

# **Humanization of Humans Through Altruism: A Study of Professional Psychology Graduate Students**

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## **ABSTRACT**

During COVID-19 pandemic, many adjustments were executed by universities for online learning, including on graduate programs. Learning objectives stayed identical, but learning methods changed quickly and drastically. Even with the learning changes and limitations, altruism is still considered as indicator of success for professional psychology graduate students. After the completion of their study, psychologists will be required to professionally serve the society while prioritizing client's welfare and human rights, strictly regulated through the code of ethics (recognized nationally and internationally). This research's purpose is to understand altruism on professional psychology graduate students during COVID-19 pandemic, both at the theoretical study phase and field work practice study phase. The design of this research is descriptive quantitative, and used quota sampling on 104 students (66 students at theoretical study phase and 38 students at field work practice study phase). The instrument used is an adapted questionnaire of Self-Report Altruism Scale. Based on the results, 42.4% of students at theoretical study phase had average level of altruism, and 55.3% of field work practice study phase also had average level of altruism. Furthermore, altruism is differed based on students' residence and perceived stress source.

**Keywords:** *Altruism, Professional Psychology Graduate Students, Online Learning.*

## **1. INTRODUCTION**

Pandemic is defined as an outbreak of an infectious disease that spreads rapidly to various locations, and is difficult to control. In 2020, many regions experienced a pandemic known as COVID-19 or Corona Virus Disease-2019 [1]. Corona Virus is a virus that infects the respiratory tract in animals and humans. The pandemic spread for the first time in Wuhan, China at December 2019 [1]. In Indonesia, cases of exposure to COVID-19 appeared for the first time on March 2, 2020 and increase over time [2].

The COVID-19 pandemic has impacted society, both physically and psychologically. In addition to physical symptoms (cough, shortness of breath, fever) due to being infected with the virus, COVID-19 also has impacted mental health in the form of negative thoughts (anxiety, feelings of helplessness, fear of infection, worries about family safety, stress at work), isolation in interpersonal relationships, and stigma against community members who are suspected of being infected [3] [4] [5].

The Indonesian government has implemented various methods to prevent the spread of COVID-19, including the imposition of Large-Scale Social Restrictions (PSBB) that require people to keep their distance [6], as well as limiting the number of crowds in public facilities and regulations requiring the public work, study, and prayer from home. One of the policies to adapt during the COVID-19 pandemic is the obligation for universities to conduct online lectures [7][8].

Lectures at Faculty of Psychology, both for undergraduate and graduate programs must follow government's policy regarding online learning. Likewise, it is carried out by University X in Jakarta, Indonesia, which has Graduate Program of Professional Psychology. Undergraduates of psychology students can continue their studies to the Graduate Program; so that after finishing graduation, they can serve professionally as psychologists [9].

Graduate Program of Professional Psychology consists of two study phases, which started with theoretical study phase (before work practice), and is continued with field work practice study phase. The load

and stress level in the initial year or scientific stage study (before work practice) [10], and the final year or work practice study phase [11] can be different due to different learning objectives and curriculum in each.

In theoretical study phase (before work practice), students take courses that are face-to-face lectures in class. According to the Joint Decree of the Association of Indonesian Psychological Higher Education Providers [11], the scientific stage study curriculum (before work practice) directs graduates to master the theory and application of psychology scientifically, and must be able to develop knowledge through multidisciplinary research related to the psychology profession. According to the APA Guidelines [12], students at theoretical study phase (before work practice) need to have awareness of ethical and social responsibilities in the diversity of society, have good communication skills, and able to develop themselves professionally in the academic field.

After theoretical study phase (before work practice), students continue their study to field work practice study phase. Students apply their knowledge in the form of psychological services toward clients, while being supervised by their lecturer. The decision of the Association of Indonesian Psychological Higher Education Providers [10] states competencies that graduates need to acquire after completing the field work practice study phase, which include assessment skills, psychological problem-solving abilities, and psychological intervention skills. According to the APA Guidelines [13], professional psychology graduate students who are at the field work practice study phase need supervision to assure their professional competence and quality of psychological services provided.

Professional psychology graduate students need to adapt quickly due to changes in learning while pursuing learning objectives. Learning that was previously carried out face-to-face in class (including assignments and examinations), is now required to be done through online communications (R., J., personal communication, 22 June 2021). Specifically, the implementation and final examination of field work practice study phase which were previously carried out face-to-face, are now required to be carried out online [14]. Therefore, learning objectives stayed identical, but learning methods changed quickly and drastically. Despite of the pressures and limitations of online learning, professional psychology graduate students stated that reflecting back on their aspirations to become a professional psychologist was meaningful, combined with curriculum that keep directing the students to care and prioritize their clients through both theoretical and practical knowledge. These strong ideals show that professional psychology graduate students developed a tendency to prosper, and can be explained through the concept of altruism.

Altruism is important and an indicator of success for professional psychology graduate students. After the completion of their study, psychologists will be required to professionally serve the society while prioritizing client's welfare and human rights, which is strictly regulated through the code of ethics recognized

nationally [9] and internationally [15]. With this urgency, this research's purpose is to understand the altruism on professional psychology graduate students during COVID-19 pandemic, for students at theoretical study phase and field work practice study phase.

### ***1.1. Definition of Altruism***

Altruism is defined in previous researches. Altruism was stated as prosocial behavior that is done for the welfare of others, and is the opposite of egoism [16]. Altruism is also considered as a genuine will to sacrifice in order to serve the social environment [17]. One of the definitions for altruism sees the concept as a broad trait or part of personality in order to prioritize others' welfare [18].

### ***1.2. Development of Altruism Concept***

Altruism is an universal concept throughout the world, and is applied on both religion and law [19]. Individuals experience a process as altruism develops. Altruistic behavior is found in animals such as birds, ants, mammals, and also humans [20]. Altruism is explained to be seen from a biological and psychological perspective, and performs helpful behavior because of the basis that developed along with human evolution [21].

Darwin's evolutionary model [21] includes group selection, individual selection, reciprocal altruism, and the concept of inclusive fitness, where altruistic and egoistic tendencies are found. Humans can have a tendency to help others who are suffering with egoistic motivation (the desire to get feedback). However, in inclusive fitness, it is found that there is a mediator in the form of empathy that allows the model of altruism behavior without any egoistic motivation.

Intellectual development encompasses perceptions related to more complex self and social awareness [22]. The perspective of altruism also changes from egocentric to external. Thus, the ability to take a more complex perspective is the beginning of altruism. Humans have many hypotheses related to their evolutionary process, namely on social relations and social systems which also involve altruism and egoism [23]. Altruism or egoistic behavior depends on the environment and the dominating party (if the environment is dominated by altruistic behavior, then the egoistic individual can follow the altruism tendency. Vice versa, if the environment is dominated by egoistic behavior, then the individual with altruism tendencies can also follow the egoistic tendency).

Associated with development of altruism from the environment, a person will go through the process of socialization and gain knowledge about what is right and wrong that is culturally perceived. In-group standards (within groups) appear in norms such as social responsibility that includes give, take, and justice. This function is also related to reward, punishment, and social

acceptance or rejection. Norms formed due to in-group socialization can be a source of one's assessment of the behavior of other groups [22].

**1.3. Factors of Altruism**

The first factor of altruism is the biological factor. Humans are a species that are easily identified by other living things and thus facilitate individual perspectives on others. This can also be explained neurologically where there are mirror neurons that make a person connect with other people [22].

The second factor of altruism is the existence of social factors. Aspects related to social values are humanism, and determination. In addition, how a person behaves towards others through tolerance, empathy, kindness, good intentions, and caring [24]. Morality, which develops into altruism is a developmental process that involves cultural involvement and a process of rationalization [25]. Social and material conditions will shape a collectivism culture and thereby strengthen the tendency for altruism [26].

The third factor of altruism is the personal factor. Aspects related to personal values are emotions such as self-confidence, concentration, sense of responsibility. In addition, altruistic behavior can also be caused by self-promotion (forming a self-image). In addition, other personal aspects are individual judgments about fairness, critical thinking, reflection, cognitive and reflective empathy [24].

Thus, altruism consists of biological, social, and personal processes based on individual differences.

**2. METHODOLOGY**

This chapter will describe the characteristics of participants, research design and setting, and measurement instrument.

**2.1 Participants**

The population in this study are 138 students who were actively studying in the Master Program of Professional Psychology at University X, with 88 people in the theoretical study phase (before work practice), and 49 people in the field work study practice phase of their study.

This study took data from 104 participants as samples. The participants consisted of 66 students during their theoretical study phase (before practical work), namely 15 students of Industrial/Organizational Psychology, 44 Clinical Psychology students, and 7 Educational Psychology students. In addition, there are 38 professional psychology graduate students who undergo field work practice study phase (7 people from the Industrial/Organizational Psychology specialization,

30 people from Clinical Psychology, 1 person from Educational Psychology).

Based on demographic data, it is known that the majority of participants in the study is female (88.5%), aged between 23-24 years (31.7%), is at the theoretical study phase (before work practice) (63.5%), Grade Point Average ranging from 3.9-4 (44.8%), and lives with a large family (71.2%). More clearly, the demographic data of the subject can be seen in Table 1.

**Table 1.** Demographic Information of Participants

	Data	N	Percentage
Sex	Female	92	88.5
	Male	12	11.5
Age	21-22	7	6.7
	23-34	33	31.7
	25-26	31	29.8
	27-28	16	15.4
	29-30	2	1.9
	>30	15	14.4
Study Phase	Theoretical	66	63.5
	Field Work Practice	38	36.5
Program Specialization	Clinical Psychology	74	71.2
	Educational Psychology	8	7.7
	Industrial/Organizational Psychology	22	21.2
Grade Point Average (0-4 Scale)	3.9-4	43	41.3
	3.8-3.89	17	16.3
	3.7-3.79	13	12.5
	3.6-3.69	5	4.8
	3.5-3.59	3	2.9
	<3.5	15	14.4
Residency	With Nuclear Family	8	7.7
	With Extended Family	74	71.2
	Independent Living (By Their Self)	22	21.2

**2.2 Research Design and Setting**

This study used a descriptive quantitative approach (non-experimental). Data collection from samples will be

carried out through distributing questionnaires using online media. Thus, participants in this study were recruited through a purposive sampling technique, namely the selection of subjects intentionally because they were believed to be able to represent the research target [27]. More specifically, sample selection can be categorized as quota sampling, where participants who have been targeted according to goals are re-divided into sub-groups according to the research category [28]. The researcher targets to obtain proportional data of at least 75% (66 for the scientific stage studies (before work practice) and 37 for the practical work stage studies), and the proportional requirements for a representative sample from each study stage have been met.

**2.3 Measurement Instrument**

Self Report Altruism Scale (SRAS) is a unidimensional scale and consists of 20 items, where one example of the item is "I give my seat in a public place to other people who is standing." This measuring instrument is answered through 5 choices, namely: (1) Never; (2) Once (Once); (3) More Than Once; (4) Often; (5) Very Often [18]. The filling results will be summed and processed through Statistical Product and Service Solutions (SPSS).

SRAS [18] can be treated as unidimensional and has measured altruism as a trait well. In this study, SRAS has a cronbach alpha of 0.812. However, there are several items that have a low corrected item-total correlation (below 0.2 [29]), namely "I have donated blood"; "I have delayed an elevator and held the door open for a stranger"; and "I have allowed someone to go ahead of me in a lineup (at Xerox machine, in the supermarket)".

**3. RESULT**

The following are results of data obtained from professional psychology graduate students, each on theoretical study phase (before work practice) and on field work practice study field phase.

**3.1 Overview of Altruism on Professional Psychology Graduate Students in the Theoretical Study Phase (Before Work Practice).**

Altruism is categorized on professional psychology graduate students who undergo the theoretical study phase (before work practice). The data can be seen in Table 2.

**Table 2.** Overview of Altruism on Professional Psychology Graduate Students in the Theoretical Study Phase (Before Work Practice)

	Very Low	Low	Average	High	Very High
Altruism	N=0 (0%)	N=20 (30.3%)	N=28 (42.4%)	N=11 (16.7%)	N=7 (10.6%)

It can be concluded that the majority of professional psychology graduate students at theoretical study phase (before work practice) have average level of altruism.

**3.2 Overview of Altruism on Professional Psychology Graduate Students in the Field Work Practice Study Phase**

Altruism is categorized on professional psychology graduate students who undergo the field work practice study phase. The data can be seen in Table 3.

**Table 3.** Overview of Altruism on Professional Psychology Graduate Students in the Field Work Practice Study Phase.

	Very Low	Low	Average	High	Very High
Altruism	N=0 (0%)	N=9 (23.7%)	N=21 (55.3%)	N=7 (18.4%)	N=1 (2.6%)

It can be concluded that the majority of professional psychology graduate students at field work practice study phase has average level of altruism.

**3.3 Demographic Data Difference Test on Altruism**

Researchers conducted independent t-test and Analysis of Variance (ANOVA) at SPSS of several demographic aspects on altruism. The differential test is carried out by looking at the significance value of the equal variance assumed.

**Table 4.** Overview of Demographic Data on Altruism

Demographic Data	F	Sig.
Sex	0.030	0.862
Age	1.020	0.315
Residence	3.202	0.045
Grade Point Average	1.973	0.090

Based on the results of the different test processing, it was found that residency contributed to differences in the level of altruism.

#### 4. DISCUSSION

Professions that serve clients need to make altruism the basis of what they will do, as the basis for long-term career satisfaction [30]. Ideally, a professional psychologist always tries to provide the welfare of his clients and everyone involved in his profession, and upholds the 'do no harm' principle as much as possible [15]. Altruism is very important for professional psychology graduate students, and can be stated as an indicator of success for graduate students in professional psychology program. Counselors who did not have high levels of altruism were more likely to experience mental exhaustion, while counselors who had high levels of altruism were more likely to experience well-being [30]. Thus, altruism is perceived as a reward or incentive in the profession [31][32].

In this study, the level of altruism in professional psychology graduate students, both theoretical study phase (before work practice) and field work practice study phase was at a average level. This shows that there has been a tendency to care and prioritize others, but not yet fully and sincerely developed. One example of things that can happen due to moderate levels of altruism is the lack of initiative (passiveness) and certain priorities in helping. However, the average level of altruism of professional psychology graduate students which is at a average level, tends to lead to a higher level, and thus has a good prognosis for the future if it continues to be developed and directed through their study (learning process).

One of the things that can cause altruism to be at a average level is because altruism as an attitude [18] is a unidimensional concept. Thus, the unidimensional attitude has not discriminated based on certain contexts.

In measuring the altruism variable, the measurement instrument adapted from the Self Report Altruism Scale [18] has three items with the corrected item-total correlation value below 0.2 [29] and thus not involved in data testing.

For items related to blood donation, factors that influence a person to donate blood are attitudes and knowledge [33]. The main requirements for donating blood are adequate body weight and haemoglobin status [34]. The existence of individual differences in both knowledge and physical condition can be the cause of the non-use of these items. For items related to queues, a person's behavior in a queue depends on the crowd and the length of the queue [35]. Other factors that influence someone's attitude towards queuing are the state of the service room, technology and queuing system, system direction, orderliness, and also available facilities [36]. The number of factors and various queuing conditions that differ between places can be the cause of not being able to use these items. For the item related to giving a ride, cases of motorbike robbery are very common and worryingly increasing [37]. In addition, there were cases of robbery that began with the mode of riding in the victim's vehicle [38]. This can cause people to hesitate to give rides in vehicles for safety reasons, and not necessarily because they don't have altruism. These reasons may explain how this item cannot be used.

We examined altruism based on demographic factors, and found that altruism was differed based on sex. In conditions where altruism was seen to be rare, women were found to be more inclined to altruism. However, in conditions of easily visible altruism, men were found to be more inclined to altruism [39]. Individuals will internalize the behaviors and attitudes of the families in which they grow and live, and thus also contribute to differences in attitudes [40], including on altruism.

#### 5. CONCLUSION AND IMPLICATIONS

42.4% of students at theoretical study phase had average level of altruism, and 55.3% of field work practice phase also had average level of altruism. Furthermore, altruism is differed based on students' residence and perception towards their stress source. Altruism in Indonesia is still not widely studied, and the available altruism measurement tools are quite old. Further research can develop the concept in a multidimensional form, and also identify the factors that form altruism. In addition, research related to altruism can be continued on samples with different demographic characteristics in order to enrich the findings.

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