



# PROCEEDING

## Urban Living and Multicultural Cities in Asia: from Colonial Past to Global Future

International Conference on Psychology & Multiculturalism

November 7th - 9th | JS Luwansa Hotel & Convention Center - Jakarta, Indonesia



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URBAN LIVING & MULTICULTURAN CITIES IN ASIA:  
FROM COLONIAL PAST TO GLOBAL FUTURE

Important Note:

Scientific Committee did not edit or correct the paper accepted for proceeding. It was assume the paper's grammar, spelling error, and writing style according to APA was the author's responsibility.

Proceeding of The International Conference on Psychology and Multiculturalism

Editor : Bernadette N. Setiadi

Cover Design : Eric Geraldny

Layout : Henrico Torkis Lamhot



Published by Atma Jaya Catholic University of Indonesia, Jakarta

Jl. Jenderal Sudirman No. 51, Jakarta 12930

Telephone/Fax : (021) 5719558/ 57088390

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Jakarta, November 2017



# Greetings From the Dean

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Welcome to the first International Conference on Psychology and Multiculturalism,

In 2017, Faculty of Psychology, Atma Jaya Catholic University of Indonesia celebrates its 25th anniversary. On the 8th of June 1992, the faculty was opened with a bachelor degree program and started the academic activities with only about 70 students. Twenty five years passing by, currently we have four study programs at bachelor, master (professional and science), and doctoral level serving about 1500 students. It is a great achievement that this year we finally have a complete level of study program!

As a commemoration of our gratitude and celebration for this achievement, we are convening academicians, students, and practitioners to discuss and learn from each other in an international conference, namely “Urban Living and Multicultural Cities in Asia: From Colonial Past to Global Future”. This is our first international conference and it is a reflection of our academic themes, namely to understand and develop urban dwellers, multicultural, and disadvantaged people. It is relevant with Jakarta, where our campus is located, that the conference covers behaviors and psychological aspects of people within the history of the city, its economic and industrial growth, health, education, and information technology innovations.

Our keynote speaker and panelists are experts in their field. I hope we can learn a lot from them. For presenters and guests, welcome and thank you for joining our conference, I hope you can have wonderful discussions in this conference.

Dr. Angela Oktavia Suryani, M. Si

Dean of Faculty of Psychology, Atma Jaya Catholic University of Indonesia

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## Subjective Well-Being of PKK Volunteer Reviewed from Hours of Participation

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### ABSTRACT

This study aimed to identify the correlation between the volunteering on Pemberdayaan dan Kesejahteraan Keluarga (PKK - Empowerment and Family Welfare) and subjective well-being (SWB). Participants of this study were 78 women who volunteered at PKK organization, in TDU Urban-Village, Jakarta. Researchers argued that the higher rate of volunteering in PKK would increase the subjective well-being of women as volunteer at PKK. Data was collected by using the SWB questionnaire and hours of participations per week. SWB was differentiated as life satisfaction and happiness. The results showed that there were insignificant correlations between the hours of participation with life satisfaction ( $r = -.049$ ,  $p = .335 > .05$ ) and happiness ( $r = -.060$ ,  $p = .302 > .05$ ). Previous studies stated being a volunteer increased SWB because the volunteers could channel their help through voluntary activities, thus they felt they had contributed to social welfare and increased their SWB level. Participants in this study lived closely with their relatives; therefore they were able to channel their help by taking care of their grand-child instead. Life satisfaction and happiness of the participants were high. In accordance with the results, researchers suggested to evaluate PKK's programs to meet the SWB of volunteers.

Key Words: Subjective well-being, volunteering, PKK, Women.

Various studies regarding subjective well-being (SWB) in Indonesia found that women were often felt the negative feelings such as sadness and anxiety (Das, et al., 2007), and depression (Wada, et al., 2005) compared to men. Individual's condition of SWB could be affected by education and income (Chen, 2011; Cunado & Gracia, 2012; Rahayu & Hamadi, 2016). Rahayu and Hamadi (2016) found that individual's SWB in Indonesia could increase along with high income and level of education. Unfortunately, many Indonesian women did not have education certificate (23, 3% from around 126 million women). In terms of income, women percentage (28, 85%) that became unpaid worker were far higher than men (6, 09%). As a paid worker, women's income was constantly much lower than men for five years (BPS, 2014). This educational status and income condition could contribute towards Indonesian women's SWB level that was lower than men.

Social participation or participating in volunteer activity increased SWB (Humpret, 2013; Gilmour, 2012; Hooghe & Vanhoutte, 2011). Mid-life women who often participated in voluntary activity had a higher life satisfaction (Chong, Rochelle, & Liu, 2013). Individual that often volunteer (frequently) was also happier (Dulin, Gavala, Stephens, Kostick, & McDonald, 2012). Study from Dulin, et al., (2011) found that culture and type of voluntary activity did not affect positive correlation between the frequency of participation on voluntary activity and happiness in middle-aged at New Zealand. On the other hand, Windsor, Anstey, dan Rodgers (2008) found a reversed U-pattern in relationship between the frequency of participation in voluntary activity and SWB. Individual with highest level of SWB was individual that participated moderately in voluntary activity, comparing to those who did not volunteer or spent too much time (above the average) in voluntary activity. For individual that volunteered above the average, they had a higher negative affection compared to them

who moderately volunteered and did not volunteer at all. Pilkington, Windsor, dan Crisp (2012) found that middle-aged volunteers in Australia, who volunteered with moderate participation, (less than 7 hours per week) had a higher SWB level compared to the non-volunteer. Volunteering with high participation frequency was indifference to the non-volunteer in term of SWB.

Voluntary activity for women that applied across Indonesia was Empowerment and Family Welfare or *Pemberdayaan Kesejahteraan Keluarga* (PKK). PKK was a community that made by the government to empower women in raising social welfare, starting from families (Tim Penggerak PKK DKI Jakarta, 2016). There were various tasks for PKK members, such as: teaching the Early Childhood Education or *Pendidikan Anak Usia Dini* (PAUD), monitoring the eradication of mosquito's nest or *jumantik*, helping the Integrated Service Post or *Pos Pelayanan Terpadu* (posyandu), joining a social gathering or *arisan*, attending religious meetings, and et cetera.

Researchers conducted intial interview on June and October 2016 toward PKK members in hamlet level and Society Empowerment and Welfare Section Chief in urban village TDU to find out about PKK's condition. Based from the intial interview, researchers found that PKK members were willing to participate in PKK's activity because it gave some activities to do. Majority of PKK members were the pensioner and their children already had their own family. Therefore, there was nothing much to do at home. PKK member could stay active and productive by participating in PKK activities.

One problem in PKK was the lack of volunteer (Riana, Sjamsuddin, & Hayat, 2014). This led members to hold more than one roles in PKK and spent more time to execute the tasks in PKK. PKK was one of the big organizations in Indonesia that gave the opportunities for Indonesian women to participate socially. Participating in PKK activities could potentially affect Indonesian women's SWB.

Based on various explanations above, the aim of this study was to find out about relationship between the frequency of participation in PKK activity and SWB.

### *Subjective Well-Being*

Subjective well-being is a well-being condition of individual that is evaluated from cognitive and affective aspects (Diener, 1984; Diener, 2000; Paul & Garg, 2013). Subjective well-being consists of two components: life satisfaction and happiness. Life satisfaction is individual's overall evaluation towards his/her life according to cognitive while happiness is according to affective (Diener, 1984). Happiness is a condition when individual feels positive affection more than negative affection. In happiness, frequency of feeling positive affection is more important than intensity of feeling positive affection (Diener, 2000). Both evaluations are called subjective evaluation because the evaluation did not have standard about good life as reference. Standard of good life is determined by each individual.

### *Factors that Affect Subjective Well-Being*

According to Diener (1984), factors that affect SWB are:

#### a. Age

Younger individuals tend to be more expressive in showing his/her positive affection while older individuals tend to be more satisfied and evaluate life positively.

#### b. Educational Status

Educational status affects individual's SWB level, because education is a foundation for other factors that affect SWB such as income, social network, etc. Education mainly affects SWB level in women.

#### c. Marriage

Married individuals have higher SWB level than unmarried individuals. This condition

happens because love toward partners and family welfare enhance SWB.

#### *Participation Frequency*

The frequency of the participation is the amount of time that participant use to participate in voluntary activity (Chong, Rochelle, & Liu, 2013; Dulin, et al., 2012). In this study, the frequency of the participation is the total hours per week that participants use to participate in PKK activity.

#### *Factor which Affect Participation Frequency*

Factor which affect the frequency of the participation is age. Middle-aged individual has a high frequency of participation, because middle-aged individual is usually a pensioneer and has an adult child which caused middle-ager to have more free time to volunteer (Chong, Rochelle, & Liu, 2013; Dulin, et al., 2012).

#### *Research Dynamics*

Individual's subjective well-being could be increased by having a frequent interaction with others and wide social network (Van der Horst & Coffé, 2012). SWB could also increased by social trust which was gained from wide social network. In women volunteer, social support from co-workers alleviated workload (Hombrados-Mendieta & Cosano-Rivas, 2011). Social support also enhanced work satisfaction which also increased life satisfaction.

Voluntary activity could become a medium for individual to channel their help. Individual who participated in voluntary activity was usually middle-aged or elderly people. At such age, individual was in generativity stage. Generativity stage was the stage when individual felt the importance to help other and contributed toward social welfare (Kahana, Bhatta, Lovegreen, Kahana, & Midlarsky, 2013). In society with collective culture, generativity was important to raise positive aging, including life satisfaction (Chong, Rochelle, & Liu, 2013). Helping others could raise individual's SWB (Tang, Choi, & Morrow-Howell, 2010; Kahana, et al., 2013). The individual's level of happiness is higher when he/she helped others more. In addition, individual who was happy also tended to spend time to help others (Anik, Akinin, Norton, & Dunn, 2009; Barker & Martin, 2011).

Individual who participated in voluntary activity would have a high rate of SWB since volunteering is one of a medium to channel help (Plagnol & Huppert, 2010). The amount of time spent on volunteering also provided more chances to interact with friends that participated in the same voluntary activity. Frequency to meet and interact directly with friends increased SWB level (Van der Horst & Coffé, 2012).

Based from various explanations above, the hypotheses of this study were:

H1: There is a positive correlation between the frequency of the participation in PKK activity and life satisfaction.

H2: There is a positive correlation between the frequency of the participation in PKK activity and happiness.

## Method

This study used quantitative descriptive approach. Correlation analysis by Pearson Product Moment was used in order to see the correlation between participation frequency and SWB. Participants in this study consisted of 78 women of PKK member in hamlet level urban village TDU. Participants were chosen by census.

### Research Instrument

The frequency of the participation variable in this study was measured by question as follow: “*Dalam waktu satu minggu, saya berpartisipasi dalam kegiatan PKK selama.... jam.*” or “In a week, I am participating in PKK activity for.....hour(s).” This question was asked alongside with the demographic data (age, marital, and educational status). SWB variable was measured by adaptation from two scales: The Satisfaction With Life Scale (SWLS) that developed by Diener, Emmons, Larsen, dan Griffin (1985) to measure life satisfaction and The Scale of Positive and Negative Experience (SPANE) that developed by Diener, Wirtz, Tov, Kim-Prieto, Choi, Oishi, & Biswas-Diener (2009) to measure happiness. SWLS scale consisted of five favorable statements with a Likert scale from one (strongly disagree) to seven (strongly agree). SPANE scale consisted of twelve statements to measure frequency of positive and negative affection. Each aspects consisted of six statements with a Likert scale from one (never) to five (always).

Scale test was conducted to 35 women who volunteered as the church administrators. SWLS scale internal reliability was  $\alpha = 0.819$  with validity ranged between 0.362 – 0.813. SPANE scale was divided into two which are: SPANE P (to measure positive affection) and SPANE N (to measure negative affection). SPANE P internal reliability was  $\alpha = 0.804$  with validity ranged between 0.483 - 0.692. SPANE N internal reliability was  $\alpha = 0.740$  with validity ranged between 0.361 – 0.594. In accordance to Diener’s theory about happiness state, which said happy individual was when individual felt positive affection more than negative affection, the result from SPANE scale was acquired from subtracted SPANE N’s score from SPANE P’s score. The resultant difference could be varied from –24 (unhappiest possible) to 24 (highest affect balance possible, which was the state of happiness) (Diener, et al., 2009).

### General Description of Research Participants

Participants’ characteristics in this study varied in age, marital, and educational status. Participants’ characteristics were described as follow:

Table 1

Characteristic of Participants

Age	Amount (n)	Percentage (%)
20-30 years old	3	3.8%
31-40 years old	2	2.6%
41-50 years old	30	38.5%
51-60 years old	31	39.7%
61-70 years old	10	12.8%
71-80 years old	2	2.6%
Marital status	Amount (n)	Percentage (%)
Married	62	79.5%
Single	5	6.4%
Widowed	11	14.1%
Educational Status	Amount (n)	Percentage (%)
Elementary	6	7.7%

Junior High	17	21.8%
Senior High	48	61.5%
College	7	9%

### Results

According to analysis result using Pearson Product Moment correlation, the correlation between the frequency of the participation and life satisfaction was negative and insignificant ( $r = -.049$ ,  $p = .335 > .05$ ). Correlation between the frequency of the participation and happiness was also negative and insignificant ( $r = -.060$ ,  $p = .302 > .05$ ). Both hypotheses that said there is positive correlation between the frequency of the participation with life satisfaction (H1) and there is positive correlation between the frequency of the participation and happiness (H2) rejected. Members' frequency of the participation ranged between the highest of 20 hours per week, and the lowest of 0.5 hours per week. The overall average of participation frequency of participant in this study was four hours per week ( $M = 4.481$ ,  $SD = 4.2045$ ). Life satisfaction level ( $M = 26.92$ ,  $SD = 4.233$ ) and happiness ( $M = 9.65$ ,  $SD = 6.002$ ) of PKK members were high.

Researchers conducted correlation test between age and the frequency of the participation as additional data. Correlation between age and the frequency of the participation was insignificant ( $r = .120$ ,  $p = .148 > .05$ ). Correlation between age, life satisfaction, and happiness were also insignificant ( $r = .085$ ,  $p = .458 > .05$  and  $r = .025$ ,  $p = .830 > .05$ ). There was insignificant difference between life satisfaction level and happiness according to marital status ( $T = .081$ ,  $p = .936 > .05$  and  $T = .025$ ,  $p = .980 > .05$ ). The result of the T-Test was still robust even though there was unequal size of the sample, because the Levene test of variance indicated both sample groups (married and do not have partner; e.g single, divorced) were equal ( $p = .735 > .05$  for life satisfaction by marital status and  $p = .484 > .05$  for happiness by marital status). There was also insignificant correlation using non-parametric correlation test Spearman Rank, between educational status with happiness and life satisfaction ( $r = -.123$ ,  $p = .283 > .05$  and  $r = .092$ ,  $p = .423 > .05$ ).

### Discussion

This research found no significant correlations between volunteers' frequency of participation in PKK activity with both life satisfaction ( $r = -.049$ ,  $p = .335 > .05$ ) and happiness ( $r = -.060$ ,  $p = .302 > .05$ ). It also showed that life satisfaction and happiness rate of the participants in this study were high. Majority of the participant responded "agree" or "strongly agree" with each question of life satisfaction's scale (SWLS). The same thing happened for the happiness' scale (SPANE). Most of participant responded "often" or "always" to the positive affections and responded "rarely" or "never" to the negative affections part of the scale. Thus both life satisfaction and happiness of the participant were high.

The high rate of life satisfaction and happiness did not have any significant correlations with demographic data of the participant such as age, and there was also no significant different on SWB level based on marital and educational status. This result was quite shocking, remembering the previous studies (Diener, 1984; Kahana, 2003) found that life satisfaction increased with age but happiness decreased along with the increase of age. The other studies (Rahayu & Hamadi, 2016; Diener, 1984) also implied that educational and marital status affected SWB.

This research was also different with the study of Dulin, et al. (2012) which resulted a positive correlation between volunteers' frequency of participation with happiness, despite the volunteer type and culture of the participants. This difference might come from the



different method of the happiness' measurement. This research used a multi-item scale to measure the frequency of happiness, whereas, Dulin, et al. (2012) used a multi-item scale to measure the intensity of happiness. According to Diener (2000), an intense positive affection was a rare experience even to the happy individual. It was also hard to measure the intensity of affection since it would be compared with other intensities of happiness which the person had already experienced. Therefore, this research measured the frequency of positive affection that occurred over a specific time (within two months) to make it easier for the participants and to get more accurate result.

In fact, this research was almost similar to Pilkington, Windsor, and Crisp (2012), which stated that there was a negative correlation between the volunteer participation rate and SWB. Participants' characteristics of both researches were similar. In this research, the participants were all women with the average age of 52.5 years old, married, at least graduated from Senior High School, and were not a full-time worker anymore (pensioner). In Pilkington, Windsor, and Crisp (2012) study, the participants had higher average of age (65.2 years old) but the other characteristics matched.

Usually in several previous studies, an increase in age determined an increase in the frequency of participation (Chong, Rochelle, & Liu, 2013; Dulin, et al., 2012). Elder people would spend a longer time at voluntary activity since they did not have a fulltime job and did not have to take care of their child anymore. Elderly also spent a longer time in voluntary activity to channel their generative impulse. However in this study, correlation between age and the frequency of participation in PKK's activity was also insignificant. This difference in finding could be caused by the difference in culture. Participants in this study were indeed mid-life, but they lived closely or with their relative. Therefore, participants would still take care of their grand-child. This phenomenon could also contribute to insignificant result between the frequency of participation with SWB, because mid-life and elderly participants in this study distributed their generativity by helping their child to take care of their grand-child. Tsai, Motamed, and Rougemont (2013) found elderly who lived closely to relative and help to take care of their grand-child had a lower level of depression and loneliness. Besides, family was the source of happiness for women in Indonesia (Patnani, 2012).

This research measured frequency of participation by counting hours spent to volunteer at PKK in a week. There were also several impromptu and unplanned voluntary activities that did not include into the measurement. Routine probably affected the correlation between volunteers' frequency of participation and SWB. Therefore, for further research, researchers suggested to develop a scale that could measure another aspects of volunteer, such as; routine, frequency of participation per type of activities in PKK (administrative, socialization, and monitoring), and also measured the intention of being a volunteer.

Another limitation of the study was this study conducted to measure at one time only. Therefore, there was no exact result to point the effect of participating in PKK to SWB level. Based on these findings, researchers suggested for PKK organization, PKK coordinator, and government to enclose a meaningful activity such as sharing within PKK member. This activity might help members to share positive affection and built closeness which could increase the SWB.

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