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Dr. Rina Juwita, S.P., MHRIR
NIP. 198 04172005012001

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**"AKU KAYA, TAPI TIDAK BAHAGIA"
 STUDI FENOMENOLOGI KEBAHAGIAAN PADA INDIVIDU DENGAN STATUS SOSIAL EKONOMI
 ORANG TUA TINGGI**

Hani Fadillah Humaira¹, Lidia Sofia², Diah Rahayu³, Miranti Rasyid⁴
^{1,2,3,4}Department of Psychology, Muljawanama University, Indonesia
 Email: psichology@gmail.com, lidiasofia@muljawa.ac.id

<p>Abstract Info</p> <p>Keywords: Keywords are certain words included in the study abstract for the research variables, the characteristics of the research subject and the theory researched (Hansen, 2016). Keywords are original and brief words that stand out to the researcher.</p>	<p>ABSTRACT</p> <p>Background: Happiness, society beliefs that happiness comes from money. This is in line with the materialistic view that happiness is sought by accumulating as much pleasure as possible and the need to do so to avoid negative emotions such as stress, depression. However, this contradicts the condition of the four subjects detected to have low happiness according to the Oxford Happiness Questionnaire (OHQ). Objective: The objective of this research is to understand the causes, causes, and indicators of a person with high socioeconomic status in experiencing low happiness. Research Method: Research method used in this study is qualitative with a phenomenological approach. The subjects in this study are individuals with high socioeconomic status and low happiness. Data collection methods include interviews, observations, and field notes. Research Findings: Several factors causing low happiness include emotional hunger, judgment, lack of self-compassion, feeling underestimated, being pressure, being exploited, over child issues, loneliness, family issues, absence of respect, unmet needs, excessive rules, feeling oppressed. From this, it is evident that the pattern of causes for the subjects experiencing low happiness is due to the lack of internalized and lack of validation within the subjects, which leads them to not meet the researcher needs theoretically outlined in Maslow's hierarchy of needs. Impacts on the subjects include seeking validation from society, slow cognitive development, strong self-doubt, inability to socialize, feeling rejected, experiencing loneliness, numerous difficulties in writing life goals, difficulty in learning, preparing development, unable to manage stress, self-doubt, quality of self-esteem, negative difficulty in being meaning in life, difficulty in understanding life, difficulty in being productive, difficulty in working activities, trying to be a parent, lack of self-compassion, over-achievement, being exploited, inability to get self-satisfaction, failure to achieve desired success, and overthinking. Efforts to increase happiness include resolving issues, setting an intention to work, setting goals, setting values (from society), feeling oneself, working, managing emotions, seeking support, working, feeling, being happy, when, setting up to be grateful, working, working, studying with friends, managing stress, learning to be more, managing feelings, making choices, making spending other words, trying new things, recognizing responsible events, not thinking feeling in their work, alternating to target problems, positive affirmations, and suitable. The four subjects will only experience happiness through giving, seeking reasonable moments, or playing themselves with responsibilities. With this, the subjects receive validation. These subjects also struggle to perform developmental tasks, one of which is finding a job because they will be able to do so. This can happen due to the possibility of failure from an area developmental task which is the subject's developmental level of searching for identity, where the four subjects failed to explore themselves and ended up being themselves, leading to their low happiness.</p>
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ABSTRAK

Kata Kunci: Kata kunci adalah kata-kata tertentu yang dimasukkan dalam abstrak penelitian untuk menggambarkan variabel-variabel penelitian, karakteristik subjek penelitian, dan teori yang diteliti (Hansen, 2016). Kata kunci adalah kata-kata yang orisinal dan singkat yang menonjol dan mudah dikenali oleh pembaca.

Abstrak

Latar Belakang: Kebahagiaan, masyarakat percaya bahwa kebahagiaan berasal dari uang. Hal ini sejalan dengan pandangan materialistik yang melihat kebahagiaan sebagai akumulasi kesenangan sebanyak mungkin dan kebutuhan untuk menghindari emosi negatif seperti stres, depresi. Namun, hal ini bertentangan dengan kondisi empat subjek yang terdeteksi memiliki tingkat kebahagiaan rendah menurut Oxford Happiness Questionnaire (OHQ). **Objektif:** Tujuan dari penelitian ini untuk memahami penyebab, penyebab, dan indikator orang dengan status sosial ekonomi tinggi yang mengalami kebahagiaan rendah. **Metode Penelitian:** Metode penelitian yang digunakan dalam penelitian ini adalah kualitatif dengan pendekatan fenomenologis. Subjek dalam penelitian ini adalah individu dengan status sosial ekonomi tinggi yang mengalami kebahagiaan rendah. Teknik pengumpulan data meliputi wawancara, observasi, dan catatan lapangan. **Temuan Penelitian:** Beberapa faktor penyebab kebahagiaan rendah meliputi lapar emosional, penilaian, kurangnya rasa hormat, merasa diremehkan, merasa tertekan, masalah keluarga, masalah pekerjaan, perasaan tidak dihargai, kesepian, masalah diri, masalah self-compassion, over-achievement, merasa dimanfaatkan, ketidakmampuan untuk mendapatkan kepuasan diri sendiri, ketidakmampuan untuk memahami kehidupan, ketidakmampuan dalam bekerja, ketidakmampuan dalam belajar, ketidakmampuan dalam menyetujui diri sendiri, ketidakmampuan dalam mengelola emosi, ketidakmampuan dalam mengelola waktu, ketidakmampuan dalam mengelola keuangan, ketidakmampuan dalam mengelola kesehatan, ketidakmampuan dalam mengelola hubungan sosial, ketidakmampuan dalam mengelola lingkungan, ketidakmampuan dalam mengelola diri sendiri, ketidakmampuan dalam mengelola kehidupan.

Kesimpulan: Untuk meningkatkan kebahagiaan, subjek penelitian perlu mengatasi masalah-masalah tersebut, menetapkan tujuan yang realistis, mencari dukungan sosial, dan belajar untuk bersyukur. Dengan melakukan hal-hal tersebut, subjek penelitian diharapkan dapat meningkatkan kebahagiaan mereka dan menemukan momen-momen yang bermakna dalam kehidupan mereka.