

## ANALYSIS OF COLLEGE STUDENTS' HAPPINESS IN RELIGIOUS AND GENERAL COLLEGES

Ismail<sup>1</sup>, Muhammad Abrar Parinduri<sup>2</sup>

### *Abstract*

*This research was conducted with the aim of describing and analyzing more deeply the orientation of happiness in students. The subjects of the study were 100 students from Islamic Religious Universities (PTAI) and Public Universities (PTU) in North Sumatra. The research method used is quantitative research. The research data was obtained through the distribution of Google Form questionnaires and in-depth interviews with selected respondents aimed at getting a more in-depth description. The data collection carried out in this study was by means of documentation, interviews and observations. Meanwhile, the data analysis techniques used are through data collection, data reduction, display or presentation of data and data verification to draw conclusions. The results of this study showed that the dominant happiness factor in PTAI students was religious and religiosity with respondents who chose this factor as much as 30%. Meanwhile, the dominant happiness factor in PTU students is faktor money with answer respondents who chose this factor as much as 32%. In behaviors that affect happiness, there are similarities, namely PTAI and PTU students dominantly choose a close and harmonious relationship is a behavior that can affect the happiness of their lives.*

*Keywords: Happiness, Students, College.*

### **Introduction**

Human beings as a group and individuals always want happiness in their lives. Happiness is meant not only in the family environment, but also in the work environment, society and when in the process of studying. Happiness is a feeling that can be felt by the individual as an overflow of emotions and in this case the emotion in question is a positive emotion. It is certain that one of the goals of humans in this world is to achieve happiness. Happiness in question is where the individual has a feeling of pleasure, peace, and inner comfort and with that happiness can have an effect on his life. Human beings as individuals are sure that their lives want to be happy, including in this case students.

Students are the next generation of the nation who are required to prepare themselves to face the sustainability of a country in this case

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<sup>1</sup> STKIP Budidaya, Binjai, Indonesia, manurungisma@gmail.com

<sup>2</sup> Medan Area University, Indonesia

the Indonesian state. Students as human beings in their lives also often feel unhappy, and in general the unhappiness is around the affairs of college assignments. Students who are less b ahagia usually face significant emotional, mental, physical, and social challenges over the years at their educational institution. Students' ability to face these challenges effectively can influence students in terms of having positive or negative experiences. It is important to understand the factors involved in the challenges students face in order to gain happiness in order to help students towards a positive life experience and constructive.

Happiness is one of the most important life goals. Every human being certainly wants his life to be happy both male and female and certainly does not want suffering in his life. The essence of happiness is very important in life, so human beings strive to be able to realize it. The path taken by humans to obtain happiness is certain to be different (Febrianto, 2021; Rotramel, 2021; Tsz-lok Lee, 2022). There are people who go the rabbinical path by following religious instructions. Others choose paths that tend to lead to negativity such as drugs, gambling, drinking and even stealing. The two paths ultimately have different consequences for individuals in achieving their happiness (Aprilianti, 2020).

Happiness is part of the realm of positive psychology. One of the indicators of subjective measures taken universally is the measure of wellbeing, life satisfaction, or good life (Conn, 2003; K. L. Seligman & Stein, 2003; M. E. P. Seligman et al., 2005, 2006). These three things lead to indicators of happiness if an individual human being is able to fulfill it. With the fulfillment of health, the comfort of life, and a good life, people will be able to feel happiness. But along the way, happiness still boils down to a subjective statement because every human being in the world is still debating and questioning how they achieve happiness.

Happiness is the goal of life, and the pursuit of happiness is the underlying theme and driving force for human society. A student's perception of happiness refers to the views and opinions of the student community about what happiness is and how to pursue it. As an important representative group of young people, students' conceptions of happiness influence their life goals, value exchange, behavioral choices, etc. Studies have proven that differences in gender, age, grade level, school life, academic level, and student family environment rest on happiness.

There are a variety of approaches used to understand the meaning of happiness and where the source of happiness comes from, for example biological, psychological, religious, and philosophical approaches. In addition, researchers have also identified several

attributes that have a correlation with happiness. The attributes in question include social interaction, marital status, employment, health, democratic freedom, optimism, and involvement in religious activities. Happiness can be expressed as part of health, pleasure, satisfaction of the heart, and reduced stress in life. Life satisfaction is also closely related to happiness where happiness can be linked to better health, higher creativity and a better work environment or work environment. As Seligman stated that happiness is a positive emotion and activity that is associated with the overall activity of human life (Conn, 2003; K. L. Seligman & Stein, 2003; M. E. P. Seligman et al., 2005, 2006).

A person's happiness can be influenced by various factors both external and internal. External factors include money, marriage, social life, work productivity, education, climate, race, and gender. Internal factors include health, age, emotional state, religion, and life satisfaction (Conn, 2003; K. L. Seligman & Stein, 2003; M. E. P. Seligman et al., 2005, 2006). Furthermore, the happiness factor argues that the factors that affect happiness are money, success, age, gender, intelligence, community, sex, health, togetherness, religion, love, marriage, job satisfaction, and inner happiness. The marriage factor also has a greater impact in influencing a person's happiness. The results of research conducted by Seligman revealed that almost everyone of the 10% of the happiest people is the one who has romantic relationships and is in a lot of social life. The focus of happiness in this study is on 3 (three) elements of happiness orientation, namely positive emotions (focus on something fun), engagement (social engagement), and meaningfulness of life (M. E. P. Seligman et al., 2005).

This study aims to explore the main factors that influence student happiness, with a view to providing useful advice to promote their holistic development for the benefit of society and the country. The object of this study was 100 students from universities divided into 50 people from PTAI (Islamic religious colleges) and 50 people from PTU (public universities). This research seeks to reveal what factors affect happiness in students and how these factors affect student life.

## **RESEARCH METHOD**

This research uses a qualitative approach. The research data was obtained through the distribution of Google Form questionnaires and in-depth interviews with selected respondents aimed at getting a more in-depth description. The respondents in this study were 100 people, consisting of 50 PTAI students and 50 PTU students in North Sumatra. Purposive sampling techniques are used in determining respondents. Respondents were recruited through the distribution of

questionnaires through Google Form which was distributed among PTAI and PTU North Sumatra students. The criteria for respondents were active students of PTAI and PTU North Sumatra.

Researchers ask for help in distributing questionnaires to PTAI and PTU students who are acquaintances of researchers through Google Form. Then the researcher asked for the willingness of the respondents to fill out the questionnaire and choose the indicator that is closest to the respondent's opinion. The questionnaires that have been collected then the researchers analyzed using the Spradley model by presenting the data results in the form of diagrams. After that, the researcher conducted a componential analysis by sorting the data that had the 3 largest respondents on each dominant indicator in the category. Furthermore, the researcher determines the respondents who are considered to represent each dominant indicator to be interviewed. The researcher meets the selected respondent, then asks permission and questions to the selected respondent. The data from the interview was recorded. To make it easier for researchers to analyze interview data, researchers created initials on each respondent with the initials R1 to R12 respectively.

Researchers in conducting interview techniques, applying open interviews. The question focuses on why respondents were selected to choose indicators in each category. The indicators that will be used in this study based on theories include: First, factors who affect happiness based on R. Jalauddin's theory in (Putri Dwi Lestari, 2020) namely culture, social life, religion and religiosity, marriage, age, money, health, and gender; Second, the perilaku that is the source of happiness according to (Al-Kusayer, 2009) is simplicity, close and harmonious relationships, balance, leadership, liking challenges, openness, contribution and learning.

## RESULT

Of the 100 questionnaires that researchers distributed, the following are the details of respondents who participated in this research activity:

**Table 1. Categories of Research Respondents**

No	Age	Gender	Sum
1	15-20 Years	Man	21 people
2	15-20 Years	Woman	42 people
3	20-25 Years	Man	11 people
4	20-25 Years	Woman	26 people
Total			100 people

**Table 2. Categories of Respondents By Campus Origin**

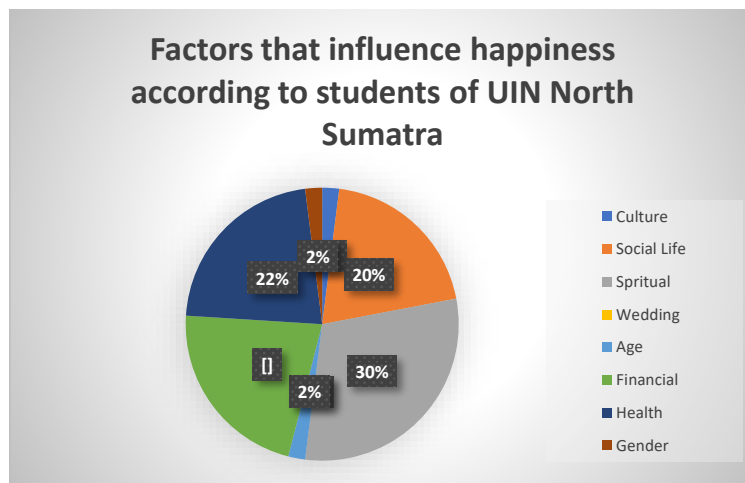
No	Age	Gender	Campus Origin	Sum
1	15-20 Years	Man	Common	10 people
2	15-20 Years	Man	Religion	11 People
3	15-20 Years	Woman	Common	19 people
4	15-20 Years	Woman	Religion	23 people
5	20-25 Years	Man	Common	6 people
6	20-25 Years	Man	Religion	5 people
7	20-25 Years	Woman	Common	15 people
8	20-25 Years	Woman	Religion	11 people
Total				100 people

The description of the results of this study focuses on the factors that affect happiness and behavior that are the source of happiness in PTAI students and PTU North Sumatra students. The results of the study are presented in the form of pie charts and descriptive texts as follows:

1. Factors affecting happiness

In order to obtain data on the factors that affect happiness, researchers distributed questionnaires to 50 respondents. Each questionnaire consists of 8 indicators, one of which must be chosen by respondents as the indicator that best describes the factors that affect personal happiness. Based on the acquisition of data, researchers obtained the following data:

**Figure 1. Factors that affect happiness according to PTAI North Sumatra students**



The diagram of obtaining data on factors that affect happiness according to PTAI North Sumatra students, produces a variety of choices. On the cultural factor, respondents who voted were 2% or 1 person. In the social life factor, the social life factor was chosen by as many as 20% of respondents or 10 people. The factor of religion and religiosity was chosen by as many as 30% of respondents or 15 people. The marriage factor option was not chosen at all, while the age factor was chosen by as many as 2% or 1 respondent. The money factor was chosen by 22% of respondents or 11 people. The health factor was chosen by 22% of respondents or 11 participants. And the gender chosen by respondents as a determining factor for happiness is as much as 2% or 1 person.

Based on the data above, it can be seen that respondents consider that religious and religiosity, money and health factors are the dominant factors as determinants of happiness for PTAI North Sumatra students. The top position is occupied by religious factors and religiosity, followed by age factors and health factors. With the aim of obtaining a more thorough picture, the researcher conducted interviews with each of the 1 respondents who were considered to represent each of the 3 sominant factors as follows:

On the factor of religion and religiosity, researchers interviewed R1. R1 chose the factor of religion and religiosity because the tranquility of life obtained through religion and religiosity is a form of happiness for him. R1 feels that with religion, he can be tough in dealing with life, especially when dealing with problems. The following is an excerpt of his interview:

*I think religion is the main factor that can make us happy. For example, when there is a problem, we can get closer to Allah swt. I've heard the term la tahzan, innallaha ma ana. I'm sure that's true, because with our ablutions alone we can temper emotions when we're angry. Especially if we do worship, such as solat or tadarus of the Qur'an. Getting together or making friends, joining organizations with people who I also think can give positive vibes to ourselves so.*

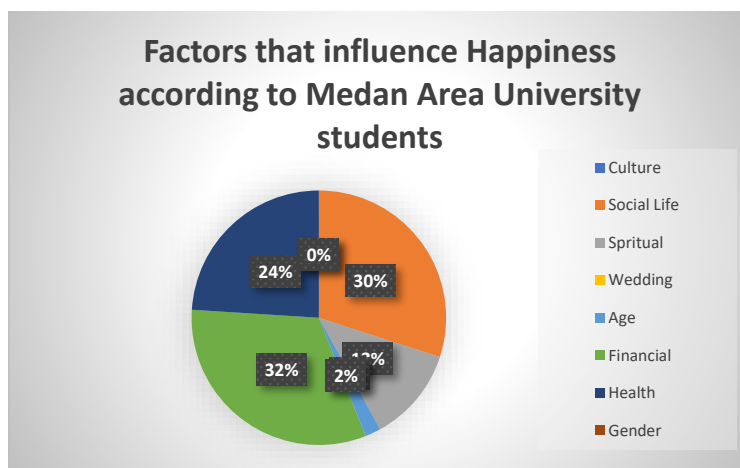
Furthermore, for the money factor, the researcher interviewed a respondent who chose this factor R2. R2 reasoned that choosing this factor because money is essential in supporting the smooth running of students in participating in lecture activities. Supportive finances can help students to be more focused in lectures, because they don't mess around about the costs that students usually get by working which can take up study time. The interview is as follows:

*I choose money because I have felt When there are many needs for college such as printing or photocopying papers, buying books I don't have enough money. The solution was that I worked to increase my income, but ended up taking up my college time. At the beginning of the semester I experienced a tightness so that my IP had dropped. This is enough to make me sad, because IP can also have an effect when I graduate looking for a job later.*

As for health factors, researchers interviewed R3 respondents. R3 as one of the respondents who chose health as a factor that affects happiness. Respondents argue that health is the main factor because with a healthy body condition, a person can have the ability to do various things in order to obtain happiness.

*I choose health because if we are healthy, we can be productive. I remember one of the quotes from Mr. B. J. Habibie that health is an important capital to achieve success. I agree with him. If we are sick, we can definitely only rest, we can't do anything like a healthy person. If we are healthy we can go everywhere. We can go to college, we can work. If we succeed in college or work, there must be happiness in itself.*

**Figure 2. Factors affecting happiness according to PTU students**



The factors that affect happiness according to PTU student respondents are as follows. Cultural factors were not chosen by a single respondent. Social life factors were chosen by 30% of respondents, or 15 people. For the factor of religion and religiosity, it is considered a factor that affects happiness by 12% of respondents or 6 people. The marriage factor was not chosen by a single respondent, while the age factor was chosen by 2% of respondents or 1 person. The

money factor was chosen as the dominant option, where 32% of respondents or 16 respondents chose this factor as a factor that affects happiness. The next factor, namely the health factor, was chosen by 24% of respondents or 12 people. In the gender factor, there were no choices inputted by the respondents.

Based on the description of the data above, 3 factors can be found that are considered to be big factors in influencing happiness according to PTU students. The money factor as a factor that affects happiness is the most chosen factor by PTU student respondents, with a gain of 32%. Other factors are social life factors as much as 30%, and health factors as much as 24%. In order to obtain an in-depth description, the researcher interviewed each of the 1 respondents who chose the top 3 factors and was considered representative: The researcher chose R4 as the interviewee respondent in order to know his perspective on money as a factor chosen to influence happiness. Respondents argued that the economy plays a direct role in life, one of which is happiness. Happiness can be obtained if you have enough money to make ends meet. The following is an excerpt of the interview:

*I think money can be a factor that affects happiness. I'm not deifying money, but for example when we are in need of money for an urgent need but we don't have money or lack money, it must be difficult for us to feel happy. I think happy is a time when what we need we can get enough. Some people say money can't buy happiness, but nowadays I see a lot of problems and even cases of crimes that happen because of money.*

In determining the factors of social life, researchers conducted an interview with one of the respondents who chose this factor, namely R5. Respondents agreed that social life has an effect on happiness, because a good social life will have an impact on mental health such as a sense of self-acceptance and recognition from others. And vice versa with poor social life.

*My opinion about social life as a factor of happiness, because I once studied on campus there is the term zoon politicon the point is that humans cannot live alone, every human being needs others. Either people to communicate or make ends meet. And it can be seen from his social life. A balanced social life in my opinion can reduce negative emotions, because we get along we also know what can and cannot be done, and it is said for example. A bad social life can lead to behaviors such as bullying and so on. Social life also makes us feel like a whole human being, because we have friends and circles.*



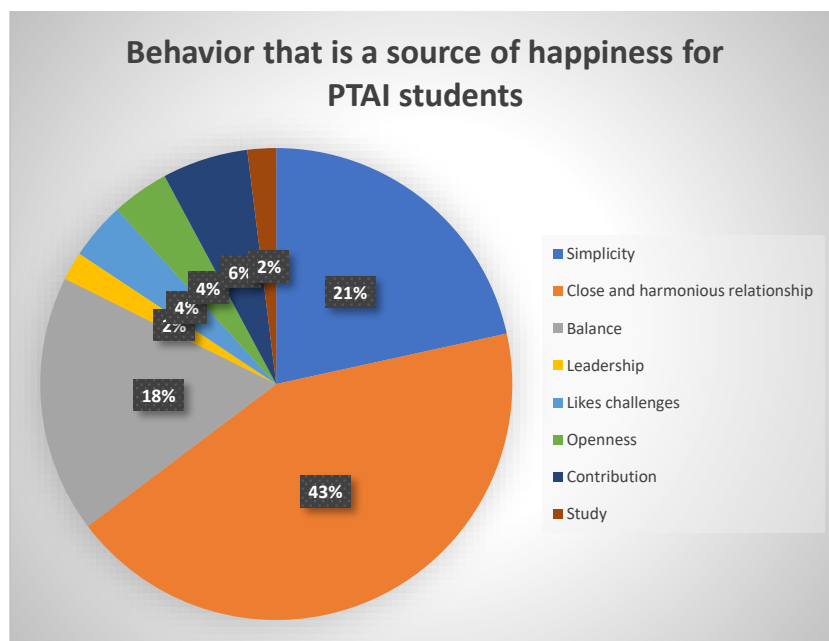
For health factors, researchers chose 6 respondents. Respondents explained their reasons for choosing health as a factor that affects happiness because poor health can have an impact on financial condition. This condition can also affect a person's mentality, which has an impact on whether a person is happy or not.

*I think health is the same effect as happiness because I once had a relative who was seriously ill and it cost me a lot of money. For people who are sick, of course, they are limited in their space to move like a healthy person. Such a situation for those who suffer from illness is certainly not pleasant, in fact I have heard several times that there are people who are depressed and even commit suicide because they have a disease that is not cured.*

## 2. Behavior that is the source of happiness

In order to obtain data on behaviors that are the source of happiness, researchers distributed questionnaires to 50 respondents. Each questionnaire consists of 8 indicators, one of which must be chosen by respondents as the indicator that best describes behavior that is a source of personal happiness. Based on the acquisition of data, researchers obtained the following data:

**Figure 3. Behavior that is the source of happiness for PTAI North Sumatra students**



The data acquisition diagram above shows that simplicity was chosen by as many as 22% of respondents or 11 student respondents from PTAI North Sumatra. The behavior of close and harmonious relationships was chosen by 44% of respondents or 22 people. Balance is considered a behavior that can be a source of happiness by 18% of respondents or 9 people. Leadership behavior and challenge-loving behavior were selected with the same percentage and number, namely 2% of respondents or 1 person each. The openness option was chosen by 4% of respondents or 2 respondents. Then the contribution was chosen by 6% of respondents or 3 people. Learning is considered a behavior that is a source of happiness by 2% of respondents or 1 person only.

From the description of the data above, it can be seen that the behavior of close and harmonious relationships occupies the top position as a behavior that is a source of happiness for PTAI North Sumatra students as much as 44%. The second largest behavior respondents chose was simplicity at 22%. And the last behavior is a balance of 18%. In order to get a more in-depth interpretation of the 3 largest behaviors above, the researchers interviewed 1 person who chose from each of the 3 largest behaviors above and was considered to be able to represent the data. Here is an excerpt of the interview :

In the indication of the behavior of close and harmonious relationships, the researchers chose R7 as the interviewee respondent. Researchers found that a close and harmonious relationship is one form of human effort to run and maintain their relationship with fellow humans. This established relationship is a testament to man's devotion to Allah swt. Here is an excerpt of the interview :

*My opinion is that choosing this indicator is because of good relationships such as *hablum minallah* and *hablum minannas*. These two relationships, if carried out as well as possible, can bring happiness, for example, feeling close to Allah swt. It will make us feel watched constantly, so rethink if we want to do wrong, because it can lead to sin. If we are awake from wrongdoing, surely we will feel that life is safer, peaceful so happy.*

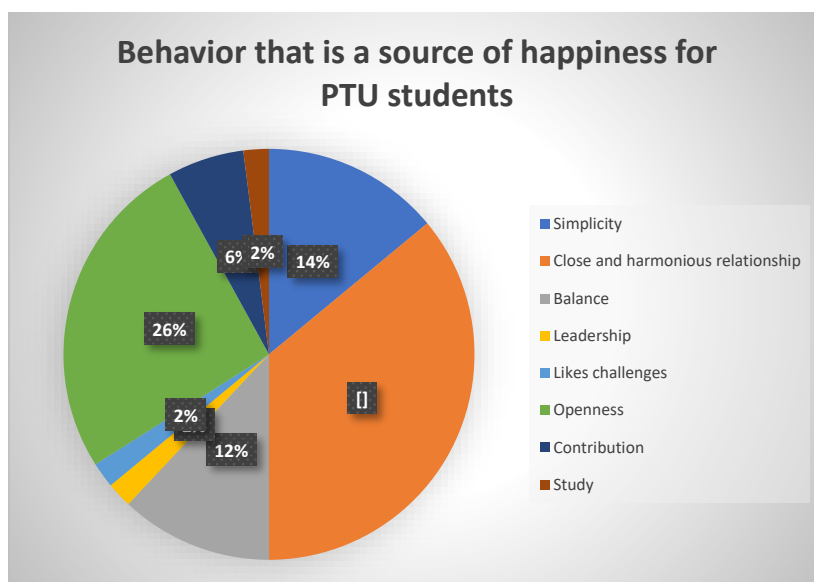
For simplicity, researchers interviewed R8 respondents. From the results of the interviews, researchers found that simplicity can be chosen as a behavior that is a source of happiness assuming that simplicity is generally favored by people. Here is an excerpt of the interview :

*Simplicity in my opinion can be something that brings happiness, because people like simple attitudes for example, it is easier to accept with society. For example, in socializing on campus, I noticed that simple students are more likely to have more friends than complicated ones. I don't think anyone is happy with a complicated person, because someday it can be troublesome or difficult for others as well.*

The researchers' balance indicators were investigated by interviewing R9 respondents. Respondents argue that balance can bring happiness to humans because humans basically have a variety of fitrahs to meet the needs of their lives. In order to use it to the fullest, humans must be able to compensate for the use of the fitrah in their lives. The following is the interview:

*That balance can be one of the main sources in bringing happiness, because I think a balanced life means that we keep god's gift, which is our body, our mind, our feelings. Unbalanced conditions in my opinion can trigger problems as well, such as feelings of injustice, anger, resentment, or also the closure of our potentials called fitrah. For example, if we use reason but do not balance it with heart and faith, we will live with an arid heart, thinking about everything only by logic, so it is covered in our humanity.*

**Figure 4. Behavior that is the source of happiness for PTU students**



The data obtained by researchers in the behavior that is the source of happiness for PTU students is as follows. Modesty behavior was chosen by as many as 14% of respondents or 7 people. Then, the

behavior of a close and harmonious relationship was chosen by as many as 36% of respondents or 18 people. Balance is considered to be a behavior that is the source of student happiness as many as 12% of respondents or 6 people. Leadership and liking challenges were both chosen by 2% of respondents or each by 1 respondent. Openness was chosen by 26% of respondents or 13 people. The contribution was obtained as much as 6% or 3 respondents, and the study was chosen as much as 2% or 1 respondent.

The description of the data above gives rise to three significant indicators in relation to behavior that is the source of happiness. The first indicator of the highest is a close and harmonious relationship. The second indicator is simplicity, and the third indicator is balance. In the indication of the behavior of close and harmonious relationships, researchers chose R10 as the interviewee respondent. Researchers found that close and harmonious relationships can be a source of happiness in itself, because the condition of relationships with fellow humans can affect the mental stability of individuals. Here is an excerpt of the interview :

*Close relationships and harmony in my opinion are the key to creating happiness, because a good relationship in my opinion can be a mood booster. It can also affect a person's view. People who have a positive outlook can definitely find happiness easier for themselves, and can even create happiness for others around them. A good and close relationship can also make us feel understood, such as staying in touch both in the real world and the virtual world.*

Indicators of the researcher's simplicity by conducting interviews on R11. Respondents argued that simplicity can be a source of happiness because simplicity encourages people to always feel grateful, and avoid liver disease both in themselves and others that can have an impact on mood. Here is the interview.

*Simplicity can be a source of happiness because by being simple, we do not compare life with others. We're in harmony with what we've got. We don't have to go out of our way to get validation from others. Also avoid envious, spiteful or other ill-intentioned people.*

In the balance indicator, researchers interviewed 12 respondents. From the respondent's opinion, balance can bring happiness because

humans have the opportunity to carry out their desires, for example, hobbies that are their identity. The following is the interview:

*Balance is necessary so that people can be happy. I don't think humans can always be in the same condition, for example, to learn continuously or to work continuously. Definitely need a break or refreshing by doing things you like too. I see people who are balanced in their lives are also easier to feel happy.*

## **DISCUSSION**

### Factors Affecting Happiness

The data above show the similarity that money is the dominant factor chosen by respondents as a factor that affects student happiness, followed by religion and religiosity as well as health. The choice of money as the first dominant factor that affects student happiness as described by R2 is in line with Wilson's theory in (Peralta-argomeda et al., 2016) that money and education are factors that affect happiness. In an effort to realize education, of course, a financial component is needed. Sufficient finances will help students, one of which is to be able to focus on learning. In accordance with the respondent's statement that a less supportive financial condition requires him to work in order to be able to earn additional income. As a consequence, respondents experienced a lack of time in learning which had an impact on their Achievement Index. This situation then raises concerns in respondents that a declining Achievement Index could affect their future career prospects. This concern is also the opposite of the theory (Peralta-argomeda et al., 2016), that worry-free is one of the characteristics of factors that affect happiness. The situation is also contrary to theory (Seligman et al., 2006) in positive emotions related to an optimistic attitude about the future as well as the achievements that will be obtained from situations that worry respondents.

Then the results of the interview with R4 regarding his perspective on money as a factor that affects happiness are in line with the theory (Krause et al., 2017), where the relationship between income and happiness can be described paradoxically. Income that matches what is spent, will create a sense of security regarding tomorrow's finances. This feeling will free a person from worry as stated by (Peralta-argomeda et al., 2016) as a factor that affects happiness. When the opposite happens, the insecurity that comes from income that cannot cover the needs, will encourage to find ways to get out of the situation. Often the methods used are solutive methods that are short-term, such as going into debt or even committing criminal acts to be able to obtain money, as stated by R2.

Religious and religiosity factors were the second most dominant respondents chose. The presentation of respondent 1, theoretically, relates to the practice of worship which is closely related to situations full of uncertainty such as threats experienced by individuals. (Van Cappellen et al., 2016). This happens because God makes His person an inherent figure of man or his life. (Van Cappellen et al., 2016). The presence of God as a figure attached to man and his life, one of which is reflected in the practice of worship. R1's practice of worship such as ablution brings a sense of tranquility, which is part of positive emotions. (Van Cappellen et al., 2016). As it is known that positive emotions with religion according to (Seligman et al., 2006) can help improve health, solidarity in relationships, performance and optimism that is part of happiness.

The third dominant factor, namely health, can be related to theory (Peralta-argomeda et al., 2016) and (Seligman et al., 2006). Health according to R3 can affect involvement in life, where excellent health conditions can allow a person to be actively involved. Active engagement is also related to the theory of meaning which intends to indicate a contribution in the social life of the human being. And vice versa with poor health conditions.

Poor health conditions as suggested by respondent 6, correlate with the theory (Peralta-argomeda et al., 2016) regarding money. Poor health is associated with the cost of overcoming these health problems. In addition to making a sick person unable to work optimally, which of course has an effect on the magnitude of the opinion, poor health at a certain point can also cost more than the income they have, which can further affect the condition of happiness of the person due to the worry of not being.

#### Behavior Sources of Happiness

Based on the results of the analysis of behavioral data that is the source of happiness, there are similarities between PTAI and PTU students. The similarity is the behavior that becomes a source of happiness in the form of close and harmonious relationships, simplicity and balance. In the indicators of close and harmonious relationships, the authors find the question R7 in line with the meaning, relationships and involvement of life according to (Seligman et al., 2006). Meaning can be identified through the statements of respondents who find the meaning of maintaining good relationships through *hablum minallah* and *hablum minannas*. From this term, the respondent's statement then leads to an indicator of the relationship represented by the feeling of being watched by Allah swt. To always do good things and avoid doing evil. The implementation of these meanings and relationships, directs the respondents to the indicators of involvement as human beings and servants of Allah swt.

In R10, researchers found indicators of involvement in life and relationships according to (Seligman et al., 2006). Involvement in life is illustrated through respondents' statements that good relationships affect efforts to maintain a stable mental state. That engagement can happen within the scope of the real world as well as virtually. From this, relationship indicators also emerge, because it is not surprising that today humans do a lot of activities on social media as a forum for establishing and maintaining existing friendships. So that all these activities can be translated as an attitude that will produce a response, be it a sense of acceptance, rejection, sadness or happiness.

For simplicity behavior, researchers found relationship indicators from (Seligman et al., 2006). Respondent R8 in his interview mentioned that modesty behavior can bring happiness in the context of individual acceptance of a relationship that exists in society. This can be understood because in general people do not like excessive attitudes (Al-Kusayer, 2009), the attitude of simplicity is a preferred middle attitude so that simple people will more easily gain acceptance in their social circles.

Indicators of simplicity were also found in R11. Simplicity in the respondent's perspective can make a person feel satisfied so that they can be grateful for what they have. This perspective is in line with the opinion (Peralta-argomeda et al., 2016) that hedonistic theories and life satisfaction do not fully go straight with happiness. This gratitude will make a person a person who retains the limits of his desires so as not to exceed those of others. the person who is able to maintain his desires to a certain extent, can feel more b ahagia than the one who is unable to maintain his desires. (Al-Kusayer, 2009).

In the balance indicator, researchers found in interviews with respondent 9 that there was a conformity with the theory (Haybron, 2001) regarding balance as a sign of happiness. Meanwhile, in respondent 12, researchers found respondents' opinions about balance as a source behavior that brings happiness in accordance with the theory (Seligman et al., 2006) regarding achievement. Achievement is not only trying to earn, but also enjoying the game. The game in question is to do various things that are liked as an effort to maintain emotional and mental stability in the process of fighting for success. (Al-Kusayer, 2009) defines balance as an attempt to do right so that it is not dzalim. In this context it is the right for oneself to acquire a variety of activities.

## **CONCLUSION**

The conclusion of this study is that there are similarities and differences in factors that affect happiness and behavior that are the

source of happiness between PTAI and PTU students. The similarities and differences personally come from experiences that are seen, heard and felt either directly or indirectly by the respondents. Students as individuals who are in early adulthood are faced with a new and complex world, where the definition of happiness is often biased with pseudo-happiness. Advanced studies are recommended for the development of research on similar themes.

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