

Hardiness as a Moderation: Gratitude and Life Satisfaction in Students with Disabilities

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ABSTRACT

The aims of this research is to determine the direct and indirect effects of gratitude on life satisfaction which moderated the hardiness of students with disabilities. The sample for this research consisted of 84 active students with disabilities including deaf, physically disabled, blind, retardation mental, cerebral palsy, mild autism, etc. The sampling technique used was purposive sampling. The scale of the Gratitude Questionnaire for Six Item Form (GQ-6) consisting of 6 items, the Life Satisfaction Scale consisting of 5 items, and the Short Hardiness scale consisting of 30 items was given to the participants of the research. This research uses a quantitative method, the analysis test uses statistical techniques with the MRA test (Moderated Regression Analysis), using the help of SPSS 23. The results of our research indicate that there is a significant positive effect of gratitude on life satisfaction. The role of hardiness as a moderating variable does not strengthen the effect of gratitude on life satisfaction. So that hardiness cannot be used as a moderating variable between gratitude towards life satisfaction.

Keywords: *Gratitude, Life Satisfaction, Hardiness, Disability*

Everyone certainly expects perfection, such as mental, physical, intellectual and sensory perfection. But not all of these hopes can be realized, some people are actually created with various physical limitations or disability which include deaf, blind, speech impaired, and physically disabled. Some of these limitations are certainly very disturbing or an obstacle for persons with disabilities to carry out normal daily activities. Moreover, if persons with disabilities decide to continue their studies in higher education, they must be able to adapt academically and socially to other normal students. To be able to move like other students, of course disabled students need adequate facilities and infrastructure for persons with disabilities.

Even though there are facilities that are friendly for people with disabilities there are still some students who experience some obstacles in undergoing daily lecture activities. The

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various obstacles they experience will certainly have an impact on the low life satisfaction of students with disabilities(Pagan, 2010). The level of life satisfaction for persons with disabilities is certainly different from those who are not disabled. A person's life satisfaction can be related to gender, positive emotions, body perceptions, involvement with art, and hope(Gultekin & Aricioglu, 2016).

Life satisfaction is a comprehensive assessment of feelings and attitudes about a person's life at a certain point in the time from negative to positive(Lopez, 2009).Students who have low life satisfaction will have an impact on low interpersonal, educational, mental and physical health success. So that with increasing life satisfaction, individuals can improve better health in the future(Oztop & Kinaci, 2016).People who have good life satisfaction, they will also have good psychological health(Rathore, Kumar, & Gautam, 2015).

Other research finds that students with disabilities actually show that they have good life satisfaction. The impact of good life satisfaction can be seen from the results of their proud academic and non-academic achievements. One of them is even a recipient of a scholarship from a university. In addition, based on observations, they appear to show positive emotions, enjoy hanging out with peers, and are happy and eager to undergo lectures, even though they experience a number of obstacles due to their physical limitations.(Firmiana,Wahyudi, & Lestari, 2016).

The high and low life satisfaction in students is influenced by several factors, one of which is self compassion. The high and low ability of a person to be compassionate, do justice, and love themselves is related to the high and low life satisfaction that is felt. The strength of the relationship between self-compassion and life satisfaction varies according to gender and monthly allowance(Anggraeni & Kurniawan, 2011).

In addition, life satisfaction is also influenced by gratitude(Pratama, Prasamtiwi, & Sartika, 2015). Gratitude is an appreciation of what is valuable in life and sees all life as a gift. For people with disabilities gratitude is the main force for him to survive. People with disabilities with good gratitude will be more wise in addressing the surrounding environment. They will consider the good of those who care for them and the luck they receives as a gift for them. Conversely, if people with disabilities lack gratitude in themselves, then they are less able to maintain the harmony of the existing environment. They will be focused on their shortcomings so they tend to ignore the gifts or virtues around them.

There is a study found that gratitude has a negative relationship with life satisfaction(Ferrer, 2017), those who have a high level of gratitude tend to experience lower levels of life satisfaction and also those who have high levels of life satisfaction tend to experience lower levels of gratitude. This is influenced by perceptions of cost, value and altruism. While other studies say gratitude has a positive relationship with life satisfaction by controlling financial satisfaction(Puente-Díaz & Meixueiro, 2016). Although students with disabilities can be grateful for things other than financial sources, they cannot ignore that income is related to a variety of important life outcomes such as health, life expectancy, job stability, perceived autonomy, which may represent things for thankful for.

Another factor that can affect life satisfaction is hardiness(Moghaddam & Akbari, 2016). Hardiness is a person's strength, endurance and optimism in dealing with stress and reducing the negative effects faced. Students with disabilities who have good hardiness will tend to be

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able to accept whatever their physical or mental condition is. So that with all their limitations they will still feel satisfied with the life they live(Lopez, 2009).

This research aims to determine the direct and indirect effects of gratitude with life satisfaction which is moderated by hardiness. People with disabilities with limitations that cause a variety of complex problems of course will make their lives feel less satisfied. So that the role of gratitude and hardiness is considered to influence their next life. The benefits of this research are expected to be a reference for readers regarding life satisfaction for persons with disabilities.

Gratitude

Gratitude is a positive emotion that someone feels when someone else is deliberately given or gives something of value to them. Gratitude has been found to be related to happiness and life satisfaction, but it is negatively related to psychological difficulties such as depression, anxiety, and stress(McCullough, Emmons, & Tsang, 2002).

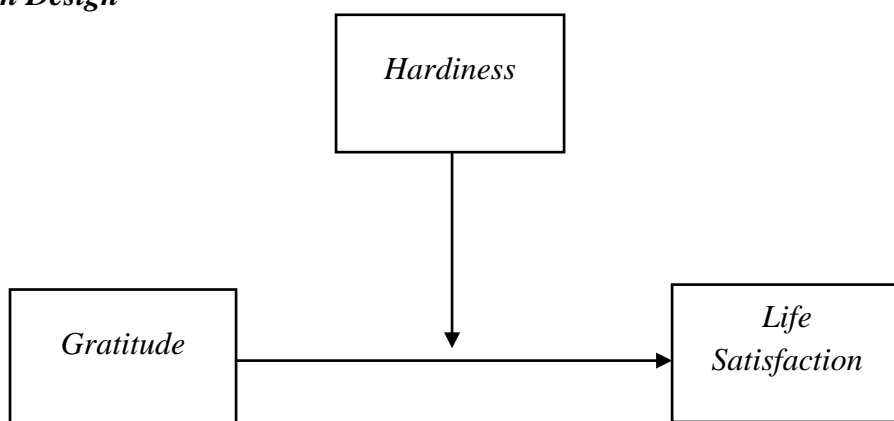
Life Satisfaction

Life satisfaction is the way a person evaluates his life and how he feels about where he will go into the future. In other words, life satisfaction is a measure of well-being and can be assessed in terms of mood, satisfaction with relationships with other people and with achievement of goals, self-concept, and self-perceived ability to deal with everyday life. Life satisfaction has been measured in relation to economic position, amount of education, experience, and place of residence, and many other topics(Diener, Emmons, Larsen, & Griffin, 1985).

Hardiness

Hardiness is a set of attitudes or beliefs that are conceptualized as courage and motivation to deal with pressing situations. According to Kobasa, hardiness marks individual differences in reaction to stressful life events. In positive psychology, hardiness has been identified as a strong correlation between subjective well-being and the path to resilience in the face of loss and trauma(Lopez, 2009).

Research Design



METHODOLOGY

Sample

Our research was conducted at Center for Disability Studies and Services of Brawijaya University Malang which built many facilities and infrastructure that were friendly to persons with disabilities in various faculties and other public facilities. The characteristics of the

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research subjects were active students with disabilities including deaf, disabled, blind, cerebral palsy, mental retardation, mild autism, etc. Population of this research were 110 students with disabilities. By looking at the table of ISSAC Michael with a 5% error level obtained a sample of 84 students. The sample is a portion of the population. Basically the use of samples in research is based on consideration of resource efficiency (Azwar, 2015).

Instruments

There are three instruments used in this research:

1. **The Gratitude Questionnaires Six Item Form(GQ-6)**(McCullough et al., 2002): Consists of 6 items. This instrument measures satisfaction as dispositional traits and assesses four aspects: intensity, frequency, density, and range of gratitude felt and given. GQ-6 uses 4 alternative choice answers, 1 = strongly disagree, 2 = disagree, 3 = agree, 4 = strongly agree. There are two unfavorable items (3 "When I see the world, I don't see much to be grateful for," and 6 "Long periods of time can pass before I feel grateful to something or someone"). This scale has a value of *Cronbach's alpha* 0,676.
2. **Life Satisfaction Scale**(Diener et al., 1985) : This scale contains 5 items that evaluate the cognitive assessment of one's own life. Items use 4 alternative answers, 1 = strongly disagree, 2 = disagree, 3 = agree, 4 = strongly agree; example item, "I am satisfied with my life"). This scale has a value of *Cronbach's alpha* 0.685.
3. **Short Hardiness scale**(Bartone, Ursand, Wright, & Ingraham, 1989) : This scale consists of 30 items. The aspects measured in it are based on the theory of Kobasa, namely commitment, which is related to the meaning and purpose of self, others, and work. Control, related to independence and influence on one's future. And the challenges, enthusiasm and passion of life are seen as opportunities to develop themselves. Scale uses 4 alternative choice answers (1 = strongly disagree, 2 = disagree, 3 = agree, 4 = strongly agree. Example items = Most of my life is spent doing things that are useful). This scale has the value of *Cronbach's alpha* 0.796.

Procedure

This research consisted of three procedures; there are preparation, data retrieval and data analysis. In the initial stage of the research, the researcher determined the research participants who were in accordance with the criteria set out in this research; they are students with disabilities in the Center for Disability Studies and Services of Brawijaya University. Then the researcher gave a research permit to the Chairman of the Center for Disability Studies and Services of Brawijaya University, then the researcher compiled a questionnaire by adapting the existing scale. The next step is to test the measuring instrument to get its validity and reliability. The trial was conducted with a small sample (N = ± 30 people) to check whether the sentence used was understood by the reader and understood the same as what the researcher wanted (Azwar, 2014).

Data retrieval was carried out on May 17th-June 10th2018. This research uses quantitative methods; the analysis test uses statistical techniques with the MRA (Moderated Regression Analysis) test. Moderated Regression Analysis (MRA) or interaction test is a special application of multiple linear regression where the regression equation contains an element of interaction (multiplying two or more independent variables)(Liana, 2009).The aims of this analysis technique is to determine the direct influence of the independent variable (gratitude) on the dependent variable (life satisfaction) and to determine the effect of the independent variable (life satisfaction) moderated by hardiness on disability students, using the help of SPSS 23 software which will then be explained and concluded based on the results of the analysis.

RESULT

Data Description

Based on the results of the analysis obtained a statistical description for the Gratitude variable has a value of M = 3.18 with SD = 0.427. The Life Satisfaction variable has an M value of 3.00 with SD = 0.510 and in Hardiness variable has a value of M = 2.79 with SD 0.351. Data description can be seen in Table 2.

Table 2. Mean, Standard Deviation

Variable	Mean	Std. Deviation
Gratitude	3,18	0,427
Life Satisfaction	3,00	0,510
Hardiness	2,79	0,351

Autocorrelation Test

Table 3. Free assumptions of autocorrelation

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	.286 ^a	.082	.047	2.490	1.967

The free assumption of autocorrelation is fulfilled, indicated by the value d = 1,967 between the values du (1,720) and 4 - du (2,280).

Multicollinearity Test

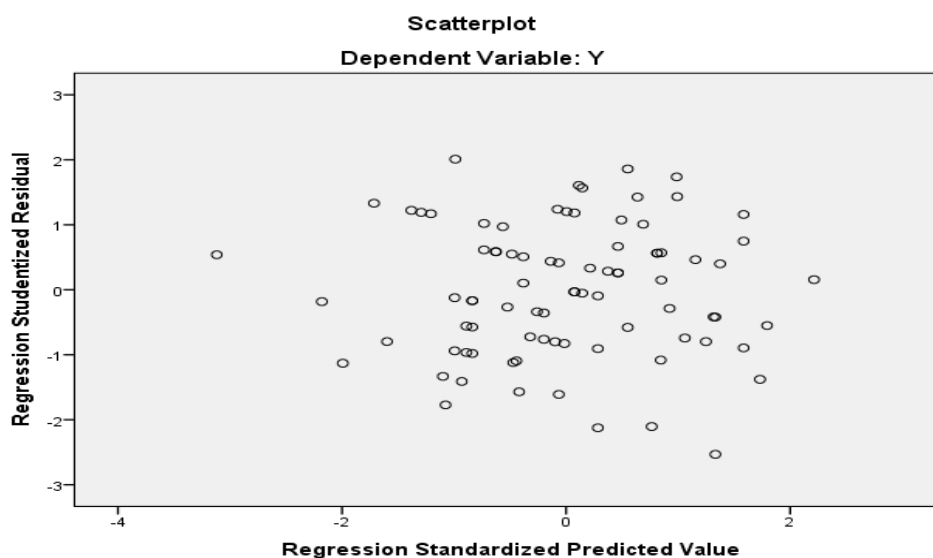
Table 4. Assumption of free multicollinearity

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics	
		B	Std. Error	Beta			Tolerance	VIF
1	(Constant)	6.092	17.978		.339	.736		
	X	.575	.913	.577	.629	.531	.014	73.224
	Mo	.070	.447	.136	.157	.875	.015	64.746
	X.Mo	-.006	.022	-.432	-.286	.776	.005	198.583

The free assumption of multicollinearity is fulfilled because value of VIF > 10.

Heteroscedasticity Test

Figure 2. Free Assumption of Heteroscedasticity



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The free assumption of heteroscedasticity can be seen from random spread plots that do not form patterns.

Normality test

Based on the results of testing the distribution of normality, the value of sig (p) = 0.200 (p > 0.05) means that the residuals spread normally and can be interpreted as fulfilling the assumption of normality.

Hypothesis test

The Effect Gratitude on Life Satisfaction

From the results of data analysis obtained Gratitude (X) has a positive and significant effect on life satisfaction (Y) indicated by $\beta = 0.267$ and the value of p = 0.014 (p < 0.05) so that hypothesis 1 is accepted. This means that the higher the gratitude, the higher the life satisfaction.

Table 3. Hypothesis 1 Test Results

Variable Independent	Standardized Coefficients	t	Sig.	R ²
	Bet			
Constant		4.863	.000	0,071
Gratitude	.267	2.510	.014	

The Impact of Gratitude on Life Satisfaction moderated by Hardiness

By using the MRA method, hardiness is not proven as a moderating variable indicated by the value p = 0.776 (p > 0.05) other than that the VIF value is > 10 which means there is multicollinearity between independent variables so that hypothesis 2 is rejected.

Table 4. Hypothesis 2 Test Results

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics	
		B	Std. Error	Beta			Tolerance	VIF
1	(Constant)	6.092	17.978		.339	.736		
	X	.575	.913	.577	.629	.531	.014	73.224
	Mo	.070	.447	.136	.157	.875	.015	64.746
	X.Mo	-.006	.022	-.432	-.286	.776	.005	198.583

Overall the results of this research indicate that the higher the gratitude the higher the life satisfaction. While the role of hardiness as a moderating variable will actually damage the impact of gratitude on life satisfaction. So that hardiness cannot be used as a moderating variable between gratitude towards life satisfaction.

DISCUSSION

The results showed that there was a positive and significant impact between gratitude towards life satisfaction. So that when individuals have high gratitude, they will feel good life satisfaction too. This has an effect because gratitude can help change negative emotions from the past into feelings of satisfaction in the present (Seligman, Ernst, Gillham, Reivich, & Linkins, 2009). The main purpose of gratitude is to reflect back on the goodness that has been received by the individual. Individuals who are able to increase gratitude can make their welfare better (Nezlek et al., 2017). So that with high gratitude, people with disabilities will

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be better able to accept themselves as they are, able to build positive relationships with people around them without shame with their physical condition, have clear life goals, and realize their desires through their potentials.

Gratitude is an appreciation of what is valuable in life and sees all life as a gift. For people with disabilities gratitude is the main force for them to survive. People with disabilities with good gratitude will be wiser in addressing the surrounding environment. They consider the kindness of those who care for them and the luck they receive as a gift for them. Conversely, if people with disabilities lack gratitude in themselves, then they are less able to maintain the harmony of the existing environment. They will be focused on their shortcomings so they tend to ignore the gifts or virtues around them.

This result is supported by previous research which states that there is a positive effect between gratitude towards life satisfaction (Robustelli & Whisman, 2018). Gratitude is typically only related to relationship satisfaction and overall life satisfaction both life satisfaction in the past and current life satisfaction. Individuals with disabilities will usually get more attention from those around them that make some of them feel grateful. If individuals have a tendency to feel greater social support from the surrounding people, be it friends, family or relatives it can contribute to increasing their life satisfaction (Kong, Ding, & Zhao, 2014).

The contribution of gratitude effectiveness with life satisfaction is 7.1%. This means that there are other variables that make it possible to have a greater contribution to life satisfaction. Many researchers conduct research on life satisfaction, but researchers focus more on the sample of persons with disabilities. Other studies also examine the effect of gratitude on life satisfaction and many researchers who examine life satisfaction with other variables. This shows that life satisfaction can connect and be connected with various variables.

The results of the analysis for hypothesis 2 show that hardiness shows no significant influence in increasing the influence of both variables (gratitude and life satisfaction). This is possible because hardiness is a direct variable that can affect life satisfaction, so hardiness cannot be a moderating variable between gratitude and life satisfaction. In addition, it can also be due to the process of collecting data such as the number of subjects that are less numerous and the characteristics of the subject are less diverse. So that it cannot describe the characteristics of the moderator variable. These things can affect the results of the research.

CONCLUSION

The results of the study show that there is a significant positive effect of gratitude on life satisfaction. So that if someone has high gratitude, he will also have high life satisfaction, and vice versa. The role of hardiness as a moderating variable does not strengthen the influence of gratitude on life satisfaction. So that hardiness cannot be used as a moderating variable between gratitude towards life satisfaction.

The implications of this study are for students with disabilities need to increase gratitude because it will be more wise to respond to the surrounding environment. If persons with disabilities lack gratitude in themselves, then they are less able to maintain the harmony of the existing environment. They will be focused on their shortcomings so they tend to ignore the gifts or virtues around them.

For further researchers who want to do similar research can consider other variables as moderation. Further researchers are also expected to increase the number of participants so that the results of the study are more diverse.

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Conflict of Interest

The authors clearly declared this paper to bear no conflict of interests

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