

Determinants of Happiness and Its Relation towards Life Satisfaction among Adult Community of Kampung Jaya Bakti

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Abstract : Happiness and life satisfaction are the vital components in assessing the well-being of the societies and their social progress. These components varies and changes within communities and across time. Thus, due to low level of happiness and life satisfaction, it might affect mental health status psychologically and generally disrupt the health pattern of the individual. Hence, this present study aims to identify the happiness determinants, assessing the happiness and life satisfaction level, as well as examine the relation between happiness among Kampung Jaya Bakti adult community. Quantitative and cross-sectional study with total of 100 observations of 18 years old and above was participated in this study. The study was done in a semi-rural village which is geocentric towards river that branched from South East Asia Sea. Several happiness and life satisfaction instruments was used, inclusive of Individual Determinants of Happiness Scale (IDoHS) that had been developed in this study, in order to identify the determinants of happiness in the area based on the listed determinants. The listed determinants in IDoHS are: i) Daily activities. ii) Adaptation. iii) Goals. iv) Life Events. v) Living condition. vi) Self-confidence. vii) Personality traits. viii) Religion. The results revealed that 98% of the respondents agreed that the listed determinants in IDoHS are statistically significant in determining the happiness. The happiness level revealed that 71 percent (%) of the respondents are 'very happy', followed by 26% ('moderately happy') and 3% ('neutral'), while life satisfaction level revealed that 70% of the respondents are 'very highly satisfied', followed by 29% ('highly satisfied') and 1% ('moderately satisfied'). Pearson Correlation (Pearson's r) shows that; happiness determinants listed in IDoHS are affecting happiness level (Pearson's r: .514, $p < 0.01$) and life satisfaction level (Pearson's r: .504, $p < 0.01$) respectively, as well as happiness that are statistically significant in affecting life satisfaction (Pearson's r: .653, $p < 0.01$; Pearson's r: .546, $p < 0.01$). It is concluded that the listed determinants in IDoHS are the determinants that affecting happiness and it is also noted that happiness are affecting life satisfaction and vice versa.

Keywords : adult community, determinants, happiness, life satisfaction, subjective well-being

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