Does gratitude correlate with positive thinking?

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Article Info	ABSTRACT
Keywords: Positive thinking, gratitude, work termination	Indonesia experienced the COVID-19 pandemic in 2020, causing many impacts, such as economic downturn, resulting in the huge of employment termination.. This has an impact on employees who experience layoffs during the COVID-19 Pandemic. During this condition, individuals to always be grateful and think positively in facing these conditions. The aim is to express the relationship between gratitude and positive thinking in employees who have been laid off, namely men who are employees who have been laid off and can provide solutions. This method uses quantitative with a correlational approach. Data was collected using 2 types of questionnaires, namely gratitude and positive thinking. There were 99 male respondents from the Tambun area who were laid off from the company due to the economic downturn in the company. The research results show that there is a significant positive relationship between feeling grateful and positive thinking. The greater the feeling of gratitude, the greater the sense of positive thinking that layoff victims have. The research results can be used to minimize the negative feelings of layoff victims so that layoff victims can again accept everything that happens with gratitude and enthusiasm to live their daily lives, namely with positive thoughts.
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INTRODUCTION

Indonesia were experienced the COVID-19 pandemic in 2020, which have an impact not only for health but also affect economic and social factors. This situation also impacted the business world which then ends up in layoffs. As a result, there were closure sof several companies, which resulted for the workforce cannot continue to work anymoew, and were terminated. (Thoif, 2022).

The data taken from (PikiranRakyat.com) showed that the total workers who were terminated were 1,651 employees. While in Bekasi Regency there are 6,206 people who were terminated, from 46 companies. From this data, the impact of the COVID-19 pandemic on the centralization of employee employment relations also caused the company to reducethe number of employees. The results of layoffs make them depressed and stressed. Meanwhile, to move on people should have a positive thinking about theoir future.   As a result, efforts to develop a positive thinking need to be enhanced on individuals who were terminated from their companies. Positive thinking needs to be developed, as leads to success. Seligman (2006) Optimism is a positive thinking habit expressed through a style of interpretation of events that have or have not yet happened.

Positive thinking will develop self-confidence, as a result, by having positive thinking individuals can determine the future in life (Haryono, 2000). In line with positive thinking, there is an attitude of confidence and hope that will influence individual behavior to be better (Karimi et al., 2019). Research conducted by Rusfiana and Sugiasih (2021) showed that the high level of positive thinking in individuals leads to high self-esteem of employees. In this regard, people who have positive thinking usually also have self-acceptance, self-knowledge, and optimism. They are also not avoiding problems but rather looking for solutions, Previous research conducted by Nashrulah (2023) also explained that positive thinking enables individuals in reducing stress. Thus, positive thinking provides individuals to be ready in facing problems, challenges and usually confident in their abilities.

Meanwhile, research showed that positive thinking had a positive impact on psychological stress (Kholidah &; Alsa, 2012). In this regard, positive thinking as a positive way of thinking that every problems had solution (Caprara & Steca, 2006). Peale (1997) also explained that positive thinking is a way of responding to every problem that comes with a positive point of view. As a result, with individuals thinking positively, every problem has a solution. People also believe that they have the abilities to face the future and hopes for success, which then enable them to accept the situations and conditions positively. As a result, people will feels satisfied with their life (Caprara & Steca, 2006). According to Seligman (2006), there are dimensions of positive thinking, including permanence, pervasiveness, examples, and personalization.

Further, Hill and Ritt (2014) mentioned that positive thinking might assist people realizing their expectations and overcome decisions that have been made and overcome fear. Moreover, Positive thinking will assist individuals to be optimistic and assist individuals to carry out their activities in life. As a result, individuals who do not have a positive way of thinking will feel difficulties in life, due to the incorrect concepts and beliefs about life and their environment (Kurniawan, 2019). Previous research about positive thinking and optimism was done by Kurniawan (2019) revealed that the higher positive thinking possed by individuals, resulted tin he higher of individual's optimism. This finding supported the research by Hambali, and Meiza, (2015) that showed one of the factors of gratitude was positive thinking. In this regard, gratitude will avoid negative emotions of disappointment, and frustration, which then fostering positive feelings.

Meanwhile, according to Dinanti and Mangundjaya (2023) gratitude has a significant relationship with happiness. Thus, grateful individuals tend to have higher levels of satisfaction and optimism compared to less grateful individuals. Individuals who feel grateful will feel a stronger connection with God, allowing individuals to experience peace and contentment. In this case, gratitude will prevent individuals from complaining and appreciating what happens in life so that it can increase patience with every incident they experience (Dinanti & Mangundjaya, 2023).

Gatitude will make individuals happy, this applies for the long run, and not just temporarily (Emmons & Mccullough, 2004). In other words, individuals who have a high level of gratitude will not fight back and ignore all the negative things that happen in their

lives, but they will prefer to be grateful and enjoy everything they have and feel satisfied with their lives (Wood, et al., 2010).

Gratitude has a significant relationship with happiness Dinanti and Mangundjaya (2023) Thus, people who feel grateful, will have low stress and deppression when facing uncomfortable situations. In this regard, when people experience a feelings of gratitude, they will have a close relationship with God, which then make them peace, and contentment. In this case, gratitude makes people accept what happened in his life, enjoy good experiences, be more patient in their life, and be confident (Dinanti & Mangundjaya, 2023).

Previous studies about gratitude were conducted by McCullough, Tsang and Emmons (2004); Hoffman (2015); Dinanti and Mangundjaya (2023) about the the effect of gratitude on happiness which showed significant positive correlation. More over, the study by Hambali, and Meiza, (2015) showed that one of the factors of gratitude was positive thinking.In this regard, the ability to believe although life is not easy, but as people accepted the condition, this will make them happy.   In this regard, although there were still limited studies about the relationship between gratitude and positive thinking, but based on the discussion above the following hypothesis as follows:
Hypothesis: There is a relationship between gratitude and positive thinking

METHODS

In completing this study, researchers used quantitative methods. According to Arikunto (2013), quantitative research is a research approach that uses numbers, starting from data collection, data interpretation, and its original form. In this study, researchers used a correlational methods. Correlational research is research that is purposeful to show the degrees of the relationship between one variable with one or more variables (Soesilo, 2018). In this study, researchers will identify whether there is a relationship between gratitude and positive thinking in employees who were affected by layoffs when the COVID-19 pandemic occurs.
Respondents

Table 1. Profile of respondents

	Variable	N	Percentase
Age	<20 years	15	17,2%
	21-29 years	65	74,7%
	>30 years	7	8,1%
Education	Bachelor	45	46,9%
	Diploma	7	7,3%
	Senior High School	44	45,8%
Length of services	<1 year	45	52,3%
	2-3 year	33	38,4%
	< 4 year	8	9,3%

Based on the respondent profile table, it can be seen that respondents in this study were male, with the majority age between 21-29 years. Based on educational background, the majority of respondents were bachelor, with the length of services less than <1 year.

Profile of Respondents

Respondents were chosen using purposive random sampling, (Sugiyono, 2019, ; McMillan & Schumacher, 1984)), as they have to meet the criteria of male who were terminated from their jobs due to the Covid 19 pandemic Respondents were originally from the South Tambun region in Bekasi. The researchers using Bekasi as the location, due to the fact that Bekasi is an industrial city with a large number of labor-intensive companies, and they were many companies that terminated their employees.

The characteristics of respondents are males who were terminated from their companies during Covid 19 pandemic which were domiciled in South Tambun Regency. In this study, 101 respondents were obtained, but only 99 can be used as respondents as the 2 (two) questionnaires were not completed.

Research Measuring Tools
Positive Thinking

The concept of positive thinking in this research using the concept from Seligman (2006), optimism is a way of positive thinking. This study used a questionnaire consisting of 15 items. This positive thinking questionnaire uses a Likert scale of 1 to 6, namely (1) strongly disagree (2) disagree, (3) disagree less, (4) simply agree, (5) agree, and (6) strongly agree. The questionnaire has been translated into Indonesian and modified by Mangundjaya and Syamsiyah (2023). With regards to the example items are as follows: 1), I have high confidence. 2) I am always optimistic that I can solve various difficulties. 3) I can find a solution to an existing problem.

Gratitude

The concept of gratitude in this research using the concept from McCullough, Tsang, and Emmons (2004), which then presented in the questionnare. The questionnaire consisted of 8 (eight) items, using a Likert scale of 1 to 6, which is (1) strongly disagree (2) disagree, (3) disagree less, (4) quite agree, (5) agree, and (6) strongly agree. The questionnaire were translated into Indonesian and modified by Mangundjaya and Syamsiyah (2023). Examples of items are as follows: 1) I have many things in life to be grateful for. 2) I thank many people who have played a role in my life. 3) As I grew older, I was able to accept events and situations that were part of my life history.

RESULTS AND DISCUSSION

Validity Test

In this study, validity testing was carried out using the correlation coefficient technique. The results of the correlation coefficient statistical test can be used to measure whether items are suitable for use or not so that they are valid or not seen from the correlation coefficient of $\alpha > 0.30$. (Perianthula, 2016).

Table 2. Validity Classification

Score	Klasifikasi
≥ 0,400	Very good
0,300-0,399	Good
0,250-0,299	Pretty good
0,200-0,249	Kinda Good
<0,200	Ugly
-(minus)	Very ugly

Data source: Periantolo 2016

Based on the results of the validity test, each obtained a correlation coefficient value and showed that in gratitude questionnaires there was 1 (one) item that have to be dropped, which left only 7 (seven) items which got a validity score of 0.404 - 0.710. This results showed gratitude has already a good or high level of validity. Meanwhile, positive thinking variable which consists of 15 items showed a validity score of 0.612 - 0.863 which can be said have a very good or very high level of validity.

Reliability Test

In this study, reliability tests were carried out using the techniques of *Cronbach's Alpha* (α). The results of *Cronbach's Alpha* (α) will determine whether the variables were reliable or not. Azwar (2007) argues for testing reliability with techniques *Cronbach's Alpha*, a scale is considered reliable if the minimum correlation coefficient α > 0.60.

Table 3. Reliability Classification

Number	Status
$0.90 \leq r11 < 1,000$	Highly Reliable Tall
$0,70 \leq r11 < 0,90$	High Reliability
$0.40 \leq r11 < 0,70$	Medium Reliability
$0,20 \leq r11 < 0,40$	Low Reliability
$R11 < 0.20$	Highly Reliable Low

Based on the table above, it showed that to test the reliability using Cronbach's Alpha technique, the score results should be at least α > 0.60 to be categorized as reliable (Azwar, 2007)

Table 4. Reliability

Cronbach's Alpha		Number of Items
Gratitude	.775	8
Positive Thinking	.955	15

Based on the results of the reliability test of gratitude and positive thinking, it showed that each variable obtained *a Cronbach's Alpha* value between .775 (gratitude) and .955 (positive thinking). Thus, it can be said that both scales have a very high level of reliability based on Table 3.

Results will be presented in descriptive statistics, intercorrelation
Descriptive Statistics

Table 5. Descriptive Statistics

	Minimum	Maximum	Mean	Std. Deviation
Gratitude	1	6	4.60	0.75
Positive Thinking	0.8	4.8	3.72	0.75

Based on the results above, it can be seen that the average score for gratitude is higher than the average score for positive thinking.   To know the details about the score of gratitide and positive thinking for each demographic profile, then the anova test were conducted as can be seen in table 6 below.

Table 6 Demographic Analysis of the Two Variables

Demographic Variables	N	Gratitude			Positive Thinking		
		Mean	SD	Sig.	Mean	SD	Sig.
Age				0.14			0.86
< 20 y.o.	15	4.25	1.04		3.35	0.85	
21-29 y.o.	65	4.67	0.70		3.82	0,74	
> 30 y.o	7	4.64	0.40		3.83	0.39	
Education				0.76			0.91
S1 (Bachelor)	45	4.63	0.74		3,79	0,71	
Diploma	7	5.08	0.84		3.11	0,71	
Sr. High School	44	4.66	0.68		3.74	0.49	
Length of services				0.23			0.42
< 1 year	45	0.79	0.79		3.51	0.91	
> 1 year	33	1.15	0.12		3.89	0.51	
< 2 year	8	4.62	0.34		0.40	0.44	

Note: N = Number of Sample; SD = Standard Deviation; Sig. = Significance.

Table 6 shows that all dimensions of demographic profile (age, education and length of services) did not have any significant mean differences in terms with the score of gratitude and positive thinking. Those demographic profiles were also not significantly correlated with gratitude and positive thinking.

Results of Correlation

To identify whether the two variables (gratitude and positive thinking) were correlated , then the Pearson Correlation Analysis were conducted as can be seen on table 7.

1. Results of Pearson Correlation

Table 7. Correlation results

	N	Gratitude	Positive Thinking
Gratitude	Person	1	.661
	Corelation Sign. (2-tailed)		.000**
	N		
		99	
Positive Thinking	Person		
	Corelation Sign. (2-tailed)	.663	
	N	.000**	
		99	

** l.os p<0.01

Table 7 Based on the results of the correlation test in the table above, it can be ascertained that there is a significant positive relationship (correlation coefficient with a positive sign of 0.663) (significance value of 0.000 < 0.01) between gratitude and positive thinking and also a positive relationship (correlation coefficient with a positive sign of 0.663) (significance value of 0.000 < 0.01) between gratitude and positive thinking.

2. Interrelation Correlation Test

Table 8 Intercorrelation Analysis

No	M	SD	Mean	1	2	3	4	5
1	Positive Thinking	3.72	0.75	1				
2	Gratitude	4.60	0.75	0.66**	1			
3	Age			0.12	0.70	1		
4	Education			0.70	0.61	0.20	1	
5	Length of services			0.30	0.34	0.79	0.41	1

**. Correlation is significant at the 0.01 level (2-tailed).

Table 8 shows that there is a positive relationship between feelings of gratitude and positive thinking. Meanwhile, demographic variables have no significant correlation with gratitude and positive thinking.

Discussion

This study aims to determine whether there is a relationship between gratitude and positive thinking in employees who were terminated during Covid 19 pandemic. The results of the analysis using correlation techniques, showed that there was a positive correlation between gratitude aned positive thinking, thus the hypothesis was accepted. .

The results supported the previous research on gratitude done by Hambali and Meiza (2015) which mention that one of the factors in developing gratitude is positive thinking. Further, previous research by Prabowo and Laksmiwati (2020), as well as by Dinanti and Mangundjaya (2023), which showed that there is a significant relationship between gratitude and happiness which means that the higher the gratitude, the higher the level of happiness and vice versa. In this regard, the ability to believe that life is not easy, but also aware and hope that there are new ways to live a better life. In this regard, gratitude can develop positive thoughts. Meanwhile, according to Seligman (2006), optimism is a way of positive thinking. In this regard, people who are optimistic and confident, can develop their positive thinking. In other words, the higher the gratitude felt by people, resulted in the higher level of people positive thinking.

Research by Jatmika (2016) also revealed that individuals who think positively will be having more positive perspective and solving problems by seeing the good side both in others, and themselves. In this case, people who have gratitude according to McCullough et al., (2002) will have positive coping for each problem. They also try to seek social support from others, interpreting experiences from different perspectives, and having mature strategies in solving problems.

There are several limitations embedded in this research, 1) The small number of respondents, due the difficulty in finding respondents. 2) This research only conducted in Tambun (Bekasi), which might have different results when it was conducted in different area. 3) This research only studied two variables, that is gratitude and positive thinking. Based on limitations mention, the researchers suggest the following:1) Conducting similar research on different respondents and different locations, 2) Conducting research using different variables for example, the relationship between the internal control center and self-efficacy and other variables that can lead to positive thinking.

CONCLUSIONS

From the results of the study, it can be concluded that there is a significant positive relationship between the ability to feel gratitude and positive thinking. The higher the sense of gratitude resulted in the higher of people positive thinking. This research showed that individuals who were terminated during the Covid-19 pandemic in 2020, enable to have positive thinking if they posses a sense of gratitude. As a result, they will enable to develop a feeling of peace and security to maintain their mental and physical health. Based on the results, it is suggested that training on gratitude is needed fo people to improve the positive mindset and think positively.

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