

The Effect of Big Five Personality on Happiness of Sasak Lombok Ethnicity Students in Malang

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Abstract. This study aims to determine the effect of big five personality on happiness on students from Lombok in Malang. This research is a quantitative research using regression analysis method to determine the effect of independent variable on the dependent variable. Research subjects were 32 students from Lombok who were studying in Malang. Subject retrieval using Nonprobability Sampling - Purposive Sampling technique. Data collection methods used were the scale of The Big Five Inventory (BFI) and the Oxford Happiness Questionnaire (OHQ) scale. The results showed that there was an effect of big five personality on happiness for students from Lombok in Malang with a probability value of 0.003 ($p < 0.05$). The determination coefficient of 0.265 shows that the big five personality variable affects the happiness variable by 26.5%.

Keywords: Big five personality, happiness, Sasak student

Literature Review

Introduction

Happiness is a state of mind or feeling indicated by the increasing level of pleasure, satisfaction, and intense happiness (Pishva, 2011). Moreover, Moltafet, Mazidi, & Sadati (2010) proposed that happiness comprises three independent components: positive emotion, satisfaction frequency level, and the disappearance of negative emotion such as depression or anxiety. From the perspective of ethics, happiness involves two forms of pleasure and meaning in someone's life.

Pursuing happiness that might be included as one's desire completion is well known as hedonism, while eudaimonism is the purpose of every one's action that becomes their principles of life. Although hedonism and eudaimonism can occur concurrently or overlap one another, each component affects individuals' life experience and perception (Jallohet *et al.*, 2014).

Personality refers to the long-term pattern as thought, emotion, and behavior which unlikely to alter overtime, and explain someone's behavior in some different situations (Abbas, Riyadh & Haydar, 2015). Personality can be characterized in five main and general factors on a hierarchical system. Those are conscientiousness, extraversion, agreeableness, and neuroticism (Deniz, Engin & Seydi, 2017).

The previous study showed that personality impacts positively on happiness (Grim, 2013). The hypothesis constructed is that big five personality could predict happiness on students. This study aims to find out the effect of big five personality on happiness of Sasak Lombok ethnicity students in Malang.

Happiness

Happiness is manifested by maximizing pleasure and minimizing pain as the main purpose of self-satisfaction towards a better life (Peterson, *et al.*, 2007). Happiness involves maximizing positive emotion and minimizing negative emotion (Tamir, *et al.*, 2017). From the explanation mentioned, it can be understood that happiness is the result of self-assessment and involving positive emotion in the form of cheerfulness, comfort, or positive condition.

Big five personality

According to Rothman & Coetzer (2003), five dimensions of personality seem relevant to different cultures. The five dimensions of five-factor personality model are neuroticism, extraversion, openness of experience, agreeableness, and conscientiousness.

Neuroticism. Neuroticism is a normal personality dimension that shows a general tendency to experience negative effects such as feeling of fear, sadness, shame, anger, and guilt. Someone with a high neuroticism score tends to have irrational ideas, lack of impulsive control, and poor stress management.

Extraversion. Extraversion comprises characters as socialization capability, assertiveness, activeness, and talkative. Extraversion is an energetic and optimistic characteristic. The opposite character of extraversion is introvert. An introvert individual tends to be more reserved from the environment and taciturn.

Openness to Experience. Openness to experience includes active imagination, sensitivity to esthetics, concern to inner feeling, curiosity, and assessment independence. People who get a low score in this dimension tend to have conventional behavior and a conservative view.

Agreeableness. It is indicated by pleasant behavior, being sympathetic to others and having desire to help people without expecting anything in return. Individuals with low scores of agreeableness tend to be hostile, antagonist, skeptical to others' intention, and competitive instead of cooperative.

Conscientiousness refers to self control and active planning process. A conscientious person is an individual who is hard worker, persistent, reliable, and organized.

Method

This study used descriptive quantitative method. The analysis used is simple linear regression analysis method in order to find out whether one variable has impact on another or not (Sugiyono, 2010). Data obtained in this study is the result of big five personality effect on happiness.

Subjects involved in this study were 32 students from Lombok, both male and female, who are pursuing bachelor degree in Malang. The sample used in this study is taken using non probability sampling – purposive sampling technique since the criteria of the subject has been determined by the researcher.

This study used two variables, namely big five personality and happiness. Big five personality variable was measured using Big Five Inventory (BFI) scale instrument, while in measuring Happiness variables, Oxford Happiness Questionnaire (OHQ) scale was used.

In the beginning of the study, the research theme is determined. The scale that is valid to be used as instrument is selected after the theme, and then adapted. After finishing the process of scale adaptation, data obtaining was started by asking the research subjects to answer each of the question in the questionnaire. Analysis and interpretation were done after all data has been collected. This study used simple linear regression analysis technique in analyzing data, assisted by SPSS 21.0 for windows software.

Results

It is found from the data that the mean of big-five-personality variable is 146.03 with standard deviation value of 10.45. The maximum value of this variable is 168 whereas the minimum value is 122. The mean of other variable, happiness, is 97.21 with standard deviation value of 10.36. The maximum score of this variable is 122 while the minimum score is 75.

Correlation coefficient value is 0.52, indicating that there is strong correlation between X and Y. Coefficient of determination is 0.265, demonstrating that X variable affects Y variable as many as 26.5%. Significance/probability value is 0.003, which is less than 0.05, showing that there is effect of big five personality on happiness of Lombok students in Malang.

Discussion

This study is conducted to discover the effect of big five personality on happiness of Sasak Lombok students in Malang. The result is in line with the previous studies which proposed that personality is a consistent predictor of happiness (Diener, Suh, Lucas & Smith, 1999, Cheng, & Furnham 2003). It is shown from the result in this study that big five personality has significant effects on happiness except for agreeableness, neuroticism, and openness traits. It is in accordance with the result of studies which found that there is no significant relation between agreeableness, neuroticism, and openness traits on happiness (Ziapour, *et al.*, 2018).

Some researches demonstrate that happiness consists of both emotion and cognitive characterized by how satisfied individuals towards their lives (Lyubomirsky, Tkach, & Dimatteo, 2006). In this study's result, extraversion and conscientiousness traits are the dimensions that have biggest effect on someone's happiness compared to the other traits. Similar study on 216 employees in Malaysia also has comparable findings with this study (Aziz, Samah&Yosuf, 2014). These findings are in accordance with other studies' discovery telling that extraversion and conscientiousness traits are important in big five personality which have positive impact on happiness (Ziapour, *et al.*, 2018).

Conclusion

This study was conducted to find the effect of big five personality on happiness of Lombok students in Malang. The result shows that there is strong correlation between big five personality and happiness with correlation coefficient value of 0.515. Coefficient of determination values as many as 0.265 indicates that X variable affects Y variable as many as 26.5% (0.265 was converted into percent). This study found that some personality traits of the big five personality have strong effect on happiness, namely extraversion and conscientiousness traits.

This is in accordance with the findings of Khaledian's study (2013), in which there is a positive correlation between happiness and personality type. Meanwhile, the personality traits that have negative correlation with happiness are agreeableness, openness, and neuroticism traits. These findings demonstrate that the hypothesis is accepted.

Nevertheless, this study has limitation in the participants number. The age of the participants is less varied. Moreover, the predominant gender of the participants is male. This study did not treat gender, education, and occupation as variables, though it might be influential.

Based on limitations, it is recommended that further researchers can involve participants with more subjects and variations. Then, the use of other models can also be

suggested to provide an overview in comparison and perhaps a more comprehensive outcome compared to the model in this study.

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