INFLUENCE BIG FIVE PERSONALITY TO HAPPINESS FOR STUDENTS FROM MALUKU IN MALANG

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Abstract

This research aims to see the effect big five personality to happiness to students from Maluku in Malang. The research subjects were 32 people who were students from Maluku and were studying in the city of Malang, aged 19 - 27 years. The research instrument uses a Likert scale, namely Big Five Inventory (BFI) to measure big five personality And Oxford Happiness Questionnaire (OHQ) to measure happiness. After testing, the results obtained were not significant (sig = 0.130>0.05), which means that big five personality does not affect happiness to students from Maluku in Malang. Apart from that, the role percentage big five personality in influencing happiness only 7.5%, while the rest is influenced by other factors.

Keywords: Big five personality, happiness, student from Maluku

1. INTRODUCTION

A. Background

Every individual wants to study at a college with the hope of improving their future to be better, so many of them want to get facilities with good education. Therefore, many individuals leave their hometowns to get an education at a college that is considered better. Then other areas (Harijanto & Setiawan, 2017). This also occurs in individuals from Maluku who come to addknowledge in Malang City. And when they enter a new area, they will experience various problems that can affect their happiness. Such as language, new environment, friendship or social relationships, and so on.

Happiness is a very important thing, desired by everyone and everyone always tries to be happy. Many ways are done by individuals to achieve happiness. Happiness is created not for oneself, but also for the happiness of others around him. The meaning of the word happy is different from the word happy. Philosophically the word happy is interpreted as perfect spiritual comfort and enjoyment and also a sense of satisfaction, the absence of defects in the mind so that it creates a feeling of calm and peace. Happiness is something abstract and cannot be touched or felt (Bestari, 2015).

According to Aristotle, a happy person has a morally and prudentially good life, because that person has developed the right traits or character, at the right time, and refers to the right object with the right goal, and in the right way (Vitrano, 2010).

Everyone has a different picture of happiness. Some identify happy people as people who live with luxurious facilities, beautiful clothes, delicious food, have beautiful bodies, and so on. In addition, there are also those who describe a life of luxury, being rich, etc. as happiness. Some philosophers say that happiness is far above physical pleasure and establish happiness as a moral foundation. Where the good or bad of an action is measured by the extent to which the action causes someone to be happy (more precisely pleasure) (Fuad, 2015).

This is in line with what was stated by (Tamir, Schwartz, Oishi, & Kim, 2017) that according to Aristotle the more we experience the emotions we want to experience, the happier we will be. Across cultures, people are happier if they experience the emotions they want to

experience, whether they are pleasant emotions (e.g., love) or unpleasant emotions (e.g., hate). Happiness is related to the emotions that a person actually experiences, whether they feel good or bad.

In a study conducted by (Luo Lu a & Jian Bin Shih, 2010) it was found that the concept of happiness of Westerners emphasizes interpersonal evaluation and internal satisfaction. While the concept of happiness in Chinese people emphasizes interpersonal evaluation and external satisfaction. The concept of happiness of Chinese people also has unique components, such as feeling comfortable with life. However, happiness cannot cause someone to live long. So, happiness does not cure the disease suffered by someone, but happiness protects someone from disease attacks (Veenhoven, 2008). In addition to the studies that have been conducted, several other researchers have tried to conduct research and they found that happiness is related to human personality (Salary & Shaieri, 2013).

The big five personality theory consists of five factors to analyze a person's personality (Barrick & Mount, 1991). Personality is also related to various aspects of life (Soldz & Vaillant, 1999). The characteristics of each individual's personality are very diverse and one individual will be different from another. This is because there are various cultures throughout the world, this is what makes the personality characteristics of each nation different. Indonesia with its various ethnic groups has a unique character in each ethnic group, so research on personality in Indonesia is interesting to study (Mastuti, 2005).

The big five personality theory is a consistent approach to viewing and assessing personality in a person through the analysis of adjective factors. Where the five factors are extroversion, agreeableness, openness to experience, neuriticism, and conscientiousness (Nasyroh & Wikansari, 2017). Personality is determined by two factors, namely internal and external. Where internal factors are innate traits that are inherited or inherited by parents, while external factors are obtained from interactions between individuals with friends, school, family, and society (Chairilsyah, 2012). In previous research conducted by (Grimm, 2013) showed that personality is one of the factors that influences happiness.

B. Formulation of the problem

Based on the background above, the author formulated the problem to be carried out in the research, namely whetherBig Five personality can influence happiness, especially in students from Maluku who study in Malang City.

C. Research purposes

In every research that is formulated, there is certainly a specific objective, this research has the objectiveto see the influence of the big five personality on happiness in students from Maluku in Malang.

D. Benefits of research

The results of this study are expected to be useful academically and practically.

A. Happiness

Happinessor happiness is different from the word happy. The philosophical meaning of the word happy is spiritual comfort and pleasure and satisfaction, the absence of defects in the mind so that it feels calm and peaceful (Bestari, 2015). Happiness is a positive feeling characterized by satisfaction in an individual's life, providing positive effects and low negative effects that are assessed subjectively from the individual's perspective (Harijanto & Setiawan, 2017).

Several components or instruments of happiness according to (Fuad, 2015) can be objectively identified into the following things, namely: fulfillment of physiological needs (material), for example eating, drinking, clothing, vehicles, housing, sexual life, physical health, and so on; fulfillment of psychological needs (emotional), for example, feeling calm, peaceful, comfortable, and safe, and not suffering from inner conflict, depression, anxiety, frustration, and

so on; fulfillment of social needs, for example having harmonious relationships with people around them, especially family, respecting, loving, and appreciating each other; and fulfillment of spiritual needs, for example being able to see all episodes of life from the perspective of a broader meaning of life, worshiping, and having faith in God.

Happiness consists of four interrelated and sometimes interconnected parts, namely pleasure-based happiness (joy), statement-based happiness (happiness), integration-based happiness (feelings of joy), and fulfillment-based happiness (satisfaction) (Akhtar, 2010).

B. Big Five Personality

Personality can be categorized into five personality factors often called the "big five" personality dimensions. The big five personality seems relevant to different cultures and can consistently analyze the same factors and describe traits involving various conditions, samples, and factor extraction and rotation methods. And the big five personality has a genetic basis, so it can be inherited. The dimensions of the big five personality are Neuroticism, Extraversion, Openness to Experience, Agreeableness, and Conscientiousness (Rothmann & Coetzer, 2003).

Neuroticism personality is a personality type with contradictory things in emotional stability and is identical to all forms of negative emotions such as the emergence of feelings of anxiety, sadness, tension and nervousness. Conscientiousness personality identifies the extent to which individuals have a careful attitude in achieving a certain goal that is manifested in their attitudes and behavior. Individuals with conscientiousness personality have an attitude of being unprepared for everything, have a habit of procrastinating, show chaos or confusion in carrying out the tasks assigned to them, have a low level of caution, so that they show attitudes and behavior that are more spontaneous and hasty in making decisions. Extraversion personality tends to be friendly when around people, and enjoys joy and stimulation. Individuals with high extraversion personality types tend to be assertive, active, talkative, energetic, optimistic, and tolerant.

Agreeableness personality tends to have prosocial behavior such as behavior that is always oriented towards altruism, humility and patience. Individuals with this personality type always view other individuals as honest and have good intentions towards them, have humility, put the interests of others above their own interests, like to help others, and are sincere. Openness to experience personality tends to have an interest in certain fields broadly and deeply. Individuals with this personality have more interest in something than other individuals, high openness to experience, individuals have a high willingness to create broader interests in all aspects of life, have a high interest in exploring new things that are expected to bring new knowledge (Suminta, 2016).

C. Hypothesis

H0 : The influence of the big five personalities on happiness.

H1 : There is no influence of the big five personalities on happiness.

2. RESEARCH METHODS

A. Research Design

This study uses a quantitative approach, where the method used in this study uses data in the form of numbers as a tool to analyze the data that has been obtained.

In this study using a simple linear regression research design and this research design is used to determine the influence between variables. The purpose of the researcher using this design is to determine the influence of the big five personality on happiness in students from Maluku in Malang.

The following is a research framework:

Big Five Personalities (X) → *Happiness* **(Y)**

Figure I. Thinking Framework
Information :
VariablesIndependent (X)   : Big Five Personalities
Dependent Variable (Y)   : Happiness

B. Research Subject

The subjects in this study were 32 people, 22 men and 11 women with an age range of 19-27 years. The subjects used were students from Maluku who were studying in Malang. In determining the research sample, the researcher used the Nonprobability Sampling - Purposive Sampling technique because the subjects in this study had been categorized by the researcher.

C. Research Variables and Instruments

Big five personalities is a personality dimension that can describe or determine a person's personality consistently. Happiness is a positive feeling felt by an individual that creates comfort, satisfaction, and enjoyment in life.

This study uses the Likert scale, which is a psychometric scale that is widely used in questionnaires and survey research. In this study, the researcher used two scales, namely the big five personality scale and the Happiness scale. The scale used consists of 4 answer choices, namely 1 (Strongly Disagree/STS), 2 (Disagree/TS), 3 (Neutral/N), 4 (Agree/S), 5 (Strongly Agree/SS).

The Big Five personality scale used is a modified scale from the Big Five Inventory (BFI) scale compiled by John, Dunahue & Kentle (Litvinova, Balarabe, & Mohammed, 2015).

The Big Five Inventory (BFI) scale is a scale to measure the big five personality domains that has a relatively small number of items where this scale consists of 44 items. The big five personalities measured are as follows: extraversion (8 items), agreeableness (9 items), conscientiousness (9 items), neuroticism (8 items) and openness to experience (10 items).

The happiness scale used in this study, namely the Oxford Happiness Questionnaire (OHQ), was adapted based on the theory of Argyle, Marti, & Crossland, which consists of 29 items to reveal the following aspects of happiness: Life satisfaction, Joy, Self-esteem, Calm, Control, and Efficacy (Hills & Argyle, 2002).

2. RESEARCH METHOD

This research went through three stages, the first is the preparation stage, then the implementation stage and the last is data analysis. In the first stage, namely the preparation stage, it began with the researcher studying the material to be studied, then continued with the researcher searching for and adapting the big five personality and happiness scales. After adapting the two scales, the researcher conducted a try out by giving it to random subjects, and then the try out results were managed and the researcher evaluated the results of the questionnaire. Furthermore, the researcher selected the subjects based on the characteristics that had been determined.

In the second stage, namely implementation, the researcher distributed the big five personality and happiness scales to 32 subjects who met the predetermined criteria. To distribute the scale, the researcher came directly to the boarding houses and rented houses where the subjects lived.

The third or final stage of the research is the data analysis stage. Where researchers analyze the results of the entire intervention process. The data obtained from the subjects were inputted into Microsoft Excel and then continued by analyzing the data using SPSS for Windows

version 21.

First, a normality test is carried out using Kolmogorov-Smirno-Z to determine whether the data obtained is normally distributed, then a linearity test is carried out to determine whether the two variables have a linear relationship or not. And to test whether the results obtained are significant or not, the researcher uses simple linear regression. The researcher uses a simple linear regression data analysis method because this study tests the causal relationship from the dependent variable to the dependent variable and predicts how far the dependent variable will be if the independent variable increases or decreases.

3. RESULTS AND DISCUSSION

A. Research result

The assumption tests conducted were normality test and linearity test. Based on the normality test using Kolomogorov-Smirno-Z, the results obtained were that the Asymp Sig. (2-tailed) value was big five personality 0.937 ($p>0.05$) and happiness 0.988 ($p>0.05$), so the data in this study were normally distributed. The following are the results of the linearity test which will be shown in Table 1.

Aspect	Mark
Sig Linearity	0.057 (<0.05)
_Sig Deviation From Linearity	0.118 (>0.05)

Table 1. Linearity Test

Based on Table 2, it is concluded that the relationship between the big five personality variables and happiness is linear. This is because the data obtained is normally distributed and linear, so a hypothesis test can be carried out.

Variables	R	R Square	Sig	Conclusion
Big five personality & Happiness	0.273	0.075	0.130	No Significant

Table 2. Hypothesis Test

Based on the table above, it is known that the sig value = 0.130 (sig > 0.05), this shows that the data obtained is not significant which means that the big five personality does not affect happiness in students from Maluku in Malang (HO is rejected). From the results of the analysis, it is also known that the magnitude of the correlation value between the two variables is R = 0.273, and the percentage of the role of the big five personality in influencing happiness is only 7.5%, the rest is influenced by other factors. This is indicated by the R Square value of 0.075.

B. Discussion

Research conducted on 32 students from Maluku in Malang showed that the big five personality does not affect happiness. This is indicated by a significant value of 0.130. This could be due to many other factors that can affect happiness, namely situational factors such as marital status, achievement, education, financial status, health status, and social factors such as satisfaction with social relationships, size of social networks, or behavior in social situations (Pishva, Ghalehban, Moradi, & Hoseini, 2011).

Social support is one of the factors that can affect happiness in students who leave their hometowns to get the best education in other areas, often called migrant students. Like Maluku students who are studying in Malang, they provide social support in the form of emotional support, help each other if friends are lacking in material, provide advice and advice to each other, and so on, so that the big five personality does not always significantly affect happiness, this is in line with research conducted by (Harijanto & Setiawan, 2017) which states that factors related to happiness are social support, because when someone gets social support, that person will feel loved, cared for, and will also feel happy.

This is in line with what was stated by (Fuad, 2015) that a person's happiness can be seen from three perspectives. The first is objectively, namely, seeing the extent to which the level of fulfillment of needs, both physical, social, and spiritual. The second is from a perspective (external) such as being optimistic, full of confidence, steadfast and tenacious, generous, having a steadfast nature, and willing. And the third is subjectively (internally) such as asking someone about their subjective feelings about their life.

As well as research conducted by (Elfida, Lestari, Diamera, Angraeni, & Islami, 2010) which states that culture plays an important role in efforts to achieve happiness and the research conducted obtained results that social relations with people contribute to a person's experience of happiness, and friends and family are parties that support the feeling of happiness. Research (Al-Naggar et al., 2010) also states the same thing, namely that one of the main sources of happiness in students is having good relationships with friends and family.

From the research results that have been explained above, it does not mean that this research has no shortcomings. The limitations of this research are the number of subjects that are lacking and cannot represent the population of Maluku students in the city of Malang.

4. CONCLUSION

The study was conducted to see the influence of big five personality on happiness in Maluku students in Malang. Based on the results obtained, it can be concluded that big five personality is not the only factor or main source that influences happiness, and from the percentage of the role of big five personality in influencing happiness, it is only 7.5%, while the rest is influenced by other factors. For further research, it may be possible to conduct research with more research subjects, make comparisons between two different tribes, or conduct research with the same title but on different tribes.

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