

## ABSTRAK

### HUBUNGAN ANTARA *GRATITUDE* DENGAN *LONELINESS* PADA MAHASISWA RANTAU DI FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN UNIVERSITAS LAMPUNG

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Masalah penelitian ini adalah adanya mahasiswa rantau yang mengalami *loneliness*. Penelitian ini bertujuan untuk mengetahui hubungan antara *gratitude* dengan *loneliness* pada mahasiswa rantau di Fakultas Keguruan dan Ilmu Pendidikan Universitas Lampung. Penelitian ini menggunakan metode kuantitatif. Alat pengumpulan data pada penelitian ini menggunakan skala *gratitude* dan skala *loneliness*. Sampel penelitian ini sebanyak 85 mahasiswa rantau dengan menggunakan teknik *purposive sampling*. Hasil penelitian ini menunjukkan bahwa *gratitude* memberikan kontribusi sebesar 28,1% terhadap *loneliness* serta adanya korelasi antara *gratitude* dan *loneliness* sebesar  $-0,530 > 0,213$  (rtabel). Artinya, terdapat hubungan yang negatif atau tidak searah antara *gratitude* dengan *loneliness* pada mahasiswa rantau di Fakultas Keguruan dan Ilmu Pendidikan Universitas Lampung. Hal ini menunjukkan bahwa semakin tinggi *gratitude* maka semakin rendah *loneliness*, begitu pula sebaliknya semakin rendah *loneliness* maka semakin tinggi *gratitude*.

**Kata Kunci :** *gratitude*, *loneliness*, mahasiswa rantau

## ABSTRACT

### ***THE RELATIONSHIP BETWEEN GRATITUDE AND LONELINESS IN OVERSEAS STUDENTS AT THE FACULTY OF TEACHER TRAINING AND EDUCATION UNIVERSITY OF LAMPUNG***

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*The problem of this research is overseas students who experience loneliness. This study aims to determine the relationship between gratitude and loneliness in overseas students at the Faculty of Teacher Training and Education, University of Lampung. The data collection tools in this study used gratitude and loneliness scales with product moment correlation data analysis techniques. The population in this study were all overseas students of the Faculty of Teacher Training and Education, University of Lampung and the research sample was 85 overseas students who were taken using purposive sampling technique. The results of this study indicate that gratitude contributes 28.1% to loneliness and there is a moderate correlation between gratitude and loneliness with a correlation value of  $-0.530 > 0.213$  ( $r_{tabel}$ ). Which means that there is a negative or unidirectional relationship between gratitude and loneliness in overseas students at the Faculty of Teacher Training and Education, University of Lampung. This shows that the higher the gratitude, the lower the loneliness, and vice versa, the lower the loneliness, the higher the gratitude.*

**Keywords :** *gratitude, loneliness, overseas students*