

The Relationship among Hedonistic Lifestyle, Life Satisfaction, and Happiness on College Students

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Abstract—This study aims to determine the relationship between hedonistic lifestyle with life satisfaction and the relationship between hedonistic lifestyle with happiness on college students. This study uses a correlational quantitative approach, the data collection technique used is convenience sampling technique in 80 first and second-year Psychology Students in Islamic University of Indonesia. The results of this study indicate that there is a significant relationship between hedonistic lifestyle with life satisfaction on Psychology Students Islamic University of Indonesia. It is shown from the value of the correlation coefficient $r = 0,275$ with a significance of $p = 0,013$. The effective contribution of hedonistic lifestyle to life satisfaction in students is amounted to only 0,045. While, there is no significant relationship between hedonistic lifestyle with happiness. It is shown from the value of the correlation coefficient $r = 0,028$ with a significance of $p = 0,805$. From the results, it can be concluded that there is a significant positive relationship between hedonistic lifestyle with life satisfaction on Psychology Students Islamic University of Indonesia. While there is no significant positive relationship between hedonistic lifestyle with happiness on Psychology Students Islamic University of Indonesia.

Index Terms—Life satisfaction, happiness, hedonistic lifestyle, well-being.

I. INTRODUCTION

Students are individuals who are in the early stage of adult development. This period is a period that is very susceptible to problems and they will be exposed to various new situations. At this time, students are considered capable of making decisions for their own future and able to know the capabilities and responsibilities. Happiness in the students can be obtained through the fulfillment of their needs and development of the tasks. Students who are happy are the students who are able to accept all what is owned by the positive emotions and able to adapt to themselves and the environment [1].

In this life, we experience a lot of unpleasant things, such as feelings of anxiety, anger, judgment, depression, disappointment, fatigue, notch, guilt, loneliness, dissatisfaction, and worry which can be a cause of unhappiness. Unhappiness can derive from anywhere, such as the failure of love, family problems, conflicts with friends, to minor problems. As a result, feelings of unhappiness can make the people threatened, even the most fatal to commit suicide.

In addition to college problems, lifestyle also cannot be separated from the students' life. Happiness and life satisfaction are one of the most important parts of subjective

well-being. Life satisfaction is a global concept and refers to various aspects of life which is owned by an individual and something that is important in the individual's life. The students' happiness and satisfaction are closely related to the achievement of their campus later.

Campus is a place where the students seek knowledge and learning, a place to develop themselves, as well as a place where the students compete to show what they have. Moreover, college life has formed a variety of typical lifestyles among students and there are high socio-cultural changes that make each individual maintains a pattern in consumption.

Hedonistic lifestyle is recently known to be the trend among students. Students who are adherents of hedonistic lifestyle are oriented on the pleasure and enjoyment as well as avoiding all sorts that give rise to unpleasant feelings. The individual needs to get the pleasure affect the happiness derived from the satisfaction of the fulfillment of those needs. Individuals frequently take various ways to get a happy feeling even though it is negative behavior.

Hedonistic lifestyle is oriented towards pleasure and enjoyment. It is closely related to happiness which is also oriented to meet the needs of individuals to obtain the satisfaction. Based on the above, it is thus important to know how the relationship among hedonistic lifestyle with hedonistic lifestyle and happiness on the students.

Research on students who have a hedonistic lifestyle is shown in the results of Lukitasari & Muis (2015) indicate that a hedonistic lifestyle in the students of Faculty of Language and Art UNESA year of 2012-2013 is likely to lead to the high interest in finding and prioritizing pleasure above all needs leading to the consumer behavior in the form of consuming goods excessively [2]. Other results conducted by Syafaati (2008) in Sociology Students Faculty of Social Sciences and Political Sciences Lampung University show that there is a tendency of clubbing activities as a form of worldly pleasures [3].

This study was conducted in Yogyakarta in first and second-year Psychology Students at Islamic University of Indonesia where in the department, there is a tendency for the students of middle and upper economic levels (high class) who have a hedonistic lifestyle. In everyday life, the students are found to dress in fashionable and branded, use luxury private vehicles when they go to college and there is a tendency of students who hang out at certain places to look for pleasure.

II. LITERATURE REVIEW

A. Life Satisfaction

Life satisfaction is a state of prosperous or contentment which is a pleasant condition and arises when the needs and

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specific expectations are met [4]. Diener (2005) said that life satisfaction explains how does one evaluate or assess his/her life as a whole, which is the individual reflective assessment in his/her life [5].

According to Diener the aspects of satisfaction are [6] (a) Evaluation of Life Satisfaction Globally (life satisfaction), namely to present the individual assessment in general and reflective to his/her life [7]. (b) Evaluation of Satisfaction in Specific Domains (domain satisfaction), namely satisfaction in life which focuses on an assessment of specific aspects in the life of individual according to Pavot [8].

While the factors that affect life satisfaction are, among others, resilience, assertiveness, empathy, internal locus of control, extraversion and openness to experiences associated with life satisfaction and environmental factors can also affect life satisfaction [9]. Factors such as culture, gender, age, social relationships, income, occupation and education may also affect an individual's life.

B. Happiness

Happiness is a subjective thing, so that there are different meanings on happiness. According to Seligman happiness is when someone will remember a lot more pleasant events that what actually happen and forget more adverse events [10]. The concept of happiness is synonymous with life satisfaction or satisfaction with life [11]. Diener also states that satisfaction with life is a real form of happiness where the happiness is something more than an achievement of the goals because happiness is always associated with better health, higher creativity and work better [12]. While according Lyubomirsky happiness is assessment of subjective and global in assessing themselves as people who are happy or not [13].

According Ryan and Deci there are two perspective about happiness, hedonistic approach and eudaimonic approach [14]. The perspective of hedonistic aim well-being in the concept of life satisfaction and happiness, the main purpose in life is to get optimal enjoyment. While eudaimonic formulate well-being in the self-actualization of man in the face various the challenges of life [15].

According to Seligman there are three aspects of happiness [10], among others: (a) Satisfaction of the past, namely the satisfaction, relief, success, pride, and peace. (b) The happiness in the present which consists of two things, namely pleasure and gratuity. (c) The optimism for the future, namely the positive emotions about the future including faith, trust, confidence, hope and optimism.

While the factors of happiness, according to Seligman are money, social life, negative emotions, age, health, and religiosity [10].

C. Hedonistic Lifestyle

According to Well and Tigert lifestyle is a life pattern, the use of money and time that a person has [16]. While Susianto explains that hedonistic lifestyle is a lifestyle which directs its activities to seek the pleasures of life and activity in the form of spending time outside the home, more playing, happy in the city crowd, happy to buy goods that are less necessary and always want to be the center of attention [17]. Another opinion by Levan's & Linda indicates that hedonistic lifestyle is a pattern of behavior that can be seen from the activities, interests and opinions which always emphasize on the pleasures of life [18].

The aspects of hedonistic lifestyle by Well and Tigert [16] are: (a) Interest is defined as what is interesting from an environment that individual notices. Interests can be raised of an object, event, or topic that emphasizes on the element of life's pleasures. (b) Activity is the way people use their tangible time in concrete actions that can be seen. (c) Opinion is individual's opinion given in response to a situation when it appears or statements about social issues and products related to life.

III. HYPOTHESIS

The hypotheses proposed by the researcher in this study are:

- 1) There is a relationship between hedonistic lifestyle with life satisfaction on Psychology Students Islamic University of Indonesia
- 2) There is a relationship between hedonistic lifestyle with happiness on Psychology Students Islamic University of Indonesia.

IV. METHODS

This study used quantitative approach. The subjects in the study are active Psychology Students Islamic University of Indonesia year of 2015 and 2016 amounting to 80 students with data collection of convenience sampling techniques. Data analysis method used was statistical correlation analysis with Spearman's Rho since the data are normal distribution, but the linearity test showed that the data were not linear.

The data collection method in this study used a questionnaire with 3 scales namely scale of happiness, scale of life satisfaction and scale of hedonistic lifestyle. Scale of life satisfaction used Temporal Satisfaction with Life Scale compiled by Pavot, Diener, and Suh consisting of 15 favorable items, 5 items were related to the satisfaction of the past, 5 items were related to the satisfaction at the current state, and 5 items were related to the satisfaction for the future. Life satisfaction scale used in this study had a validity score ranging from 0,227 to 0,692 with a Cronbach's alpha reliability of 0,778 indicating that the scale is reliable and usable.

Second, the scale of happiness used Subjective Happiness Scale compiled by Sonja Lyubomirsky consisting 4 favorable items. Happiness scale used in this study had a validity score ranging from 0,537 to 0,844 with a Cronbach's alpha reliability of 0,644 indicating that the scale is reliable and usable.

Third, the scale of hedonistic lifestyle. Hedonistic lifestyle scale was compiled by the researcher based on the dimensions of hedonistic lifestyle by Well and Tigert namely activities, interests, and opinions which consisted of 14 favorable items and 2 unfavorable items. Hedonistic lifestyle scale used in this study had a validity score ranging from 0,255 to 0,593 with Cronbach's alpha reliability of 0,732 indicating that the scale is reliable and usable.

V. RESULTS

A. Normality Assumption Test

From the results of normality test based on Kolmogorov-Sminorv analysis, it was known that significance for happiness was at $p = 0,200$, for life satisfaction data at $p = 0,200$ and hedonistic lifestyle data at $p = 0,200$. The significance for all variables is greater than $p > 0,05$. It indicated that the data on the variables of happiness, life satisfaction and hedonistic lifestyle were normal distribution.

B. Linearity Assumption Test

Linearity test showed that the relationship between hedonistic lifestyle with life satisfaction generated value of $F = 3,634$, $p = 0,060$. The significance was greater than $p > 0,05$. It indicated that the variables of hedonistic lifestyle with life satisfaction proposed were not linear. Linearity test of the variables of hedonistic lifestyle with happiness generated value of $F = 0,024$, $p = 0,887$. The significance was greater than $p > 0,05$. It indicated that the variables of hedonistic lifestyle with happiness proposed were not linear.

C. Hypothesis Testing

Hypothesis testing was done to test the hypothesis of the study, referring to the assumption that showed that data of the three variables were normal distribution, but the linearity test indicated that the data were not linear, thus the correlation test used was Spearman's rho correlation.

Based on the results of correlation test between the variables of hedonistic lifestyle with life satisfaction, it is found that there is a significant relationship shown on the value of the correlation coefficient $r = 0,275$ with a significance of $p = 0,007$ below $p < 0,05$. The hypothesis is accepted. Thus, there is a significant positive relationship between hedonistic lifestyle with life satisfaction on students.

TABLE I: THE RESULTS OF CORRELATION TEST

Hedonistic Lifestyle	r	p	r ²
Life satisfaction	0,275	0,013	0,045
Happiness	0,028	0,805	0,000

While from the results of correlation test between the variables of hedonistic lifestyle with happiness, it is found that there is no significant relationship shown on the value of the correlation coefficient $r = 0,028$ with a significance of $p = 0,805$ above $p > 0,05$. The hypothesis is rejected. Thus, there is no positive significant relationship between hedonistic lifestyle with life satisfaction on students.

VI. DISCUSSION

This study aims to determine the relationship between hedonistic lifestyle with life satisfaction and the relationship between hedonistic lifestyle with happiness on students.

Based on the results between the variables of hedonistic lifestyle with life satisfaction, it is known that the two variables have a significant relationship with $p = 0,013$. The relationship between the two variables shows that the higher the hedonistic lifestyle shown by Psychology Students in Islamic University of Indonesia, the higher the satisfaction of their life. In contrast, the lower the hedonistic lifestyle shown

by the students, the lower the satisfaction of their life. The effective contribution of hedonistic lifestyle to life satisfaction in students is amounted to only 0,045. This illustrates that hedonistic lifestyle only has 4,5% influences on life satisfaction of Psychology Students in Islamic University of Indonesia. While the other 95,5% are influenced by other factors that are not involved in the study.

Students who have a hedonistic lifestyle tend to be directing their life to things such as pleasure and enjoyment. According to Well and Tigert hedonistic lifestyle can arise when individuals feel an interest in an object, event, or topic that emphasizes on the elements of the pleasures of life, then the individuals will respond and take real action on an object or event. For instance, students who hang out in cafes, walk to the mall, clubbing, love to seek attention even there are students who say that buying products that are busy discussed is mandatory, some of these activities only to find satisfaction and pleasure [16].

In line with the concept of hedonic treadmill, Brickman and Campbell described a hedonic treadmill, in which processes similar to sensory adaptation occur when people experience emotional reactions to life events. Brickman and Campbell proposed that people briefly react to good and bad events, but in a short time they return to neutrality. Thus, happiness and unhappiness are merely short-lived reactions to changes in people's circumstances. People continue to pursue happiness because they incorrectly believe that greater happiness lies just around the corner in the next goal accomplished, the next social relationship obtained, or the next problem solved. Because new goals continually capture one's attention, one constantly strives to be happy without realizing that in the long run such efforts are futile [19].

This is in line with research conducted by Syaafaati (2008) which showed that there is a tendency of students to do activities such as clubbing as a form to obtain worldly pleasures [3]. Life satisfaction obtained from a hedonistic lifestyle is only to obtain temporary worldly satisfaction.

Meanwhile, the results between the variables of hedonistic lifestyle with happiness, it is known that both variables have no significant relationship shown by the value of $p = 0,805$ $p > 0,05$. Hedonistic lifestyle also has no influence on happiness Psychology Students in Islamic University of Indonesia. It is demonstrated from the value of $r^2 = 0,00$ then the hypothesis proposed by the researchers is rejected. They are satisfying, but not happy, satisfaction that is only temporary at certain times, while happiness is not temporary.

There are some things that may lead to the hypothesis being rejected. According to Widhiarso it is due normative or social desirable items [20]. Azwar in addition to possible normative items due to the lack of proper operational [20].

There is no relationship between hedonistic lifestyle with happiness that happiness is seen not only objectively, but also subjectively. According to Lukman happiness of each individual depends on the meaning and understanding of happiness so that the happiness of individuals depends on how they measure, interpret, and create by themselves [21].

Moreover, the insignificant relationship between the variables of hedonistic lifestyle with happiness is because the happiness is not transient but rather an ultimate goal to be obtained by each individual. Aristotle explained that happy people do not want anything anymore, and if they want anything else, it means that they have not felt real happiness. Money is simply a destination for other purposes, meaning

that it does not cause happiness [22]. Money and the matter has not always automatically lead to increased happiness in one's life. However, thus not mean that riches, possessions, money and materials not needed in life [10].

The impact of money, and material wealth is a relative thing, and will be temporary, whereas the true happiness is not determined by the amount of money, wealth, and material that is owned by someone, but the positive feelings formed in one's personal.

In line with that, Diener said that happiness is more than an achievement of the goals that temporary such as health and employment [12]. In contrast, Hedonistic lifestyle by Susianto is pattern of behavior that directs its activities to seek the pleasures of life and activity in the form of spending time outside the home, more playing, happy in the city crowd, happy to buy goods that are less necessary and always want to be the center of attention [17].

It is supported by the results of Lukitasari (2015) which indicate that a hedonistic lifestyle is the high interest in finding and prioritizing pleasure above all needs leading to the consumer behavior in the form of consuming goods excessively [2].

VII. CONCLUSION

Based on the results, it can be concluded that firstly, there is a significant positive relationship between hedonistic lifestyle with life satisfaction on Psychology Students Islamic University of Indonesia. That is, the higher the hedonistic lifestyle shown by the Psychology Students in Islamic University of Indonesia, the higher the satisfaction of their life. In contrast, the lower the hedonistic lifestyle shown by the Psychology Students in Islamic University of Indonesia, the lower the satisfaction of their life. Hedonistic lifestyle has 5% influences against life satisfaction of the Psychology Students in Islamic University of Indonesia.

Second, there is no significant positive relationship between hedonistic lifestyle with happiness on Psychology Students Islamic University of Indonesia. Thus, hedonistic lifestyle does not affect the happiness of Psychology Students in Islamic University of Indonesia.

VIII. SUGGESTION

Suggestions for further researchers who are interested in doing research with a similar theme, this study is expected to become a reference in the study. For further researchers, it is suggested to improve the quality of further research such as data collection methods, expand the scope, and expand the number of samples and examine other factors that can affect life satisfaction and happiness to the students.

For students, in particular Psychology Students Islamic University of Indonesia who have hedonistic lifestyle, they are expected to understand that hedonistic lifestyle only has little influences on their life satisfaction as it is only temporary and does not affect the happiness of the students at all.

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