

Negative Impact of the Hedonism Lifestyle in the Student Environment

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ABSTRACT

A hedonistic lifestyle appears among students, where this hedonistic lifestyle holds the view that pleasure is the main goal of life, causing students to buy various types of goods or items that they do not really need but only to fulfill their personal desire for pleasure. This research aims to answer questions about what is meant by hedonism, why many students live a hedonistic lifestyle and what its impacts are and how to prevent the emergence of these hedonistic traits. The method in this research uses a qualitative method which uses observation method data from YouTube and 2 articles. The results of this research found that the causes of a person's hedonic behavior are internal and external factors, and the environment in these internal factors is influenced by dissatisfaction with what he has and external factors are caused by open access to information. Or globalization so that the habits of outsiders who tend to be hedonistic are often imitated by students. Environmental factors are influenced by pressure from friendships which causes students to need validation from other people. These factors have a negative impact, such as: Consumerism, selfishness, changes in students' attitudes and way of thinking from academic to apathetic, tending to prioritize worldly things and not considering the negative impact on lecture activities. This research contributes to educating students about preventing hedonic lifestyles among students.

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1. Introduction

Along with the development of the times, the development of technology resulted in changes in values and lifestyles for the community, especially for students. This lifestyle of hedonism has a great appeal to student life. Hedonism has the meaning of a life view that considers that pleasure and material pleasure are the main purposes of life (Jennyya et al., 2021). Hedonism can be seen from various points of view and existing criteria, starting from tending to be impulsive, irrational, seeking attention, tending to follow, being easily persuaded by friends or the environment (Trimartati, 2014). If a person's behavior is hedonic, they tend to be consumptive in buying goods, especially goods that are less necessary, just to fulfill their desires (H. Thamrin & Saleh, 2021). Not a few people, especially teenagers and students, waste their money just buying necessities so they can compete with their peers, rather than buying more useful goods. This can happen because there is no awareness among teenagers in managing personal finances for income and expenses (Shalahuddinta, 2014). The personal nature of students who are hedonistic and often waste money tends to cause the spread of hedonistic behavior in the surrounding environment and will have a negative impact if it continues. (Reynata et al., 2022). As time goes by, developments in technology and information cause changes in people's values and lifestyles, especially for students. One of them is hedonism, namely the view that pleasure and/or enjoyment is the goal of human life. Hedonism also has a negative impact on students, this outlook on life has changed students' attitudes, actions and ways of

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thinking from being academic to becoming apathetic and tending to prioritize worldly things and not considering the negative impacts of lecture activities. On the other hand, this has a positive impact on students because it can relieve stress due to piling up assignments and also as a stress reliever for students because they are temporarily busy with activities they consider fun and are not thinking about coursework.

From the results of a survey conducted by Deteksi Jawa Pos in 2013, it was found that around 20.9% of 1,074 respondents who were students living in Jakarta and Surabaya admitted that they had used the school money given by their parents to buy the things they wanted or just for fun (Sholikhah & Dhanial, 2017). These students have used their scholarship money for social fun. Such as buying coveted items, treating friends excessively, eating out or even just hanging out in expensive places because of prestige. This happens due to lack of attention from parents, campus bureaucracy and scholarship organizers (Sartika & Hudaniah, 2018). This can also be caused by a lack of self-awareness in limiting social interactions or managing student finances.

Jennyya et al. al (2021) researched the hedonic lifestyle among Sam Ratulangi University students. Trimarti (2014) researched the hedonistic lifestyle of Ahmad Dahlan University counseling students. Thamrin & Saleh (2021) examined the relationship between hedonic lifestyle and consumer behavior among students. Shalahuddinta (2014) examined the influence of financial education in the family, work experience and learning at university on financial literacy. Reynata et al (2022) examined changes in hedonistic lifestyle among overseas students in the city of Surabaya. This research aims to examine the lifestyle of UIN Sunan Gunung Djati Bandung students by using field or environmental research methods to understand student characteristics and ask for related sources.

The influence of western culture with its luxurious and glamorous lifestyle tends to attract the attention of today's young generation, especially in the student environment, even though they do not yet know the negative impact that adopting a western lifestyle has on their attitudes, behavior, lifestyle and daily life. need. . The impact of a hedonic lifestyle (pleasure, luxury, excess) is uncontrolled spending of money, decreased moral quality, ethics and manners, erosion of the culture of simple living, and prioritizing life satisfaction over collective welfare. If this situation continues, the country will lose the next generation of people who have flexible, educated, honest and simple personalities. This research aims to instill the character of a culture of simple living that has a moral understanding in the social environment, as well as creating a superior and educated generation in the student environment that is useful for the nation and state.

2. Research Method

This research uses a qualitative approach. Qualitative research is a procedure that produces written data or the words of people and characters that can be observed; approaches tend to be aimed at settings and individuals as a whole with certain traditions within the scope of social science which are fundamentally focused on the object of human observation in a certain area or scope (Abdussamad, 2022). This method was chosen because the research entitled The Negative Impact of Hedonistic Lifestyles on the Environment examines social phenomena and human characteristics, so qualitative research was chosen to seek descriptive conclusions from phenomena and the cause and effect relationships of these phenomena. This research takes secondary data using data from previous research, interviews, document studies, observations, etc. This research uses phenomenological theory.

The object of this research is based on observation methods from YouTube and 2 articles. This method suits researchers. The main concern of this research is the relationship between hedonism and students and the negative impacts that will arise later. The object of this research is hedonism among students, the reason for choosing the object is wanting to study, research and find solutions to hedonic behavior among students and hedonic behavior itself tends to be more often encountered among students who have the principle that you only live once and must be enjoyed freely.

This research aims to answer several problems that will be discussed in this scientific work, such as what is meant by a hedonistic lifestyle, why many students tend to follow a hedonistic lifestyle, how students can leave a hedonistic lifestyle and switch to a simple lifestyle. To answer some of these questions, this research limits the scope or breadth of research regarding hedonic lifestyles among students of the Political Science study program, Faculty of Social and Political Sciences, UIN Sunan Gunung Djati Bandung. Limited to the class of 2023 as resource person

3. Result and Discussion

A. Definition of Hedonism

The definition of hedonism according to Mr. Dani Andriawan, hedonism comes from the word hedone which means pleasure (Interview with Dani Andriawan, 11/12/2023). Hedonism has two factors, the first comes from within a person, and the second is environmental factors. This behavior refers to a

view that makes pleasure the main goal of life, they adhere to the principle that you only live once, enjoy and have fun. This is what causes a hedonist to buy various types of goods that he doesn't actually need, because they only fulfill his own desires for pleasure.

The scope of hedonistic behavior can occur due to several environmental factors, there are two types of hedonism, the first is forced spending for one's own enjoyment, such as buying items that are too expensive because of prestige (Mira Bonita, 2023). Second, because you are bored with a lot of wealth, you are confused about how to waste it and end up buying things that you don't really need, which only function as a medium of entertainment.

The characteristics of hedonistic people tend to be selfish, consumptive of what they want, not what they need, difficult to feel satisfied, arrogant, and tend to be discriminatory, because they feel they are better than other people (Hardianto et al., 2022). Their views prioritize pleasure above all else.

The negative impact of hedonism is being selfish and doing whatever it takes to get the desired pleasure, even rationalizing the pleasure even though it is contrary to legal and social norms (Jennyya et al., 2021). Apart from that, they do not have empathy for the people around them and tend to discriminate against other people. However, there is also a positive impact from hedonic behavior, namely having a strong motivation to get what you want, being able to make good use of all opportunities, never giving up before achieving your goal.

In conclusion, the reason a person behaves hedonistically is due to factors within himself and the environment. Hedonism causes perpetrators to have a selfish nature and tend to look down on other people, they also spend time and material just for pleasure, such as buying things that are not really needed and spending time on things that are less useful. Causing them to have difficulty being grateful and never being satisfied with what they have.

B. Causes of Hedonism

According to Bawono (2017) social and cultural factors greatly influence a person's life in the place where that person lives and stands. The living environment of a cultured society has elements of values, habits, ethics, norms and customs. Thus, this greatly influences the behavior of a person or individual in society. Therefore, a person's hedonic nature can be seen or easily found in the surrounding environment.

According to M. Ismail (2020), there are 3 factors that cause hedonistic behavior in someone, especially students and the younger generation, namely:

1) Internal Factors

Internal factors are the main cause of hedonic behavior in a person. This is closely related to human nature which is never satisfied with what it has, so this basic nature is what causes consumerism or hedonism.

2) External Factors

External factors are the cause of the rapid development of hedonism, because information and social media are so free and can be accessed by everyone or globalization. The habits of foreigners who can make the perpetrators happy because they live according to their wishes and fashion are then adopted by Indonesians.

3) Environmental Factors

Environmental factors or pressure from friendships that give rise to feelings of pride if you don't follow the trends of society and today's young generation.

The goal of a person's hedonic behavior is to try to live a pleasant life and always seek pleasure as the most important goal, especially for himself. Because every human being generally has a need for validation. The need for validation will arise from the social nature of humans. Validation from others can provide reassurance that a person/people are recognized and accepted in their community. This validation can influence feelings of self-worth and emotional well-being. Apart from that, validation can give a feeling of being appreciated, accepted, and someone will feel "important" in social relationships (Interview with Syafira Rahma f, 11/13/2023).

The friendship environment also greatly influences a person's hedonic behavior because the people closest to them are the first factor that will influence a person's obsession with the desires and goals of wanting to behave in a certain way, because if there is a cause there must be an effect. Therefore, the way you choose social friends in your daily environment greatly influences a person's habits. Except for people who have mature thoughts and are more mature in terms of understanding, they are not easily influenced by the negative side of their environment. The process of socialization through friendship can form patterns of behavior that are accepted in social groups. This can shape personality and influence a person's

personal development. Apart from that, the influence of friends can provide support or social pressure which has an impact on individual activity choices, interests and attitudes (Interview, Syafira Rahma f, 11/13/2023).

Modern society, which tends to be consumerist in terms of fashion and keeps up with the times, opens up opportunities for someone to show off and show their personality to the wider world, then want to get a stigma or an item (striking).) assessment from people who see it, including external factors that make hedonism tend to be liked by the younger generation (Tari & Tafonao, 2019). This is in stark contrast to the younger generation during the independence period until the New Order. On average, the younger generation at that time did not know about prestige, the principle they used was "as long as you are polite and have a neat appearance" even though at that time there were a handful of people who were hedonistic, but that was what was able to overcome social interactions. gap because the younger generation is not too concerned with prestige and fashion. If you look at the initial appearance of this hedonistic character, it's not too bad. Looking for pleasure in life is not a mistake. However, if seeking worldly pleasures becomes an absolute thing then a person will not have a sense of empathy towards other people because they always try to fulfill their desires for their own pleasure.

Basically, what influences hedonic behavior starts from the daily environment, where every human being interacts and communicates with other human characters who are different for each individual. Therefore, each person must be able to control and control their own personality, so that they are always in a positive environment and friendship zone. Apart from several factors, a person's behavior comes back to that person's subject, if they are able to restrain their desires and regulate their own behavior then that person can manage their life well.

C. Prevent hedonistic behavior

There are several ways to overcome hedonistic behavior in the student environment. Starting from changing ineffective lifestyle patterns to become more effective and efficient (Interview, Drs Usup Suparman, 11/14/2023) This is very useful for preventing hedonism in the student environment. Here are some ways to prevent hedonistic behavior:

1) Simple Life

A simple life can be defined as a life that is minimalist or in accordance with financial conditions and not excessive, and also this simple lifestyle prioritizes income or income to fulfill primary or basic needs such as food, clothing, shelter and also basic needs. . education, before fulfilling things that are not really necessary, can also refrain from various things that are not very important and even detrimental to financial conditions or can be said to manage finances (Angraini & Santhoso, 2017)

2) Control spending pocket money

Controlling the expenditure of pocket money is a behavior that shows that a person understands how to manage finances, of course this has a positive impact on a person because if he can control the expenditure of his pocket money then he will avoid waste and hedonism, and also have control. . By spending this pocket money, a person can become wiser in life because a person has learned how to be wise in the most basic things (Tumangger, 2023).

3) Realize that life is not about happiness

The awareness that life is not just for fun is a positive impact of policy in action and also the impact of a sense of trust, especially as a Muslim who is obliged to believe in the afterlife, a place where humans will be. is eternal, therefore as a student who is sensible and believes in the existence of the last day, then as humans of course we will realize that life in this world is only temporary and having fun is not the goal of life, because if someone is wise and sure of his beliefs then this hedonistic nature will certainly not grow in him, he will realize that life aims to do good, and as a provision for the afterlife (H. T. Thamrin & Saleh, 2021).

4) Be grateful for the blessings given

Feelings of gratitude for blessings are the result of common sense policies and strong belief in a belief, because common sense and belief will lead a person to a feeling of gratitude for blessings because in beliefs, especially the Islamic religion, we are taught to always be grateful and wisdom in thinking will make us always aware that no matter how small an incident that occurs, you can still be grateful. If someone is not confident and wise, they tend not to feel grateful so they will always feel lacking and will do negative things (Ahmad, 2020).

Simple living means a lifestyle that is minimalist and not excessive and shows that someone who lives simply can manage their finances and always act wisely, controlling pocket money spending is the result of a person's wisdom because they are wise in financial matters, someone who can control them. pocket money can always avoid waste and hedonism. Realizing that life is not for pleasure is a person's

awareness that this life has a more meaningful purpose than just seeking pleasure. This awareness factor is a sense of trust in religion and common sense logic, being grateful for blessings. is the result of a person's awareness that everything whether it has a small or large impact on him can still be grateful for, of course with a positive attitude like this a person will avoid wastefulness, hedonism, crime and other negative things.

4. Conclusion

Hedonism is behavior that makes pleasure the main goal of life, they adhere to the principle of living only once, enjoying and having fun. Hedonism has many negative impacts, besides a few positive impacts. As a result, the living expenses received are wasted on inappropriate things, as well as an increase in a person's ego to live more stylishly according to the wishes of themselves and their environment. Therefore, understanding is needed in the student environment to be wise in managing pocket money, being grateful for blessings, living simply and focusing on one's dreams as a student.

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