



FACTORS THAT INFLUENCE GRATITUDE

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Abstract: Gratitude is an expression of gratitude to Allah SWT for the favors, gifts, and conveniences given. Gratitude is divided into gratitude in heart, words, and deeds. This study aims to determine the factors that influence gratitude by using a literature review technique. Literature search was carried out on electronic databases, google scholar, and google with the keyword gratitude. The results of this search indicate that there are two factors that influence gratitude. These factors are internal factors and external factors. Internal factors consist of religiosity, remembering God's favors, all favors will be held accountable, seeing people who are lower in rank, praying to be given help to be grateful, emotionality, prosociality, positive affect, good intentions, and the presence of psychopathology within. While external factors in the form of perceptions of peers and family roles.

Keywords: Gratitude, Internal Factors, External Factors

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INTRODUCTION

Man as a servant of God must always instill gratitude in him. Allah always provides all facilities, relief, blessings, and what is best for His servants. Gratitude is an expression of gratitude from a servant to the Creator. In language, gratitude comes from Arabic (*syakara-yasykuru-syukran-wa syukuran-*

wa syukranan) which means thank you. Gratitude in English is also called gratitude. According to Pruyer, gratitude is taken from the Latin *gratia* which means gentleness, kindness or gratitude, generosity, giving, the beauty of receiving and giving or getting something for a purpose (Emmons & McCullough, 2003). According to Sulistyarini in 2010,

gratitude is a feeling of happiness in individuals who have had enough and feel excessive for something that is needed. Gratitude is shown in the form of emotions or feelings that develop into good attitudes, morals, habits, traits, personality which will ultimately affect the individual's response to situations. Emmons also added his opinion that gratitude is a feeling of comfort that can trigger an individual's motivation.

Some psychological figures (in Peterson & Seligman, 2005) define gratitude as an expression of gratitude and a pleasant feeling or response to receiving gifts that provide benefits and peace. Whereas Wood, Joseph, & Maltby in 2009 said that gratitude is a positive personality trait and represents life or displays life positively. Gratitude includes three things, namely gratitude using the heart, gratitude using words, and gratitude using deeds. In the Qur'an there are verses that explain gratitude, namely Q.S. Ibrahim (14) verse 7 which means "indeed, if you are grateful, it will undoubtedly increase your favors. If you deny My favor, then My punishment will be very severe".

Gratitude is considered as the basic emotion that forms social stability of individuals. Expressing gratitude is considered a good deed. The three components of gratitude according to Fitzgerald in Emmons and McCullough

(2003) on the psychology of gratitude are as follows, namely a warm sense of appreciation, a sense of goodwill, and a disposition to act. First, a warm sense of appreciation, namely an assessment or award or appreciation of something or someone that is conveyed warmly, including feelings of love and affection. Second, a sense of goodwill is a good wish addressed by someone to something or someone else which includes the desire to help someone in trouble, share, and so on. And third, a disposition to act is a person's tendency to do good and give appreciation or appreciation to others, return kindness, worship, and so on.

Meanwhile, the gratitude component according to al-Ghazali (1977) consists of the heart, speech, and actions. The heart is a distinctive feeling and emotion that comes from one's gratitude. This is illustrated by the emergence of a sense of satisfaction, joy, and recognition of the favors he has received. Then verbally by showing or expressing praises to Allah. As well as actions expressed by means of worship to Allah.

Gratitude has a very close relationship with psychological well-being. According to Wood, Joseph, & Maltby (2009) said that a person will achieve life happiness and psychological well-being if he continues to express gratitude. According to Fauziyah & Abidin (2020)

explaining that gratitude is able to create a sense of psychological well-being and relieve one's worries. According to Lyumbomirsky, Armenta, & Fritz (2016) said that feelings of gratitude applied and expressed by a mother can improve the quality of a mother in dealing with problems in the household and create harmony in the household.

According to Watkins, Woodward, Stone, & Kotls (2003) gratitude that is applied in an individual is able to show appreciation (sense of appreciation), appreciate the efforts of others (social appreciation), and always feel sufficient from what one has (sense of abundance).). Gratitude provides life satisfaction in an individual to increase social integration and is able to do good activities as a role model (Froh, Bono, & Emmons, 2010). Gratitude is one of the values that recognizes that everything comes from God alone (Maulinda, 2016). There are aspects of gratitude according to McCullough, Emmons, & Tsang (2002) including intensity, frequency, span, and density. First, intensity is the behavior of individuals who tend to be positive about the events they experience, compared to individuals who feel less grateful about their lives.

Both frequencies, individuals who often say thank you and appreciate the gifts of others. The third span, individual

gratitude can appear through family, work, health, and a useful life. Fourth density, the gratitude that exists in the individual is also influenced by the people around him.

This study aims to examine the factors that influence gratitude in individuals. And it is hoped that this research can examine more deeply about gratitude and be useful for future researchers.

METHODS

This research tracking strategy uses the literature review method and then uses a meta-ethnograph approach, in which the researcher summarizes the essence of the results of various studies that were previously relevant to the researcher's research. With the aim of developing and completing existing theories (Siswanto, 2010). Researchers have conducted searches since May 20, 2023 and search results were carried out on electronic databases, google schola, and google. This electronic database provides various published articles in various disciplines, for example psychology, social, health and religion, Qur'anic studies, and Islamic psychology. The electronic database was chosen because it indexes more research in the social field. The research publication period is limited to 1977-2023.

Selection Criteria

For the selection criteria, the researcher read the title, abstract, and

content of the research to find out whether the articles and journals found met the research criteria. The criteria that researchers use are: 1) journals or articles that discuss gratitude, 2) articles or journals that discuss the effect of X on gratitude, 3) articles or journals that discuss gratitude for the influence of Y, 4) articles or journals that discuss gratitude results of research reports, 5) articles or journals written in Indonesian and English. Researchers obtained 17 articles or journals and 6 e-books that had been published and had gone through a selection process.

Analysis

In the research, the researcher carried out several stages including the identification, evaluation, and interpretation stages of all relevant research on gratitude in a narrative way. The researcher collects 17 articles and 6 e-books that have been published and are relevant for review and makes a summary of the research results consisting of the names of the researchers, year of publication, measuring instruments used, and research results. From the results of this study, researchers draw conclusions about the factors that influence gratitude.

RESULT AND DISCUSSION

Based on the results of the analysis, the following results were obtained:

1. Religiosity

According to Emmons, Mc. Cullough, & Tsang in 2004 stated that religiosity is one of the factors that influence gratitude. Religiosity is the values of a religion. Individuals who have a religion based on spirituality have cognitive and social resources who believe in wider welfare. From the religious values that the individual has, it has a big impact on the emergence of gratitude (Kristanto, 2016).

2. The perspective of al-Quran al-Karim and as-Sunnah

a. Remembering the favors of Allah SWT

Allah has explained in surah al-Luqman verse 20 which means "don't you notice that Allah has subjected what is in the heavens and what is on earth for your benefit and perfected His favors for you physically and mentally". In addition, it is also found in the Qur'an in the letter Ibrahim verses 32-34 which means "that Allah created the heavens and the earth and sent down rainwater from the sky, then with the rainwater he brought out various fruits, as

sustenance for you. and he has subjected ships to you so that they sail the seas by his will, and he has subjected the rivers to you. He has subjected the sun and the moon to you which are constantly moving in their orbits and has subjected the day and the night to you. And he has given you everything you asked of him. And if you count the favors of Allah, surely you will not be able to count them. Indeed, humans are very unjust and very denying (the favors of Allah) ".

b. All favors will be held accountable

Every servant must know that the favors he receives will be held accountable, as Allah has explained in surah at-Takatsur verse 8 which means "then you will really be asked on that day about pleasures". The enjoyment that every servant gets is in the form of healthy body, hearing, and sight. Ibn Kathir quotes the Qur'an surah al-Isra'a verse 36 which means "indeed hearing, sight, and heart will all be held accountable". However, what is happening now is that many people are too little grateful for God's blessings, especially for health and free time. As the words of the Prophet narrated by Imam Bukhari which means "two favors

that make people deceived by him, namely good health and free time" (al-Bukhari, 2002). Therefore a servant is obliged to fulfill his rights and obligations as a sign of being grateful and being accountable before Allah.

c. Look at people who are lower in rank

As the prophet Muhammad SAW said as narrated by Imam at-Tirmidhi means "look at people who are lower than you, and don't look at people who are above you, then it is more appropriate for you not to look down on God's favors that have been given to you" . The hadith explains that humans must look to people who are more under them so that they are grateful for the gifts they receive from Allah, while if people look at people who are richer than them then they will not be grateful to Allah.

d. Pray for help to be grateful

The feeling of gratitude from within a servant also needs help from Allah, because actually humans have free will, while human free will is determined by the permission of Allah SWT. So it is necessary for a servant to ask the Most Willing Substance to remain obedient and grateful to him

(Karimulloh, Grasiswaty, & Caninsti, 2021).

The factors of gratitude are also stated by McCullough, Emmons, & Tsang (2002), namely as follows

- a. Emotionality, namely the tendency possessed by an individual where the tendency is in the form of a very high emotional and has life satisfaction. Individuals who are satisfied with the life they have got will think that all of it is a gift and thank their God. This indicates he has positive emotions such as happiness, optimism, and future-oriented. Meanwhile, if the individual has negative emotions, he will feel sadness, anger, anxiety, envy, and depression.
- b. Prosociality, namely the tendency of individuals to be accepted in a social environment. Individuals who are grateful will have a tendency to support other individuals. Being grateful can reduce negative emotions such as disappointment and envy towards others.
- c. Religiousness, is the values that exist within an individual in the form of transcendental values, religion, and the individual's faith. With a high level of spirituality in individuals, it will tend to be easier to be grateful. This tendency arises

because of a feeling of closeness to God Almighty.

Meanwhile Kashdan, Mishra, Breen, & Froh (2009) also suggested the factors that influence gratitude are as follows:

- a. Positive affect is a positive feeling that exists within an individual that can lead to gratitude. The greater the gratitude of an individual, the greater the positive emotions that are in him and vice versa if the gratitude is lower, the higher the negative emotions that exist in the individual.
- b. Peer perceptions can also influence individuals to be grateful. The perception of these peers can be in the form of how grateful friends look. Such as appreciation, humiliation, and ridicule.
- c. The role of the family is to participate in providing support to individuals when they are faced with problems so that individuals will feel more grateful because of the support and attention from the surrounding environment.
- d. Optimism that encourages individuals to assess everything positively. Optimistic attitude can be in the form of how the individual hopes for something he wants to achieve. If the optimism is achieved, he will thank his God as well as if it is not

achieved because he believes that it is the best for him.

According to Anwar (2010) states that gratitude is influenced by several factors including:

- a. Realizing that all enjoyment comes from Allah. As faithful servants of Allah, we must realize that every enjoyment in this world comes from Allah SWT, such as the pleasures of health, the pleasures of life, the pleasures of wealth, and the pleasures of happiness.
- b. Knowing that the members of the body, body and spirit are details of the pleasures of Allah SWT. We can live because of the limbs given by Allah SWT. The members of the body become complementary members of the spirit that God has entrusted to us.
- c. There is a feeling of pleasure in Allah and his favors. When the individual experiences pleasure he will present God in his heart. Because actually all the blessings come from Allah SWT.

Factors that play a role in gratitude based on the perspective of Islamic psychology (Hambali, Meiza, & Fahmi, 2015):

- a. Self-acceptance of the circumstances experienced is destiny and the best plan from Allah

SWT. Everything that happens to each individual is the best destiny from Allah SWT. Here Allah gives what is needed not what is wanted. So the individual should be grateful for what God has bestowed upon him and this is not felt by other people.

- b. There is experience, knowledge, and social support as well as individual spirituality in accepting the condition. When an individual evaluates himself positively, he will feel positive emotions due to the well-being experienced in his life. This life experience will make her gratitude increase. Individuals who have the knowledge that gratitude is very important in life will increase that gratitude compared to people who do not have the slightest knowledge.

Not only that, the social environment also affects individual gratitude. This gratitude can be in the form of a feeling of comfort received and appreciation for individuals who are grateful. Gratitude can also be raised with a high level of spirituality towards religion. The higher a person's spirituality, the more diligent he is to thank God and vice versa.

- c. Good intentions aimed at helping fellow human beings. As social beings we must have good intentions to help each other among social beings. Because by petrifying fellow human beings we can feel what he has befallen so we are grateful for what we have.
- d. The emergence of deep and varied spiritual experiences triggers individuals to draw closer to Allah SWT. By being grateful for the favors that have been given and the favors that have been achieved.
- e. There is peace of mind and soul, positive thinking, optimism, and hope in looking at life. This trait is a positive trait, from this positive trait it will be able to increase the ability to be grateful by accepting its situation.

According to Seligman (2005) he stated that if someone expresses gratitude, he will experience an increase in his emotional well-being and experience a significant decrease in his own depression. In addition, according to Petrocchi & Couyoumdjian (2016) gratitude is also influenced by psychopathology that exists within oneself, this is because individuals who experience psychopathology such as depression, stress, and anxiety will reduce this by showing gratitude.

In this study, there are 17 articles and 6 e-books that are relevant to the research title, namely the factors that influence gratitude. Of the 17 articles and 6 e-books found, 1 article involved men and women as subjects, 2 articles involved employees as subjects, 2 articles involved ABK parents as subjects, 1 article involved former obesity as subjects, 1 article involving single and married women as subjects, 1 article involving students as subjects, 1 article involving the perspective of the Koran, 1 article involving SLB teachers as subjects, 1 article involving young female K-POP fans as subject, and 6 articles that only discuss theory as well as 6 e-books obtained. With this shows that gratitude is found in various spheres of community life. Because actually humans have to do it in order to get peace, prosperity, and happiness in life.

Of the 17 articles and 6 e-books found, the majority of researchers used McCullough, Emmons, & Tsang's (2002) gratitude scale, namely the GQ-6 (Gratitude Questionnaire). This is because the McCullough, Emmons, & Tsang (2002) scale is very reliable in its validity and reliability in measuring gratitude. Based on a study of 17 articles and 6 e-books, it is known that gratitude is influenced by several factors. In this study, researchers included these variables into two

categorizations, namely, internal factors and external factors.

1. Internal Factors

Internal factors are factors that come from within the individual itself while external factors are factors that influence coming from outside the individual himself. The internal factors consist of religiosity (Kristanto, 2016; McCullough, Emmons, & Tsang, 2002), remembering God's favors (Karimulloh, Grasiswaty, & Caninsti, 2021; Anwar, 2010), all blessings will be held accountable (Karimulloh, Grasiswaty, & Caninsti, 2021), seeing people who are lower in rank (Karimulloh, Grasiswaty, Caninsti, 2021), praying to be given help to be grateful (Karimulloh, Grasiswaty, & Caninsti, 2021), emotionality (McCullough, Emmons, & Tsang, 2002 ; Fitzgerald, 1998; Veronika, 2010; Anwar, 2010), prosociality (McCullough, Emmons, & Tsang, 2002; Veronika, 2010), positive affect (Kashdan, Mishra, Breen, & Froh, 2009; Anwar, 2010; Hambali, Meiza, & Fahmi, 2015), good intentions (Hambali, Meiza, & Fahmi, 2015), and the presence of psychopathology that grows within

individuals (Petrocchi & Couyoumdjian, 2016; Seligman, 2005).

2. External Factors

Meanwhile, external factors that affect gratitude are peer perceptions (Kashdan, Mishra, Breen, & Froh, 2009), family roles (Kashdan, Mishra, Breen, & Froh, 2009; Hambali, Meiza, & Fahmi, 2015).

In this study, there were limitations experienced by researchers, namely the difficulty in accessing full text (complete) published articles regarding the factors that influence gratitude. The majority of research articles published online only present the notion of gratitude without further explanation about the factors that influence gratitude. In addition, it is still rare to find research on gratitude in Indonesia so that researchers have difficulty finding data sources.

CONCLUSION (S) AND RECOMMENDATION (S):

The results of the study show that gratitude is not only influenced by factors from within the individual (internal), but can also be influenced by external factors (external). Internal factors consist of religiosity, remembering God's favors, all favors will be held accountable, seeing people who are lower in rank, praying to

be given help to be grateful, emotionality, prosociality, positive affect, good intentions and the presence of psychopathology within. Meanwhile, external factors that influence gratitude are perceptions of peers and the role of the family.

Researchers have not found research that discusses interventions that

can increase gratitude in individual, group, or community settings. It is recommended for future researchers to develop research related to interventions on gratitude. In addition, future researchers can use other, more diverse subjects and develop new measuring tools to measure gratitude.

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