

Abstrak

Mahasiswa yang menjalani perkuliahan sambil bekerja menghadapi tuntutan ganda sebagai pelajar dan pekerja yang dapat memengaruhi *Psychological Well-Being*. Salah satu faktor yang diduga berperan dalam meningkatkan *Psychological Well-Being* adalah *Gratitude*. Penelitian ini bertujuan untuk mengetahui hubungan antara *Gratitude* dengan *Psychological Well-Being* pada mahasiswa yang bekerja di Yogyakarta. Hipotesis yang diajukan adalah terdapat hubungan positif antara *Gratitude* dengan *Psychological Well-Being* pada mahasiswa yang bekerja di Yogyakarta. Partisipan penelitian berjumlah 178 mahasiswa aktif berusia 18-25 tahun yang kuliah sambil bekerja di Yogyakarta. Penelitian ini menggunakan pendekatan kuantitatif dengan desain survei korelasional. Data dikumpulkan menggunakan Skala *Gratitude* berdasarkan aspek McCullough dkk. (2002) dan Skala *Psychological Well-Being* berdasarkan dimensi Ryff (1989). Sampel dipilih menggunakan teknik purposive sampling. Analisis data dilakukan menggunakan uji korelasi Pearson Product Moment dengan bantuan SPSS versi 27. Hasil penelitian menunjukkan terdapat hubungan positif yang signifikan antara *Gratitude* dengan *Psychological Well-Being* ($r = 0,629$; $p < 0,001$). Nilai koefisien determinasi ($R^2 = 0,396$) menunjukkan bahwa *Gratitude* memberikan kontribusi sebesar 39,5% terhadap *Psychological Well-Being*, sedangkan 60,5% dipengaruhi oleh faktor lain di luar penelitian. Temuan ini menunjukkan bahwa semakin tinggi tingkat *Gratitude* yang dimiliki mahasiswa yang bekerja di Yogyakarta, semakin tinggi pula tingkat *Psychological Well-Being* yang dimilikinya.

Kata kunci: Gratitude, mahasiswa yang bekerja, Psychological Well-Being

Abstract

College students who juggle their studies with work face dual demands as both students and workers, which can affect their Psychological Well-Being. One factor believed to play a role in enhancing Psychological Well-Being is Gratitude. This study aims to examine the relationship between Gratitude and Psychological Well-Being among college students who work while attending school in Yogyakarta. The hypothesis is that there is a positive relationship between Gratitude and Psychological Well-Being among college students who work while attending school in Yogyakarta. The study sample consisted of 178 active students aged 18–25 who are studying while working in Yogyakarta. This study employed a quantitative approach using a correlational survey design. Data were collected using the Gratitude Scale based on the aspects identified by McCullough et al. (2002) and the Psychological Well-Being Scale based on the dimensions proposed by Ryff (1989). The sample was selected using purposive sampling. Data analysis was conducted using the Pearson product-moment correlation test with the aid of SPSS version 27. The results of the study indicate a significant positive relationship between Gratitude and Psychological Well-Being ($r = 0.629$; $p < 0.001$). The coefficient of determination ($R^2 = 0.395$) indicates that Gratitude accounts for 39.5% of the variance in Psychological Well-Being, while 60.5% is influenced by other factors outside the scope of this study. These findings suggest that the higher the level of Gratitude among students who work while attending college in Yogyakarta, the higher their level of Psychological Well-Being.

Keywords: Gratitude, Psychological Well-Being, working students