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Relationship Between Self-Acceptance And Gratitude In Students Of Syarif Hidayatullah State Islamic University Jakarta

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Abstract: This study aims to determine the relationship between *self-acceptance* and *gratitude* in students. The subjects of this study were 40 teenagers who were recorded as active students of Syarif Hidayatullah State Islamic University Jakarta. The data analysis technique used is *pearson product moment*. Based on the results of the analysis on *self-acceptance* and *gratitude*, the coefficient value $r = 0.523$ and significance $(p) = 0.0001; (p > 0.05)$. This shows that there is a significant relationship between *self-acceptance* and *gratitude* in students, in this case students of Syarif Hidayatullah State Islamic University Jakarta. So it can be said that teenagers who have high *self-acceptance* also have a high level of *gratitude*.

Keywords: *Self-acceptance, Gratitude, Student*

INTRODUCTION

The development of technology today has turned the industry in the world into a high-tech industry, or the industrial revolution 4.0 (four point zero). With the development of this technology, the world of the fashion industry, smartphones, accessories, and so on is now increasing along with the rapid development of current trends that make these trends a benchmark for oneself to be accepted among them. Of course, this is undeniable that this also happens in the world of education and includes students.

Santrock (2007), quoting from a paper made by Hall, explained that the development of children in adolescence when attending school or taking an educational journey is a storm and stress phase. This phase is a phase where the upheaval of a child's soul is filled with conflict and is easily dissolved in mood. That is why the phase of a person's development in adolescence is in a stage of human development that can be said to be labile.

In this condition, it is necessary to grow an attitude of gratitude as a form of expression of positive emotions and negative emotions from the teenager. This is because the attitude of gratitude can increase a person's enthusiasm so that he is encouraged to be able to move forward. The higher the grateful attitude a person has, the more acceptable he should be able to accept whatever happens to him. And conversely, when a person always denies on the one he has now, then there will be many negative feelings that arise, such as; Disappointment, dissatisfaction, always blaming the situation, to frustration that ultimately hinders his potential.

Research from Maryani (2018) shows that religious behavior at UIN Syarif Hidayatullah falls into a high category. Religious behavior is divided into two, namely; *hablumminallah* whose category is very good, and *hablumminnas* which is also very good. Researchers think that UIN student Syarif Hidayatullah, with the current technological developments, still upholds religiosity so that they have a high gratitude. For this reason, researchers conducted an interview with an active student to see the phenomenon.

An interview conducted with A(21), a student of UIN Syarif Hidayatullah, revealed that he perceived UIN Syarif Hidayatullah as having a religious academic community. He perceives subjectively there are three circles on his campus: moderate, conservative, and over-conservative people. He perceived himself as over-conservative because he not only studied religion on campus, but also off campus, by referring to someone off campus. He felt that it was necessary for him to be more objective in his religiosity.

In terms of self-acceptance, A(21) stated that he finds it difficult when using social media. Especially Instagram, he felt the social jealousy of seeing his friends "show off" work. However that made him contemplate, and then deleted the instagram app. With that, he feels that he has more realistic value. She began to spend her time reading books, having morning routines such as exercising, and writing diaries. In his diary, he records the targets he wants to achieve every week.

A(21) states that he and his friends are more or less the same. He feels "inferior" when he sees his friends on Instagram, which makes him have low self-acceptance, as well as low self-esteem. Then, he stopped taking Instagram social media and started accepting himself. This self-acceptance is also accompanied by high gratitude as well, this is shown from how he changed his life to have more value and have targets to achieve. A(21) also added that he now only uses Twitter social media, only to see news, world developments such as politics and so on, and no longer feels that he is inferior.

An interview with A(21) showed that as someone who studied diversity on campus, the higher his self-acceptance, the higher his gratitude. By studying religion on campus, she felt that her religiosity helped in feeling grateful, and had the self-acceptance to be someone better.

Therefore, positive emotions are needed that express gratitude and happiness from the presence of appreciation, kindness, and gifts received, in a grateful way. The sense of gratitude that is present in each individual is caused by the existence of self-awareness to accept as it is a gift from God, accept kindness, appreciation, the gift of others, and the surrounding environment so as to encourage the individual to reciprocate and thank for all these things (Emmons & McCullough, 2003).

Of course, this sense of diversity can be honed through learning media both in educational institutions such as schools and even at the campus level, especially faith-based campuses. But in reality, not all students can practice the lessons about diversity that have been taught by teachers. In their daily lives, they still follow a lot of trends that lead to disappointment when they can't keep up. Many of them feel gloomy and feel that they are unacceptable in their friends' environment, so bias has an impact on stress if they are unable to manage it. This makes it difficult for them to be grateful.

Basically, this condition of dissatisfaction is felt because of the lack of tolerance for life's problems faced and the lack of gratitude to God who has given life to them. This keeps a person from reaching the point of subjective well-being, which is an aspect of the formation of life satisfaction. With an attitude of gratitude, students will be free from the desire to obsess over things that cannot be reached from themselves. A religious and always grateful person will always thank God for what he has been given, and always strive to increase his capacity as part of his efforts as a human being. Due to the growth of full awareness of the nature and meaning of life, grateful people will always be able to feel happiness in everything they have today, including when they are struck by calamities or trials.

Of course, it is undeniable that Muslim students also want to achieve everything that is good by trying their best for the happiness they will achieve. But not always everything

happens as expected. People who always cultivate gratitude for themselves will respond to this with a chest and always feel grateful to the Creator for everything that has been given and for all the power that has been given to keep trying so that they do not easily feel disappointed in the results they get because they believe that everything He has given is a path that has been set and best for him.

The sense of diversity makes students have a wiser view, and have a broad perspective on the processes in life, namely that life is a gift (Peterson and Seligman, 2004). Being grateful will cause students to gain advantages from the interpersonal and even emotional side. By looking at the positive side of the bad incident that happened to him, the student got an increase in his new coping ability even unconsciously. Of course, this will trigger the growth of understanding of oneself to always live in a more positive direction (Krause, 2006).

This positive view of all events that occurred is what prompted researchers to further research related to diversity. If students are grateful, then their mindset will always apply positively, and of course this positive view will be very useful for students in conducting self-evaluation of whatever has happened and making it a very valuable lesson to carry out all the responsibilities they face on campus.

Research on gratitude (gratitude) has been widely carried out by psychologists in all corners of the world. However, in the context in Indonesia, the study of the diversity associated with education, especially among Islamic-based campus students, still needs to be explored a lot. Diversity produces expectations and efforts at a proportional level due to the nature of self-control that exists in the sense of gratitude in students. From this, it should be possible to create greater academic success.

McCullough, et al. (2002) state that there are several factors that influence the sense of entitlement, namely; Emotionally, which is a tendency where a person feels emotional and assesses his life satisfaction. Next is Prosociality, which is a person's tendency to be accepted in his social environment. The last one is Religiousness which is something related to transcendental values in the form of one's beliefs, religion, and faith.

On the other hand, the results of the research of Miller et al (2009) also state that diversity is positively correlated with subjective well-being, social support, and prosocial behaviors of adolescents such as; life satisfaction, optimism, and emotional control. This will of course also be followed by an increase in positive emotional feelings such as forgiving, supporting, and encouraging each other. Miller et al. In the end, it is considered that this positive life will motivate the people around the teenager who will later develop positive interpersonal relationships for them.

Life satisfaction is part of Psychological well-being which is defined as an individual's ability to accept oneself as it is, form warm relationships with others, have independence in facing the social environment, control the external environment, set their life goals, and realize their potential continuously. The concept of Psychological well-being described by Ryff (1989) consists of six dimensions which include: self-acceptance, positive relationships with others, autonomy, mastery of the environment, life goals, and personal growth. Along with the dynamics of life that are running today, self-acceptance is one of the indicators that is good enough to test the relationship between Psychological well-being and a sense of entitlement. Because this is very close and very close to people's lives, especially teenagers who are pursuing higher education. That is why researchers are interested in knowing the relationship between "Self-Acceptance of Diversity" and the case study of Muslim students at Syarif Hidayatullah State Islamic University Jakarta.

LITERATURE REVIEW AND HYPOTHESIS DEVELOPMENT

Diversity based on the American Heritage Dictionary of the English Language (2009) comes from Latin, namely *gratus* or what is now in English called gratitude which means thankfulness or praise (pleasing). Meanwhile, according to Peterson and Seligman (2004), gratitude is an expression of feelings of gratitude and happiness in response to the existence of gifts both beneficial and moments of peace obtained from natural beauty. From this it can

be implied that happiness is an overflow of positive energy whether it is satisfied, happy, peaceful, or grateful for something that may be small but considered positive or profitable.

Another opinion was also put forward by McCullough et al (2001), who defined diversity as the awakening of emotions caused by moral behavior. Within this proposed definition, intentionality is seen as a moral emotion as a reaction, just as sympathy, empathy, shame, and guilt. Sympathy and empathy arise when a person has the opportunity to respond to a calamity or bad thing that befalls someone outside of himself, shame and guilt arise due to a person's response when he does something outside the standard or general audience, while gratitude is a person's response when getting a gift or receiving kindness. McCullough et al (2002), also explain the factors that influence gratitude, including:

1. Psychological Well-being

It is a concept related to individual feelings in relation to all activities carried out in daily life and leads to the expression of personal feelings of each individual. Aspects of psychological well-being include self-acceptance, positive relationships with others, self-determination, the ability to control the surrounding life, self-growth and development, and the purpose and meaning of life.

2. Prosociality

That is a behavior aimed at helping others without expecting rewards from their help so that the person being helped can get positive benefits both in terms of material, physical, and psychological.

3. Spirituality/Religiousness

Religiosity is a person's understanding of the values he believes in, which is generally associated with religion. Religion and spirituality can be used as social and cognitive resources that can greatly help a believer experience broader well-being. A person's understanding of the values of religiosity will also affect the flexibility of one's thinking about the meaning of gratitude.

Based on research conducted by Wood, Joseph, and Maltby (2009), diversity is significantly correlated with psychological well-being. The more grateful a person is, the higher his psychological well-being, and vice versa. Based on the results of the study, the dimensions of self-acceptance, personal growth, and positive relations with others are strongly correlated with gratitude.

Based on the descriptions above, the author's interest arises to research the relationship between self-acceptance and gratitude, especially in the religious campus environment, namely UIN Syarif Hidayatullah Jakarta. A teenager in general will tend to compare himself with others if he gets pressure and demands from the surrounding environment, including family, so that dissatisfaction arises from himself. However, with the theory proposed by McCullough et al (2002), which explains that religiosity has an influence on diversity, the author suspects that in religious-based campus students (UIN Syarif Hidayatullah Jakarta), students have a high level of self-acceptance and gratitude. So from this, the author has a hypothesis that there is a relationship between life satisfaction and gratitude.

METHODS

Researchers used correlation studies to see the relationship between self-acceptance and gratitude in students of Syarif Hidayatullah State Islamic University Jakarta. The Pearson product moment correlation statistical method is used to see how the relationship between the two variables is by prioritizing checking the data through validity and reliability tests on the questionnaires that are distributed. The classification of respondents who are the subject of this study is UIN Syarif Hidayatullah Jakarta students who are recorded as still active as students at UIN Syarif Hidayatullah Jakarta. The number of respondents in this study was 40 respondents. The sampling technique carried out by the researcher is an incidental sample technique which is a sampling that is carried out by chance encountered by the researcher while being able to be used as a key person (Winarsunu, 2009).



RESULTS AND DISCUSSION

After testing 40 respondents who were used as research samples, data quality tests were carried out using validity tests and reliability tests. The application used to test this collected data is SPSS 16. From the test results in the application, the description of the validity test results for the Gratitude and Self Acceptance variables was obtained as follows.

Table 1. Validity Test Results Gratitude Variables

Constructs	Pearson Sig.	Status
B1	0.000	Valid
B2	0.003	Valid
B3	0.003	Valid
B4	0.000	Valid
b5	0.000	Valid
B6	0.000	Valid
b7	0.000	Valid

Source: Research data, 2022

From the results of the validity test of the Gratitude variable, it was found that all constructs have a significance of $p < 0.05$ with an error rate of 5%, which means that all observed variable constructs are valid (Sugiyono, 2014), so they are suitable for use in the next stage of testing.

Table 2. Validity Test Results Self Acceptance Variables

Constructs	Pearson Sig.	Status
S1	0.000	Valid
S2	0.000	Valid
S3	0.002	Valid
S4	0.002	Valid
S5	0.000	Valid
S6	0.000	Valid
S7	0.028	Valid
S8	0.000	Valid
S9	0.001	Valid
s10	0.000	Valid
S11	0.020	Valid
S12	0.000	Valid
S13	0.000	Valid
S14	0.005	Valid
S15	0.000	Valid
S16	0.000	Valid
S17	0.016	Valid
S18	0.023	Valid
S19	0.000	Valid
S20	0.000	Valid

Source: Research data, 2022

From the results of the validity test on the Self Acceptance variable, it was found that all constructs have a significance of $p < 0.05$ with an error rate of 5%, which means that all observed variable constructs are valid (Sugiyono, 2014), so they are suitable for use in the next stage of testing.

Furthermore, the researcher identified how reliable the data had been obtained using the research instruments used. At this stage, a Reliability Test is carried out in which the data is said to be reliable if the coefficient of Cronbach's Alpha obtained is greater than 0.6 (Ghozali, 2005). From the tests carried out, the following results were obtained.



Table 3. Results of Reliability Tests Using Cronbach's Alpha

Variable	Cronbach's Alpha
Gratitude	0.760
Self Acceptance	0.860

Source: Research data, 2022

From the results above, it was found that the gratitude and self-acceptance variables have a Cronbach's alpha value of more than 0.600, which means that the data generated from previously compiled instruments is declared reliable and can be used for the next stage of research.

The next stage of research is hypothesis testing using Pearson's product moment correlation method to see the relationship between self-acceptance and gratitude. After conducting a correlation test, the following results were obtained.

Table 4. Correlation Analysis Results Pearson Product Moment

Pearson Correlation	Significance, degree of error (5%)	N
0.523	0.001	40

Source: Research data, 2022

The results of the correlation above show that self-acceptance has a significant relationship with gratitude. This is shown through significance worth $0.001 < 0.05$ (alpha 5%). From these results it shows that the alternative hypothesis (H1) of the researcher is accepted and it can be concluded that self-acceptance has a significant relationship to gratitude.

Judging from the resulting correlation coefficient, the correlation of these two variables is 0.523 with a positive relationship direction. So it can be stated that there is a fairly strong positive relationship between self-acceptance and gratitude. Which can be interpreted to mean that when the average Muslim student can accept and appreciate himself and have a positive assessment of him, they will have a high level of satisfaction. And the opposite is true if the average Muslim student cannot accept himself and appreciate himself and has a negative assessment of him, then they will have a low level of self-esteem.

This description is similar to the definition of self-acceptance by Ryff (1996) which says that self-acceptance is a condition in which a person has a positive assessment of himself, accepts and recognizes all the advantages and limitations that exist in him. Self-acceptance will lead to one's life satisfaction or gratitude. Ryff asserts that self-acceptance tends to be shown by a person who can evaluate himself positively both in the past and the present and can make a valuable lesson to everything that happens to him.

The results of the research conducted are in line with the research conducted by Bono et al (2004) which proves that gratitude can expend positive energy so that individuals feel happy so that they can bring out the full potential that exists in them. When individuals have succeeded in achieving this, then they will easily accept whatever their circumstances are or any events that happen to them.

The same is the case with the research conducted by Murniasih (2013) which involves students as the subject of their research. The result of the research obtained is that self-acceptance has a considerable influence on the process of self-acceptance, where self-acceptance is one aspect of a person's psychological well-being.

CONCLUSION

Based on the research that researchers have done, it can be concluded that there is a significant relationship between the self-acceptance variable and the gratitude variable. With the behavior of self-acceptance and high gratitude in a person, the dynamics of social development that occur in society will not make a person easily carried away by negative things or those outside of himself. The positive side of the development of social dynamics can be answered when we as individuals can manage the emotional side that exists in us,

so as not to be affected by the culture shock produced by people outside of ourselves. In addition, students also need to choose associations in order to remain in the circle of friends who still uphold positive values. As a result, the researcher also suggested in the next study to increase the sample taken as a research sample, because this study involves aspects of feelings, it will be even more accurate if the research carried out uses more samples in order to explain the population more accurately. Subsequent researchers are also advised to try to look at other aspects of psychological well-being.

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