

Health and happiness: Understanding Indonesian context

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Every man has the purpose of life to acquire happiness, success, and welfare either physically or psychologically. Being health can help people to achieve the dreams toward a successful life and wealthy. The achievement of a successful and prosperous condition through the long processes and it is a very meaningful human life experience that could be examined scientifically.

Problems in the field of health, psychologically also related with the issue of the achievement of performance, achievements, or in other words related with the problem of achieving success and prosperity.

Research was done using qualitative approach by giving an open-ended questionnaire (composed by Moordiningsih, 2013) to 482 participants in the region of central Java, Indonesia. Data analysis was held by conducting data categorization and content analysis. The result showed that good health in Javanese family is an important element that determine happiness in family, otherwise the state of family members that experiencing pain, getting ill, perceived overburden and make stress for family. Family support is an important factor in achieving happiness in the family. Efforts to reach an healthy condition on Indonesian people (Central Java) are using massage (*pijat*), bekam therapy, scrapings (*kerokan*), drink *Jamu* (Javanese herbal medicines such as ginger), and sharing (*ngudarasa*) with the people those who are trusted.