

Research Article

Exploring The Concept of Gratitude in Family Happiness: Insights from Maluku Society

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Abstract.

Gratitude is a fundamental aspect of human experience, deeply intertwined with happiness and well-being, especially within the unique cultural context of Maluku society. This qualitative study aims to explore the concept of gratitude within Maluku families and its significance in nurturing familial well-being. Through interviews with five Christian families in Amahusu, Ambon, the study examines key aspects of gratitude. The findings reveal that family happiness in Maluku is grounded in positive interactions, spiritual values, personal achievements, and social relationships. Gratitude emerges as a crucial factor, shaping perceptions of happiness across various life circumstances. Particularly the emphasis on gratitude in confronting challenges, with faith and prayer serves as the essential coping mechanisms. Despite adversities, families maintain an optimistic outlook, deriving happiness from simplicity and social bonds. Thematic analysis of interview data unveils recurring themes, patterns, and insights about gratitude and familial happiness. By amalgamating qualitative inquiry with thematic analysis, this study endeavors to furnish a comprehensive understanding of gratitude's role in nurturing family happiness within Maluku society. Enriched by poignant narrative accounts and profound participant insights, this research contributes to the corpus of knowledge on gratitude and its implications for familial well-being across diverse cultural milieus.

Keywords: gratitude, family happiness, Maluku

1. INTRODUCTION

Experiencing poverty and happiness simultaneously poses a nearly incomprehensible paradox in today's materialistic world. Modern society ingrains in us the constant need to define our lives by what or how much we possess [7]. However, this perspective doesn't align with the people of the Maluku Islands. For years, Maluku residents have survived on islands lacking freshwater sources, relying on rainwater for sustenance. Despite these challenges, reports of suicide or depression among the local population are virtually nonexistent [10]. This sentiment is supported by data from Indonesia's Central Statistics Agency (BPS), which in 2021 ranked Maluku as the third happiest province out of 34, despite being the fourth poorest, following Papua, West Papua, and East Nusa Tenggara.

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Although Maluku's happiness ranking dropped from second to third between 2017 and 2021, the happiness index increased from 73.77 to 76.28 during the same period. BPS opts for the term "happiness" over "well-being" due to its survey instruments' focus on objective conditions and subjective well-being dimensions encompassing personal and social life satisfaction, emotional state, and sense of purpose among Indonesians [1]. Various scholarly discussions interchange the terms "indicator of happiness" and "indicator of subjective well-being" as they share similar meanings [18].

An individual's ability to overcome and return to baseline after hardships correlates positively with happiness, moderated by gratitude [12]. Engaging in gratitude exercises correlates positively with happiness and reduces depression symptoms [9, 5, 19]. The higher an individual's gratitude level, the higher their subjective well-being, and vice versa [15]. Gratitude serves as a predictor of individual happiness [4]. Maluku's small island communities, accustomed to seasonal fluctuations, exhibit resilience influenced by Christian values introduced by the Portuguese in 1512. Following St. Paul's advice in Thessalonians 5:18 to "give thanks in all circumstances," many scholars working within the Christian tradition have valued gratitude highly [8]. Gratitude is regarded as a source of positive feelings, including happiness, among humans. Edara et al. [6] found that individuals' religious beliefs significantly influence well-being and satisfaction. In today's world, rising hedonism presents challenges, with constant materialistic temptations. Materialism is a significant issue, alongside divorce, negative television impacts on children, and juvenile delinquency, faced by parents in America [13].

Exploring the essence of gratitude within the realm of family dynamics offers a fascinating glimpse into the intricacies of human connection and cultural values. In the vibrant tapestry of Maluku society, gratitude stands as a profound principle, reflecting a deep sense of appreciation for life's blessings and shaping everyday experiences. This article embarks on an exploration of gratitude as perceived by the people of Maluku. Through qualitative research methods, we delve into the lives of five diverse families in Amahusu, each offering unique insights into the role of gratitude within familial relationships. From nuclear families to those with additional grandchildren, and from divorced parents to rural-origin households, our study encompasses a spectrum of familial compositions. Through in-depth interviews, we seek to understand the perspectives and experiences of these families regarding gratitude. By employing qualitative data analysis, we aim to uncover patterns and extract meaningful insights that shed light on the significance of gratitude in family happiness. Ultimately, this inquiry contributes not only to academic understanding but also to a broader appreciation of the cultural richness and positive values prevalent in Maluku society. This research holds potential

to deepen our comprehension of gratitude's role in fostering familial well-being and societal cohesion within the Maluku community.

2. METHOD

The methodological approach adopted in this study aimed to comprehensively explore the concept of gratitude within the cultural context of Maluku society. Through a structured categorization, the research delved into two pivotal aspects: understanding gratitude as a foundational value and examining how this value is actualized in daily life.

Firstly, the study employed qualitative research methods, particularly in-depth interviews, to gain insights into the perceptions and experiences of gratitude among five diverse families in Amahusu. These families were selected purposively to represent various characteristics, including nuclear families (HP Family), families with additional grandchildren (YS Family), husband-wife without children (SH Family), divorced parents (GS Family), and parents from rural areas (KA Family). Through these interviews, the researchers sought to understand the nuances of gratitude within different family dynamics. Secondly, the research utilized qualitative data analysis techniques to identify patterns and meanings within participants' responses. This analysis was instrumental in uncovering the significance of gratitude in the lives of Maluku society members, shedding light on its role as a fundamental value that permeates various aspects of daily life. Moreover, the analysis aimed to elucidate how gratitude contributes to creating a sense of happiness and well-being within the community. Furthermore, the study employed structured categorization to organize and analyze the data systematically. This categorization facilitated a deeper understanding of how gratitude manifests in the daily lives of Maluku society members. It also provided insights into the cultural and local values that influence perceptions and practices related to gratitude and happiness.

3. RESULTS

The results of this study offer a rich tapestry of insights into the concept of happiness within Maluku families. Across various dimensions, including economic stability, spiritual fulfillment, and family cohesion, diverse perspectives on happiness emerged, illustrating the multifaceted nature of well-being within familial contexts. Economic priorities were underscored as crucial for overall happiness, alongside expressions of gratitude and spiritual beliefs that imbued daily life with meaning and contentment. Moreover, the

fulfillment derived from work and personal achievements, coupled with the importance of family bonding and shared experiences, contributed to a holistic understanding of happiness. Values of love, faith, and appreciation for small pleasures further enriched individuals' perceptions of happiness, emphasizing the intricate interplay of socio-economic, cultural, and personal factors in shaping familial well-being.

The HP family, as the primary subjects of this study, provided varied insights into the concept of happiness. At the onset of the interviews, the researchers aimed to grasp the family's viewpoints on happiness. The mother of the family expressed sincerely that happiness, to her, is closely tied to the fulfillment of economic needs. However, a deeper narrative emerged from IP, who depicted happiness as something fulfilled within oneself, deriving satisfaction from simple pleasures that uplift the heart. "...happiness is like something from within us, it feels like something is fulfilled, like there are simple things that make us happy like that".

Interestingly, Mother SA, with clarity, conveyed that happiness for her is not solely dependent on income and the family's economic sufficiency. For her, happiness is also intertwined with her husband's career success. "...Being happy in life, income, husband's schooling, children's schooling, having a job, that's happiness for a wife". For Mother SA, happiness is not just about money but about having a life partner who contributes to the family's well-being. This reflects the complexity of perspectives on happiness within the family context.

Listening to HP's statements, the head of the family, it can be understood that in this family, economic issues are the primary focus. "...life nowadays, economic issues are the top priority". Similar opinions were voiced by YS and KA, other heads of the family. For YS, happiness is realized when daily needs, such as food and children's education, are met. "...happiness is when we have our daily life, eating every day, or our children going to school, everything is already sufficient". And for KA "...happiness is like we can enjoy life in all its goodness". For KA, happiness means that his family can enjoy life well. From their perspective, happiness is closely tied to the responsibility of keeping the family in good condition. The presence of the family and the fulfillment of daily needs are the main determinants of happiness for them.

Shifting to the perspective of the children, NS and PS view happiness as a blessing from God in the form of life and health. "...happiness is actually when spiritually, a person can be given breath by the Lord Jesus, that's the happiest, given a long life, health, that's the happiest". Similarly, PS stated "...brother said that since we wake up, God gives us the breath of life". The children's perspective shows that happiness for them is closely related to the spiritual dimension and gratitude for God's blessings. Additionally, PS also

connects happiness with the job that God provides. "...God gives us jobs, that's already happiness".

QS, the youngest child, revealed that his happiness lies in moments spent together with friends and family. "...The meaning of happiness is being able to gather with friends, play, be together with family". In direct observation of QS, his cheerfulness is evident in every step. When accompanying me to the next interview, he enthusiastically greeted people on the street and sought out friends nearby. After the interview, he even invited his friends to go to the beach to play and swim, expressing the joy of children in togetherness.

In the daily life of the YS family, Father YS shows that happiness can stem from his work as a studio manager. He feels happy because he can get government support that enables him, along with his wife and children, to participate in activities in Surabaya. "...we also feel happy because so far the government has only provided assistance for us to go there so we're happy". This work becomes a source of happiness because it provides opportunities for his family to travel, creating precious moments and togetherness.

Similarly, IP, a housewife, finds happiness in completing her household tasks. "...I am happy, grateful that thank God, I have completed two tasks". For IP, happiness arises when she can complete household tasks well before her children and husband return home. Being a provider in this regard brings satisfaction and gratitude within her.

Mother GS, a civil servant, finds happiness in her duties and responsibilities at work. "...so little things like work in the office can be completed well, and then there's appreciation for our work, those are the little things that make us happy". As a single parent, completing work well and receiving appreciation are small things that can make her happy. For Mother GS, happiness at work is an important part of her life.

The children in the family also find happiness through their achievements and hobbies. JP finds happiness in his self-taught musical abilities. JP stated "...it's a happiness of its own for me". With just a desire to learn, he managed to master musical instruments like the guitar, keyboard, and saxophone. This achievement becomes a source of happiness because he feels successful in something others may find difficult to understand.

Meanwhile, NiS finds happiness through challenges in poetry competitions. "...at that time, I was not discouraged, I kept working on it and finally that night it was done and it was accepted, and the next day I was ready for the competition". Despite facing obstacles, the determination not to give up brings happiness when his poem is accepted, and he is ready for the competition. From the children's stories, it is evident that happiness for them is not only about the end result but also about the



Figure 1: The HP Family in Worship Together, Gratefully Acknowledging God’s Blessings, While Parents Offer Advice to Their Children.

journey and effort they put in to achieve it. Through the various perspectives of this family, it is apparent that happiness stems from various aspects of life, whether from work, responsibilities, or personal achievements. Each family member finds their own happiness, forming a mosaic of life rich in meaning.

In the HP family, happiness is measured by fundamental values such as loving and respecting each other. “In a household, if we love each other, respect each other, help each other, then happiness will surely be present”. In their view, the foundation of happiness lies in positive interactions, mutual respect, and cooperation among family members. The presence of love and respect for each other is considered the main foundation of happiness.

In the concept of family happiness in the YS family, togetherness and fellowship are key elements. “Togetherness, fellowship within the family, loving each other, respecting each other between husband and wife, parents and children as well as siblings, there is unity, harmony in life, that alone makes us all happy”. Moments of togetherness, such as praying together and eating together, are considered experiences that bring happiness to the entire family. Living in harmony becomes the main driver of happiness for them.

YS added “Yesterday we all had dinner, called siblings, the whole family, we were together, including the in-laws, the whole family was here, we prayed together before

eating, that's happiness" (O202a). Togetherness and moments like these are considered crucial elements that create strong bonds among family members.

Family members realize that happiness is not just about togetherness but also about supporting and being harmonious with each other. According to Mother GS "Even happiness is when we can be together, still support each other, still be together, even if there are shortcomings, still be harmonious". They believe that happiness arises when each family member supports each other, creating a harmonious atmosphere, and remains harmonious despite facing challenges.



Figure 2: The HP Family Practice Eating Together.

In the perspective of family happiness in the HP family, spirituality and faith values play a central role. "In Christian faith, we are taught by the Lord to give us food today in sufficient measure, surely the word sufficient means neither more nor less, so it must be just right". The same sentiment was expressed by GS "We diligently worship, persevere, I feel those are the values that we always maintain to remain happy". They believe that religious devotion, perseverance in practicing religious teachings, and applying faith values are the foundation that guarantees family happiness. This was further emphasized by KA "If someone is used to going to worship and suddenly stops, it feels unhappy, uncomfortable, like something is missing, and that has to be in the family, it is always considered".

Additionally, the KA family finds happiness in everyday moments and personal satisfaction. When “Children ask to eat at a restaurant, we go”. The sustainability of happiness for them is the satisfaction and joy in doing small things like dining at a restaurant, showing attention to children’s desires, and creating special moments in daily life. Through the values emphasized by this family, it is evident that happiness is not just an outcome but also a process and an attitude that shapes a life of harmony and meaning.

The diverse perspectives on happiness within the HP family shed light on the multifaceted nature of well-being within familial contexts. From the onset of the interviews, it became evident that happiness was viewed through various lenses, with economic stability, spiritual fulfillment, and family cohesion emerging as key dimensions. While the mother emphasized the vital link between happiness and economic security, others, like IP, found contentment in simple joys that enriched their lives. Conversely, SA highlighted the interconnectedness of happiness with her husband’s career success, revealing the complex dynamics shaping familial happiness. This plurality of viewpoints underscores the intricate relationship between economic priorities and subjective perceptions of happiness within the family unit. Moreover, the perspectives of YS and KA, alongside other family members, underscored the significance of economic stability in fostering happiness. For them, ensuring the fulfillment of daily needs, such as food and education for children, was paramount for achieving happiness. This highlights the central role of economic stability in shaping the overall well-being of the family. Additionally, the children’s perspectives, as expressed by NS, PS, and QS, emphasized the spiritual dimensions of happiness, with gratitude towards divine blessings and the joy found in simple pleasures and family gatherings. These insights illuminate the diverse sources of happiness and the importance of acknowledging spiritual and emotional fulfillment alongside material well-being. Furthermore, the narratives of individuals within the family, such as Bapak YS, IP, and Ibu GS, revealed how personal fulfillment in work and achievements contributed to their happiness. Whether through professional accomplishments or completing household tasks, each found fulfillment in their respective roles and responsibilities. This highlights the intrinsic link between personal agency, fulfillment, and overall happiness within the familial context. Moreover, the children’s experiences, as exemplified by JP and NiS, underscored the importance of perseverance, personal growth, and the pursuit of passions in cultivating happiness, emphasizing the role of individual aspirations and achievements in shaping familial well-being. Additionally, the importance of family bonding, togetherness, and shared experiences emerged as central themes in understanding happiness within the HP family. Moments of communal prayer, shared meals, and recreational activities were highlighted as sources

of joy and fulfillment, fostering a sense of unity and mutual support among family members. This underscores the significance of interpersonal relationships and social connectedness in nurturing familial happiness. Moreover, the emphasis on love, faith, and mutual respect within the family further reinforces the notion that happiness is intricately linked to the quality of relationships and emotional connections among family members. Lastly, the HP family's values of gratitude, spirituality, and appreciation for small pleasures underscored the holistic nature of happiness within their familial dynamics. By acknowledging the importance of spiritual faith, personal contentment, and shared experiences, they cultivated a sense of fulfillment and meaning in their lives. This suggests that happiness within the family transcends mere material wealth or individual achievements, encompassing a deeper sense of purpose, gratitude, and interconnectedness. Overall, the HP family's diverse perspectives on happiness offer valuable insights into the complex interplay of socio-economic, cultural, and personal factors shaping familial well-being.

In exploring the multifaceted dimensions of happiness within the HP family, economic priorities emerged as a fundamental aspect shaping their overall well-being. From the heartfelt sentiments of the mother emphasizing the close linkage between happiness and economic stability to the deeper reflections of IP finding contentment in simple pleasures, economic security was viewed as a cornerstone for happiness. Interestingly, Ibu SA's clarity in expressing happiness not solely tied to financial sufficiency but also intertwined with her husband's career success added layers to the understanding of familial happiness, highlighting its complexity within the family context. Moreover, the perspectives of the family heads, including HP, YS, and KA, reiterated the centrality of economic stability in their pursuit of happiness. For them, ensuring the fulfillment of daily needs was essential for experiencing happiness. This underscores the significance of economic well-being in fostering overall family happiness, with a focus on meeting basic necessities and enjoying a good quality of life. Their viewpoints reflect a sense of responsibility in maintaining family welfare and the role of economic security in nurturing familial happiness. Shifting to the children's perspectives, NS, PS, and QS highlighted the spiritual dimensions of happiness, attributing their contentment to divine blessings and expressions of gratitude. Their viewpoints emphasized a sense of spiritual fulfillment and appreciation for life's blessings, indicating the intertwining of spirituality with happiness within the family dynamic. Additionally, QS's emphasis on the joy found in moments of togetherness with friends and family further illustrates the diverse sources of happiness experienced by different family members. Furthermore, the narratives of Bapak YS, IP, and Ibu GS underscored how personal fulfillment in work and daily

responsibilities contributed to their happiness. Whether through professional accomplishments, household tasks, or job satisfaction, each found happiness in fulfilling their roles and responsibilities, highlighting the importance of personal agency and fulfillment in shaping familial well-being. Lastly, the HP family's emphasis on love, respect, and mutual support as foundational elements of happiness underscores the significance of positive relationships and emotional connections within the family unit. Through shared experiences, communal activities, and expressions of affection, they cultivated a sense of unity and harmony, which further enriched their collective happiness. Overall, the HP family's diverse perspectives on happiness reflect a rich tapestry of economic, spiritual, and relational dimensions, highlighting the complex interplay of factors shaping familial well-being.

The data presented offers a rich tapestry of insights into the multifaceted nature of happiness within the HP family. It is evident that fulfillment derived from work and personal achievements plays a significant role in shaping their understanding of happiness. From the heartfelt expressions of IP finding satisfaction in simple joys to the clarity of Ibu SA emphasizing the importance of her husband's career success in her own happiness, the narratives reveal a nuanced perspective on happiness encompassing both economic stability and personal fulfillment. Moreover, the data highlights the pivotal role of family bonding and shared experiences in contributing to a holistic sense of happiness. Through the perspectives of various family members, such as YS and KA, it becomes apparent that economic stability is intertwined with the ability to enjoy life's pleasures and maintain familial well-being. The emphasis on meeting daily needs and cherishing moments of togetherness underscores the importance of family cohesion in nurturing happiness within the household. Furthermore, the spiritual dimensions of happiness, as articulated by NS, PS, and KA, add depth to the family's understanding of contentment. Their perspectives emphasize gratitude for life's blessings and a sense of spiritual fulfillment derived from faith and religious practices. This spiritual foundation, coupled with a sense of gratitude and appreciation for life's blessings, contributes significantly to their overall sense of happiness. Additionally, the data portrays how each family member finds happiness through personal pursuits and achievements. From JP's passion for music to NiS's determination in poetry competitions, the narratives illustrate the importance of individual fulfillment in contributing to familial happiness. These personal accomplishments not only bring joy to the individuals but also enrich the collective happiness of the family unit.

4. DISCUSSION

In the context of family happiness in Maluku, positive interactions and togetherness among family members are key factors in creating the foundation of happiness. Shared moments, such as eating together, praying together, and engaging in family activities, are regarded as the main pillars of joy. Acts of love, respect, and support among family members not only strengthen familial bonds but also serve as a strong foundation for overall family happiness. In a study conducted by Carrillo et al. [6] in Colombia, the perspectives of elementary school children on benefactors and appreciated benefits were highlighted. The main findings underscored the complexity of children's gratitude schemas, which acknowledge family, friends, and teachers as primary benefactors. Families, with their central role, provide not only physical care but also important emotional protection and support. Friendships also play a significant role, especially during adolescence, while the role of teachers as benefactors in the educational environment is recognized as an inseparable element. This research provides valuable insights into the hierarchy of children's gratitude values, reflecting the strong influence of culture and educational context in Colombia. The implication is that family happiness is not only related to positive interactions within the family circle but also influenced by children's relationships with peers and the important role of teachers in shaping values and educational experiences. Thus, family happiness not only reflects the quality of internal family relationships but is also closely related to the social dynamics and education involving children.

In the dynamics of family happiness, spiritual values and religious devotion play a central role as the primary foundation. Devotion to religious teachings, perseverance in worship, and the application of faith values not only reflect the spiritual life of the family but also serve as important indicators of their happiness. Families realize that this spiritual foundation not only gives meaning to their lives but also forms a solid basis for happiness. Losing spiritual values can lead to feelings of discomfort and inadequacy in daily life. In this context, the article "The Influence of Gratitude on the Meaning of Life: The Mediating Effect of Family Function and Peer Relationship" by Zhang et al. [20] provides additional insights into how spiritual aspects, such as gratitude, can affect an individual's sense of life meaning. This research used a survey method to explore the relationship between gratitude, family function, peer relationships, and the meaning of life. The results showed that high levels of gratitude are positively related to an individual's sense of life meaning. Interestingly, this research also revealed that family function and peer relationships play a mediating role in the relationship

between gratitude and life meaning. This means that high levels of gratitude not only directly contribute to life meaning but also through improving family function and peer relationships. In other words, high gratitude can enhance the quality of family relationships and social interactions, which in turn enriches an individual's sense of life meaning. These findings provide a deeper understanding of the complexity of the relationship between spiritual values, family dynamics, and social relationships in shaping life meaning and, more broadly, family happiness. It underscores the importance of spiritual aspects in forming the foundation of family happiness and highlights that a balance between spiritual values, family function, and peer relationships can positively contribute to daily life and life meaning.

In the context of family happiness, the personal achievements of family members have a significant positive impact. Success in various aspects of life, such as work, hobbies, or daily responsibilities, is considered a source of happiness that enriches the family's daily life. This success not only creates satisfaction but also provides deep joy, which in turn forms an important aspect of family happiness. In a study conducted by Unanue et al. [16], focusing on the relationship between dispositional gratitude, satisfaction and frustration of basic psychological needs, and life satisfaction provides a deeper understanding. Dispositional gratitude, as an individual's tendency to consistently experience and express gratitude, was found to be positively correlated with life satisfaction. This research used a longitudinal approach in Chile and involved a sample of adult populations. The results showed that satisfaction and frustration of basic psychological needs, involving autonomy, social relationships, and competence, play a mediating role in the relationship between dispositional gratitude and life satisfaction. This means that satisfaction of basic psychological needs is not only influenced by dispositional gratitude but also acts as a mediator in the relationship between dispositional gratitude and life satisfaction. These findings provide a more holistic understanding of how these aspects are interconnected and interact in shaping individual happiness. In parallel, in the family context, these findings can be interpreted as an indicator that the personal achievements of family members, which can be associated with gratitude, not only affect individual life satisfaction but can also shape the dynamics of happiness within the family as a whole. Therefore, achieving personal success and experiencing gratitude can positively contribute to family happiness through the fulfillment of basic psychological needs.

In the perspective of Maluku families, happiness is linked to an attitude of acceptance towards all circumstances, not just external factors. They emphasize that accepting

things as they are and being grateful for what they have are key elements of happiness. This view aligns with findings from a study by Lin [14] exploring the relationship between gratitude, positive emotions, and life satisfaction (SWL). It was found that positive emotions partly mediate the relationship between gratitude and SWL. This suggests that positive emotions play an important role as a pathway through which gratitude is related to positive psychological functioning. The study also indicates that gratitude not only indirectly impacts SWL through positive emotions but also has a direct influence. Individuals with higher levels of gratitude tend to experience more positive emotions than those with lower levels of gratitude. This supports the hypothesis of positive affect and the broaden-and-build theory, showing that gratitude can broaden and build positive emotions, such as happiness and satisfaction.

Furthermore, the Maluku family's perspective on happiness originating from within and an attitude of gratitude is consistent with the findings in an article by Belkin and Kong [2]. This article discusses the prosocial implications of expressing gratitude in the context of repeated resource exchanges resulting in zero-sum outcomes. In the Maluku family's perspective, happiness is not solely seen as a result of external factors but as an internal state stemming from a happy heart. Gratitude, according to this view, is not just a response to blessings or achievements but a continuous attitude that shapes and maintains happiness in daily life. In the discussed article, Belkin and Kong [2] explore the impact of expressing gratitude in zero-sum exchanges. Gratitude is described as an expression of appreciation towards others in exchanges where one party's gain means another's loss. The research findings indicate that expressing gratitude can motivate prosocial behavior, where participants who express gratitude are more likely to proactively share resources with others. In relation to the Maluku family's perspective, the understanding that happiness comes from within can be seen as a motivator for sharing and contributing to collective happiness. Gratitude in this context is not just a response to receiving but also serves as the basis for engaging in prosocial actions. Thus, an internal perspective on happiness can play a role in encouraging positive behaviors and contributing to collective well-being, in line with the values of Maluku families.

In the context of Maluku family happiness, social relationships are recognized as a key element contributing significantly to happiness. To Maluku families, togetherness, support, and the presence of loved ones are considered vital sources of happiness. Gratitude, within this perspective, is interpreted as an expression of appreciation for the relationships and support they enjoy in daily life. The relevance of the Maluku family perspective aligns with findings in the article by Kleef & Lelieveld [11], which analyzes

the effects of emotions on prosocial behavior in both individual and social relationship contexts. The study suggests that certain emotions can motivate prosocial behavior in others, appreciating and being grateful for their involvement in our lives.

Additionally, the informant's perspective on the connection between happiness and close relationships with God corresponds to the emphasis on gratitude practices in Brueggemann's article [3]. The article highlights that gratitude involves not only a passive attitude but also active practices that entail changes in attitudes and thought patterns. Gratitude practices in a religious framework are seen as acknowledgment of God's generosity, fostering spiritual awareness and connection with the Divine. Thus, the Maluku family's perspective emphasizes the importance of social relationships and gratitude, while the informant's view underscores the significance of spiritual closeness to God and gratitude practices in shaping family happiness. These understandings enrich our comprehension of the multidimensional aspects contributing to family happiness, integrating social and spiritual dimensions into daily life dynamics.

5. CONCLUSIONS AND RECOMMENDATIONS

The perspectives of Maluku families provide valuable insights into the multifaceted nature of family happiness, emphasizing the importance of positive interactions, spiritual values, personal achievements, and social relationships. Gratitude emerges as a central theme, serving as both an attitude and a practice that fosters happiness within the family context. From shared moments of togetherness to expressions of appreciation for blessings and relationships, gratitude forms a cornerstone of familial well-being in Maluku. Additionally, research findings from various studies underscore the interconnectedness of gratitude with other aspects of life satisfaction, including positive emotions, prosocial behavior, and spiritual fulfillment. The mediating role of gratitude in enhancing family function, peer relationships, and individual life meaning highlights its significance in shaping overall happiness.

Based on these insights, fostering a culture of gratitude within families can be recommended as a practical approach to enhancing family happiness. Encouraging expressions of appreciation, cultivating positive emotions, and nurturing spiritual values can contribute to building stronger family bonds and promoting individual well-being. Furthermore, integrating gratitude practices into educational settings, such as schools and religious institutions, can help instill values of appreciation and empathy from a young age. Emphasizing the importance of gratitude in shaping meaningful

relationships and fostering prosocial behaviors can have long-lasting effects on individual and collective happiness. Ultimately, recognizing the importance of gratitude in family dynamics and social interactions can lead to more fulfilling and harmonious relationships, contributing to overall family happiness and well-being.

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