The Determinants Of Women's Happiness In Indonesia

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Abstract: Achieving happiness is not a simple thing. Based on the report of the World Happiness Report of Indonesia, this country is in the fifth position from six ASEAN countries, so a study is needed to determine the determinants of women's happiness in Indonesia. The purpose of this study is to find out how much influence that income, education, age, and religiosity have on women's happiness in Indonesia. The researcher used quantitative methods with secondary data from the Indonesia Family Life Survey (IFLS) 5 in this study. The researcher used this data because the samples used are Indonesian people with large populations. In this study, the data analysis method used in analysing the research variables was by using multiple linear regressions which begins with the classical assumption test. Data analysis in this study used R Studio version 3.4.1 software. The results showed that the higher income, education and religiosity, the higher the level of individual happiness in women. Other findings indicate that the age variable produces a negative direction where increasing age will cause a decrease in happiness.

Key Words: Happiness, Women, Income, Education, Age, and Religiosity

INTRODUCTION

Happiness has the same meaning as Subjective Well Being (Eryilmaz 2012). The happiness index is a welfare index which is now a concern, based on the report of the World Happiness Report of Indonesia which is in the fifth position from six ASEAN countries (Rahayu, 2016). Singapore is in the highest position in ranking happiness followed by Thailand, Malaysia, Indonesia, and the Philippines. Predictors used to calculate the average number of happiness are healthy life expectancy at birth, Gross Domestic Products per capital, freedom to make choices in life, social support, perceptions of corruption and generosity. (Rahayu 2016). Many people feel that their lives are not happy, so they try to find ways to be able to feel happiness. Happiness has several factors that influence it. These factors have an essential role in human life, and each factor has a different level of satisfaction. According to Rahayu (2016) & Landiyanto et al. (2011), the level of happiness of men and women is not too significant, or there is no striking difference between the two. According to Rahayu (2016) & Landiyanto et al. (2011), the level of happiness of men and women is not too significant, or there is no striking difference between the two. However, King (in Patnani 2012: 58) says, women, have a depression level that is twice that of men, because the role and status of women place women in a position that is vulnerable to conflict, depressed conditions and mental disorders where these things can prevent women from achieving happiness. Although happiness is the goal of all individuals, it turns out that not all individuals can achieve happiness in their lives. The inability to achieve happiness also occurs in women because of the inherent patriarchal culture in Indonesia. Based on a survey conducted by the Central Bureau of Statistics (BPS) in 2017, it shows that the index of happiness of women was 70.30% lower than the index of happiness of men which is 71.12%.

Women who have diverse roles and status have a diverse source of happiness. Based on the above considerations, a study is needed to determine the determinants of women's happiness in Indonesia. This research was conducted quantitatively using secondary data taken from the Indonesia Family Life Survey (IFLS) 5. Based on the previous description, the purpose of this study was to determine how much influence that income, education, age, and religiosity have on women's happiness in Indonesia.

2. RESEARCH METHOD

2.1. Research Design

The research method used in this research was quantitative research method. The data used in this study was secondary data taken from “Survey Aspek Kehidupan Rumah Tangga Indonesia” (SAKERTI) or the Indonesian Family Life Survey (IFLS) 5. The researcher used quantitative methods with secondary data variants from the Indonesian Family Life Survey (IFLS) 5 due to samples used are Indonesian people whose population is large. Therefore this is indeed the right choice in this study.

2.2. Data Sources

The source of the data used in this study was from the Indonesia Family Life Survey (IFLS) 5. The Indonesia Family Life Survey (IFLS) is a survey conducted in a continuous (longitudinal) manner. The first survey that is IFLS 1 was carried out in 1993-1994. The survey presented 83% of the population of 26 provinces in Indonesia. IFLS 2 followed the same sample from the previous four years, the survey was conducted in 1997-1998. One year after IFLS 2, about 25% of some respondents currently surveyed provided information about Indonesia’s influence on the economic crisis. IFLS 3 used all samples and was conducted in 2000. While the IFLS 4 was carried out in 2007-2008 and IFLS 5 was conducted in 2014-2015 (Strauss, 2016: 1).

2.3. Data Collection Method

The method of data collection was done by collecting documents. Collecting documents or often called the documentation method is a method of data collection carried out by collecting various documents relating to
research problems (Martono, 2014: 87). The documents taken in this study were documents from the Indonesia Family Life Survey (IFLS) 5 survey, which was accessed through the official website http://www.rand.org/FLS/IFLS.

2.4. Data Analysis Method
Data analysis method used in analysing the variables of this study was multiple linear regression which begins with the classical assumption test. The classical assumption test which was used in this study is the normality test, multicollinearity test, and heteroscedasticity test. Data analysis was used in this study is R Studio software version 3.4.1.

3. RESEARCH RESULT

3.1. Descriptive of Women's Happiness in Indonesia
The description of this data is presented to clarify the data regarding the level of happiness of women in Indonesia. The following are presented data on the distribution of respondents by sex based on data from the Indonesian Family Life Survey (IFLS) 5.

<table>
<thead>
<tr>
<th>Distribution of Respondents</th>
<th>Total</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>14442</td>
<td>47.61</td>
</tr>
<tr>
<td>Female</td>
<td>15891</td>
<td>52.39</td>
</tr>
</tbody>
</table>

Source: 2015 IFLS prepared by the researcher

Based on the data in the table above, it can be seen that there are more female respondents than male respondents. Furthermore, this study focuses on the effect of income, education, age, and religiosity on women's happiness in Indonesia. Therefore the sample and data analysis on the Indonesian Family Life Survey (IFLS) 5 used are female data only. Based on data processed from the Indonesian Family Life Survey (IFLS) 5, information was obtained regarding the distribution of women's happiness, namely that happiness was categorized into four categories, sangat tidak bahagia (STB) or very unhappy, tidak bahagia (TB) or unhappy, bahagia (B) or happy, and sangat bahagia (SB) or very happy. These results are shown in the table below:

<table>
<thead>
<tr>
<th>Women’s Happiness</th>
<th>Very Unhappy</th>
<th>Unhappy</th>
<th>Happy</th>
<th>Very Happy</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N</td>
<td>%</td>
<td>N</td>
<td>%</td>
</tr>
<tr>
<td>Very Unhappy</td>
<td>164</td>
<td>1.03</td>
<td>1032</td>
<td>6.49</td>
</tr>
</tbody>
</table>

Based on the data above, it can be seen that the majority of women in Indonesia are in the happy category with the number of respondents of 12511 (78.71%) than being at a very happy category with the number of respondents of 2189 (13.77%). Nevertheless, there are still many women in Indonesia who are in the category of unhappy and very unhappy with the number of respondents in a row of 1032 (6.49%) and 164 (1.03%). This is a serious concern so that later the level of women's happiness can be more improved, one way is to improve the determinants of women's happiness. The results of this analysis are also illustrated in the graph below:

**Figure 1 Distribution of Women’s Happiness in Indonesia**

3.2. Classical Assumption Test

3.2.1. Normality Test
The normality test is expected to be able to test whether, in the regression model, the disturbing or residual variables have a normal distribution. The normal distribution will produce a diagonal straight line and plot the residual data and will be compared with a diagonal line. If the residual data distribution is normal, then the line describing the data will follow the diagonal line (Ghozali, 2011: 160). The results of normality test data with Q-Q plots in this study can be seen in the picture below:

**Figure 2 Data Normality Test**

Based on the results of normality test data with Q-Q plot, it shows that the regression model has a normal distribution, so the regression model used has met the assumption of normality. This is evidenced by data that spreads around the diagonal line and follows the direction of the diagonal line.

3.2.2 Multicollinearity Test
Multicollinearity test aims to test whether in the regression model there is a correlation between independent variables. Multicollinearity test can be done by looking at the Variance Inflation Factor (VIF) value. If the VIF value approaches or is around one, then there is no multicollinearity between independent variables. The value that indicates the presence of multicollinearity is the VIF value ≥ 10 (Ghozali,
2011: 105). The results of the multicollinearity test are shown in the following table.

<table>
<thead>
<tr>
<th>Variable</th>
<th>VIF</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Income</td>
<td>1.116985</td>
<td>There is no multicollinearity</td>
</tr>
<tr>
<td>Education</td>
<td>1.512829</td>
<td>There is no multicollinearity</td>
</tr>
<tr>
<td>Age</td>
<td>1.346541</td>
<td>There is no multicollinearity</td>
</tr>
<tr>
<td>Religiosity</td>
<td>1.089076</td>
<td>There is no multicollinearity</td>
</tr>
</tbody>
</table>

Based on the results of multicollinearity test, it shows that all independent variables have a VIF value of ≤ 10, so it can be concluded that the regression model in this study did not occur multicollinearity and the regression model is feasible to use.

### 3.2.3. Heteroscedasticity Test

Heteroscedasticity test aims to test whether in the regression model there is no inequality of variance from the residual or one observation to another observation. If the residual variance from one observation to another observation remains, then it is called homoskedasticity, and if it is different, it is called heteroscedasticity. A good regression model is that homoskedasticity or heteroscedasticity does not occur (Ghozali, 2011: 139). Heteroscedasticity testing of this study was carried out using the Breuch Pagan test. The results of heteroscedasticity test are shown in the following table.

<table>
<thead>
<tr>
<th>Breusch-Pagan test</th>
</tr>
</thead>
<tbody>
<tr>
<td>BP = 10,393 df = 1, p-value = 0.061265</td>
</tr>
</tbody>
</table>

Based on the results of the Pagan Breusch test, it shows that heteroscedasticity did not occur. This is evidenced by the value of p-value of 0.06126 5> 0.05. Therefore the regression model used shows the existence of homoskedasticity. According to Ghozali (2011), a good regression model is that both homoskedasticity or heteroscedasticity does not occur. Based on the analysis above then it can be concluded that this regression model is well used.

### 3.3 Multiple Linear Regression Analysis

Multiple linear regression analysis was used to determine which determinants that affect women's happiness in Indonesia. This study analyses how much influence of income, education, age, and religiosity have on women's happiness in Indonesia. The statistical test which was used in this study is the multiple linear regression test. The results of the analysis are presented in the following table

| Variable          | Estimate | Std. Error | t value | Pr(>|t|) |
|-------------------|----------|------------|---------|---------|
| Intercept         | 27.066754| 0.0311561  | 86.875  | < 2e-16 *** |
| Middle Education  | 0.0412741| 0.0194407  | 2.123   | 0.033763 * |
| High Education    | 0.0810648| 0.0282725  | 2.867   | 0.004146 ** |
| Age               | 0.0501780| 0.0102173  | 4.911   | 9.15e-07 *** |
| Religiosity       | -0.0040506| 0.0003153  | 12.846  | < 2e-16 *** |
| Middle School Education | 0.0822918| 0.0061567  | 13.366  | < 2e-16 *** |
| High School Education | 0.0568082| 0.0113854  | 4.990   | 6.12e-07 *** |
| College Education | 0.0816033| 0.0109474  | 7.454   | 9.51e-14 *** |

Residual standard error: 0.4787 on 15823 degrees of freedom

(40 observations deleted due to missingness)

Multiple R-squared: 0.05239, Adjusted R-squared: 0.05048
F-statistic: 27.34 on 32 and 15823 DF, p-value: < 2.2e-16

The table of overall results of multiple linear regression analysis shows that each variable has different regression coefficient values. The resulting regression coefficient value shows how much influence the determinant of women's happiness in Indonesia. Positive and negative coefficients on the results of multiple linear regression analysis explain the effects that will increase and decrease the determinant of women's happiness in Indonesia. The coefficient value with a positive number means that it will increase women's happiness in Indonesia, while the coefficient value with a negative number will reduce women's happiness in Indonesia. Error standard results of multiple linear regression are 0.4787. Regression data amounted to 15823 respondents. There are 40 data deleted from the results of this regression. The coefficient of determination aims to test the goodness-fit of the regression model. The value of multiple R-squared is 0.05239 which means that the variability of the dependent variable is the female happiness which can be explained by the variability of the independent variables including the respondents' income, respondent's education, age and religiosity which are 5.24 percentage, while the remaining is 94.76 percentage explained by other variables not included in the regression model. The multiple linear regression equation models from the results above are as follows

\[
Y = 27.066 + 0.0412741X_1 + 0.0810648X_2 + 0.0501780X_3 - 0.0040506X_4 + 0.0822918X_5 + 0.0568082X_6 + 0.0816033X_7 + 0.1714523X_8
\]

Based on the results of multiple linear regression statistical tests on the determinants of women's happiness in Indonesia, the results show that of the eight determinant variables of female happiness in Indonesia is a significant variable. Variables categorised as significant are indicated by the p-value of the t-test on these variables which is smaller than \( \alpha = 0.05 \) or with a significance level of \( \leq 5 \) percentage. The following is a detailed explanation of the multiple linear regression results of the women's happiness determinant in Indonesia.
4. DISCUSSION
Happiness is an assessment made by an individual of the overall quality of his life. Happy is the ideal feeling desired by every human being both for women and men (Schimmel 2009). The study of happiness in Indonesia still has the potential to be examined especially for women. Research on happiness in Indonesia has been carried out by Aryogi & Wulansari (2016) and Landiyanto et al. (2011). These researchers emphasise material (income) and non-material factors (individual characteristics) which include age, education level, health status, marital status, sex, and working hours per year for happiness in Indonesia. According to Frey (2008), three theories influence happiness, first is that the happiness of an individual is influenced by the level of income of the individual. Second is that happiness is influenced by individual characteristics including employment status, marital status, and education level. Third, economic conditions which include inflation, inequality in income distribution, and government policies. This study tries to examine the determinants of women's happiness in Indonesia based on income because according to Aryogi and Wulansari (2016) who stated that economic status is a determining factor for happiness. Education, because education is an important and strong measure to increase happiness (Sohn 2013). Age, because the age of an individual is one of the characteristics that can affect individual happiness (Izzati & Supradhono 2015). Religiosity, because of the level of religiosity influences happiness (Putnam 2010; Roemer 2010; Mochn et al. 2011).

4.1. The income determinant towards women's happiness
The income determinant is divided into four dummy variables, including low income, middle income, high income, and very high income. Income determinant which is middle, high and very high variables are included in multiple linear regression analysis, while low-income variables are compared. The middle-income level variable shows a real effect on Women's Happiness in Indonesia. This is evidenced by the results of multiple linear regression statistical tests with a p-value of 0.033763 with a significance level of 0.1 percentage. Likewise, with high-income level variables affect the happiness of women in Indonesia. The results of the multiple linear regressions statistical test show that the p-value is 0.004146 with a significance level of 5 percentage. Very high-income level variables show a significant influence on women's happiness in Indonesia. This is indicated by the results of multiple linear regression statistical tests with a p-value of 0.000000915 with a significance level of more than 1 percent. The low-income level variable is used as a comparison variable. In this case, it can be said that the dummy variable with a high, high and very high education level that has a positive direction has a more significant influence on women's happiness in Indonesia than a low-income level. Economic status is a determining factor for happiness. According to Sohn 2013, that there is a relationship between economic status and happiness. Based on the results of the study (Aryogi & Wulansari 2016), who stated that the variables of per capita expenditure and individual wealth have a positive influence on individual happiness in Indonesia. The higher the per capita income, the higher the level of happiness. This is similar with (Theresa 2016) who said that the Easterlin Paradox phenomenon was not proven in Indonesia. Based on the results of the above data analysis and an explanation of some of the theories used above, it is proven that the higher the income, the higher the level of individual happiness occurs in women.

4.2. The education determinant for women's happiness
The education determinant of respondents is divided into four dummy variables, including primary school, junior high school, senior high school and college education. Educational variables at the junior high school, senior high school, and college education levels are included in multiple linear regression analysis, while primary school education is the comparison variable. Educational variables of junior high school respondents significantly influence women's happiness in Indonesia. This is evidenced by the results of the multiple linear regression statistical test which obtained a p-value of 6.12e-07. Educational variables of high school level respondents influence women's happiness in Indonesia. This is evidenced by the results of multiple linear regression statistical tests with a p-value of 9.51e-14 as well as the educational variables of respondents at the college education level affect the happiness of women in Indonesia. This is evidenced by the results of multiple linear regression statistical tests with a p-value of <2e-16 with a significance level of 0.1 percentage. According to the Law of the Republic of Indonesia No. 20 of 2003 Article 1 that education is a conscious and planned effort to create a learning atmosphere and learning process so that students actively develop their potential to have religious, spiritual strength, self-control, personality, intelligence, noble character, and skills needed by themselves, society, nation and state. Based on Government Regulation of the Republic of Indonesia No. 17 of 2010 concerning Management and Implementation of Education to achieve educational goals, then it is organized through formal, non-formal and informal education channels. Formal education has a school education level consisting of early childhood education, basic education, secondary education, and higher education. Education plays an essential role in the life and progress of humankind. Education is a dynamic force in the life of each that affects his physical development, his soul (mind, taste, and will), his social, and morality, in other words, education is a dynamic force in influencing the personality and life abilities of individuals in meetings and associations with others and the world, as well as in relation to God (Siswoyo 2013: 46). Based on the results of the study (Sohn 2013) that in Indonesia, education is an important and strong measure to increase happiness. This research also supports statements from previous research so that it is proven that there is evidence of the educational influence on the level of women's happiness in Indonesia.

4.3. The age determinant towards women's happiness
The analysis results show that age has a significant influence on women's happiness in Indonesia. This is indicated by the multiple linear regression statistical test which shows a value of <2e-16 with a significance level of 0.1 percentage. If seen from the resulted estimated value which is equal to -0.0040506 and has a negative direction,
this indicates that everyone increase in the age variable will decrease by 0.0040506 on the female happiness variable. This means that age predicts 0.4 percentage to reduce women's happiness in Indonesia. Age of an individual is one of the characteristics that can affect individual happiness. (Izzati & Supradhono 2015) found that there was a tendency to decrease the happiness level of elderly individuals. This is supported by the fact that 75 percentage of individuals aged 18-51 years still survives, while only 50 percentage of individuals aged 51-81 years who still survive. This number continues to decrease to 20 percentage in individuals over the age of 89 (Aryogi & Wulansari 2016). People feel the lowest happiness at the age of 60+ years, the source of unhappiness is health and poverty problems (Rahayu 2016). The results of this study indicate that higher age will be associated with a decrease in women's happiness. This conclusion is based on the results of the regression analysis which shows a negative direction where increasing age will lead to reduced happiness. Even this result is in line with previous theories and findings.

4.4. The determinant of religiosity towards women's happiness

The determinant of religiosity has a significant influence on women's happiness in Indonesia. This is indicated by the multiple linear regression statistical test which shows a value of -c2e-16 with a significance level of 0.1 percentage. If seen from the data of the resulted estimated value which is equal to 0.0822918 and has a positive direction, this shows that everyone increase in the variable religiosity will increase by 0.0822918 on the variable happiness of women. This means that the level of religiosity predicts 8.2 percentage to increase women's happiness in Indonesia. Someone has norms and values as a guide in life. One of the values and norms is religion. Religion is related to trust (Izzati 2015). The level of obedience in carrying out religious worship is religiosity. The benefits of religion are very complex and depend on many factors such as the religion being studied and the motives of people to be religious (Diener & Clifton 2002). Various factors can influence subjective well-being. Many studies in various countries have examined the determinants of religiosity towards happiness which shows that the level of religiosity has influences on happiness. Some researchers for example (Lim & Putnam 2010; Roemer 2010; Mochon et al 2011; Khalek 2011) found a positive relationship between religiosity and happiness, which is that people who have high levels of religiosity have high happiness. In line with Research (Izzati 2015) who used secondary data from the Indonesia Family Life Survey (IFLS) 4 found that the relationship between religiosity and happiness had significant (positive) results, and also found that the effect of religiosity on happiness had a more significant influence on men than women. The findings in this study also revealed results that are in line with the theory and previous findings which showed a positive relationship between the level of religiosity and happiness of women in Indonesia.

5. CONCLUSION

This research was conducted using the Indonesian Family Life Survey 2015 data. Determinants of women's happiness in Indonesia used in this study were income, education, age, and religiosity factors. The results show that the higher income, education and religiosity, the higher the level of individual happiness occurred in women. Other findings show that the age variable produces a negative direction where increasing age will reduce happiness. The results of this study can be a reference to more improve the human resources through education sector so that it will have an impact on income. The level of religiosity concerning values and norms in society, especially religious norms is an essential factor to be considered and obeyed. It is expected that when education, income and religiosity are improved, it can minimise women's unhappiness.

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