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Covid-19 Pandemic: Happiness Revisited through Work and Leisure During the Stay at Home Period

Myrza Rahmanita¹, Nurbaeti¹, FettyAsmaniati¹, Triana Rosalina Dewi², Novita Widyastuti²

¹Tourism Department, Trisakti School of Tourism, Jakarta, Indonesia

²Hotel Management Department, Trisakti School of Tourism, Jakarta, Indonesia

Abstract: Covid-19 pandemic entered Indonesia around February 2020. The government and stakeholders took policies and initiatives to anticipate the spreading of the health problem. Among other countries, The Indonesian government has taken precaution policies, namely “lockdown,” “large-scale-social-restriction,” and “stay-at-home” period. A stay-at-home plan means that people are prevented from going outside their home and should stay-at-home for a specific period, as announced by the government. News disclosed that people start feeling tension and stress because of the prevention, precisely because people cannot do the everyday work and leisure routines outside their home. It is believed that the stay-at-home condition has causing unhappiness to the community. On the other hand, opinion grows that the critical state of stay-at-home is inevitable. People have to learn to cope with the new uncertain situation and need to embrace it deep down into their life. This descriptive research explores people's happiness from the perspective of work and leisure during the stay-at-home period within the covid-19 pandemic. Online questionnaires were distributed using probability simple random sampling, that 684 good feedbacks were collected and analyzed. The result of this study shows that most respondents are still working, sometimes heavier and more prolonged in time; that people tend to spend their leisure time with family, some keep themselves busy with entertainment activities, and the rest doing things that bring peace to their inner selves. In conclusion, this research indicates that most people are still happy, try to stay happy, and feel less comfortable during their stay-at-home period. The study is of significance that the result is to be used for scientific justification for the following government policy or initiative in dealing with the Covid-19 pandemic.

Keywords: Covid-19 Pandemic, Happiness, Work, Leisure, Stay at Home

Covid-19 大流行：在家中休息期間通過工作和休閒重新獲得幸福

摘要： Covid-19 大流行病於 2020 年 2 月左右進入印度尼西亞。政府和利益相關者採取了政策和舉措，以預期健康問題的蔓延。在其他國家中，印度尼西亞政府採取了預防政策，即“封鎖”，“大規模社會限制”和“待在家裡”時期。在家中住宿計劃意味著人們被禁止出門在外，並應在政府宣布的特定時期內呆在家裡。新聞披露，人們由於採取預防措施而開始感到緊張和壓力，特別是因為人們無法在家中進行日常工作和休閒活動。據信，留在家中的狀況已引起社區的不滿。另一方面，越來越多的人認為，留在家裡的強制性條件是不可避免的，人們必須學會應對新的不確定性狀況，他們需要在生活中深入生活。這項描述性研究的目的是在 covid-19 大流行期間的在家期間，從工作和休閒的角度探索人們的幸福。使用概率簡單隨機抽樣分發在線問卷，收集並分析了 684 個有效反饋。這項研究的結果表明，大多數受訪者仍在工作，有時工作量更大且時間更長。人們傾向於與家人度過閒暇時光，有些人忙於娛樂活動，其餘的人則為自己的內心帶來和平。總而言之，這項研究表明，大多數人在家里呆著的時候仍然很快樂，試圖保持快樂，而另一些人則感到不那麼快樂。該研究具有重要意義，其結果將被用於科學依據，以應對應對 Covid-19 大流行的下一個政府政策或倡議。

关键词： Covid-19 大流行，幸福，工作，休閒，待在家裡。

1 Introduction

Covid-19 Pandemic has spread globally since the beginning of 2020. A total of 215 countries and territories have reported Covid-19 cases. As of May 12, 2020, 612,686 new confirmed cases and 32,990 new deaths have been reported globally.

To the above date, a total of 4,622,001 Covid-19 cases and 311,916 related deaths have been reported worldwide [1]. According to the Task Force for the Acceleration of Covid-19 Handling, in Indonesia, as of May 5, 2020, the number of positive Corona cases has reached 12,071 in 34 provinces [2].

A pandemic occurs when three factors or conditions coincide, namely (1) the emergence of a new virus in which humans have little or no immunity; (2) the ability of this new virus to infect and cause disease to humans; and (3) the ability of the virus to spread quickly and without interference among humans [3].

To mitigate the spread of Covid-19, the Indonesian government has issued policies and called for social distancing and physical distancing precaution measures, stay-at-home and work-from-home (WFH) practices for all Indonesian people. By the Government Regulation Number 21 of 2020, the Large-Scale Social Restrictions policy applies [4].

The condition of staying at home has made the community carry out all activities at homes, such as working, learning, and doing leisure and religious activities. All non-essential sectors are closed. People may leave their house only for shopping for goods, food, and drinks. From an economic perspective, there are groups of people who lose a significant amount of income, such as online transportation services, traders of non-basic necessities, as they have to close their stores, to name a few. Social activities, socializing, traveling, shopping at the mall are restricted. The pattern of interaction and communication has also changed to rely more on information technology [5].

In Indonesia, implementing a stay-at-home policy has created a condition that ignites stress in the community [6]. It is in line with the result of research in China that the occurrence of the Covid-19 pandemic has degraded the happiness of individuals and communities. The covid-19 pandemic impacted the degradation of emotional satisfaction in households in Hubei (China) [7]. In other words, the Covid-19 pandemic has caused unhappiness among the people, which is the existing problem that underlies this research.

To respond to these problems, this research was conducted to study happiness from work and leisure during the stay-at-home period by the beginning stage of the covid-19 pandemic. Several research questions arise in this study: (1) What did Indonesians do during the stay-at-home period? (2) how is the happiness of

the Indonesian people in terms of work and leisure during the stay-at-home period? This research was then conducted to answer those research questions.

Staying at home is an initiative enforced in Indonesia to prevent the spread of the Covid-19 pandemic. During the stay-at-home period, due to the covid-19 pandemic, happiness remains substantial for most people. Because after all, achieving satisfaction is the ultimate goal of humans. Whether economic, political, social, or other, all human activities are directed to achieve this goal. Happiness is universal to all human beings in every culture, and everybody searches for happiness [8]. They seek pleasure in various ways [9].

The concept of happiness is known as having a broad and complex definition. Besides, the construct of happiness is very subjective so that only the individual feels it. The purpose of happiness is carried out in various ways to use multiple terms such as well-being, happiness, quality of life, and life satisfaction [10]. Happiness is a psychological term that classifies theories related to the essence of human well-being [11].

In this research, the term 'happiness' is associated with the stay-at-home period during the Covid-19 pandemic, emphasizing the happiness felt by individuals subjectively. The term happiness refers to the concept of well-being as a discrete and subjective state of individuals [12].

In this study, well-being is defined as the mixture of blithesome feeling and the ability to functioning properly; having positive feelings like one's sense of excitement and satisfaction, also the growth of one's potential, confidence about life direction, having some control over one's existence, and healthy relations [13].

Welfare is a standard of life owned by people who reach the level of necessities of life that have been fulfilled. They desire to move forward by prioritizing cooperation between groups to achieve the desires and needs for achieving education, development, a healthy and stable family, and having good social relations with the community and their families [14].

The Happiness Alliance develops happiness domains: psychological-well-being; health; time-balance; community; social-support; education-arts-and-culture; environment; governance; well-being-materials; and work [15].

Individual happiness can be attained through daily accomplishments of work and leisure. This research on happiness is focused on those two terms. Work is defined as a set of tasks or duties that people do for an individual or organization compensated in monetary terms. Leisure is defined as a state of "not working" time, free from work or other obligations [16]. Leisure is that time that is not occupied by paid work, unpaid work, work, or personal commitments [17].

The term leisure time is not tied to one's time with activities or time that is not productive to carry out various activities related and not relate to the attachment to compensation [16].

Leisure is all the time outside the time needed to specifically do specific activities to keep one's biologically alive (eating, sleeping, medical treatment, and so on) and time spent living such as work, preparation for subsistence (school). Leisure activities include listening to music, watching television, reading magazines, fishing, shopping, and sports [19].

Based on the above thoughts, this study is focused on how people's happiness in carrying out their daily activities through work and leisure in Indonesia while staying at home during the Covid-19 pandemic. The novelty of the research is the conceptualization of Indonesian happiness concerning work and relaxation during the compulsory period of stay-at-home.

The professional interest contained therein is to provide recommendations to the public and the government in maintaining physical health and overcoming social-psychological difficulties such as stress through happiness.

2 Methods and Materials

This research begins with observations of the empirical conditions encountered. The phenomenon that occurs indicates tension and stress from a particular group of people accustomed to traveling and traveling a lot before the stay-at-home period. This singularity has prompted the author to examine the phenomenon.

This descriptive research was done under the quantitative approach. Google-form questionnaires were distributed through an online survey during the stay-at-home period between April and June 2020. Using probability-simple-random sampling questionnaires were then spread throughout various places in Indonesia via social media groups.

As much as 684 valid responses were received back, collected, and processed. Statistical descriptive data processing was done using the statistical package for the social sciences (SPSS) software. The processed data was then presented in terms of its frequency distribution in tableau format. Finally, data were analyzed using the theories and concepts of happiness, work, and leisure, about the stay-at-home period, mainly from a literature review.

3 Results and Discussion

3.1. Work

The work dimension, in this study, is approached by several indicators: job status, compensation, autonomy,

productivity, and feeling rushed (by work) during the stay-at-home period.

Regarding employment status during the stay-at-home period, this research finds out that most respondents (88.6%) are in working status consisting of 66.2% work from home, and 22.4% still work from their workplace. Other respondents (11.4%) reported that they were terminated from their job, quit the job, and do not work anymore. This finding indicates that the Covid-19 pandemic has impacted job status significantly. As a comparison, research on 6,000 workers across Europe shows that around 75 percent of permanent employees want to work from home, only about 17 percent want to work from home ultimately, the rest want to work from home part-time [20].

Regarding compensation or income as a contributing factor to happiness, research shows that most respondents (63%) said they received sufficient payment for their work in doing their job. In contrast, the rest said they are not satisfied with what they get from work. Adequacy of compensation was dominated by 319 respondents who worked from home.

While those respondents without income (quit their job, layoffs, no work) suffered from inadequacy (57 people) compared to those, who felt sufficient. Of these 21 people, 11 people quit their job while another ten were being terminated). (Table 1). 10 out of 684 respondents show that the number of dismissals from work is minimal (1.46%).

In doing their job, most of the respondents (63%) stated that they received sufficient compensation for their work, while the rest said the opposite: they are not satisfied with what they get from work. Salary or income has a contribution to happiness.

Table 1 Employment status during a stay-at-home period
* During this stay-at-home do you still get sufficient compensation for your work?

Employment status during a stay at home period	During this stay at home, do you still get sufficient compensation for your work?				Total
	Disagree	Somewhat agree	Agree	Strongly agree	
Quit the job	7	3	1	0	11
Get laid off	6	2	1	1	10
Work from home	43	91	213	106	453
Work at workplace	17	23	54	10	104
Work online from the workplace	13	9	15	12	49
Does not work	26	13	14	4	57
Total	112	141	298	133	684

When referring to income or compensation, work has a significant contribution to happiness. Empirical evidence suggests that one's happiness is closely related to one's income. A person's happiness rises when its income rise, yet decline when the reference group's income increases [21].

The next indicator of happiness is operational autonomy or freedom. It is found that during the stay-

at-home period, more than half of the total respondents, 56.4% to be precise, stated that they have freedom in carrying out their work-related activities. The remaining 30% of respondents said they still have freedom, and 14.2% felt they lack or completely have no freedom on work-related activities.

With the work autonomy indicator, the results of this study indicate that 56.4% who feel free and 30% still feel free is the happiest group during their stay-at-home. It is in line with recent research that supports the positive relations between high levels of job autonomy and psychological well-being, job involvement, and on the other hand, a negative relationship between low levels of job autonomy and depression also fatigue [22].

Happiness is also approached by working productivity indicators. During the stay-at-home period, the main respondents (57.6%) rated their work as remain optimal, 28.4% as less optimal, and 14% as totally not optimal. This finding indicates that 57.6% of respondents feel happy that they may continue to work optimally even though from home.

When the lockdown was implemented, a study in England showed that many respondents (employees) stated that productivity had increased. Since the lockdown was imposed, all respondents experienced an increase in productivity of at least 25% [23].

Table 2 During this stay home period, do you feel that the outcomes of your work remain optimal?

* Do you feel that you have the freedom to carry out your work-related activities?

During this stay home period, do you feel that you have the freedom to carry out your work-related activities?					
During this stay home period, do you feel that the outcomes of your work remain optimal?	Disagree	Somewhat agree	Agree	Strongly agree	Total
Disagree	45	30	12	9	96
Somewhat agree	27	102	56	9	194
Agree	16	60	149	26	251
Strongly agree	9	9	43	82	143
Total	97	201	260	126	684

Happiness makes you more productive. Table 2 indicates a correlation between optimal work results and freedom in performing work during the stay-at-home period. As many as 300 people stated that they had the optimal outcomes of their work and had freedom in their work at the same time.

This finding is in line with previous studies stating that job autonomy is the fundamental job condition that can create a specific psychological circumstance of proficient responsibility, evoking powerful work performance and manners [24]. Job autonomy (in time or arrangement) can increase job satisfaction [25].

Table 3 During the stay-at-home period, do you always feel rushed? (such as in work, family, household needs, etc.)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Disagree	162	23.7	23.7
	Somewhat agree	244	35.7	59.4
	Agree	207	30.3	89.6
	Strongly agree	71	10.4	100
Total	684	100	100	

Happiness is also observed from the rush/haste feeling in carrying out activities, including working during the stay-at-home (Table 3). A total of 40.6 % of respondents felt that life was rushed and challenging to manage their time between work, family, household needs, and others. However, most of the respondents, around 406 people or 59.4% of respondents, stated the opposite; they felt they could still manage their life during their stay home without difficulties.

The results of this study show the quality of managing work-life balance during the stay-at-home in Indonesia. Work-life balance is about a person's capacity, regardless of age or gender, that can successfully combine work and household accountability (family, household needs, etcetera) [26].

Those who can manage work-life balance well tend to be happy. But if seen from the percentage of those who are less able to handle a work-life balance by 40.6%, it is pretty high compared to the same thing in the UK. The results of research in the UK during the lockdown due to the Covid-19 pandemic show that only 15% choose to balance personal / family responsibilities with workload options, suggesting that workers in the UK find work-related problems to be slightly more challenging than family-related problems [27].

3.2. Leisure

Leisure in this research is approached with several indicators: a sense of leisure (free time), enjoyment, traveling activities, and leisure time during the stay-at-home period.

Table 4 During this stay home period, do you still have free time (non-work / leisure)?

Level of impact	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Disagree	32	4.7	4.7
	Somewhat agree	89	13	17.7
	Agree	334	48.8	66.5
	Strongly agree	229	33.5	100
Total	684	100	100	

This research finds out that more than 80 percent of respondents during their stay home, around 563 people or 82.3%, agree and strongly agree that they still have free time for leisure or doing non-work activities. Meanwhile, less than a fifth of the total respondents, comprised of 121 people, or 17.7%, stated that they had limited free time because of longer work and extended working time than 'normal' office hours (Table 4).

The condition shows that most respondents can obtain happiness during their stay-at-home because they still have leisure time. It is in line with the opinion that free time is an inseparable part of human life and contributes to happiness [26]. Leisure time is widely considered the source of all joy [27].

More than 80% of respondents stay at home, and as many as 453 people (66.2%) who practice work from home (WFH) allows optimal performance achievement as leisure is believed to help recover from work stress. It follows the opinion that is participating in leisure time activities, people take off from work and relax, recovering from the stresses of life [18].

Table 5 During this stay home, do you feel that life is still enjoyable?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Disagree	62	9.1	9.1	9.1
	Somewhat agree	162	23.7	23.7	32.7
	Agree	294	43	43	75.7
	Strongly agree	166	24.3	24.3	100
Total		684	100	100	

Table 5 shows that as much as 67.3% or 460 out of 684 respondents agree and strongly agree that life at home is still enjoyable for them. Meanwhile, 23.7% and 9.1% or 162 and 62 people somewhat agree and disagree with the statement. The finding on this pleasant condition is related to time for leisure. This situation can be interpreted as indicating that for most respondents, home is more fun than being outside the house during the stay-at-home period. This sense of enjoyment supports the implementation of work from home correctly. This result is following previous results, that work productivity remains stay optimal.

3.3. Happiness

Happiness associated with stay at the home policy can bring about many exciting phenomena. In response to the questionnaire on how this stay home affects your satisfaction, the answers are presented in Table 6. As many as 58.5% of respondents stated that staying at home influenced their happiness (brought happiness to them). Even though 2.5% of them said that the condition of staying at home at the beginning was worrying.

Table 6 How this stay home policy affects your happiness

	Level of impact	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Disagree	97	14.2	14.2	14.3
	Somewhat agree	186	27.2	27.2	41.5
	Agree	292	42.7	42.7	84.2
	Strongly agree	91	13.3	13.3	97.5
	Worrying at the beginning, then get used	17	2.5	2.5	100
Total		684	100	100	

In this section, happiness is also approached with indicators of material well-being, such as financial security and meeting basic needs.

A statement responded happiness from a material well-being perspective that nearly 60 percent stated that their financial condition was sufficient to meet their daily needs during their stay home. In comparison, 40 percent said the opposite, less agreeing and disagreeing with the statement. This finding is supported by a survey conducted by the Indonesian Survey Circle, which found a shift in people's solicitude from the corona problem to economic angst. People tend to think that the uncertainty of corona vaccine invention is draining financial capacity. It was compounded by all news about the weakening of the economy [25].

Happiness from a material well-being perspective indicates that most respondents (nearly 60%) feel safe on the availability of necessities. In comparison, another 40 % less agree and disagree, reflecting their lack of confidence that essential goods will be available in the market during the stay home period.

Those who feel insecure about the availability of goods are as many as 40% of respondents, which is relatively high. This concern is supported by increasing food insecurity due to activity restrictions; moreover, the intricating reluctant behavior of workers has hindered food production. By the end of April 2020, several provinces reported shortages of several basic food supplies, including cooking oil, eggs, and chicken. Plus, the occurrence of panic buying has hit big cities [18].

Table 7 During this stay-at-home period, is your financial situation sufficient to meet your daily needs?

*During this stay home, do you feel that all necessities are available in the market?

During this stay at home, do you feel that all necessities are available in the market?					
	Disagree	Somewhat agree	Agree	Strongly agree	Total
During this stay home period, is your financial situation sufficient to meet your daily needs?					
Disagree	18	33	38	19	108
Somewhat agree	9	47	96	17	169
Agree	4	26	217	62	309
Strongly agree	1	2	19	76	98
	32	108	370	174	684

When sufficient finance is associated with the fulfillment of necessities (Table 7), 374 respondents agreed that they would be able to buy their daily needs with adequate finance. As many as 170 respondents, whose finances were insufficient, considered that necessities were available. Facts have shown that many households in Indonesia have adapted to the crisis by eating less than they should [13].

Another finding is the responses to question related to the choice of recreation activities in spending leisure

time. Most of them did recreational activities at home such as watching television, exercising, gardening, sunbathing, browsing the internet, playing games, virtual traveling, and doing culinary activities. Meanwhile, some remain to stay home and do not engage in recreational activities. Some others did some activities outside the house, such as walking around the housing complex, cycling, jogging, making culinary trips to the mall, etc. Similar types of leisure activities were engaged during the stay at the home period in Turkey.

Happiness at the beginning of the stay-at-home period seems to decrease because people are not used to staying at home, not going anywhere, and unable to meet friends. After some time, the people began to feel comfortable and adjust to the situation. They had more free time, did more religious activities, gathered with their families, found new hobbies and stuff that previously could not be done.

4. Conclusion

Concerning happiness with work during the stay-at-home period, most respondents responded that they feel happy. They still get income or compensation and consider this income to be sufficient. In doing work at home, most of them are still productive that they feel happy and have enough leisure time, can manage their working-life balance while staying at home.

On the other hand, several other respondents feel perturbed due to their jobless situation or having less income. Their conditions stimulate their anxiety. They consider their income is insufficient. They believe their work was not optimal. They got the feeling of being rushed, they feel uncomfortable staying at home, moreover to work. They were facing difficulty managing work-life balance.

Meanwhile, concerning leisure, most respondents feel happy because they had enough leisure time. Utilizing leisure time during the stay-at-home period helped people escape the workload and pull-off self-recovery. Pleasant circumstances ignite people to feel happy. According to the stay-at-home conditions, leisure assumes recreational activities at home, outside, and around the house.

The feeling of happiness was felt by most of the respondents during the stay-at-home period. They have sufficient income to obtain their daily needs. However, there are concerns about the availability of essential goods and foodstuffs. There are worries about not meeting the needs of everyday life. That is then panic buying happened.

Yet, in general, happiness in terms of work and leisure while staying at home due to the Covid-19 pandemic in Indonesia is still enjoyed by more than half of all respondents. Most people in Indonesia are

still happy during the stay-at-home period due to the emergence of the Covid-19 pandemic.

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