



The Effect of Gratitude on Life Satisfaction Among Adolescents in Orphanages

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ABSTRACT

This study aims to examine the effect of gratitude on life satisfaction among adolescents living in orphanages. Using a quantitative approach, data were collected from 200 adolescents through the Satisfaction with Life Scale (SWLS) and the Gratitude Questionnaire-6 (GQ-6). The data were analyzed using Partial Least Squares Structural Equation Modeling (PLS-SEM). The results showed that gratitude has a positive and significant effect on life satisfaction ($\beta = 0.318, p < 0.05$). Adolescents with higher levels of gratitude tend to report higher life satisfaction. These findings indicate that gratitude plays an important role in supporting adolescents' positive evaluation of life despite living in institutional care. Implications for psychological intervention and well-being promotion in orphanage settings are discussed.

INTRODUCTION

Losing parental roles and living in an orphanage pose unique challenges for adolescent development. Several studies have shown that orphans and orphans raised in orphanages experience numerous social, psychological, and economic challenges (Korantang & Simons, 2012) (Hall, 2010). Adolescence is a distinct period filled with biological, psychological, social, and cognitive changes that also lead to changes in the context of *life satisfaction*. (Proctor, Linley, & Maltby, 2009). *Life satisfaction* in adolescents orphan orphans is something unique compared to with teenagers in general. This is caused by several the shortcomings they have face it after death of parents they or change other environments. Conditions different lives and experiences diverse life, making resident's orphanage care have evaluation special to satisfaction live. Children who have lost their parents often face difficulty in aspect emotional , social , and economic, which are direct impact on perception they about satisfaction life or *life satisfaction* (UNICEF, 2006). Then there are several factors that are significant influence level satisfaction life, one of them is *gratitude* (Kong, Ding, & Zhao, 2014). According to Emmons & McCullough (2012) *gratitude* is often interpreted as response positive when accept something that is considered profitable. Research show that individuals who have level high *gratitude* tend experience *life satisfaction* or satisfaction a better life large (Emmons & McCullough, 2003).

Two study the main work carried out by Park, Seligman, et al., (2004) (2005) found that *gratitude* correlates strong with level greater *life satisfaction* height and exercise *gratitude intervoention* can increase *Life satisfaction* among respondents. Research results by Salina & Halimah (2023) against 193 users Instagram also shows that *gratitude* has an effect significant to *life satisfaction*. In another study by Pertiwi & Harsono (2023) mention that *gratitude* influences adolescent *life satisfaction* orphanage foster care in Malang City. Therefore that , from explanation the researchers want to know influence *gratitude* towards *life satisfaction* in adolescents living in orphanages Foster care .

LITERATURE REVIEW

Life Satisfaction

According to Diener et al., (2008) *life satisfaction* has identified as different constructions that represent evaluation cognitive and global about quality life somebody in a way overall. According to Diener et al., (2008) For get size level proper satisfaction, assessment individual to satisfaction his life depending on the comparison between reality, state, or actual events with hope individual, so that evaluation satisfaction life individual Can nature subjective. More carry on explained that matter the caused by standard satisfaction determined by the individual That alone. With thus individual feel satisfaction high life if level the condition that he feel comparable with standards that have been determined Alone.

Gratitude

McCullough, Emmons and Tsang(2002) define gratitude is something habit positive about yourself individual For recognize and respond experience positive and acceptable results throughout his life. Emmons and McCullough (2003) state

that gratitude is a form emotion positive, which then develop become something attitude, good moral character, habits, nature personality, and finally will influence somebody for respond something. More McCullough, Emmons and Tsang (2002) continued explain draft I'm grateful as form feeling amazed, grateful and appreciative on the benefits he obtains. These feelings can be directed at others or at himself.

METHODOLOGY

In the research This researchers use approach quantitative. Amount samples in research this are 200 teenagers orphanage care. All respondents given scale *satisfaction with life scale* (SWLS) and *gratitude questionnaire-6* (GQ-6). Then will done data analysis using the Smart PLS test.

RESULTS AND DISCUSSION

Table 1. Table Structural Model Testing (Inner Model)

<i>Path (Track)</i>	<i>Original Sampel</i>	<i>T-Statistic</i>	<i>P-Values</i>
<i>Gratitude (X) - Life satisfaction (Y)</i>	0.318	2.517	0.012

Different results of analysis on the influence of gratitude for life satisfaction on Table 1, found that gratitude has a positive and significant influence on life satisfaction with the coefficient value of physical energy (β) =0.318, and $p < .0012$. These results indicate that gratitude Which is low on teenager orphanage care, tends to have low scores on life satisfaction. This means that it can be concluded that hypothesis is accepted. Research shows that individuals who have high levels of *gratitude tend to experience* greater life satisfaction (Emmons & McCullough, 2003). In reality, the level of gratitude experienced by teenagers in orphanages is greatly influenced by the environmental conditions of the orphanage. Observations show that adolescents in orphanages often compare their current living conditions to their pre-orphanage situation, which was often characterized by instability, uncertainty, and even neglect. When they experience a safer environment, guaranteed food, clear education, learning facilities, and supportive caregivers, this fosters a strong sense of gratitude. Many adolescents report that living in an orphanage makes them feel more organized, safer, and less alone, thus directly increasing their gratitude.

In addition, based on field observations Life in an orphanage means that teenagers don't live alone, but are surrounded by peers who have similar life experiences. The warm social environment, opportunities for mutual assistance, and sense of community make them feel emotionally supported. Then matter This in accordance with study from Diener et al., (2008) say that connection social and support very close social relation with satisfaction life individual. When things the intertwined with Good so will give satisfaction alone for individual.

CONCLUSIONS AND RECOMMENDATIONS

Gratitude has a positive and significant impact on *life satisfaction*. Teenagers who are more grateful for their lives demonstrate higher levels of life satisfaction. Gratitude helps them interpret life positively and focus less on limitations.

Recommendation

1. Teenagers living in orphanages are advised to continue developing a sense of gratitude in their daily lives through simple activities such as writing down positive things they experience or *gratitude journaling*, expressing appreciation to others, and carrying out regular self-reflection.

Orphanages are advised to create an environment that encourages the development of *gratitude* and *self-esteem* in adolescents. This can be done through gratitude-instilling programs such as weekly reflections, religious activities that emphasize acceptance and gratitude, and encouraging adolescents to share positive experiences.

FURTHER STUDY

Study furthermore can do research on orphanages care in other regions, so that the research results can have a higher level of generalization.

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