

HUBUNGAN *GRATITUDE* DENGAN *SUBJECTIVE WELL BEING* PADA GURU HONORER SD NEGERI DI KECAMATAN JAMBI LUAR KOTA DITINJAU DARI JENIS KELAMIN

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ABSTRAK

LATAR BELAKANG: Guru honorer merupakan tenaga pendidik yang memiliki tugas dan tanggung jawab yang sama dengan guru lainnya. Namun, ketidaksesuaian antara tuntutan kerja dan minimnya penghasilan yang diterima mengakibatkan tidak meratanya kesejahteraan subjektif yang dimiliki guru honorer. *Gratitude* dapat diyakini sebagai salah satu faktor yang dapat mempengaruhi *subjective well being* seseorang.

TUJUAN: Untuk mengetahui hubungan positif antara *Gratitude* dengan *Subjective Well Being* Pada Guru Honorer SD Negeri Di Kecamatan Jambi Luar Kota Ditinjau Dari Jenis Kelamin.

METODE: Penelitian ini menggunakan pendekatan kuantitatif berjenis korelasional. Populasi penelitian ini ialah guru honorer SD Negeri di Kecamatan Jambi Luar Kota menggunakan teknik *accidental sampling* dengan sampel sebanyak 82 orang. Instrumen pengumpulan data adalah skala *subjective well being* dan skala *gratitude*. Data dianalisis menggunakan *pearson's product moment* dan *dependent sample t-test*.

HASIL: Terdapat hubungan positif dan signifikan antara *gratitude* dengan *subjective well being* pada guru honorer SD negeri di Kecamatan Jambi Luar Kota ditinjau dari jenis kelamin dengan nilai laki-laki $r = 0.327$ dan $p = 0.047$ ($p < 0.05$), perempuan $r = 0.484$ dan $p = 0.000$ ($p < 0.05$).

KESIMPULAN: Terdapat hubungan yang positif dan signifikan antara *gratitude* dengan *subjective well being*. Semakin tinggi *gratitude* yang dimiliki maka semakin tinggi pula *subjective well being* yang dimiliki baik pada laki-laki maupun perempuan.

KATA KUNCI: *Gratitude*, *Subjective Well Being*, Jenis Kelamin, Guru Honorer.

**THE RELATIONSHIP OF GRATITUDE WITH SUBJECTIVE WELL BEING
AMONG HONORARY TEACHERS OF STATE PRIMARY SCHOOLS IN
JAMBI LUAR KOTA DISTRICT REVIEWED FROM GENDER**

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ABSTRACT

BACKGROUND: Honorary teachers are educators who have the same duties and responsibilities as other teachers. However, the mismatch between work demands and the minimal income received by honorary teachers results in unequal subjective well-being of honorary teachers. Gratitude can be believed to be one of the factors that can influence a person's subjective well-being.

OBJECTIVE: To determine the positive relationship between Gratitude and Subjective Well Being in State Elementary School Honorary Teachers in Jambi Outer City District in View of Gender.

METHODS: This research uses a correlational quantitative approach. The population of this study were honorary state elementary school teachers in Jambi Luar Kota District using accidental sampling technique with a sample of 82 people. The data collection instruments are the subjective well being scale and the gratitude scale. Data were analyzed using the pearson's product moment and dependent sample t-test.

RESULTS: There is a positive and significant relationship between gratitude and subjective well being in state elementary school honorary teachers in Jambi Luar Kota District in terms of gender with scores for men $r = 0.327$ and $p = 0.047$ ($p < 0.05$), women $r = 0.484$ and $p = 0.000$ ($p < 0.05$).

CONCLUSION: There is a positive and significant relationship between gratitude and subjective well being. The higher the gratitude, the higher the subjective well being of both men and women.

KEYWORDS: Gratitude, Subjective Well Being, Gender, Honorary Teacher.