The Impact of Mobility Restriction on Happiness and Satisfaction in Life During COVID-19 Outbreak in Indonesia

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Abstract
Starting at the end of 2019, Coronavirus (COVID-19) is spreading rapidly worldwide and become a large scale pandemic. This outbreak is not only affecting human health, but it is also affecting other aspects of human life. Since the first case of COVID-19 was found at the beginning of March 2020, Indonesia implemented a social distancing measure. Mobility restriction was implemented in several big cities. In Jakarta and its surrounding cities, more than 20 Million people get affected by mobility restriction. This mobility restriction might have implications on health and wellbeing. This study aims to provide empirical data on wellbeing in terms of happiness and life satisfaction in Indonesia one month into the COVID-19 outbreak. A survey using structured questionnaires was conducted in April 2020. The wellbeing was measured by happiness and satisfaction with life using the Subjective Happiness Scale (SHS) and Satisfaction with Life Scale (SWL). The reliability and validity of measures were analyzed with SPSS and the differences between groups were analyzed with Two samples T-Test. The result of the study showed that during mobility restriction, the respondent's happiness level was only slightly happy and the level of satisfaction was only slightly satisfied. Forty-one percent felt that their happiness was deteriorated during mobility restriction. The most impacted group in their scale of wellbeing was students. This study gives a contribution to the literature of wellbeing, especially the impact of major life events on wellbeing. The finding of this study can give insight for policymakers in implementing restrictive measures. The result of this study gives an insight into which group to be prioritized for support or help to cope with the restriction.

Introduction
Starting at the end of 2019, Coronavirus (COVID-19) is spreading worldwide rapidly and become a pandemic. This large scale pandemic outbreak is not only affecting human’s health, but it is also affecting other aspects of human life[1]. It is affecting day-to-day life significantly.

The recommendation for countries with the widespread transmission is to do mobility restriction, limit social interaction, and prohibit any crowd gathering. People have to be encouraged to stay home and if possible, work from home [2]. In a short span, a novel coronavirus has captured global consciousness by significantly affecting the day-to-day life of humans [3].

On March 2nd, 2020, the government announced the first 2 cases of COVID-19 in Indonesia. Afterward, the number of cases has become escalating. Social distancing measures were implemented soon afterward. Schools were shifted to the online method. Government institutions and private sectors implemented work from home and alternate working arrangements. Yet some businesses still worked as usual with workspace arrangement.

In Jakarta and its surrounding cities, more than 20 Million people get affected by mobility restriction. It is important to understand the implication of mobility restriction not only on the prevalence of the disease, but also its implication on health and wellbeing of the people. This study aims to provide empirical data on wellbeing in terms of happiness and life satisfaction in Indonesia one month into the COVID-19 outbreak. Currently, there are limited studies provided field evidence on the wellbeing of people who do not have a viral infection but confined in varying degrees over a month.
Literature Review

The recommendation for countries with the widespread transmission is to do mobility restriction, limit social interaction, and prohibit any crowd gathering. People have to be encouraged to stay home and if possible, work from home [2]. In a short span, a novel coronavirus has captured global consciousness by significantly affecting the day-to-day life of humans[3]. When the outbreak becomes progressing one of the many changes in the request to social distancing, work from home, and distance learning method for students.

This mobility restriction might imply people's wellbeing. The study on wellbeing has expanded dramatically [4]. Various studies reveal the predictors of wellbeing as well as the impact of wellbeing. Extrinsic and intrinsic goals have been known to influence wellbeing. Research also reveals that if people can fulfill the four psychological needs: security and safety; competence and efficacy; connection to others; and autonomy and authenticity, their wellbeing will be enhanced [5]. [6] states that people living conditions affect how they feel good about themselves.

Physical activities are also known to have an impact on people's wellbeing. The study from [7] shows that being outdoor makes people feel happier. [8] claimed that children with less physical activities have lower life satisfaction. [9] states that physical inactivity was linked to a lower level of positive mental health. Studies also prove that uncertainty, cultural context, and some major events of life such as separation, illness, and monetary losses have an impact on people's wellbeing.

The outcomes of wellbeing include reduce risk of both physical and mental illness, better social functioning, higher academic achievement, and reduce mortality [9]. [10] shows that the risk of death of not happy people is 14% higher compared to a very happy people. Wellbeing is also known to have an association to lower count of white blood cells, independent of mental ill-health [11].

Human wellbeing is one of the focus of positive psychology. Positive psychology has a direct focus on promoting what is good in life [12] and the aspect of optimal human functioning [5]. It is defined as the science of human functioning [12]. The interest of what is good about life and optimal human functioning has gone way back to Aristotle with eudaimonia or general wellbeing, in his phrase, "living well and doing well" [6].

Wellbeing is known to comprise two main factors: hedonic perspective and eudemonic perspective or feeling good perspective and well-functioning perspective [9]. Or it can be said that there were two aspects of wellbeing which are cognitive aspect and a subjective aspect. In this study, the focus will be on the subjective aspect of wellbeing. The subjective aspect of wellbeing measured with happiness and satisfaction in life [4], [13].

Happiness is a narrower concept of subjective wellbeing (SWB), so happiness is only a part of a person's overall wellbeing [14], [15]. Happiness is "happiness as an Aristotelian eudaimonia or general wellbeing involving, in his phrase, "living well and doing well" by enjoying goods of the mind (e.g., wisdom, moral virtue, and pleasure), goods of the body (e.g., physical beauty, health, and pleasure again) and external goods (e.g., wealth and adequate material resources, good parents and families, good friends, peace and security within and between communities, and well-governed communities" [6]. Happiness is not constant over time. It is influenced by many valued domains of life [15]. Happiness is an important indicator of human wellbeing [14].

Kahneman and Krueger define life satisfaction "...is a global retrospective judgment, which in most cases is constructed only when asked and is determined in part by the respondent's current mood and memory, and by the immediate context" [13]. The subjective satisfaction of life measurement is to assess people's life satisfaction as a whole. Even though the measure does not include the assessment of satisfaction with life domains such as health or finances, but subjective satisfaction with life measurement allows the integration and weight of these domains in whatever way they choose [16].

Methodology

This study aims to provide empirical data on wellbeing in terms of happiness and life satisfaction in Indonesia one month into the COVID-19 outbreak. A quantitative study was conducted to see the people's wellbeing during mobility restriction. This study was using a structured questionnaire as an instrument. Questionnaires were distributed online. Due to resources and time limitations, this study used a convenience sampling method. Questionnaires were sent to 455 to people in big cities in Indonesia. The returned
questionnaires will be screened based on completeness. If there is more than 2 missing data for each item (Happiness and Satisfaction), the questionnaires will be omitted.

Measures

The wellbeing was measured by happiness and satisfaction with life. The measurement of happiness was used the Subjective Happiness Scale (SHS) [17]. Respondents were asked to self-rate with 1 (not at all) to 7 (a great deal) to four statements. Those statements include "In general, I consider myself"; "Compared to most of my peers, I consider myself"; "Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?"; "Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?".

The satisfaction measure was using the Satisfaction With Life Scale (SWL). This scale was developed by [16]. There were five statements in which respondents need to self-rate from scale 1 (strongly disagree) to 7 (strongly agree). The five statements include "In most ways, my life is close to my ideal"; "The conditions of my life are excellent"; "I am satisfied with my life"; "So far I have gotten the important things I want in life" and "If I could live my life over, I would change almost nothing".

Respondents were also asked to rate their level of happiness and satisfaction, compared to normal conditions. Additional demographic information such as gender, educational background, and current status was also asked.

Data Analysis

The reliability and validity of happiness and satisfaction measured were analyzed by SPSS. The assessment of happiness and satisfaction for each group were conducted. The different value between each group and the total value was calculated with Two samples T-Test.

Result

From 455, there were 268 questionnaires returned. Due to missing data, only 244 questionnaires were eligible to be analyzed further. From total respondents 49% were male and 50% were female and 1% preferred not to answer (Figure 1).

![Gender Profile](image1.png)

**Figure 1. Gender Profile**

From total respondents 48% were WFH now, 27% were online students, 11% were alternate working, 6% were working as usual, and 8% others (retirements, housewives, and not working) (Figure 2). Educational background profiles from respondents showed that 48% of bachelor's degrees, 33% active students in a university, 16% master's degree (Figure 3).
The respondents were from all over Indonesia such as Sumatera, Kalimantan, Sulawesi, Central Java, West Java, East Java, and Jakarta. However, most questionnaires returned (82%) were from Jakarta and its surrounding cities such as Bogor, Bekasi, Tangerang, Depok. Only eighteen percent came from other parts of Indonesia (Figure 4).

The SPSS analysis showed that the measurement of happiness was valid and reliable. The Pearson Correlation for 4 indicators of happiness were above 0.304. Therefore, it can be concluded that the measurements of satisfaction are valid. Cronbach's alpha value for all indicators of satisfaction was <0.5. Therefore, the happiness measurements had internal consistency (Table 1).

Table 1. Pearson Correlation of Happiness Measurement

<table>
<thead>
<tr>
<th></th>
<th>Correlations</th>
<th>SHS01</th>
<th>SHS02</th>
<th>SHS03</th>
<th>SHS04</th>
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<td>.457**</td>
<td>.263**</td>
<td>.751**</td>
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<td><strong>Sig. (2-tailed)</strong></td>
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<tr>
<td><strong>SHS02</strong></td>
<td><strong>Pearson Correlation</strong></td>
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<td>1</td>
<td>.592**</td>
<td>.404**</td>
<td>.843**</td>
</tr>
</tbody>
</table>
The SPSS analysis showed that the measurement of satisfaction was valid and reliable. The Pearson Correlation for 5 indicators is above 0.304. Therefore, it can be concluded that the measurements of satisfaction were valid. Cronbach’s alpha value for all indicators of satisfaction was <0.5. Therefore, the satisfaction measurements had internal consistency (Table 2).

Table 2. Pearson Correlation of Satisfaction Measurement

<table>
<thead>
<tr>
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<th>SWL01</th>
<th>SWL02</th>
<th>SWL03</th>
<th>SWL04</th>
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<td>.617**</td>
<td>.514**</td>
<td>.325**</td>
<td>.802**</td>
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<td>.660**</td>
<td>.589**</td>
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<td>.811**</td>
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<tr>
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Respondents scored their happiness with an average score of 5.2 from score range 1-7 or respondents agreed that they were slightly happy. Each group's happiness score than compared with the total group score. Comparison between each group to total group score showed that only a group of online students seemed to have happiness scores less than the total respondent score (mean value 4.7 online students vs 5.2 total respondents). When asked "how is their happiness status compared to normal condition?", forty-one percent of respondents evaluated that their happiness was somehow deteriorated (from slightly deteriorated to very much deteriorated) (Figures 5 and 6).

<table>
<thead>
<tr>
<th>TOTAL</th>
<th>Pearson Correlation</th>
<th>Sig. (2-tailed)</th>
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<td>.802**</td>
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**. Correlation is significant at the 0.01 level (2-tailed).

*** p-value <0.05

Figure 5. Happiness Score

Figure 6. Deterioration of Happiness
For satisfaction score, the average score of respondent satisfaction was 4.7 from score range 1-7, or respondents agreed that they were slightly satisfied. Comparison between each group to total group score, the only group of online students seemed to have satisfaction scores lower than the total group satisfaction score (mean value 4.3 online students vs 4.7 total respondents). When asked "how is their satisfaction with life status compared to normal condition?", thirty-four percent of respondents evaluated that their satisfaction was somehow deteriorated (from slightly deteriorated to very much deteriorated) (Figure 7 & 8).
Students and people who work as usual rated themselves 3.8 and 3.9 (slightly deteriorated-no change) respectively for happiness. The value was the lowest compared to other groups. However, there was no significant difference compared to overall rates. Students and people who work as usual also rated themselves the lowest for satisfaction. However, there was also no significant difference compared to overall rates.

Discussion
On March 2nd, 2020, the government announced the first 2 cases of COVID-19 in Indonesia. Afterward, the number of cases has become escalating. Social distancing measures were implemented soon afterward. Schools were shifted to an online method. Government institutions and private sectors implemented work from home and alternate working arrangements. Yet some businesses still worked as usual with workspace arrangement. In Greater Jakarta, more than 20 Million people got affected by mobility restriction.

This study showed that during mobility restriction people were only slightly happy. All groups had no significant differences, except for students who had the lowest rate and it was significant compared to the total respondents' rate. This study also showed that 41% of respondents claimed that their happiness somehow deteriorated. In terms of satisfaction with life, total respondents also rated themselves only slightly satisfied. There were no significant differences in rate across all groups, except for students who had the lowest rate. The difference was significant compared to the total respondent's rate. This study also showed that 34% of respondents claimed that their satisfaction with life was somehow deteriorated.

Mobility restrictions have caused conditions that affect people's happiness and satisfaction with life. The first condition is the limitation of physical activities. Mobility restriction has limited people in doing physical activities. The prohibition of people gathering has limit people in doing activities such as going to the gym, walking and jogging during car free day in weekends and going to shopping mall. Studies from [9] and [8] show that the limitation of physical activities has a significant negative impact on human wellbeing. The limitation of physical activities has also resulted in a lack of outdoor activities. Being outdoor increase people wellbeing, how that the limitation of physical activities has a significant negative impact on human wellbeing. The limitation of physical activities has also resulted in a lack of outdoor activities. Being outdoor increase people wellbeing. [7] suggest that being outdoor increase wellbeing with direct biophilia pathways or indirect effect through physical activities and social interaction.

The second condition caused by the COVID-19 outbreak is uncertainty. People do not know when this pandemic will end and when they can get back to normal life. They also aware of the economic impact of this restriction, yet they do not know how far this will affect their job. The impact of uncertainty to wellbeing is also confirmed by Murakami. After Fukushima disaster, people who not knowing whether to return home or not have a wellbeing reduction. Moreover, security is one of four psychological needs to be fulfilled in wellbeing.
Research reveals that people wellbeing will be met if four psychological needs are fulfilled. Being connected to others is one of those four psychological needs [5]. Besides, Indonesian is known to be one with the highest sociability score (0.79). That means on average Indonesian spends time every week with friends from social circles [18]. Indonesian often meet with friends, colleagues, and other community members. They meet on various occasions such as small reunions, friends 'arisan', family 'arisan', and religion group small gathering. The mobility restriction prohibits them from doing so. Those activities now some are replaced with hanging out in zoom meeting, which is yet still less satisfactory. With high sociability characteristics, being restricted at home makes happiness and satisfaction deteriorated.

The group that most affected by this mobility restriction were students. Another study from a similar author on e-learning during the COVID-19 outbreak has shown that what students do not like most about this mobility restriction was lack of interaction with friends. The university students are mostly from the youngest generation, Generation Z. This generation even though they are known to be tech-savvy and hyperconnected to the internet, yet they are also sociable [19]. Another study on WFH from similar authors reveals that one of the most unsatisfied people during WFH is family with children above 15 years old. People who do not have children at home or have children bellow 15 years old claim that they rather satisfied with WFH. Children above 15 years olds have their own needs to socialize with friends, therefore being confined at home make them feel unhappy and unsatisfied with life.

Wellbeing is known to link with health [9]–[11]. The deterioration of wellbeing might give an impact on people's general health. The result of the study showed that students should be one of the groups to get a priority for support to help them cope with the condition.

**Conclusion**

Starting at the end of 2019, Coronavirus (COVID-19) is spreading worldwide rapidly and become a pandemic. This largescale pandemic outbreak is not only affecting human's health, but it is also affecting other aspects of human life. It is affecting day-to-day life significantly. In Jakarta and its surrounding cities, more than 20 Million people get affected by mobility restriction. This mobility restriction might imply on health and wellbeing.

This study showed that in mobility restriction, the happiness level was only slightly happy and the level of satisfaction was only slightly satisfied. Forty-one percent felt that their happiness is deteriorated during mobility restriction. Furthermore, thirty-four percent felt their satisfaction was deteriorated. The most impacted group in their scale of wellbeing was students. Their happiness and satisfaction were lower significantly compared to the total group score of happiness and satisfaction.

Wellbeing is known to link with health. The deterioration of wellbeing might give an impact on people's general health. This study gives a contribution to the literature of wellbeing, especially the impact of major life events on wellbeing. The finding of this study can give insight for policymakers in implementing restrictive measures. The result of this study gives an insight which of the groups to get a priority for support to help them cope with the condition.

The limitation of this study is that it does not cover the elderly population which might get the worst impact than any other groups. This study was not designed as a mixed-method to dig further about the situation. Further studies to understand people's condition and reasoning will be beneficial. The respondents of the study were also mostly from Jakarta and its surrounding cities, therefore it might not be generalized to the Indonesian population.

**References**


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