

# The Influence of Gratitude Training to Improve the Quality of Life of Adolescents at SMA Muhammadiyah 1 Bantul

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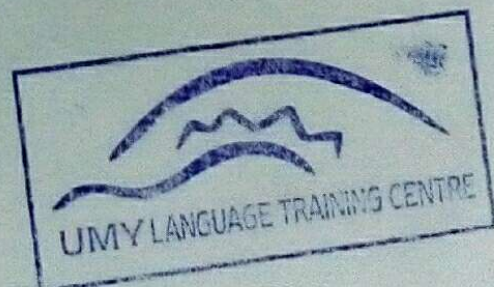
## ABSTRACT

Every individual wants to have a good quality of life so that they can live comfortably. Many problems in adolescent life from various aspects ranging from physical, psychological, social relations and relationships with the environment can cause a decrease in the quality of life in adolescents. Adolescents are in the transition phase of the childhood's phase which is full of dependence towards the adult phase with the formation of responsibility. In this phase, adolescents are susceptible to various life problems but do not have sufficient resources to overcome any problems experienced in the adolescent phase.

This study aims to determine the influence of gratitude training to improve quality of life. The research subjects are students from grades 1 and 2 of SMA (Senior High School) Muhammadiyah 1 Bantul, who have a low and moderate quality of life category, recommended by counseling teachers (BK), are Muslim and cooperative. The measurement tool in this study used a quality of life scale to determine the subject score at the pretest and posttest of training. The data analysis used to test the hypothesis is the Wilcoxon test using the SPSS v.19 program and qualitative descriptive analysis.

The results showed that there were differences between subject scores at the pretest and posttest training. As evidenced by the Wilcoxon test, the value of Z obtained is -2.032 with p value (Asymp. Sig 2 Tailed) of 0.042 which is less than the critical limit of the study which is 0.05. in addition, based on the results of a qualitative descriptive analysis, in this study it was found that gratitude training was able to influence four aspects of quality of life, namely physical, psychological, social relations and relationships with the environment. The subjects said that they felt calmer, and more able to view negative events in his life with a more positive perspective.

**Keywords:** gratitude training, quality of life, teenagers



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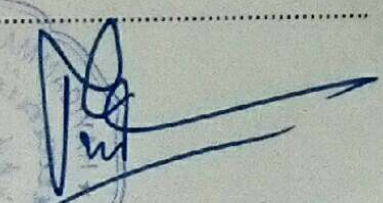
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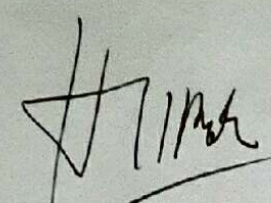
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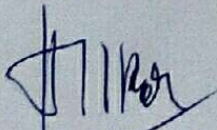
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Bersama ini saya sampaikan naskah skripsi tersebut, dengan harapan dapat diterima dan segera dimunaqosyahkan.

Atas perhatiannya diucapkan terima kasih.

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## PENGESAHAN

Judul Skripsi

### **PENGARUH PELATIHAN BERSYUKUR UNTUK MENINGKATKAN *QUALITY OF LIFE* REMAJA DI SMA MUHAMMADIYAH 1 BANTUL**

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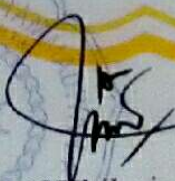
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