

Gratitude As a Moral Effect That Can Predict the Resilience of Youth

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Abstract: In every phase of life, there must be issues or problems. Issues will surely be encountered in both adults and young adults. When people facing their own problems, some people will face it calmly and some people will be anxious and overthink it. The adults have certainly been trained to deal with problems, but not the young generation. Most of them are still not used to dealing with problems yet. Gratitude is one way to face problems to reach resilience. This research exists to explain how gratitude can predict the resilience of youth. This research method used is an approach using a type of research in the form of literature studies. There are three possible points for the conclusions: 1) The relationship between gratitude and youth resilience. Based on previous studies, it may be seen that individuals who have a high gratitude tend to be directly proportional to the level of toughness or severity. 2) How can gratitude be a powerful moral force for the youth. With gratitude, it can build individuals to broaden their view, enhance the quality of life and strengthen social relationships. 3) Implementation of gratitude and consequences. When individuals have adopted an attitude of gratitude, it can make it easier for them to find meaning or lessons in each experience of life.

Keywords: Gratitude, Resilience, Youth. .

1 INTRODUCTION

Everyone has problems in their life. When a person is confronted with a problem, he or she surely feels uneasy and overthinking. The problem is not only the older generation but the younger generation will also face the problems of life. Unlike older generations who are in control of their emotions and trained in dealing with problems, younger ones have lost control of their emotions and are unfamiliar with problems. The problems that often occur in the younger generation are learning, duty, organization, friendship, romance, etc. The problem that generally happens in the younger generation is academic. As points out by morales and trotman (in utami, 2020), each individual student faces different problems and difficulties in academic life. According to mahoney & gilligan (in Davidson & carlin, 2019) in academic or social activities, such as obtaining education, getting good results, participating in clubs, participating in associations, and performing useful tasks is an evidence of a young generation's positive adaptation to adversity. Before the younger generation replaces the previous generation, they must learn and receive education, and pass through problems at the academy. But all of these problems have to be addressed to their ability or what is commonly called resilience.

Everyone who wants to go through these problems should have an attitude of resilience. Academically elevated attitudes are found in all students and students. According to small & memmo (in Davidson & carlin, 2019) states that licensed are similar to the 'strengthening' process, where one encounters challenging experiences that will strengthen their capacity to withstand further difficulties. Therefore, the younger generation must build a better sense of detachment. Kendra (in utami, 2020) has offered several Suggestions for building coherence, one of which is religion. One that is taught in religion is to appreciate what is held, acquired, and faced. Shogrant (fredella & sundari, 2023) says that a grateful person will enjoy peace, pleasure, and harmony more in his life. A grateful person has a calm, tranquil mood and is able to think clearly. McCullough and kk (in listiyandini, 2016) expressing gratitude is part of a moral influence.

From this we know that gratitude and endurance have a bond as previously explained that gratitude relates to endurance. As with the research carried out by utami (2020), whose results show that gratitude contributes to the formation of academic resilience in students. Fredella & sundi's study (2023) suggests that there is a direct influence of gratitude through reference to psychological well-being. Where gratitude and resilience affect one another. This

coincides with a study of the DKK (2022) that show a positive and significant relationship between gratitude and independence. From these relationships and influences the author wants to explain why gratitude is a moral effect that can predict youth's resilience.

2 MATERIALS AND METHODS

Resilience

Resilience also means the power a person has to rise and recover from the events that befall him, which is easy to cause stress or stress (Smith, B. W., Tooley, E. M., Christopher, P. J., & Kay, V. S., 2010). Connor & Davidson (2003) also proposes on referral qualities that provide the individual with the ability to meet life's challenges. Reivich & Shatté (2002) comment that there are 7 factors which can influence valence: emotional regulation, impulse control, optimism, causal analysis, empathy, self-extension, and temperance. While resilience consists of five aspects: 1) personal competence, high standards, and tenacity; 2) self-confidence, tolerance of negative effects, and coping with stress; 3) being able to accept positive changes and can have good relations with others; 4) self-control and 5) spiritual influence. Previous research carried out by (Nagle & Sharma, 2018) explains that valence can increase the psychological well-being of individuals. Additionally, research conducted by (Edriany et al., 2021) shows that resilience points have a positive and significant impact on increased psychological well-being.

Gratitude

According to Bono, G., Emmons, R. A., & McCullough, M. E. (2012) and McCullough, M. E., Kimeldorf, M. B., & Cohen, A. D. (2008) gratitude means an individual's feeling or an individual's emotional reaction that is accepted and felt personally by the individual as a reciprocity from a direct response caused by something being captured and given that an individual then feels its benefit or advantage. Quoted from Emmons, R. A., & McCullough, M. E. (2004) explaining that a person's entry to adolescence is believed to be developing, gratitude goes hand in hand with such factors as internal (personal) and external (environment) factors. It is also influenced by current social relationships, including; Peers, family, schools, which in turn brings a unique expression of individual gratitude.

Gratitude is a positive psychological factor, presented as an interventions mechanism using the exercise of gratitude aimed at improving well-being, quoted from Bohlmeijer, E., Kraiss, J., Schotanus-Dijkstra, M., & Ten Klooster, P. (2022). Gratitude has been viewed as a basic positive emotion that individuals experience in daily life and a characterlike attitude or disposition toward life (Fredrickson, B.L.; Tugade, M.M.; Waugh, C.E.; Larkin, G.R., 2004). An emotion of gratitude is considered to be "an awe, gratitude, and appreciation for life." It comes from the feeling that a person has when such a person personally benefits from the deliberate actions of another person, through human or supernatural forces and the loss or absence of any negative factor in their living condition. The effects of feeling gratitude, the individual tends to react favorably and respond favorably to an act of kindness. More specifically, gratitude has been learned as a positive emotion theoretically (Fredrickson, B.L., et al., 2001) and empirically linked to other positive emotions.

Research done by McCullough, M.E., Emmons, R.A., & Tsang, J., (2002), is in line with the theory of Broaden and Build Fredrickson, B.L., Mancuso, R.A., Branigan, C., & Tugade, M.M., (2000), Discovering that gratitude reduces the harmful effects of negative emotions. Second, as strength of character, gratitude is one of the emotional traits and demonstrates an individual's tendency to recognize and react emotionally by experiencing gratitude for the beneficial ACTS of kindness received. A person who shows a high degree of gratitude may be experiencing this quality more often, more intensely, and in a longer period of time.

3 RESULTS

This study aimed to explore the relationship between gratitude and resilience in individuals. The literature review suggests that high levels of gratitude can contribute to better levels of resilience. Individuals with a strong sense of gratitude tend to have better abilities to face and overcome difficulties in life. Conversely, individuals with low levels of gratitude tend to have lower levels of resilience. These findings indicate a correlation between gratitude and resilience, where gratitude can be a supporting factor for individuals in facing life's challenges.

The younger generation is currently facing various pressures and challenges in their daily lives. This study focuses on how gratitude can be an important factor in demonstrating resilience in the younger generation. Previous research has revealed that young people with high levels of gratitude are more capable of facing and overcoming difficulties in a positive manner. Gratitude helps them see the positive aspects in every situation and build resilience in

facing life's challenges. By cultivating gratitude, the younger generation can strengthen a strong mindset and develop the resilience needed to face an uncertain future.

This research make us of a literature study method with an literatur studies. Through collecting references from previous research and careful analysis, the researchers concluded the relationship between gratitude and resilience, as well as its effects on individual well-being. The findings of this research have important implications in the field of psychology, particularly in the development of intervention strategies to enhance individuals' psychological well-being. Developing programs that promote the development of gratitude and resilience can assist individuals, especially the younger generation, in better facing life difficulties, strengthening their quality of life, and improving positive social relationships. However, it is important to note that further research is needed to empirically test the relationship between gratitude and resilience, as well as its effects on individual well-being, in order to provide stronger and more comprehensive evidence.

4 DISCUSSIONS

Based on a literature review, this research reveals a significant relationship between gratitude and resilience. The researchers refer to the concept of resilience developed by Connor and Davidson (2003) as the ability to be flexible in facing difficulties. Previous studies have found that individuals with a high level of gratitude tend to have better resilience. Gratitude helps individuals cope with challenges, utilize internal resources, and find meaning in difficult life experiences. Therefore, it can be concluded that there is a positive relationship between gratitude and resilience.

The younger generation faces complex pressures and challenges in their daily lives. In this context, gratitude plays an important role in demonstrating resilience in the younger generation. Gratitude allows them to see the positive aspects in every situation and appreciate what they have. Previous studies have found that young people with a high level of gratitude tend to have better abilities to cope with stress, overcome difficulties, and build mental resilience. Gratitude also helps them broaden their perspectives, improve their quality of life, and strengthen positive social relationships. Therefore, it can be concluded that gratitude can be a supporting factor for the younger generation in developing resilience.

Through a literature study and analysis conducted in this research, important findings were obtained regarding the application of the concepts of resilience and gratitude. The concept of resilience, as explained by Connor and Davidson (2003) and Reivich and Shatte (2002), plays a crucial role in helping individuals face and overcome difficulties in life. Resilience can also enhance individuals' quality of life and help them adapt to extreme changes and stress. On the other hand, gratitude has strong moral and psychological effects on individuals, encouraging behaviors influenced by concern for the well-being of others. Gratitude can also enhance individuals' resilience by helping them find meaning in every life experience.

In this study, the literature analysis method was used to gather and analyse references from previous research. The steps involved selecting a theme, mining information, determining the research direction, collecting data sources, presenting the data, and preparing the report. In the analysis process, techniques such as selection, comparison, merging, and selection of relevant references were carried out according to the research context. The results of this research provide insights into the relationship between gratitude and resilience, as well as practical implications in the development of intervention strategies to enhance individuals' psychological well-being, especially in the younger generation. However, it is important to note that further research is needed to empirically test this relationship and provide stronger and more comprehensive evidence.

5 CONCLUSIONS

Based on the discussion above, there are three possible points: 1) The relationship between gratitude and youth resilience. Based on previous studies, it may be seen that individuals who have a high gratitude tend to be directly proportional to the level of toughness or severity. 2) How can gratitude be a powerful moral force for the youth. With gratitude, it can build individuals to broaden their view, enhance the quality of life and strengthen social relationships. 3) Implementation of gratitude and consequences. When individuals have adopted an attitude of gratitude, it can make it easier for them to find meaning or lessons in each experience of life.

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