



# Exploring the contributing factors to the happiness index in the context of social environment

Andari Titisari<sup>1\*</sup>, Michelle Nabillarisa Qori Santoso<sup>1</sup>

<sup>1</sup> School of Environmental Science, Universitas Indonesia, Central Jakarta 10430, Indonesia.

\*Correspondence: andari.titisari@ui.ac.id

Received Date: December 15, 2024

Revised Date: January 30, 2025

Accepted Date: January 30, 2025

## ABSTRACT

**Background:** Happiness is a vital factor for well-being, and its measurement has become an important tool in assessing national prosperity. The United Nations' World Happiness Report ranks countries annually, and in 2024, Indonesia ranked 80th out of 143 countries. This study examines Indonesia's happiness index, focusing on the factors influencing happiness, such as life satisfaction, social support, and inequality, beyond just economic measures like GDP. **Methods:** The research used a descriptive qualitative method with a phenomenological approach. Data was gathered from the happiness index published by Indonesia's Central Statistics Agency, which includes nineteen indicators categorized into three dimensions: life satisfaction, feelings, and the meaning of life. These indicators were analyzed to determine their contribution to the national happiness index. **Findings:** The study found that happiness in Indonesia is influenced by more than just the nation's GDP. Factors such as education, health, poverty levels, the GINI index (income inequality), and social contributions like Zakat, Infaq, and Charity (ZIS) play significant roles. Higher levels of social support, as represented by ZIS, are linked to increased happiness, while income inequality, measured by the GINI index, can negatively impact happiness. **Conclusion:** The happiness index in Indonesia is shaped by a combination of economic, social, and health-related factors. While GDP is important, variables like education, health, and social support systems, including charitable activities, have a more direct impact on individual and collective happiness in Indonesia. **Novelty/Originality of this Study:** This study provides a deeper understanding of the multidimensional nature of happiness in Indonesia, highlighting the significance of social and economic factors beyond traditional measures such as GDP. It emphasizes the role of social support and the impact of inequality on happiness, offering insights into improving national well-being.

**KEYWORDS:** factors of happiness; happiness indicators; happiness in Indonesia; world happiness index.

## 1. Introduction

Happiness is one of the important factors in life. Happiness is not only about basic human needs but also about freedom, security, and equality. The objective of individual happiness extends beyond personal satisfaction; it encompasses the recognition that an individual can contribute to the happiness of their surroundings (Hamidah & Voutama, 2023). The theories of hedonism and eudaimonism form the basis of happiness theory. According to the hedonism theory, happiness is a feeling of comfort as pleasure and pain-free, in line with the intent and purpose of establishing a certain commercial organization such as a limited liability company (Morgan & Farsides, 2009). According to the Aristotelian paradigm, happiness is reached by leading a morally upright life to experience greater life

### Cite This Article:

Titisari, A. & Santoso, M. N. Q. (2025). Exploring the Contributing Factors to the Happiness Index in the Context of Social Environment. *Asian Journal Collaboration of Social Environment and Education*, 2(2), 87-100. <https://doi.org/10.61511/ajcsee.v2i2.2025.1507>

**Copyright:** © 2025 by the authors. This article is distributed under the terms and conditions of the Creative Commons Attribution (CC BY) license (<https://creativecommons.org/licenses/by/4.0/>).



satisfaction. This paradigm is linked to the eudaimonia view, which refers to the realization of human potential by the aims and objectives of establishing certain non-profit organizations, including a foundation. The research on the happiness index has become an increasingly popular topic worldwide. United Nations annually releases the World Happiness Report as a form of initiative to assess the existence of people's happiness in various countries by leading experts in psychology, economics, and statistics. It aims to measure the level of happiness around the world.

The first World Happiness Report was published on April 1st, 2012, followed by similar reports in subsequent years. In 2016, the United Nations decided to publish the annual World Happiness Report on March 20th, which is celebrated as World Happiness Day. Some survey data on happiness in almost every country can be used to develop a picture of the current state of global happiness. The calculation of happiness uses a measure of subjective well-being (SWB), as this measure brings a positive trend towards how people assess their quality of life. Subjective well-being is a general expression used to cover a wide range of individual self-reports of mood and life assessment. Variations in happiness across countries are influenced by factors such as the distribution of happiness, variability by region, personal and environmental differences, and the data and analysis used to identify differences in happiness between countries (Helliwell & Wang, 2012).

The data used to measure the happiness index comes from several types of institutions, such as; the Gallup World Poll (GWP), World Values Survey (WVS), European Values Survey (EVS), and European Social Survey (ESS). Data from the Gallup World Poll (GWP) provides information on a country's level of happiness while also providing an evaluation of the positive and negative influences on the country's life. The Gallup World Poll measures the life evaluation of the average individual taken over three years from 2021 to 2023. In the Gallup World Poll, respondents are asked (using the most recent annual sample of 1,000 respondents aged 15 and over in each of more than 150 countries) to evaluate their quality of life on an 11-point scale from 0 to 10. A "0" is the worst life they could have, while a "10" is the best life they could have. The Gallup World Poll questionnaire measures 14 areas of happiness covering things such as public hygiene/sanitation and public safety facilities, opportunities to use educational facilities, medical treatment, and employment opportunities. The international ranking is based on a statistical or perception sample of 1.000 to 3.000 individual citizens of more than 150 countries covering gross domestic product (GDP), social support, healthcare, freedom of choice, and perceptions of corruption (Helliwell et al., 2024).

Individual happiness has a significant impact on the life of a nation. Even though people of different ages and backgrounds have various descriptions of happiness, The components or instruments of happiness can be objectively identified into four aspects. First, material needs such as food, drink, clothing, housing, physical health, and vehicles are met. Second, psychological needs such as feeling peaceful, comfortable, and safe. Third, social needs include establishing harmonious relationships with the surroundings, mutual respect, love, and appreciation. Fourth, spiritual needs include seeing all life episodes from the perspective of a broader meaning of life, worship, and having faith in God. A person will certainly feel happy if these four needs can be met (Fuad, 2015).

The results of the global quantitative measurement of happiness levels are presented in the 2024 World Happiness Index Report, which contains an international ranking of national average happiness based on personal life evaluation surveys. The World Happiness Index Report measures well-being as a foundation in various studies. The World Happiness Index Report has been used as a dependent variable in economic and demographic analysis (Kamal, 2019). The World Happiness Index report results show that Finland has the highest happiness index, with a total score of 7,741. In contrast, the country with the lowest happiness index is Afghanistan, with a score of 1,721. Factors that give a negative coefficient correlation to the happiness index are high political instability and a large population. Population, corruption, and migration are other factors affecting a country's happiness level.

Based on the number of a country's population, China places its happiness at 60th with a cumulative score of 5,973, then India in 126th position representing a total score of 4,054, next is the superpower United States slightly above in 23rd position with a score point of 6,725, and Indonesia in 80th position with a score of 5,568. Indonesia is fourth in the list of the most populous countries in the world. As a developing country, Indonesia has the potential for rapid economic development to encourage the improvement of population well-being. During 2023, the Indonesian economy will continue to grow spatially. Indonesia's economy in 2023 grew by 5.05%. Growth occurred in all business fields. The business field that experienced the highest increase was transportation and warehousing at 13.96%, followed by other services at 10.52%, and provision of accommodation and eating and drinking at 10.01%. The processing industry, which has a dominant role, grew by 4.64%. Agriculture, forestry, fisheries, wholesale, and retail trade rose by 1.30%. Repair of motorcycle fund cars by 4.85% (BPS, 2023a).

Happiness is often simply used to describe how a person feels. That is a particular phenomenological state of the person, such as the perceived state of contentment, euphoria, or else (Suikkanen, 2011). According to the big Indonesian dictionary, happiness is the pleasure and tranquility of life physically and mentally. It is also defined as a concept in life evaluation results describing conditions categorized as good and meaningful. Happiness is the same as life satisfaction, defined as "overall appreciation of one's life as a whole". Jeremy Bentham (1789) proposed a new moral principle. It said the goodness of an action should not be judged by its intentions' decency but by the consequences' utility. Bentham conceived the final 'utility' as human 'happiness.' Subsequently, he concluded that we should point at the 'greatest joy for the most noteworthy number'. Bentham characterized bliss in terms of mental involvement as 'the entirety of delights and pains'. This logic is known as 'Utilitarianism', because of its accentuation on the utility of behavioral results. 'Happyism' would have been a distant better; a much better; a higher; a stronger; an improved title, since this utility is seen as a commitment to joy.

### *1.1 Environmental influences on happiness*

Aksoy & Bayram Arli (2020) revealed that the environment positively correlates with happiness. In addition, another finding is that increased social sustainability has a positive effect on happiness. This suggests that a sustainable and healthy environment can contribute to happiness. The explanation of how environmental factors affect happiness is augmented by (Han & Kim, 2019), which suggests that green environments and happiness levels are critically correlated. A natural and green environment can positively impact individual happiness and social well-being.

As Capaldi et al. (2014) state, a healthy environment can lead to a better mood and a healthier life. Environmental quality includes water quality, air quality, and land cover quality. Environmental damage will disrupt human life, as Sulemana et al. (2016) found that deteriorating water quality, air quality, and sanitation significantly reduced happiness. Based on Krekel & Mackerron (2020) in Rusyda & Siagian (2023), The environment can make life happier for three reasons. First, there is an instinctive and close connection between humans and other living organisms and habitats around them. As a result, the natural environment will have a direct impact on a person's happiness. If the relationship is going well, a person will feel happier. Secondly, a green and natural environment can encourage a person to do certain activities. For example, physical exercise and social interaction can improve mental and physical health. Mental and physical health can make a person happy. Third, a quality environment free from pollution can prevent diseases that can disrupt human life. For example, respiratory, cardiovascular, and even psychiatric diseases. On the other hand, a quality environment can also provide scenery for recreational needs, thus providing comfort and happiness to a person.

Islam et al. (2016) in Mahadiansar et al. (2020) state that the role of human capital needs to be enhanced to support the development of economic activities in a country. The country's ability to develop human resources, particularly in providing skilled labor in

various fields, is key to the success of economic policy. Todaro & Smith, in 2003, state that the success of a country's economic development is indicated by three main values. First, the development of people's ability to fulfill their basic needs. Second, increase in people's self-confidence as human beings. Third, increase in people's ability to choose. The definition of economic development is very broad, not just how to increase Gross National Product (GNP) per year. Economic development is multidimensional, covering various aspects of people's lives. There are two opposites in the conception and implementation of development: economic growth and human resources (Atasoge, 2016).

Economic growth is expected to increase income and promote happiness. Although income does not always go hand in hand with happiness, happiness is often linked to an individual's or society's economic condition. Happiness is achieved when you have enough money to do whatever you want. Therefore, many studies link the level of happiness with the economy of an individual or a region. However, the results do not always show a unidirectional relationship between the two (Rusyda & Siagian, 2023). According to Veenhoven (1994), The happiness of a country can be seen from the well-being of its people. Countries that have a high level of well-being tend to be happy. Well-being signifies the fulfillment of people's needs so that the chances of people feeling happy are also greater. The ideological underpinnings of modern well-being states are the belief that a person can be made happier by providing better living conditions.

### *1.2 Indonesia in terms of the happiness index*

Indonesia is a developing country that lacks human resources regarding quality and productivity. Human resources affect the level of happiness. According to Mulyadi S., in 2003, the way to improve human resources is by paying attention to four main policies. First, improving the quality of life, both human quality such as physical, spiritual, and struggle, and the quality of life such as healthy housing and settlements. Second, improving the quality of productive human resources and efforts to equalize their distribution. Third, improving the quality of human resources with the ability to utilize, develop, and take control of science and technology. Fourth, institutional development and legal instruments that support improving the quality of human resources. The efforts to improve the quality of human resources are implemented through various development sectors, including education, health, social well-being, population, labor, and others. Indonesia quantitatively measures its happiness index through the country's central statistics agency. The figures released for each period will be compared with previous years to determine the extent of happiness in Indonesia.

A country's happiness index is a measure of the well-being of its people. The happiness index not only measures the overall level of happiness of the people but also provides a more accurate picture of their quality of life. The happiness index offers a basis for the government to make effective policies and decisions for the betterment of the country. In addition, the happiness index figure can also help the government measure the impact of policies on social aspects of life and ensure a better and sustainable quality of life in the long run (Yoani et al., 2023). Community well-being can be defined as a situation when a person can fulfill his basic needs (clothing, food, and shelter), including the opportunity to get an education and get adequate work to improve the quality of life so that he can have a social status equal to the average community in a certain area (Putu et al., 2016).

Based on previous studies, it has been explained that the GDP factor is the main factor of happiness in the world, while in Indonesia, there are other factors. Researchers want to observe several factors that contribute to the happiness index in Indonesia. From the problem stated, there are some research questions: What about the quality of human resources in Indonesia viewed through the country's happiness index; What are the indicators that affect happiness in Indonesia; and what factors and how do they affect the happiness index in Indonesia. This research aims to analyze the quality of human resources in Indonesia viewed through the country's happiness index; to analyze and explain the

indicators that affect happiness in Indonesia; and the last is to verify the factors and how it affects the happiness index in Indonesia.

## 2. Methods

The research used a descriptive qualitative method. According to Whitney (1960), the descriptive method is the search for facts with proper interpretation. This type of descriptive qualitative research presents the data as the actual condition without manipulation or other treatments. The research aims to present a complete overview of a phenomenon to expose and clarify a phenomenon that occurs by describing several variables related to the problem under study. It interprets and describes data associated with a society's current situation, attitudes, and views.

This research was conducted in four months, from February to May 2024. The population in this study is Indonesian people who build statistical data on the happiness index in Indonesia in 2021. The research begins with selecting research topics to determine objectives. The topic is obtained through data from the results of the World Happiness Index published annually and data from the Indonesian Central Statistics Agency related to the happiness index in Indonesia. Next, research questions are made based on the data that has been presented to identify the distinguishing factors or gaps that affect the existence of the two data sets (world happiness index and happiness index in Indonesia). The last step is collecting and interpreting data to answer the research questions; researchers collect the data and interpret some literature to answer the research questions. The data is then processed and analyzed until results and conclusions are obtained. Research data is obtained through literature study and observation. The observation used is non-participant observation, where the researcher is not directly involved and being an independent observer (Basrowi and Suwandi, 2008; Calvin and Sukendro, 2019). A literature study is a data collection technique that involves studying books, literature, notes, or reports related to the problem being solved. The data used in the research was obtained through reliable literature such as Google Scholar, Statistical data from government statistical agencies, and journals published on university websites. The method is used to obtain basics and opinions in writing, which is done by studying various literature related to the issue under study (Nasir, 2013; Utami et al., 2021).

The research used a qualitative phenomenological approach to understand the meaning of something based on everyday experience and understanding. John W. Creswell discovered this approach's theory in 1997, which underlies the research. The phenomenological approach seeks to understand the meaning of events and interactions in ordinary people in certain situations. This approach requires some assumptions that differ from how people's behavior is approached to find 'facts' or 'causes'.

## 3. Results and Discussion

Results Indonesia's human resources quality is viewed through the country's happiness index. Indonesia is a country with abundant resources, both natural and human resources. In 2020, Indonesia's population reached 270 million, then reached 275 million in 2022. Based on the increase in population, the population growth rate from 2020 to 2022 is 1.17%. West Java Province is the region in Indonesia with the largest population of 49 million people, equivalent to 17.92% of the total population in Indonesia. DKI Jakarta Province was named the most populous province with a population density of 16 thousand people per km<sup>2</sup> (BPS, 2023). According to the statement of World Population Review (2023), Indonesia ranks as the fourth most populous country in the world after India, China and the United States. The demographic bonus could create opportunities to trigger economic growth, including improving food security to achieve national independence. In addition, this demographic bonus will also produce a high-quality productive-age population, which is an

important capital for national development. A population with the character of tenacity and resilience is the main element in realizing national resilience (BKKBN, 2020)

Indonesia has the opportunity to become a developed country if it can utilize natural resources managed by skilled and qualified human resources. Human resources are unique because they include feelings, reason, desire, knowledge, drive, skills, strength, and work. Human resource elements include abilities, attitudes, values, needs, and demographic characteristics. The environment strongly influences these factors, such as societal norms and values, education levels, and available opportunities. Human capital is vital for building a better and more advanced nation. However, to achieve this, HR must have a strong character. Human resources with strong character are characterized by distinct mental capacities such as trustworthiness, sincerity, honesty, courage, firmness, resilience, adherence to principles, and other unique traits inherent to the self (Anas, 2022).

Human resources are an important element in moving a nation forward. Human resources management should create policies that support a healthy work-life balance, such as time flexibility, remote work, and support for well-being through health and welfare programs. The government's role is crucial in creating a favorable environment for human resources development and the people's overall well-being. The government is in charge of providing facilities that improve the education of the Indonesian people through various programs, including formal and non-formal education, training, coaching, and ample employment opportunities.

Quality human resources enable the creation of well-being. One measure of well-being that concerns policymakers is the happiness index. Indonesia's happiness index in 2017 was 70.69. There is also an assessment of the happiness index for each province. Papua Province has the lowest happiness index, which amounted to 67.52. The province with the highest happiness index is North Maluku Province, at 75.68. Many well-being factors affect the unhappiness of the Papuan people, especially the personal subdimension factors, including income, education, skills, employment, health, and housing quality.

Human resources are productive individuals who work as drivers of an organization, both in institutions and companies that have functioned as assets, so they must be trained and developed. The definition of human resources, in general, consists of two, namely macro human resources and micro human resources. Macro human resources is the number of people of productive age in a region or country. Micro human resources are individuals who work for an institution or company. HR is the main element of the organization compared to other resource elements, such as capital and technology. The existence of humans alone can control other resources (Susan, 2019).

Another definition of human resources is all the potential humans possess in thinking power, energy, skills, emotions, and other potential that can be used effectively and efficiently to fulfill their desires or achieve organizational or company goals. The quality of human resources is an absolute requirement for carrying out development. Every human must be competent to innovate and spur growth in all fields. The state of human resources greatly affects the country's economic development. Accelerating the country's economic development requires superior human resources in various fields. Improving the quality of human resources as a development investment is needed, especially in developing countries.

The province with the highest happiness index in Indonesia is North Maluku Province, which has a happiness index 75.68. This is because North Maluku Province has a high life satisfaction index in both personal and social subdimensions. In addition to good achievements in education, health, and employment, North Maluku Province also stands out regarding social relationships and the meaning of life. Indonesia is currently trying to realize the success of national development by measuring the level of happiness with a survey method conducted by the Central Statistics Agency (BPS). Factors that are thought to influence the happiness index of Indonesian society include the human development index (HDI), labor force participation rate, number of poor people, gross regional domestic product (GRDP), school enrollment rate for 16-18 years old, and the ratio of hospitals per one million population (Rositawati & Budiantara, 2019).

The happiness index is an important consideration for policymakers when making decisions. Each province has a different happiness index level that reflects the condition of the local community. Areas with a high happiness index have a better social and economic structure than those with a low one. Of course, policies for regions with a low happiness index differ from those for areas with a high happiness index.

### *3.1 Indicators affecting happiness in Indonesia*

The happiness index is a more complex measurement of well-being. The happiness index measures the level of happiness based on each person's subjective perception of various aspects of their life. The Indonesian Central Statistics Agency in 2021 has released quantitative measurements of the Indonesian Happiness Index. The happiness index measures the population's happiness level, describing indicators of subjective well-being related to several aspects of life that are considered essential and meaningful to the population and is used to complement objective indicators. Indonesia's Happiness Index has increased from 2017 to 2021. In 2017, the Indonesian Happiness Index was 70.69 points. Whereas in 2021, the happiness index increased to 71.49 (BPS, 2021). The Happiness Index in Indonesia measures nineteen indicators. It is grouped into three dimensions, namely, the dimension of life satisfaction, the dimension of feelings, and the dimension of the meaning of life.

According to Raharja and Indati (2018), Santrock (2012) stated that life satisfaction is psychological well-being or satisfaction with life. In addition, according to Argyle (2001), life satisfaction is subjective well-being because it is subjective according to the individual's assessment. Individual evaluation of life satisfaction can be assessed based on Abraham Maslow's need satisfaction theory, namely physiological, safety, social, esteem, and self-actualization needs. Individuals will get life satisfaction if these five needs can be met properly. People with high life satisfaction will feel happiness, so they can carry out psychological functions optimally, such as good emotional management, good relationships with others, and accepting themselves (Wahyuni & Maulida, 2019). The personal dimension of life satisfaction is measured using five indicators: education and skills, work/business/main activity, household income, health, and housing and housing facilities. Socially, it is measured by five indicators: family harmony, availability of free time, social relationships, environmental conditions, and security conditions.

The feeling or experiential dimension refers to the experiences of individuals that they perceive as communicating with God. Individuals believe things that happen to be a sign from God. Good and bad experiences are thought to occur by God's power. This experience affects individuals emotionally (Indrayati et al., 2020). The feeling dimension is measured using three indicators, such as feelings of pleasure, feelings of not worrying/anxiety, and feelings of not being depressed.

The meaning of life was first introduced by Viktor Frankl, a logotherapy expert, through his book *Man's Search for Meaning* in 1985. Frankl (2003) argues that the meaning of life is a meaning that can be found in life, both in pleasant circumstances and suffering, but the meaning of life is not given by others but found by oneself (Qori'ah & Ningsih, 2020). The meaning of life is very important and valuable because it is related to the reason and purpose of life itself. The meaning of life is objective, outside of humans, and challenging to achieve (Arroisi, 2021). The meaning of life dimension includes six indicators, namely self-acceptance, life goals, positive relationships with others, self-development, environmental mastery, and independence. Each indicator contributes to the Happiness index with varying magnitudes as shown in Fig. 1 (BPS, 2021).

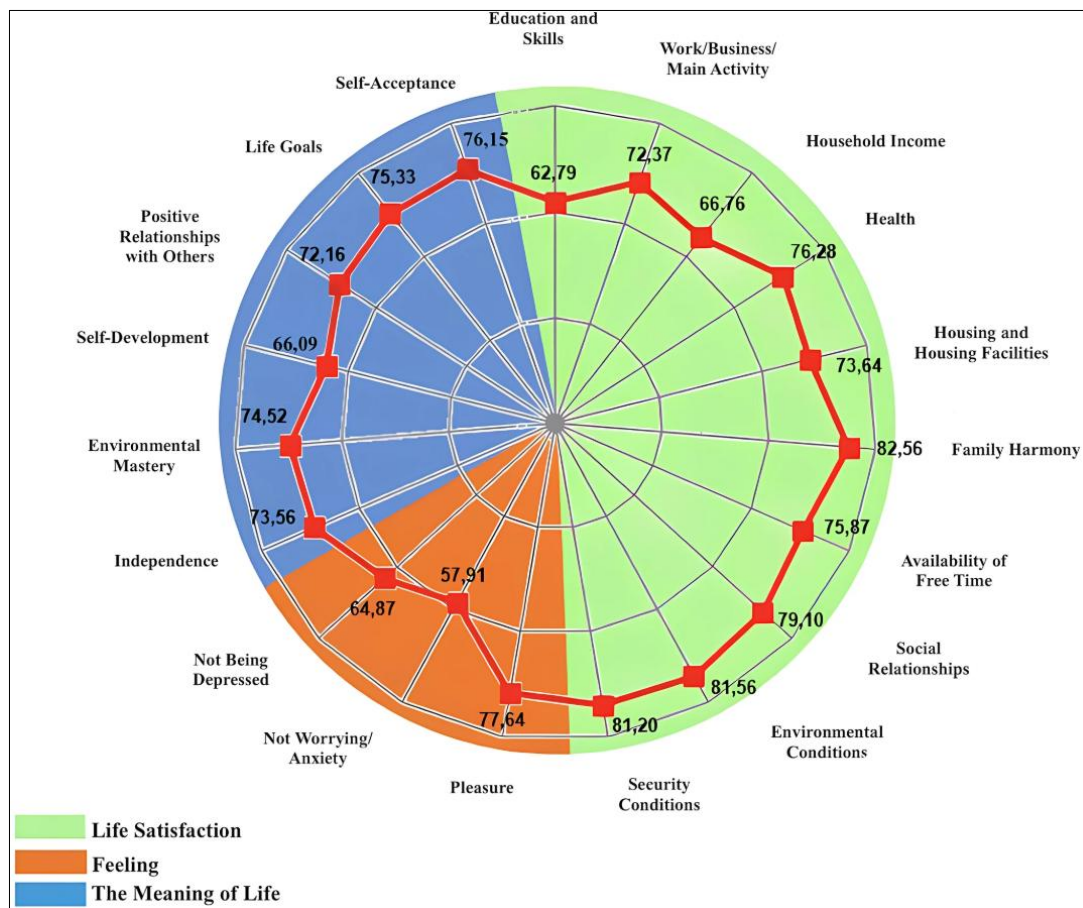


Fig. 1 Magnitudes of indicators measuring the happiness index in Indonesia (BPS, 2021)

Well-being indicators are compiled to describe the condition of material prosperity (well-being) and subjective well-being or happiness. Happiness, also known as subjective well-being or life satisfaction, is one of the measures currently used to complement objective indicators of individual well-being. Economic growth is often associated with society’s well-being because economic growth is a target of development. Economic growth is defined as an increase in goods and services produced in society, so when many goods and services are produced, the society’s well-being will increase. It can also improve the quality of its human resources. The indicator used to measure economic growth is the growth of Gross Regional Domestic Product (GRDP). Measuring a country’s happiness level is useful in finding out how satisfied the population is with their lives. The factor determining the standard of happiness of countries with a major influence is the gross domestic product (GDP) amount. Indonesia, one of the countries with the largest population and on the world happiness index survey list, is not significantly influenced by the GDP factor. Statistical data shows that GDP per capita in Indonesia has not been able to affect happiness. In other words, those with high incomes are not necessarily happy.

Mathematical equations, variables, and anything representing a value should be italicized. Formulae should be numbered consecutively throughout the manuscript as Eq. 1. In cases where the derivation of formulae has been abbreviated, it is of great help to the reviewers if the full derivation can be presented on a separate sheet (not to be published). Formulae should be centered and numbered. In this case the number will appear in the right margin.

Well-being indicators are compiled to describe the condition of material prosperity (well-being) and subjective well-being or happiness. Happiness, also known as subjective well-being or life satisfaction, is one of the measures currently used to complement objective indicators of individual well-being. Economic growth is often associated with society’s well-being because economic growth is a target of development. Economic growth



is defined as an increase in goods and services produced in society, so when many goods and services are produced, the society's well-being will increase. It can also improve the quality of its human resources. The indicator used to measure economic growth is the growth of Gross Regional Domestic Product (GRDP). Measuring a country's happiness level is useful in finding out how satisfied the population is with their lives. The factor determining the standard of happiness of countries with a major influence is the gross domestic product (GDP) amount. Indonesia, one of the countries with the largest population and on the world happiness index survey list, is not significantly influenced by the GDP factor. Statistical data shows that GDP per capita in Indonesia has not been able to affect happiness. In other words, those with high incomes are not necessarily happy.

Table 1. Indicators measuring the Indonesian happiness index

Dimension	Type	Indicator
Life Satisfaction	Personal	Education And Skills
		Work/Business/Main Activity
		Household Income
		Health
		Housing And Housing Facilities
	Social	Family Harmony
		Availability Of Free Time
		Social Relationships
		Environmental Conditions
		Security Conditions
Feelings	-	Pleasure
		Not Worrying/Anxiety
		Not Being Depressed
The Meaning Of Life	-	Self-Acceptance
		Life Goals
		Positive Relationships With Others
		Self-Development
		Environmental Mastery
		Independence

(BPS, 2021)

Happiness, also known as subjective well-being or life satisfaction, is one of the measures currently used to complement objective indicators of individual well-being. Economic growth is often associated with society's well-being because economic growth is a target of development. Economic growth is defined as an increase in goods and services produced in society, so when many goods and services are produced, the society's well-being will increase. It can also improve the quality of its human resources. The indicator used to measure economic growth is the growth of Gross Regional Domestic Product (GRDP). Measuring a country's happiness level is useful in finding out how satisfied the population is with their lives. The factor determining the standard of happiness of countries with a major influence is the gross domestic product (GDP) amount. Indonesia, one of the countries with the largest population and on the world happiness index survey list, is not significantly influenced by the GDP factor. Statistical data shows that GDP per capita in Indonesia has not been able to affect happiness. In other words, those with high incomes are not necessarily happy.

Based on the study's results, gross regional domestic product (GRDP) has no significant effect on the happiness index in Indonesia. Gross Regional Domestic Product (GRDP) is the added value generated by all regional business units or the total value of final goods and services produced by all regional economic units. Gross Regional Domestic Product (GRDP) per capita is one of the indicators used to measure the success rate of economic development of a region or area. GRDP per capita statistics have not been able to influence the level of happiness in Indonesia. This means that people who have high incomes

are not necessarily accompanied by happiness. The level of education represented by the average length of schooling (RLS) significantly affects the happiness index in Indonesia. This means highly educated people have much higher happiness than those with low education. Similarly, health represented by life expectancy (AHH) shows that people who are physically and mentally healthy have a higher level of happiness (Azhar et al., 2021)

Another variable affecting Indonesia's happiness index is Zakah, Charity, and Spending (ZIS). The higher the social support obtained, the higher the happiness felt. The social support received makes a person feel more cared for. The GINI index (level of inequality) also affects the happiness index in Indonesia. It involves a condition where the richer people feel happier than the poor ones. This social gap greatly affects a person's level of happiness. Poverty does not significantly affect happiness in Indonesia. This means that poverty is not a measure to determine whether a society is happy or they are not. In Indonesia, poverty does not cause individual happiness to decline, and civil liberties do not. Freedom to express opinions and choose leaders has not indicated increased happiness in Indonesia (Azhar et al., 2021).

### *3.2 Factors that contribute to the happiness index in Indonesia*

Indonesia has a unique character in the happiness index. Generally, the happiness index is directly proportional to gross domestic product (GRDP). It means that a higher income will increase the happiness index. The value of GRDP is closely related to the economic status of Indonesian society. People with low incomes tend to be poor. However, poverty does not determine the happiness of the Indonesian people. Freedom of speech and opinion in the public sphere also does not affect the increase in the happiness index in Indonesia.

The variables that affect Indonesia's happiness index are education level and guaranteed health. Indonesians with higher education have a high happiness index. Similarly, Indonesians with good health levels have a high happiness index. However, in Indonesia, other variables measure the happiness index, i.e., zakah, charity, and spending (ZIS). ZIS is a form of caring for others. Givers and recipients of ZIS both feel happiness. The giver feels happiness because they feel richer, while the recipient experiences a sense of being loved. The results of the author's analysis of Indonesian society have a unique social system that affects happiness.

Indonesia is a country that upholds religious values. This is proven by the happiness index, which is influenced by variables related to religious values, namely ZIS. ZIS is a form of caring for others and can be done by anyone regardless of a person's income level. Someone who can do ZIS feels happy despite having a low income. ZIS recipients also feel happiness because they feel cared for by other people. Indonesia also has a culture of helping each other, so income level is not a determinant of someone's happiness. Social support has a more positive influence on a person's happiness than income level. Therefore, the level of poverty also does not have a significant influence on a person's level of happiness in Indonesia.

Other variables affecting a person's happiness level in Indonesia are education, health, and the GINI index. A person feels happy if they have a high level of education. When a person has a higher level of education compared to others with lower education, they feel happy. In an Indonesian society with heterogeneous human resources, the level of education is something special. Not all Indonesians have access to higher education. Therefore, a person with a higher level of education is seen as having higher self-quality and social status by the surrounding community. With a higher social status, it has an impact on happiness for that person.

So is the level of health. A person with a higher level of health has higher happiness. Health is important for a person to live life. A physically and mentally healthy person is considered capable of doing life activities well. Meanwhile, the GINI index is related to wealth. Someone who has wealth is happier than someone poor. Wealth shows the social status in society. Wealth makes people feel they can afford everything, thus creating a sense

of happiness. From the explanation, it can be concluded that the ability of each variable to contribute to happiness in Indonesia is reflected in Table 2.

Tabel 2. How variables contributes happiness in Indonesia

Number	Variable	Significant	Not Significant
1	Gross Regional Domestic Product (GRDP)		
2	Education		
3	GINI Ratio		
4	Zakat, Infaq, Charity (ZIS)		
5	Poverty		
6	Health		

#### 4. Conclusions

Based on the results and discussion, we conclude that a country's happiness index is very important. The happiness index value is a consideration for policy makers in making regulations and implementing national programs. The happiness index of a country can be seen from the welfare level of its people. Welfare is one of the indicators of happiness, and the results show that fulfilling all people's needs can increase the happiness index. In general, in the world, the happiness index is directly proportional to gross domestic product (GDP).

But other results occur in Indonesia, the gross domestic product (GDP) variable is not the only factor that builds the happiness index of its people. Other influencing factors are education, health, poverty, ZIS, and the GINI index. People feel happy if they succeed in pursuing higher education and have good health. A healthy body is considered to increase life expectancy. A person with a high life expectancy has a high happiness index. On the other hand, gross domestic product, poverty and ZIS can increase the happiness index. Indonesians are still happy despite the low GDP value. Poverty also does not lower the happiness index. In addition, people also feel happy after implementing ZIS.

#### Acknowledgement

Abundant thanks to our lecturers, Mr. Herdis Herdiansyah and Mrs. Sri Setiawati Tumuyu, who have encouraged us to learn about the human life system and the environment, which gave us the knowledge and information to do this research. The authors learned that humans must care about the sustainability of the environment, both natural, artificial, and social. The authors also would like to thank our friends from the School of Environmental Science, University of Indonesia, who helped us proofread this research.

#### Author Contribution

Conceptualization, A. T., and M. N. Q. S; Methodology, M. N. Q. S; Validation, A. T., and M. N. Q. S; Formal Analysis, A. T; Resources, A. T; Data Curation, M. N. Q. S; Writing – Original Draft Preparation, A. T., and M. N. Q. S; Writing–Review & Editing, A. T., and M. N. Q. S. About the layout, A. T contributes in; creating an abstract and theoretical background, analyzing journals about the happiness index, describing factors that contribute to the happiness index in indonesia, writing part of the result and discussing the conclusion. M. N. Q. S contributes in; creating the introduction and methods, summarizing the journal about nineteen indicators of happiness in Indonesia, and writing part of the result and discussion.

#### Funding

This research received no external funding.

#### Ethical Review Board Statement

Not available.

## Informed Consent Statement

Not available.

## Data Availability Statement

Not available.

## Conflicts of Interest

The authors declare no conflict of interest.

## Open Access

©2025. The author(s). This article is licensed under a Creative Commons Attribution 4.0 International License, which permits use, sharing, adaptation, distribution and reproduction in any medium or format, as long as you give appropriate credit to the original author(s) and the source, provide a link to the Creative Commons license, and indicate if changes were made. The images or other third-party material in this article are included in the article's Creative Commons license, unless indicated otherwise in a credit line to the material. If material is not included in the article's Creative Commons license and your intended use is not permitted by statutory regulation or exceeds the permitted use, you will need to obtain permission directly from the copyright holder. To view a copy of this license, visit: <http://creativecommons.org/licenses/by/4.0/>

## References

- Aksoy, F., & Bayram Arlı, N. (2020). Evaluation of Sustainable Happiness With Sustainable Development Goals: Structural Equation Model Approach. *Sustainable Development*, 28(1), 385–392. <https://doi.org/10.1002/sd.1985>
- Anas. (2022). Indonesia's Human Resources. *The Globalization Era*, 3, 2776–6209. <https://doi.org/10.58410/promis.v3i2.566>
- Arroisi, J. (2021). The Meaning of Life From Victor Frankl's Perspective: A Study of The Spiritual Dimension. *Logotherapy. TAJDID*, 20(1). <https://doi.org/10.30631/tjd.v20i1.139>
- Argyle, M. (2001). *The psychology of happiness*. London: Routledge.
- Azhar, I., Atasoge, B., Studi, P., Syariah, E., Tinggi, S., & Palapa, T. (2021). Determinants of Happiness Index in Indonesia. *Jurnal Ekonomi Pembangunan*, 7(2). <http://dx.doi.org/10.35906/jep.v7i2.877>
- BPS [Badan Pusat Statistik]. (2023). *Statistical Yearbook of Indonesia*. Badan Pusat Statistik. <https://www.bps.go.id/en/publication/2023/02/28/18018f9896f09f03580a614b/s-tatistical-yearbook-of-indonesia-2023.html>
- BKKBN [Badan Koordinasi Keluarga Berencana Nasional]. (2020). Strategic Plan of the Directorate of Population Control Policy Integration 2020-2024. Retrieved from <https://citc.bkkbn.go.id/wp-content/uploads/2020/12/STRATEGIC-PLAN-BKKBN-2020-2024-1.pdf>
- BPS [Badan Pusat Statistik]. (2021). Happiness Index 2021. Retrieved from <https://www.bps.go.id/en/publication/2021/12/27/ba1b0f03770569b5ac3ef58e/h-appiness-index-2021.html>
- BPS [Badan Pusat Statistik]. (2023a). Official Statistics News, Indonesia's Economic Growth in the Fourth Quarter of 2023. Retrieved from <https://www.bps.go.id/en/pressrelease>
- BPS [Badan Pusat Statistik]. (2023b). Statistics Indonesia 2023. Retrieved from <https://www.bps.go.id/id/publication/2023/02/28/18018f9896f09f03580a614b/st-atistik-indonesia-2023.html>
- Calvin, C., & Sukendro, G. G. (2019). Lifestyle and Creativity (Descriptive Qualitative Study on Anton Ismael). *Koneksi*, 3(1), 170-175. <https://doi.org/10.24912/kn.v3i1.6200>
- Capaldi, C. A., Dopko, R. L., & Zelenski, J. M. (2014). The relationship between nature connectedness and happiness: A meta-analysis. *Frontiers in psychology*, 5, 92737. <https://doi.org/10.3389/fpsyg.2014.00976>

- Fuad, M. (2015). Psychology of Human Happiness. *KOMUNIKA: Jurnal Dakwah Dan Komunikasi*, 9(1), 114-132. <https://doi.org/10.24090/komunika.v9i1.834>
- Frankl, V. E. (2003). *Logoterapi: Terapi psikologi melalui pemaknaan eksistensi*. Yogyakarta: Kreasi Wacana.
- Hamidah, K., & Voutama, A. (2023). Analisis Faktor Tingkat Kebahagiaan Negara Menggunakan Data World Happiness Report dengan Metode Regresi Linier. *Explore IT: Jurnal Keilmuan dan Aplikasi Teknik Informatika*, 15(1), 1-7. <https://doi.org/10.35891/explorit.v15i1.3874>
- Han, M. J. N., & Kim, M. J. (2019). Green environments and happiness level in housing areas toward a sustainable life Sustainability (Switzerland). *Sustainability*, 11(17). <https://doi.org/10.3390/su11174768>
- Helliwell, J. F., & Wang, S. (2012). The State of World Happiness Introduction. Retrieved from <https://www.earth.columbia.edu/sitefiles/file/Sachs%20Writing/2012/World%20Happiness%20Report.pdf>
- Helliwell, J. F., Layard, Richard., Sachs, J. D., De Neve, J.-Emmanuel., Aknin, L. B., & Wang, S. (2024). World Happiness Index 2024. Retrieved from <https://worldhappiness.report/ed/2024/>
- Indrayati, N. K., Dwicahyani, N., Prastowo, H. E., Vinasthika, P. A., & Ganies, G. S. (2020). The Decision-Making Process to Become LGBT in Individuals with Religious Characteristics. *INSAN Jurnal Psikologi Dan Kesehatan Mental*, 4(1), 43. <https://doi.org/10.20473/jpkm.v4i12019.43-53>
- Kamal, A. M. (2019). Can sleep duration help explain differences in the happiness index across nations? Economics. *Innovative And Economics Research Journal*, 7(2), 59-67. <https://doi.org/10.2478/eoik-2019-0014>
- Mahadiansar, Ikhsan, K., Sentanu, E. K. P. S I. G., & Aspariyana. (2020). Paradigm Development Model Of National Development In Indonesia. *Jurnal Ilmu Administrasi*, 17(1), 77-92. <https://doi.org/10.31113/jia.v17i1.550>
- Morgan, J., & Farsides, T. (2009). Measuring meaning in life. *Journal of Happiness Studies*, 10(2), 197-214. <https://doi.org/10.1007/s10902-007-9075-0>
- Putu, N., Putu, Y. A., & Saitri, W. (2016). The Influence f Corporate Social Responsibility on Community Welfare And Corporate Image. *Jurnal Bisnis dan Kewirausahaan*, 12(2). <https://doi.org/10.56457/jimk.v7i2.70>
- Qori'ah, H. S., & Ningsih, Y. T. (2020). An Overview of the Meaning of Life in Some Circles of Society in Indonesia (A Literature Review). *Jurnal Riset Psikologi*, <http://dx.doi.org/10.24036/jrp.v2020i3.9581>
- Raharja, B. N., & Indati, A. (2018). Kebijaksanaan dan kepuasan hidup pada remaja. *Gadjah Mada Journal of Psychology (GamaJoP)*, 4(2), 96-104. <https://doi.org/10.22146/gamajop.46354>
- Rositawati, A. F. D., & Budiantara, I. N. (2019). Modeling Provincial Happiness Index in Indonesia Using Spline Truncated Nonparametric Regression. *Jurnal Sains dan Seni ITS* 8(2). <https://doi.org/10.12962/j23373520.v8i2.45160>
- Rusyda, M., & Siagian, T. H. (2023). An Analysis Of The Relationship Between Happiness Levels And Environmental Quality And Information Technology Development. *Journal of Litbang Sukowati: Research and Development Media*, 7(1), 81-91. <https://doi.org/10.32630/sukowati.v7i1.360>
- Santrock, J. W. (2012). *A topical approach to life-span development*. New York: McGraw-Hill.
- Suikkanen, J. (2011). An improved whole life satisfaction theory of happiness. *International Journal of Wellbeing*, 1(1). <https://doi.org/10.5502/ijw.v1i1.6>
- Sulemana, I., McCann, L., & James Jr, H. S. (2016). Perceived environmental quality and subjective well-being: are African countries different from developed countries?. *International Journal Happiness and Development*, 3(1), 64-87. <https://doi.org/10.1504/IJHD.2016.076209>
- Susan, E. (2019). Human Resource Management. *Jurnal Manajemen Pendidikan Islam*, 9(2), 952-962. <https://doi.org/10.35673/ajmpi.v9i2.429>

- Utami, D. P., Melliani, D., Niman Maolana, F., Marliyanti, F., & Hidayat, A. (2021). Urban Village Organizational Climate From An Ecological Perspective. *Jurnal Inovasi Penelitian*, 1(12). <https://doi.org/10.47492/jip.v1i12.536>
- Veenhoven, R. (1994). Is happiness a trait? Tests of the theory that a better society does not make people any happier. *Social indicators research*, 32(2), 101-160. <https://doi.org/10.1007/BF01078732>
- Wahyuni, E., & Maulida, I. (2019). The Relationship Between Life Satisfaction and Psychological Well-Being in Public High School Students in Central Jakarta. *Insight: Jurnal Bimbingan dan Konseling*, 8(2), <https://doi.org/10.21009/INSIGHT.082.08>
- Yoani, A., Insiyroh, F., Panjaitan, L. S., Saifudin, T., & Suliyanto. (2023). Modeling Happiness Index in Indonesia Based on Mixed Geographically Weighted Regression Approach. *G-Tech: Jurnal Teknologi Terapan*, 8(1), 237-246. <https://doi.org/10.33379/gtech.v8i1.3639>

### Biographies of Authors

**Andari Titisari**, School of Environmental Science, Universitas Indonesia, Central Jakarta 10430, Indonesia.

- Email: [andari.titisari@ui.ac.id](mailto:andari.titisari@ui.ac.id)
- ORCID: N/A
- Web of Science ResearcherID: N/A
- Scopus Author ID: N/A
- Homepage: N/A

**Michelle Nabillarisa Qori Santoso**, School of Environmental Science, Universitas Indonesia, Central Jakarta 10430, Indonesia.

- Email: [michelle.nabillarisa@ui.ac.id](mailto:michelle.nabillarisa@ui.ac.id)
- ORCID: N/A
- Web of Science ResearcherID: N/A
- Scopus Author ID: N/A
- Homepage: N/A