

**HUBUNGAN ANTARA *GRATITUDE* DENGAN
SUBJECTIVE WELL-BEING PADA *SHADOW TEACHERS* DI SEKOLAH
INKLUSI SURAKARTA**

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ABSTRAK

Subjective well-being merupakan konsep yang mengacu pada emosi positif yang dirasakan individu serta penilaian positif terhadap pengalaman hidup individu. Penelitian ini bertujuan melihat sejauh mana *subjective well-being* yang dimiliki *shadow teacher* di Surakarta. penelitian sebelumnya menunjukkan salah satu faktor yang mempengaruhi *subjective well-being* adalah *gratitude*. penelitian ini berusaha membuktikan apakah *gratitude* merupakan faktor yang mempengaruhi *subjective well-being* di sekolah inklusi Surakarta. Responden dalam penelitian ini berjumlah 81 dengan teknik pengambilan sampel purposive sampling dengan kriteria *shadow teacher* dengan usia 24-35 tahun serta berjenis kelamin laki-laki dan perempuan. Penelitian ini merupakan penelitian kuantitatif yang menggunakan skala dukungan *gratitude* dan skala *subjective well-being*. Teknik analisis data yang digunakan adalah analisis statistik deskriptif dan pearson correlation. Berdasarkan hasil analisis data dapat disimpulkan bahwa tidak terdapat korelasi antara *gratitude* dan *subjective well-being* pada *shadow teacher* di sekolah inklusi Surakarta.

Kata kunci: *gratitude, subjective well-being, shadow teachers*

**THE RELATIONSHIP BETWEEN GRATITUDE AND
SUBJECTIVE WELL-BEING SHADOW TEACHERS IN SURAKARTA
INCLUSION SCHOOL**

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ABSTRACT

Subjective well-being is a concept that refers to the positive emotions felt by the individual as well as a positive assessment of the individual's life experience. This study aims to see how far subjective well-being the shadow teacher has in Surakarta. Previous research has shown that one of the factors affecting subjective well-being is gratitude. This study attempts to establish whether gratitude is a factor affecting subjective well-being in the Surakarta inclusion school. Respondents in this study amounted to 81 with purposive sampling sampling technique with shadow teacher criteria with the age of 24-35 years and male and female sex. This research is a quantitative study using the scale of support gratitude and subjective well-being scale. Data analysis technique used is descriptive statistical analysis and pearson correlation. Based on data analysis result, it can be concluded that there is no correlation between gratitude and subjective well-being in shadow teacher in Surakarta inclusion school.

Key word: gratitude, subjective well-being, shadow teachers.