



**A DESCRIPTIVE STUDY ON HAPPINESS
IN TEENAGERS STAYING AT SOS KINDERDORF ORPHANAGE
(CHILDREN VILLAGE) LEMBANG, INDONESIA**

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Abstract:

This study aims to get a picture of happiness in adolescents who live in the SOS Kinderdorf orphanage (children village) Lembang. The SOS Kinderdorf Lembang orphanage has a different system, where the children live in a house instead of a dormitory. The aspects of happiness studied consisted of six aspects, namely clarity, healthy living, optimism, positive relationships, strength, gratitude. Collecting data in this study using a questionnaire and interviews that are derived from aspects of happiness based on Sharp's theory. Based on the results of the study, it can be concluded that most of the adolescents who live in the SOS Kinderdorf Lembang orphanage have high happiness (60.7%) and the aspect that most supports this happiness is Clarity (67.9%). The happiness of adolescents living in Kinderdorf is also supported by the existing nurturing system, such as they get adequate skills and education, a comfortable Kinderdorf environment, adequate facilities and mothers and administrators who are kind to them.

Keywords: happiness, adolescence, orphanage

1. Introduction

Living in an orphanage is not the same as living with biological parents, although physical needs are met, the need for closeness is often not fulfilled due to the limited number of caregivers. The need for closeness can be fulfilled when the board is more open and closer to the youth who live there. A good and close relationship with the caretaker makes teens more open and happier.

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According to previous research, adolescents living in orphanages feel lonely, this is because the role of caregivers cannot completely replace the role of parents, because caregivers have to share their care with so many other foster children which causes a lack of love, warmth and attention from the caregivers who are actually expected. Can replace the role of parents. The absence of attachment figures in intimate relationships such as children without parents or a lack of attention and the experience of love, then the thing that arises is loneliness (Febriana, 2005)

Teenagers living in Kinderdorf felt different things, they showed less moody behavior, were close to friends and caretakers who lived in Kinderdorf, and others. Therefore, the researcher is interested in doing research in Kinderdorf because the existing system in Kinderdorf is different from the existing orphanages in general.

2. Research Methods

This research is a quantitative study using descriptive methods. The total population is 28 high school teenagers who live in Kinderdorf, Lembang. Data collection using a questionnaire and then given an interview as supporting data. Adolescents will be given a questionnaire about happiness and about their perceptions of the parenting system in Kinderdorf as supporting data. Both questionnaires use a Likert scale. Furthermore, in these two measuring instruments used an item scale with 4 response options. For the happiness questionnaire, the responses ranged from Always, Often, Rarely, Never. As for the questionnaire for the care system, the response options ranged from very suitable, appropriate, not appropriate, not appropriate. The data obtained were processed by statistical calculations using the SPSS program. After that, interviews will be conducted to 10 teenagers who live in Kinderdorf.

3. Results and Discussion

This diagram 1 is taken to illustrate the overall happiness of the youth living in Kinderdorf.

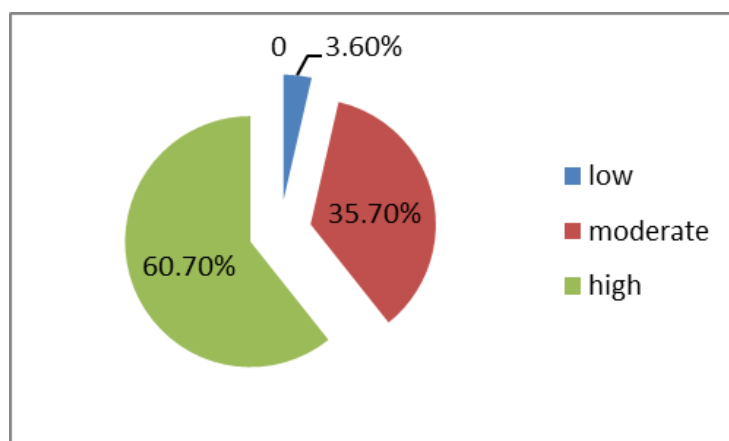


Diagram 1: Happiness Diagram

Tables 1 to 6 describe the aspects of happiness among adolescents living in Kinderdorf.

Table 1: Aspects of Clarity

Category	Interval	F	%
Low	8-16	0	0
Moderate	17-25	9	32,1
High	26-34	19	67,9
Total		28	100

For adolescents who live in Kinderdorf Lembang, the clarity aspect has a percentage of 67.9%. It shows that some of the youth who live there know what they want to do in the future. In addition, adolescents living in Kinderdorf are also independent or not dependent on others and can benefit from their activities, such as by participating in activities held in Kinderdorf, their skills will increase and can be closer to administrators and friends.

The independence possessed by teenagers living in Kinderdorf is because they are directed to be able to live independently, such as the division of tasks to do homework, they are taught skills that can support their abilities such as cooking, gardening, and others. In addition, they are always taught to try doing school assignments on their own, if not, then they ask for help from friends. Based on interviews with adolescents who have high clarity aspects, it was found that by participating in skill activities held in Kinderdorf and at school, youth who live in Kinderdorf can benefit from every activity they participate in.

Table 2: Healthy Living Aspects

Category	Interval	F	%
Low	5-10	1	3,6
Moderate	11-15	13	46.4
High	16-21	14	50
Total		28	100

Based on the results of data processing, it is known that 50% of the happiness of adolescents living in the SOS Kinderdorf Lembang orphanage is influenced by the aspect of healthy living. This means that by doing sports activities, regular patterns, adequate sleep greatly affects the happiness of the teenagers who live in the SOS Kinderdorf orphanage, Lembang. Besides that, the teenagers who live at the SOS Kinderdorf orphanage in Lembang also think that they are in good health even though they are sick. In addition, there are (46.4%) teenagers who live in SOS Kinderdorf Lembang who have enough happiness. This means that teenagers feel happy, but there are certain things that make them less happy sometimes, such as their irregular sleep patterns, poor diet. Teenagers are diligent in sports activities and they also consider their body condition to be healthy. This irregular sleep pattern is because they often stay up late to watch TV and to play the internet.

Table 3: Optimistic Aspects

Category	Interval	F	%
Low	11-22	1	3,6
Moderate	23-34	11	39,1
High	35-46	16	57,1
Total		28	100

For adolescents who live in Kinderdorf Lembang, the optimistic aspect has a percentage of 57.1%. It shows that some teenagers living in Kinderdorf are optimistic that they can achieve what they want if they try hard. The behavior they exhibit such as when they get poor grades in school, they will study harder and the problems they face do not make them less excited.

Based on the interviews conducted, it was found that adolescents living in Kinderdorf also have a strong desire to be useful for others in the future, so they try to make this happen and they believe that they can. The behavior shown is like they are studying hard by holding group study, and they also participating in activities held to improve their skills.

Table 4: Aspects of Positive Relationships with Others

Category	Interval	F	%
Low	14-28	1	3,6
Moderate	29-43	10	35,7
High	44-58	17	60,7
Total		28	100

The teenager who lives at SOS Kinderdorf Lembang is open and trusting in Kinderdorf's mother, caretakers, friends and their friends so that it affects their happiness. The care and affection given by Kinderdorf mothers and the caretakers makes them comfortable to share and share what they feel. In addition, good relationships are also established with people outside the Kinderdorf environment such as at school so that they have many friends and are open and trusting in the friends they have.

Based on the results of the interview, it is known that what makes them happy to live in the Kinderdorf is the close relationship with the people who live there. This close relationship can be created by having trust and openness between them. The many activities they do together also cause their close relationship, besides that mothers and the caretakers who are open and not angry when they tell stories make them believe and feel comfortable telling stories.

Table 5: Aspects of Strength

Category	Interval	F	%
Low	5-10	4	14,3
Moderate	11-16	6	21,4
High	17-22	18	64,3
Total		28	100

Based on the results of research conducted, data obtained shows that 64.3% of adolescents who live in the SOS Kinderdorf Lembang orphanage know and realize their strengths and weaknesses and can use them to support their activities. Their weaknesses do not make them less confident. In fact, there are many achievements they have made through the talents or potentials they have.

In addition, there are still 4 teenagers (14.3%) who do not know their strengths and weaknesses. This is because they feel they have no advantages; they only consider themselves to have flaws. Even though they have their strengths, they feel that these advantages are not something to be proud of.

Table 6: Aspects of Gratitude

Category	Interval	F	%
Low	6-12	1	3,6
Moderate	13-19	8	28,6
High	20-26	19	67,8
Total		28	100

By giving thanks for everything they have, individuals will be able to keep their desires and continue to develop their happiness (Kashdan, 2008).

The second aspect of happiness is gratitude, which is 67.8%. This shows that teenagers who live in SOS Kinderdorf Lembang express their gratitude for what they have now such as by carrying out what their religion commands and asking prayers to God for the blessings they get which will ultimately affect their happiness. Besides that, religious activities are held regularly in Kinderdorf so that they can remember the creator more. Based on observations, adolescents who live in Kinderdorf do not discriminate between religions in making friends. In Kinderdorf itself, there are various kinds of religions, such as Islam, Catholicism, Protestants.

Based on data analysis, most of the adolescents who live in the SOS Kinderdorf Lembang orphanage (60.7%) have high happiness, which means that adolescents who live in Kinderdorf Lembang show happy behavior in their lives when they do something they like without feeling suffering. Like doing activities held in Kinderdorf with pleasure, having a close and close relationship with the board and friends who are in Kinderdorf and those at school.

Most of the teenagers (35.70%) living in Kinderdorf have enough happiness. This means that they feel happy but there are certain things that make them less happy sometimes, such as sometimes they are still afraid to try something new because of the failures they have experienced in the past, they are also sometimes less optimistic about living happiness.

There is 1 teenager (3.6%) who has low happiness. This means that the adolescent is less happy, the teenager has less close relationship with the caretaker and the mother in Kinderdorf, besides that the teenager feels that he does not have the advantage and is easily anxious when in a new environment.

When viewed from the aspect of happiness, the highest aspect of happiness is clarity, namely 67.9%, 67.8% grateful, 64.3% character strength, 60.7% positive relationships with others, 57.1% optimistic, and 50% healthy living.

Teenage girls have higher happiness than boys. 9 out of 13 girls have happiness (69.2%), 8 out of 15 teenage boys have happiness (53.3%). The happiness of female adolescents is higher than that of boys because young girls are more open to telling about their activities at school to the board than boys.

Based on interviews with two boys, it is known that they like living in an orphanage because they have many friends, the environment is comfortable, and the facilities provided are also felt to be quite adequate. When asked whether they liked to share their problems or activities at school with the committee, they answered rarely, they preferred to share their problems or activities with their friends in Kinderdorf. They feel awkward and ashamed to confide in Kinderdorf's manager and mother, so they prefer to tell their problems to their friends.

This is consistent with Mussen, Conger, and Kagen (in Compton, 2005) stating that indeed men and women have differences in psychological terms, women are easier to feel an event. Happiness can indeed arise by various events, besides that the environmental order has an influence on the meaning of happiness.

There are many factors that affect happiness, such as social life. Individuals who have a satisfying social life and spend a lot of time socializing have high happiness (Carr, 2004). In addition, friendship also contributes positively to happiness (Layerd, 2005). The teenagers who live in Kinderdorf spend a lot of time with the caretakers and their brothers and sisters in Kinderdorf. The common activities they do are practicing music, learning to cook together, studying in groups, and so on. Apart from that, they also have many friends outside the Kinderdorf neighborhood.

Another factor that contributes to happiness is health. Healthy people will be happier (Siapush, 2008). People who experience stress have poor body power which can reduce happiness (Veenhoven et al., 2008). For teenagers who live in Kinderdorf, they feel comfortable with the environment in Kinderdorf and the sports facilities provided also help them in carrying out activities that support physical health as a cause of happiness.

Teens who live in Kinderdorf also routinely perform worship according to their respective religions. In addition, religious activities are regularly held in Kinderdorf, this is done to increase their piety and teach them to be closer to the creator and learn to be grateful for what they have. This is in accordance with one of the factors that contribute to happiness, namely religion. Research shows that individuals who are religious are happier and more satisfied with their lives than individuals who are not religious. This is caused by three things. First, the psychological effects caused by religiosity tend to be positive, those who are religious have low rates of drug abuse, crime, and suicide. Second, there are emotional benefits from religion in the form of social support from those who together form sympathetic religious groups. Third, religion basically raises hope for the future and meaning in life (Seligmen, 2002; Carr, 2004).

Factors that affect happiness in adolescents are being optimistic and trying, getting support, togetherness in the family and health (Deni Herbyanti, 2009). This is in accordance with what happened at the Kinderdorf orphanage, Lembang, teenagers who live in Kinderdorf get support from the caretaker and foster mothers and the togetherness that exists between them also contributes to the happiness of teenagers living in Kinderdorf.

For adolescents who live in Kinderdorf Lembang, the clarity aspect has a percentage of 67.9%. It shows that some of the youth who live there know what they want to do in the future. In addition, adolescents living in Kinderdorf are also independent or not dependent on others and can benefit from their activities, such as by participating in activities held in Kinderdorf, their skills will increase and can be closer to administrators and friends.

Adolescents living in Kinderdorf have independence because they are directed to be able to live independently, such as the division of tasks to do homework, they are taught skills that can support their abilities, such as cooking, gardening, and others. In addition, they are always taught to try doing school assignments on their own, if not, then they ask for help from friends.

4. Conclusion

Based on the research results to adolescents who live in the SOS Kinderdorf orphanage, Lembang. Then the conclusion can be taken as follows:

- 1) Most of the adolescents who live in SOS Kinderdor Lembang show that they have a high level of happiness, namely 60.7% (17 of 28 subjects). This means that adolescents living in Kinderdorf feel happy with the life they live, that is, they have a purpose in life, are grateful for the life they live, have harmonious relationships with others, are optimistic, and have good health that supports their activities. This is supported by the system of care found in Kinderdorf.
- 2) When viewed from each aspect, all aspects of happiness are in the high category. The highest aspect of happiness is clarity. This means that teenagers who live in Kinderdorf are independent, have a clear purpose in life such as knowing what they want to do after graduating from school, and they can benefit from every activity they do. This is because in Kinderdorf they are taught to be able to live independently, such as the division of tasks to do homework.
- 3) Girls are happier than boys. 9 out of 13 female adolescents have high happiness and 8 out of 15 teenage boys have high happiness, this is because male adolescents are less open to their mothers and caretakers, they prefer to tell their friends about problems than mothers and caretakers. Besides that, male adolescents pay less attention to their sleep and eating patterns.

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