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# Aspects Of Student Psychology At The University

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**Abstract:** This study purpose to understand the issue of happiness college student which is the main theme in the problem. Happiness can be achieved with four criteria, is by being grateful for what is already owned, establishing relationships with the closest and dearest people, achieving goals according to what is desired, and fulfilling all needs with sufficient material. This writing uses a literature study to set the theoretical foundation and the validity used to refer to several references. Subject in research these are S1 and S2 students with age groups 18-21 (final adolescence years) and age groups of 22-30 adults who number 200 students. The selection of subjects in this study used a non-probability convenience sampling technique, is the process of taking subjects based on ease of access and selection in the area environment.

**Index Terms:** happiness, relation, goal, gratitude, material, student, indigenous

## 1. INTRODUCTION

Happiness in psychology has two references. First, happiness is a general term for some people with welfare theory. These theories include useful and valued intrinsic experiences, positive beliefs about self and the world, or psychological functions. Second, happiness has been regarded as a basic emotion by most theorists in emotional psychology. Happiness here refers to long-term happiness, which is usually defined as a person's overall subjective evaluation of how well he feels his life [1]. This definition consists of (1) the affective component, which means positive feelings that are often compared to negative feelings, and (2) the meaning of the component, indicating that one must feel a sense of purpose in life. Thus, happiness is long-term and more general (the nature of happiness) than happiness as an emotion (expressing happiness). Basically, happiness is a natural nature or innate nature. That is, it is something inherent in humans. Happy has to be owned by every human being, because according to his nature, humans are created with various advantages and perfection. Humans are the best and perfect creatures compared to other creatures. This has been stated by Allah in Al-Qur'an as follows:

*"And truly we have glorified Adam's grandchildren and we lifted them on land and sea, and we have given them good sustenance, and we have increased them from other creatures that we have created with perfect advantages".*

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Human perfection is an innate human destiny, which requires a harmonious relationship between self-awareness and divine mercy. That's the real achievement of happiness. The psychological theory of happiness is built on philosophical concepts such as hedonic, eudpurpose onia, and the life meaning and philosophical traditions of utilitarianism or moral philosophy [2]. Scholars in psychology have tried to translate these philosophical concepts into empirical measurable constructs [3]. For scientific accuracy, it is recommended to refer to certain theories when the term happiness is used in the literature, because the conceptualization of happiness differs substantially. For example, for some authors, happiness is what people experience [4] [5], while for others happiness is what people do and achieve [3]. Happiness as a Psychological Construction. Psychology researchers argue that people can be happier by being involved in happiness activities, if done regularly, it has been empirically proven to increase individual levels of happiness over a longer period of time [6] [7]. Happiness activities have been derived from observing the thoughts and behavior of very happy people [8] and focusing on imitating this in everyday life. Happiness activities consist of various types of activities, but they are often grouped together. However, many of the same activities that allow people to pursue happiness can also reduce happiness, closer to seeing happiness activities. For example, the current Western lifestyle focuses on individuality and self-actualization, which increases happiness [9]. However, this same lifestyle is also characterized by a lack of social ties and communal activities, which are considered to reduce happiness [10]. Paradoxically, previous research has suggested that focusing on others is important for happiness [11][12][13], but there are also a lot of evidence shows that self-focus, even when excessive, leads to happiness [10]. This duality of happiness leads us to conclude that happiness activities can come in two forms: (1) self-focused activities, which purpose to increase happiness through satisfaction of one's needs and desires [14], and (2) activities others that focus, which refers to activities purposed at increasing happiness through social interaction with others. Happiness is measured at two different time points: before the start of LOTM activities, and follow LOTM activities. Because a person's feelings can be carried from one situation to the next, we control the feeling of happiness before learning. This assures us that the happiness we measure after research is due to what happened during the study. At both points of time, individuals are asked to choose the number that best represents how happy their current feelings are. Happiness is considered to be one of the most important human goals [15] Kesebir& Diener, 2008; [17]. The purpose of happiness is

especially relevant today. Contemporary Western consumers can pursue personal happiness to the extent that it was previously impossible because they faced less social and religious pressure to adjust. Happiness encourages a lot of consumption of activities, because people use both today and it is expected that future happiness is a guide when making various types of decisions [15] Kesebir & Diener, 2008 [17]. Because happiness is closely related to consumption, marketing experts argue that increasing happiness must be at the core of marketing activities. Happiness has attracted the attention of psychologists more than sociologists. This section may be because psychologists have been influenced by positive psychology movements which have become increasingly popular over the past 15 years (Power, 2015). This movement has encouraged the analysis of human strength and virtue rather than human weakness and evil. Research on happiness reveals that it is related to many desirable attributes such as positive self-views, social skills, prosocial behavior, and creativity, and success in various major life fields such as work, love, and health [19]. Happiness is not only a consequence of the desired nature and achievement, it may also be the cause. Researchers in sociology have a tendency to focus on social problems or negative situation such as poverty or inequality rather than positive conditions such as generosity or happiness. In studying people's happiness as a whole, sociologists have examined the regulation of social structures and social processes that allocate more resources to several people above others, leading to greater happiness among resource-rich people. The social factors that have been examined and which are often positively related to happiness include higher-dimensional people's positions such as race / ethnicity, education, income, and their social marital status into the community such as attending religious services or volunteering and the social support they receive in social relations such as friendship and marriage.

## 2. METHOD

### 2.1. RESEARCH SUBJECT

The subjects in this study were Undergraduate and postgraduate students with the age group 18-21 years (late adolescents) and the age group of 22-30 years (early adulthood) which numbered 200 students. The selection of subjects in this study using non-probability convenience sampling techniques, namely the process of taking subjects based on ease of access and selection in the surrounding environment [20][21]. According to Veenhoven, "Happiness is the degree to which a person values the overall quality of his present life-as-a-whole positively" (Veenhoven, 1997) He also states that "The concept of happiness. denotes an overall evaluation of life" and that even though it is "clear that it is the subject who makes the appraisal, it is not so clear what the subject appraises". A theory to understand what is being appraised by the subject when answering a direct question about her happiness. The theory states that a person has a conceptual referent for a happy life and that this referent plays a role in the judgment of her life and in the appraisal of her happiness. In consequence, claims that a person's judgment about her happiness is contingent on her conceptual referent for a happy life [29]. Many factors are involved when a person makes a judgment about the overall quality of her life and an appraisal of her happiness. The literature usually recognizes

that this appraisal involves both affective and cognitive factors (Argyle and Martin, 1991; Argyle, 2001). Argyle states that "happiness may have some what separate cognitive and emotional parts" and after reviewing some studies he affirms that "happiness can be said to have at least two components which are partly independent of each other" (2001) Veenhoven states that "When we appraise how much we appreciate the life we live, we seem to use two sources of information: Affectively, we estimate how well we feel generally, and at the cognitive level we compare 'life as it is' with standards of 'how life should be'.

### 2.2. DATA COLLECTION TOOL

Collecting data using an open questionnaire about happiness, a questionnaire in the form of multiple questions about the meaning of happiness and open questions with essay answers about the opinions and reasons of respondents related to the meaning of happiness.

### 2.3. ANALYSIS

The data analysis used in this study is content analysis, namely: techniques for categorizing text into contexts of use to make conclusions [22]. Categorization in content analysis is very important as a set of criteria that are integrated around themes or values [23]. The categorization used in content analysis must be very clear which allows other researchers to have the same results with that category [24].

## 3. RESULT

Happiness is a broad concept, such as positive emotions or pleasant experiences, low negative moods, and high life satisfaction [25]. Someone is said to have high happiness if they feel satisfied with their living conditions, often feel positive emotions and rarely feel negative emotions, besides happiness can also arise because to success. When someone receives a good or a gift from someone else, then the general emotion that is displayed from the response of the fortune event is to be grateful for the good and for the person who gave the gift or kindness. In several studies that have been conducted, it can be seen that being grateful can also make a tendency to see his whole life as a gift and luck [26]. Gratitude has several meanings and can be conceptualized on several levels. In this case it will be explained about gratitude which ranges from momentary affect to long-term disposition. From the short research we have taken, there are 200 subjects Undergraduate and postgraduate from various universities (Widyatama University, Ahmad Dahlan University, Atma Jaya University, etc.). From the results of the data collection there are 4 categories that will be discussed that is, mother, father, friend and happiness. After we score, and analyzing the results from the 4 categories, we get a section on the meaning of happiness. From these results, there are 4 categories which often appear in the subject's answers that support the meaning of happiness, that is:

1. The meaning of happiness is supported by relationships. Relationships that are close enough to family or friends will foster happiness for self or others. The meaning of happiness is supported by purpose. Achieving a goal will make yourself happy, one of these goals is "achieving what you want".

2. The meaning of happiness is supported by matter. Fulfill it of the needs of one individual, will make the individual's happiness increase.
3. The meaning of happiness is supported by gratitude. If we are given a big or small favor by Allah S.W.T, we should always be grateful, because thankfully happiness will arise. And that happens both when it is above or below.

If someone's happiness can be fulfilled then the person's level of happiness can be said to be good and that happiness will transmit happiness to others.

#### 4. HELPFUL HINTS

##### 4.1. Figures and Tables

TABLE 1  
NUMBER OF SUBJECTS BY SEX

Man	65
Woman	135
total students	200

**Table 1.** The subjects of this study used undergraduate and graduate students based on male gender with a total of 65 people and women with a total of 135 people so that the total number of 200 people

TABLE 2  
DEVELOPMENT STAGE

Teenagers	80	18-22 year
Adult	120	22-30 year

**Table 2.** Research subjects used the age range of 18-22 with the category of teenagers and ages 22-30 with the adult category.

TABLE 3  
RESULTS OF PERCENTAGE CATEGORIZATION

Conclusion of the answer	number of respondents	Percentage
1. relation	70	35%
2. Goal	57	28,5%
3. Material	41	20,5%
4. grateful	32	16%

**Table 3.** there are four categories obtained from students' answers: the relationship of 70 answers, the goal of 57 answers, the material as much as 41 answers and the grateful 32 answers

According to some students, happiness can arise when we can share time with friends and family. Happiness can support if all relationships are well established and there are no conflicts with each other. Family members emerge as models that can cause happiness. Giving is seen as the opposite of coldness "every relationship that is not distorted, and perhaps

the whole life of reconciliation, is to give, the same, taken as the principle of relationship, love fulfilled [27]. The following are included responses from subjects that describe the relation category:

*"I'm happy if I can get together with family and people I love"*

Happiness by valuing our lives meets with whatever standards we see as not living well. happy to the point that he feels positive about the conversation received between factual life and the life marked by his personal ideals and says "he is unhappy if and only if he has negative feelings about being bought that is received." made happy or unhappy by different factors. Being unhappy means that everything that should be proposed should be if someone's life becomes a truly good life. Although by considering an individual to determine a certain component of happiness, he also connects happiness with achieving our goals, not only with the beliefs we have achieved [28]. According to students, happiness can occur in their lives if they achieve something they want and according to the target. People "fight for happiness, they want to be and stay happy". Subjectively it is "a pleasure-only program, which is approved for life's purpose". [27] One example of a student's answer in the goal category is:

*"I feel happy when all the life goals I make can be achieved according to my goals".*

According to some respondents the meaning of happiness if in terms of material fulfillment which means happiness will occur if what is desired in terms of material can be fulfilled. Examples of answers from students are:

*"being able to travel around the world, enjoying the results of one's own sweat, and spending as much as you can without thinking of lacking money"*

According to respondents, happiness can be interpreted as being grateful, that is, being grateful for what God has given to individuals and supporting a sincere life, an example of the answer is:

*"the meaning of happiness in my opinion that is when I can be grateful for the blessings of Allah SWT that has been given to me"*

#### 5. CONCLUSION

- a. Happiness is a result of self-assessment and life that contains positive emotions, such as comfort and excitement that overflows, as well as positive activities that do not fulfill any component of emotions, such as involvement.
- b. Happy involves self-exploration, self-expression, and the development of their best potential with positive emotions as an additional consequence. The social psychological welfare theory lists the elements of positive functioning in various domains that are constitutive for a life that is very happy (developing) such as having a beneficial relationship, contributing to the happiness of others, or being involved in daily activities.

- c. Happy to be created for yourself and make others happy.  
 d. Happiness can be supported by relationships, happiness can be supported by goals, happiness can be supported by material and happiness can be supported by gratitude.

The limited number of questions on the questionnaire in the data collection method is limitation in this study. This causes limited data obtained by researchers to know the deeper meaning of the subject. For further research the researcher suggests adding the number of questions to the questionnaire and adding the focus group discussion method

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