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Submission title: Hubungan Kebersyukuran dengan Kesejahteraan Psikologis ...
File name: 131121_Jurnal_Penelitian_Revi_Maulania_Wahyudi_14021050...
File size: 238.87K
Page count: 11
Word count: 3,316
Character count: 22,370
Submission date: 13-Nov-2021 09:48AM (UTC+0700)
Submission ID: 1701349342

 **Psikoborneo**
Jurnal Ilmiah Psikologi
Volume xx No xx | July 2021 hhhh-hhhh
DOI:psikoborneo

p-ISSN:
e-ISSN:

Hubungan Kebersyukuran dengan Kesejahteraan Psikologis Ibu yang Memiliki Anak Berkebutuhan Khusus di Kota Balikpapan

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Article Info	ABSTRACT
Article history: Received July, 2021 Revised July, 2021 Accepted July, 2021	Every parents expects normal conditions for their children but expectations sometimes don't match with reality especially for parents of children with special needs. Children with special needs are children with disabilities that interfere with learning and other activities that require special services. The aim of this study was to examine empirically whether there is an influence or not between the gratitude and the psychological well-being on mothers of children with special needs in Balikpapan City and involved 100 respondents. This study used a quantitative approach. The measuring instrument used in this research were the gratitude scale and the psychological well-being scale. The scale were arranged with likert model scale and the sampling technique used was purposive sampling. This research tested using pearson product moment correlation analysis with Statistical Package for Social Sciences (SPSS) 22.0 for windows. The results of this study showed that there is strongly close positive relationship between the gratitude and the psychological well-being on mothers of children with special needs in Balikpapan City, with the significance value of r count $> r$ table $> 0.843 > r$ table > 0.197 , and value $p < 0.000$, the 0.843 is the value of r count $> r$ table, this indicated that the gratitude has a strongly significant correlations and positive relationship on mothers of children with special needs.
Keywords: Gratitude Psychological well-being Mothers of children with special needs	Kata kunci: Kebersyukuran ; Kesejahteraan Psikologis Ibu anak berkebutuhan khusus

ABSTRAK

Setiap orang tua mengharapkan kondisi normal untuk anak mereka namun keinginan terkadang tidak sesuai dengan kenyataan terutama bagi orang tua yang memiliki anak berkebutuhan khusus. Anak berkebutuhan khusus adalah anak yang membutuhkan pendidikan dan pelayanan khusus dalam mengembangkan potensi dirinya. Penelitian ini bertujuan untuk menguji secara empirik ada atau tidaknya hubungan kebersyukuran dengan kesejahteraan psikologis ibu yang memiliki anak berkebutuhan khusus di Kota Balikpapan. Subjek penelitian ini adalah ibu yang memiliki anak berkebutuhan khusus di Kota Balikpapan yaitu 100 orang. Alat ukur yang digunakan dalam penelitian ini menggunakan skala kebersyukuran dan skala kesejahteraan psikologis. Kedua skala tersebut disusun dengan skala model likert dan menggunakan teknik sampel purposive sampling. Penelitian ini diuji menggunakan analisis pearson product moment dengan bantuan program Statistical Package for Social Sciences (SPSS) 22.0 for windows. Hasil penelitian ini menunjukkan nilai r hitung $> 0.843 > r$ tabel > 0.197 , dan $p < 0.000$, dimana angka ini menunjukkan hubungan yang signifikan antara kebersyukuran dengan kesejahteraan psikologis. Hubungan yang terjadi antara kebersyukuran dengan kesejahteraan psikologis adalah hubungan positif.

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