



Literature Study: Analysis of Gratitude Factors in Individuals

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Abstract

The research aims to determine the influencing factors of gratitude in individuals as human beings. This research uses the literature study method to look for aspects that influence gratitude in individuals, using a data accumulation scheme through Google Scholar and Science Direct to access journals and scientific papers. A literature search was carried out with the keywords "gratitude", "grateful", or "grateful" with a vulnerability of 2013–2023. Keywords are chosen because the theme is related to the topic and are vulnerable to the last 10 years to get relevant and up-to-date data. Based on the search, 2,350 articles were found with the type of research article, and only the 10 most relevant articles were selected. The results of previous research and literature studies explain that the factors of gratitude in individuals consist of self-acceptance, several aspects (knowledge, experience, social support, and spiritual conditions), a sense of appreciation, good intentions, and a tendency to act positively.

Keywords: *Gratitude, gratitude factor, literature study*

Introduction

Every individual experiences Lots of incidents or events that don't can predicted. This thing is meant for humans Keep going prejudiced good to the Creator. In addition, the incident that has occurred can be useful for humans to always evaluate the meaningfulness of a life lived with an attitude fully open-minded. Attitude accepted with this roomy based with acknowledgment of gratitude ordinary love called with gratitude. Draft thanks for a very interesting study in perspective psychology, therefore Lots study studies about gratitude as a variable main. In psychology, the term I'm grateful normally known as " *gratitude* ". According to Michael E. McCullough & Robert A. Emmons (2002), frequent Western researchers who

study *gratitude* disclose that construct *gratitude* among others, namely *gratefulness*, *gratefulness*, and *appreciation* (J. S. Putra, 2016).

The term gratitude is also a close connection to religious perspectives, especially Islam. Gratitude is an adapted term from the Arabic word *syakara*, *thanksgiving*. said thanks has the meaning of expressing feelings of relief about all the gifts given by Allah SWT. Ibn Ujaibah interpret I'm grateful as something happy from the heart about the grace that is obtained then accompanied by gesture all parts of the body a gar always obedient to the giver of grace as well as faith in all the grace that He gave with *tawaduk* (Hambali et al., 2016).

Belief in gratitude concept makes man live with more calm down. God's Word concerning There are also many concepts of gratitude contained in the Al-Qur'an, including the QS. Ibrahim verse 7, “ *Verily If You are grateful, surely I will add (favor) to you. But If You deny (My blessings) then Certain My punishment is very heavy .* ” The meaning of the verse shows that God promises many blessings to people who are grateful and gives doom to those who deny it. In QS. Ibrahim verse 34 “.... *And if you count Allah's favor then you don't will Once finished count them .* ” The meaning of this verse is to explain the blessings that God has given No one can estimate the amount because That man only needed For always grateful. Furthermore in QS. Saba verse 13, “.... *And a little very of My grateful servants.* ” This verse explains that minimal grateful humans whereas with giving thanks the enjoyment will fold double.

Research previously about gratitude or gratitude has Lots done as in Fahmi's research (2015), namely look at the components that make up gratitude in parents who have it child need a special review from the point of view of psychology Islam. Putra (2016) in a research study studies the reception of self and gratitude to students. Furthermore, research by Rahmah et al. (2022) aims To browse drafts thanks to teenagers early (H. Rahmah, 2020, Krentzman, 2017). From several research that has been mentioned of course draft thank you very much connected with other variables that can become factor reason gratitude arises.

Feeling I'm grateful a reaction special to matter well experienced by an individual and the kindness given by others (McCullough, 2004; Zhu et al., 2021) are dimensions recognized emotion as ethics, humility heart, and sincerity (Emmons & Shelton, 2002; in Krentzman, 2017): Apart from being a reaction emotional, gratitude is depicted as a character constant individual to principle a life that sees and judges all matter from a facet positive (Wood et al., 2010, p . 891; Krentzman, 2017). In perspective Islam, gratitude is often expressed with :

الحمد لله شكرا

“*All praise for Allah*”

M. Quraish Shihab explained the essence of I'm Grateful is an " appointment. " Satisfaction and happiness ” are interpreted as accuracy and suitability to use something thing and deliver it in an way oral (Madany, 2019). Ar-Ragib Al-Isfahani describes I'm grateful as an illustration of satisfaction and pleasure. Gratitude is differentiated become three (Muin, 2017):

1. *Shukr al- qalb*, Thank God depicts the heart in a way emotionally the heart of depiction satisfaction and happiness.
2. *Syukr al- verbal*, thankfulness showed verbally through A saying praise to the giver delicious.
3. *Shukr sair al-jaharih*, Thank God member body shown through behavior or attitude.

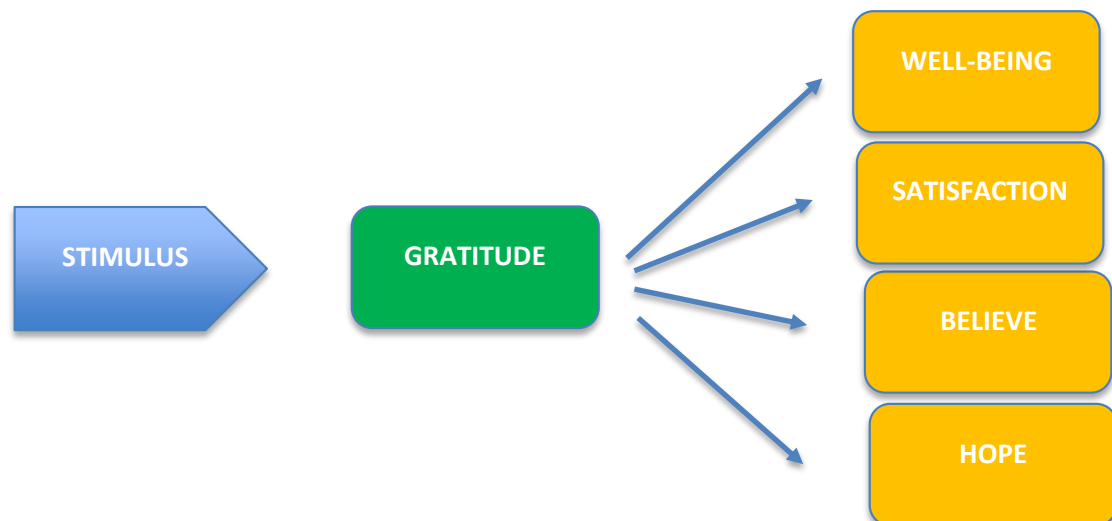


Figure 1. Gratitude Model

Sawyer (2022) explains that I'm grateful is a form of expression of feeling on the value of the situation experienced individual (Surachartkumtonkun et al., 2023). Relevant to Wood et al's (2010) conceptualized explanation that gratitude is an overflow feeling after interpreting values from experience positive you have individual. Meaning to experience No limited to experience Good However experience bad can also be interpreted positively and used as an example or reevaluation action next (Tam, 2022). Gratitude is a reaction to emotions special to matter good experiences of individuals and the kindness given by others (McCullough, 2004; (Zhu et al., 2021).

the thing to be formula problem their study This is the component What just be reason gratitude (*gratitude*) to the individual. this study shows from review Psychology and Islam are very closely related in connection with draft thanks. Research This is intended to find components that influence self-gratitude in individuals as humans. Besides that analysis factor's gratitude for research also has an objective For enriching study literature previously felt Still less. Output from research This can be implemented to expand the outlook for the readers, then can used as material reference reference at a time material evaluation For the researcher next to get it repair results study

Research method

a. Types of research

Study This is done with technique literature studies. Zed (2008) explains if study literature is arrangement-related actions with method collection of library data, review, recording, and management material research (Kartiningrum, 2015). Literature study were don to determine influencing aspects of gratitude or gratitude to the individual who is doing it with scheme accumulated data through *Google Scholar* and *Science Direct* For access journals and works write scientific. Search *literature* done with the point of the words “*gratitude*”, “*grateful*”, or “*gratefulness*” with prone to 2013-2023 years. The word point was chosen Because it related to the theme and vulnerability research year selected 10 years underdeveloped to obtain relevant and up-to-date data.

b. Data collection technique

Based on the search, 2350 articles were found with the research article type, and only 10 articles were selected that were most relevant to the research topic with the following analysis:

No	Writer	Research Design	Objective	Research Methods	Results
1	Adang Hambali , Asti Meiza , Irfan Fahmi	Literature and qualitative studies	Explore influential components of gratitude parent with Children in Need Special as a development tool measuring gratitude	Interview	Factors discovered include acceptance of self, appreciation, intention well, tendencies to behave positively, yes spiritual experience, feeling emotion, and power position.(Hambali et al., 2016) <ul style="list-style-type: none"> • <i>Self-acceptance</i> of gratitude has high significance, though causality happens in a way that is No direct with Lots involving factors other.
2	Johan Satria Putra	Quantitative descriptive	Identify linkages from <i>self-acceptance</i> with gratitude to students	The scale is in the form of a questionnaire	<ul style="list-style-type: none"> • Components that make up causality gratitude including happiness and a sense of relief.(J. S. Putra, 2016)
3	Adzanishari Mawaddah Rahmah, Zainal Abidin, and	Qualitative descriptive	Browse the draft thanks to the youth beginning	Questionnaire question open	Gratitude is reciprocity from behavior carried out.(A. M. Rahmah et al., 2022)

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	Fitri Ariyanti Abidin				There is a positive significance between satisfaction in life with gratitude with the statement that a high sense of life satisfaction is driven by a high sense of satisfaction and gratitude.(Andy Pratama, Narulita Giri Prasamtiwi, 2015)
4	Andy Pratama, Nurulita Giri Prasamtiwi, and Siska Sartika	Quantitative descriptive	Identify relatedness between satisfaction in life with gratitude to the motorcycle taxi driver	The scale is in the form of a questionnaire	
5	Jing Hua, Lu Zheng, Alan Walker, Ian Mercer, and Jiayi Liu	Quantitative descriptive	Knowing whether the role of state support for foreign citizens and gratitude can help individuals develop during the COVID-19 pandemic.	Survey scale	Social support from other people in the host country creates a sense of gratitude for migrants, which has allowed them to thrive during the COVID-19 pandemic.(Hua et al., 2022)
6	Yukako Tani, Yuna Koyama, Satomi Doi, Genichi Sugihara, Masaki Machida, Shiho Amagasa , Hiroshi Murayama, Shigeru	Quantitative descriptive	Determine the relationship between gratitude and cognitive function and elucidate the underlying biological mechanisms by examining the mediating role of brain regions	Questionnaire	Better cognitive function can affect individual gratitude levels.(Y. et al., 2022)

	Inoue, Takeo Fujiwara, and Yugo Shobugawa		among healthy older adults		
7	Eco Kristanto	Quantitative descriptive	Identify differences in the value of gratitude in men and women.	Questionnaire scale	Women have a greater gratitude rating (M = 36.52) than men (M = 33.48).(Kristanto, 2016)
8	Rifka Pratiwi	Quantitative correlational	Knowing connection gratitude and a friendly environment peer on the physical effect on female students	Questionnaire	There is a significant positive between gratitude with a physical impact on female students.(Rifka Pratiwi, 2019)
9	Nanda Resta Fitriyana	Qualitative descriptive	Understand the concept of gratitude from the perspective of a polygamous wife	Interview	<ul style="list-style-type: none"> • Social support influences gratitude in polygamous wives • The religiosity factor influences the gratitude of polygamous wives (Fitriani, 2020)
10	Martha Soraya Putra, Ahmad Muhammad Diponegoro, and Yuzarion	Qualitative descriptive	Recognize the concept of gratitude in individuals with physical limitations and the components that affect it.	Interview	Feelings of joy and looking at people with a lack of more than us are some of the components that affect gratitude. (M. S. Putra et al., 2022)

Result and Discussion

Gratitude has different meanings in Western and Islamic views. According to the Western view gratitude is a matter both of which must be actualized to the wider community. Therefore, form out of gratitude it's the moment i individual can help other people who are in need or not (Hambali et al., 2016) (Adang Hambali & Fahm, 2015). Whereas according to Islam more leads to acceptance of everything that Allah SWT gives or is Lega form heart on all the grace given by Allah SWT(Hambali et al., 2016)

According to Ibn Ujaibah, the meaning of gratitude is feeling happy from in the heart thanks to the grace that was obtained and then accompanied by body steps to obey Allah SWT, and be aware will all something This is a gift from Allah SWT. feeling I'm grateful to push an individual To repay all matter that has been given to him (Komter, 2004; Krentzman, 2017). Apart from encouraging individuals in their attitude prosocial gratitude is also interrelated with several aspects of well-being like feeling positive, satisfied with life, energy positive, believing well, and hope(Krentzman, 2017).

In Islamic religious teachings, there are not small verses of the Koran that explain gratitude, one of which is in surah An Nisa verse 147, which describes the benefits of gratitude, where gratitude can keep individuals away from difficulties and suffering from Allah SWT. "God no will torture you if You are grateful and faithful. And Allah is All- Grateful, All-Knowing." Apart from verses from the Koran, there is also the hadith that discusses gratitude in the hadith history of Abu Daud no. 4811 who eats if that person does Not yet give thanks to fellow man so Not yet thank Allah for that person. from hadith In this way, gratitude is realized as a benchmark in behavior good to the fellow, then chosen as a connector of gratitude towards the Creator.

Factors in gratitude according to the study:

- Reception will circumstances self Alone as A destiny well that has been planned by Allah SWT. If a Not yet Can accept himself with a big heart that person does Not yet have gratitude.
- Aspects like experience, knowledge, and support in the social and individual mental state in obtaining existing circumstances, all go a long way in a matter of gratitude. with existing knowledge and experience Can understand the importance of gratitude.
- Appreciation or gentle appreciation for others, such as love and affection given to spouses, children, or other people who help, with existence This will feel more like giving thanks Because feel appreciated and loved.
- Intention Good can influence gratitude Because a grateful person will always try To have intention Good To do something good, will help other individuals who experience hardship, desire big For share with people with the same or worse circumstances, then also desire arises carry out religious advice as well as possible.
- To behave well is one factor of gratitude because the Koran itself explains If one who acts Goodwill replies kind
- Appearance of spiritual experience, can push We For Keep going grateful because the emergence of spiritual things can add a sense of gratitude and always want to attach

self to Allah SWT to find peace of mind, think positively, and always be optimistic in looking life

Gratitude for individuals shows that a situation with positive emotions later encourages individuals To behave positively or okay. The essence of factor gratitude is A reception self will himself in a way That is and always considers everything that God has given as a good thing (Pitaloka & Ediati, 2015).

Conclusion

Recognition of someone, such as a sense of love and affection Darling Where can given to children, partners, even other people. With This a will feel more give thanks Because feel valued and loved Intention Good can influence gratitude Because a grateful person will always try To have an intention Good To do something good, desire to help people in trouble, and desire to share especially for parents with equality of circumstances, then the desire arises to carry out religious advice by ok.

Drive to behave well is one factor of gratitude because the Koran itself explains That one who acts Good will reply with a kind Appearance and spiritual experience, which can push Us to keep going grateful. After all, the emergence of spiritual things can add a sense of gratitude and continuous desire to be close to Allah SWT with the objective of getting a sense of calm for soul and mind, This can make somebody prejudiced kind, and optimistic as well as hopeful in interpreting life. Based on discussion results studies literature study before explaining that factor gratitude towards individuals consists of reception self, some aspects (understanding, competence, social support, and mental conditions), *self-efficacy*, desire for good, and tends to behave well.

For study Furthermore expected more enriching literature to be used For continued studies case about felt gratitude is not enough in this research. Variable gratitude can be associated with several factors that have been found Then can develop become study cause and effect in a way quantitative nor qualitative.

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