

## Research Article

# Effectiveness of gratitude journaling in reducing stress level on children victims of domestic violence

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### Article Info

**Received:** 13 June 2022

**Accepted:** 17 August 2022

**Online:** 30 August 2022

### Keywords

Domestic violence

Experiment

Gratitude journaling

Stress level

### Abstract

A Children who experience domestic violence are at risk for stress, depression, post-traumatic disorders, and difficulty adapting to everyday life. Overcoming stress in children is very necessary because children's way of thinking is immature and stress is too high can become a problem that endangers the condition individual mental and physical. Gratitude Journaling is an intervention method that leads individuals to write down things they are grateful for in themselves and in their lives. Gratitude Journaling helps shift the subject's focus to positive things about themselves and their lives. This positive process will lead to the accumulation of positive feelings and a sense of abundance as well as helps restore a positive mood after a stressful event. This study uses an intervention in the form of gratitude journaling with the research product in the form of a gratitude journal. This research was conducted using a quasi-experimental method with a One Group Pretest-Posttest design. Children's stress levels were measured using the adaptation of the Children's Perceived Stress Scale (PSS-C). The total subjects in this study were 5 children. The research was carried out on September 22-October 5, 2021. For each subject, there were 14 sessions of filling out the Gratitude Journal Book. Based on the results of hypothesis testing using the Wilcoxon test, there are significant results that  $p(0.043) < 0.05$  and the number 5 a is obtained in the negative ranks which means that the five subjects with post-test scores are lower than the pre-test scores, so it can be said that there is a decrease in the subject's stress level score. In addition, the subject experienced a happier feeling and grew an attitude of gratitude. This study shows that Gratitude Journaling is effective in reducing the stress level of children who are victims of domestic violence in Malang City. It is hoped that children who are victims of domestic violence can practice gratitude journaling every day in order to reduce their stress levels. Future researchers are expected to involve more research subjects so that the results obtained are more representative.

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### To cite this article

Vadaq, N., & Wityadno, A. (2022). Effectiveness of gratitude journaling in reducing stress level on children victims of domestic violence. *Journal for the Child Development, Exceptionality and Education*, 3(1), 7-18.

## Introduction

Cases of domestic violence in Indonesia are increasing from year to year. Domestic violence can be a traumatic experience for children because violence is carried out by people closest to the child in the family environment. The experience of children being victims of domestic violence is often found as a predictor of the emergence of psychological problems in the future. For some people who often experience problems of domestic violence, staying at home is something they don't like and tends to spend time outside the home. According to WHO, Children are more vulnerable to domestic

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violence because children have fewer opportunities to leave home and get help than adults. Younger children may have a harder time understanding or using helplines from their surroundings. On the other hand,

In the context of recovering child victims of violence, the government has developed an integrated service center for women and children victims of violence or commonly called P2TP2A (Integrated Service Center for the Empowerment of Women and Children). P2TP2A institutions have spread throughout Indonesia both at the Regency/City/Provincial level. In certain areas, this institution was developed to the sub-district and village levels. There are 102 P2TP2A recorded in Indonesia at the district/city level and 19 institutions at the provincial level according to data from the Ministry of Women's Empowerment and Child Protection in 2010 (Murtakhamah, 2015).

Based on observations and interviews that researchers have conducted with the Integrated Service Center for the Protection of Women and Children (P2TP2A) Malang City on March 18, 2021, the number of victims of violence against women and children in Malang City has increased rapidly from year to year. From 2016 to 2021, there were a total of 251 cases of violence. The violence consists of various types, namely physical violence, psychological violence, sexual violence, neglect or child neglect, child trafficking or child trafficking, and exploitation. According to the results of an interview with the head of the Malang City LPA, until now there has been no handling carried out by the LPA to reduce the stress level of children who are victims of domestic violence in Malang City.

According to Mardiaty (2015), children who witness and experience domestic or domestic violence will experience trauma in the form of physical, mental, and emotional disorders. Disturbances that can arise in the short term such as threats to the safety of children's lives, damage to family structures, and the emergence of various mental disorders due to high stress levels. While the long-term impact is the potential for children to engage in violent behavior and abuse in the future. Both as perpetrators and victims. Therefore, overcoming stress in children is very necessary because children's way of thinking is immature and stress is too high can become a problem that endangers the condition individual mental and physical.

According to Davies (in Cooper and Vetere, 2005) children and adolescents who experience domestic violence are at risk of experiencing stress, depression, post-traumatic disorders, and have problems adapting to their daily lives. Gelles in Huraerah (2006) said that the side effects of acts of violence against children that can cause a psychological impact on children who are victims of violence are low self-esteem or a low sense of self-worth and weakness in relationships with peers.

Stress is a problem that occurs in everyday human life. According to Lazarus and Folkman (in Lumban Gaol, 2016) Stress is a relationship between individuals and their environment that is evaluated by the individual as a demand or inability to cope with situations that threaten health. Stress can be experienced by anyone including children, teenagers, adults, and the elderly. However, if the stress is too much it can become a problem that is endangering a person's mental and physical condition. Many children experience stress due to violence at home. be it verbal violence, physical violence, psychological violence, sexual violence, or neglect. Jayanthi, et. al (2015) found that stress can cause children to feel frustrated, decreased academic performance (Stallman, 2010) decreased ability (Talib & Zia-ur-Rehman, 2012), decreased academic performance (Stallman, 2010), and deteriorating health (Marshall et al, 2008). According to Hurlock (1980), it is very important to deal with children's stress, because children's way of thinking is immature, so the release of emotional energy alone can release too much of the body's energy system for a while, but it does not necessarily change the child's outlook or eliminate unpleasant emotions.

Previous researchers used a lot of writing methods to reduce stress in children. Writing is an activity that can be a positive place to pour out the emotions, thoughts, and ideas that children have. Not only that, writing is also considered capable of developing children's intelligence. According to Divasari (2012), children who have the habit of writing will become more critical and sensitive to the dynamics of social life around them. In addition, the child is also trained for problem solving or thinking to solve problems According to Scott (2021), practicing an attitude of gratitude by keeping a gratitude journal is an effective way to reduce stress because it makes individuals focus on the positive things in their lives. A study conducted by O'Connell, et.al. (2017), found that writing a Gratitude Journaling or gratitude notebook

has a significant positive impact on well-being and depression. A study conducted on freshmen in Turkey in a group that applied the Gratitude Journaling method for three weeks experienced greater gratitude, better adaptability in dealing with college life, higher life satisfaction, and an increase in positive emotions. compared to a control group of new students who did not record gratitude (Işık & Ergüner-Tekinalp, 2017).

Gratitude Journaling or writing a gratitude notebook is an intervention method, by writing which will help someone to process thoughts and open them. Writing is also a cathartic technique to release negative emotions that exist in a person, which if pressed into the subconscious will become a time bomb for the emergence of more severe disorders. The Gratitude Journaling intervention method will try to guide the individual to be able to write down the good things that are in him and the things he is grateful for in his life. this process will help to always remember and be aware of the goodness that is in him and the blessings in life.

### **Stress Level**

Stress is a problem that occurs in everyday human life. According to Lazarus and Folkman (Lumban Gaol, 2016) Stress is a relationship between an individual and his environment that is evaluated by the individual as a demand or inability to cope with situations that threaten health. Stress can be experienced by anyone including children, teenagers, adults, and the elderly. However, if the stress is too much it can become a problem that is endangering a person's mental and physical condition. Understanding stress according to Haber and Runyon (1984) is a conflict in the form of external and internal pressures and other problems in life. Meanwhile, according to Lazarus and Folkman (1984), Stress is a state or situation that is complicated and is judged as a stressful and dangerous situation for the individual and has exceeded the individual's resources to deal with it. Stress can be defined as a physical and psychological reaction in the form of feeling uncomfortable, uncomfortable or depressed with the demands being faced (Hawari, 1997). So that it can be said, according to Lazarus (in Widyatno, 2018) the level of stress is the level of individual reaction to a stressful, threatening, unpleasant situation, and is expressed through individual responses to stress symptoms. includes physical, intellectual, emotional, and interpersonal problems, which are perceived or assessed as a frightening threat or challenge that requires resolution. Stress can be defined as a physical and psychological reaction in the form of feeling uncomfortable, uncomfortable or depressed with the demands being faced (Hawari, 1997). So that it can be said, according to Lazarus (in Widyatno, 2018) the level of stress is the level of individual reaction to a stressful, threatening, unpleasant situation, and is expressed through individual responses to stress symptoms. includes physical, intellectual, emotional, and interpersonal problems, which are perceived or assessed as a frightening threat or challenge that requires resolution. Stress can be defined as a physical and psychological reaction in the form of feeling uncomfortable, uncomfortable or depressed with the demands being faced (Hawari, 1997). So that it can be said, according to Lazarus (in Widyatno, 2018) the level of stress is the level of individual reaction to a stressful, threatening, unpleasant situation, and is expressed through individual responses to stress symptoms. includes physical, intellectual, emotional, and interpersonal problems, which are perceived or assessed as a frightening threat or challenge that requires resolution.

### **Source of Stress**

Based on the theory of Lazarus and Cohen (Veitch & Arkkelin, 1982) the sources of stress are classified into four, the first is Cataclymic Stressor. Cataclymic Stressors are characterized by events that can cause stress, which occur suddenly and are felt by many people at the same time and beyond anyone's control, such as viral pandemics and natural disasters. The second is a source of personal stress (Personal Stressor), Changes that occur in a person's life also have the potential to cause stress, such as divorce, marriage, death of a spouse or family member, job loss, failure in competition, and others. This type of stressor can or cannot be predicted, but has a strong influence and requires great coping efforts on the part of the person experiencing it. The third is a source of stress from the physical environment, circumstances or events in the form of discomfort in a person's life. This event may be a small disturbance but occurs continuously so that it becomes a disturbing and emotionally depressing problem, for example a noisy home or work environment, and limited resources in the place of residence. The fourth is Ambient Stressor, the cause of this stress consists of conditions that are motivated by the environment such as poverty, family conflicts. the ability to be able to adapt to everyday

problems is very important and this is also related to health problems (Lazarus & Folkman, 1984). This event may be a small disturbance but occurs continuously so that it becomes a disturbing and emotionally depressing problem, for example a noisy home or work environment, and limited resources in the place of residence. The fourth is Ambient Stressor, the cause of this stress consists of conditions that are motivated by the environment such as poverty, family conflicts. the ability to be able to adapt to everyday problems is very important and this is also related to health problems (Lazarus & Folkman, 1984). This event may be a small disturbance but occurs continuously so that it becomes a disturbing and emotionally depressing problem, for example a noisy home or work environment, and limited resources in the place of residence. The fourth is Ambient Stressor, the cause of this stress consists of conditions that are motivated by the environment such as poverty, family conflicts. the ability to be able to adapt to everyday problems is very important and this is also related to health problems (Lazarus & Folkman, 1984). The cause of this stress consists of conditions that are motivated by the environment such as poverty, family conflicts. the ability to be able to adapt to everyday problems is very important and this is also related to health problems (Lazarus & Folkman, 1984). The cause of this stress consists of conditions that are motivated by the environment such as poverty, family conflicts. the ability to be able to adapt to everyday problems is very important and this is also related to health problems (Lazarus & Folkman, 1984).

### **Domestic Violence**

Domestic violence or domestic violence is also called family violence. According to Kemala Candrakirana, the scope of violence includes physical, sexual, psychological violence and neglect, including threats that result in misery and suffering within the household. Domestic violence often occurs in women and children. According to Huraerah (2018) in Syifa (2019), domestic violence can be defined as a deliberate action in the form of direct physical or emotional threats by parents or other adults against children. According to the Law of the Republic of Indonesia Number 23 of 2004 concerning the Elimination of Domestic Violence, Article 5 explains that everyone is prohibited from committing domestic violence against people within the scope of their household. Strictly speaking, the elimination of domestic violence is regulated in Article 1 of the Law. No. 23 of 2004 concerning domestic violence against people within the scope of their household, by means of physical violence, psychological violence, sexual violence, and neglect in the household. Physical violence Physical violence is behavior that results in physical pain such as scratches, bruises, falling ill, or serious injuries. While psychological violence is behavior that causes mental pain. Such as behavior that causes fear, loss of self-confidence, loss of the ability to act, a sense of helplessness, and or severe psychological suffering on a person. Sexual violence is behavior that includes forcing sexual intercourse against people who live within the scope of the household, forcing sexual relations against one person in the household with another person for commercial purposes and or for certain purposes. and the last is neglect in the household, everyone is obliged to give life, care, or maintenance to people in his household. Neglect results in economic dependence by limiting and/or prohibiting and the last is neglect in the household, everyone is obliged to give life, care, or maintenance to people in his household. Neglect results in economic dependence by limiting and/or prohibiting and the last is neglect in the household, everyone is obliged to give life, care, or maintenance to people in his household. Neglect results in economic dependence by limiting and/or prohibiting proper work inside or outside the home so that the victim is under the control of that person. According to the United Nations, the definition of violence is "Any act by which severe pain or suffering, whether physical or mental, is intentionally inflicted on a person". Thus, it can be said that violence against children and women includes all actions that result in physical and psychological harm or suffering.

### **Gratitude Journaling**

Emmons & McCullough (2003) used the Gratitude Journaling diary method to determine the effectiveness of gratitude on mental health over time, and found that those who were assigned to write about things they were grateful for showed greater improvement. both in mood, coping behavior, and even in physical health symptoms. compared to those who wrote about everyday hassles or neutral topics. This study sparked widespread interest in the effects of gratitude on mental health. Most studies that examine gratitude interventions involve research participants to recall

events in their past lives (memory recollection) that can trigger a state of gratitude. The literature has shown that a person's state of health and mood can improve when the state of gratitude is triggered in this way. The more often a person is grateful, the more positive emotional experiences and memories will be. Diener calls this condition subjective happiness or well-being. These positive experiences will be recalled when needed, for example when facing a depressive condition

*Gratitude Journaling* is one of the gratitude intervention methods. There are various kinds of gratitude-based intervention methods, namely counting blessings (counting blessings), appreciating progress, saying thanksgiving prayers, and writing gratitude journaling (gratitude Journaling). This study uses the gratitude journaling method because the subjects of this study are children and writing down things they are grateful for will help shift the subject's focus to positive things about themselves and their lives. The positive impact of this process will lead to the accumulation of positive feelings and a sense of abundance, not the opposite feeling, namely a sense of deficiency. (Prastuti, 2020). According to Flinchbaugh (2012), Gratitude Journaling or writing a diary about things Being grateful causes a person to periodically identify positive aspects in the current life experience for which the individual will feel grateful. By writing a gratitude diary, individuals can have a new perspective on the things that are important and meaningful in their lives, make a clearer view of what will be done in life and help a person focus on the things that are meaningful to him (Ackerman, 2020).

### **Aspects of Gratitude**

There are four components in gratitude according to the aspects of gratitude expressed by McCulloch (in Sulistyarini, 2010) namely Intensity (Intensity), Frequency (Frequency), Range (Span), and Attachment (density). The first is intensity, individuals who practice an attitude of gratitude when they get good things or positive events are expected to be more intense to feel grateful. The second is the frequency, when individuals apply the habit to practice gratitude, they will feel the urge to tend to be grateful every day. Gratitude can increase behavior of simple kindness or politeness. The third is span. Events in a person's life span can make the individual feel grateful. For example, gratitude for health, family, friends, possessions, work, life opportunities, etc. And the last aspect is density, where grateful individuals are expected to be able to write down the names of people including family, relatives, friends, spouses, or figures who make them continue to be grateful for the existence of these people in their lives.

### **The Effectiveness of Gratitude Journaling on Stress Levels**

One of the early researchers of the concept of Gratitude was Emmons and McCullough (2003), they were examined whether Gratitude Journaling makes people feel more grateful will improve their health and well-being. Subjects were asked to write down the things they are grateful for and provide several other types of reports such as daily or daily experiences as a control every day or every week. Emmons & McCullough concluded that: The group with a grateful view showed increased well-being in several aspects. The effect on the positive effect of gratitude seems to be the strongest finding. According to Keller (2021), when individuals are grateful, the brain will activate neurotransmitters such as the hormone dopamine which will increase happiness and the hormone serotonin which regulates the mood of the individual. In addition, the brain also releases the hormone oxytocin which induces feelings such as trust and a feeling of connection. Meanwhile, when an individual experiences stress, the hypothalamus gland in the brain will send a signal to the pituitary gland—a signal that indicates that the individual is stressed and needs help. The adrenal glands release the stress hormone cortisol. This is called the acute stress response or “fight-or-flight” response. High cortisol can cause symptoms of anxiety, depression, and other health consequences (Dellwo, 2021) The brain also releases the hormone oxytocin which induces feelings such as trust and a feeling of connection. Meanwhile, when an individual experiences stress, the hypothalamus gland in the brain will send a signal to the pituitary gland—a signal that indicates that the individual is stressed and needs help. The adrenal glands release the stress hormone cortisol. This is called the acute stress response or “fight-or-flight” response. High cortisol can cause symptoms of anxiety, depression, and other health consequences (Dellwo, 2021) The brain also releases the hormone oxytocin which induces feelings such as trust and a feeling of connection. Meanwhile, when an individual experiences stress, the hypothalamus gland in the brain will send

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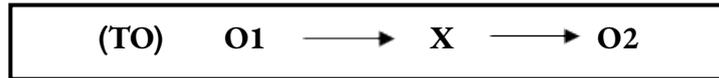
Research conducted by Lee, et al. (2018) show that gratitude helps restore a positive mood after a stressful event. Gratitude contributes to happiness and positive psychological parameters in individuals. Previous research conducted by Krejtz, et al (2014) with adult participants living in the community described their well-being and the stress they experienced every day for 2 weeks. Participants were asked to count the blessings in their lives and write them down in a diary. The study found that daily feelings of gratitude were positively associated with increased well-being in oneself, and the analysis showed that there was a causal relationship from well-being to gratitude. On the other hand, the relationship between daily stress and everyday well-being was weaker for people who were asked to think about things they were grateful for than for those who were not asked. These results suggest that counting one's blessings can reduce the negative effects of daily stress, and can have long-term positive effects on an individual's mental health. According to the results of a study conducted by Wood, et al (2008) on first-year college students, practicing gratitude every day can make individuals happier, reduce stress, boost the immune system, and improve the quality of relationships. These results suggest that counting one's blessings can reduce the negative effects of daily stress, and can have long-term positive effects on an individual's mental health. According to the results of a study conducted by Wood, et al (2008) on first-year college students, practicing gratitude every day can make individuals happier, reduce stress, boost the immune system, and improve the quality of relationships. These results suggest that counting one's blessings can reduce the negative effects of daily stress, and can have long-term positive effects on an individual's mental health. According to the results of a study conducted by Wood, et al (2008) on first-year college students, practicing gratitude every day can make individuals happier, reduce stress, boost the immune system, and improve the quality of relationships. This study aims to answer the question whether gratitude journaling is effective in reducing stress levels in children who are victims of domestic violence.

## Method

### Research Model

This research is a quantitative study that uses a quasi-experimental method with one group pretest-posttest type design (initial test-single group end test). In this study, a treatment will be given, namely the presence of Gratitude Journaling. Before being given treatment, the subject was given a pre-test and after the treatment the subject was given a post-test using the Perceived Stress Scale-Children (PSS-C) Scale by Barbara White in 2014 which was adapted by the researcher. The data analysis carried out was a nonparametric test of two interconnected samples or commonly known as the Wilcoxon test. Wilcoxon's test can be used to determine whether there is a difference in the mean of two related samples.

The form of treatment in this study is an intervention in the form of Gratitude Journaling. The technical implementation is that each subject will be given a Gratitude Journal (a notebook of gratitude) and asked to commit to writing down the things he is grateful for every day. This treatment will be applied every day for 2 consecutive weeks using the same method. Although the process of implementing Gratitude Journaling is carried out from the residence of each participant, the researcher still controls the potential distractions during the treatment process, by providing instructions that are explained at the beginning of the treatment meeting and the limitations that the researcher emphasizes to the subject's guardian and communicated via whatsapp. After the treatment was given, Subjects will be given a posttest using the PSS-C scale which has been adapted. If the data has been collected, it will be analyzed using SPSS. Only subjects who show the results of high levels of stress will be given Gratitude Journaling treatment.



Description :TO : Experimental Group O1 : Initial measurement (Pre-test) O2 : Final measurement (Post-test) X: Treatment (Gratitude Journaling)

**Figure 1.** Research Design

**Participants**

The subject in this study is an individual who is in the late childhood development stage which lasts from the age of six years until the time comes for the individual to become sexually mature (Hurlock, 1980). Hurlock classifies the late childhood age range into two parts. For women, they are in the age range of 6-13 years, and for men, they are in the age range of 6-16 years. This age range was chosen because in late childhood, children are generally able to read and write where this ability is one of the criteria for the subject of this study. Subjects were taken using purposive sampling method. Purposive sampling method is a method for determining samples with certain goals and characteristics (Sugiyono, 2016). The criteria are that the subject has male and female gender, is able to read and write, and experiences domestic violence or domestic violence, be it physical violence, verbal violence, psychological violence, sexual violence, or child neglect in Malang City. In obtaining the subject, the researcher obtained data on children who experienced domestic violence through the Malang City Child Protection Agency. Of the 12 subjects obtained, there were only 5 subjects whose residences were willing to be visited. In selecting the subject, the researcher used a classification to categorize the high-low stress level of the subject. Researchers classify based on data categorization using hypothetical data, namely using a measuring instrument as a reference. The following is a table of the results of the descriptive analysis of the PSS-C score:

**Table 2.** Results of Descriptive Analysis of PSS-C Scores

	N	Minimum	Maximum	mean	Std. Deviation
PSS-C Skor Score	13	0	39	19.5	6.5

**Table 3.** Classification of High-Low Category Subject Scores

Classification	Formula	Results
Tall	$M + 1SD$ X	26 X
Currently	$M - 1SD$ X $M + 1SD$	13 X 26
Low	$X < M - 1SD$	$X < 13$

Based on the results of the pre-test on 10 subjects, it is known that 5 subjects have high stress levels. A total of 4 subjects had moderate stress levels, and 1 subject had low stress levels.

**Research Instruments**

In collecting data, the researcher adapted the Perceived Stress Scale-Children (PSS-C) scale designed by Barbara White in 2014. PSS-C is in the form of a Likert scale and consists of 13 items. This scale is designed to measure the extent of stress experienced by children based on situations experienced in their lives during the last two weeks.

In the procedure for implementing the validity test, the type of validity used is content validity. Expert validity test (expert judgment) involves 2 psychologists who will validate language equivalence and content equivalence. Language equivalence is used to determine the extent to which the translated language can represent the meaning of the original language, while content equivalence is used to see if there is a change in the context of the item after it has been adapted. In calculating the content validity coefficient of the PSS-C scale adaptation, it is based on the results of an assessment from a panel of two experts on the extent to which the item represents the construct measured using the Aiken's V statistical formula. The results of the validity coefficient on the PSS-C scale adaptation were analyzed using Aiken's formula V, the results obtained are 10 items of 1,000 and 3 items of 0.875. The reliability test of this study used the Cronbach Alpha formula. The result of Cronbach's alpha reliability calculation is =0.659.

Researchers went through the process of adapting the PSS-C scale by following the steps described by Beaton, et

al., (2000). There are 4 stages of scale adaptation. The first is Translation. At this stage the scale is translated by two translators with different backgrounds. The first translator is a linguist and the second translator is an expert who understands psychological concepts. The second stage is Synthesis. The results of the instrument translation from the first translator (T1) and second translator (T2) will be considered by experts and produce a general translation with the code T12 (Translator 1 and 2). The third stage is Back Translation, in this stage the T12 synthesis results are translated back into English by a Back Translate (BT) translator. The translator will ensure that the results of the instrument translation are appropriate and in accordance with the aspects to be measured and check for conceptual errors in the translation. The last stage is Expert Judgment, at this stage there are two expert committees validating the scale of adaptation results.

**Technical Implementation of Experiments**

In practice, this study uses a treatment in the form of Gratitude Journaling to Reduce Stress Levels of Children Victims of Domestic Violence in Malang City. Prior to the gratitude journaling treatment, the subject will be given a Gratitude Journal Book which is the product of this experimental research. Gratitude Journaling will be conducted at the residence of each subject, every day for two weeks. In total, there will be 14 Gratitude Journaling writing sessions. In addition, the subject is also free to choose a place to write a journal on the condition that the subject must be alone. Although the process of implementing Gratitude Journaling was carried out at the home of each subject,

In the implementation of Gratitude Journaling, the tools and media used are as follows:

- Gratitude Journal (Gratitude Notebook)
- Pencil

The following is a table detailing the activities in the experiment:

**Table 2.** Activities in the Experiment

Meeting	Schedule of Activities	Duration	Total	The place
<b>Meeting 1</b> (pre-test, introduction and instructions processing gratitude journaling.)	Opening	10'		
	Scale working instructions	5'		
	<b>Pre-test</b>	20'		Residence
	Introduction technique <i>Gratitude Journaling</i> .	15'	90'	each subject
	Gratitude Journaling Instructions (filling instructions + rules)	20'		
	Informed Consent and QnA	15'		
	Gratitude Journal Book Award and cover.	5'		
	<b>Implementation of Gratitude Journaling</b>	14 days		Each other's place of residence subject
<b>Meeting 2</b> (Post-test closing Suite experiment)	Opening	5'		
	<b>Post-test</b>	20'	60'	Residence
	discussion	25'		each subject
	Closing	10'		

**Results**

The following is an exposure to stress level data before and after being given treatment *Gratitude Journaling* on 5 subjects. Subject description data can be seen in table 4. Meanwhile, for data exposure can be seen in table 5.

**Table 3.** Overview of Subjects

No.	Initials	Age	Gender	Violence experienced
1.	JS	9	Woman	Abandonment (Child neglect)
2.	RM	13	Man	Physical, Psychological
3.	SK	11	Woman	Physical, sexual
4.	FT	11	Woman	Verbal
5.	SH	12	Woman	Abandonment (Child neglect)

**Table 4.** Scores of Pre-Test and Post-Test Results of Stress Levels of Treatment Subjects

No.	Initials	Pre-test	Category	Post-test	Category
1.	JS	26	Tall	12	Low
2.	RM	27	Tall	8	Low
3.	SK	28	Tall	22	Currently
4.	FT	26	Tall	24	Currently
5.	SH	29	Tall	24	Currently

The data analysis carried out was a nonparametric test of two interconnected samples or commonly referred to as the Wilcoxon test. Wilcoxon's test can be used to determine whether there is a difference in the mean of two related samples. Calculations were carried out with the help of the SPSS 18.0 for Windows program. The following is a description of the results of the Wilcoxon test based on the pre-test and post-test scores of children who are victims of domestic violence in Malang:

**Table 5.** Wilcoxon Test Calculation Results

		N	Mean Rank	Sum of Ranks
Post-test - Pre-test	Negative Ranks	5 <sup>a</sup>	3.00	15.00
	Positive Ranks	0 <sup>b</sup>	.00	.00
	Ties	0 <sup>c</sup>		
	Total	5		

**Table 5.** Significance of Wilcoxon's Test

	Post-test - Pre-test
Z	-2.023a
Asymp. Sig. (2-tailed)	.043

Based on the results of the above calculations, obtained a significance of 0.043 where p value (0.043) < 0.05. Then the hypothesis is accepted. The calculation results also show that there is a difference in the subject's stress level score between the pre-test and post-test. In table 4, the number 5 a is obtained in the negative ranks (post-test < pre-test). Which means that the five subjects with the value of the second group (post-test) are lower than the value of the first group (pre-test). So it can be concluded that there is a decrease in the subject's stress level score from pre-test to post-test. The decrease in stress level scores can be seen from the results of the Wilcoxon test calculations carried out by researchers, it is known that Asymp sig. (2-tailed) 0.043 is smaller than the alpha level of 0.05. where p value (0.043) < 0.05. So it can be concluded that there is a difference in the subject's stress level score between the pre-test and post-test.

### Conclusion and Discussion

Based on the results of the research that has been done, it is known the stress level of children who are victims of domestic violence before and after being given the gratitude journaling treatment. Before being given the gratitude journaling treatment, the subject was given the PSS-C scale which has been adapted to measure the subject's stress level. It is known that the stress level of the subject before being given treatment is in the high category with a score range of 26 - 29. After the subject is given the gratitude journaling treatment, the subject will be given the PSS-C scale which has been adapted to determine the level of stress with the condition after doing gratitude journaling for 14 days. The

results found are the stress level of the subject after being given treatment is in the low to moderate classification, with a score range of 8 - 24.

*Gratitude Journaling* or writing a gratitude notebook is a gratitude intervention method by writing things that are grateful for every day, where the writing method will help a person to process thoughts and open them. Writing is also a cathartic technique to release negative emotions that exist in a person. With Gratitude Journaling, the subject can use his Gratitude Journal Book as a cathartic medium in writing down his feelings every day so that he can create factors that can reduce the subject's stress level. Lee, et. al. (2018) states that a way to help restore a positive mood after a stressful event is with Gratitude. The Gratitude Journaling intervention method leads individuals to be able to write down the good things in themselves and the things they are grateful for in their lives. This process helps the subject to always remember and realize the goodness that is in him and the blessings in his life.

Based on experimental research that has been carried out, Gratitude Journaling Treatment makes the subject focus more on the things he is grateful for, so that he feels happier than before, and is proven to be effective in reducing the stress level of the subject. This study has proven that gratitude journaling can reduce the stress level of children who are victims of domestic violence. The implementation of Gratitude Journaling lasts for 14 days or two weeks by practicing gratitude every day by filling out the Gratitude Journal. Gratitude Journal contains 4 column assignments in a daily sheet that must be filled in by the subject. Subjects were asked to write answers in 4 column assignments containing the statement "3 things that make me happy today..., The people I love around me... , Today I feel..., My hope for tomorrow is..." every day for 2 weeks. Chesterton (in Snyder & Lopez, 2002) states that Gratitude is the key to happiness. This is in line with the subject's feelings after following the Gratitude Journaling treatment series. After following the Gratitude Journaling treatment series, JS subjects reported that their feelings were happier than usual days. While the subject RM said that he felt more grateful for the existence of the people around him and the little things that happened in his life. According to Subject SK, he finds it easier to be happy and rarely fights with his siblings. Same with FT Subject, who reported that after he did Gratitude Journaling he felt he had a better relationship with the people around him. Subject SH admitted that he was more able to relieve his anger or sadness because he was reminded of the blessings in his life. This is in accordance with research conducted by Wood (2008), the results obtained that practicing gratitude every day can make individuals happier, reduce stress, increase the immune system, and improve the quality of relationships.

Previous research conducted by Krejtz, et al (2016) described their well-being and the stress they experienced every day for 2 weeks. Participants were asked to count the blessings in their lives and write them down in a diary. The results of this study indicate that counting one's blessings can reduce the negative effects of daily stress and can have long-term positive effects on participants' mental health. This is in line with the function of Gratitude Journaling, namely Gratitude Journaling is able to be a method to calculate blessings in life in the midst of difficult situations and help individuals to focus on positive things in their lives. As the description of the results of writing the subject in his Gratitude Journal book, it is written "3 things that make me happy today... can help Mother, can love money to people who are less able, can do the mid-semester test." Another subject said, "I am happy because God always blesses my family and makes our sustenance easier" in his Gratitude Journal. This is in line with the function of Gratitude Journaling, namely Gratitude Journaling is able to be a method for calculating blessings in life in the midst of difficult situations and helps individuals to focus on positive things in their lives. cathartic media in writing down his feelings every day so that it is a factor that can reduce the subject's stress level. Another subject said, "I am happy because God always blesses my family and makes our sustenance easier" in his Gratitude Journal. This is in line with the function of Gratitude Journaling, namely Gratitude Journaling is able to be a method for calculating blessings in

life in the midst of difficult situations and helps individuals to focus on positive things in their lives. cathartic media in writing down his feelings every day so that it is a factor that can reduce the subject's stress level.

This study has proven that the Gratitude Journaling technique can reduce the stress level of victims of domestic violence in Malang City. However, researchers have not been able to find out if there are other factors in the implementation that affect the subject's stress level outside the time control set by the researcher. Therefore, it would be more optimal if the Gratitude Journaling treatment was carried out with a larger number of subjects so that the results obtained were more reliable and representative. This can be input for further researchers

### Recommendations

Based on the research that has been done, it can be concluded that the gratitude Journaling technique effective in reducing stress levels of children who are victims of domestic violence in Malang City. This research is expected to be a reference for studies in the field of psychology in developing experimental research. In addition, the results of this study are expected to provide a reference in providing treatment for victims of domestic violence cases as well as reducing children's stress levels.

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