

Local Community Views on Happiness

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ABSTRACT: This study aimed to interpret the views on happiness of local people as the members of the Banjar Dangin Peken, Sanur, Bali, Indonesia. This research used qualitative method, with the coding process using Nvivo 11 Plus. Moreover, the snowball sampling method was implemented which started from one key informant, namely Kelian as the leader of Banjar Dangin Peken. The local people's view on happiness was interpreted through five aspects namely: health, gratitude, leadership, choice, and social relations. The conclusion obtained from this study revealed that the happiness of the local community in Banjar Dangin Peken was communal in nature.

KEYWORDS: *Happiness, Views, Community, NVivo, Banjar*

I. INTRODUCTION

The idea that stated happiness is the core of human life has existed since long time ago. Greek philosopher, Aristippus, in the 4th Century BC suggested that the purpose of life is to maximize one's happiness. Since then, happiness has become a contentious concept in various branches of science such as psychology. Moreover, happiness also moves into the realm of political science to economics. In a prosperous society, it is often assumed that the community is in a happy state. However, happiness is not a uniform thing in various layers of society. In this case happiness is subjective.

Sen (2000) emphasizes that happiness can be understood as a combination of various being and doing. This view was also developed by Ruta et. al., (2006) into three aspects, namely having, thinking and doing. One aspect which becomes the focus of this research is thinking. Thinking can be seen as a view of happiness. In general, many people regard happiness as material ownership and money in order to fulfill all of someone's desires. This is shared by those who hold to hedonism. In this understanding, there is an assumption that humans should live in a such way that they can be happier. Meanwhile, it is need to emphasize that happiness is something subjective. Therefore, the views on happiness will also be very diverse. The diversity of views can be unique and original, especially when viewed from the perspective of local communities.

II. MATERIALS AND METHODS

The purpose of this study was to interpret the view on happiness of the local community as the member of Banjar Dangin Peken in Sanur Village, Bali Province, Indonesia. Banjar literally means a traditional community organization in Bali whose scope is smaller than a village. Banjar Dangin Peken is included in the Sanur Village area, Bali, Indonesia. The local community of Banjar Dangin Peken is a traditional society that has visionary thinking, but still can maintain the traditional values. This research is qualitative (Creswell, 2009) and the coding process used the Nvivo 11 Plus. It also implemented the snowball sampling method, which started from one key informant, namely the Kelian (The Leader) of Banjar Dangin Peken. In this snowball sampling method, the key research informants would show other relevant subjects to be used as sources of data and information, continuously until the data and information are saturated.

Exploration of research sites has started since January 2017 in order to explore the lives of local communities, meanwhile the in-depth interview process began from January to May 2019. Interviews began with key informants and continued with other informants. Key informants were IMSM (55) who was Kelian of Banjar, which was then continued by other appointed informants including IWS (59), IWSu (54), IWM (47) and IKAW (43), as shown in Figure 1.

III. RESULTS AND DISCUSSIONS

The local community's view on happiness in Banjar Dangin Peken about is reflected in several nodes including health, gratitude, leadership, choices, and social relations. Figure 2 shows the entire node. The view that health is happiness becomes the basis of preventive efforts towards health. In this view, good health is happiness is a view expressed by informants who stated:

"Happiness is if we have good health." (IWS).

Simply stated by the informants, if someone can be grateful, then it is seen as happiness. This was revealed in the following interview excerpt:

"Perhaps because I am always grateful so I always feel well off" (IWS).

"We must be grateful for everything we have in our life. The only key of my happiness is when I feel grateful" (IWM).

Banjar Dangin Peken Sanur has indeed existed for a long time, the existence of course is inseparable from the leadership factor in the banjar organization. Typically in Bali, Kelian Banjar is a democratically elected leader. The view emerged that good leadership had an impact on the happiness of the Banjar member. This was proven through the following informant's statement:

"Kelian does have visionary thoughts, then it is discussed together with the banjar members during moments of 'paruman' (regular meeting).

Kelian here has a lot of innovation, so the banjar here can move forward like we are today" (IWS).

"The point is whatever done or initiated by Kelian Banjar, I wholeheartedly will support it, because he has a visionary mind for the progress of the banjar and for the sustainability of generations in Banjar Dangin Peken" (IWSu).

In banjar, there are social relations that cannot be separated from the lives of its citizens. The view that happiness can be seen as good social relationships expressed by the following informants:

"The gathering with fellow Banjar members is a very valuable moment.

That is happiness" (IKAW).

In the end, happiness is a choice, it is an emerging node. This is evidenced in the following interview excerpt:

"Happiness is a choice, we just choose to be happy or not" (IMSM).

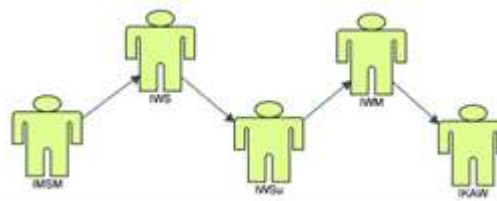
The view of happiness is based on two things, namely how satisfied or not they are with life and how good or bad their feelings are. Referred to this, if we look at the findings on health nodes, it can be said that local people consider to be healthy. Veenhoven (2008) states that health care must not only focus on disease, but must encompass a broader quality of life. It is certain that by being healthy, local people can do all kinds of their daily activities so that it leads to good feelings. However, for the local community of Banjar Dangin Peken, health is sometimes considered as natural, for instance if someone has a cold and cough, it will be cured naturally.

The nodes of gratitude shown in this study seem to be in line with McCullough et. al., (2002); Diener et. al., (2003); and Froh et. al., (2011). In essence, gratitude is done as a positive appreciation in their lives. Interestingly, every gratitude is always equipped with rituals and offerings addressed to God. This is what distinguishes their gratitude.

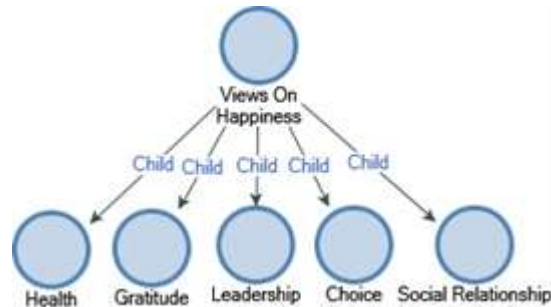
The view that leadership in Banjar promotes happiness could be characterized through how Kelian Banjar Dangin Peken Sanur runs authentic happiness by Walumba et. al., (2008). Authentic leadership is a pattern of leader behavior that always transmits positive thoughts such as a good ethical climate, higher self awareness and an internalized moral perspective. These characteristics then result in more balanced treatment of information, higher transparency and better relations with the Krama (Members of Banjar) so that they contribute to the positive development for the members themselves.

Helliwell and Putnam (2004); Diener and Oishi (2005) emphasize that social relationships play an important role in happiness. The emergence of this view is contrary to western world views on happiness which emphasizes the individual's existence. Activities based on individuals tend to ignore social relations. Local people claim that happiness is a choice. That is, in their perspective, if one wants to be happy, then it is necessary to choose to be happy.

IV. FIGURES



Picture 1
Snowball Sampling Scheme



Picture 2
Nodes Views on Happiness

V. CONCLUSION

The happiness of the local people as the members of the Banjar Dangin Peken was communal. It means as long as they are involved in this banjar, they always feel happiness.

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