

ABSTRACT

The Relationship Between Gratitude and Marital Satisfaction of Housewives (IRT) in DKI Jakarta and Its Review In Islam

The satisfaction of housewives in marriage and taking care of the household often faces many problems, the happiness of housewives' marriage is lower when compared to working wives. This is because mothers are more dependent on their husbands and are less independent. In addition, a housewife also only focuses on habits in the house which results in them not being able to exchange ideas about work and tend not to have open knowledge like working wives. This study aims to determine whether there is a relationship between gratitude and marital satisfaction in housewives in DKI Jakarta and can be reviewed according to Islam. This study is a quantitative study with a correlational research design. The variables studied are gratitude and marital satisfaction variables. The scale used is the gratitude scale developed by Listiyani et al and the Enrich Marital Satisfaction (EMS) marital satisfaction scale developed by Fowers and Olson. This study employs Spearman correlation analysis to examine the relationship between gratitude and marital satisfaction among housewives. A total of 90 housewives from DKI Jakarta, aged between 25 and 50 years ($M = 30$ years), participated in the research. The findings indicate a positive correlation between gratitude and marital satisfaction, meaning that as gratitude increases, so does marital satisfaction. From an Islamic perspective, gratitude is considered an essential factor influencing marital happiness. These results can serve as a valuable reference for family counselors in educating housewives about the role of gratitude in maintaining a harmonious household.

Keywords: *Gratitude, Housewife, Marital Satisfaction*