Gratitude and Resilience of Recipients of Direct Cash Assistance from Village Funds

Dyah Titi Setyaningrum[1], Sahrul Sindriana[1]*
[1]Prodi S1 Psikologi Universitas Jenderal Achmad Yani
e-mail: [1*] dyahtyan@gmail.com

Abstract. Gratitude and resilience play significant roles among families categorized as pre-prosperous, who are unable to meet the minimum basic needs in terms of clothing, food, shelter, and healthcare. They are part of the recipients of the Village Fund Direct Cash Assistance Program (BLTDD), aimed at assisting them in meeting their livelihood needs amidst the pandemic crisis. Being resilient individuals is crucial for these pre-prosperous families to remain resilient and maintain a quality life despite challenging circumstances. Initial interviews revealed that gratitude for the life they lead contributes to the respondents' ability to navigate their lives. This study aims to understand the role of gratitude in resilience among BLTDD beneficiaries. It is an inductive study utilizing quantitative methods involving 86 aid recipients. The gratitude measurement tool was constructed based on McCullough, Emmons, and Tsang's gratitude theory (2002), while the resilience measurement tool was based on Reivich and Shatte's resilience theory (2002). The validity of the measurement tools was analyzed using confirmatory factor analysis with factor loading scores ≥ 0.5, and reliability was assessed using Cronbach's α coefficient, where the gratitude measure scored 0.934 and resilience 0.884. The research results indicate a P Value < 0.001 and an R2 value of 0.180. Thus, the conclusion drawn from this research is that there is a significant influence of the gratitude variable on resilience, accounting for 18.1%
Keywords: Gratitude, Resilience, BLTDD Recipients, Pre-prosperous Families

Abstrak. Pada Keluarga pra sejahtera sebagai keluarga yang belum dapat memenuhi kebutuhan dasar minimum dalam hal sandang, pangan, papan dan pelayanan kesehatan merupakan salah satu kelompok penerima Program Bantuan Langsung Tunai Dana Desa (BLTDD) agar mereka terbantu dalam memenuhi kebutuhan hidup di tengah krisis pandemi. Menjadi individu Resilien diperlukan agar situasi sulit yang dihadapi keluarga pra sejahtera membuat mereka tetap bangkit dan memiliki hidup yang berkualitas meski berada di kondisi yang tidak mudah. Hasil wawancara awal menemukan bahwa rasa syukur atas hidup yang dialami berperan dalam kesanggupan responden menjalani hidup. Penelitian ini bertujuan untuk mengetahui peran gratitude terhadap resilience pada penerima bantuan BLTDD. Penelitian ini merupakan penelitian induktif dengan metode kuantitatif terhadap 86 orang penerima bantuan. Pada penelitian ini, alat ukur gratitude dikonstruk berdasarkan teori gratitude (McCullough, Emmons, and Tsang; 2002), sedangkan alat ukur resilience dikonstruk berdasarkan teori resilience (Reivich dan Shatte; 2002). Validitas alat ukur dianalisa dengan metode confirmatory factor analysis dengan skor factor loadings ≥ 0.5 sedangkan reliabilitas alat ukur berdasarkan koefisien cronbach's α

dimana nilai gratitude sebesar 0.934 dan resilience 0.884. Hasil penelitian menunjukan nilai P Value < 0.001 dan nilai R2 0.180. Dengan demikian kesimpulan penelitian ini adalah terdapat pengaruh signifikan variabel gratitude terhadap resilience sebesar 18,1%.

Kata kunci: *Gratitude, Resilience*, Penerima BLTDD, Keluarga pra sejahtera

Introduction

Presidential Decree of the Republic of Indonesia No. 90 of 1995 regarding the income tax treatment on assistance provided for the development of pre-prosperous and prosperous families, Article 1(a) states that pre-prosperous families are those unable to meet their minimum basic needs in terms of clothing, shelter, food, and essential healthcare (Presidential Decree of RI No. 90/1995, n.d.). The specific needs, as outlined by BKKBN, include families unable to fulfill at least one of the six basic family needs indicators: (1) having at least two meals a day, (2) family members possessing different attire for home, work/school, and travel, (3) houses with adequate roofs, floors, and walls, (4) seeking healthcare when family members are ill, (5) couples of reproductive ages seeking family planning services, and (6) all children aged 7-15 attending school (BKKBN). To tackle poverty and prevent an increase in the number of pre-prosperous families, the government implements the Family Hope Program (PKH) and Non-Cash Food Assistance (BPNT).

The poverty level in West Bandung Regency is higher compared to 165 other villages (Hasibuan, Juanda, & Mulatsih, 2019). Several factors influencing this poverty level include population size, education level, Village Fund allocation (ADD), number of grocery stores, Village Development Index, distance from the village to the capital, and the number of households using PLN electricity. This situation indicates that the PKH and BPNT aid provided by the government hasn't significantly reduced the number of pre-prosperous families in West Bandung Regency (Hasibuan, Juanda,

& Mulatsih, 2019). Hence, the research site, Village P, is considered suitable as it is situated in West Bandung Regency, with a population of 9,988, primarily consisting of individuals with an education level dominated by primary school graduates or equivalent, totaling 4,353, comprising 2,351 males and 2,002 females. Most of the village's inhabitants are farmers, cultivating crops like peppers, pumpkins, and vegetables, although some work as factory workers, livestock farmers, drivers, among other professions.

Mr. NA, the head of Village P in West Bandung Regency, interviewed by the researcher, mentioned additional aid provided to pre-prosperous families since the Covid-19 pandemic began. This assistance is called the Direct Cash Assistance from the Village Funds (BLTDD) and is given to pre-prosperous families not receiving PKH and BPNT. The BLTDD funding source is the village budget, and the selection of BLTDD recipients is conducted by the local COVID-19 task force through specific discussions with village officials and the local Village Supervisory Agency (BPD). This aid amounts to IDR 300,000 (three hundred thousand rupiahs) given every three months.

Four BLTDD recipients from Village P explained their difficulties, including challenges in securing food, meeting educational needs and pocket money for their children, ensuring proper healthcare, or obtaining more suitable housing. They expressed experiencing these challenges due to the imbalance between their income, dependents, and needs, exacerbated by the Covid-19 pandemic resulting in farm laborers losing jobs due to farm owners' losses. Nevertheless, these four informants acknowledged several things to be grateful for amid these hardships, such as government aid, support from relatives, maintaining good health, and having healthy families, among others. Expressing gratitude can help individuals enhance their problem-solving abilities, allowing them to navigate and find the best solutions to their issues, or, in other words, gratitude can aid in one's resilience, overcoming and rising above difficulties (Listiyandini, 2016). Trying to be grateful enables them to lead a more peaceful life. Grateful individuals exhibit positive coping mechanisms in

facing life's challenges (Listiyandini, Nathania, Syahniar, Sonia, & Nadya, 2015). Gratitude is considered the most positive emotion (Nurmalasari & Sanyata, 2021); it gives individuals the belief that God will provide solutions to their challenges, motivating and strengthening their efforts to find solutions to ensure their family's needs are met.

Given the heavy life conditions experienced, BLTDD recipients should ideally possess resilience to endure and consistently rise above adversity. Difficulties or failures often lead individuals to despair, yet resilience enables them to find meaning in those difficulties or failures, steering clear of anxiety and depression (Nasution, 2011). Resilience is the capacity to respond healthily and productively to challenges or trauma, essential in managing daily life pressures (Reivich & Shatte, 2002). Individuals who can endure and rise above challenging conditions are those who can appreciate everything in their lives (Durrotunnisa, Munifah, Silalahi, & Nurwahidi, 2022). Grateful individuals have greater control over their environment, experience personal growth, have life goals, and self-acceptance (Listiyandini, Nathania, Syahniar, Sonia, & Nadya, 2015). This aligns with several studies, including one by Low Kah Hwei & Haslee Sharil Lim Bin Abdullah, showing that acceptance, forgiveness, and gratitude are significant predictors of students' resilience. Among these predictors, gratitude contributes the highest predictive value for resilience, followed by forgiveness and acceptance (Hwei & Haslee Sharil Lim Bin Abdullah, August 2017). Another study also reveals a significant relationship between gratitude and resilience among BIDIKMISI students (Saputra & Fauziah, December 2021). Similar research findings indicate a significant connection between gratitude, resilience, and the psychological well-being of high school students in Surakarta during the Covid-19 pandemic (Hertinjung, Ardiani, Ilhami, & Octiawat, 2022).

The phenomenon of the challenges faced by BLTDD recipients cannot be ignored, where possessing gratitude is expected to be related to resilience, aiding them in coping with difficult times. Several aforementioned studies explain that gratitude has a significant relationship with resilience. Given the unique sample and

characteristics (as pre-prosperous families receiving BLTDD assistance), this aspect becomes a focal point for researchers since BLTDD is an aid effort that potentially enhances gratitude among pre-prosperous families, supporting increased resilience. The hypothesis posited by the researcher is that these two variables are related, particularly with gratitude contributing to the resilience of BLTDD recipients in Village P.

Method

The non-experimental design chosen for this research is causal (cause and effect) in nature, utilizing a quantitative method. The population consists of families receiving Direct Cash Assistance from the Village Funds (BLTDD), confirmed to be 87 individuals, allowing for a 5% margin of error and resulting in a sample size of 68 individuals. The sampling technique employed is purposive sampling, determined after consulting with the local Village Head.

Primary data collection involves questionnaires and supporting interviews. Two measurement tools are utilized in this study: Gratitude and Resilience scales, both constructed by the researcher based on relevant theories. The Gratitude scale comprises 15 questions, focusing on aspects/facets of gratitude: intensity (strength of felt gratitude emotions), frequency (number of gratitude experiences within a specific time frame), span (sources of gratitude emotions within a specific time frame), and density (number of things, objects, or people appreciated for the benefits received by the individual) (McCullogh, Emmons, & Tsang, 2002). This scale includes 14 positive items and 1 negative item, validated with a Cronbach's alpha reliability score of 0.935. The Resilience scale is composed of aspects of resilience: emotional regulation, impulse control, empathy, optimism, causal analysis, self-efficacy, and reaching out (Reivich & Shatte, 2002). This scale contains 24 valid positive items, with a Cronbach's alpha reliability score of 0.884.

The primary analysis method involves using simple linear regression to determine the contribution of the independent variable (gratitude) to the dependent variable (resilience). The statistical hypotheses for this research are:

Ho: There is no influence of gratitude on resilience in BLTDD recipients.

Ha: There is an influence of gratitude on resilience in BLTDD recipients.

The acceptance or rejection of the hypotheses is based on the P Value, following these criteria:

$\beta = 0$, P Value ≤ 0.05: Reject Ho, Accept Ha.

$\beta \neq 0$, P Value > 0.05: Accept Ho, Reject Ha.

Result

Table 1

Model	R	R²	Adjusted R²	RMSE
H_0	0.000	0.000	0.000	9.614
H_1	0.425	0.181	0.171	8.754

Table 2

	Sum of Squares	df	Mean Square	F	p
Regression	1420.404	1	1420.404	18.537	< .001
Residual	6436.445	84	76.624		
Total	7856.849	85			

Based on both tables, the conclusion drawn is that the gratitude variable significantly influences resilience (P Value < 0.01), meaning that the research hypothesis is accepted. The regression coefficient value (R2) stands at 0.181. This signifies that the gratitude variable significantly contributes to 18.1% of the variance in resilience. However, approximately 81.9% of other factors affecting resilience remain unidentified as they were not measured in this study.

Table 3

Gratitude	R²	P Value
Intensity	0.181	0,269
Frequency	0,026	0,076
Span	0,169	< 0,01
Density	0,191	<0,01

Based on Table 3, which measures the separate contributions of each facet of gratitude to resilience, it's evident that only the span and density facets have a significant contribution to the Resilience variable. Each contributes 16.9% for the span facet and 19.1% for the density facet towards resilience.

Table 4

GRATITUDE		
Category	Frequency	Percentage
High	38	44,18 %
Medium	30	34,88 %
Low	18	20,9 %
TOTAL	86	100%

From the data, it's evident that there are 38 families with a high level of gratitude, 30 families with a moderate level of gratitude, and 18 families with a low level of gratitude. Thus, it can be concluded that pre-prosperous families tend to have a relatively high level of gratitude.

Table 5

FACET	GRATITUDE			
	Low	Medium	High	Total
INTENSITY	1	29	56	86
Percentage	1,16%	33,72%	65,11%	100%
FREQUENCY	2	15	69	86
Percentage	2,32%	17,44%	80,23%	100%
SPAN	3	23	60	86
Percentage	3,48%	26,74%	69,76%	100%
DENSITY	4	20	62	86
Percentage	4,65%	23,25%	72,09%	100%

From Table 5, the researcher concludes that all facets of the resilience variable possessed by pre-prosperous families tend to fall within the high category.

Table 6

RESILIENCE		
Category	Frequency	Percentage
High	37	43,02 %
Medium	41	47,67 %
Low	8	9,3 %
TOTAL	86	100%

In Table 6, there are 37 families with high resilience, 41 families with moderate resilience, and 8 families with low resilience. From these results, it can be concluded that the level of resilience in this research sample tends toward the moderate category.

Table 7

Aspect	RESILIENCE			
	Low	Medium	High	Total
EMOTIONAL REGULATION	8	27	51	86
Percentage	9%	31%	59%	100%
IMPULS CONTROL	11	25	50	86
Percentage	13%	29%	58%	100%
EMPATHY	4	18	64	86
Percentage	5%	21%	74%	100%
OPTIMISM	4	22	60	86
Percentage	5%	26%	70%	100%
CAUSAL ANALISYS	2	13	71	86
Percentage	2%	15%	83%	100%
SELF EFICACY	13	37	36	86
Percentage	15%	43%	42%	100%
REACHING OUT	3	17	66	86
Percentage	3%	20%	77%	100%

From Table 7 above, the conclusion drawn by the researcher regarding the depiction of resilience aspects in the research sample is that they tend to be high. However, in the aspect of self-efficacy, there is a slight difference where the comparison between the moderate and high categories shows only a small difference, with more instances falling into the moderate category.

Discussion

The research results (Tables 1 & 2) indicate that gratitude contributes 18.1% to the resilience of BLTDD recipients in this study. In other words, if all facets of gratitude owned by the respondents—intensity, frequency, span, and density—are present together, they would impact the resilience of respondents who have a monthly income range of Rp.300,000 to Rp.2,500,000 from diverse occupations such as farmworkers, factory workers, farmers, drivers, traders, and tailors. Respondents with a tendency toward high gratitude (Table 4) express gratitude toward God, appreciate the goodwill and assistance of people around them, cherish their life circumstances, and always feel grateful for everything, making them more adaptive in facing life's difficulties. Robert Emmons and Michael McCullough (Allen, 2016) define gratitude as a two-step process: (1) acknowledging positive outcomes and (2) recognizing an external source for these positive outcomes, thus associating gratitude with a transcendental capacity between humans and God (Durrotunnisa, Munifah, Silalahi, & Nurwahidi, 2022). The gratitude they possess helps them rise from every pressure they encounter, allowing them to navigate their environment better and solve various problems, known as the "steering through" function of Resilience (Reivich & Shatte, 2002).

The 18.1% contribution essentially explains that gratitude is not the sole factor influencing respondents' resilience. In other words, there are 81.9% other factors affecting respondents' resilience. Considering each facet of gratitude in Table 3, it's observed that only 2 facets contribute to resilience: span and density. Span refers to the number of sources generating gratitude emotions within a specific period.

Individuals with a grateful disposition tend to mention more things they are grateful for; for example, they express gratitude for the opportunity to live provided by God amidst the COVID-19 pandemic, their health blessings, family, work, and more. On the other hand, individuals with a smaller grateful disposition tend to express gratitude for only one area of their life. Meanwhile, density represents the number of people an individual is grateful to for the benefits obtained. When asked who they are grateful to for what they've received, individuals with a grateful disposition tend to mention more people (McCullogh, Emmons, & Tsang, 2002). Social psychologist Fitz Heider suggests that a person feels grateful when benefiting from others or "the beneficiary believes" (Mc Cullogh, Emmons, & J.A, 2003). Hence, a sense of gratitude, in terms of both acknowledging the number of sources of gratitude emotions and being grateful for the care and assistance offered by others, can help them understand problems from a different perspective. There are two types of gratitude: personal gratitude, directed specifically towards someone who has given a kindness (either material or through their presence alone), and transpersonal gratitude, an expression of gratitude towards God, a greater power, or the universe (Listiyandini, Nathania, Syahniar, Sonia, & Nadya, 2015). There are at least three ways to express gratitude: through the heart, words, and actions (Nurmalasari & Sanyata, 2021). Gratitude makes them less likely to complain and gives them hope that motivates them to realize they can overcome these difficulties.

In Table 6, it's mentioned that the resilience of BLTDD recipients as respondents in this study tends to be moderate. On the other hand, they tend to have high levels of gratitude. BLTDD recipients generally appreciate their lives despite facing difficulties. However, this hasn't entirely translated into resilience for them in challenging situations. Moderate resilience could mean that there are several aspects of resilience not entirely possessed by them. In the subsequent table (Table 7), it's observed that respondents tend to have a high category in almost all aspects except for self-efficacy, which mostly falls into the moderate category. They have good abilities to face problems, recognize issues, and can explain adequately the causes of

suffering they experience. They can find lessons and develop empathy but still have concerns and lack complete confidence in solving the problems and pressures they face or doubt that they can truly emerge from suffering. However, self-efficacy, related to a person's perception of their abilities, will influence the level of resilience (Missasi & Izzati, 2019).

The researcher's suspicion of other factors arose from interviews, revealing that gender also influences resilience, as does age and income. The limitation of this study lies in not deeply uncovering factors other than gratitude that may contribute to respondents' resilience. The researcher attempted to explore through interviews and concluded that men perceive problems more optimistically, early adulthood is more resilient and copes better with stress, possibly related to the energy they possess, and in terms of income, respondents with higher monthly incomes have better endurance and more confidence in addressing the issues they face. Additionally, the researcher did not sharply assess the direct role of BLTDD on its recipients' resilience. Further research is expected to address the shortcomings of this study to gain comprehensive insights into understanding the effectiveness of government aid for societal well-being.

Conclusion

This study demonstrates that gratitude plays a role of 18.1% in the resilience of respondents who are recipients of BLTDD. Respondents, in general, fall into the high category for gratitude but the moderate category for resilience. From the four facets of gratitude, it is evident that only two facets, namely span and density, contribute to the resilience of BLTDD recipients. Overall, based on this research, being grateful, especially appreciating even the smallest kindness and sincerity from God or the surrounding environment, can indeed influence the strength and endurance of individuals when facing challenging situations. Similar studies are expected to continue, including those involving other aid recipient groups and exploring how such assistance directly impacts resilience.

Reference

Allen, S. (2016). The Science of Gratitude. University of California at Berkeley Wellness Letter, 32(6), 8. https://ggsc.berkeley.edu/images/uploads/GGSC-JTF_White_Paper_Gratitude_FINAL.pdf%0Ahttp://search.ebscohost.com/login.aspx?direct=true&db=ccm&AN=112173945&site= ehost-live

BKKBN. (n.d.). *Batasan dan Pengertian MDK.* Retrieved from bkkbn.go.id: http://aplikasi.bkkbn.go.id/mdk/BatasanMDK.aspx

Durrotunnisa, Munifah, Silalahi, M. F., & Nurwahidi, M. (2022). Life satisfaction, kesyukuran, dan resiliensi siswa pasca pandemi Covid-19. *Jurnal KOnseling dan Pendidikan, 10*(2), 364-371. doi:DOI: https://doi.org/10.29210/181000

Emmons, R. A., McCullough, M. E., & Tsang, J. A. (2003). *The assessment of gratitude.*

Hasibuan, S. N., Juanda, B., & Mulatsih. (2019). Analisis sebaran dan faktor penyebab kemiskinan di Kabupaten Bandung Barat. *Jurnal Agribisnis Indonesia; Vol 7*, 79-91.

Hwei, L. K., & Haslee Sharil Lim Bin Abdullah, P. (Agustus 2017). *Acceptance, Forgiveness and Gratitude; Predictors of Resilience Among Unversity Students. MOJPC : Malaysia Online Journal of Psychology & Counseling.*

Ihsan, H. (2015). Validitas Isi Alat Ukur Penelitian: Konsep dan Panduan Penilaiannya. *Pedagogia, 13*(3), 173-179

Kepres RI no 90. (n.d.). Retrieved from Pajakku.com: https://www.pajakku.com/tax-guide/1949/KEPPRES/90%20TAHUN%201995

Listiyandini, R. A. (2016). Tangguh karena Bersyukur: Bersyukur sebagai Afek Moral yang Dapat Memprediksi Resiliensi Generasi Muda. *Seminar Nasional dan Call for Paper: Improving Moral Integrity Based on Family*, (pp. 1-15). Malang.

Listiyandini, R. A., Nathania, A., Syahniar, D., Sonia, L., & Nadya, R. (2015, Desember). MENGUKUR RASA SYUKUR: PENGEMBANGAN MODEL AWAL SKALA BERSYUKUR VERSI INDONESIA. *Jurnal Psikologi Ulayat, 2*(2), 473-496. doi:http://dx.doi.org/10.24854/jpu39

McCullogh, Emmons, & Tsang. (2002). The Grateful Dispotition; a Conceptual and Empirical Topography. *Journal of Personality and Social Psychology*, 112.

Missasi, V., & Izzati, I. D. (2019). Faktor-faktor yang mempengaruhi resiliensi .
Prosiding Seminar Nasional Magister Psikologi Universitas Ahmad Dahlan, (pp. 433-441). Yogyakarta.

Nasution, S. M. (2011). *Resiliensi; Daya pegas menghadapi trauma kehidupan.* Medan: USU Press.

Nurmalasari, E., & Sanyata, S. (2021). GRATITUDE JOURNAL UNTUK MENINGKATKAN RESILIENSI SANTRI DALAM MENGHADAPI PANDEMI COVID-19: SEBUAH KERANGKA KONSEPTUAL. *Acta Islamica Counsenesia: Counselling Research and Applications, 1*(1), 33-44. Retrieved from https://alisyraq.pabki.org/index.php/aiccra/

Peterson, C., & Seligman, M. E. (2004). *Character strengths and virtues: A handbook and classification* (Vol. 1). Oxford University Press.

Reivich, & Shatte. (2002). *The Resilience Factor; 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles.* Ney Work: Harmony.

Saputra, D. A., & Fauziah, N. (Desember 2021). Hubungan antara Kebersyukuran dengan Resiliensi pada Mahasiswa BIDIKMISI Fakultas Ekonomi dan Bisnis Universitas Dipenogoro Semarang. *Jurnal Empati*, 404-408.

Sugiyono. (2017). Metode Penelitian Pendidikan Pendekatan Kuantitatif, Kualitatif, Dan R&D. Bandung : Alfabeta.