



Original Article

The Influence of Gratitude on Happiness from the Perspective of Islamic Psychology: A Literature Review

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Abstract:

Human life will never be separated from the aspect of psychological happiness. Every individual tries to create a happy existence, including physical, social and mental conditions, so that the quality of life can improve. One of the factors that influences happiness is gratitude. This is because gratitude can produce a positive perspective on all events that occur in daily life. The aim of this literature review is to analyze literature related to the influence of gratitude on happiness from an Islamic psychology perspective. The databases used are Scholar, PubMed, Science Direct, Semantic Scholar, Researchgate. The keywords used are Gratitude, Grateful, Happiness, excitement, Islam. The results of the literature search obtained 6 articles. Search results go through a filtering process with PICO elements and the CRAAP method. The research results show that gratitude has an important role in increasing happiness according to an Islamic psychology perspective. Gratitude contributes positively to mental and spiritual well-being, especially in the context of Islamic education. For this reason, it is important to integrate the values of gratitude into Islamic education programs as a strategic action to improve a person's mental and spiritual well-being. Applying the principles of gratitude in daily activities can also strengthen the foundation of overall mental and spiritual health.

Keywords: Gratitude, Happiness, Islam

Introduction

One indicator that shows a person has good psychological health is happiness. According to [Keskinoglu & Eksi \(2019\)](#), happiness is a positive emotional state closely related to positive behavior and emotions, although it is not always felt in every moment. As a main topic in positive psychology, happiness not only enhances an individual's quality of life but also has a significant overall impact. Hills, cited in [Anabella \(2022\)](#), outlines seven fundamental aspects of happiness: friendliness, life satisfaction, an optimistic outlook, stable cheerfulness, positive self-esteem, the ability to empathize, and general well-being.

Islam teaches the pursuit of happiness in the afterlife, yet QS. Al-Qasas: 77 reminds us not to neglect worldly life. There are six ways Islam guides towards happiness: first, believing that ease follows hardship; second, being grateful for all blessings; third, accepting trials with contentment, patience, and trust in Allah; fourth,



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forgiving others' mistakes; fifth, avoiding negative assumptions; sixth, avoiding anger and limiting worldly desires through asceticism (zuhud) and contentment (qana'ah) ([Faqih, 2020](#)).

[Wantini & Yakup \(2023\)](#) explain that in daily life, gratitude is often considered a key factor in achieving happiness. In Islamic tradition, gratitude is not only seen as expressing thanks to Allah for all given blessings but also as a profound life principle that permeates an individual's worldview and their interactions with others and the environment. [Rabee' & Ababneh \(2018\)](#) note that modern psychology has extensively studied gratitude, generally finding that gratitude positively correlates with enhanced psychological well-being and happiness.

In Islamic Psychology, gratitude is defined as the acknowledgment of Allah's blessings and an adequate response to these blessings in thoughts, feelings, and behaviors. This includes awareness of the source of blessings, recognition of dependence on Allah, and actions reflecting this appreciation. Islamic Psychology integrates religious teachings with an understanding of human psychology, providing a unique perspective on how gratitude influences happiness ([Afandi et al., 2021](#)).

Research by [Sriaissah & Maryam \(2022\)](#) found a positive correlation between gratitude and happiness (p value 0.000); the higher the level of gratitude, the higher the level of happiness, and vice versa, the lower the level of gratitude, the lower the level of happiness among students at SMA Hang Tuah 5 Sidoarjo. The determination test results showed a value of 0.685, indicating that in this study, the variable of gratitude contributed effectively by 68.5% to the level of happiness among the students.

In the research context, studies on the influence of gratitude on happiness in Islamic Psychology are still relatively rare, especially in Indonesia. Therefore, it is important to delve deeper into how gratitude is practiced in the daily lives of Muslims and how it contributes to their happiness levels ([Permatasari & Nurendra, 2023](#)). Hence, this research aims to bridge that gap by further examining the existing literature and uncovering the practical implications of gratitude from the perspective of Islamic Psychology. Given this phenomenon, the researcher feels it is necessary to investigate further how gratitude affects happiness from the perspective of Islamic Psychology.

Method

This study uses a literature review method because the data is taken from existing research rather than direct observation. The researcher collected journal articles from reliable databases. The databases used to find journals related to the research title include Scholar, PubMed, Science Direct, Semantic Scholar, and ResearchGate. The selected research articles were published between 2019 and 2024. The search strategy for the literature review utilized English keywords and Boolean combinations of each PICOS element: ("Gratitude" OR "Grateful") and ("Happiness" OR "excitement" OR "happy") and ("Islamic" OR "Islam").

The inclusion criteria for this study were journals or articles that matched the PICOS elements: population in the study (Gratitude, Happiness, Perspective, Islam). The study types included were those published in Indonesian and English. The publication year was limited to the last five years, and the types of studies included were cross-sectional, experimental, and randomized controlled trials. Articles chosen were those that could answer the review questions and were filtered using the CRAAP evaluation criteria (Currency, Relevance, Authority, Accuracy, and Purpose).

Initially, 30 articles were excluded in the first screening, and 14 articles were excluded in the second screening. Articles not chosen were those deemed unable to answer the research questions after being reviewed using the CRAAP evaluation criteria. Consequently, 6 articles were found to be aligned with the research objectives and capable of answering the research questions.

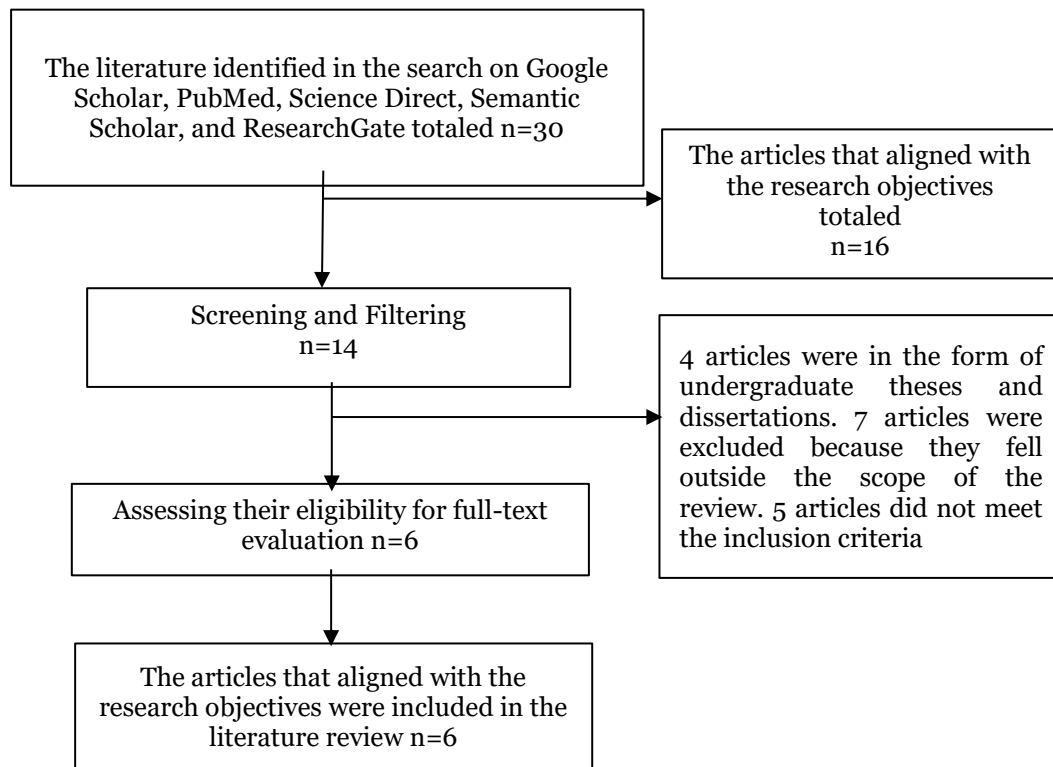


Figure 1. Literature Selection Flowchart.

Result

From the search results of studies or articles, five quantitative studies with a cross-sectional approach were found.

Table 1. List of Articles from the Search Results

No	Author, Title, Journal	Method Design	Results	Database
1	Primaheni, F., Purwanto, E., & Mulawarman. (2021). The Effect of Gratitude and Self-Awareness on the Happiness of Islamic Boarding School Students. Jurnal Bimbingan Konseling, 10(3), 193-198.	Quantitative studies with a cross-sectional approach	There is a positive influence of gratitude on the happiness of adolescent students, and there is a positive influence of self-awareness on the happiness of adolescent students in Islamic boarding schools.	Google Scholar
2	Daulay, N., Assingkily, M. S., & Munthe, A. K. (2022). The relationship between gratitude and well-being: The moderating effect of religiosity on university freshmen during the COVID-19	Quantitative study with a cross-sectional approach	The research findings indicate that gratitude ($\beta = 0.928$, $p < 0.01$) and religiosity ($\beta = 0.371$, $p < 0.01$) have an influence on well-being. Furthermore, it is proven that religiosity moderates the relationship between gratitude and well-being ($F = 251.656$, p	PubMed

	pandemic. Psikohumaniora: Jurnal Penelitian Psikologi, 7(1), 51–64.		< 0.01). These findings suggest that in the context of new students, career achievement and well-being orientation may be faced with various challenges, but protective factors such as well-being, religiosity, and gratitude can provide significant assistance.	
3	Sriaissah, A., & Maryam, E. W. (2022). The Relationship Between Gratitude and Happiness in Year 12 High School Students. Psikologia: Jurnal Psikologi, 7(1), 1-7.	Quantitative study with a cross-sectional approach	There is a positive correlation between gratitude and happiness (p-value 0.000); the higher the level of gratitude, the higher the level of happiness, and conversely, the lower the level of gratitude, the lower the level of happiness among students at SMA Hang Tuah 5 Sidoarjo. The determination test results showed a value of 0.685	Researchgate
4	Cholili, A. H., Difayanti, A. A. P., & Yusmafati, E. (2023). Literature Study: Analysis of Gratitude Factors in Individuals. International Journal of Islamic Thought and Humanities, 2(2), 279-287.	Literature Review Study	The findings from the research and previous literature review of 10 articles indicate that the factors contributing to gratitude in individuals consist of self-acceptance, several aspects (knowledge, experiences, social support, and spiritual condition), a sense of appreciation, goodwill intentions, and a tendency to act positively	Science Direct
5	Morgen A. Chalmiers, Fuat Istemi & Sahin Simsek (2023) Gratitude to God and its psychological benefits in Islamic contexts: a systematic review of the literature, Mental Health, Religion & Culture, 26:5, 405-417	Literature Review Study	This systematic review identifies 125 scholarly articles available in Arabic, English, Farsi, and Turkish related to the topic of religious gratitude to provide a synthesis on the theological significance of gratitude to Allah in Islamic doctrine and daily practices, based on the current scholarly	Semantic Scholar

			literature. Empirical findings regarding the relationship between religious gratitude and mental health among Muslims are analyzed and reviewed, with special attention to the metrics and methodological approaches used by authors within diverse cultural and linguistic contexts.	
6	Anabella, A. I. (2022). <i>Descriptive Kebersyukuran dan Kebahagiaaan Mahasiswa Psikologi Muslim Pasca Pandemi. Journal of Psychological Students</i> , 1(1), 24-28.	Quantitative	Gratitude has a positive impact on the happiness of Psychology students at UIN Bandung by 24.4%. Therefore, to enhance happiness levels, individuals need to cultivate gratitude	Semantic Scholar

Discussion

Based on the literature review conducted, it is evident that there is an influence of gratitude on Happiness in the Perspective of Islamic Psychology. This is reinforced by several previous studies highlighting the importance of gratitude in enhancing the mental and spiritual well-being of individuals, particularly in the context of Islamic education. [Primaheni et al \(2021\)](#) found that gratitude and self-awareness have a positive impact on the happiness of students in Islamic boarding schools, while [Daulay et al \(2022\)](#) demonstrated that gratitude and religiosity play a significant role in improving the mental well-being of new students, especially during the COVID-19 pandemic.

Furthermore, the study by [Sriaissah & Maryam \(2022\)](#) confirms a positive relationship between gratitude and happiness among high school students. The analysis of factors influencing gratitude in individuals conducted by [Cholili et al \(2023\)](#) also provides a deeper understanding of the components affecting gratitude, such as self-acceptance, social support, and spiritual conditions.

Moreover, the literature review by [Chalmiers et al \(2023\)](#) found that religious gratitude in the context of Islam correlates with the mental health of Muslim communities. The overall findings from various studies provide valuable insights into the importance of strengthening gratitude in efforts to enhance the mental and spiritual well-being of individuals, particularly within the Islamic educational community. Consequently, these findings can be utilized to design more effective strategies and interventions in addressing challenges such as the COVID-19 pandemic.

Additional research by [Anabella \(2022\)](#) adds understanding of the relationship between gratitude and happiness among post-pandemic Muslim Psychology students. In the "Journal of Psychological Students," the study shows that gratitude has a significant positive impact on the happiness of Psychology students at UIN Bandung, with a contribution rate of 24.4%. The results of this study emphasize the importance of cultivating gratitude as one way to increase individual happiness levels, especially in the post-pandemic context. Consequently, emphasizing the value of gratitude in the education and mentoring of Psychology students can be an effective strategy in improving their mental well-being and helping them address post-pandemic challenges.

Conclusion

Based on the results of the literature review, it can be concluded that gratitude plays a significant role in enhancing happiness according to the perspective of Islamic Psychology. Previous studies indicate that gratitude contributes positively to mental and spiritual well-being, especially in the context of Islamic education. Gratitude and findings regarding the relationship between religious gratitude in Islam and the mental health of Muslim communities further reinforce the urgency of integrating the development of gratitude in mentoring and educational programs. Therefore, the development of Islamic education programs that promote gratitude can be a strategic step in enhancing the mental and spiritual well-being of individuals, especially in facing present and future challenges. Integrating the values of gratitude into daily life can also be an integral part of strengthening the foundation of mental and spiritual well-being. This study is expected to help increase the happiness levels of communities by inspiring gratitude for the blessings of the Almighty.

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