

Determinants of Happiness for Children

by Rita Eka Izzaty, Yulia Ayriza, Nadia Miranti Kusumasari, Feplita Agustin Kusrianingtyas

ABSTRACT

Based on the importance of happiness for children as an indicator of quality of life, and the lack of studies related to happiness for children in Indonesia, this research was conducted in two phases with different but sustainable goals. The first phase that was carried out last year was to explore the meaning, situation, and people who cause feelings of happiness for children, and the second phase aims to conduct a construct test of the concept that had been discovered in the first year so as to find out the determinants of children's happiness. As a whole, this two phase study used a mixed method design, which is an exploratory sequential mixture method. This design was divided into two phases, the first is a qualitative phase to find out the initial concept, and the second phase is a quantitative design to find out the determinants of children's happiness by testing the construct of the concept found in previous year. This study involved 88 kindergarten students, also 77 Madrasah Ibtidaiyah (MI) and elementary school students. The conclusions of this study were: (1) For kindergarten students, the meaning of happiness in terms of situation that make children happy was composed of eight factors, namely, doing activities that benefit others and getting things, doing fun activities, interact with things in surrounding, getting attention on special days, getting awards (for achievements), fun things, gathering with family, and drawing; while the meaning of happiness in terms of those who make them happy was composed of three factors, namely, the nuclear family and God, the closest environment of the children, and non nuclear family; and (2) For early elementary school students, the meaning of happiness in terms of situations that make children happy was composed by eight factors, namely, receiving something on religious holidays during family gathering, being at home, playing, doing artistic activities, doing fun activities, being involved in social activities, doing physical activities, being affiliated inside and outside their homes, and performing religious activities; while the meaning of happiness in terms of people who make them happy was made up of one factor, namely, family and non-family.

Kata Kunci: the meaning of happiness, determinant, children