

Mencapai kepuasan hidup yang lebih: peran mediasi pikiran positif dan makna hidup dalam hubungan emosi syukur- kepuasan hidup =  
Achieving more life satisfaction: mediational effects of positive thoughts and meaning in gratitude-life satisfaction relationship

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Abstrak

Penelitian ini dilakukan bertujuan untuk meninjau lebih lanjut hubungan antara emosi syukur dengan kepuasan hidup melalui peran mediasi pikiran positif dan makna hidup pada 585 individu dewasa. Pada penelitian ini, pengukuran variabel dilakukan menggunakan Gratitude Questionnaire-Six GQ-6, Automatic Thoughts Questionnaire-Positive ATQ-P, Meaning in Life Questionnaire MLQ, dan Satisfaction With Life Scale SWLS.

Analisis data dilakukan menggunakan model mediasi ganda seri yang dikemukakan Hayes. Temuan pada penelitian ini menunjukkan bahwa pikiran positif dan makna hidup secara signifikan, baik serial maupun independen, memediasi hubungan emosi syukur dan kepuasan hidup dengan besaran efek total sebesar  $0.6405$   $c = 0.640$ ,  $t_{581} = 16.002$ ,  $p$ .

*This current study was conducted as further review of the relationship between gratitude and life satisfaction through the role of positive thoughts and meaning in life mediation in 585 adults. In this study, measurements of variables were performed using Gratitude Questionnaire Six GQ 6, Automatic Thoughts Questionnaire Positive ATQ P, Meaning in Life Questionnaire MLQ, and Satisfaction With Life Scale SWLS.*

Data analysis was done by using serial multiple mediation model which proposed by Hayes. Findings of this study show the existence of mediational effects of positive thoughts and meaning in life significantly, both serially and independently, in gratitude and life satisfaction relationship with total effect of  $0.6405$   $c = 0.640$ ,  $t_{581} = 16.002$ ,  $p$ .