

Prosocial Behaviour Contributes to Happiness in The Late Adolescent

Dea Fitri Amalia Februari ¹

11512740

Dr. M.M. Nilam Widyarini, M. Si ²

^{1,2}Faculty of Psychology Gunadarma University
Jl. Margonda Raya No. 100, Pondok Cina, Depok 16424, Indonesia
E-mail: deafitri10@gmail.com

ABSTRACT

Happiness is one of the most important element for human life, man happy to be healthier both mentally and physically. One of the factors that can affect happiness is to help others. Research on this subject in Indonesia is still small. The purpose of this study was to determine whether there is a contribution of prosocial behavior toward happiness in the late adolescent. The sample in this study amounted to 158 people with the characteristics of women and men aged 16-22 years old and resides in the Jabodetabek area. This study uses a simple linear regression analysis to determine the contribution of prosocial behavior toward happiness in the late adolescent. Based on the analysis that has been done, get the significance of 0.000 and R square of 0.182. This shows that there is a very significant contribution to the happiness of prosocial behavior in the late teens and prosocial behavior has a stake of 18.2%. Late adolescent who perform prosocial behaviors will undergo significant changes in happiness.

Keywords: Prosocial Behavior and Happiness

PRELIMINARY

Happiness is one important element in human life. A feeling of happiness that a person can influence the people around him, because happy is a positive energy that can be transmitted from one person to another. Happiness can be regarded as an essence in life

that can make people more productive in doing anything. Someone happy are more likely to realize the dreams and ideals than by people who are not happy. This is a positive emotion that makes a person can become more vibrant, more cheerful, more have a broad view of anything. Conversely, if someone is unhappy, then the negative emotions they have and make the person is likely to feel the negative things as well, such as depression, suicide, do not feel productive doing things and so on. Happiness is also a gift of God Almighty that provides many benefits for humans. A researcher who is in the realm of positive psychology, which Lyubomirsky (2008) says that happiness is an experience of joy, satisfaction or positive well-being combined with the feeling that life is something good, meaningful, and valuable. Based on the above understanding of happiness, this means that the people who have the happiness tend to feel that his life is a positive thing that is capable lived. Happiness also makes people become prosperous, and healthy physically and spiritually. Meanwhile, according to Argyle (2013) happiness is the main dimensions of the human experience and involve a positive mood, life satisfaction, as well as cognition such as optimism and self-esteem. Based on

the above understanding can be concluded that happiness is a positive human experience, which resulted in the meaningfulness, satisfaction, and the worth of self. Hassanzadeh & Mahdijenad (2013) states that happiness has been linked with the motivation of children achieving significantly, by 95%. No wonder if the people who are happy to say tend to be healthier and away from stress. Research Nur (2013) says that happiness can not be owned or even oblivion because of a conflict in the work that cause a person to be stressful, so its performance decreases, the case was a case originating from their own country, namely Indonesia. When viewed from rank happiness in the world, Indonesia is ranked 64 of 178 countries that participated in the study belong to Wijayanti & Nurwianti in 2010, it can be said that happiness in Indonesia tend to be high. Happiness tends to be high this could be due to several factors, such as a wedding, a young age, money and more. But if traced further, there are other things that make people happy, not just people who do just that happy but other people also can feel the happiness, it is prosocial behavior. Prosocial behavior according to Batson (in Clarke, 2003) is the various actions undertaken to benefit one person or more than rewarding yourself, actions performed as aid, entertain, share and cooperate with others. Einsberg and Mussen (1989) also defines prosocial behavior as voluntary actions to help other individuals without coercion, but to do well for their reasons. Based on those two opinions, it can be concluded that prosocial behavior is an action to help others without coercion, although sometimes done for certain reasons, such actions help to do with how to give, entertain, assist or cooperate with others. Someone who has a high social life tends to be more often to help others,

because by helping others will make it more useful, so bring a happy feeling. Dunn, Aknin and Norton (2013) says that a person gets satisfaction when giving, and have the satisfaction that more and more so when it can alleviate or meet other human needs. Happiness is very important to have, because it can make a person do things that are not good. A teenager unhappy are more likely to attempt suicide because of his depression (Hayuningtyas et al, 2013). Negative emotions that make teenagers feel that his life is no longer meaningful and valuable, so as to harm himself, then Suardi (2015) also ran a story about a teenager 20 years who died from hanging himself, because of a severe depression and mental disorders after dropping out of school. Pratama (2015) also writes news about the fighting between groups that led to the murder 20-year-olds by two teenagers aged 18 and one 19 year old teenager. If seen from the cases that exist, it can be seen that most of these cases involve teenagers who have entered the stage of late adolescence. Late adolescent, according Hurlock (1990) is the age of men and women ranging from 16 years to 22 years. Though late adolescence is a stage where a person has to be said to have stability emotionally and have been able to determine what is good and bad, such as by Blos (in Austrian, 2013) which says that one of the achievements of this stage is to have a mentally unstable that automatically to protect the integrity of the psyche. However, based on the cases above it can be concluded that youth in the juvenile stage end is not yet fully stable, because they can do a negative thing as suicide, quarrel, and harm to other people. The purpose of this research is to see how big the contribution of prosocial behavior that can make late adolescent to be

happy. The hypotheses are: There is a contribution of prosocial behavior toward happiness in the late adolescent.

RESEARCH METHODS

Subjects in this study amounted to 158 people, consisting of men and women ages 16-22 years. The study population was a teenager living in the Jabodetabek area. Sample of the subject of research was done by using a *non-probability sampling*, with the kind of *convenience sampling* is research in which researchers used participants who are easy to get, participants were selected on the basis of their availability and willingness to respond (Gravetter & Forzano, 2011). The study also uses *google apps* from *google form*.

Measuring instruments used in the study was a questionnaire, the questionnaire happiness (dependent) and prosocial behavior questionnaire (independent). Questionnaires happiness in this study is an adaptation questionnaire that has been given a slight modification in the answer choices. This happiness questionnaire

called *Oxford Happiness Questionnaire* belonged to Hills & Argyle (2002), with 29 items and item reliability of $\alpha = 0.870$. While the questionnaire to measure variables prosocial behavior, researchers used questionnaires are compiled based on the theory of Einsberg & Mussen

(1989). Prosocial behavior questionnaire has a 26-item with a reliability of $\alpha = 0.853$. Both of these questionnaires using Likert scale points system, with a choice of Answers by 6 points at 1: very

suitable; 2: not suitable; 3: rather not

appropriate; 4: somewhat

appropriate; 5: appropriate; and 6: very appropriate.

The data have been obtained in this study will be analyzed using simple linear regression analysis, after analysis of normality and linearity test beforehand.

RESULTS AND DISCUSSION

The study aimed to determine how big the contribution of prosocial behavior toward happiness in the late teens produces value *R square* of 0.182 and has a significance level of 0.000 ($p < 0.01$). These results were obtained after fulfilling the normality test and linearity test. This means that the subject prosocial behavior is very significant effect on happiness. Prosocial behaviour accounted for 18% of happiness subject. It has been suggested further that, late adolescent who perform prosocial behaviors such as sharing, cooperating, donate, help, honest, generous, also maintaining the rights and obligations to others will foster feelings of happiness in him. These results are also in line with research belongs Lyubomirsky, Sheldon & Schkade (in Aronson, Wilson and Arkert 2007) regarding five behaviors kindness conducted over several weeks by students to others. This study suggests that helping others can make someone happy, and happiness can be done in several ways, one of which is to help others. Lyubomirsky, Sheldon Schkade (in Aronson, Wilson and Arkert, 2007) also said that by helping others will make a person likely to see

themselves in a positive way, ie as a "kind of people" who have altruism and care for others.

Prosocial behavior is initially formed as a result of socialization with other people, where Seligman (2004) says that people who are very happy are those who spend time with other people to socialize rather than spending time alone. People who socialize with others will be more likely to behave prosocial, because prosocial behavior is a form of interaction in social life. Actually, quite a lot of things that can affect happiness to the late adolescent, but to be a happy person can do with prosocial behavior than to have a lot of money, *flow becoming engaged in something you enjoy* and get married. Doing something that comes from the conscience of oneself by helping others in difficulty, will create the feeling of being better because it has been able to ease the burden on those that bring happiness. Prosocial behavior also called helping behavior is a behavior that can benefit others, make others happy, and happy self. This is in line with the definition of prosocial behavior Einseberg and Mussen (1989) which states that this behavior refers to the voluntary action intended to help or benefit of another individual or group of individuals, prosocial behavior is defined in terms of the consequences of what they mean for others namely; they do so voluntarily and not under duress, despite prosocial actions intended to have positive consequences for other people, but it can also be done for a variety of reasons. Feelings of happiness felt by somebody would make it to have some merit. Happiness that is a positive emotion that makes a person become better at thinking and has a broad view, it is easy to find

solutions to the problem so it will not lead to action on the brutality, fighting and suicide attempts by adolescents such cases have been described earlier, then also easily determine the best decisions, and better performing a task or activity. Happiness people will tend to do things effectively and efficiently as they can cope with anything that hinders.

CONCLUSION

Based on the results of hypothesis testing that has been done, it can be concluded that there is a contribution of prosocial behavior toward happiness. Prosocial behavior accounted for happiness in the late teens of 18.2%.

SUGGESTION

For research to be done next, are expected to conduct research on other variables, such as marriage, money, health or other things that are the main factors that affect happiness. Then do some research on the different stages of development, and conduct interviews for the respondents in order to get a firmer conclusions about the causality of prosocial behavior and happiness.

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