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## THE HAPPINESS INDEX OF RURAL YOUTHS IN FARMING

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### ABSTRACT

The level of welfare is only measured using objective and subjective standards for all this time. The objective standard can be in the form of per capita income, while the subjective standard is a different standard for each individual, one of which is the happiness index. The aims of this study were (1) to analyze the level of happiness of rural youth in farming, (2) to determine the dominant factors determining the happiness of rural youth in farming, (3) to determine the motives of rural youth in farming, for the sake of wealth or happiness in life. This research was conducted in Gedangsewu Village, Pare District, Kediri Regency in March-August 2021. The sampling technique in this study used a purposive sampling method with a total of 50 respondents. Determination of the weight of the happiness indicator using the Exploratory Factor Analysis (EFA) method. The analytical method used to determine the level of happiness of young farmers is the method of calculating the happiness index. The happiness index score of rural youth in farming is 68.30 (more than 55) which means that village youth are happy with their work as farmers, but the score is still below the average score of the national happiness level (72). The indicator of the purpose of life in the dimension of the meaning of life is the dominant factor determining the happiness of young farmers. The motive of rural youth in farming is more inclined to inner happiness than wealth. This can be categorized as a moral-cultural base motive.

**Keywords:** Happiness, Motive, Rural Youth.

## **INTRODUCTION**

Agriculture is one of the main sources of livelihood for Indonesians. Until now, the agricultural sector occupies an important role in the national economy. However, the agricultural sector is still closely related to rural communities and traditional farmers. Poverty and dependence are closely related to this sector and most of the farmers live below the absolute poverty line without government support. Therefore, the welfare of farmers is the main goal that becomes a preference in carrying out all activities related to agricultural development [7]. Agricultural development is directed at increasing agricultural production so that food and industrial needs in the country are fulfilled, the number of exports increases, the income of farmers increases, employment increases, and agricultural business activities also increase.

The measurement of the level of farmers' welfare is not only observed from the material side, but also from the level of happiness of the farmers [2]. So far, the level of welfare is only measured using objective and subjective standards. The objective standard can be in the form of per capita income, while the subjective standard is a different standard for each individual, one of which is the happiness index [5]. The magnitude of the level of happiness is a factor of human well-being, and a high level of happiness is able to increase the capacity of humans to be more involved. Happiness is meant in this case is everything that is felt by each individual differently, therefore the measure of happiness becomes subjective. The happiness index presents subjective indicators of welfare that are useful to complement the objective indicators.

Financially, farmers are seen as poor. But they find it difficult to leave the job because the work as a farmer is identical in their lives. They are happy and proud to be farmers. There is a lot of work on the farm but often the monetary rewards are very limited. But many farmers do not consider their work only in terms of money. This fact shows that there are other dimensions that determine their level of happiness besides the financial aspect [7]. Generally, research related to the happiness index has not been carried out in groups of young farmers. On the other hand, in the last few months Indonesia is experiencing the Covid-19 pandemic, not only Indonesia, but most countries in the world are also experiencing the same thing. Some of the impacts resulting from the COVID-19 pandemic include the decrease in several agricultural commodities selling prices at farm level, which have an impact on the economy and psychology of young farmers. Based on the above phenomenon, research on how the level of happiness of young farmers in farming is carried out for this purpose.

Specifically, this study aims to (1) analyze the level of happiness of youth farmers in farming; (2) analyzing the dominant factors determining the happiness of rural youth in farming; (3) knowing the choices of rural youth in farming, for the sake of wealth or happiness in life.

## METHOD

This research is a quantitative research with a case study approach. This research was conducted in Gedangsewu Village, Pare District, Kediri Regency. The location was chosen purposively with the consideration that the agricultural sector in Gedungsewu Village, Pare District is classified as very potential, besides Gedungsewu Village, Pare District is one of the areas where most of the population works in the agricultural sector, including young farmers. The research was carried out from March to December 2021.

Primary data was obtained through interviews using structured questionnaires related to data on life satisfaction (personal and social), feelings, and meaning of life. The sampling technique used in this study is a purposive sampling method with a total of 50 respondents. The criteria taken from this study are as follows: Young farmers aged around 16 to 30 years, have agricultural land or tilled land, young farmers who have experience farming for at least one year or having one harvest experience, and willing to answer questions and/or be willing to fill out a questionnaire.

Data analysis was carried out by determining the weight of the happiness indicator or the Exploratory Factor Analysis (EFA) method. This research analysis method uses the calculation of the happiness index to determine the level of happiness of young farmers.

Exploratory Factor Analysis (EFA) method was chosen to calculate the weighting of each dimension, sub-dimension, and indicators of the respondents' assessment results in the form of a leader of life scale with a scale range of 0-10. There are three dimensions in the happiness index, they are life satisfaction, feelings, and eudaimonia (the meaning of life).

**Table 1: Dimension, Sub-dimension, and Happiness Indicators**

Dimension	Sub-dimension	Indicators	Weight
Life Satisfaction (34.80)	personal life satisfaction (50.00)	1. Education and skill	18.34
		2. Job/Venture/main activity	21.67
		3. Household Income	22.81
		4. Health	17.04
		5. Condition of the house and house facilities	20.14
	Social life satisfaction (50.00)	6. Family harmony	19.41
		7. Leisure	18.93
		8. Social relations	22.13
		9. Environmental conditions	20.64
		10. Safety conditions	18.89

Feelings (31.18)	11. Happy feeling	25.86
	12. Unworried feeling	36.80
	13. Unstressed feeling	37.34
Eudaimonia (34.02)	14. Independence	16.56
	15. Environmental development	18.44
	16. Self development	15.27
	17. Positive relationship with othres	15.48
	18. Life purpose	17.48
	19. Self acceptance	16.78

Source: Central Agency on Statistics (2017)

## RESULTS

### Happiness Index of Young Farmers

The calculation results of the happiness index of young farmers in the research location show that youth are quite happy to carry out agricultural activities. The distribution of the score indicators on the three dimensions of happiness for young farmers is presented in Table 2.

**Table 2: Analysis Results of The Happiness Index**

Dimension	Sub-dimension		Indicators	Weight	Score (Xi)	Result
life satisfaction (34,80)	personal life satisfaction (50,00)	1.	Education and skill	18.34	67.60	67.60
		2.	Job/venture/main activity	21.67	70.80	70.80
		3.	Household income	22.81	66.60	66.60
		4.	Health	17.04	75.60	75.60
		5.	Condition of the house and house facilitis	20.14	73.00	73.00
	Social life satisfaction (50,00)	6.	Family harmony	19.41	77.00	77.00
		7.	Leisure	18.93	73.40	73.40
		8.	Social relations	22.13	74.60	74.60
		9.	Environmental conditions	20.64	75.40	75.40
		10.	Safety conditions	18.89	75.20	75.20
Average						72.82
Feelings (31,18)		11.	Happy feeling	25.86	78.00	78.00
		12.	Unworried feeling	36.80	50.00	50.00

	13. Unstressed feeling	37.34	47.20	47.20
	Average			56.20
	14. Independence	16.56	72.40	72.40
	15. Environmental development	18.44	73.40	73.40
Eudaimonia (34,02)	16. Self development	15.27	71.80	71.80
	17. Positive relationship with othres	15.48	74.20	74.20
	18. Life purpose	17.48	82.20	82.20
	19. Self acceptance	16.78	74.20	74.20
	Average			74.79

Source: Processed primary data (2021)

informations:

wi : i-th weight (obtained from the calculation of the *loading factor*)

xi : i-th variable value

$$\begin{aligned}
 \text{Happiness Index} &= \frac{(w1 * \text{life satisfaction}) + (w2 * \text{Feelings}) + (w3 * \text{Eudaimonia})}{w1 + w2 + w3} \\
 &= ((34.8 * 72.82) + (31.18 * 56.2) + (34.02 * 74.79)) / (34.8 + 31.18 + 34.02) \\
 &= 6,830.42 / 100 \\
 &= \mathbf{68.30}
 \end{aligned}$$

The results of measuring farmer welfare using the rural youth happiness index in farming are 68.30 (value more than 55). The index value of 68.30 can be interpreted that rural youth are happy as farmers. When viewed from the dimensions of the measured happiness index, the dimension of meaning in life (Eudaimonia) has the highest value, followed by the dimensions of life satisfaction and the dimensions of affect. The dimension of the meaning of life (Eudaimonia) also has the highest weight because the peak of happiness is the meaning of life, so that respondents feel complete happiness. If the meaning of life has been fulfilled then the individual will feel the peace of life.

**Table 3: Happiness Index Measurement**

Happiness Index	Life Satisfaction	Feelings	Eudaimonia
Happiness Score	72.82	56.2	74.79
Weight (W)	34.8	31.18	34.02
Score	68.30		

Source: Processd primary data(2021)

informations: 10-55 = dissatisfied

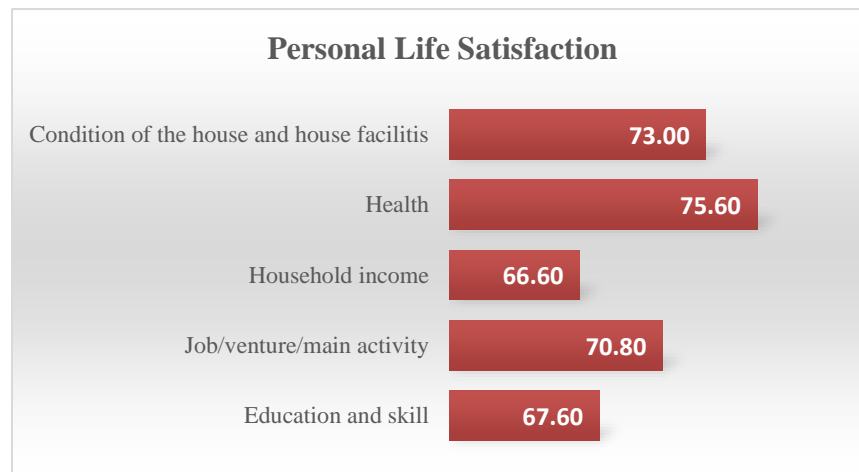
56-100 = satisfied

### Dimension of Life Satisfaction

In the dimension of life satisfaction, there are sub-dimensions of personal life satisfaction and sub-dimensions of social life satisfaction.

#### a. Personal Life Satisfaction

Personal life satisfaction is a sub-dimension that includes individual satisfaction such as self-potential that can still be developed. Indicators on the sub-dimension of personal life satisfaction include: (1) education and skills, (2) job, (3) household income, (4) health, (5) house conditions and facilities. The index of the sub-dimension of personal life satisfaction is as follows:

**Fig. 1: Personal Life Satisfaction Chart**

The analysis results of personal life satisfaction show that the sub-dimension of health has the highest score of 75.6. This means that young farmers have felt high satisfaction from health

indicators. Based on the results of the questionnaire, young farmers really strive for health on a regular basis, this is because a healthy physical condition will have a positive impact and support a person to carry out daily activities. The results of this study are in line with research conducted by [16] that health has a positive effect on happiness.

The next life satisfaction indicator is the indicator of housing conditions and facilities which has a score of 73. This score means that young farmers feel satisfied with the conditions and facilities of the house they have. Observations in the field show that there are still many farmers who build houses around the fields where they work.

The employment indicator has a score of 70.8. Based on this score, it can be concluded that young farmers are satisfied with their work. Based on the analysis results, most of the rural youth work as farmers and that is the main job of the respondents. Work as a farmer is a job that has been passed down from generation to generation. This is in accordance with research conducted by [18], work as farmers is generally carried out from generation to generation from their parents, regardless of whether they live in the same house or not.

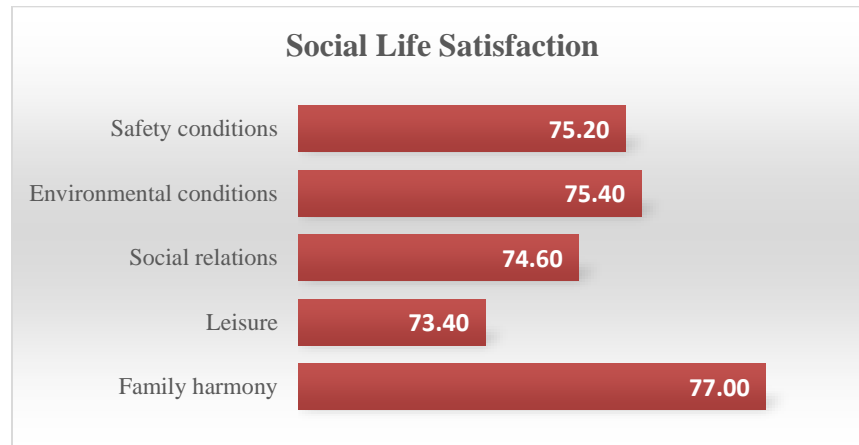
The next indicator is education and skills which has a score of 67.6. Most of the respondents have a recent education history as high school. Young farmers have felt satisfaction with their education and skills. Young farmers gain knowledge by sharing information between farmers which they then apply. The majority of farmers have smartphones, to be used as a means of adding information by using WhatsApp groups.

The indicator of satisfaction with income has the lowest score of 66.6. Even though they are satisfied with the income they get, sometimes the decline in the selling price of agricultural commodities at harvest makes young farmers look for ways to find additional, non-permanent jobs to fulfilled their daily needs. The average income of young farmers is IDR 1,500,000 per month or (103.5 US\$ per month). This income is still below the Regional Minimum Wages of Kediri Regency, which is IDR 2,033,505 per month (140,31 US\$ / month). According to [17] high income can increase happiness to obtain needs, desires, social support and opportunities to do favorite activities.

## **b. Social Life Satisfaction**

Social life satisfaction is a sub dimension of life satisfaction. Social life can be a factor that affects the happiness of young farmers because this sub-dimension regulates good relations with other people. Below is the following diagram of social life satisfaction.





**Fig. 2: Diagram of Social Life Satisfaction**

In the sub-dimension of social life satisfaction, the highest score of 77 is an indicator of family harmony. It is concluded that the respondent's relationship with the family has its own satisfaction. Based on the results of the questionnaire, gathering with family is usually done by watching television. Communication that is done every day can also improve harmonious relationships between families. Research conducted by[21]showed that family harmony is positively correlated with happiness and is predicted to lead to greater happiness.

The environmental condition indicator reached a score of 75.4. This means that young farmers are satisfied with their daily environment. Parameters measured are water conditions, air conditions and natural conditions. The condition of the water in the residence is sufficient and can be consumed, the air condition is still free of air pollution, and the natural condition is far from landslides and floods. This makes it comfortable in terms of environmental conditions.

The security condition in the sub-dimension of social life has a score of 75.2. Based on the observations, the respondent's neighborhood held a night watch, each of which residents had their own schedule. This is to prevent unwanted criminal acts. Based on the analysis of the questionnaire, most of the respondents answered that the security conditions in their environment were safe. The safer, the greater the comfort so that the greater the happiness felt by the community [16].

The social relations of young farmers are quite good. This can be seen from the number of community meetings that are often held so that communication between residents is maintained. The social relationship measured in the questionnaire is that most of the young farmers know the names of their neighbors around the house, the intensity of socializing, the intensity of participating in community activities and helping each other between residents, and the existence of trust in entrusting the house. The number of happiness obtained is 74.6. That is, young farmers

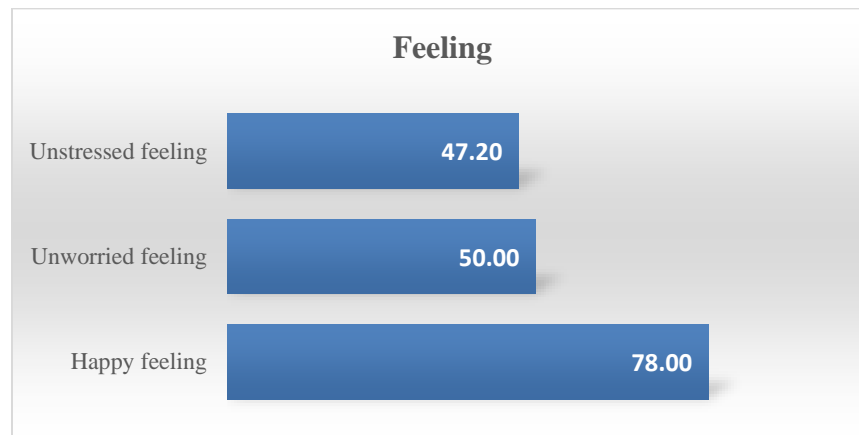
have felt satisfaction on indicators of social relations. This is in line with research which states that social relationships affect happiness [20].

The availability of free time is the social basis for living as social beings as well as young farmers. on this indicator, the happiness score obtained is 73.4. This means that with an average of 5.62 hours of free time, young farmers are still satisfied with the free time. The availability of free time has a positive impact on happiness [19].

### **Dimension of Feeling**

The next dimension is the feeling dimension which is a parameter regarding the psychological conditions of life experienced. Feelings referred to in this case are feelings of joy, anxiety about everyday life, and how depressed they are in dealing with life that is experienced personally. The feeling dimension has the following indicators: (11) feeling happy/joyful/joyful, (12) feeling unworried, and (13) feeling unstressed.

The highest feeling dimension is an indicator of feeling happy/joy which has a score of 78. This means that young farmers are happy with their current situation. Feelings of pleasure grow when someone is interested in something[22]. This is because respondents enjoy work wholeheartedly and always get positive support from their families, even though they have feelings of worry and stress in living their lives.



**Fig. 3: Dimension of Feeling Chart**

The next indicator is unworried feeling which has a score of 50. This means that young farmers have feelings of worry/anxiety regarding the future and the fluctuating condition of agricultural commodity prices that tend to fall. Many farmers depend on their livelihoods from harvests that sometimes do not match their expectation. This is in line with research conducted by[23]that

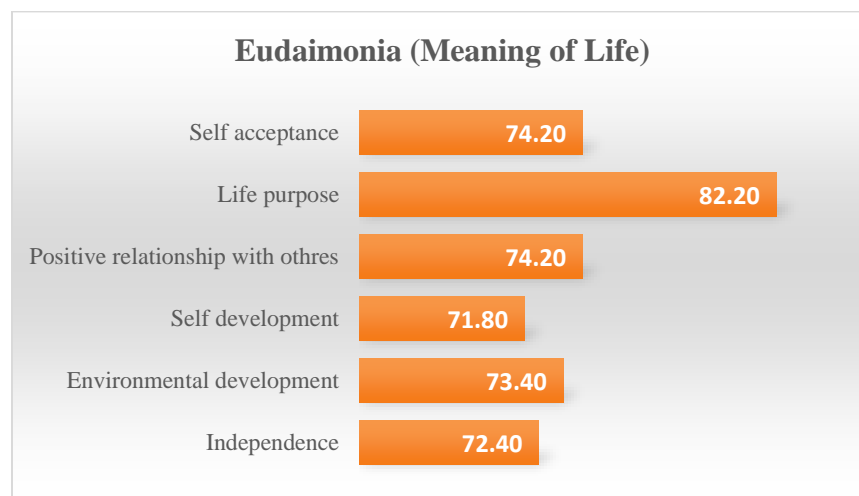
farmers often feel worried/anxious in doing farming due to frequent occurrence of crop failures, pests and diseases, and low prices.

The last indicator is unstressed feeling which has a score of 47.2. This means that young farmers feel stressed/pressured in living their lives. This is because the price of fertilizer is expensive, which makes young farmers feel pressured if they cannot fulfilled the fertilizer needs, causing damage to the plants being planted and the impact will be crop failure.

### **Dimension of Eudaimonia (Meaning of Life)**

The highest indicator is the life purpose indicator with a score of 82.2. Based on this score, it can be interpreted that respondents are still optimistic about living by farming. The purpose of life is assessed through optimism in living a more meaningful life in the future. [24]stated that having a purpose in life is important for achieving happiness in life.

The self-acceptance indicator has a value of 74.2. This means that young farmers are satisfied with their self-acceptance. The higher the self-acceptance, the higher the happiness obtained [25].



**Fig. 4: Dimension of Eudaimonia (Meaning of Life) Chart**

The indicator of positive relationships with others has a score of 74.2. This means that respondents have a concern for other people around them. Helping each other is a very strong custom and habit in rural communities. Positive relationships with the community must be maintained because in living life, help from others will always be needed.

The last indicator is environmental development which has a score of 73.4. This means that respondents are able to create comfortable conditions for themselves. Environmental development depends on individuals to deal with time pressure, stress, and environmental

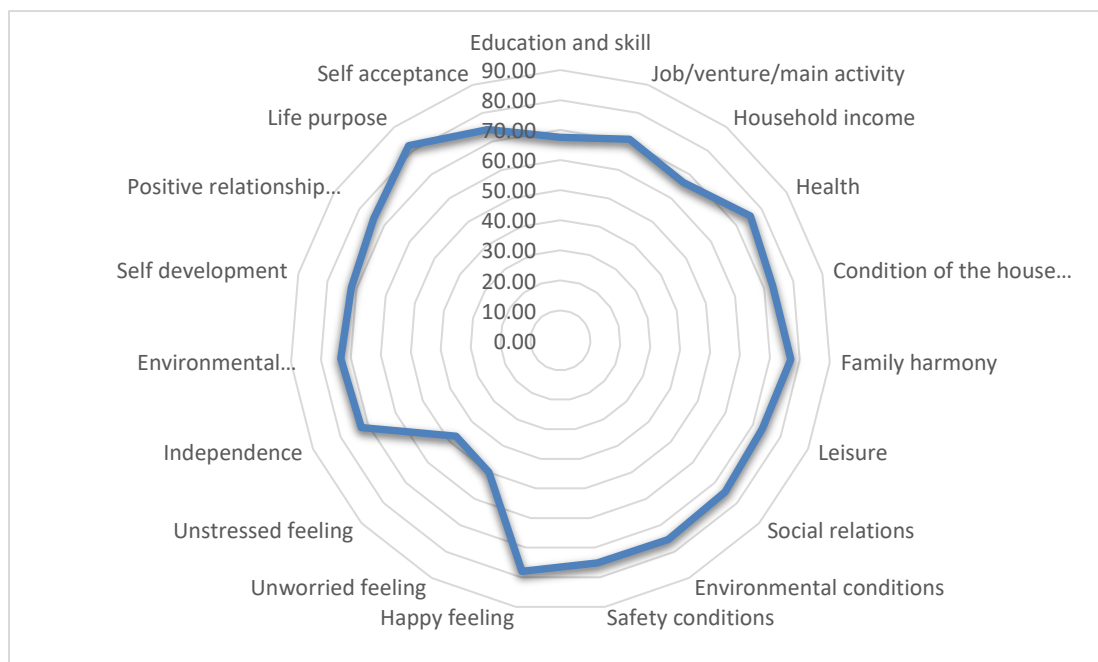
problems so as to obtain comfortable conditions[26]. Comfort is an individual feeling, because everyone has their own way of creating comfortable conditions.

The independence indicator has a score of 72.4 which means satisfied. Young farmers are able to make their own decisions but are often influenced by their surroundings. This is because the social ties of the community in the village are generally still close, causing dependence in decision making on the opinion of the environment.

The self-development indicator has a value of 71.8, meaning that young farmers are stable in developing their potential. The low level of education and skills makes young farmers aware of the importance of skills to increase their income.

### **Dominant Factors Determining Happiness of Young Farmers**

The lowest indicator score on the feeling dimension is an indicator of pressure in living life as a farmer, which is 47.2. The young farmer was under tremendous pressure because it was difficult to obtain food and cloths for himself and his family. The excessive demands by the family have also caused the village youth to worry about carrying out their daily lives. At harvest time and selling agricultural products that should be felt with joy, it ends up feeling anxious because the selling price is not promising.

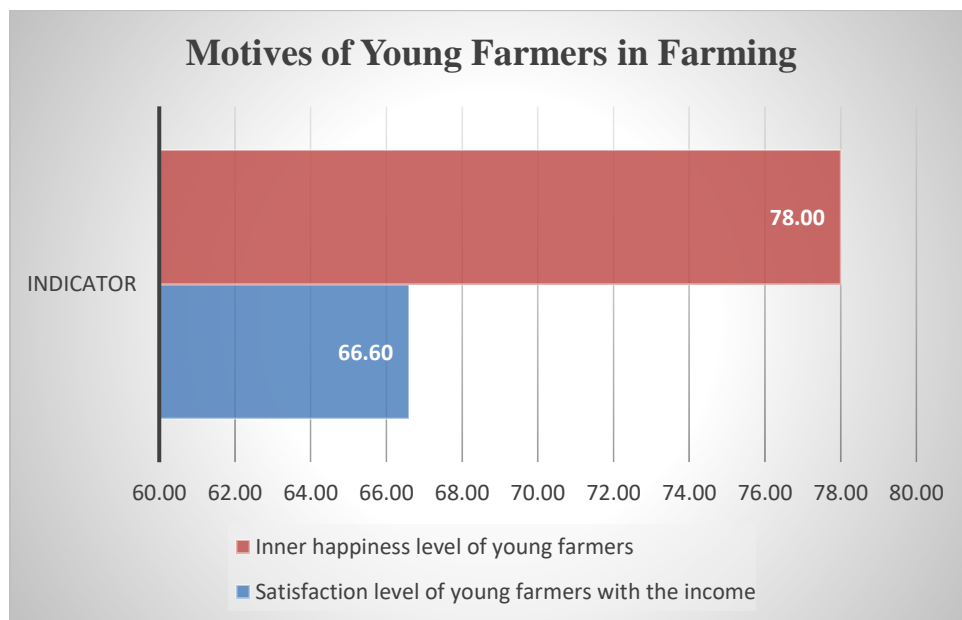


**Fig. 5: Happiness Index of Young Farmers Chart**

On the other hand, young farmers are still eager to develop agriculture for the advancement of agriculture in Indonesia. This can be seen from the highest indicator score on the dimension of the meaning of life. The indicator of the life purpose of young farmers in the agricultural sector has a score of 82.2. The rural youth who works as a farmer sees agriculture as very important for the of food production continuity and avoiding hunger. Rural youth hope that they can continue to innovate to solve problems faced in the field. Starting from access to capital, cultivation issues, technology utilization to marketing.

### **Motives of Young Farmers in Farming, For Wealth or Happiness in Life?**

The motives of village youth in farming are more inclined to inner happiness than wealth. It is known from the results of the analysis, that the level of inner happiness of young farmers has a score of 78, which is higher than the level of satisfaction of young farmers with the income obtained from farming with a score of 66.6.



**Fig. 6: Motives of Young Farmers in Farming Chart**

The income of young farmers is still lower than the Regional Minimum Wage. However, young farmers are still happy with the current situation. Respondents enjoy work wholeheartedly and always get positive support from their family and environment. The results of this study indicate that the motive that encourages young farmers to work in agriculture is the moral-cultural base. Based on this moral-cultural base motive, young farmers working in the agricultural sector are interpreted as not only about the value of profit or loss, but a calling of the soul and a moral responsibility that must be carried out by them.

## CONCLUSION

1. Rural youth feel happy with a happiness index score of 68.30, but the score is still below the national happiness index of 71.49.
2. The determining factor for the happiness of rural youth in farming is personal life satisfaction. The sub-dimensions of life satisfaction that exceed a score of 70 are Job, health, and home facilities. All sub-dimensions of social life satisfaction have an index score above 70. These sub-dimensions consist of family harmony, leisure, social relations, environmental conditions, and safety environment.
3. The determinants of youth happiness are also determined by feeling happy at work.
4. The indicator of happiness that has a high score ( $>70$ ) is the meaning of life which consists of independence, environmental development, self-development, positive relationships with others, life purpose that are felt to be achieved, and self acceptance.
5. The happiness of rural youth working in the agricultural sector (agricultural cultivation and animal husbandry) is more about inner happiness, not merely happiness derived from income and other economic achievements.

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