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HAPPINESS AND WORKING HOURS IN INDONESIA

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ABSTRACT. Humans strive to achieve happiness throughout their lives; thus, every activity has the goal of attaining happiness in mind. Happiness is an essential indicator of good livelihood for humans; if people are not happy, then the quality of life will be reduced. This paper aims to analyze the effect of working hours on happiness in Indonesia by using cross-section data sourced from the Indonesia Family Life Survey (IFLS) wave 5 of 2014. The model is divided into quadratic models and grouped working hours; the methods used in this paper were the ordered logit for the primary model and the ordinary least square for comparison. The results showed that a quadratic pattern of working hours, where initially working hours would increase happiness, but after reaching a certain peak point, the addition of working hours would cause a decrease in happiness. This shows the existence of the Inversed U-Shaped pattern between working hours and happiness.

Key words: happiness; workhours; ordered logit; IFLS

KEBAHAGIAAN DAN JAM KERJA DI INDONESIA

ABSTRAK. Salah satu tujuan yang ingin dicapai oleh manusia ialah kebahagiaan, Dengan demikian, setiap kegiatan dilakukan oleh manusia didasari oleh perwujudan dari keinginan untuk memperoleh suatu kebahagiaan. Kebahagiaan menjadi satu indikator penting bagi kesejahteraan manusia, jika manusia tidak bahagia maka kualitas hidupnya pun akan berkurang. Penelitian ini bertujuan untuk menganalisa pengaruh jam kerja terhadap kebahagiaan di Indonesia dengan menggunakan data *cross-section* yang bersumber dari *Indonesia Family Life Survey* gelombang 5 tahun 2014. Adapun model yang digunakan dibagi menjadi model kuadratik serta model kelompok jam kerja, dimana metode yang digunakan dalam penelitian ini ialah *ordered logit* untuk model utama dan *ordinary least square* untuk pembanding. Hasil penelitian menunjukkan adanya pola kuadratik dari jam kerja, dimana pada awalnya jam kerja akan menambah kebahagiaan, tetapi setelah mencapai titik puncak tertentu penambahan jam kerja akan menyebabkan penurunan kebahagiaan. Hal tersebut menunjukkan adanya pola *Inversed U-Shaped* anara jam kerja dan kebahagiaan.

Kata Kunci: kebahagiaan; jam kerja; ordered logit; IFLS

INTRODUCTION

Happiness is subjective to each individual. Happiness is a positive feeling felt by an individual from an activity without any element of coercion and a condition and ability to feel emotions (Seligman, 2002). This viewpoint deems that the feelings of each individual are subjective. Supporting views also argue that the definition of happiness is difficult to describe and will differ from each individual, where people will agree with their own goals, but not necessarily agree with the happiness of others (Frey & Stutzer, 2002a). Furthermore, Frey & Stutzer (2002a) explained that because happiness is difficult to explain, happiness can be viewed from another side, namely by a direct explanation from individuals about their happiness. This assumes that everyone has full power in assessing his/her situation.

Individual behavior will not be free from the influence of feelings, including whether the individual is happy or not. Thus, happiness in the economy becomes essential as it enables individuals to understand the behavior of specific individuals or groups, for example, the differences in happiness between people of low-income and high-income, between senior citizens and young people, or between men and women. All these differences will affect the behavior of each group, which makes for a rather interesting point of discussion for economics.

The approach used to analyze happiness is commonly called Subjective Well-being (Graham, 2014). The analysis of happiness from the economic side combines approaches from economics and psychology. The theory is based on economic theory, where the individual will maximize utility.

Over the last decades, alternative economic measurements have begun to emerge, such as the Measure of Economic Welfare (MEW), Physical Quality of Life Index (PQLI), Index of Sustainable Economic Welfare (ISEW), Human Development Index (HDI) and others. Some of the indexes include indicators of happiness, with the Happiness Index being the primary concern.

The United Nations (UN) started the use of the Happiness Index in 2011 and spread to various countries in Europe and other continents. The happiness Index formed by the United Nations can be seen from the World Happiness Report. The World Happiness Report is an annual publication from the United Nations through the United Nations Sustainable Development Solutions Network containing happiness ratings from all countries with the data corroborated with the life factors in each country. Several leading indicators become a reference

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for the happiness index in the World Happiness Report, namely Income (GDP per Capita), Life Expectancy, Social Support, Freedom, Generosity, and Trust.

The World Happiness Report (2019) shows that globally, countries experience an increase in happiness. Finland became the happiest country in the world, followed by Denmark, Norway, Iceland, and the Netherlands. Meanwhile, the country with the most significant increase in happiness was obtained by Togo, which from 2008 to 2015, had managed to move up 17 places, while Venezuela experienced the biggest decline in happiness. Even though the average country in the world has experienced an increase in the leading indicators of happiness, Indonesia has always experienced a decline in the happiness indicator. The Indonesian happiness index from 2013-2015 to the 2018 publication, on average, always dropped, from 5,314 to 5,192 with continuously declining ranking. Indonesia is only superior in the generosity factor that is ranked second, while in other factors such as perceptions of corruption, life expectancy, social support, freedom of life choices, Indonesia still has a low value.

Several studies mentioned that factors of happiness include demographic and economic factors. Demographic factors that influence happiness include age, education, marital status, and sex of household heads (Frey & Stutzer, 2002b). Meanwhile, the economic factor often used is income. The paradox of income and happiness is highlighted, as previous studies revealed that an increase in income does not always make people happier (Easterlin, 1974). This indicates that income has a deficiency in describing happiness. In addition to income, another variable of economic factors is working hours.

Economics states that the labor supply market will determine the choice of working hours, where individuals are faced with the choice of using the time to work or enjoy their free time. Time used to work is illustrated as the sacrificed time to obtain incentives in the form of wages. Now, work is not always viewed as a burden. Conversely, excessive free time does not always add happiness. Previous studies explained that free time is not always a substitute for working hours; many factors are also at play such as the productivity of the workforce (Cui et al., 2018). In its publication, the Central Statistics Agency in 2019 explained that working hours could have an impact on the health and welfare of the working population, as well as the level of productivity and labor costs of the company.

Figure 1 shows that the majority of the Indonesian population works over 35 hours per week, reaching 67.7%. The highest percentage of the working population in February 2019 is in the group of 40-48 hours per week. In addition, there are still many residents who work more than 49 hours a week reaching 29.49%, categorized as unfit work. (Badan Pusat Statistik 2019a). Pouwels et al. (2008) also explained that income has a positive effect on happiness, in contrast to working hours, which will cause a decrease in happiness. The number of workers working outside the proper limits and Indonesia's inability to compete in the happiness ranking shows there is an influence of working hours on happiness.

Figure 1. Distribution of Indonesian Working Hours According to Sakernas February 2019

Source : BPS, 2019

Albeit not a primary concern, several studies have discussed the relationship between the variables of happiness and working hours. Existing research in the field of economics aims to analyze the pattern of working hours to happiness. The classical theory views that working hours can cause disutility in work, but recent research has a different view. Pouwels et al. (2008) explained that an increase in income has a positive effect on happiness. Meanwhile, working hours showed a negative effect on happiness but are only significant on men. Knabe & Rätzel (2010) concludes that there is a bias in the relationship of working hours with happiness previously studied by Pouwels et al. (2008), with the addition of dynamic variables resulting in new findings on the relationship of working hours and happiness, showing an inverse U-shape on working hours. Steffen (2012) found that the relationship between working hours and happiness had a positive effect on negative quadratic functions. This shows the existence of a U-shaped inverse relationship, where the addition of working hours will increase happiness to the peak point and then subsequently will reduce happiness. Apart from working hours, happiness is also associated with many other variables, such as age. Therefore, many studies have used measurement tools and references from these studies. Other studies also stated that many economic works of literature had seen a U-shaped relationship between age and happiness (Frijters & Beatton 2012). Blanchflower & Oswald (2009) show that happiness form patterns in a life cycle.

Other empirical results indicate contradictory findings between happiness and working hours; on the one hand, it has a negative effect, but in some cases, it

has a positive effect. Thus, this study aims to investigate the effect of working hours on happiness with cases in Indonesia. This research makes a significant empirical contribution regarding working hours and happiness that has never been done before in Indonesia. This research will prove random data about U-shaped patterns of age and happiness, where age increases, happiness will decrease, and positive quadratic function explains that there is a U-shaped pattern in Indonesia (Blanchflower & Oswald 2009).

METHOD

The data was sourced from the Indonesian Family Life Survey (IFLS) Wave five. The Indonesian Family Life Survey is an ongoing organization by RAND Corporation since 1993. Strauss et al. (2016)explained that there are not many large scale population-based longitudinal surveys in developing countries, and the IFLS is one of the longitudinal surveys available for Indonesia. IFLS data can be used to understand the behavior of individual households to the community-level.

Until now, IFLS has 5 had (five) survey waves. The first wave had a sample of more than 22,000 individuals and more than 7,000 households held in 1993 (IFLS1). The second wave was held in 1997 to early 1998 (IFLS2) as well as additional surveys on sub-samples conducted in 1998 to see the impact of the economic crisis (IFLS2 +). The next wave was held in 2000 (IFLS3) with a sample of 10,574 households. The fourth wave was carried out in 2007 (IFLS4) with a sample of 13,535 households and 44,103 individuals from 15 provinces. The fifth wave (IFLS5) was conducted at the end of 2014 to early 2015 with a sample of 16,204 households and 50,148 individuals.

This study only used the most recent data wave, IFLS5, which took samples from IFLS1, IFLS2, IFLS2 +, IFLS3, and IFLS4. IFLS5 was used as it was the most updated IFLS survey, where the household survey from IFLS5 is a repeat survey of the same previously structured questionnaire. The samples were individuals in the workforce age groups; aged 15 to 65 years.

The dependent variable used in this study was the ordinal happiness variable in book 3A of the SW section. The primary independent variable used the working hours variable obtained in book 3A of section TK, as well as the income derived from book 3A of section TK from main and side jobs. In addition, other variables were used as control variables. Table 1 below is an explanation of the required variable and data source.

Table 1. Description and Explanation of Variables

Variables	Description and Explanation
Happiness	The happiness variable is obtained from section SW in book 3A with the question in sw12: "Considering the current situation, do you / Mr / Br. feel that you / Mr / Br. very happy, happy, not happy, or very unhappy?" With responses from respondents: Very Happy (1); Happy (2); Unhappy (3); Very Unhappy (4). Then the variable is recoded so that the appropriate level becomes: • Category (0) Very unhappy • Category (1) Unhappy • Category (2) Happy • Category (3) Very Happy
Working hours	Work hours variable is obtained from kindergarten section in book 3A with questions on tk21a and tk21b: "How many hours of work for work [...] during the past week (the last week worked)". Working Hours is the allocation of someone to do work. The Central Statistics Agency (2019b) classifies workers into sections. Where people are categorized as working if they carry out economic activities aimed at gaining or making a profit, at least 1 hour (uninterrupted) in the past week.
Income	Income variable is a variable taken from the kindergarten section in book 3A with questions on tk25a and tk25b: "What is the amount of income earned from working during the past month?"
Income of other household members	Income variable is a combined variable of individual income taken from the kindergarten section in book 3A with questions on tk25a and tk25b of all household members, minus the individual income itself.
Age	This variable is a control variable, obtained from K book AR section with ar09 column questions, namely: "age of household member now"
Years of schooling	This variable is a control variable, obtained from the K section AR section namely ar16 and ar17 which were recoded to get the duration of education.
Marital status (Head of household)	This variable is a control variable, obtained from section AR in book K with questions in ar13: "Marital status". With answers from respondents: Not yet married (1); Mating (2); Split (3); Divorced Life (4); Divorced Dead (5); Living with these variables is recoded to become dummy variables, namely: • Category 0 is not married • Category 1 Married
Number of family members	This variable is a control variable, obtained from the sum of family members in the household in Book K.
Home ownership	This variable is a control variable, obtained from book 2 of the KR section with questions on kr 03 namely: "What is the status of this house?" With answers from respondents: Self-owned (1), Occupy (2), Renting / contracting (5), others (95). The variable is recoded to: • Category (0) does not have a house • Category (1) has a house
Gender (Head of household)	This variable is a control variable obtained from the book section K AR which is ar07
Area of residence	This variable is a control variable obtained from K section SC section, namely the sampling information sc05

Source : IFLS 5, 2014

The econometric model used in this study was an ordered logit to estimate the relationship between working hours and happiness. The model is a modification from the previous model (Steffen, 2012) with the following equation.

$$LS_i = \beta_0 + \beta_1 L_i + \beta_1 L_i^2 + \beta_3 W_i + \beta_4 Y_i + \sum \chi_m \gamma_{m,i} + \varepsilon_i \quad (1)$$

where LS is life satisfaction, L is working hours, w is individual income, y is the income of other household members, χ is an individual characteristic, γ is a household characteristic, and ε_i is the error term.

In this research, a Likelihood Ratio (LR) Test was performed to see whether the entire independent variable directly influenced the dependent variable, by analyzing the value of prob> χ 22 obtained from the estimation results in the Stata software. Testing was done to determine whether the information from the sample data supports the hypothesized proportion. The Likelihood Ratio test has the same concept as the F test in the linear model. (Wooldridge, 2002). Furthermore, a goodness of fit in the regression may show how the model explains the effect compared to the explanation outside the model. Generally, in regression, Goodness of fit is seen in R^2 and also adjusted R^2, but in the regression model of Ordered Probit and Ordered Logit, the results of Goodness of Fit can be seen from pseudo R^2. (Wooldridge, 2002). Finally, z-statistical tests can be done to observe the significance of each independent variable on the dependent variable. The test can be done with the two-parties test, namely:

H_0:$\beta_\chi = 0$ (independent variable χ has no significant effect on the dependent variable)
H_0:$\beta_\chi \neq 0$ (independent variable χ has a significant effect on the dependent variable)

RESULTS AND DISCUSSION

Table 2 shows that the average monthly income is Rp 1,790,000; corroborating that it is below the minimum monthly wage (UMR) of most regions in Indonesia. The average age of respondents is 35 years old, categorized in the productive age. Meanwhile, the length of schooling is ten years, which means that the average observation of households has a junior high school (SMP) education. The average number of family members is 6 (six), which indicates, on average, the observed household has four other family members besides a spouse, such as a child or other family member. Homeownership of the observed sample shows that 70 percent of households have sole ownership. The marital status of observed household heads is mostly married. The average sex of the observed head of the household is male. The observation data also showed that the primary residential areas are urban areas. Meanwhile, the dependent variable used in this research is ordinal happiness with a very unhappy, unhappy, happy, and very happy level.

Table 2. Summary of statistics

Variabel	Obs	Mean
Happiness	12360	2,049
Working hours	12360	42,344
Income	12360	1.790.000
Income of other household members	12360	1.160.000
Age	12360	35,244
Years of schooling (years)	12360	10,012
Number of household members	12360	6,011
House ownership (1 = owning a home)	12360	0,700
Status head of household (1 = married)	12360	0,853
Gender head of household (1 = female)	12360	0,117
Area of residence (1 = rural)	12360	0,341

Source : IFLS 5

Table 3. Distribution of Happiness Variables

Kategori	Obs	Percentage
Very unhappy	127	1.03
Unhappy	850	6.88
Happy	9678	78.30
Very happy	1705	13.79

Source : Own Calculation

Table 3 shows that the majority of the respondents were happy with 78.30%, with the least number in the very unhappy category with 1.03%. This explains that the majority of respondents still feel happy, and respondents who feel unhappy and very unhappy are still below 10%.

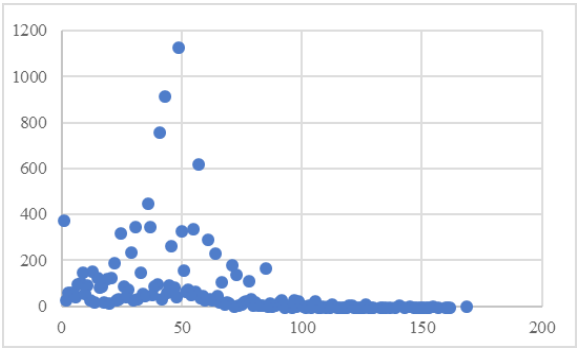

Figure 1 Variable Distribution of Working Hours

Source: Own Calculation

Figure 1 explains the distribution of working hours per week. The distribution shows the normal distribution leaning to the left with a peak where 9.18% of respondents have 48 hours of work week. This shows that the majority of respondents have working hours above the normal working hours limit. Meanwhile, Figure 2 shows the distribution of income.

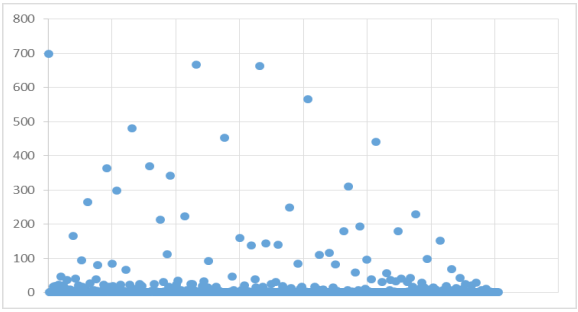

Figure 2 Distribution of Income Variables

Source: Own Calculation

In addition to the results of ordered logit coefficients, marginal effects were used to predict the effect of change. The dependent variable used is happiness. The main independent variables of regression are working hours and income. In the initial model, the working hours variable also adds the quadratic variable. In addition to the initial model, a comparative model was used wherein the working hours are divided into 5 (five) groups. Income variable uses individual income and income of other household members; both variables were converted into logarithmic form.

Table 4. Regression Results

Dependent Variables	Dependent Variabel: Happiness					
	(1)	(2)	(3)	(4)	(5)	(6)
	OLS	Ordered Logit	OLS	Ordered Logit	OLS	OLS
Working hours	0.0018***	0.0075***	0.0019**	0.0046*		
	(0.0005)	(0.0025)	(0.0005)	(0.0026)		
Working hours^2	-0.00002***	-0.0001***	-0.00001	-0.00003		
	(0.0000)	(0.0000)	(0.0000)	(0.0000)		
Working hours (28-48 hours per week)					0.0293***	0.0102
					(0.0111)	(0.0109)
Working hours (48-70 hours per week)					0.0320***	0.0317***
					(0.0119)	(0.0117)
Working hours (70-91 hours per week)					-0.0009	0.0110
					(0.0167)	(0.0166)
Working hours (>91 hours per week)					0.0078	0.0199
					(0.0278)	(0.0271)
Income (log)	0.0097***	0.0460***	0.0057***	0.0273***	0.0099***	0.006***
	(0.0015)	(0.0073)	(0.0015)	(0.0074)	(0.0015)	(0.0015)
Income of other household members (log)	0.0027***	0.0135***	0.0019***	0.0088***	0.0027***	0.0018***
	(0.0006)	(0.0031)	(0.0006)	(0.0032)	(0.0006)	(0.0006)
Age			-0.0038***	-0.0196***		-0.0038***
			(0.0004)	(0.0021)		(0.0004)
Years of schooling (years)			0.0169***	0.0836***		0.0172***
			(0.0012)	(0.0059)		(0.0012)
Number of household members			-0.0017	-0.0051		-0.0017
			(0.0015)	(0.0077)		(0.0015)
House ownership (1 = owning a home)			0.0272***	0.125**		0.0270***
			(0.0103)	(0.0519)		(0.0103)
Status head of household (1 = married)			0.119***	0.617***		0.118***
			(0.0172)	(0.0882)		(0.0171)
Gender head of household (1 = Female)			0.0079	0.0414		0.0072
			(0.0190)	(0.0962)		(0.0189)
Area of residence (1 = Rural)			-0.0160*	-0.0952*		-0.0163*
			(0.0097)	(0.0488)		(0.0097)
Constant cut1		-3.715***		-3.473***		
		(0.140)		(0.192)		
Constant cut2		-1.597***		-1.319***		
		(0.110)		(0.172)		
Constant cut3		2.725***		3.189***		
		(0.114)		(0.176)		
Constant	1.859***		1.790***		1.877***	1.799***
	(0.0230)		(0.0342)		(0.0215)	(0.0332)
Observations	12,360	12,360	12,360	12,360	12,360	12,360
R-squared	0.008		0.0471		0.0079	0.0472
Prob>F	0.0000		0.0000		0.0000	0.0000
Pseudo R^2		0.0052		0.0332		
Wald Chi^2		77.58		486.71		
Prob>Chi^2		0.0000		0.0000		

Robust standard errors in parentheses *** p<0.01, ** p<0.05, * p<0.1

The estimation results were divided into several models where the regression was divided into two groups. The first group analyzes the influence of the main variables namely working hours and income. The second group adds control variables. The regression results were divided into 6 (six) models shown in Table 4 below.

Table 4 above shows the positive effect of increased weekly working hours with happiness. Furthermore, in the quadratic model, the square variable of working hours has a negative coefficient. This indicates that an increase in working hours will initially increase happiness with a defined peak point; however, after reaching the peak point, the addition of working hours will negatively affect happiness. This is in accordance with previous studies like Steffen (2012) and also Knabe & Rätzel (2010) which mentions the Inversed U-Shaped pattern between working hours and happiness.

All models illustrate the significance of the income variable; there is a positive influence of income with happiness. Previous studies from Pouwels et al. (2008) stated that individual income and the income of both partners would have a positive influence on happiness. Knabe & Rätzel (2010) also showed that income has a positive effect on happiness. Models (3), (4), and (6) adds the control variables to identify the pattern of creating happiness apart from the main variable. All models with control variables show a significance level of 99%. This shows that the effect of age on happiness is positive with negative squares; happiness will initially increase with age and have a peak point, but after reaching the peak point, happiness will decrease. This finding is supported by previous studies (Blanchflower & Oswald, 2009; Frijters & Beatton, 2012; Bonsang & Klein, 2012). Length of schooling showed a positive effect on happiness with a significance level of 99%. The results of this finding are consistent with previous research (Clark & Oswald, 2006; Indrasari, 2019; Amanah et al, 2015). Clark & Oswald (2006) explained that a person's likelihood of being unhappy would decrease when a person has a higher level of education. In addition, the variable of homeownership and marital status of household heads has a positive effect as the leading reference research of the model. The area of the residential area, the rural area, cause a decrease in happiness. Some control variables such as the number of children, number of household members, and sex of the head of the household are not significant in some models.

In the ordered probit and ordered logit models, the coefficient on the variable needs to calculate its marginal effect to predict the magnitude of the effect of changes in the dependent variable based on a specific scale of the independent variable. Furthermore, the interpretation of the ordered logit model can be seen from the marginal effect described in Table 5 as follows.

Table 5. Marginal Effects of the Ordered Logit Model

Dependent Variables	Dependent Variable: Happiness				
	Coefficient	*Marginal Effect*			
		Very Unhappy	Unhappy	Happy	Very Happy
Working hours	0.0046*	-0.00004*	-0.0003*	-0.0002*	0.0005*
	(0.0026)	(0.00002)	(0.0002)	(0.0001)	(0.0003)
Working hours^2	-0.00003	0.0000003	0.000002	0.000001	- 0.000003
	(0.0000)	(0.0000)	(0.0000)	(0.0000)	(0.0000)
Income (log)	0.0273***	-0.0002***	-0.0016***	-0.0012***	0.0030***
	(0.0074)	(0.0000)	(0.0004)	(0.0003)	(0.0008)
Income of other household members (log)	0.0088***	-0.0001***	-0.0005***	-0.0004***	0.001***
	(0.0032)	(0.0000)	(0.0002)	(0.0001)	(0.0004)
Age	-0.0196***	0.0002***	0.0011***	0.0009***	-0.0022***
	(0.0021)	(0.0000)	(0.0001)	(0.0001)	(0.0002)
Years of schooling (years)	0.0836***	-0.0007***	-0.0048***	-0.0037***	0.0092***
	(0.0059)	(0.0001)	(0.0004)	(0.0003)	(0.0006)
Number of household members	-0.0051	0.0001	0.0003	0.0002	-0.0006
	(0.0077)	(0.0001)	(0.0004)	(0.0003)	(0.0008)
House ownership (1 = owning a home)	0.125**	-0.0011**	-0.0073**	-0.0051***	0.0135**
	(0.0519)	(0.0005)	(0.0031)	(0.0019)	(0.0055)
Status head of household (1 = married)	0.617***	-0.0068***	-0.0426***	-0.0084***	0.0578***
	(0.0882)	(0.0013)	(0.0073)	(0.0024)	(0.0069)
Gender head of household (1 = Female)	0.0414	-0.0004	-0.0023	-0.0019	0.0046
	(0.0962)	(0.0008)	(0.0054)	(0.0047)	(0.0108)
Area of residence (1 = Rural)	-0.0952*	0.0008*	0.0055*	0.004**	-0.0104**
	(0.0488)	(0.0004)	(0.0029)	(0.002)	(0.0053)
Constant cut1	-3.473***				
	(0.192)				
Constant cut2	-1.319***				
	(0.172)				
Constant cut3	3.189***				
	(0.176)				

Robust standard errors in parentheses
*** p<0.01, ** p<0.05, * p<0.1

A Likelihood Ratio (LR) testing was done to determine whether the hypothesized proportion is supported by information from the sample data. Likelihood Ratio testing has the same concept as the F test in the linear model. The regression results above show that prob> χ^2 is worth 0,000 which is less than 1%. Therefore, there is at least one independent variable that is statistically significant in influencing the dependent variable. The goodness of fit explains the effects compared to explanations outside the model. The goodness of fit in the logit model can be seen from Pseudo R^2. In the primary model, the regression results obtained a Pseudo R^2 value of 0.0332. Thus, the independent variable in the model can explain the varying results of the independent variable by 3.32%, and other variables outside the model explain the rest.

Estimation results show that the primary variable, namely working hours, has a positive influence on happiness with a significance level of 90%. The marginal effect explains that if the individual's weekly working hours increase by one hour, then the likelihood of feeling "very unhappy" will decrease by 0.004 percentage point, then the likelihood of feeling "unhappy" will decrease by 0.03 percentage point, whereas the likelihood of individuals feeling "happy" will decrease by 0.02 percentage points, while the likelihood of feeling "very happy" will increase by 0.05 percentage points. According to the main model, the breaking point can be obtained, with manual calculations determining that the peak point of working hours that can increase happiness is 77 weekly working hours or about 11 hours per day. After that, the addition of working hours will cause happiness to decrease.

Income has a positive influence, with a significance level of 99%. The findings are the same as the income of other household members which is a logarithmic income from the total income of other household members in Rupiah. The estimation results show that the income of other household members has a positive influence with a significance level of 99%. In addition to the main variables, several variables have a statistically significant effect on happiness. Age has a positive coefficient with a negative square value. This explains that increasing age will initially increase happiness, but after going through a peak point, it will decrease. The marginal effect also explained that AN 1-year increase in age would cause the likelihood to be "very unhappy," "unhappy," "happy" with the economic effect being "unhappy" of 0.11 percentage points, while the likelihood of "very happy" decreasing by 0.22 percentage points. Length of school is different from age, the effect of school length has a positive effect, where the addition of one year of school will cause the likelihood of "very unhappy," unhappy, "and "happiness" in a negative way with the greatest effect being the likelihood of" unhappiness" which decreases by 0.48 percentage points, while the likelihood of "very happy" increasing by 0.92 percentage points.

The number of family members explained that the addition of one family member has a likelihood of making "very unhappy," unhappy, "and "happy" in a negative way, with the greatest effect being the likelihood of "unhappy" increasing by 0.03 percentage points, while the likelihood of "very happy" will decrease by 0.06 percentage points. Homeownership status in households causes the likelihood of "very unhappy," "unhappy," and "happy" in a negative way, with the greatest effect being the likelihood of "unhappy" increasing by 0.73 percentage points, while the likelihood of "very happy" increasing by 1.35 percentage points compared to families who do not have a home.

The marital status between married and non-married head of the household shows that married head of households may have a likelihood of "very unhappy," "unhappy," and "happy" in a negative way, with the greatest effect being the likelihood of "unhappy" decreasing by 4.26 percentage points, while the likelihood of "very happy" increasing by 5.78 percentage points. Meanwhile, the residential area explained that individuals who have lived in rural areas compared to urban areas will have a likelihood of being "very unhappy," "unhappy," and "happy" in a positive way, with the greatest effect being the likelihood of "unhappy" increasing by 0.55 percentage point, while the likelihood of "very happy" will decrease by 1.04 percentage points.

CONCLUSION

The study concludes several things regarding working hours and happiness. The findings are consistent with previous studies, which confirmed that the number of working hours has an inverse U-shaped effect. In this case, working hours will initially increase happiness as long as it does not pass the peak point; once it passes the peak point, happiness will decrease. Other factors influencing happiness include several economic variables and individual and household criteria. Research regarding happiness correlates happiness and income; this study shows the relationship between individual income and income of other household members to happiness. In addition, individual characteristics such as age, length of schooling have a statistically significant effect on happiness. Finally, household characteristics such as the number of household members, homeownership, marital status of the head of the household, residential area of the household have a statistically significant effect on happiness.

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