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HAPPINESS INDEX OF CHILI FARMERS IN SUKAU DISTRICT, WEST LAMPUNG REGENCY

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Abstract. Measuring the level of farmer welfare can be observed not only from the material aspect but also from the happiness level of the farmer. The happiness indicator can be described as subjective well-being. This study aims to measure the happiness index of chili farmers in Sukau District, West Lampung Regency. The research was conducted in January 2021, and the research location was selected purposively considering that Sukau District is one of the chili-producing centers in West Lampung. This research employs descriptive quantitative research using a case study approach. Samples of 41 chili farmer respondents are selected from a population of 71 chili farmers, calculated using the Taro Yamane formula. Data was collected through interviews with questionnaire tools to calculate the happiness index following BPS methods. The happiness index of BPS consists of 3 dimensions, namely the dimension of life satisfaction, the dimension of feelings, and the dimension of the meaning of life, and consists of 19 indicators. The results obtained from the life satisfaction dimension were 76.5, the meaning of life dimension was 61.4, and the feeling dimension was 79.3. The final result of the happiness index of chili farmers in Sukau District is 72.7, so it can be concluded that chili farmers in Sukau District are happy because the value is above 60.0.

Keywords: Affection, Eudemonia, Life satisfaction, Subjective well-being

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INTRODUCTION

Increasing agricultural production is essential in improving farmers' equality and welfare. Farmer welfare is the main goal in carrying out all activities related to agricultural development (Oktavia, Rianto, & Slamet, 2013). The farmer's welfare is measured not only by material aspect but also by the happiness level of the farmers (Badan Pusat Statistik, 2017). Happiness is a factor of human welfare, and the higher the level of joy, the higher the human capacity. Economists often associate a high level of welfare with a better quality of life. A survey conducted by *Gallup Inc*. shows that happiness cannot be bought solely with money, whereas Singapore, one of the highest GDP per capita in the world, is one of the most unhappy and positive countries (Krasko, Schweitzer, & Luhmann, 2020). Proves that happiness is related to welfare. There are various definitions of happiness, and happiness is the satisfaction each individual gets (Bakar, 2018).

In the current phenomenon, economic indicators such as economic growth and poverty are the standard for measuring success. Economic growth does not always make people happy, but the most important thing is establishing a happy society simultaneously with economic growth. Objective and subjective standards can measure the welfare level. Objective standards can be quantified by per capita income, while subjective standard differs for each individual, such as the happiness index (Wibowo, 2016). Subjective welfare indicators have the benefit of fulfilling objective indicators. In general, there is a lack of research on the happiness index of farmer groups. According to research by (Hutapea, et al., 2017) A happy life experience is being grateful for what has been obtained. Income level is one of the happiness index indicators. A low happiness index can affect the welfare of the population, such as the high crime rate proving that the level of community welfare is low. (Permatasari, Notodiputro, & Sadik, 2018) Analyzed the happiness of IPB university students. The happiness index is calculated using the weight obtained from factor analysis (Zainuri, Oktavia, & Riniati, 2019). Analyzed the welfare and happiness levels of Jember and Malang City banking employees.

Research on subjective welfare has been widely studied, for example, research conducted by (Rahayu, 2016), titled Determinants of Happiness in Indonesia and (Soesilowati, Nihayah, & Putri, 2017) titled Study of the Happiness Index of Semarang City; however, measuring farmer happiness specifically remains important and has not yet been conducted. Research on the happiness of livestock farmers has been conducted by (Sutawi, Karmiyati, & Iswatiningsih, 2020) which showed that livestock farmers feel happy already, but it only calculates happiness without any test of differences to the happiness of livestock farmers in other locations. Based on those phenomena, a study is feasible to determine the level of farmer welfare from a psychological perspective, namely farmer happiness from the happiness indicators felt by farmers in the Sukau District. The people in Sukau District perform chili farming as their main or secondary source of income. According to data from the Study of Leading Commodities in West Lampung Regency, chili production in Sukau District from 2015 to 2017 successively increased, namely 403 tons, 1,086 tons, and 2,277 tons, respectively. Based on that, this study is feasible to be carried out to determine the level of welfare from the happiness indicators felt by chili farmers in Sukau District.

METHOD

This research was conducted in January 2021 in Sukau District, West Lampung Regency. The location was selected purposively considering that Sukau District is one of the chili production centers in West Lampung Regency. The types of data used in this research are primary and secondary. The former were obtained through interviews using structured questionnaires, and the latter were obtained from chili farming agencies in the past year. The calculation used to get samples of the research employs the Taro Yamane formula, one of the formulas of the Statistics Center and related literature. The population of this study is 70 chili farmers who are currently or at least have carried out chili farming within the past year as the criteria. The calculation used to obtain research samples uses the Taro Yamane formula, which is one of the formulas for obtaining samples that are implemented for further research on respondents (Sugiyono, 2018). Based on that, 41 samples of chili farmers were obtained. The data collection technique was conducted through interviews with structured questionnaire tools and rating scales for questions related to the happiness index, which consisted of three dimensions: life satisfaction, feelings, and meaning of life. Questions in the questionnaire are measured using a rating scale, providing a scale for each dimension, sub-dimension, and indicator. The scale used in the research is a rating scale of 0 to 10; a score of 0 shows the lowest respondent's answer and a score of 10 shows the highest respondent's answer. A 5 (five) score is the middle score, meaning the respondent can express the lowest or highest satisfaction.

According to Badan Pusat Statistik (2017), the happiness index consists of three dimensions: life satisfaction, feeling (affect), and meaning of life (eudemonia). Life satisfaction is divided into two sub-

dimensions: personal and social life satisfaction. The sub-dimension of individual life satisfaction is measured using five indicators: Education and Skills, Main Occupation, Household Income, Health, as well as Home Conditions, and Home Facilities, while the sub-dimension of Social Life Satisfaction is measured using five indicators, Family Harmony, Availability of Free Time, Social Relationship, State of Environment, and Safety Condition. The feeling dimension is calculated using three indicators: Feeling of Happiness/Joy/Excited, Feeling of Not Worried/Anxious, and Feeling of Not Depressed. The Meaning of Life dimension is measured by six indicators: Independence Development, Environmental Self-Development, Positive Relationship with Other People, Life Purpose, and Self-Acceptance. The happiness index is calculated using 19 indicators (Badan Pusat Statistik, 2017). Determination of dimensions, sub-dimensions, indicators, weights and formulas for the happiness index come from the 2017 Happiness Index Measurement Survey.

Table 1. Determination of dimensions, sub-dimensions, indicators, weights

Dimension	Sub-dimension	Indicator	Weight
Life Satisfaction (34.80)	Personal Life Satisfaction (50.00)	Education and Skills	18.34
		Main Occupation/Business	21.67
		Household Income	22.81
		Health	17.04
		Home Conditions and Facilities	20.14
	Social Life Satisfaction (50.00)	Family Harmony	19.41
		Availability of Free Time	18.93
		Social Relationship	22.13
		State of Environment	20.64
		Safety Condition	18.89
Feeling (31.18)		The feeling of Happiness/Joy/Cheerful	25.86
		Feeling Not Worried/Anxious	36.80
		The feeling of Not Depressed	37.34
Meaning of Life (34.02)		Independence	16.56
		Control of Environment	18.44
		Self-Development	15.27
		Positive Relationship with Other People	15.48
		Life Purpose	17.48
		Self-Acceptance	16.78

Source: Badan Pusat Statistik, 2017

The formula used to calculate the dimensions that make up the happiness index is as follows (BPS, 2017):

Life Satisfaction = (w1*personal satisfaction+w2*social satisfaction)/(w1+w2)

Personal Life Satisfaction = (wi*xi)/wi

Social Life Satisfaction = (wi*xi)/wi

Feeling = (wi*xi)/wi

Meaning of Life = (wi*xi)/wi

The happiness index is calculated using the following formula:

Happiness = ((w1*life satisfaction)+(w2*feeling)+(w3*meaning of life))/(w1+w2+w3)

The formula above explains that wi is the weight obtained from calculating the i-th loading factor, and xi is the value of the i-th variable.

Before the research is carried out, it is necessary to conduct a validity and reliability test on the questionnaire to determine whether the questions in the questionnaire are valid and reliable. Testing was carried out on the first 20 research respondents. Based on the number of respondents, the r table value used as a reference is 0.468. The statement is valid if the computed r value is >0.468, and vice versa. If the calculated r <0.468, then the statement is declared invalid. The reliability test is said to be reliable if the alpha value is >0.7 (Ghozali, 2013). Table 2 presents the results of the validity and reliability test of each question in the questionnaire regarding the happiness index of chili farmers in Sukau District.

Table 2. The results of the validity and reliability test of the questionnaire regarding the happiness index of chili farmers in Sukau District

Dimension	Sub- dimension	Indicator	Corrected Item- Total Correlation	Cronbach's Alpha
Life Satisfaction (34.80)	Personal Life Satisfaction (50.00)	Education and Skills	0.882	0.955
		Main Occupation/Business	0.556	
		Household Income	0.946	
		Health	0.725	
		Home Conditions and Facilities	0.915	
	Social Life Satisfaction (50.00)	Family Harmony	0.608	
		Availability of Free Time	0.797	
		Social Relationship	0.885	
		State of Environment	0.680	
		Safety Condition	0.634	
Feeling (31.18)		The feeling of	0.651	
		Happiness/Joy/Cheerful	0.666	
		Feeling Not Worried/Anxious	0.500	
		Feeling Not Worried/Anxious		
Meaning of Life (34.02)		Independence	0.510	
		Control of Environment	0.826	
		Self-Development	0.889	
		Positive Relationships with Others	0.854	
		Life Purpose	0.624	
		Self-Acceptance	0.831	

Source: Primary Data, 2021

Based on Table 2, the values of *Corrected Item-Total* from the validity test on all questions are more than 0.468, so all questions presented are valid and can be used. The result of *Cronbach's Alpha* test is 0.955. This value shows that the questionnaire used is reliable. It can be concluded that each question from each indicator is valid and dependable so that all questions can be analyzed further.

RESULTS AND DISCUSSION

Measuring the level of welfare is not only through an objective approach but also through a subjective one. The study to measure the welfare of farmers using a subjective approach referring to the concept of happiness stated by (Badan Pusat Statistik, 2017), the concept of happiness is an evaluation of the respondent's life conditions related to the psyche in the form of emotions and feelings that can change based on circumstances involving the perception of welfare by assessing the dimensions of life satisfaction, feelings, and meaning of life. Based on the research that has been conducted, the study's results are presented in the form of data. According to the detailed research results, the measurements of happiness level of chili farmers in Sukau District are presented in Table 3.

Table 3. Analysis of the happiness index of chili farmer

Dimension	Sub-dimension	Indicator	Weight	Result
Life Satisfaction (34.80)	Personal Life Satisfaction (50.00)	Education and Skills	18.34	67.6
		Main Occupation/Business	21.67	78.5
		Household Income	22.81	69.0
		Health	17.04	78.5
		Home Conditions and Facilities	20.14	68.3
	Social Life Satisfaction (50.00)	Family Harmony	19.41	81.7
		Availability of Free Time	18.93	78.5
		Social Relationship	22.13	80.7
		State of Environment	20.64	82.4
		Safety Condition	18.89	79.5
Feeling (31.18)		Feeling of Happiness/Joy/Cheerfulness	25.86	80.7
		Feeling of Not Worried/Anxious	36.80	54.3
		Feeling of Not Depressed	37.34	54.9
Meaning of Life (34.02)		Independence	16.56	78.5
		Control of Environment	18.44	81.0
		Self-Development	15.27	75.6
		Positive Relationship with Other People	15.48	75.6
		Life Purpose	17.48	85.1
		Self-Acceptance	16.78	79.0

Source: Primary Data, 2021

Dimension of Life Satisfaction

Life satisfaction is divided into two sub-dimensions: personal and social life satisfaction. The sub-dimension of personal life satisfaction includes individual satisfaction, such as personal potential, that can be developed further. There are five indicators in the sub-dimension of personal life satisfaction, namely (1) education and skills, (2) occupation, (3) household income, (4) health, and (5) home conditions and facilities. Based on the research that has been carried out, the results obtained on the sub-dimension of personal life satisfaction are as follows:

Table 4. Happiness Index results on the personal life satisfaction sub-dimension

Dimension	Sub-dimension	Indicator	Result
Life Satisfaction (34.80)	Personal Life Satisfaction (50.00)	Education and Skills	67.6
		Main Occupation/Business	78.5
		Household Income	69.0
		Health	78.5
		Home Conditions and Facilities	68.3

Source: Primary Data, 2021

The score for education and skills is 67.6. Based on the results of the questionnaire analysis, the last education of the respondents was junior high school, on average. Chili farmers in Sukau District have felt satisfied with their education and skills. Chili farmers gain knowledge by sharing information among themselves. The majority of farmers have smartphones, which can be used to access information by using *WhatsApp groups* as a means of communication.

The next indicator of life satisfaction is Occupation, with a score of 78.5; it can be concluded that farmers in Sukau District are satisfied with their work. Based on the questionnaire results, the people in Sukau District mostly work as farmers as their main occupation because working as a farmer is an occupation that has been passed down from generation to generation. Regardless of whether they live in the same house or not, farming is a job that has been passed down from generation to generation (Markussen, et al., 2018).

The next life satisfaction indicator is household income, which has the lowest score, 69. Even though they are satisfied with the income earned, sometimes the falling price of chilies during harvest time makes chili farmers look for ways to get additional non-permanent jobs to meet their daily needs. The income of chili farmers in Sukau District is below the average of IDR 1,500,000, meaning that the income is below the regional minimum wage of West Lampung, IDR 2,442,513. The level of education may affect the income (Ruiu & Ruiu, 2019). Some chili farmers were found to have a monthly income of over IDR 1,500,000. According to Azizi, et al., (2017), high income can increase happiness by fulfilling needs, providing social support, fulfilling desires, and creating opportunities to carry out desired activities.

The health indicator has the highest score of 78.5, meaning that chili farmers in Sukau District have felt high satisfaction in terms of their health. Based on the questionnaire results, chili farmers in Sukau District strive for health regularly. This is because a healthy physical condition will positively impact and support a person in carrying out activities (Rahayu, 2016). In her research, she stated that health positively affects happiness.

The house condition and facilities indicator has a score of 68.3, meaning that chili farmers in Sukau District feel satisfied with the condition and facilities of their houses. The condition and facilities of the house can increase comfort and a sense of comfort (Sutawi, Karmiyati, & Iswatiningsih, 2020). Field observations show that many farmers build their houses near their work fields.

Table 5. Happiness Index results in the social life satisfaction sub-dimension

Dimension	Sub-dimension	Indicator	Result
Life Satisfaction (34.80)	Social Life Satisfaction (50.00)	Family Harmony	81.7
		Availability of Free Time	78.5
		Social Relationship	80.7
		State of Environment	82.4
		Safety Condition	79.5

Source: Primary Data, 2021

Family harmony has a score of 81.7, meaning that the respondent's relationship with his family is satisfactory. Based on the questionnaire results, they usually gather the family by watching television together. Daily communication can also improve harmonious family relationships. (Chiang & Lee, 2018). Stated that harmony in the family is positively correlated with happiness and can increase greater happiness.

The availability of free time is a social basis for living as a social being, as is the case for chili farmers. The free time of chili farmers varies, with an average of 4 hours. This shows that free time is relatively low because chili farmers need a lot of time to care for chili plants so they are not susceptible to fungal diseases. The happiness score obtained was 78.5, meaning that with only 4 hours of free time on average, chili farmers still felt satisfied with their free time. According to Bataineh (2019) the availability of free time has a positive impact on happiness.

The social relations of chili farmers are quite good, judging from the frequent community meetings, so communication among them can be maintained. The social relations measured in the questionnaire were that most chili farmers know the names of their neighbors around their homes, the intensity of socializing, participation in community activities, and helping each other among residents, and the aspect of trust in entrusting their houses. The happiness score obtained was 80.7, meaning that chili farmers in Sukau District had felt satisfied with the social relations indicator. The social relations of those chili farmers are by research by Sujarwoto, Tampubolon, & Pierewan (2018), that social relations influence happiness.

The score of the environmental state at 82.4 is close to perfect. This means that chili farmers in Sukau District are satisfied with their daily state of environment. The parameters measured are the water conditions, air conditions, and natural conditions. The state of water in the residence is pleasant and can be consumed; the air conditions are still quite far from being polluted, and the natural conditions are far from landslides and floods. This makes it comfortable for them in terms of the overall environmental condition.

Safety conditions in the subdimension of social life have a score of 79.5. Based on the questionnaire results, the respondents held night watch, where each resident had their schedule in their neighborhood to prevent unwanted criminal acts. Based on the analysis of the questionnaire, most respondents answered that the security conditions in the environment were said to be safe. Increasing the sense of security and comfort can fulfill the happiness felt by the community (Rahayu, 2016).

Dimension of Feeling

The next dimension of happiness is the dimension of feeling. It is related to parameters regarding the psychological condition of life experienced. The feelings are joy, anxiety about daily life, and how stressed one is in facing life experienced personally. The feeling dimension has the following indicators: (11) Feelings of happiness/joy/cheerfulness, (12) Feelings of anxiety/worry, and (13) feelings of not being depressed. The diagram results obtained are as follows:

Table 6. The happiness index results in the feeling dimension

Dimension	Indicator	Result
Feeling	The feeling of Happiness/Joy	80.7
(31.18)	Feeling Not Worried/Anxious	54.3
	The feeling of Not Depressed	54.9

Source: Primary Data, 2021

The highest-scoring indicator on the feeling dimension is the feeling of happiness, which has a value of 80.7. This means that chili farmers in Sukau District feel happy with their current situation. The feeling of joy grows when someone is interested in something (Junaedi, Anwarudin, & Makhmudi, 2020). This is because respondents enjoy their work wholeheartedly and always receive positive support from their families, even though they feel worried and stressed in living their lives.

The next indicator is the feeling of worry/anxiety, with a value of 53.4, meaning that chili farmers have feelings of worry/anxiety in living their lives. Chili farmers worry about the future and condition of chili, whose price often drops; many farmers depend for their livelihood on the harvest, which is sometimes not proportional to what is expected. According to (Yamin, Hakim, Putri, & Putri, 2018), farmers often feel worried or anxious about farming because of frequent crop failures, the presence of pests and diseases, and prices that frequently drop.

The last indicator, feeling not stressed, has a value of 54.9, which means that chili farmers feel stressed out about living their lives. This happens because fertilizer is expensive, making chili farmers feel depressed. If they cannot afford the fertilizer needed, the nurtured plants will be hindered.

Dimension of Meaning of Life

Table 7. Happiness index results on the meaning of life

Dimension	Indicator	Result
Meaning of Life (34.02)	Independence	78.5
	Control of Environment	81.0
	Self-Development	75.6
	Positive Relationship with Other People	75.6
	Life Purpose	85.1
	Self-Acceptance	79.0

Source: Primary Data, 2021

The independence indicator is 78.5, which means that chili farmers are satisfied. Chili farmers in Sukau District can make their own decisions, but the surrounding conditions often influence them. This is because there are still close social ties between communities in the village, causing decision-making to still depend on the opinion of their surrounding.

Control of environment has a value of 81, meaning that the respondent can create comfortable conditions for himself. Environmental control depends on individuals to deal with time pressure, stress, and environmental problems to obtain comfortable conditions (Mock, et al., 2019). Comfort is an individual feeling because each individual has his or her way of creating comfortable conditions.

The self-development indicator is 75.6, meaning that chili farmers in Sukau District are stable in developing their potential. The relatively low education and skills make chili farmers in Sukau District aware of the importance of skills in increasing their income.

The indicator of positive relationships with other people has a value of 75.6, meaning that the respondent cares about the people around them. Helping each other is a custom that is very strong in rural communities. Positive relationships within the community must be maintained because, in life, assistance from others is needed.

The purpose of life with a value of 85.1 can mean that the respondent remains optimistic about living by becoming a farmer. The purpose of life is assessed through optimism in living a more meaningful life in the future. There has been no research on the purpose of life in living life on chili farmers (Camfield, Choudhury, & Devine, 2009) In his research, he stated that achieving a happy life is important for life.

The self-acceptance indicator has a value of 7.9. it means that chili farmers in Sukau District are satisfied because the higher the acceptance of their life circumstances, the higher their happiness in life (Uraningsari & Djalali, 2016).

Measuring the Happiness Index of Chili Farmers

The results of the analysis of the happiness index are as follows:

Table 8. Measurement of the happiness index of chili farmers

Happiness Index	Life Satisfaction	Meaning of Life	Feeling
Happiness Score	76.5	61.4	79.3
Weight (W)	34.8	31.18	34.02
Result			72.7

Source: Primary Data, 2021

The measurement result of farmer welfare using the happiness index of chili farmers in Sukau District is 72.7, which indicates that chili farmers in Sukau District are happy. In their research, Fahmi

& Rusyadi (2020) stated that a feeling of happiness accompanies a farmer's feeling of prosperity. The happiness index measured life satisfaction, meaning of life, and feelings, including all sub-dimensions and indicators. Although the income is below the minimum wage, chili farmers in Sukau District are satisfied with their lives. Compared to the happiness index of Lampung Province, which is 69.51 (Badan Pusat Statistik, 2017), the happiness index of the chili farmers is 72.

CONCLUSION

The happiness level of chili farmers in the Sukau District can be concluded as being happy. The indicator that significantly influences the happiness of chili farmers in Sukau District is the indicator of life purpose, which is 85.1. The results obtained for each dimension of life satisfaction, feeling, and meaning of life are 76.5, 61.4, and 79.3, respectively. From those data, the happiness index of chili farmers in Sukau District is 72.7. A way that can be done to increase the happiness of chili farmers in Sukau District is through cooperation between the government, the community, and non-governmental organizations. Inclusive policies and regular extention for farmer groups can also help create better welfare and happiness for farmers. It is hoped that comprehensive efforts in various aspects can increase the happiness index of the farmers, which is expected to positively impact productivity and national food security.

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