

# Examining Impact Gratitude and Hope On Fishermen's Subjective Well-Being

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# EXAMINING IMPACT GRATITUDE AND HOPE ON FISHERMEN'S SUBJECTIVE WELL-BEING

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**Abstract.** This analysis is meant to look at the impact of gratitude and hope on subjective well-being of fishermen. This study concerned 240 fishermen in Pelabuhan Ratu. Sampling is finished mistreatment non probability sampling with accidental sampling technique. The instruments used consisted of Flourishing Scale and Positive and Negative Scales (SPANE) Scale from Diener, Wirtz, Biswas-Diener, Tov, Kim-prieto, Choi, and Oishi (2009), State Hope Scale (SHS) developed by Snyder (2001), whereas the the gratitude was measured by GRAT from Watkins, Woodward, Stone & Kolts (2003). The results show that there's a major impact of gratitude and hope towards subjective well-being of fishermen. Then, the every one dimensions have a major parametric statistic on subjective wel-being.

**Keywords:** *subjective well-being, hope, gratitude.*

## 1. Introduction

Fishermen below Law No. 45/2009 defines fisheries area unit folks whose livelihoods area unit fishing. The byword that claims "My grandparent could be a sailor" describe the greatness of the dry land ocean and also the main professions cultivated by the predecessors area unit the premise that the supply of prosperity ought to come back from the ocean. as a result of nearly hour of Indonesia's population lives in coastal and rural areas. applied mathematics knowledge in 2011 showed that there have been 8000 coastal villages unfold across three hundred regencies / cities. moreover, from 234 million sixty four million folks add the informal sector and half-hour of them area unit fishermen [1].

In their daily lives fishermen depart from 4-6 within the morning to arrange the ship that may be used for fishing. throughout the search method, the fishermen failed to escape the threat of huge waves returning from the ocean. Therefore the risk of life safety is incredibly threatening to them. in an exceedingly season that enables fishermen to induce loads of catch, they get even up to two heaps of fish for six hours of shipping. Completely different if the season isn't sensible, they do not even get fish the least bit for a full month. With the varied polemics visaged by people in meeting their desires, the welfare of a trained worker is incredibly necessary. Considering the amount of fishermen that reached nineteen, 200,000 people, it had been felt terribly necessary to concentrate to their welfare. In science there's the term Subjective Well-Being.

Subjective Well-Being is that the analysis of people regarding their lives, as well as psychological feature assessment of life satisfaction and affectional assessment of the emotions they feel [2]. Subjective Well-Being consists of 2 dimensions, psychological feature and affectional assessment. In an exceedingly subjective assessment that features psychological feature and affectional, people live subjective well-being in several ways that [3]. Basically, every individual includes a shadow of life's well-being in his mind, however is blocked by gratitudes that arise from what he faces. Like associate expression "Well-being cannot exist simply in your own head. "Well-being could be a combination of gratitude sensible likewise as having that means, sensible relationships and accomplishments." [4].

There area unit many factors that influence subjective well-being. 2 of them area unit hope [5] and gratitude. Subjective well-being is taken into account because the main outcome of therapeutic ways, and is taken into account a vital issue associated with well-being [6]. Snyder [7] hope is that the results of the add of mental resolution and way power that people need to come through goals. Snyder emphasizes that people thinking and decoding their surroundings area unit key in understanding expectations.

Hope could be a variety of trust that one thing you would like are going to be able to be achieved, or an occasion can bear fruit within the future. primarily fishermen United Nations agency create a living continually notice issues like fish season that isn't continually stable. With the weather changes being visaged, the individual has hope to be able to get land sustenance. This hope is helpful for process info in achieving goals [8]. Subjective well-being is additionally influenced by gratitude. Gratitude could be a link that includes a relationship with mental state and individual life satisfaction. Previous analysis shows that grateful people will expertise a better level of subjective well-being. gratitude will enhance positive thinking, offer effective ways that to cope with negative events and frustrate negative conditions like depression [9]. Gratitude is appreciated within the phrase "thank you" each to fellow kinsmen.

## 2. Methods

The population during this study were fishermen in Pelabuhan Ratu, one among the areas within the south of land and also the majority of the population as fishermen. the amount of samples during this study amounted to 240 folks. Sampling during this study mistreatment non-probability sampling technique, with accidental sampling technique. Variables during this study area unit subjective well-being, hope, and gratitude. Subjective Well-Being is that the analysis of people regarding their lives, as well as psychological feature assessment of life satisfaction and affectional assessment of the emotions they feel. the explanation for selecting this understanding is as a result of it higher describes the part parts that may be employed in this study [2]. Snyder [7] that's as a unit that compromises psychological feature (believes within the ability of people to begin and maintain actions) and pathways (believe within the capability of people to provide paths) to realize goals. gratitude could be a gratitude of appreciation for the kindness that's received, not gratitude deficient, knowing the contribution of others and appreciating easy pleasures [9].

The measure tool accustomed live subjective well-being is that the modification of the mix of scale FS (Flourishing Scale) that consists of eight from Edener and Henry M. Robert Biswas-Diener [10] and also the SPANE scale (Scale of Positive and Negative

Experience) that consists of twelve things to live positive things vi things and negative consisting of vi things. Then, the instrument accustomed live hope capital is that the State Hope Scale (SHS) developed by Snyder [11] that consists of vi things and a couple of dimensions specifically pathway and agency with Cronbach alpha price .76-.90. whereas the measuring device accustomed live gratitude is that the gratitude enmity and Appreciation take a look at (GRAT) from Watkins, Woodward, Stone & Kolts [9] that consists of forty four things and 3 dimensions specifically sense of abundance, easy appreciation and appreciation of others.

From the twenty items of subjective well-being obtained a work model with Chi-Square  $\chi^2 = 87.30$ ,  $df = 68$ ,  $P\text{-value} = 0.0575$ ,  $RMSEA = 0.034$ , with all things declared as fit. The CFA results of the State Hope Scale (SHS) with all eight items obtained work models with chi-square values  $\chi^2 = 5.63$ ,  $df = 9$ ,  $P\text{-value} = 0.77593$ ,  $RMSEA = 0.000$ , with the general things declared fit. The CFA results from the gratitude enmity and Appreciation take a look at (GRAT) live obtained from the work model of every dimension, specifically the dimension of sense of abundance with  $\chi^2 = 6.66$ ,  $df = 5$ ,  $P\text{-value} = 0.24714$ ,  $RMSEA = 0.037$ . simple appreciation with chi-square value  $\chi^2 = 7.91$ ,  $df = 5$ ,  $P\text{-value} = 0.16121$ ,  $RMSEA = 0.049$ . and also the dimension is appreciation for others with a  $\chi^2 = 1.61$ ,  $df = 3$ ,  $P\text{-value} = 0.65775$ ,  $RMSEA = 0.000$ . Of the three dimensions accustomed gratitude, every dimension was declared as fit.

### 3. Results

The subjects during this study were 240 Pelabuhan ratu fishermen. the whole subject has male sex, the subsequent are going to be given an outline of the topic supported age, as is seen in Table 1.

**Table 1.** Responden Identity.

No	Ages Category	N	Presentase
1	Late teens	2	0.8%
2	Early adult	113	47.1%
3	Middle adult	115	47.9%
4	Late adult	9	3.8%
	Total	240	100%

The first step in hypothesis testing is to check the R2 score to examine the quantity of variance proportions influencing the independent variables and also the variable. From Table two, R2 is 0.414 or 41.4%. That is, the variance proportion of subjective well-being explained by sense of abundance, simple appreciation, and appreciation for others is 41.4%, whereas the remaining 56.6% is influenced by different variables outside of this study.

**Table 2.** R. Square.

Model	R	R <sup>2</sup>	Adjust R <sup>2</sup>	SEE
1	.644 <sup>a</sup>	.414	.404	7.71717

Predictors: (Constant), APPRECIATIONFOROTHERS, SENSEOFABUNDANCE, HOPE, SIMPLEAPPRECIATION

The second step of the research worker examines whether or not all freelance variables have a major influence on subjective well-being. The results of the F take a look at is seen in Table three.

**Table 3.** Anova.

Model	R	R Square	Adjust R Square	Std. Error of the Estimate
1	.644 <sup>a</sup>	.414	.404	7.71717

a. Predictors: (Constant), APPRECIATIONFOROTHERS, SENSEOFABUNDANCE, HOPE, SIMPLEAPPRECIATION

Based on the F take a look at in table three, it is seen that the worth of p (Sig.) within the way right column is  $p = 0.000$  with a worth of  $p < 0.05$ . So, so the null hypothesis that reads "no influence of gratitude for subjective well-being" is rejected, that means that there's a major impact of gratitude toward subjective well-being, succeeding step, the researchers checked out the regression coefficients of every IV.  $< 0.05$ , the parametric statistic is important, which implies that the variable quantity includes a vital impact on subjective well-being The magnitude of the parametric statistic of every variable quantity on subjective well-being is seen in Table four.

**Table 4.** Coeffisien of Regression

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	9904.631	4	2476.158	41.578	.000 <sup>b</sup>
	Residual	13995.369	235	59.555		
	Total	23900.000	239			

a. Dependent Variable: SWB

b. Predictors: (Constant), APPRECIATIONFOROTHERS, SENSEOFABUNDANCE, HOPE, SIMPLEAPPRECIATION

Based on the parametric statistic in table four, it is seen that there are four variables whose parametric statistic values are vital, namely: (1) hope; (2) sense of abundance; (3) easy appreciation; (4) appreciation for others. It is understood that every one of these variables accustomed live subjective well-being of fishermen have a major price.

#### <sup>1</sup> 4. Discussion

The focus of this analysis is to search out the factors that may influence the subjective Welfare of fishermen. Subjective well-being is outlined as a private analysis of his life, as well as psychological feature assessment of life satisfaction and affectional assessment of his emotions [12]. Diener et al., [2] an individual is claimed to possess a high subjective well-being if they're happy with their living conditions, usually feel positive emotions and barely feel negative emotions. once somebody characterizes or characterizes an honest life, he can mention happiness, health, and longevity [13].

During this study the freelance variables accustomed live subjective well-being area unit hope and gratitude. Previous analysis associated with the impact of hope and gratitude on subjective well-being has varied results. during this study, once cooccurring or joint regression testing, the 2 variables have a major influence on subjective well-being of fishermen. And once testing the importance of every dimension on the variables used, the general dimensions have vital parametric statistic values on subjective well-being of fishermen.

The results of this study area unit terribly fascinating. The findings during this study area unit in line with the analysis conducted by Joseph W. Ciarocci and Erin Deneke [14] and Kimberly, Laura and Elizabeth [15]. However, this study has completely different results from the analysis conducted by Istiqlal [16] that found that the hope variable failed to considerably influence subjective well-being of fishermen. within the presentation of his analysis, the fishermen had an excellent can and were positive they might afford to induce sustenance that day. however fishermen within the ocean solely follow the directions from the captain of the ship (the engine holder). Fishermen can go where the captain takes it, so the fishermen don't cross the mind of designing the fishing to be administrated.

In addition to the hope variable that includes a vital influence on subjective well-being of fishermen, the second variable during this study is gratitude regression coefficients on every dimension that considerably influence fishermen. this is often in line with the analysis conducted by Istiqlal [16] that shows a major influence between gratitude and subjective well-being. per Al-Ghazali [17] gratitude is to appreciate that nothing provides pleasure except Supreme Being SWT. people United Nations agency area unit grateful on a daily basis have bigger positive emotions than negative emotions [18]. people with a high degree of gratitude have low jealousy and depression levels [19]. Grateful people tend to be additional liable to prosocial behavior than those that area unit less grateful [20].

Gratitude is a predictor of fishermen's life satisfaction. gratitude in living his everyday life as a trained worker influences the extent of subjective well-being. gratitude is additionally one among the strengths of character possessed by people [21]. Park, Peterson, & Seligman [22] conducted a survey of 5229 adult people and located that individual characters like hope, enthusiasm, gratitude, love, and curiosity were systematically and powerfully associated with life satisfaction. In port analysis (Chan, [23]) relating to gratitude and subjective well-being of lecturers has conjointly been studied, and shows a correlation. The

study conducted by Algoe [24] conjointly resulted within the conclusion that individuals United Nations agency attempt to be grateful for giving or help from others can choose that person is additional positive and impelled to develop and take care of an honest relationship therewith person. folks that area unit conversant in being grateful conjointly tend to be easier to feel accepted and favored by others [19]. In distinction to people United Nations agency have high gratitude, folks that have low gratitude tend to be less conscious of others [19], they're additional reluctant to act with others than folks that have high gratitude. They feel additional not valued and favored by others [19].

In distinction to fishermens have high gratitude. Folks that have low gratitude tend to be less conscious of others [19]. There are additional reluctant to act with others than folks that have high gratitude. They feel additional not valued and favored by others [19]. people with a coffee ability to grant thanks have issue to possess satisfying relationships and knowledge loneliness.

## 5. Conclusion

5 Based on the results of the study it is all over that there's a major impact of hope and because of subjective well-being. Then, supported the results of the minor hypothesis take a look at of the importance of every parametric statistic, it's found {that all|that every one|that every one} dimensions on each variable have a major influence on subjective well-being fishermen. The four variables have a positive influence on subjective well-being of fishermen. The findings during this study area unit completely different from the results of previous studies, however not merely will abort the present theories, particularly associated with the influence of hope on subjective well-being. There are many studies that have an equivalent results because the results of this study. The results of this study is used as a positive input for fishermen to pay additional attention to and improve the factors that may influence subjective well-being, particularly hope of gratitude. As a result of hope and gratitude fishermen have a major influence on subjective well-being of fishermen. Education and development of gratitude and hope area unit necessary elements for increasing happiness, productivity and subjective well-being of fishermen. This finding is additionally a limitation for this study as a result of there {are|ar|area unit square live} still different factors outside of different variables not enclosed during this study that measure subjective well-being. Therefore, it's necessary to seem additional comprehensively at each potential issue that may influence subjective well-being.

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