

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *gratitude* dengan *subjective well-being* pada ibu yang mendampingi anak school from home selama masa pandemi COVID-19. Hipotesis penelitian ini adalah terdapat hubungan yang signifikan antara *gratitude* dengan *subjective well-being* pada ibu yang mendampingi anak school from home. Subjek dalam penelitian ini berjumlah 60 ibu yang memiliki anak SD usia 6-11 tahun. Pengambilan subjek dilakukan dengan metode *puposive sampling*. Pengambilan data penelitian ini dengan menggunakan dua skala, yaitu Skala *Subjective Well-Being* dengan Skala *Gratitude*. Teknik analisis data yang digunakan adalah korelasi *product moment* dari Karl Pearson. Berdasarkan hasil analisis data penelitian diperoleh koefisien korelasi sebesar 0,819 dengan $p = 0,000$ ($p < 0,005$) yang berarti ada hubungan positif antara SWB dengan *gratitdue* pada ibu yang mendampingi anak *school from home*.

Kata Kunci: *gratitude, subjective well-being, ibu, COVID-19*

ABSTRACT

This study aims to determine the relationship between gratitude and subjective well-being in mothers who accompany school children from home during the COVID-19 pandemic. The hypothesis of this study is that there is a significant relationship between gratitude and subjective well-being in mothers who accompany school children from home. Subjects in this study were 60 mothers who had elementary school children aged 6-11 years. Intake of the subject was carried out using the purposive sampling method. Retrieval of research data using two scales, the Subjective Well-Being Scale and the Gratitude Scale. The data analysis technique using the product moment correlation from Karl Pearson. Based on the analysis of research data obtained a correlation coefficient of 0.819 with $p = 0.000$ ($p < 0.005$) which means there is a positive relationship between SWB and gratitude in mothers who accompany school children from home.

Keywords: *gratitude, subjective well-being, mothers, COVID-19*