

## The Happiness of Farmers in Tegal Bedug Village, Indramayu District

### *Kebahagiaan Petani Dusun Tegal Bedug, Kabupaten Indramayu*

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Received: June 30, 2022 | Revised: March 6, 2022 | Accepted: March 12, 2022 | Online Publication: April 28, 2023

#### ABSTRACT

Happiness is a form of feeling that every individual expects. The existence of happiness experienced by individuals can impact one's performance and enthusiasm for life. In the village of Tegal Bedug, Indramayu district, the economic condition of the residents as farmers affects the happiness that they feel in their lives. The purpose of this study was to describe the happiness of the residents of Tegal Bedug village who work as farmers. The research method used is a mixed method descriptive design. By using the Oxford Happiness Questionnaire, it was found that from 37 farmer participants the level of happiness of the residents of Tegal Bedug village is average. Happiness in Tegal Bedug village is a mix of interaction between its social environment and individual attributes. The main factors that make them happy are health, interaction with family members, and achieving targets. Some who rate their happiness low give negative evaluations of themselves, their environment, and their future. Recognizing the interaction between individual attributes and social and environmental factors is crucial to maximizing the outcome of the intervention and implications in sociological and psychological studies, specifically for farmers in rural areas.

**Keywords:** *happiness, farmers, rural residents*



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Published under Department of Communication and Community Development Science, IPB University and in association with Ikatan Sosiologi Indonesia

E-ISSN: 2302-7525 | P-ISSN: 2302-7157

## INTRODUCTION

Every human being expects life to be dominated by a sense of happiness. Naturally, every individual wants to be happy and has the right to be happy, and this need for happiness becomes an important necessity (Howell et al., 2016). There are different definitions of happiness by several experts. Layard (2011) explained that happiness occurs when a person feels good and enjoys their life; hence, that individual will have the desire to maintain that feeling. Happiness is a ratio of highly positive and negative feelings (DeWall & Myers, 2015). According to Seligman's (2012) Authentic Happiness Theory, there are three different aspects to happiness depending on what each person needs, namely positive emotion, engagement, and meaning. The first aspect, positive emotion, is defined as a feeling that an individual experiences, including pleasure, joy, ecstasy, warmth, comfort, and the like. The second aspect, engagement, is connected to flow, which is the sensation of becoming one with music, having time to stop, and becoming absorbed in the ongoing activities. The third aspect is meaning. A meaningful life consists of having and serving something that is believed to be greater than oneself, and a sense of humanity creates positive intuitions such as religion, political party, organization, or family (Seligman, 2012).

Those elements focus on the ways in which we can be good rather than the symptoms of ill health and include aspects of hedonic (feeling good) and eudaimonic (functioning well) well-being (Perkins et al., 2016). In addition, in the theory of happiness, Seligman (2012) claims that people make choices by estimating how much happiness (life satisfaction) will occur and then choosing a course of action that will maximize that happiness. Another opinion by Veenhoven (2012) depicted happiness as an overall enjoyment in every aspect of life. The feeling of happiness is a psychological condition that is constantly changing. Happiness can be obtained through social environmental factors as well as individual factors.

The concept of happiness is also explained by Argyle and Crossland in 1987; according to them, the three important components of happiness include frequency and magnitude of happiness, the average level of satisfaction in one period, and the absence of negative feelings such as depression and anxiety (Hills & Argyle, 2002). In reality, the human desire to constantly be happy cannot be carried out perfectly in accordance with one's plans. Every human being has life issues that become their responsibility and burden to bear. The difficulties and conflicts that people encounter in life can occasionally prevent them from experiencing the happiness that they hope for. This may be influenced by individual's social life and the condition of their environment, which is not without problems or conflict in this world.

Happiness that is influenced by an individual's social and environmental context is aligned with sociological perspectives. However, in a sociological context, the discussion about happiness is still considered limited. According to Veenhoven (2018), happiness is still rarely discussed in sociological literature, which can be due to several factors, such as professional bias, ideological problems, and sociological theories. Meanwhile, according to Bartram (2012), happiness is one of the important factors that are needed to be studied in sociology. A more methodical approach to the policy implications of one's research and to the value of sociological research in general can be developed by studying happiness. Studying happiness might also benefit in defining what a good society is like. One common disparity of findings in sociology and happiness is the diminishing effect of inequality and income on well-being, which might contradict common beliefs about the negative consequences of discrepancies in socioeconomic status (Veenhoven, 2018). Thus, exploring happiness in its social context might benefit in explaining some of its contradictions.

Sociologists, such as Veenhoven (2014) identified four factors of happiness in the context of sociology, mostly viewing social context as an important factor. The first factor is the livability of the environment, about how the social and physical environment supports one's need for living. The second factor is the life-ability of the individual, which is how individual factors, such as health and age, support them in their social environment. The third is the utility of life, which is about the goal, purpose, and functionality of an individual to their life and environment. The fourth is the subjective enjoyment of life, which talks about how an individual evaluates and appraises their life and the environment they are living in.

Another perspective of happiness according to sociological theory can be divided into two levels, *meso* and *micro* level of analysis (Greco et al., 2015). The *Meso* level talks about the social relationships of an individual, such as relations with friends or family that might impact one's sense of well-being. The

*Micro* level talks about individuals' factors, such as physical and mental health, in order to belong and get along with others in their life, thus enhancing well-being.

Other social factors, such as the work that an individual does may be one of the things that contribute to pursuing happiness. A chosen job may also impact the fulfillment of everyday necessities. Every working person must complete each task and duty that is part of their job in order to achieve the overall objective of their position. In addition, working may also impact an individual's psychological condition. Economic satisfaction acts as a significant predictor of life satisfaction and happiness (Veenhoven, 2012). An individual may expect that the work that they do has a positive impact on their economy to fulfill their everyday needs. At the age range of 20 to 40 years old, changes in life may be felt. Those changes are linked to the responsibility that impacts a person's future life and the fulfillment of one's responsibility to their personal life. When a person reaches this age, one has to consider future life options, such as choosing to build a small family in their life. As a result, an individual has an additional responsibility to think about other people's lives.

In order to fulfill each task's responsibility and put forth maximum effort, one must also include a sense of happiness in daily activities. The researchers proposed happiness as the focus of this study because feeling happy is one of the important factors, as well as hope, in a person's life that can impact work performance and quality, and might contribute to the larger purpose. Work quality is one of the aspects that greatly impacts a worker's well-being (Sabillon et al., 2021). The emergence of job satisfaction is also linked to the individual's general level of satisfaction in life (Filiz, 2014; Mafini & Dlodlo, 2014). Diener and Biswas-Diener (2008) stated that satisfaction in life is a tangible form of happiness. This shows that the satisfaction felt in an individual's life, either in general, social, or related to the work they do, is a form of happiness.

Happiness is a subjective indicator of quality of life, and happiness demonstrates both individual and social well-being (Lozano & Auro, 2021). Well-being is a state of happiness and satisfaction with little to no suffering, good overall physical and mental health, as well as a good outlook or quality of life. Well-being and happiness are two things that are related to one another. Well-being is a construct, whereas happiness is a thing (Seligman, 2012). When an individual has a good well-being in life, then the individual can achieve happiness. Well-being is generally measured using indicators of income and consumption (Sabillon et al., 2021). Diener and Biswas-Diener (2007) states that satisfaction in life is a tangible form of happiness. Happiness has been shown to be a relevant indicator as a measure of the extent to which individuals assess their overall quality of life (Solé-Auró et al., 2020).

According to the happiness index (Badan Pusat Statistik, 2021), urban residents have a happiness index that is 0.56 points higher than rural residents. The comparison between the happiness index for urban and rural residents in 2021 and 2017 shows that the increase in the happiness index for rural residents is higher than for urban residents. This is based on data obtained from Badan Pusat Statistik (2021), that the increase in the happiness index for urban residents in 2021 has a slight increase of 0.09 points, while the happiness index for rural residents has increased by 1.6 points in 2021. The happiness index is also seen by age, where in 2021 the age range that has the highest happiness index value is the population in the age group of 25 to 40 years. BPS (2021) also explained that the higher the level of income, the higher the satisfaction with the main job. Therefore, having a good income is crucial because it can affect how well people perform and how satisfied they are with the jobs they have. People's level of job satisfaction will ultimately have an impact on how well they perform. The performance and skills that people possess generate one's income. With sufficient income and the ability to meet daily necessities, individuals can experience happiness.

The location where this study was conducted is the village of Tegal Bedug, Tamansari, Lelea sub-district, Indramayu district. The Tegal Bedug village has demographic data with an area of +- 75.188 m<sup>2</sup>. From the interview results with the head of the Tegal Bedug village, it was found that the total population was 1.777 people, and the number of the head of family (KK) was 636. There were 131 women and 505 men. Tegal Bedug village consists of 7 neighborhood units (RT), which are divided into various areas in Tegal Bedug village. Farmers of rice and mangoes make up the majority of the workforce in Tegal Bedug village. According to the researchers' observations of the Tegal Bedug village over the course of seven weeks in February to March 2022, the majority of community activities take place in the fields from morning until noon, particularly during the planting and harvesting seasons. Adult villagers often choose to remain at home during other times or, in some cases, choose to work abroad. The Tegal Bedug village's residents are portrayed as having a modest level of well-being, as evidenced by the structure of the houses, the quality of the village roads, and the facilities and

infrastructure there. The description of the well-being level of the residents of the Tegal Bedug village seems to have similarities with the well-being of farmers in other parts of Indonesia.

According to a study by Martina et al. (2018) on rice farmers in Aceh, only 30.7% of family income requirements can be met by rice farming, which means that family income from the agricultural sector is lower than that from the non-agricultural sector. If the farmer's family only relies on rice farming, then the well-being level of the farmer's household is classified as low (Martina & Praza, 2018). This demonstrates how the level of well-being in the agricultural sector's economic factors is relatively low, necessitating the need for people to consider and make other plans for employment in the non-agricultural sector in order to support themselves. This needs to be done as a way to achieve the expected economic well-being. Well-being is generally measured using indicators of income and consumption (Sabillon et al. 2021).

The study of farmers in Pamijahan sub-district, Bogor, West Java, also showed that the family happiness index of farmers is moderate (Nadhifah et al., 2021). These findings raise the concern that it is necessary to increase the farmer's happiness index through increasing per capita income and family interactions, especially the interaction between husband and wife. Interaction in the family is also a characteristic of happiness in family life (Wheatley, 2014 in Nadhifah et al., 2021).

The tribe that inhabits the Tegal Bedug village, which is situated in the West Java province, is the Sundanese. According to Augustiya et al.'s (2020) study, human genetic heritage, including the cross-cultural universality concepts that define its state, has an impact on one's level of happiness. In their study, they discovered that a survey of 14 people of the Sundanese tribe in different areas revealed that the Sundanese had a happy outlook on life (Augustiya et al., 2020). It was discovered that being able to spend time with loved ones—such as family, friends, and so forth—is what makes Sundanese people happy. Others contend that happiness comes from achieving goals, taking care of one's needs, and receiving God's blessings. This is closely related to life satisfaction. It is evident that the Sundanese interpret their happiness when they have achieved life satisfaction.

From the explanation above, happiness can be influenced by the interaction of psychological and sociological factors. Psychologically, happiness can be obtained by positive feelings, optimism, enjoyment, and satisfaction of life (Seligman, 2012). While sociologically, happiness can be affected by social-environmental factors such as the livability of one's environment and one's socioeconomic status (Veenhoven, 2014). By considering psychological and sociological interaction, there seems to be disparities on the findings of happiness for rural residents. Previous findings stated that rural residents had a happy outlook on life (Augustiya et al., 2020) and had higher increase of happiness index compared to urban residents (BPS, 2021). Those statements contrast the reality that socioeconomic circumstances and living conditions for rural residents, especially farmers, were still insufficient and were even considered low (Martina & Plaza, 2018). Farmers living condition and low economic income, in turn, can also affect the happiness of farmers in rural residents negatively.

Given the various views on the happiness of farmers in West Java and other parts of Indonesia, the researchers are interested in obtaining a clearer picture of the happiness of the residents in the Tegal Bedug village, the majority of whom work as farmers.

## **METHOD**

This research is a mixed-method descriptive study, where the researchers obtain information about the research variable, namely happiness, from the participant's response to the questionnaire that was given. After filling out the questionnaire, participants attended a consultation, and several participants were interviewed to deepen the meaning of happiness according to them. Based on Tabachnick & Fidell (2018), a minimum sample of 25 for one independent variable was required for quantitative analysis. A convenience sampling method was used in order to acquire samples of residents who worked as farmers. In this research, a total of 37 Tegal Bedug village residents took part in this study. Majority of residents who worked as farmers were male, with only six female participants and 31 male participants, as well as an age range of 17-65 years old. Table 1 showed the age and gender of the samples. From these samples, participants were chosen at random for another additional interview in order to give further insights into factors that influenced farmers' happiness. A total of three participants agreed to do the additional interview.

**Table 1.** Participant's Characteristics

Aspects	Category	n	%
Gender	Male	31	83.8
	Female	6	16.2
	<b>Total</b>	<b>37</b>	<b>100.0</b>
Age	< 20	3	8.2
	20-29	16	43.2
	30-39	1	2.7
	40-49	11	29.7
	50-65	6	16.2
	<b>Total</b>	<b>37</b>	<b>100.0</b>

The researchers used a measuring tool for happiness, namely the Indonesian version of the Oxford Happiness Questionnaire (OHQ). This measuring instrument consists of 29 items, with 14 reverse-coded items and 15 positive items. The scale used is a Likert scale with a value range of 1 to 6. A scale with a value of 1 indicates a disagreement with the statement given, while the higher the scale value indicates greater agreement with the existing statement. Analysis was done by adding the total score of each participant and dividing it by 29 (the number of items) to obtain empirical score. High scores indicate greater pleasure, and the sum of the item scores serves as an overall indicator of happiness. An example of a positive item in this measuring tool is *"saya merasa hidup ini sangat berguna,"* while an example of a reverse-coded item in this measuring tool is *"saya tidak begitu optimis tentang masa depan."* It is known that the Indonesian version of the OHQ is a valid and reliable measuring tool with a Cronbach Alpha reliability coefficient of 0.83 (Adeline, 2017).

The data collection was carried out for 7 weeks, from February to March 2022.

## RESULTS AND DISCUSSION

Happiness was measured using the Indonesian version of the OHQ Questionnaire with a hypothetical mean of 3.5. From the results of the data analysis, it was found that the empirical mean of the 37 participants was 4.3273 with a standard deviation of 0.5497. Table 2 provides an overview of participants' happiness with a more specific category. According to Hills and Argyle (2002), important indicators of happiness include frequency and magnitude of happiness, the average level of satisfaction in one period, and the absence of negative feelings such as depression and anxiety. A low category of happiness indicated that participants view their lives as worse than they actually are, a medium category of happiness indicated that participants are neutral but somewhat satisfied with their lives, and a high category of happiness indicated that participants feel good and are very satisfied with their lives.

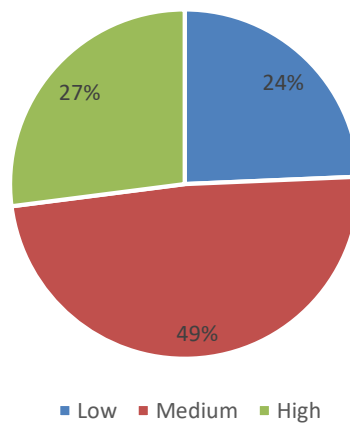
**Table 2.** Category of Participants' Happiness

Happiness Category	Frequency	%
Low	9	24.3
Medium	18	48.6
High	10	27.0
<b>Total</b>	<b>37</b>	<b>100.0</b>

Table 2 and Figure 1 demonstrate that the majority of participants' happiness is at a medium level, which is up to 48.6% of the participants, while the other 27.0% of the participants rated their happiness as high. In addition, as many as 24.3% of participants rated their happiness as low. According to the survey's findings, only a small number of participants rated themselves low for happiness.

The OHQ questionnaire's quantitative results are consistent with those of Nadhifah et al. (2021), who discovered that the level of happiness among farming families in the Pamijahan sub-district of Bogor, West Java, fell into the medium range. In this study, which was conducted in the village of Tegal Bedug, it was discovered that farmers' levels of happiness tended to be high, with only 9 out of 37 participants rating their levels of happiness as low.

## Happiness



**Figure 1.** Pie Chart of Participants' Happiness

Interviews with residents in the Tegal Bedug village related to happiness were carried out during the consultation session with the residents. From the results of the interviews with Tegal Bedug village residents, it was discovered that there were a number of factors that contributed to their happiness and also a number of factors that prevented happiness from emerging for the village residents. These factors seem to be a mix of interaction between individual attributes and social environmental condition.

One response from Mrs. E (48 years old) stated that the feeling of happiness felt by her is related to being able to reunite and spend time with her family again, especially with her husband, who is currently working abroad. Mrs. E explained that her husband has been working as a migrant worker in Malaysia for three years and, because of his work contract, he has not returned home yet. Mrs. E also has a 13-year-old teenager, and according to her, her teenage child is busy with school and activities with her friends. Raising a child without her husband is a situation that Mrs. E finds to be very difficult.

Another viewpoint was expressed by Mr. C (33 years old), who elaborated that happiness is experienced when one fulfills one's hopes and dreams. Mr. C explained that although he currently works as a farmhand for another person, he desires to have his own rice field. As a farm laborer, Mr. C feels that his income is insufficient to cover his daily needs. Mr. C has another desire to become a successful person and to earn a sufficient income to enable him and his family to travel for leisure trips out of town.

The response to the question about things that make people happy was answered differently by Mr. D (48 years old), who associated happiness with his physical health. Although Mr. D appears to be quite sturdy despite his thin appearance, he occasionally complains that he gets tired easily, especially given the diabetes he suffers from. Mr. D continues to do his daily duties as a farm laborer, but in his work, he must frequently take breaks and is unable to stay in the fields for an extended period of time.

The participants' responses about the things that cause the feeling of happiness are in accordance with the opinion of Nadhifah et al. (2021), who stated that interacting with family members had a relationship with happiness. According to the theory of sociology, this supports the notion that social interactions, especially with family members, play a role in enhancing happiness (Greco et al., 2015). Positive interactions with family members can enhance well-being through the offering of emotional support and by facilitating social and psychological adjustments in adult individuals (Chiang & Lee, 2018). As explained before, when an individual has a good well-being in life, then the individual can achieve happiness. Support provided by family members can also provide a sense of purpose in life and is a source of self-esteem, which can reduce the negative impact of stress (Chopik, 2017). As stated by Mrs. E, a lack of support and closeness with family members can cause psychological stress and a sense of isolation that reduces individual happiness (Taylor et al., 2018; Thomas et al., 2017).

In accordance with Mrs. E's statement, marital and child relationships also have an important role in establishing well-being. Negative aspects of a marital relationship such as tension and conflict can create stress and damage well-being. On the other hand, the benefits of marriage can foster social support, boost self-esteem, and encourage healthier behaviors generally in order to cope with the effects of stress. Relationships with children, such as establishing good-quality relationships, friendships, and providing

mutual support, also have important implications for well-being (Thomas et al., 2017). Interaction with family members seems to be one of the things that can support happiness. In particular, interactions that are full of support and closeness between family members can help individuals improve their well-being and reduce the impact of stress.

Research by Weech-Maldonado (2017) shows the importance of perceived physical health in influencing happiness. Individuals who perceive that they are physically healthy tend to be happier. In a statement by Mr. D, poor physical health was stated to be one of the obstacles at work that could affect his level of happiness. According to the sociological perspective, this is aligned with an individual's life-ability indicator of happiness (Veenhoven, 2014). Poor physical health might hinder Mr. D's ability to interact with his social environment, such as hindering his ability to work. This obstacle to being productive might make him have more negative feelings and lower life satisfaction, thereby affecting individual happiness as well (Lara et al., 2020). Physical health issues may be linked to the belief that one's circumstances are beyond their control, which heightens one's sense of helplessness (Elliot et al., 2018). According to Freedman et al. (2017), people with health issues also have a tendency to place more emphasis on the negative aspects of their conditions, such as how their daily routines are restricted, rather than focusing on the positive opportunities to develop coping mechanisms for their deficiencies. As a result, their happiness levels decline.

Happiness is also associated with achievement, as also stated by Mr. C, who believes that happiness will be felt when his goals are met or fulfilled. In research by Wang et al. (2017), it was explained that having succeeded in achieving a goal may positively influence life satisfaction, and this, in turn, is linked to happiness. According to Veenhoven (2014), this is aligned with the sociological theory of the utility of life, which emphasizes on the purpose and meaning of an individual's life. Having a target or goal in life may also serve as a compass that provides direction on what to do, organizes the efforts to be made to achieve that target, and determines the actions to be taken. That is, having a goal gives meaning and structure to life, so that it plays a role in increasing satisfaction and psychological well-being for individuals (Toth et al., 2018). In particular, people feel happier when their goals are in line with their values and aspirations, which makes them feel more fulfilled and content with their accomplishments (Schwartz & Sortheix, 2018).

Income was also mentioned by Mr. C as one of the sources for him to achieve his goals and feel happy. Sociology has a common belief that inequality in income might produce a decrease in well-being, although this belief is highly challenged by recent research (Veenhoven, 2018). Based on the statement by Mr. C, income might play a factor in well-being that is more linked to the utility and achievement of one's life, instead of the inequality with other parties.

Individuals with a higher level of happiness possess the skills to be more talkative, expressive, cheerful, and socially adept, while individuals who are less happy are rated as clumsier, quieter, and tend to express more insecurity (Gardiner et al., 2022). Having different opinions from each participant, the level of happiness of the participants in this study can be evaluated by how active and competent the individuals were when participating in the counseling session that took place.

The analysis was also carried out qualitatively based on data from the questionnaires of the participants who rated their happiness as low. Of the nine participants, the responses that described their unhappiness were shown by the item statements of 1) being unhappy with themselves, 2) feeling disinterested in the future, 3) believing this world is not a good place to live, 4) being unable to see beauty in some things, 5) not being cheerful, 6) feeling that it is difficult to make decisions, 7) feeling physically unwell, and 8) not having good memories in the past.

Item number one, namely, being unhappy with themselves, represents a person's assessment of themselves. This is the item that supports the measurement of happiness inside a person, or as Greco (2015) stated, a *micro* level of human appraisal. The degree to which people rate their own happiness is a reflection of how much love they have for themselves, also known as self-compassion. As explained by Inam et al. (2021), self-compassion (SC) and empathy are the best emotions and moral values possessed by humans, which lead to happier individual lives. Self-compassion is known to influence one's acceptance of one's own limitations and flaws, enabling people to accept their situations exactly as they are (Braehler & Neff, 2020). One can also find happiness in their own life by accepting the flaws they have within themselves. This is one of the limitations of the participants who have low happiness scores. Farmer participants in the Tegal Bedug village who have low happiness appear to still be low in assessing their own situation and have difficulty to accept their own shortcomings and limitations.

Another internal factor is the existence of self-esteem felt by the individual, which also has a relationship with happiness. This is because a high level of self-esteem leads to feelings of happiness in one's life (Baumeister et al., 2003). Self-esteem can determine how people perceive themselves in certain aspects. Accepting oneself and having a positive opinion of oneself are necessary to cultivate self-respect. Individuals with higher self-esteem are happier, more satisfied with their lives, have fewer negative moods, and more positive moods. Meanwhile, individuals with low self-esteem are at risk of experiencing negative emotions and poor mental states. Individuals with higher self-esteem are also said to use more effective coping strategies when facing problems and have a more positive outlook on life (Jordan et al., 2020).

Happiness can also be influenced by the individual's view of life in the future, as in the second item of the statement. This statement is in accordance with the opinion that the individual's view of life in the future will affect the feelings we experience in the present (Pleeging et al., 2021). Previous studies have shown that having a positive outlook on the future will increase one's subjective well-being (Kardas et al., 2019). Individuals with a positive outlook on the future will be more flexible and open to changes, and they will develop a more positive attitude towards adversity. The individual's view of life in the future goes hand in hand with the hope that a person possesses.

While living through life, a person tends to have expectations or hopes to fulfill. According to Pleeging et al. (2021), hope can become a defense mechanism for individuals who do not feel happy when going through a critical period or when facing conflict in their lives. With hope, individuals can improve their performance in an effort to achieve the goals that they expect in their lives. Having a mission to achieve, being motivated to achieve those goals, and making plans that can help to achieve these goals will make a meaningful contribution to the life of the individual; thus, improving individual well-being (Kardas et al., 2019). Hope, accompanied by a feeling of confidence that one can achieve expected life goals, has a relationship with the life satisfaction felt by the individual (Pleeging et al., 2021). Participants who are farmers in Tegal Bedug village who rate their happiness as low tend to see the future as uncertain and have low expectations, which can lead to low motivation in the future, as well as anxiety and hesitation in achieving it.

Happiness is formed on an individual's subjective evaluation of one's life in a sentimental and emotional framework (Erozkan et al., 2016). This becomes the basis for the items listed in the measuring instrument used. As stated in the third item, the assessment in question is a negative evaluation of one's life, which discusses a person's negative views on life and their environment. This view of unhappiness can be a result of interaction between one's subjective appraisal of life and the livability of their environment. If an individual perceives the livability of their environment as low, then happiness will decrease (Veenhoven, 2014).

Happiness can also cause social pressure to be felt by individuals. With the hope of feeling happy, it cannot be denied that individuals may measure their level of happiness through comparisons with the happiness of others in their environment, or what is called social comparison (Myers & Twenge, 2016). Farmers who constantly compare their circumstances to those of others may experience depression, frustration, and disappointment. A person's quality of life may decline as a result of the pressure they experience in their daily lives (Dejonckheere et al., 2022). As a result, the participant's choice of this item can be a significant indicator of unhappiness, indicating that the farmers in the village of Tegal Bedug tend to have a negative view of themselves and their own lives.

Veenhoven (2014) also stated about the importance of subjective enjoyment in life, which is linked to happiness. This enjoyment in life and how a person evaluates their environment can also be called gratitude. In their research, Liao and Weng (2018) found that gratitude influenced the level of happiness, as also stated in the fourth item about the perception of beauty in everyday life. Individuals with a higher level of gratitude are more likely to be content with simple things, focus more on positive aspects of life, feel thankful, and appreciate others' contributions (Kardas et al., 2019).

Developing gratitude may play a role in achieving well-being, increasing protective factors when facing difficulties, and lowering negative emotions in adult individuals (Salces-Cubero et al., 2019). Possessing gratitude is also linked to expanding individuals' thoughts and helping individuals achieve meaning from their life experiences. Individuals become more appreciative of the situations around them and see their situations as positive, hence they are more likely to be happy (Liao & Weng, 2018). In the situation of farmers in Tegal Bedug village who are unable to see beauty in certain things, it can be interpreted that those farmers are less able to see the positive aspects of their situation. This may make it difficult



for those farmers to understand the significance of meaning in their lives, which may lead to a more pessimistic outlook on life and a lack of happiness.

In the fifth item, it was stated that individuals who are not cheerful may also be an indicator of unhappiness. This is an indicator of an individual's trait. According to the previous findings, it was also found that happiness was linked with having more positive emotions and enthusiasm towards living life (Lauriola & Iani, 2017). In the article written by Diener et al. (2018), having positive emotions and feelings is one of the important components of happiness and psychological well-being. Individuals with more positive views feel more fulfilled in everyday life. Meanwhile, people who are prone to negative emotions, such as those who are pessimistic or exhibit depressive symptoms, tend to have a lack of motivation to maintain and pursue happiness. Additionally, those individuals often struggle to regulate their negative emotions, making them more susceptible to the detrimental effects of stress and pressure in daily life (Millgram et al., 2019). According to this explanation, farmers in Tegal Bedug village who feel that they are not cheerful are more likely to feel negative emotions and are less motivated to maintain positive things in their lives.

Related to the sixth item, happiness also has a relationship with the decision-making process in individuals. In previous research, happy individuals were found to be more tolerant of uncertainty and more vigilant, independent, and confident in making a decision. Meanwhile, less happy individuals were more focused on the negative aspects and were inflexible in considering several things in their lives (Yildiz & Eldeleklioglu, 2021). Not only that, people who struggle with decision-making also have a tendency to view their options negatively, which can lead to feelings of regret and other unfavorable emotions.

Having a good decision-making strategy, such as concentrating more on the future when making decisions now, can lead to a higher level of life satisfaction. People who are more future-oriented frequently see the challenges they are currently facing as an investment in the future that will help them to accomplish their long-term objectives. These people are also more driven to engage in the behavior they have chosen, even though it is challenging at the time, in order to achieve greater success and more satisfying results in the future (Burbic & Erceg, 2016). Farmers in Tegal Bedug village who have trouble making decisions might be focusing on unfavorable feelings or circumstances, which would affect happiness through improperly carried out goals, motivation, and life's purpose.

According to the explanation by Mr. D earlier, physical health is also one of the important indicators of happiness, as also stated in the seventh item. Farmers in Tegal Bedul village who believe that their physical health is declining can experience more negative emotions and increase their sense of helplessness (Elliot et al., 2018). This can reduce the level of happiness of the farmers in the village of Tegal Bedug.

The existence of memories in the past, as listed in the eighth item, is also stated to be an indicator of happiness. Previous studies by Witvliet et al. (2019) demonstrated that individuals who can reflect on and appreciate their past memories, even if they are unpleasant ones, are better able to develop uplifting hopes and happiness for the future. Being aware of positive experiences allows one to pay more attention to and appreciate the positive aspects of adversity, which leads to well-being. Happy thoughts can also turn past memories into feelings such as joy, gratitude, pleasure, pride, and admiration, which ultimately result in long-term psychological well-being (Smith & Bryant, 2017). Farmers in Tegal Bedug village who have trouble recalling the beautiful things that happened to them in the past can indicate their difficulty in finding positive aspects of their experience. This can affect farmers' happiness and their vulnerability to experiencing negative emotions.

The choice of participants who portrayed their unhappiness above was related to their evaluations of themselves, their future, and their environment. Happiness according to the farmers in Tegal Bedug village can be seen as a mix of interaction between individual attributes such as health, traits, self-appraisal, gratitude, and hope; with social environmental factors, such as relationship with others, the livability of the environment, and economic conditions. As stated by Bartram (2012), studying happiness helps in defining a more methodological approach for the implications in sociological research. Happiness among residents can also have a positive impact in the form of improvements in the economic, social, and political sectors (Dejonckheere et al., 2022). As explained by Seligman (2012), how individuals make choices about their lives will impact the happiness they are likely to achieve. Therefore, participants who give a lot of negative evaluations of their lives, themselves, their environment, and their future are expected to have difficulties in making the right decisions for their lives.

## CONCLUSION

It can be concluded from this study that the Tegal Bedug village has vast potential for rice fields, and as a result, the majority of the residents of Tegal Bedug village make a living through farming activities. Based on the results of the OHQ questionnaire, it was found that the level of happiness of farmers in Tegal Bedug village is average. Farmers of the Tegal Bedug village who give negative evaluations of their lives, themselves, the environment, and their future tend to have low ratings of happiness. While insufficient income and low livability of the environment also seem to play a part in farmers' unhappiness. Meanwhile, a happy life is associated with physical health, interaction with family members, and the achievement of one's goals. This finding highlighted the importance of the interaction between psychological (individual attributes) and sociological (livability and socioeconomic status) factors in viewing farmers' happiness. Recognizing the interaction between individual attributes and social environmental factors is crucial to maximize the outcome of the intervention and implications in sociological and psychological studies, specifically for farmers in rural areas. Future research can also delve more into the correlation between psychological and sociological factors of happiness in farmers in a larger sample across Indonesia.

## ACKNOWLEDGMENT

We would like to thank the *Lembaga Penelitian dan Pengabdian kepada masyarakat (LPPM)* – Tarumanagara University for the support provided in the form of funding grants for the implementation of the study. The authors also express gratitude to the head of the Tegal Bedug village, namely Mr. Sarwita, as well as the heads of RT and village residents who participated in this study.

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