

THE RELATIONSHIP BETWEEN GRATITUDE, MEANING OF LIFE AND POST TRAUMATIC GROWTH AMONG ADOLESCENTS FROM BROKEN HOMES

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THE RELATIONSHIP BETWEEN GRATITUDE, MEANING OF LIFE AND POST TRAUMATIC GROWTH AMONG ADOLESCENTS FROM BROKEN HOMES

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Abstract

The purpose of this study is to investigate the connection between gratitude and meaning of life with post-traumatic growth (PTG) in adolescents who suffer from broken homes. A family is a broken home condition that has the potential to cause traumatic experiences for adolescents, but does not always lead to negative psychological effects. This study employs a correlational design and a quantitative methodology. The subjects of the study consisted of 302 adolescents who were victims of broken homes, selected using purposive sampling. The Post Traumatic Growth Inventory Scale was used to gather data, Gratitude Questionnaire (GQ-6), and Meaning of Life. Multiple linear regression analysis was then performed. The analysis's findings demonstrate that meaning of life and thankfulness both strongly predict PTG at the same time.. Partially, gratitude and meaning of life also have a positive and significant relationship with PTG. This study concludes that PTG in adolescents who are victims of broken homes is influenced by positive psychological resources, particularly gratitude and the ability to find meaning in life, which help adolescents make sense of traumatic experiences in an adaptive manner and encourage post-traumatic psychological growth.

Keywords: gratitude, meaning of life, post-traumatic growth, broken home, adolescents

Introduction

Divorce and family separation are social phenomena that occur almost everywhere in the world and affect millions of children and adolescents every year. Research by Lange et al. (2022) shows that conflictual divorces pose a higher psychological risk to adolescents than amicable divorces. Meanwhile, Nearly one-third of children in the United States experience their parents' divorce before they reach adulthood, according to study by Johnston et al. (2025), demonstrating the high frequency of broken homes in developed nations.

The divorce trend in Indonesia over the past seven years shows a significant upward pattern. According to data from the Central Statistics Agency (BPS) in 2024, there were 76,248 divorce cases in East Java Province. Throughout 2022, there were 2,481 divorce cases recorded in Pasuruan Regency, while in Pasuruan City there were 2,090 cases. The increase in divorce rates not only affects married couples, but also has serious consequences for the children involved. Research conducted by Anarta et al. (2023) shows that adolescents from broken homes experience a number of significant psychological and social challenges, particularly in the form of stress, trauma, and deviant behavior tendencies. This ongoing stress, as discussed by Rahayu & Astuti (2022), increases the risk of psychological disorders, such as loss of motivation to study and low self-confidence.

The phenomenon of deviant behavior among adolescents from broken homes in Indonesia is also described in Herliani's (2025) study, which found forms of deviant behavior such as truancy, drug abuse, theft, and aggressive behavior in social environments. According to Muttaqin & Sulisty (2019), the main factors contributing to this behavior are a lack of family communication, supervision, attention, economic issues, busyness, and third-party interference. Furthermore, compared to teens from harmonious homes, teens from broken homes typically exhibit higher levels of shame and lower self-confidence, which has an effect on social interactions at school and in the community, according to research by Rofiqah & Sitepu (2019).

More broadly, broken home conditions are also associated with psychological and behavioral changes that affect overall adolescent development. According to research by Musfiroh (2024), some teenagers can truly undergo post-traumatic growth (PTG) or good improvements following stressful situations. Tedeschi & Calhoun (2006) define PTG as the process of positive psychological change

that people go through after finding it difficult to deal with extremely difficult or traumatic life situations. This phenomenon, according to Intan et al. (2022), shows that trauma due to divorce does not always have a negative impact, but can be the beginning of positive psychological growth in adolescents. As stated by Landi et al. (2022) and Maulia Mahleda (2012), PTG in broken home adolescents can also lead to wise attitudes, increased maturity, spirituality, and the ability to deal with problems constructively.

According to Tedeschi & Clahoun (2006), there are six factors that contribute to the success of the PTG process, namely personal or individual characteristics, managing harmful or negative emotions, support and openness, cognitive processes and development, reflection or cognitive processes, and wisdom and life stories. One important factor in Tedeschi & Clahoun's (2006) concept is personal or individual characteristics, which, according to Lei et al. (2025), include gratitude, which is the feeling of thankfulness that individuals have, helping them maintain a more adaptive and balanced outlook on life, even in difficult situations.

Emmons et al. (2004) define appreciation as an emotional shift brought about by moral activity. This definition views thankfulness as a moral emotion that is comparable to shame, remorse, empathy, and sympathy. Gratitude is influenced by four factors: intensity, frequency, span, and density. According to Lei et al. (2025), gratitude functions as a positive psychological resource that is incorporated into an individual's personal traits and can assist people in adaptively managing unpleasant emotions.

According to research by Subandi et al. (2014), after enduring trauma, those who are able to cultivate thankfulness typically find it easier to control negative emotions, create new hope, and preserve psychological well-being. Research by Apriyanti & Nur (2025) explains that adolescents who are able to be grateful tend to be more accepting of themselves, maintain good relationships with others, and manage negative emotions that arise from stressful life experiences. Research by Iqbal & Latif (2023) shows that adolescents with good levels of gratitude have more positive self-acceptance and social relationships, thereby supporting a healthy adjustment process.

In addition to gratitude, meaning in life also plays a central role in the PTG process, which is the core of the cognitive, reflective, and wisdom processes in life stories that mark an individual's success in integrating traumatic experiences into their personal development (Yuni & Widyastuti, 2023). In his book, Bastaman (2007) defines the meaning of life as something that is felt to be significant, genuine, valuable, and attractive; it also gives a person unique worth and is deserving of becoming a life goal. Each person's interpretation of the purpose of life varies based on their viewpoint. Self-understanding, meaning in life, attitude modification, self-commitment, meaningful activities, and social support are the six components of meaning in life.

According to Bastaman (2007), the secret to turning unpleasant events into opportunities for psychological development is one's capacity to discover purpose in suffering. Meaning in life, according to Nainiti et al. (2024), enables teenagers to comprehend and incorporate traumatic events into their lives so that they are not just viewed as causes of suffering but also as life lessons that mold resilience and character. Teenagers' capacity to manage emotional stress and psychological well-being are positively correlated with their sense of purpose in life. Adolescents' subjective well-being increases with the strength of their sense of purpose in life (Pramisya & Hermaleni, 2021).

In order to obtain a more thorough understanding of the effects of divorce, it is crucial to carry out research on post-traumatic growth in teenagers who are victims of broken households. Adolescents are shown in this study not only as victims of dysfunctional families but also as people with the potential to positively develop through specific psychological processes. The purpose of this study was to ascertain the degree to which post-traumatic growth in teenagers who are victims of broken households is correlated with thankfulness and meaning of life. The study's theory is that among teenagers who come from broken households, there is a connection between post-traumatic growth and meaning of life and appreciation.

Method

Research Design

This study employed a quantitative method with a correlational approach as its research methodology. Research that heavily relies on statistics for data collection, analysis, and presentation is known as quantitative research (Siyoto & Sodik, 2015). A research strategy with a correlational relationship between two or more variables is known as a correlational approach (Sugiyono, 2015).

Research Participants

The population used in this study were teenagers who were victims of broken homes at SMK X in Pasuruan City. Purposive sampling was the method employed in this investigation, and 302 participants made up the sample.

Instrument

A scale, which is a group of questions intended to expose specific traits through responses to those questions, was the data instrument utilized in this study. A Likert scale ranging from 1 to 5 was employed in this investigation. The Post-Traumatic Growth Inventory (PTGI), created by Tedeschi & Clahoun (2006), is the tool used to gauge post-traumatic growth. Meilinawati (2023) translated it into Indonesian. The PTGI scale is regarded as genuine since its validity extends from 0.349 to 0.586 >0.207. The PTGI scale had a Cronbach's Alpha value of 0.870 with a total of 21 valid items, according to the reliability test results.

The thankfulness Questionnaire (GQ-6), created by Emmons et al. (2004) and translated into Indonesian by Alwi et al. (2023), is the tool used to gauge thankfulness. The degree to which a person can identify, value, and express gratitude for pleasant occurrences in their life is gauged by the gratitude scale. The GQ-6 scale has a validity range of 0.493 to 0.711 >0.207. The GQ-6 scale has five valid items and a Cronbach's Alpha value of 0.811, according to the reliability test results.

Kirana & Mastuti (2025) developed the tool used to gauge life's meaning based on Bastman's hypothesis (2007). This scale is designed to gauge how significant, valuable, and purposeful a person's life is. The meaning of life scale has a validity range of 0.455 to 0.696 >0.207. Cronbach's Alpha for the meaning of life scale is 0.948 with 35 valid items, according to the reliability test results.

Methods of Data Analysis

Multiple regression analysis was the method of data analysis employed in this investigation. The purpose of this analysis was to ascertain the concurrent relationship and impact of two independent variables, meaning of life and gratitude, on the dependent variable, post-traumatic growth in teenagers from dysfunctional households. IBM SPSS Statistics 27 for Windows was used throughout the entire data analysis procedure.

Results

To find out how much purpose in life and thankfulness together predict post-traumatic growth (PTG) in teenagers from dysfunctional homes, multiple linear regression analysis was used. The findings of the multiple linear regression analysis on the impact of gratitude and life meaning on post-traumatic growth are shown in Table 1.

Table 1. Regression Test Results

Variabel Bebas	R	R Square	Adjusted R Square	F	Sig
Makna Hidup dan Gratitude	0,581	0,337	0,333	76,027	0,000

Source: Output Statistics Program SPSS Series 27 IBM for Windows

The Multiple Correlation Coefficient (R) value of 0.581 in Table 1 demonstrates a robust and favorable association between the independent variables.

To find out how each independent variable gratitude and purpose of life affects post-traumatic growth (PTG) in teenagers from broken households, partial regression tests (t-tests) were used. The partial regression test results are displayed in Table 2.

Table 2. Regression Test Results T Test

Variabel Bebas	β	t hitung	p	Keputusan
Gratitude	0,161	3,169	0,002	Berpengaruh Signifikan
Makna Hidup	0,500	9,848	0,000	Berpengaruh Signifikan

Source: Output Statistics Program SPSS Series 27 IBM for Windows

Gratitude and purpose of life have a considerable impact on post-traumatic growth (PTG), according to Table 2's regression coefficient test results. Gratitude has a positive and significant impact on PTG, as evidenced by its regression coefficient value of 0.762, t value of 3.169, and significance of $p < 0.02$. Additionally, meaning in life has a positive and substantial impact on PTG with a regression coefficient value of 0.370, a t value of 9.848, and a significance level of $p < 0.01$. The standardized beta coefficient estimates show that purpose in life ($\beta = 0.500$) contributes more to the prediction of PTG than appreciation ($\beta = 0.161$).

A mathematical model for describing the link and impact of independent factors on dependent variables is the regression line equation..

$$PTG = 24.898 + 0.762(Gratitude) + 0.370(Meaning Of Life)$$

The regression equation shows that when gratitude and meaning in life scores are zero, PTG scores are 24.898. If meaning in life factors stay constant, the gratitude regression coefficient of 0.762 means that every unit increase in gratitude scores will be followed by a 0.762-unit increase in PTG ratings. In the meantime, if the gratitude variable stays constant, the regression coefficient for meaning in life is 0.370, implying that for every unit increase in the meaning in life score, PTG will rise by 0.370 units..

To determine the degree to which the independent variables affected the dependent variables, useful contributions were made. Each independent variable has an effective contribution to the dependent variables, according to the findings of the effective contribution computations, as demonstrated in

Table 3.

Variabel	SE	SE(%)	R ²
Gratitude (X1)	5,6240	5,62%	0,33669

Makna Hidup(X2)	28,07582	28,08%
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Table 3 Each Independent Variable's Effective Contribution to PTG

Source: Output Statistics Program SPSS Series 27 IBM for Windows

The effective contribution score of appreciation to post-traumatic growth is 5.6240, according to Table 3 data. This indicates that 5.62% of post-traumatic growth is attributed to thankfulness. Meaning in life provides 28.08% to post-traumatic growth, according to the effective contribution score of 28.07582. The coefficient of determination ($R^2 = 0.337$) shows that thankfulness and significance in life simultaneously contribute 33.7% to PTG..

Discussion

All three hypotheses are known to be accepted based on the findings of this study's hypothesis testing. According to the first hypothesis, post-traumatic growth (PTG) is predicted by both purpose in life and thankfulness. The combination of gratitude and life's purpose greatly influences the prediction of PTG. According to Tedeschi & Clahoun (2006), PTG results from cognitive processes involving emotional regulation, self-reflection, and the person's capacity to create new meaning from their traumatic experiences rather than just exposure to catastrophic events. A broken home is not only understood as a source of stress for adolescents, but can also be a context that enables psychological growth, especially when individuals have adequate psychological resources, such as gratitude and the ability to find meaning in life. These two factors play an important role in helping adolescents understand difficult experiences more positively, thereby encouraging adaptive psychological changes after traumatic events.

According to Hurlock (2005), recurring and unresolved family conflicts can create an emotionally unsafe environment for children and adolescents, thereby increasing the risk of psychological distress. A study by Ifdil et al. (2020) provides empirical support for this research by demonstrating that a dysfunctional family or broken home is linked to a reduction in teenagers' psychological well-being, including stress, anxiety, and emotional disorders. Additionally, research by Annahdiati & Sri (2024) found that a lack of emotional support in broken homes can cause feelings of loneliness, anxiety, and identity confusion in adolescents. Other findings also show that family conflict affects adolescents' emotional expression, such as increased sadness and negative emotional responses, which in turn contribute to the psychological pressure they experience.

There is a positive and significant correlation between gratitude and PTG, according to the second hypothesis. These results suggest that an individual's likelihood of experiencing PTG increases with their amount of thankfulness. Conceptually, gratitude acts as a positive emotion that helps individuals shift their focus from loss and suffering to aspects of life that are still valuable. One factor that can increase PTG is gratitude (Iqbal & Latif, 2023), such as intensity, which refers to how strongly individuals feel gratitude when experiencing or remembering positive events, including after traumatic experiences. Research by Subandi et al. (2014) also supports these findings, which show that gratitude is significantly correlated with post-traumatic growth. For adolescents who are victims of broken homes, gratitude enables individuals to construct more adaptive life narratives, see themselves as growing individuals, and view the future with more constructive hope.

According to the third hypothesis, teenagers who are the victims of broken homes have a good and significant association between purpose in life and post-traumatic growth. Theoretically, Tedeschi & Clahoun (2006) explain that PTG is a gradual process that requires time, reflection, and continuous cognitive struggle. These results are in line with Septiawadi's (2017) systematic review study, which discovered that the mechanism that affects post-traumatic growth is significantly influenced by life's meaning. The study also found that meaning in life is not merely an adaptation to suffering, but an important indicator that individuals experience positive changes in their outlook on life after trauma. The study's findings show that meaning in life plays a crucial role in fostering post-traumatic growth in addition to serving as a protective factor that lessens the detrimental effects of trauma.

Conclusion

The study's findings show that, both concurrently and partially, post-traumatic growth (PTG) in teenagers who are victims of broken households is significantly correlated with appreciation and meaning in life. These two factors work together to predict the degree of PTG that adolescents experience, suggesting that the combination of different internal psychological resources affects post-traumatic psychological growth. These results suggest that teenagers are more likely to feel PTG when dealing with difficult family situations if they have a higher degree of appreciation and purpose in life. Gratitude helps adolescents reconstruct traumatic experiences in a more adaptive manner, while meaning in life provides a cognitive framework for understanding and integrating these experiences into more constructive life goals. These findings reinforce the positive psychology perspective that views adolescents not only as individuals affected by negative events, but also as individuals who have the capacity to grow and develop through the strengthening of internal psychological resources.

It is hoped that the research subjects will increasingly appreciate life and small meaningful things, and develop confidence in their personal strength in facing difficulties. In addition, the subjects are also expected to practice gratitude more deeply and consistently in their daily lives, both for positive experiences and for the support they receive from their surroundings.

Teachers are expected to actively participate in establishing a secure and emotionally supportive learning environment for pupils, especially those who have had difficult or traumatic life experiences, such as victims of broken homes. Educators are expected to help students recognize their potential, interests, and life goals through continuous guidance, in order to encourage the adaptive development of post-traumatic growth, help children develop optimism about the future, and help them understand their life experiences more favorably.

To obtain a more thorough understanding, we advise future researchers to employ a mixed-method approach. Additionally, in order to enhance the conceptual model of the study, future research may think about utilizing various independent variables (X), such as coping mechanisms, social support, or resilience.

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