commitment, directed activities, and social support. 	There is a positive relationship between gratitude and the meaningful life with a large effect of 64%.
Pramithasari & Suseno (2019)	To examine the relationship between gratitude and subjective well-being.	<ul style="list-style-type: none"> - The instrument of gratitude is adapted from Ghazali's theory (2008) theory which consists of aspects of gratitude with the heart, verbally, and deed. - Subjective well-being instrument adapted from Dienier et al. (1999) which consists of aspects of genetics, personality, perspective, material resources, social resources, and the environment. 	There is a positive correlation between gratitude and subjective well-being.
Faradilla (2021)	To determine the role of optimism as a	<ul style="list-style-type: none"> - The resilience instrument was 	The results of this study indicate that there is a

Author	Aim	Measurement	Finding
	mediator of the effect of gratitude on resilience in orphanage youth.	<p>adapted from the Connor Davidson Resilience Scale (CD-RISC 25) (Connor & Davidson, 2003) with reference to aspects of personal competence, trust in one's instincts and tolerance for negative effects, positive acceptance of change and being able to establish good relationships with others, self-control, and spiritual influence.</p> <ul style="list-style-type: none"> - The instrument of gratitude was adapted from Listiyandini & Syahniar (2015) with reference to the components of a sense of appreciation, positive feelings towards one's life, and the tendency to act as an expression of positive feelings and appreciation. - The optimism instrument refers to the optimism scale adapted from the Life Orientation Test-Revised (LOT-R) from Carver (2010) 	significant effect between gratitude and resilience mediated by optimism. Optimism can be said to be a mediator because the effect of gratitude on resilience can be mediated through optimism where gratitude affects optimism first then optimism affects resilience
Meiza et al. (2018)	This study aims to determine the effect of gratitude and anxiety on the spiritual well-being of parents of children with special needs.	<ul style="list-style-type: none"> - Gratitude is measured using a scale that is constructed by referring to previous studies and research on Gratitude from an Islamic point of view conducted by Meiza et al. (2016). Gratitude can be measured from 	The results showed that there was a positive influence between gratitude and anxiety on spiritual well-being. The majority of subjects have temporary anxiety so that they can still regulate and control

Author	Aim	Measurement	Finding
		three aspects, namely verbal gratitude, action gratitude, and heart gratitude. - Anxiety was measured using a scale consisting of 40 question items which included 20 questions for State Anxiety and 20 questions for Trait Anxiety (Spielberger, 2010). - Spiritual Well-being is measured using a scale developed from Ellison (2008) which includes two dimensions, namely Religious Well-Being and Existential Well-Being.	emotions which have a positive influence on spiritual well-being.
Khairullah et al. (2021)	To find out the relationship between gratitude and happiness for honorary teachers.	- The instrument of gratitude is adapted from the theory of Watkin et al. (2003). - Happiness instrument adapted from Meiza (2006)	The results obtained are that there is a significant positive relationship between gratitude and happiness for honorary teachers. The relationship between gratitude and happiness is positive, meaning that if gratitude is high, happiness will be high, otherwise if gratitude is low, happiness will be low.

Based on **Table 1**, it is known that the factors that influence gratitude include the meaning of life (Mujib, 2019), subjective well-being (Pramithasari & Suseno, 2019), resilience (Faradilla, 2021), spiritual well-being (Meiza et al., 2018), and happiness (Khairullah et al., 2021).

Gratitude is a form of emotion or feeling which then develops into an attitude, feeling, and ultimately affects the individual (Khairullah et al., 2021). The factors that influence gratitude according to the findings in this study will be described in **Figure 2**.

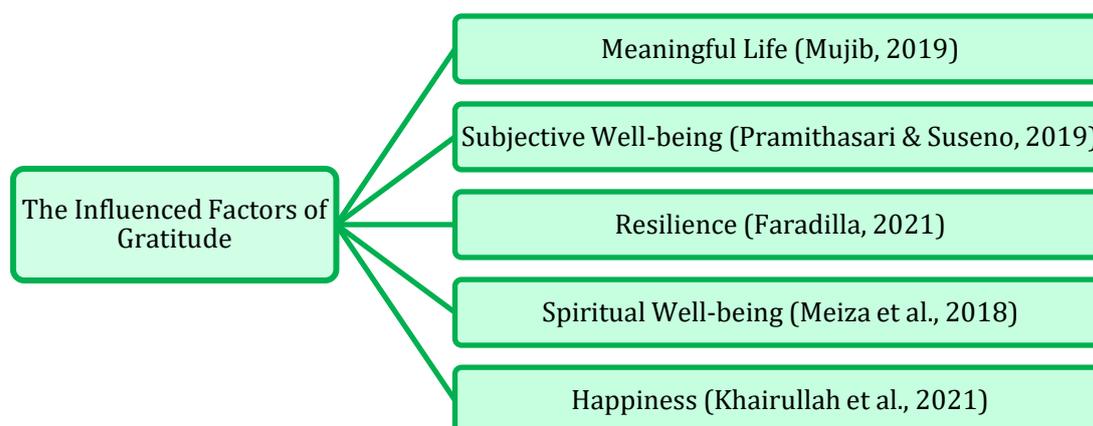


Figure 2. The Influenced Factors of Gratitude

Based on the research findings above, it is known that the instrument used to measure a person's level of gratitude is adapted from various theories such as the theory of McCullough et al. (2002), Ghazali (2008), Listiyandini & Syahniar (2015), Meiza et al. (2016), and Watkin et al. (2003).

CONCLUSION

Gratitude is a form of emotion or feeling which then develops into an attitude, feeling, and ultimately affects the individual. The factors that influence gratitude include the meaning of life, subjective well-being, resilience, spiritual well-being, and happiness.

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