

## Conference Paper

# The Eudaimonic Well Being Among Indonesia's Scriptural Learners During the Covid-19 Pandemic

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### Abstract

The purpose of this study is to describe in depth the eudaimonic happiness of al-Qur'an students in the Covid 19 pandemic era. This study uses a qualitative interpretive approach. The research design used a phenomenological research design. The subjects of this study were students of the Qur'an who live in the city of Yogyakarta. Data collection tools in this study were in-depth interviews and qualitative questionnaires. The data analysis technique in this research is thematic analysis technique. The method of validating the initial results of the preliminary research was carried out through the data triangulation process. The results showed that the eudaimonic happiness of the students of the Islamic scriptures was strong, as was the self-development of the students and their contribution to the welfare of others and the wider community.

**Keywords:** happiness, eudaimonics, al quran students, covid pandemic era 19.

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Published: 5 January 2021

Publishing services provided by  
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Selection and Peer-review under the responsibility of the ICoPsy Conference Committee.

## 1. Introduction

The spread of the 2019 corona virus (Covid 19) occurred for the first time in the city of Wuhan, PRC 2019 (Ren et al., 2020). Furthermore, the spread of the 2019 corona virus (Covid 19) is expanding throughout the world, both at local, regional and international levels (Mukhtar, 2020). In the end, the world health agency under the UN, namely WHO, determined the spread of this disease to be a pandemic on March 11, 2020 (Turabian, 2020). Based on the chronological description of the spread of the 2019 corona virus, it can be concluded that the distribution the 2019 corona virus is a pandemic on a world scale.

Some of the countries that were significantly affected by this pandemic were China, Italy, South Korea, Uganda, Greek with PTSD symptoms, Pakistan, Canada, France, Russia and the United States, India, Hong Kong, Indonesia, and Lebanon. The Covid-19 virus pandemic has caused many problems in various aspects of human life, such as

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religious, economic (Cubrich, 2020), social (Domínguez, García, Martínez, & Hernandez-Arriaga, 2020), political, cultural and lifestyle.

Specifically, in the field of psychology, this pandemic wave has a very significant impact in the field of human mental health. The negative conditions of the mental health may affect also an eudaimonic happiness of individuals. On the basis of assumption that religion value include can improve we study the eudaimonic well being among indonesia's scriptural learners during covid-19 pandemic. The research formulation of this research are: What are eudaimonic well being among indonesia's scriptural learners during covid-19 pandemic? Purpose of this research are to deeply describe the eudaimonic well being among indonesia's scriptural learners during covid-19 pandemic.

## 2. Literature Review

Mental health can be defined as a capacity of individuals and groups to interact with one another and the environment in ways that increase subjective well being, the optimal development and use of cognitive, affective and relational competencies, the achievement of individual and collective purposes consistent with justice (Rowling, 2002). The mental health phenomena affected by the Covid-19 Pandemic include: lower well being among school children (Luthar, Ebbert, & Kumar, 2020), anxiety, insomnia (Sun, Lin, & Operario, 2020), stress (Forsyth, 2020), depression (Alonzi, Torre, & Silverstein, 2020), loneliness, and suicide, understimulation. The groups affected by the covid-19 pandemic are the general public, essential workers and health workers (doctors and nurses), people with mental disorders, the elderly, people with certain diseases, medical worker, and other essential workers (shopkeepers or banking employees).

Mental health problems due to the Covid-19 pandemic have implications for the phenomenon of happiness as one of the most important human life goals. It is assumed that a state of decreased mental health will make people experience decreased happiness. Many research results and theoretical studies show a close relationship between religion and an increase in one's happiness. This means that people who have good religious experiences and beliefs will have good happiness (Baumgardner & Crothers, 2010). In a time of uncertainty for the Covid-19 pandemic, it is not surprising that many people may turn to religion for solution (DeFranza, Lindow, Harrison, Mishra, & Mishra, 2020).

Based on the assumption that religion, including religious behavior, contributes positively to one's mental health and one's happiness, this study aims to describe in depth the state of happiness of a person having religious experience in a quite

specific activity, namely studying the Islamic holy book, namely Al- Qur'an. In this case, the happiness described in this study is one type of happiness that emphasizes self-realization. This type of happiness is eudaimonic happiness. The eudaimonic well-being is a type of happiness or contentment that is achieved through self-actualization and having meaningful purpose in one's life (Association Psychological American, 2020). In measuring eudaimonic happiness, there are two aspects that are measured. The two aspects are: self-development and one's contribution to the environment. These two aspects are examined in relation to the background of the existence of the Covid-19 pandemic in Indonesia (McMahan & Estes, 2011).

### 3. Method

The objective of this research was to explore eudaimonic well being among pelajar Al-Qur'an among students in Yogyakarta. Approach of the research was a interpretive qualitative research approach. The interpretive qualitative research is a research method studying subjective meaning of participants' world about an object researched (Hanurawan, 2012, 2016). The design of the research was a phenomenological research. The phenomenological research is a model in qualitative research with description of one or more particular individuals' consciousness and experience of a phenomenon. The phenomena in this research is students' eudaimonic well being during learning an Islamic holy book.

Participants or subjects of the research were 6 students from urban areas in Yogyakarta city who learn the holy Qur'an. Based on gender 4 students were female and 2 were male. The selected students were between 18 until 20 years old. The students had a knowledge and an experience about learning al-Qur'an.

Data were collected by an open-ended semi-structured questionnaire. Through this open-ended semi-structured questionnaire, the researchers can acquire all information needed about eudaimonic well being from their perspective. The collected data were analyzed using a thematic analysis technique focusing on identifiable theme and patterns of cognitive, affective, and behavior. The thematic analysis method is an analysis method in qualitative research which emphasizes building and examining patterns of meaning (themes) within data.

As results of the research was obtained, a conclusion was validated by triangulation. Triangulation is one of the validation method in qualitative research. Triangulation in this research conducted with comparing themes that emerged from many subjects.

## 4. Results and Discussion

The results showed that most of the subjects had a high level of eudaimonic happiness. This is shown through happiness that is achieved through self-actualization and having meaningful purpose in one's life. Studying the holy Qur'an in the era of the Corona-19 virus pandemic helps them develop their potential and contribute to the environment according to their religious values. This self-development and contribution leads them to a high degree of eudaimonic happiness. This happiness is also shown through the experience of meaning in life and having a life purpose in dealing with mental health problems in the era of the Covid-19 pandemic.

Eudaimonic happiness in students of Islamic holy books can be seen in the dimensions of self-development and contribution to the environment. Judging from the dimension of self-development in general, the subjects of this study suggest that they feel that learning the Qur'an in this pandemic era helps them realize their potentials. Some of them said studying the holy Qur'an helped identify the spiritual talent in them. Studying the scriptures helps develop their intrinsic talents regarding the search for knowledge for solving life's problems, including resilience in the face of a pandemic. By studying the holy Qur'an they felt that many problems could be solved more quickly. They enjoy every achievement obtained and are grateful when studying al Qur'an. In addition, the subject felt that he had the competence to memorize the scriptures which could raise awareness of his talent in memorizing al Qur'an. Subjects feel able to recognize positive characteristics in themselves that help deal with mental health problems in them.

The holy Qur'an becomes a guide for life so that life becomes more meaningful. Through studying the Qur'an, the subject feels satisfied because he is able to gain knowledge to solve life problems faced, including life problems in the pandemic era. An example of the phenomenon of solving life problems is that they feel satisfied because they are able to develop a reduction in the anger that is within them. This means that the self-development of students of Al Qur'an is in a good level.

The contribution of the holy Qur'an students to environment is in a good level. When viewed in terms of contribution to the environment, most of the subjects felt that they gained a lot of knowledge and motivation to provide assistance to their environment, including specifically in the problems of the Covid-19 pandemic. By understanding the verses of the holy Qur'an which are prosocial, people who learn it have the motivation to help others. After reading the holy Qur'an they experience an openness to not only be selfish but also open to think positively about the welfare of others and communities.

The moral message contained in al Qur'an helps participants treat others in accordance with the positive social moral teachings contained in the holy Qur'an. The knowledge gained from al Qur'an encourages people to donate in any form. The holy Qur'an also teaches that people should not be careless with their fellow human beings. Al Qur'an gives optimism and hope to its students to achieve better community progress. This means that the environmental contribution of holy Qur'an students is in a good level.

The results of this study support the theoretical concept of eudaimonic wellbeing which has two dimensions, namely self-development and contribution to the environment (McMahan & Estes, 2011). These two dimensions describe two aspects of human life, namely the personal aspect (realization self-potential) and social aspects (commitment to social goals and values). This means that students of al Qur'an are able to develop happiness based on a balance of individual and social aspects.

The results of research on high levels of eudaimonic happiness support the theory that religion has a positive influence on mental health and happiness. In this study, studying religious scriptures helps the subject of Al-Quran students to live happily through solving life problems in the Covid-19 pandemic era (Baumgardner & Crothers, 2010). Studying the scriptures teaches them to develop their potential and contribute to their environment.

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