The 6th ASEAN Regional Union Psychological Society (ARUPS) Congress
“Driving Mental Revolution in the Psychological Century: Enhancing Psychological Services for a Better Future”
20 -22 February 2018, Bali-Indonesia

Proceeding

Editors:
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Driving Mental Revolution in the Psychological Century: Enhancing Psychological Services for a Better Future

Editor: Andik Matulessy, Tjipto Susana, Mirra Noor Milla, Anrilia E M Ningdyah

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Hak cipta dilindungi Undang-Undang
Dilarang memperbanyak karya tulis ini dalam bentuk dan dengan cara apapun tanpa ijin tertulis dari penerbit.
Preface

The ARUPS Congress is a routine activity held every two years. The Congress aims to develop professional cooperation of Psychology regionally, especially among ASEAN countries and, internationally. The Indonesian Psychological Association (HIMPSI) hosted the 6th Congress. The 6th ARUPS Congress was held on 20 - 22 February 2018 at Discovery Kartika Plaza Hotel, Kuta, Bali. Activities in the Congress consist of: workshops; HIMPSI meetings with the International Union of Psychological Science (IUPsyS), the Asia Pacific Psychological Alliance (APPA), Pan African Psychological Union (PAPU); plenary and panel sessions; oral presentations; and, poster presentation.

Meeting between professional organizations of psychology aims to strengthen cooperation these organizations, regionally between ASEAN countries, Asia Pacific, and global region. Additionally, academic forums as part of the meetings aim to disseminate research results to improve the quality of psychological practices in each country. There are over 600 abstracts listed in the presentation list. For the purpose of maintaining quality, the scientific committee conducted paper selection. The result was as follows: 406 papers were selected for oral presentations and 65 papers were for poster presentations. Total number of attendances includes more than 300 people from 20 countries.

Workshops held on 20 February 2018 include:

1. Character Building Through Traditional Games with BERLIAN Method.
   Speaker: Dr. Iswinarti, M.Si. (Indonesian Association of Developmental Psychology/IPPI).
2. A Learning Culture as An Essential Organizational Capital to Face Tough Business Environment.
   Speaker: Prof. Dr. Andreas Budihardjo (Indonesian Association of Industrial and Organization Psychology / APIO).
3. ASD (Autism Spectrum Disorder) Early Identification and Intervention With TEACCH - Speaker: Margaretha, S.Psi., P.G.Dip.Psych., M.Sc. (Faculty or Psychology, Airlangga University).
4. Preventing Anxiety and Depression in Young People: Super Skills for Life.
   Speaker: Prof. Cecilia A. Essau (Roehampton University, England).
   Speaker: R. Urip Purwono, PhD. (Faculty of Psychology Universitas Padjadjaran, Indonesia);
6. After A Disaster: An Introduction to Key Concepts to Meet the Psychological Needs of Those Affected.
   Speaker: Associate Prof Clare Yeo and Dr. Tsao I Ting (Singapore);
   Speaker: Colonel Drs. Gunawan, DESS (Indonesian Association of Military Psychology/APMI);
   Speaker: Dr. Sumaryono, M. Si. (Indonesian Association of Industrial and Organization Psychology/APIO);
9. Antenatal Resilience and Optimism Workshop: A Preview for Facilitator
Keynote speakers gave their thoughts on February 21, 2018 after the opening ceremony, as follows:

1. **Professor Nila. F. Moeloek, Minister of Health of the Republic of Indonesia.**
   Topic: The role of psychologist in community health services in Indonesia.

   Nila Djuwita Farid Moeloek is the Minister of Health of the Republic of Indonesia since 27 October 2014. She actively participates as a speaker, resource person or moderator in a wide range of scientific meetings and workshops. She has also authored or co-authored more than 150 scientific papers and five scientific books. Dr. Moeloek also leads a number of high-profile organizations in Indonesia. Foremost among these are her positions as General Chairperson of the Indonesian Dharma Wanita (the largest women’s organization in Indonesia whose members are comprised of the women and wives of civil servants throughout Indonesia), General Chairperson of the Indonesian Ophthalmologist Association, General Chairperson of the Indonesian Cancer Foundation, and Chairperson of Medical Research of Faculty of Medicine at the University of Indonesia. Dr Moeloek earned her medical degree in ophthalmology from the Faculty of Medicine at the University of Indonesia. After earning her position as a specialist consultant in ophthalmology in 1998, she devoted herself to pursuing her PhD in ophthalmology, and earned a cumlaude degree in 2003. In 2007, she earned her full professorship at the Faculty of Medicine at the University of Indonesia.

2. **Dr. Sathasivian Cooper, President of the International Union of Psychological Science (IUPsyS).**
   Topic: The role of psychological organization at the local, regional and global levels in responding to human and social problems in psychological century.

   Sathasivian Cooper is a clinical psychologist in South Africa. He plays numerous public roles, including Vice President of the International Social Science Council (October 2013-present) and President of the International Union of Psychological Science (July 2012-present). Cooper completed his undergraduate degree in psychology from the University of South Africa and his PhD at Boston University (1989). He received many awards, among others: ‘Distinguished Contributions to the Advancement of International Psychology’ award (2014) from the American Psychological Association and Violence Prevention Award from Roxbury Comprehensive Community Health Centre.

Plenary panel session features speakers who are experts in their fields from different countries, such as:

1. **Doran French, PhD- Purdue University, West Lafayette, United States of America.**
   Topic: Social and emotional development of children and adolescents in four countries: China, Thailand, Korea and Indonesia.

   Dr. French’s research focuses on social and emotional development of children and adolescent. He has conducted research on peer relationships, friendships, conflict,
psychopathology, and adjustment (e.g., delinquency, substance use, school drop out). Over the past 17 years, he has been increasingly concerned with understanding how children develop within the context of culture. Much of his research has been in Indonesia, and also China, Thailand, and Korea. His current projects include research involving children in different cultures. He is also interested in studying Islam in Indonesia and exploring how religious involvement is associated with social competence.

2. Associate Professor Claire Thompson (Associate Professor of Clinical Psychology, Central Queensland University, Australia).
   Topic: The cultural bases in the training of clinical psychologists in Asia.
   Associate Professor Claire Thompson has a Bachelor of Arts (Honours) from the University of Queensland, a Masters in Clinical Psychology from Bond University, and a PhD from the University of New South Wales. She is a registered psychologist with the Australian Health Practitioner Regulation Agency (AHPRA) and the Singapore Register of Psychologists. Dr. Thompson has over 25 years of professional experience in clinical, research and teaching psychology. She has also worked in private practice, mental health service management and professional supervision of psychologists. She has taught psychology at undergraduate and postgraduate levels, at several institutions in Australia and Singapore. Her research interests, publications and conference presentations are in the area of clinical and counselling psychology, particularly mental health and cognition in older age and cultural aspects of Clinical Psychology training programs.

   Professor Kwartarini Wahyu Yuniarti is the Director of Center for Indigenous and Cultural Psychology, Faculty of Psychology, Gadjah Mada University, Indonesia. She is also the Director of German Studies Center and the Country Representative of Asian Association for Social Psychology. Professor Kwartarini is on the Board of Asian Association of Health Psychology. Her key research focus is in the area of health psychology. Her research and publications include: Research on Asthma and emotion, comparative studies between those in Indonesia and in Germany; The assertiveness of passive smokers; Hygiene Behavior and Hepatitis A; Explorative Study on Health Anxiety among students in Aceh and Yogyakarta; Translating the Health Belief Model into Contextual Community Intervention A study on proper hygiene practices of mothers of children with diarrhea; Discrepancy between knowledge and behavior among mothers of children with diarrhea; Illness perception, stress, religiosity, depression, social support, and self management of diabetes in Indonesia.

4. Professor Roger Moltzen- Waikato University - New Zealand.
   Topic: Creativity and talent development in Asia: Opportunities and challenges.
   Professor Moltzen teaches in courses on human development, individual differences and the education of gifted children. His research interests are the psychology and education of gifted individuals. Professor Moltzen area of expertise include intelligence and creativity, talent development across the lifespan, the education of gifted and talented students, special education, teaching, learning and the curriculum and human development.
5. Dr. Cristina Montiel- Ateneo de Manila University.

   Topic: The role of psychology in creating social justice and democratic governance in Asia. Cristina Montiel is a peace/political psychologist and has been teaching at the Ateneo de Manila University for more than 35 years. She chairs the Research Cluster on Peace, Social Justice and Democratic Governance in her university. She is the recipient of the 2016 Outstanding Psychologist from the Psychological Association of the Philippines; and the 2010 Ralph White Lifetime Achievement Award from the American Psychological Association’s Division of Peace Psychology. Montiel was managing editor of the Encyclopedia of Peace Psychology (Wiley-Blackwell, 2012), and editor of the volume on Peace Psychology in Asia (Springer, 2009). Her recent journal publications include Discursive construction of political categories and moral fields (Political Psychology, 2015); and Nationalism in local media during international conflict (Journal of Language and Social Psychology, 2014).

6. R. Urip Purwono, PhD.

   Psychometrician / Measurement Specialist, Center for Psychometric Studies Faculty of Psychology Universitas Padjadjaran Bandung, Indonesia.

   Topic: Test and the profession: revitalizing psychological testing. Urip Purwono is a senior lecturer and psychometrician at the Faculty of Psychology, Universitas Padjadjaran, Bandung, Indonesia. He received his Ph.D. (psychology) from the University of Massachusetts at Amherst, USA specializing in psychometrics, M.S. (Education) from Indiana University, Bloomington, Indiana, USA, M.Sc. (Psychology) from the University of Massachusetts at Amherst, USA, and Drs. (Clinical) in Psychology from Universitas Padjadjaran, Bandung, Indonesia. He joined Universitas Padjadjaran in 1985, founded and headed the Center of Psychometric Study, Assessment, and Evaluation. His teaching assignments includes undergraduate and graduate level courses in the area of quantitative research methodology, psychological assessment, test theories, and test construction. Urip Purwono is the author of many psychological tests used in Indonesia namely Test of Learning Ability, Comprehensive Cognitive Ability Test, General Cognitive Ability Test, and Multi Factor Personality Inventory. Currently involved in the development of CHC Based Intelligence Test in Indonesia, his research interest includes test theory, test construction, test adaptation, and structural equation modeling.

7. Yudi Latif, PhD., Head of the Presidential Work Unit of Pancasila Ideology- Republic of Indonesia.

   Topic: The way Pancasila engaging globalization.

   Closing ceremony of the 6th ARUPS Congress was marked by Kecak dance performance which symbolizes spirit and optimism for the better future and closing speech from Mr. Urip Purwono, PhD - the newly elected President of ARUPS, focusing on the importance of continuing mutual positive cooperation between ARUPS country members and also with other international psychology organizations.

   Dr. Seger Handoyo, Psikolog
   President of HIMPSI
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The Psychometric Analysis Of Indonesian Happiness Scale

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Faculty of Psychology, University of Muhammadiyah Malang

Abstract

This measures related to happiness in Indonesia society is still need to be developed, since it has been related to positive psychology. Positive psychology is a field of study that discusses about humans function in a positive and optimal way to carry out their daily tasks. If happiness is not addressed well then it will emerge various psychological problems such as discontinuity and despair in life that led to the decline in life expectancy and integrity because of irrelevance in viewing themselves and life. This study aim to develop a measurement of happiness that can be used by practitioners in developmental psychology field to be able to help people in Indonesia to describe their happiness. The variable measured in this study is happiness. Which the concept of happiness is used based on hedonic and eudaimonic aspects. The hedonic aspect refers to the theory of the Diener where the principle of happiness is based on subjective well-being, which is positive feelings and life satisfaction. While eudaimonic aspect refers to the theory of Ryff based on psychological well-being, namely autonomy, environmental mastery, personal growth, positive relations, purpose in life, and self-acceptance.

The measurement of Indonesian happiness scale using descriptive research method, subject are 65 people with middle adulthood criteria in Malang city. Subjects fill out the happiness scale questionnaire that has been developed by the researcher. There are 95 items related to the happiness scale and after the research had been done the total valid item is 79 items with corrected item-total correlation between 0.323-0.738 and reliability coefficient is 0.963. Another test is using confirmatory factor analysis which shows that the model is fit where each aspects of hedonic and eudaimonic can explain the variable of happiness.

Keywords: happiness, hedonic, eudaimonic

Introduction

Measurement of happiness in Indonesia still needs to be developed because research on happiness is one of the means to develop positive psychology, that is how humans function positively and optimally to carry out their daily tasks. Conditions about happiness can affect a variety of human life, especially physical and psychological health of human beings. The terms of Subjective Well-Being, happiness, psychological well-being, positive affect, and morals are often used interchangeably in explaining the positive outlook on life (George, 2006).
side. In addition Feldman (2004) defines happiness as the satisfaction of life as a whole, it can be concluded that happiness is an individual feeling about something pleasant in the overall life of the individual.

Hedonic happiness includes high positive feelings (positive affect) and low negative feelings (negative affect), followed by high individual satisfaction (Diener, 1999). While Eudaimonic Happiness involves the creation of meaning and purpose in life (Kashdan et al, 2008). The highest achievement of human action is happiness, to operationalize happiness requires a balance between positive and negative influences of the individual. Aristotle calls happiness as Eudaimonic, which by Waterman (2007) is summed up as a feeling that accompanies the direction of behavior, consistent and indicates the true potential of a person.

The authentic happiness theory of Seligman (2005) explains that happiness is a blend of hedonic and eudaimonic approaches. Happiness can be interpreted in 3 aspects, namely: (1) Pleasure, this aspect can be said to be oriented to the principle of hedonia, because it is associated with positive emotions; (2) Engagement, happiness reflects the extent to which a person can fully engage him/herself with the activity so that he/she can feel inner satisfaction; (3) Meaning, obtaining the meaning of life or life purpose in living a life that reflects happiness (eudaimonic).

Happiness can be measured by different aspect of well-being (Diener, 2000), developing the theory of subjective well-being, based on the hedonia approach. Happiness is the result of an evaluation of the emotions of the pleasant and the satisfaction of life. In this case happiness is measured in a person's emotional feelings (positive and negative) as well as their satisfaction of life.

Studies of happiness or well-being are more related to life satisfaction, and positive-negative affect. The scale of measuring happiness is widely developed on a single-item measure rather than a multidimensional scale. Because of the limitations in the explanation of the aspects of well-being, Ryff (1989) develops aspects of psychological well-being. Ryff (1989) described psychological well-being is how a person has positive psychological functioning that can be known from Self-acceptance, Positive Relation with others, Autonomy, Environmental Mastery, Purpose in Life, and Personal Growth.

Positive psychological functioning formulated by Ryff is based on Maslow's perspective-on self-actualization, Rogers-the whole human function, Jung-Individuation, Allport-Maturity. Ryff believes that one's success in achieving Positive psychological functioning can improve a person's well-being. Here are the psychological well-being
components (Ryff, 1989), (1) Self-acceptance, a positive attitude toward self, accepting past and present state of self; (2) Positive Relation with others, having the quality of self in relationship with others; (3) Autonomy, a feeling of self-determination, freedom, and not constrained by norms; (4) Environmental Mastery, the ability to manage life and the environment; (5) Purpose in Life, has a purpose in life and a belief that one's life is meaningful; (6) Personal Growth, being open to new experiences and having openness to self-development.

Happiness is a feeling of joy, peace, inner and outer prosperity, and able to adapt in various events. Personal happiness describes a typical condition in a person who has a passion for life and has the ability to adapt to various conditions within himself or the environment. Personal happiness will be achieved if there is a match between one's ideals with the reality faced, both concerning achievement or various other dimensions. Happiness is the ultimate goal in one's life, showing pleasure or satisfaction with life. If one fails to gain happiness, then life becomes a negative experiences. Rostiana (2011) integrates happiness as an individual achievement according to the principles of hedonic, eudaimonic, and spirituality. Spiritual refers to Allport's view of the role of spirituality. The spirit dimension can provide a positive boost in the creation of hedonic and eudaimonic happiness.

Previous research has prioritized the measurement of happiness with single item questioner rather than multidimensional questioner, so it is deemed necessary to develop a measure of happiness that leads to more multidimensional questioners in order to more thoroughly measure and cover human psychological aspects. In addition, several studies further separated between happiness in terms of hedonic perspectives and happiness in terms of eudaimonic perspective. This research seeks to develop a measure of happiness by flipping these two perspectives into a single unit in measuring individual happiness.

This study aims to develop a happiness scale that can be used by practitioners engaged in developmental psychology, especially in Indonesia. In addition it can help the community in describing the individual's happiness, in an effort to implement some preventive and response measures from several human problems related to individual unhappiness. In addition to the manufacture of these measuring tools is expected in the future this gauge can be a standard gauge to be a reference in research related to happiness and well-being.

**Method**

The variable measured in this psychometric test is the happiness variable. Where the concept of happiness is used based on hedonic and eudaimonic aspects. The hedonic aspect refers to the theory of the Diener, in which the principle of happiness is based on subjective
well-being. While eudaimonic aspect refers to the theory of Ryff which is based on psychological well-being.

Formulated an operational definition of the Happiness variable, which is the overall result of the attainable achievement of human life from hedonic happiness (Subjective Well-Being) and eudaimonic happiness (Psychological Well-Being), where hedonic happiness is derived from positive feelings within a person, and individual life satisfaction. While eudaimonic happiness is achieved from the individual's ability to function positively to his life through autonomy, environmental mastery, personal growth, positive relation with others, purpose in life life, and self-acceptance.

Subjects were 65 middle-aged men and women in Malang City, East Java. With the final education criteria from elementary school to university. Intake of participants over the age of 40 and above with the balance that middle adulthood have been possible to achieve happily subjective and psychological happiness related to long life experiences.

Measurement validity of the happiness scale is done in two ways, (1) evidence based on test content, the test based on the evidence of the contents of the items are based on the indicators and understanding of the constructs that have been made. Content validity is done with the help of experts who are experts in their fields or commonly referred to as expert reviews; (2) evidence based on internal structure, internal structure testing of happiness scale is done through criteria corrected item-total correlation and factor analysis using confirmatory factor analysis (CFA). Reliability using internal consistency method, testing is done by measuring on different items on the same test equipment. Conceptually the calculation of reliability is done as a whole and the calculation of each aspect and each sub aspect.

**Result**

*a. Evidence Based on Test Content*

Expert review is conducted by 3 experts in the field of psychology. With 2 qualified professors in the field of philosophy and developmental psychology and 1 doctor in clinical psychology. The results of the review process conclude that some items should be revised due to social desirability and the use of somewhat exaggerated words. And suggest given the prologue at the beginning of the questionnaire sheet of sentences about "satisfaction and happiness in me will be achieved when doing the following things ..". While in terms of content associated with existing theory has been relevant to the existing items.

*b. Evidence Based on Internal Structure*
From the correlation test results of the items that exist, some items have met the standards to be included in the unity of measuring instruments, because it has discrimination number $\geq 0.30$. However, the number of statements made amounted to 95 items, then some items that actually fit in the final criteria should be discarded to further simplify the measuring tool that has been created and balance the components of a value that is worth favorable and unfavorable. Discrimination test results are grouped based on existing aspects, namely hedonic happiness and eudemonic happiness. From the results of discrimination test results obtained from aspects of hedonic happiness there are 24 valid items of 30 items created, whereas from the aspect of eudaimonic happiness there are 53 valid items of a total of 65 items made. Thus, a total of 79 items of the hedonic aspects of happiness and eudaimonic happiness of the whole scale of happiness.

Table 1. The Discrimination Aspect of Hedonic Happiness

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Sub-Aspect</th>
<th>Item</th>
<th>Corrected Item-Total Correlation</th>
<th>Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hedonic Happiness</td>
<td>Positive Affect</td>
<td>i1</td>
<td>.272*</td>
<td>Marginal Discrimination</td>
</tr>
<tr>
<td></td>
<td></td>
<td>i2</td>
<td>-.063*</td>
<td>Reverse Discrimination</td>
</tr>
<tr>
<td></td>
<td></td>
<td>i4</td>
<td>.347</td>
<td>Good Discrimination</td>
</tr>
<tr>
<td></td>
<td></td>
<td>i7</td>
<td>.366</td>
<td>Good Discrimination</td>
</tr>
<tr>
<td></td>
<td></td>
<td>i8</td>
<td>.525</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td></td>
<td></td>
<td>i5 (-)</td>
<td>.180*</td>
<td>Poor Discrimination</td>
</tr>
<tr>
<td></td>
<td></td>
<td>i9 (-)</td>
<td>.554</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td></td>
<td></td>
<td>i11 (-)</td>
<td>.454</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td></td>
<td></td>
<td>i13 (-)</td>
<td>.323</td>
<td>Good Discrimination</td>
</tr>
<tr>
<td></td>
<td></td>
<td>i14 (-)</td>
<td>.429</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td></td>
<td></td>
<td>i15</td>
<td>.308</td>
<td>Good Discrimination</td>
</tr>
<tr>
<td></td>
<td></td>
<td>i18 (-)</td>
<td>.651</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td></td>
<td></td>
<td>i21</td>
<td>.547</td>
<td>Very Good Discrimination</td>
</tr>
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</table>
### Table 2. The Discrimination Aspect of Eudaimonic Happiness

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Sub-aspect</th>
<th>Item</th>
<th>Corrected Item-Total Correlation</th>
<th>Criteria</th>
<th>Sub Aspect</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eudaimonic Happiness</td>
<td>Autonomy</td>
<td>i31</td>
<td>.598</td>
<td>Very Good Discrimination</td>
<td>Positive Relation</td>
<td>i56</td>
</tr>
<tr>
<td></td>
<td></td>
<td>i33</td>
<td>.329</td>
<td>Good Discrimination</td>
<td></td>
<td>i59</td>
</tr>
<tr>
<td></td>
<td></td>
<td>i37</td>
<td>.434</td>
<td>Very Good Discrimination</td>
<td></td>
<td>i61 (-)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>i38 (-)</td>
<td>.092*</td>
<td>Poor Discrimination</td>
<td></td>
<td>i64 (-)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>i40</td>
<td>.006*</td>
<td>Poor Discrimination</td>
<td></td>
<td>i67</td>
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</table>
### The 6th ASEAN Regional Union Psychological Society (ARUPS) Congress

<table>
<thead>
<tr>
<th>Variable</th>
<th>Score</th>
<th>Discrimination</th>
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<tbody>
<tr>
<td>i43 (-)</td>
<td>0.282*</td>
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</tr>
<tr>
<td>i44</td>
<td>0.066*</td>
<td>Poor Discrimination</td>
</tr>
<tr>
<td>i47 (-)</td>
<td>0.481</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td>i49</td>
<td>0.461</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td>i51</td>
<td>0.249*</td>
<td>Marginal Discrimination</td>
</tr>
<tr>
<td>i54</td>
<td>0.199*</td>
<td>Poor Discrimination</td>
</tr>
<tr>
<td>i55</td>
<td>0.570</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td>i57 (-)</td>
<td>0.463</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td>i58</td>
<td>0.500</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td>i60 (-)</td>
<td>0.438</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td>i62</td>
<td>0.499</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td>i63 (-)</td>
<td>0.379</td>
<td>Good Discrimination</td>
</tr>
<tr>
<td>i65 (-)</td>
<td>0.405</td>
<td>Very Good Discrimination</td>
</tr>
</tbody>
</table>

### Examination of Mastery

<table>
<thead>
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<tbody>
<tr>
<td>i32</td>
<td>0.671</td>
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</tr>
<tr>
<td>i34 (-)</td>
<td>0.419</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td>i35</td>
<td>0.404</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td>i36 (-)</td>
<td>0.531</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td>i39 (-)</td>
<td>0.738</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td>i41 (-)</td>
<td>0.682</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td>i42</td>
<td>0.516</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td>i45</td>
<td>0.187*</td>
<td>Poor Discrimination</td>
</tr>
<tr>
<td>i46 (-)</td>
<td>0.441</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td>i48 (-)</td>
<td>0.625</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td>i50</td>
<td>0.490</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td>i52</td>
<td>0.460</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td>i53</td>
<td>0.167*</td>
<td>Poor Discrimination</td>
</tr>
</tbody>
</table>

### Self-Acceptance

<table>
<thead>
<tr>
<th>Variable</th>
<th>Score</th>
<th>Discrimination</th>
</tr>
</thead>
<tbody>
<tr>
<td>i57 (-)</td>
<td>0.463</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td>i58</td>
<td>0.500</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td>i60 (-)</td>
<td>0.438</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td>i62</td>
<td>0.499</td>
<td>Very Good Discrimination</td>
</tr>
<tr>
<td>i63 (-)</td>
<td>0.379</td>
<td>Good Discrimination</td>
</tr>
<tr>
<td>i65 (-)</td>
<td>0.405</td>
<td>Very Good Discrimination</td>
</tr>
</tbody>
</table>
Confirmatory Factor Analysis (CFA) test results show that the structural model has been suitable to describe the Indonesian Happiness Scale.

![Path diagram of the happiness scale with indicators and coefficients](image)

Chi-Square=23.36, df=17, P-value=0.13714, RMSEA=0.077

Figure 1. Confirmatory Factor Analysis

CFA testing shows the happiness scale has a fit model as depicted in the path diagram form in Figure 1 because it has p-value> 0.05 (0.13714) and RMSEA < 0.08 (0.077). Although in some indicators there is still a close relationship (similarity) that is on the indicator of positive affect - life satisfaction; life satisfaction - environmental mastery; personal growth - positive relation with others.

c. Reliability

Reliability test results using alpha coefficient obtained results in table 3.

Table 3. Reliability Of Indonesian Happiness Scale

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Alpha</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happiness (All)</td>
<td>0.963</td>
</tr>
</tbody>
</table>

Hedonic
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<table>
<thead>
<tr>
<th>Positive Affect</th>
<th>0.809</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life Satisfaction</td>
<td>0.832</td>
</tr>
</tbody>
</table>

Eudaimonic

<table>
<thead>
<tr>
<th>Autonomy</th>
<th>0.707</th>
</tr>
</thead>
<tbody>
<tr>
<td>Environmental Mastery</td>
<td>0.844</td>
</tr>
<tr>
<td>Personal Growth</td>
<td>0.784</td>
</tr>
<tr>
<td>Positive Relation</td>
<td>0.782</td>
</tr>
<tr>
<td>Purpose in Life</td>
<td>0.857</td>
</tr>
<tr>
<td>Self-Acceptance</td>
<td>0.768</td>
</tr>
</tbody>
</table>

**Discussion**

Can be summed up the overall Indonesian Happiness Scale with a total of 79 items have a high level of reliability and validity, so it can be explained that this measuring tool can measured happiness variables appropriately and accurately. It will showed the same results regardless of the measurement time.

Based on the results of the happiness scale calculation has been accordance with psychometric rules that have a good item, valid, and reliable. This measure has succeeded to fulfill a practical goal which aims to measure the happiness of the whole, ie from aspects of subjective well-being (hedonic happiness) and psychological well-being (eudaimonic happiness). Where on a previous scale related to well-being often separates between the subjective and psychological well-being aspects. It can be said that this set of measuring tools completely illustrates the happiness of the individual.

For the development of the next measure of happiness, if other researchers want to develop happiness scale based on two existing aspects of hedonic and eudaimonic happiness are encouraged to make statement items better because some sub aspect still have attachments (eg, between positive affect and life satisfaction). Future solutions to some similar sub aspect can be used as an sub aspect only. In addition, this possibility may be caused by the number of participants who are too few to do a confirmatory factor analysis analysis (CFA) of 65 participants, future the number of participants can be added again so that the covariance becomes higher and the path diagram model becomes more suitable. But overall the
individual happiness especially in the middle adult period and can be applied in future research process.

**Conclusion**

This research is to develop happiness scale, where this measure can be a guide to describe individual happiness adapted to culture in Indonesia. In addition, the development of this measuring tool also as a supporter of some research and previous researchers who seek to describe the overall happiness of the hedonic and eudaimonic perspectives. Where similar research to uncover happiness is integrative is still rare to do. So for advanced research who are also interested in the topic of happiness can also make measurements using these two perspectives, namely hedonic and eudaimonic.

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**Declaration of Interest**

The authors report no conflicts of interest in this work.

**References**


