Susminingsih
PhD (Islamic Economics),
Professor,
Department of Economy,
Faculty of Islamic Business and Economy,
UIN K. H. Abdurrahman Wahid Pekalongan
9 Kusuma Bangsa Str., Panjang Baru, Pekalongan, Central Java, 51141, Indonesia
susminingsih@uingusdur.ac.id
ORCID ID: https://orcid.org/0000-0002-9620-4221

Influence of income, education and religious rituals on life quality

Abstract. The main objective of this study was to analyze the effect of monthly income, educational attainment, and religious rituals on individual happiness. The method in this research is descriptive quantitative. This study involved 206 people randomly selected in Indonesia in 2022. The data is obtained by giving a questionnaire. The sample is Muslim, so that the religious indicators are related to Islam. Indicators in measuring happiness are based on Statistics Indonesia. This study uses analysis of the covariance method (ANCOVA) to obtain empirical evidence. The results show that the only statistically independent variable that positively and significantly affects happiness is a religious ritual. Meanwhile, income and education have a positive effect on happiness but not statistically significant. Overall, these three independent variables have a simultaneous effect on positive and statistically significant life quality.
Keywords: Income; Education; Religion; Life Quality
JEL Classifications: E24; E41; E64

1. Introduction

Life satisfaction is a measure of how people evaluate their life as a whole (OECD, 2011). Individual and social. Some components of happiness such as positive emotions, personal and social satisfaction, and the absence of negative emotions such as stress, depression, or anxiety become indicators of a person being considered happy or not (Abdel-Khalek, 2014). Happiness is closely related to well-being and quality of life, which indicates individual and social well-being. Statistics Indonesia implements a framework covering three dimensions of life, namely life satisfaction, feelings, and eudaimonia (the meaning of life) (Statistics-Indonesia, 2020). Human happiness is determined not only by material or economic elements but also spiritual elements. Spirituality is therefore strongly correlated with quality of life. Intense spirituality correlates with happiness and quality of life. One's religion and spirituality can reduce the utility derived from income (Bettendorf & Dijkgraaf, 2011).

Life quality levels in less developed countries, developing countries, and rich countries are almost the same. Happiness becomes the primary goal of human life worldwide because it can be attributed to the overall quality of every human being (Rodogno, 2014). Many studies have analyzed various factors related to happiness, how a person can feel happy, and why humans are happy. Factors such as mental health, religion, education, marital status, income, social status, psychological status, social networks, and social capital can affect happiness (Zhang et al., 2019). Research on happiness, income and well-being has been conducted in many countries (Budiyanto et al., 2018; Dang et al., 2020; Bettendorf & Dijkgraaf, 2011; Abdel-Khalek, 2014; Doherty & Kelly, 2013).

The living conditions of Indonesians can be said to be entirely happy in 2017 because the average Happiness Index is above 50. According to Statistics-Indonesia (2022), the average

happiness rate is 70.69 on a scale of 0 to 100. The Indonesian happiness index published by Statistics-Indonesia, (2022) also includes three dimensions used to measure the Happiness Index. Dimension Index of Life satisfaction is about 71.07, which is divided into two sub-dimensions. This happiness index is 65.98 and 76.16 for personal and social life satisfaction dimensions, respectively. In other words, Indonesians have a happier social life compared to their levels of happiness.

Meanwhile, the happiness index for effect (feeling) and Eudaimonia (the meaning of life) were 68.59 and 72.23, respectively (Statistics-Indonesia, 2022). Based on the happiness index, it can be concluded that Indonesian people have enough happiness in their lives. This can be seen from the happiness index based on the dimensions of life meaning, which has the highest value than other dimensions. Table 1 shows the three provinces in Indonesia with the highest and lowest happiness indices.

Table 1:
The highest and the lowest happiness indices by provinces of Indonesia

Provinces	Happiness Indexes
The highest index	
North Maluku	75.68
Maluku	73.77
North Sulawesi	73.69
The lowest index	
East Nusa Tenggara	68.98
North Sumatra	68.41
Papua	67.52

Source: Author's findings

Happiness research is widely done to contribute to the government, especially in national policy (O'Brien, 2016). Developing countries such as Indonesia with welfare needs and economic dependency have different experiences with developed countries in terms of happiness. The components of education, ritual tradition, and income play a role in identifying the people's happiness in Indonesia.

Personal happiness such as healthy, productive, calm, and social sharing such as a familiar and positive social environment becomes indicators for success. Socio-economic interests have improved people's lives. One's life experience also has a significant influence that determines the happiness desired and felt. Money and happiness are assumed to be causally related, and higher incomes are assumed to lead to greater happiness. Satisfaction with income has a strong association with happiness (Doherty & Kelly, 2013). In line with this absolute income hypothesis, richer people are happier than those who are less well in society. In different studies, happiness is not automatically caused by high levels of income because the religious component is also known to impact the appearance of one's happiness.

Life satisfaction is divided into two sub-dimensions: personal life satisfaction and social life satisfaction (Statistics-Indonesia, 2022). Happiness has an international or global scope. Indicators of happiness are considered important in formulating public policies in achieving national development goals. Economic development is influenced by the progress of regional development. The economy will affect technology and other facilities in a person's life. Economic indicators have been used as a representation of the level of community welfare. Happiness includes a very complex life phenomenon that requires 19 (nineteen) indicators to measure it, in which these determinants are interconnected. Another critical thing to remember is that this conceptual framework was built by including the socio-economic condition of Indonesian people as a determinant that contributes to their happiness (Statistics-Indonesia, 2022).

The main purpose of this study was to analyze three aspects, namely economics, education, and religion, to be associated with happiness. Monthly income represents the economic aspect, while educational attainment is used as the second aspect. Meanwhile, the religious aspect is represented by the ritual tradition performed by the respondents. Then, this study used the same indicators in the happiness index published by Indonesia Statistics Berau (2020) to measure happiness variables. Happiness is fundamental to one's life and very important for social well-being within the country. Therefore, research on happiness needs to be done continuously and thoroughly.

2. Methodology
Well-being has strong relationships. Prosperity at the state level is also influenced by spirituality and religion. Religion plays an important role in achieving happiness in several countries. The

positive relationship between religiosity and life satisfaction or happiness is well-established (Ten Kate et al., 2017). Religious people do not make income (or money) to measure their happiness because money is not the key to happiness. Religion makes people behave more wisely, willing to help others, willing to contribute, honest, and work hard. Another study mentioned that the dimension of «spirituality» in religiosity has a positive and significant impact on the materialism dimension of a person. On the contrary, some studies find a linear relationship between religiosity's dimensions in happiness and life satisfaction (Yeniaras & Akarsu, 2017).

H1. Religion correlates positively to happiness.

A person's income becomes a good predictor of his well-being and happiness (Rojas, 2011). People believe that money has a positive effect on happiness. The conventional economic view of money can buy happiness. Money can be exchanged for goods and services to increase individual utility, giving rise to a sense of relaxation, pleasure, and happiness. Thus, money and happiness are assumed to have a causal relationship. Higher incomes should lead to greater happiness. Higher incomes lead a person to higher happiness as well. Money becomes an external attraction for a person.

H2. Income correlates positively to happiness.

The impact of education varies significantly on well-being and life satisfaction. Psychologically, the status of education will be elderly so that one's self feels more valuable. Education provides knowledge globally. Education level will affect the quality of human resources. Variedly, vocational education does not significantly affect the life satisfaction of women and men, while higher education levels have a significant effect on life satisfaction (Jongbloed, 2018). Educated people have better job opportunities, have a longer and healthier chance of living, and a higher level of income and lifetime income. Higher education is not the dominant priority to give happiness meaning to others, but a mission for the personal goals of educational practitioners that is revealed through the exploration of students' potential (Gibbs, 2015). The opposite finding suggests that there is a negative relationship between education, income, and happiness.

H3. Education correlates positively to happiness.

Life quality is often interpreted as the satisfaction that a human being feels during his life. Psychologically, happiness includes evaluating components of cognition, compassion, and emotion (Rodogno, 2014). A person has a person's cognitive and affective evaluation of his own life to gauge whether he or she is happy or not. Emotionally, people feel a happy and happy inner state when their needs are met. Instead, they feel sad and even stressed if their needs are not met. Some people have different experiences. People seek pleasure beyond their financial abilities. Happiness becomes important because it can positively communicate, open-minded, imaginative, and improve social relationships. Secular social values such as defiance, distrust, relativism, and skepticism hurt happiness, while one value of emancipative society has a positive impact (Lim et al., 2020).

3. Method

3.1. Sample and Procedure

This study used a quantitative approach by distributing questionnaires to obtain a set of samples. This study used a total of 206 respondents in 2022. All respondents in this study were Muslim. Therefore, the religious rituals studied were usually performed by Muslims in carrying out worship. The data is collected through questionnaires sent through a Google form. Respondents were randomized with accidental sampling techniques.

3.2. Variables and Measurement

Three independent variables were used in this study, namely monthly income (X1), educational attainment (X2), and religious rituals (X3). This study used four groups of monthly income (X1), namely, the group of respondents who had salaries below USD 160; USD 160-320; USD 320-640; and more than USD 640. These independent variables have a categorical data type, which is grouped in respondents' income. The education level variable (X2) is also categorical data, grouped into four categories. They are respondents who have diplomas in high school diplomas, bachelor's degrees, masters, and doctoral degrees. The last independent variable, namely religious ritual (X3), is ratio type data, measured using 17 statement items related to the respondent's ritual in worshiping God.

Furthermore, dependent variables (Y), namely happiness, are measured using indicators based on Statistics-Indonesia (2022). There are three leading indicators to assess people's lives: life satisfaction,

the dimension of feeling (influencing), and meaning in life (eudaimonia). Table 2 shows three dimensions and their indicators for measuring the happiness index (Statistics-Indonesia, 2022).

The study used 23 statements, all of which refer to Statistics-Indonesia (2022). Furthermore, the study used Likert scales of 1 to 5, which showed very disagreeing answers to agree strongly.

Table 2:
Dimensions of happiness

Dimension	Indicators
Life satisfaction	- The satisfaction of personal life - Education and skills - Occupation/business/main activity - Household income - Health - Conditions and facilities of houses - The satisfaction of social life - Family harmony - Free time availability - Social relationships - Environmental conditions - Safety and security
Affect (feelings)	- Feeling happy - No anxious feelings - No depressed feelings
Eudaimonia (the meaning of life)	- Independence - Environmental control - Self-development - A positive relationship with other people - Purpose of life - Accepting yourself

Source: Author's own research using information by Statistics-Indonesia (2022)

3.3. Data Analysis Technique

Analysis of the covariance method was used to analyze the relationship between variables. The analysis results were obtained using SPSS 24. Validity and reliability tests are needed to ensure that the research instruments used have good accuracy.

The validity and reliability tests analysis showed that all items used in this study were valid because r calculate $> r$ table for all items. Further, the results also showed that the significance value for all items was 0.00, which is less than 0.05. Meanwhile, reliability test results for both variables, namely religious ritual (X3) and happiness (Y), resulted in Alpha Cronbach values of 0.87 and 0.90, respectively. These figures suggest that the research instruments used in this study are reliable. The sample data performs very well, which gives good results for validity and reliability tests. Since the validity and reliability test on the research instrument has been successfully performed, further statistical tests can be performed.

4. Results and Discussion

The general description based on descriptive statistical analysis is as follows. The average age of respondents is 38 years, with a standard deviation of 10 years. The respondent age range were 19 -76 years old. The majority of respondents were male. Namely, 122 respondents (59.2%) than female respondents, 84 respondents (40.8%). Most respondents were married (80.1%) compared to single respondents (19.9 percent). The sample data shows that respondents work for more than 10 years (49%), 5-10 years (12%), 2-5 years (16%) and 2 years (22.3%).

The number of children owned by the most respondents was 3 (27.2%), followed by respondents with 2 children (24.3%). Then, most respondents' type of work is as an educator (59.2%). The majority of respondents had a monthly income in a group of less than 2,500,000 (37.4%), followed by those in the income group 2,500,000 - 4,999,999 (29.1%), the respondent group with a monthly income of 5,000,000 - 9,999,999 (24.8%) and groups with monthly incomes of more than 10,000,000 (8.7%). Then, based on the level of education, the data showed that most respondents had a master's degree (37.9%), followed by those with a bachelor's degree (36.4%). Meanwhile, high school and doctoral graduates were 16.0% and 9.7%, respectively.

To investigate the impact of monthly income (X1), education (X2), and religious rituals (X2) on happiness (Y), the study applied the ANCOVA method. This method has two types of decomposition of the number of squares commonly used: sum of squares (SS) type I and squares type III. However, this study used the second type of square. It is important to highlight that in type III sum of squares (SS).

The analysis process is carried out without any assumptions, whether covariates or treatments are included in the model first. Therefore, hypothesis testing is carried out twice. First, the test is to find out the linear relationship between covariates and dependent variables. Second, this test is to determine the effect of different treatment categories on dependent variables (Table 3).

Table 3:
Analysis results

Source	Type III sum of squares	df	Mean Square	F	Sig.
Corrected Model	31.61	16.00	1.98	5.04	0.00
Intercept	7.12	1.00	7.12	18.16	0.00
Income (X_1)	1.21	3.00	0.40	1.03	0.38
Education (X_2)	0.25	3.00	0.08	0.21	0.89
Religious rituals (X_3)	15.01	1.00	15.01	38.28	0.00
Income * education	5.60	9.00	0.62	1.59	0.12
Error	74.09	189.00	0.39		
Total	4029	206			
Corrected Total	105.69	205			
R-Squared = 0.299 (Adjusted R-Squared = 0.240)					

Source: Author's own research

Statistical analysis applied a significance level of 5%, which researchers in social sciences widely use. There are some important results from Table 3. The first important finding is that these three independent variables positively and significantly affect happiness simultaneously, as we can see that the estimated value of the corrected model, which represents these independent variables simultaneously, is positive and statistically significant at 5%. Thus, the difference between the three independent variables, namely monthly income (X1), level of education (X2), and religious rituals (X3), simultaneously has a significant effect on happiness, which is equal to 31.61 points. The coefficient determination value of the three independent variables simultaneously on the happiness variable is about 0.299 or 29.9%. In the regression model, the determinant coefficient refers to all independent variables used in describing dependent variable variations (Y).

The impact of three independent variables on happiness can partly be described as follows. Based on Table 3, the results of the analysis show that all independent variables, namely monthly income (X1), an education level (X2), and religious rituals (X3), have a positive effect on happiness (Y). However, the significance of this impact provides a different interpretation. There is one independent variable, namely religious ritual (X3), which positively and significantly affects happiness (Y). This can be seen from the variable significance of the religious ritual (X3), which is equal to 0.00 (less than 0.05). A closer look at data based on respondents' answers shows that religious rituals positively and statistically influence three dimensions of happiness based on Statistics-Indonesia (2022). The findings of this study are in line with previous research (Whitley, 2012). The results of this analysis are different from previous studies, which stated that there is no significant relationship between religion and happiness.

Table 3 shows that the monthly income variable (X1) affects happiness positively but is not statistically significant, where the significance value is 0.38 (more than 0.05). The result of the analysis of this variable produces a significance value of 0.38, which is greater than 0.05. It reveals no statistical difference between high and low monthly income regarding happiness or quality of life. The implications of these findings suggest that the difference in monthly income does not have a significant effect on happiness. It also means that a high monthly income should not provide a greater chance of a happier life (Doherty & Kelly, 2013).

The independent variable educational attainment (X2) has no statistically significant effect on happiness. The statistical analysis results using SPSS showed a significant value for the education level variable 0.89, which is below 0.05. These findings suggest that higher levels of education do not provide greater opportunities for happiness. These results are also consistent with previous studies that reported that education levels should not positively influence happiness (Jongbloed, 2018). On the contrary, this study differs from other studies that mention a correlation between education, income, and happiness.

Statistical results revealed a minimal and negative correlation between gender and happiness where the correlation coefficient was around -0.025. Statistically, the correlation is insignificant where the significance value is 0.725. Thus, it can also be said that one's happiness is not related

to gender. Likewise, the degree of religiosity of a person is not related to gender. The findings differ from previous research, that predictors of religiosity in boys are self-ranking satisfaction with life and happiness, while predictors among girls are satisfied with life and physical health.

This study showed a positive and significant correlation between respondents' marital status and happiness even though the correlation coefficient was minimal (0.183). However, marital status has a higher correlation with religious rituals, which is 0.234. This means that married respondents have a higher rate of religious rituals compared to those who are single. The relationship between the number of children with religious rituals and happiness indicates that the number of children has a positive and significant correlation to two variables in which the correlation of coefficients is 0.278 and 0.113, respectively, for religious rituals and happiness.

4. Conclusions

Covariance analysis shows empirical evidence regarding the relationship between economic, educational, religious, and happiness aspects. This study follows three dimensions of happiness used by Statistics-Indonesia in measuring the population happiness, namely life satisfaction, feeling (influencing), and life meaning (Eudaimonia). The results revealed that economy, education and religious are the main aspect statistically proven to positively and significantly influence happiness. Analysis of the results also showed that there was not enough evidence to conclude that the other two independent variables, which are aspects of economics and education, affect happiness. However, the spiritual values of religious rituals can provide a higher chance of achieving a life that is not only happy but also satisfying.

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