

ABSTRAK

PENGARUH *GRATITUDE* TERHADAP *PSYCHOLOGICAL WELL-BEING* PADA OPERATOR PRODUKSI DI PT SIIX

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Penelitian ini bertujuan untuk mengetahui pengaruh *gratitude* terhadap *psychological well-being* pada operator produksi di PT SIIX. Subjek penelitian ini adalah operator produksi PT SIIX. Dimana populasi dalam penelitian ini adalah operator produksi sebanyak 300 orang. Penelitian ini menggunakan pendekatan kuantitatif dengan desain penelitian kausal-assosiatif sebanyak 161 sampel. Instrumen penelitian ini menggunakan skala psikologi jenis *likert* yaitu skala *Gratitude Questionnaire-6* (GQ-6) dan *RPWBS* (*Ryff Psychological well being Scale*). Hasil penelitian ini menunjukan bahwa nilai signifikan sebesar $0,004 < 0,05$. Dan hasil uji koefisien determinasi pada penelitian ini menghasilkan nilai sebesar 0,052 yang berarti bahwa *gratitude* memiliki pengaruh sebesar 5,2% terhadap *psychological well-being* pada operator produksi di PT SIIX. Sisanya sebesar 94,8% dipengaruhi oleh faktor-faktor yang tidak diteliti dalam penelitian ini, seperti *openness to experience*, *conscientiousness*, *extraversion*, *agreeableness*, dan *neuroticism*. Hasil penelitian ini dapat diartikan H_a diterima dan H_0 ditolak, yaitu terdapat pengaruh *gratitude* terhadap *psychological well-being* pada operator produksi di PT SIIX. Rekomendasi untuk penelitian selanjutnya agar mengungkap lebih dalam dinamika gender, rentang usia dalam pengaruh *gratitude* pada *psychological well-being*, serta mendalami variabel lainnya yang saling berkorelasi positif.

Kata kunci : *Gratitude*, *Psychological well-being*, Operator produksi

ABSTRACT

THE EFFECT OF GRATITUDE ON PSYCHOLOGICAL WELL-BEING OF PRODUCTION OPERATORS AT PT SIIX

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This study aims to determine the effect of gratitude on psychological well-being in production operators at PT SIIX. The subjects of this study were production operators at PT SIIX. Where the population in this study were 300 production operators. This study used a quantitative approach with a causal-associative research design of 161 samples. The research instrument used a Likert-type psychological scale, namely the Gratitude Questionnaire-6 (GQ-6) scale and the RPWBS (Ryff Psychological well being Scale). The results of this study indicate that the significant value is $0.004 < 0.05$. And the results of the determination coefficient test in this study produced a value of 0.052, which means that gratitude has an influence of 5.2% on psychological well-being in production operators at PT SIIX. The remaining 94.8% is influenced by factors not examined in this study, such as openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism. The results of this study can be interpreted as H_a accepted and H_0 rejected, namely there is an influence of gratitude on psychological well-being in production operators at PT SIIX. Recommendations for further research are to reveal more deeply the dynamics of gender, age range in the influence of gratitude on psychological well-being, and explore other variables that are positively correlated.

Keywords: Gratitude, Psychological well-being, Production operator