

## Review of item items of the scale of gratitude in the perspective of Islamic Psychology

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### ABSTRACT

Diversity is an important study and talk in various religions, and the latter in psychology. Gratitude talks in psychology are related to mental health, social psychology, clinical psychology, educational psychology and especially positive psychology. Talk and research on diversity has been going on for more than two decades. in the study of psychology in general. To be grateful is to present to oneself an oral expression in the form of praise to the khalik for all the favors obtained.

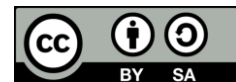
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### ABSTRAK

Kebersyukuran merupakan kajian dan pembicaraan penting dalam berbagai agama, dan yang terakhir dalam psikologi. pembicaraan syukur dalam psikologi terkait dengan kesehatan mental, psikologi sosial, psikologi klinis, psikologi pendidikan dan terutama psikologi positif. Pembicaraan dan penelitian tentang kebersyukuran sudah berjalan lebih dari dua dasa warsa lebih. dalam kajian psikologi secara umum. Bersyukur berarti menghadirkan pada diri ungkapan lisan berupa pujian pada sang khalik atas seluruh nikmat diperoleh.

**Kata kunci:** *Kebersyukuran, Psikologi Islam*

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## INTRODUCTION

Diversity is an important study and discussion in various religions (McCullough et al., 2002), and most recently in psychology (Martos et al., 2014; McCullough et al., 2002). gratitude talks in psychology are related to mental health, social psychology, clinical psychology, educational psychology and especially positive psychology (Tehranchi et al., 2018). Talk and research on diversity has been going on for more than two decades. in psychological studies in general, diversity has a positive effect on individual well-being (Rash et al., 2011)gr and reduces individual aggressiveness (Jang et al., 2018). To be grateful is to present to oneself an oral expression in the form of praise to the khalik and his creatures. As stated in the letter of Luqman and the letter of the Children of Israel in the Qur'an. God said: you should be grateful to Me and to your parents.

This verse suggests that man should be grateful for God and his creatures (both his parents). In the hadith it is mentioned that whoever is not grateful to man, then he is not grateful to Alloh. Items developed in the west, generally lead to a disregard for humans (Grimaldy & Haryanto, 2020; Valdez et al., 2017).

## METHOD

The method used is the method of literature study. The researcher carries out productive data collection and the next is the stage of drawing conclusions from the qualitative research process. Research using literature studies. Supporting theories become a complete source of information for qualitative research (Savin-Baden, M., & Howell-Major, 2013). The instrument used is the study of documentation. Researchers document related books, journals, proceedings, or documents to develop the competence of school counselors in the development of the scale of diversity. The function of documents as data sources as a development of concepts in literature study research (Seuring & Gold, 2012).

## RESULTS AND DISCUSSION

The components according to (Fitzgerald, 1998) say that gratitude consists of three components, namely:(a) a warm feeling of appreciation for someone or something; (b) a goodwill directed at someone or something; and (c) a tendency to act positively based on his sense of appreciation and good will. According to (Fitzgerald, 1998) these three components

are interrelated and inseparable components, since a person is unlikely to carry out grateful behavior without feeling appreciation in his heart.

In addition to Fitzgerald, (Watkins et al., 2003) also put forward four characteristics of grateful people. According to (Watkins et al., 2003), grateful individuals have the following characteristics: 1) do not feel flaws in their lives, 2) appreciate the contribution of others to their well-being, 3) have a tendency to appreciate and feel simple pleasure, that is, pleasures in life that are already available to most people, such as air for breathing, water for daily life, and so on, and 4) recognizing the importance of experiencing and expressing gratitude. Thus from the components proposed by (Fitzgerald, 1998; Watkins et al., 2003) researchers summarize the components of gratitude into three. The following three components will be used in the preparation of grateful measuring instruments, namely:

Have a sense of appreciation for others or God and life. This component comes from the first component (Fitzgerald, 1998) which is a warm feeling of appreciation towards someone or something. and clarified by (Watkins et al., 2003) with the characteristics of the second and third grateful person, namely appreciating the contribution of others to their well-being, and having a tendency to appreciate simple pleasure.

Positive feelings towards life that this component has comes from the characteristics of grateful people according to (Watkins et al., 2003), that is, not feeling flaws in their lives or in other words having a sense of abundance. A person who does not feel deprivation will have positive feelings in him. He will feel well-off for what he has, satisfied with the life he lives.

The tendency to act positively as an expression of the positive feelings and appreciation that the second and third components of gratitude have (Fitzgerald, 1998) that is, the good will to someone or something, as well as the tendency to act on the appreciation and good will that they have, are related to the last characteristic of the grateful individual according to (Watkins et al., 2003) that is to be aware of the importance of expressing gratitude.

These three things show that gratitude is not only related to appreciation of what is obtained, but there is also an element of expression of appreciation and feelings that can be manifested in both action and will.

### Aspects of Diversity

Whatever the findings from literature studies through the analysis of journals and scientific books become the main reference for the development of the scale of diversity. The following are behavioral indicators of gratitude used in the preparation of measuring instruments based on the gratitude component that researchers have extracted from (Watkins et al., 2003) and (Fitzgerald, 1998):

Table 1. Aspects of Diversity

No.	Aspects of Tolerance	Indicator Kebrsyukuran
1.	<i>A sense of appreciation</i> for others or God and life	<ul style="list-style-type: none"> <li>• Realizing <i>the simple pleasures</i> obtained from God and life.</li> <li>• Acknowledging God's goodness for our lives</li> <li>• Looking at God's goodness positively</li> <li>• Realizing the simple pleasures obtained from others.</li> </ul>
2.	Positive feelings for the life you have	<ul style="list-style-type: none"> <li>• Being aware of the simple pleasures gained from others</li> <li>• Acknowledging the role of others for our well-being</li> <li>• Looking at others positively</li> <li>• Feeling satisfied with his life (<i>sense of abundance</i>).</li> <li>• Feeling happy about the state of himself.</li> <li>• Feeling overwhelmed by the existence of others.</li> </ul>
3.	Tendency to act as an expression of the positive feelings and appreciation that belongs to	<ul style="list-style-type: none"> <li>• Performing worship as an existence of gratitude to God</li> <li>• Live the best possible activity as a form of gratitude to god's life.</li> <li>• Help others as exists thanks.</li> <li>• Repaying the kindness of others as a form of appreciation.</li> </ul>

### Layout in the Development of the Scale of Diversity

The development of this scale of diversity is a challenge and opportunity for guidance and counseling teachers in assisting individual development. In particular, this will also be a challenge during the current Covid-19 period. There are many challenges that occur, especially the competencies possessed by the guidance and counseling teachers themselves.

This is directly happening in the field, there are still many BK teachers or counselors who are not professional in utilizing this problem optimally, so it is certainly not in accordance with the Undang-Undang of the Republic of Indonesia No. 14 of 2005 concerning teachers and lecturers that teachers and lecturers have a very strategic function, role, and position in national development in the field of Education as referred to in one of the points, namely mastering science, technology, and art, so it needs to be developed as a dignified profession (Nurpitasari et al., 2018).

Then continued in Research conducted by ASCA (American School Counselor Association) shows that most school counselors spend between 1 to 88% of the total time working only on activities that are unprofessional and have nothing directly related to BK services (Brown & Trusty in Rahman, 2012: 8). So that this is a special concern for counselors to maximize the four existing competencies, especially with the competence of counselor technology in providing explanations in the aspect of sustainability.

This should make it a challenge for guidance and counseling teachers whether the services provided have been able to touch aspects of diversity, what happens is that with an era that is also increasingly advanced counselors must be required to provide new innovations in seeing this diversity.

### **Opportunity for the development of the Scale of Diversity by BK teachers**

School counselors or referred to as guidance and counseling teachers have four basic competencies as educators in the Regulation of the Minister of National Education of the Republic of Indonesia Number 27 of 2008 concerning Qualifications and Competencies of School Counselors. Four basic competencies are pedagogic competence, social competence, professional competence, and personality competence which is referred to as the school counselor competency standard (Hajati, 2012). Development of counselor competencies through activities that support the counselor's self. Activities that strengthen the competence of counselors with various seminars, workshops, research, and training activities on the application of comprehensive guidance and counseling (Bhakti, 2015).

By having the competencies described above, of course, it can be developed using *assessment* and evaluation competencies, of course by combining theoretical understanding and field observation.

This *assessment* competency is also expected for a counselor in the *American School Counselor Association* (Erford et al., 2014) that counselors have sub-competence

competencies that must also be maximized for the development of this scale of diversity, including; (2) Have skills in choosing assessment strategies, (3) Can identify access, and evaluate assessment tools that are generally used, (4) Have technical skills in administering and using scoring methods against the assessment tools used (5) have skills in interpreting and reporting assessment results, (6) can use assessment results to make decisions in guidance and counseling services, (7) skilled in interpreting, interpreting and presenting statistical information about test results, (8) skilled in organizing and interpreting evaluations of guidance and counseling programs in schools, 8) skilled in adapting and using questionnaires, surveys and other assessment instruments to find out environmental needs and 9 knowing how professional responsibilities are in conducting assessments and evaluating.

Furthermore, this is certainly an opportunity and attention for BK teachers in increasing the sense of diversity in the individual. So that the individual will be able to live life with peace, without any sense of anxiety and worry with what others have. In addition, of course, by maximizing the scale of this satisfaction, it will maximize the assessment of guidance and counseling to the general public.

## CONCLUSION

Happiness is a form of emotion, where the emotion is a pleasant feeling about the benefits a person receives. Gratitude or gratitude is necessary for every individual activity or work, because gratitude has a positive impact on the individual. As for the aspects that exist from the size there are three aspects that can later be developed into a scale, in addition to that this is a challenge and opportunity by guidance and counseling teachers. In addition, the development of this scale of diversity is a challenge and an opportunity to develop in the existence of guidance and counseling teachers. Thus maximizing the four competencies of guidance and counseling teachers. Because with the development of this scale, it will help individuals in living life with peace.

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