

# Students' Life Satisfaction, Personality, Gratitude and Resilience of Students

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## Students' Life Satisfaction, Personality, Gratitude and Resilience of Students

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### Abstrak

Psikologi positif yang berkembang luas dalam dua puluh tiga tahun terakhir mengangkat topik kekuatan-kekuatan karakter positif individu. Tujuan dari penelitian ini adalah untuk melihat hubungan positif antar karakter yang ada, sesuai dengan konstruk yang diujikan, diantaranya kepuasan hidup, resiliensi, personality dan kesyukuran subyek pasca gempa, tsunami dan likuifaksi. Teknik pengambilan sampel yang digunakan adalah pengambilan sampel acak dua tahap yang dilakukan kepada mahasiswa. Instrumen psikologi BF 10 terkait kepribadian digunakan untuk mengungkapkan kepribadian, instrumen SWLS digunakan untuk mengungkapkan kepuasan hidup, QR-6 digunakan untuk mengidentifikasi rasa syukur dan RYDM digunakan untuk mengukur resiliensi. Program analisis regresi SPSS 21 license authorized wizard digunakan sebagai teknik analisis data. Hasilnya menunjukkan bahwa tingkat hubungan faktor kepribadian, rasa syukur, dan resiliensi terhadap kepuasan hidup berada pada kategori kuat dengan nilai  $R = 0,677$ . Besarnya sumbangan simultan sebesar  $R^2 = 0,458$ , menunjukkan bahwa ada peranan variabel prediktor kepribadian, rasa syukur, dan ketahanan terhadap kepuasan hidup sebesar 45,8%.

**Kata Kunci:** *Kepuasan Hidup; Hubungan Positif; Regresi.*

### Abstract

Positive psychology, which has been widely developed in the last twenty-three years, raises the topic of individual positive character strengths. The purpose of this study was to see a positive relationship between the existing characters, according to the constructs tested, including life satisfaction, resilience, personality and gratitude for the subjects after the earthquake, tsunami and liquefaction. The sampling technique used was a two-stage random sampling conducted on students. The BF 10 psychological instrument related to personality was used to reveal personality, the SWLS instrument was used to express life satisfaction, QR-6 was used to identify gratitude and RYDM was used to measure resilience. The SPSS 21 license authorized wizard regression analysis program was used as a data analysis technique. The results show that the level of relationship between personality factors, gratitude, and resilience to life satisfaction is in the strong category with a value of  $R = 0,677$ . The magnitude of the simultaneous contribution is  $R^2 = 0.458$ , indicating that there is a role in the predictor variables of personality, gratitude, and resilience to life satisfaction of 45.8%.

**Keywords:** *Life Satisfaction; Positive Relationship; Regression.*

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## Introduction

The earthquake, tsunami and liquefaction that occurred in three cities and regencies throughout Central Sulawesi, September 28<sup>th</sup>, 2018. The cause was material and non-material losses for all residents living in the area. This left a trauma for the residents who survived the disaster because they felt and saw the disaster firsthand.

Researchers explored preliminary data on February 10<sup>th</sup>, 2020 through open-ended questions related to the cognitive evaluation of 10 students at Tadulako University, Palu about the event. The results show that the average student still has trauma, anxiety and sadness about the disasters they have experienced together. However, they are still grateful to be given the opportunity to live and reunite with their families, and they are sure that they will be able to rise again. This indicates that there is a contribution of personality, gratitude and resilience, and finally, they strive for life satisfaction.

Life satisfaction is defined as a cognitive evaluation of a whole person's life as well as in other specific life domains (Durrotunnisa et al., 2020; Oladipo et al., 2013; & Dami et al., 2018). This cognitive evaluation is based on how people believe their life should be related to "how it is". Life satisfaction has a lot to do with personalities such as resilience, extraversion, and openness to experience.

Extraversion is a part of the personality that has a positive effect on life satisfaction, while neuroticism has a negative effect on life satisfaction (Diener et al., 2003; & Schimmack et al., 2004). Individuals with high neurotic scores tend to be anxious, temperamental, and vulnerable to stress triggers. Whereas individuals who are extraversion tend to have a positive attitude and always learn to understand a phenomenon (Poropat, 2009).

Gratitude is a moral affect analogous to other moral emotions such as empathy and guilt, and it is related to religiosity and spirituality, experience (McCullough et al., 2001). Gratitude has a direct effect on life satisfaction (Yildirim & Alanazi, 2018). Gratitude is an important point which is found to be quite dominant in influencing someone who survives a disaster, whatever its form.

Resilience is the fighting power of an individual, or an ability to withstand adversity (Carr, 2004). Resilience is needed by individuals in the post-disaster recovery process. Research shows that individuals who have high resilience will be able to increase their life satisfaction (Cohn et al., 2009; & Guo, 2018).

Research conducted in the last twenty years related to life satisfaction models was conducted by Parker and Martin (Parker et al., 2008), the results indicate that personality and self-concept affect life satisfaction. The next research in economics was carried out by Proto and Rustichini (Proto & Rustichini, 2012), the results show that personality differences have an effect on life satisfaction. This suggests that life satisfaction models can be studied in psychological and economic research.

This article reviews the life satisfaction of students by involving personality, gratitude and resilience variables. The strength of this article is because it examines the specific phenomena of the psychological dynamics of students after the tsunami, liquefaction and earthquake events in three major cities in Central Sulawesi, Indonesia. The specification of this incident is the uniqueness of the study.

Life satisfaction is part of welfare or a person's well-being (McCullough, 2000), and can be identified through a cognitive assessment or evaluation of themselves, their life at home, and the environment they live in. Overall life satisfaction refers to subjective

welfare and is an overall cognitive assessment. This assessment is generated by comparing one's circumstances using an appropriate standard (Micholas, 2014). Standard conformance is based on an assessment of the individual's positive and negative emotions (Carr, 2004).

The focus of life satisfaction research departs from the positive psychology paradigm so that the understanding of positive psychology needs to be conveyed to clarify the construct of life satisfaction from a positive psychological perspective. Positive psychology has its roots in humanistic psychology (Mruk, 2006). Positive psychology was born as a correction to some previous psychological practices that were deemed incapable of answering some of the psychological problems themselves. Furthermore, positive psychology aims to build two psychological missions that people have forgotten about, namely to make human life better and to maintain intelligence or ability, especially to build and support well-being (Seligman & Csikszentmihalyi, 2000).

There is a relationship between personality as a trait and life satisfaction (Okwaraji et al., 2017; Diener et al., 2003; & Lachmann et al., 2018). Personality dispositions such as extraversion and neuroticism affect the level of well-being (Diener et al., 2003; & Schimmack et al., 2004) where extraversion and conscientiousness (conscience) are more associated with problem-solving and cognitive restructuring, while Neuroticism is not. Predicted neuroticism associated with strategies such as wishful thinking, withdrawal (withdrawing), and focusing on emotions.

## Method

This research design uses non-experimental research because it does not provide any treatment to the variables studied. The objective of the research was to see the causal relationship between the variables of student life satisfaction, so that the type of relationship that is a casual relationship study because the main objective is to identify the causes and effects of phenomenon that are considered important.

The population is the total number of research respondents. Students who become respondents are those who meet the criteria as active students of the PG PAUD study program at Tadulako University and at the Islamic Institute of Religion (IAIN) Palu. The students in question are still actively undergoing course materials starting from 2018, 2019, 2020, 2021 classes. The number of students used as research samples is 107 students of Tadulako University and 100 students of IAIN Palu.

Data collection techniques in this study were carried out through psychological instruments BF 10 related to personality, SWLS instruments on the constructs of life satisfaction, gratitude and resilience. The life satisfaction instrument uses the Satisfaction with Life Scale (SWLS) Diener et al., which has been modified into Indonesian (E. D. Diener et al., 1985), the resilience instrument uses the resilience scale adaptation from youth development module (RYDM) (Suranata et al., 2017), the personality instrument uses BF 10 (Ramdhani, 2012), and gratitude using GQ-6 (McCullough, M. E., Emmons, R. A., & Tsang, 2002).

Before the equation analysis test was carried out, the researcher carried out an assumption test first, including the normality test, multicollinearity test, heteroskedasticity test, and autocorrelation test. The results show that the normality test is not significant, but the heteroskedasticity test shows the distribution of random scatter plot images showing normal data, multicollinearity test and autocorrelation of

prerequisite values are met. Multicollinearity data were used to identify whether there was a correlation between constructs or a combination of dimensions of each research variable.

The value of VIF > 10 is a critical multicollinearity value. The results of the SPSS 21 test through the coefficient table on tolerance and VIF values show tolerance personality ( $X_1$ ) values of  $0.589 > 0.10$ ; gratitude ( $X_2$ ) value  $0,363 > 0.10$ ; Resilience (Y) value  $0.301 > 0.10$ . The VIF personality ( $X_1$ ) value is  $1.698 < 10$ ; gratitude ( $X_2$ ) of  $2.755 < 10$ ; Resilience (Y) of  $3,324 < 10$ . The three variables of personality, gratitude and resilience have a tolerance value  $> 0.10$  and a VIF value  $< 10$ , so it can be concluded that there are no multicollinearity symptoms for the life satisfaction model.

Furthermore, the researcher conducted an autocorrelation test, by looking at the value of Durbin Watson (d). The value of  $du_k(3)$  and  $N(207)$  with a significance level of  $\alpha = 0.05$ . Watson's Durbin value  $d = 1.918$ ;  $du(k3) = 1,799$ ;  $dt 1,738$ . The value of  $d 1.918 > du 1.799$ , so it can be concluded that there is no autocorrelation. Based on the prerequisite test that has been done, it shows no multicollinearity symptoms and no autocorrelation. The Fulfillment of these prerequisites indicates that the regression test can be continued.

## Results and Discussion

The researcher conducted a reliability test on the four variables, namely personality, gratitude, resilience, and life satisfaction. The results show that the four variables have high reliability, namely  $\alpha = 0,802$ . The next step is to perform a regression test on the personality ( $X_1$ ), gratitude ( $X_2$ ), and resilience (Y) variables to Life Satisfaction (Z).

The results of the regression test can be seen in tables 1 and 2. Through table 3, the value of  $R = 0.677$  shows that the level of the relationship between personality, gratitude, and resilience to life satisfaction is in a strong category. The amount of R square / simultaneous contribution =  $0.458$ , meaning that there is a role for the predictor variables on personality, gratitude, and resilience towards life satisfaction of  $45.8\%$ . Meanwhile,  $44.02\%$  is the contribution of other variables not included in the research

**Table 1.** The results of the linear regression test for personality, gratitude, and resilience to life satisfaction

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.677 <sup>a</sup>	.458	.450	4.867

Through table 2 it can be believed that the effect of personality on life satisfaction is  $0.028$  with a significance of  $\alpha = 0.675 > 0.05$ , which means that there is no significant influence between personality on life satisfaction. According to Allport, trait is the main concept in personality Corr & Matthews (Ross, 2009), so that personality must be seen as a whole in the individual, especially related to the dominance of the five factors tested. This also shows a difference with previous research which shows a link between the two (Okwaraji et al., 2017).

The effect of gratitude on life satisfaction is  $0.186$  with a significance of  $\alpha = 0.031 < 0.05$ , which means that there is a significant positive effect between gratitude on life satisfaction. These results are in accordance with previous research conducted on different subjects that there is a positive relationship between individuals who have

high resilience to high gratitude. (D. Durrotunnisa et al., 2022). Gratitude is an important positive concept that is interesting in the discussion of positive psychology. The concept of gratitude has been characterized as a stable tendency which refers to the "general tendency to recognize and respond emotionally to be grateful for the role of the goodness of others as part of one's experiences and positive outcomes (Yildirim & Alanazi, 2018). Gratitude is experienced when people receive something that is useful or feels when someone does something good or beneficial. It can also be interpreted as "gratitude and joy when receiving a gift, whether the gift is a real benefit from others or a peace brought about by natural beauty" (McCullough et al., 2002; & Listiyandini, 2018). Research by Lambert et al. (Lambert et al., 2013) found that writing about gratitude had a positive effect on improving mood, coping behavior, and seven healthy physical symptoms than when they wrote about troublesome everyday topics or neutral topics.

Resilience has an effect of 0.500 with a significance level of  $\alpha = 0.000 < 0.05$ , which means that there is an effect of resilience on life satisfaction. These results are consistent with previous findings which state that high resilience indicates an increase in life satisfaction (Cohn et al., 2009; & Guo, 2018). Students with low resilience, they adopt task-oriented coping styles that facilitate their life satisfaction (Coelho et al., 2015). Resilience in a person can change over time because of the specific factors that can be used to increase it.

**Table 2.** The influence of personality, gratitude, and resilience on student life satisfaction. Post-disaster counseling guidance

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	P
1	<b>(Constant)</b>	3.948	1.920		2.057	.041
	<b>Personality</b>	.013	.030	.028	.419	.675
	<b>Gratitude</b>	.207	.095	.186	2.170	.031
	<b>Resiliensi</b>	.224	.042	.500	5.311	.000

Table 3 is an overall description of the influence between variables, both in the form of direct and indirect effects, can be seen in table 3, where the explanation of these influences can be in table 2. Table 5 provides an understanding to the reader that the single test on  $X_1$  (Personality) to  $Z$  (Life satisfaction) with  $Y$  mediation (resilience) shows insignificance because the Sobel test value is  $0.645 < 1.96$ , meaning that resilience does not mediate the effect of personality on life satisfaction. This is an interesting finding, because it can be interpreted that individuals with good personality have high life satisfaction, but not necessarily accompanied by high resilience.

The Sobel test at  $X_2$  (gratitude) to  $Z$  (life satisfaction) with  $Y$  (resilience) mediation shows a significance of  $\alpha = 0.05$  because the Sobel test value is  $4.9847 > 1.96$ , meaning that resilience is able to mediate the effect of gratitude on life satisfaction. The value of the mediation path coefficient or the effect of mediation is 0.319. That is, resilience is seen as being able to accompany high individual gratitude to achieve high life satisfaction.

**Tabel 3.** The direct and indirect influence of personality ( $X_1$ ), gratitude ( $X_2$ ), resilience (Y) variables on life satisfaction (Z)

Variable	Direct effect coef standardize	Unstandardized coef	SE	p
$Y \rightarrow Z$	0,500	0,224 (b)	0,042 (sb)	0,000
$X_1 \rightarrow Z$	0,028	0,013	0,030	0,675
$X_2 \rightarrow Z$	0,186	0,207	0,095	0,031
$X_1 \rightarrow Y$	0,298	0,299(a1)	0,46 (Sa1)	0,000
$X_2 \rightarrow Y$	0,638	1,584 (a2)	0,113 (Sa2)	0,000
$X_1 \rightarrow Y \rightarrow Z$	Sobel test			0,645 < 1,96
$X_2 \rightarrow Y \rightarrow Z$	Sobel test			4,9847 > 1,96

Through table 3 the researcher elaborates on the direct and indirect influence of the dependent variable on the independent variable through the mediator variable. The direct effect is obtained through the direct effect coefficient standardize, and the indirect effect is obtained by calculating the multiplication of the standardized direct effect coefficient on the independent variable ( $X_1 / X_2$ ), multiplied by the mediating variable (Y) times the independent variable (Z).

In more detail, the researchers report in Table 4, where the results of the effect test show that:

1) there is a very significant direct effect between personality and resilience of 0.298,  $\alpha = 0.000 < 0.01$ . This shows that the influence of personality on student resilience after the tsunami, earthquake, and liquefaction is in the medium category. This finding supports previous research conducted by Sidik and Listiyandini (Sidik & Listiyandini, 2017), who found a contribution of big five personalities to resilience by 48.8% in the medical students he studied. A positive relationship between the big five personalities in the aspects of openness, agreeableness, conscientiousness, and extraversion, but it found negative relationship between neuroticism on resilience (Rahmani, B.A.U., Hartanti, Dianovinina, 2019).

2) There is no significant effect either on the direct or indirect effect between personality on life satisfaction (LS) with a total effect of 0.177  $\alpha = 0.675 > 0.05$ ; The magnitude of the insignificant direct effect between personality on LS is 0.028, and the indirect effect is 0.149 (obtained from the multiplication of the direct effect of personality to resilience (0.298) times the direct effect of resilience to LS (0.500). Although the effect is not significant, there are Interesting findings after being tested separately for each of the big five personality dimensions, neuroticism was declared insignificant  $\alpha = 0.11 > 0.05$ , while other dimensions showed very significant  $\alpha = 0.000 < 0.001$ . This means that PG PAUD students at IAIN Palu and Tadulako University have low neuroticism post-disaster, and personality formation because it is influenced by four personality dimensions extraversion, agreeableness, consciousness, and openness.

3) There is a direct influence between gratitude and resilience of 0.638 at  $\alpha = 0.000$

<0.001. This means that there is a significant and significant influence of gratitude on the resilience (toughness) of students in living life after the earthquake, tsunami and liquefaction. Meanwhile, personality only has a moderate effect on the formation of toughness. This supports the findings of previous research, among those conducted by Wilson (Wilson, 2016) found that students who practice gratitude to face difficult lessons, have the ability to reduce stress, are more resilient and more focused on learning. In line with the findings of Estria and Uyun (Estria, 2018) which states that gratitude has a positive correlation with the resilience of landslide-prone communities in Banjarnegara with a coefficient of  $r = 0.360$  and a significance level of  $<0.05\%$ . Another finding from Utami et al., (Utami et al., 2018) shows that gratitude is significantly correlated with the refugees of Mount Agung in Bali with the acquisition of  $r = 0.310$ , a significance of  $0.014 < 0.05$ .

**Table 4.** Direct, indirect, and total influence between constructs/variables

Independen	Dependen	Direct	Indirect	Total	P
Personality	Resilience	0,298	0	0,298	0,000
Personality	LS	0,028	0,149	0,177	0,675
Gratitude	Resilience	0,638	0	0,638	0,000
Gratitude	LS	0,186	0,319	0,505	0,319
Resilience	LS	0,500	0	0,500	

The next step is to compile the structural model equation. Based on the results of the equation in Table 5, it is known that the effect of each construct is as follows::

1. The form of resilience is indicated by the regression coefficient of gratitude greater than personality ( $0.638 > 0.298$ ). Both constructs have a significant positive effect, but the formation of resilience is more explained by gratitude than personality.
2. The formation of life satisfaction is indicated by the regression coefficient of gratitude greater than resilience and personality, where  $0.505 > 0.500 > 0.177$ . The personality construct has no significant effect on Life Satisfaction. The constructs of gratitude and resilience have a positive effect, but gratitude is more able to explain than resilience
3. Based on these findings, it can be concluded that the flow of life satisfaction formation for students of PG PAUD at Tadulako University and at IAIN Palu is as follows. Life Satisfaction (Z) is significantly influenced by resilience and gratitude, where gratitude has more effect on life satisfaction than resilience.

**Table 5.** Equation Model

Equation	R <sup>2</sup>
$Y = X_1 + X_2 \rightarrow 0,298 + 0,638$	0,699
$Z = X_1 + X_2 + Y \rightarrow 0,177 + 0,505 + 0,500$	0,458

## Conclusion

This research is expected to be able to initiate further research for the researchers themselves and other researchers by broadening the respondents to other study programs and linking them with age and gender ranges. It can also be provided by

providing training to develop the ability of gratitude in PG PAUD students, and later this will be implemented for early childhood in PAUD institutions in an effort to form children's positive character from an early age.

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