

Family Life-Course Happiness di Indonesia = Family Life-Course Happiness in Indonesia

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Abstrak

Kebahagiaan individu tidak hanya bergantung pada usia, tetapi pada yang menurut individu menjadi hal penting dalam kebahagiaannya, yaitu berkaitan dengan keluarga. Penelitian ini bertujuan menganalisis bagaimana asosiasi family life-course pada kebahagiaan di Indonesia. Berdasarkan hasil pengolahan data SPTK tahun 2017, status perkawinan dan status orang tua memiliki peran penting dalam kebahagiaan di Indonesia. Hasil regresi linier OLS memperlihatkan bahwa indeks kebahagiaan tertinggi dirasakan setelah menikah dan memiliki anak berusia dewasa dan indeks kebahagiaan terendah terjadi ketika cerai hidup. Terdapat perbedaan pola lintasan kebahagiaan menurut jenis kelamin. Laki-laki lebih bahagia setelah menikah (baik sebelum maupun setelah memiliki anak) dan kebahagiaan menurun ketika melajang (baik sebelum menikah maupun ketika mengalami perceraian). Laki-laki merasakan kebahagiaan paling tinggi ketika menikah tanpa anak dan paling rendah ketika cerai hidup. Pada perempuan, kebahagiaan paling tinggi dirasakan sebelum menikah. Kebahagiaan perempuan menjadi lebih rendah ketika menikah dimana kebahagiaan terendah terjadi ketika anaknya masih berusia di bawah umur. Berdasarkan distribusi nilai indeks, kelompok Low merasakan kebahagiaan terendah ketika cerai hidup dan cerai mati. Sementara kebahagiaan paling tinggi dirasakan kelompok High ketika menikah dan belum memiliki anak.

.....How a person experiences happiness is not only dependent on age but also on what the individual deems important for their happiness, which is often related to family. This study aims to analyze the association of the family life-course and happiness in Indonesia. Based on the results of the 2017 SPTK analysis, marital status and parental status play significant roles in happiness in Indonesia. The results of the OLS linear regression show that individuals who are married with adult children experience the highest levels of happiness. Meanwhile, the lowest level of happiness is experienced by individuals who are divorced. There are differences in the happiness trajectories by gender. Men tend to feel happier after marriage, both before and after the arrival of children, and tend to be less happy when they are single, either before marriage or divorced/widowed. Men who are married without children experience the highest levels of happiness and the lowest is divorced. Meanwhile, for women, the highest levels of happiness are felt before married. Women tend to be less happy when they are married, with the lowest level of happiness experienced when they have young children. Based on the distribution of index values, the Low group experience the lowest levels of happiness when going through divorce or widowhood and the High group when they are married and do not yet have children.