# Factors Affecting of Lifes Happiness

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Abstract:     One measure of development implementation is the level of social welfare that can be measured objectively and subjectively. Subjectively, measuring the society welfare can be done through the level of lifes happiness. The purpose of this study to describe the happiness levels of society and the factors that influence happiness. Through 423 respondents as a sample, this explanative quantitative research was conducted in Sidoarjo Regency. The analysis technique used is multiple linier regression. The results show that the happiness level of Sidoarjo people in 2017 is 78.58. It is categorized happy. Factors affecting of the life happiness are health, safety, family harmony, use of leisure time, owned house and its assets, and affection. Contribution of influence of these six factors are 59,8%. The government must evaluate, formulate, and improve policies continuously related to improve of life happiness.

## 1 INTRODUCTION

Surveys conducted on Central Statistics Agency lifes happiness in Indonesia in 2014 showed that the Indonesian people happiness index of 68.28 (Central Bureau of Statistics, 2015). In 2017, Indonesian people happiness index rose to 70.69 (Central Bureau of Statistics, 2017). In East Java the index of public happiness in 2014 is 68.70 (Central Bureau of Statistics, 2015) and 2017 index of happiness life of the population of 70.77 (Central Bureau of Statistics, 2018). The increase in index value indicates that the Indonesian people are happier. The happiness index is based on a composite of community satisfaction on education, health, employment, income, environmental conditions, security conditions, leisure time availability, social relations with the surrounding environment, home ownership and assets, and family harmony.

Wenas (2015) says that socioeconomic status has a low correlation with one's happiness. It's the same with revenue. Revenues measured only from income in the form of money, at some point, tend to cause dissatisfaction in life (Seligman, 2002). In some rich countries such as Canada, Qatar, and Brunei with high prosperity and high population revenues are not even categorized as a happy country life of the population. Precisely countries in Latin America,

according to a survey of Gallup Inc., including the country with the happiest populations (Suyanto, 2015). There are two components that could determine whether or not a person happy, namely the state of mind and inner atmosphere. The same is also conveyed by Diener (1985) and Carr (2004) that one's happiness is influenced by two factors, namely cognitive and affective. The state of mind refers to one's satisfaction in assessing the life lived. While the inner atmosphere refers to feeling happy, romantic, and likes. The inner atmosphere can be either positive or negative emotions like depression and anxiety. Seligman (2002) describes eight external factors that affect individual happiness. The eight factors are money, marriage, social life, health, religion, positive emotions (e.g. fun, curiosity, love, pride), age, and education, climate, race, and gender. Puspitorini (2012) explains that the happiness of individuals can be caused by positive activities such as health, prosperity, friendship, knowledge and virtue. Rahayu (2016) in her study of the determination of happiness says that happiness in Indonesia is influenced by income, level of education achieved, satisfaction on perceived health, and social capital. While social capital associated with religion and ethnicity has no effect on one's happiness.

41

The measurement of people's welfare is not only based on the material form (welfare being-well / property), but also on happiness. Starting from the exposure of this study aims to measure the factors that affect the happiness of community life in Sidoarjo regency. The novelty of this research are factor affecting to lifes happiness include health, safety in the environment, household harmonious, leisure time, the fulfillment of household needs along with ownership of home amenities, and enjoy the atmosphere of joy and pleasure.

## 2 METHOD

This quantitative study takes data base in 322 villages in Sidoarjo regency. The smallest unit to be sampled is 423 villagers. It can be shown in Table 1.

Table 1: Sampling of life happiness index in Sidoarjo Regency.

| No | Sub-District | Total Village | Population | Sample |
|----|----|----|----|----|
| 1. | Buduran Sub-district | 15 | 23.269 | 24 |
| 2. | Gedangan Sub-district | 15 | 134.802 | 28 |
| 3. | Jabon Sub-district | 15 | 11.764 | 25 |
| 4. | Prambon Sub-district | 20 | 21.098 | 20 |
| 5. | Sidoarjo Sub-district | 24 | 52.905 | 26 |
| 6. | Sedati Sub-district | 16 | 16.041 | 20 |
| 7. | Sukodono Sub-district | 19 | 20.952 | 24 |
| 8. | Tanggulangin Sub-district | 19 | 21.378 | 22 |
| 9. | Tarik Sub-district | 20 | 18.964 | 22 |
| 10. | Waru Sub-district | 17 | 66.360 | 25 |
| 11. | Wonoayu Sub-district | 23 | 22.282 | 23 |
| 12. | Porong Sub-district | 19 | 21.846 | 24 |
| 13. | Balongbendo Sub-district | 20 | 70.452 | 22 |
| 14. | Candi Sub-district | 24 | 42.285 | 24 |
| 15. | Krembung Sub-district | 19 | 19.240 | 22 |
| 16. | Krian Sub-district | 22 | 39.792 | 23 |
| 17. | Taman Sub-district | 24 | 57742 | 26 |
| 18. | Tulangan Sub-district | 22 | 26876 | 23 |
| | TOTAL | 353 | 688.048 | 423 |

Sampling is done by using simple random sampling technique. Data obtained through the distribution of questionnaires to a number of respondents who have been determined. The variables used in the preparation of the questionnaire include education, health, employment, income, environmental conditions, security, domestic harmony, social relations, leisure time availability, home ownership and facilities, transportation, affection, and happiness. Questionnaire answer is prepared using block technique and differential semantic scale.

Each statement in the questionnaire tested the level of validity and reliability. The result of the validity test shows that all items of statement in questionnaire including valid with score greater than critical R (0,30). Reliability of research instruments showed a score of 0.920 which means very reliable. The nature of the data to be analyzed is also in normal condition and free from autocorrelation, multicollinearity, and heteroscedasticity. Analyzing this research data using multiple linear regression through backward method.

## 3 RESULTS AND DISCUSSION

What is meant by the lifes happiness in this study is the atmosphere of mind and mind Sidoarjo people individually in enjoying the sustenance and enjoyment gained in daily life. The indicators used for subjective measurement is 1) education, 3) health, 3) work, 4) income, 5) the state of the environment, 6) security, 7) harmony in the household, 8) social relations, 9) the availability of free time, 10) home ownership and existing facilities, 11) transportation, and 12) affection. The happiness rate of Sidoarjo people lives in 2016 is

77,11 (Bappeda Sidoarjo, 2016) and year 2017 is 78,58 (Dinas Infokom Sidoarjo, 2017). The score indicates an increase in the happiness of people's lives. The more prosperous the community, the happier the community lives. The measurements are based on ten indicators, except for transportation and affection.

Table 2: Dimensions lifes happiness Sidoarjo Regency.

| No | Dimensions On Happiness | Index 2016 | Index 2017 |
|----|-------------------------|------------|------------|
| 1 | Household harmony | 83,84 | 71,42 |
| 2 | Social relationships with the household environment | 82,13 | 78,11 |
| 3 | Environmental safety | 79,17 | 77,22 |
| 4 | Home and amenities | 77,73 | 76,83 |
| 5 | Health | 77,11 | 77,61 |
| 6 | Environmental conditions | 76,02 | 80,56 |
| 7 | Employment | 75,84 | 82,94 |
| 8 | Household income | 73,52 | 80 |
| 9 | Leisure time availability | 73,91 | 77,97 |
| 10 | Education | 71,18 | 85,39 |

Source: Bappeda Sidoarjo (2016) and Dinas Infokom Sidoarjo (2017).

Table 2 shows the degree of happiness of the people of Sidoarjo from 2016 and 2017 which are varied. The declining quality of community happiness from 2016 and 2017 is household harmony, social relations with the environment around the household and environmental safety. While those who experience an increase in the quality of happiness can be seen in the dimensions of health, environmental conditions, employment, household income, leisure time availability, and education. The increase ranges from 0.5-14.21. The data shows that the happiness of community life is relative. However, among the ten dimensions used can be seen the tendency of its influence on happiness.

In addition to the ten dimensions, there are two dimensions that can be entered and used to see the possible effects on happiness, namely transportation and affection. Transportation is measured from the level of public satisfaction about traffic congestion, the availability and quality of mass transportation mode, and the ownership of private vehicles either two or four wheels. While affection is measured from fun / pleasure, easy to give forgiveness to others when guilty with himself, fortitude in the face of disaster, the desired expectations in life, and the satisfaction of a person in enjoying life.

Table 3: Testing Results of Research Hypotheses.

| No. | Variable | Coefficients Regresion | | T | Sig. |
|-----|----------|------|-----------|------|------|
| | | B | Std. Error | | |
| 1 | (Constant) | 1,054 | ,320 | 3,290 | ,001 |
| 2 | Health | ,073 | ,032 | 2,280 | ,023 |
| 3 | Environmental safety | ,092 | ,033 | 2,816 | ,005 |
| 4 | Household harmony | ,140 | ,042 | 3,347 | ,001 |
| 5 | Leisure time availability | ,137 | ,036 | 3,789 | ,000 |
| 6 | Home and amenities | ,255 | ,037 | 6,821 | ,000 |
| 7 | Affection | ,043 | ,007 | 6,409 | ,000 |

Explanation:

| | | | |
|--|--|--|--|
| Sample (n): | 423 | R: 0,777 | R Square: 0,604 |
| Adjusted R Square: | 0,598 | F count: 99,059 | Df: 6  Sig F: 0,000 |
| Sig α: | 0,05 | | |

Predictors: Constant

Dependent Variable : 
1) Health
2) Safety
3) Household harmony
4) Leisure time availability
5) Home and amenities
6) Affection Life Happiness

Model Equations: Y = 1,054 + 0,073 health + 0,092 environmental safety + 0,140 harmony + 0,137 leisure time + 0,255 home + 0,043 affection

Source: Primary Data Processing 2017, Faculty of Social and Political Sciences Umsida.
Analysis: Multiple Linear Regression with Backward method.

The results of hypothesis testing by using regression analysis show that the factors that influence together to happiness are 1) education, 3) health, 3) employment, 4) income, 5) environmental condition, 6) safety, 7) household harmony, 8) social relations, 9) leisure time availability, 10) home and amenities, 11) transportation, and 12) affection. The result of F test has significance F count smaller than alpha significance (0.000 ≤ 0,05). Partially, the most

influential factors on the happiness of people's lives are health, safety, family household harmony, leisure time, home and amenities, and affection. T test results show t count significance smaller than alpha significance (Table 3). Contribution of influence of six dimension to the lifes happiness of society of Sidoarjo equal to 59,8% with adjusted R square 0,598. While the rest of 40.2 influenced other factors not included in this research model.

The contribution of the influence of each dimension to the lifes happiness varies considerably. Health contributes to the impact of happiness of 7.3%. Environmental safety contributes to the impact of happiness of 9.2%. Dimension of affection in the form of feeling happy, happy to give forgiveness to others who do wrong to him, fortitude in the face of disaster is also able to give happiness for one person in enjoying life, that is equal to 4.3%. The dimensions that contribute considerable influence to the lifes happiness are the leisure time (13.7%), household harmony (14%), and home and amenities (25.5%).

Factors that do not affect the happiness of community life include education, employment, income, social relations, transportation, and environmental conditions. The influence of these six factors, based on the t test, is very small. There are even two variables whose contribution influence is inversely (the result is negative), namely education and income. Education does not have a significant impact on one's happiness because education is only a medium to get jobs with decent income. The same thing is also affirmed Seligman (2002) that education does not affect one's happiness. It only has an effect on improving happiness for low-income people because education is a medium for better income. Social relationships have no effect on the happiness of one's life. This finding is different from the results of the study Prasetyo (2015) which says that a person's happiness is affected their social relationships with others as well as the full involvement.

## 4 CONCLUSION

The conclusions that of this research include in 2016 the Sidoarjo community happiness index is 77.11 and 2017 is 78.58. The happiness index of Sidoarjo society life is significantly influenced by the dimensions of health, environmental safety, family harmony, leisure time, housing and amenities, and affection. The contribution of the influence of the six dimensions in the lifes happiness is 59.8%. While, factors that do not affect the happiness of community life include education, employment,

income, social relations, transportation, and environmental conditions.

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