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Implications of Lifestyle Hedonism on Psychology Well-Being

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Abstract: Globalization and technological sophistication have an impact on changes in people's lifestyles. The lifestyle of hedonism is a lifestyle that is being loved by the community. This lifestyle, which aims to achieve pleasure, makes hedonism have implications for individual psychological well-being. This article aims to describe the implications of the hedonism lifestyle on psychological well-being. This paper uses a qualitative approach with a literature study method. The results show that hedonism lifestyle is not able to achieve good psychological well-being in individuals. Furthermore, hedonism is also able to diminish morals, morals and human nature.

Keywords: hedonism; psychological well-being;

1. Introduction

The current development of the times has changed human life. The era of technological development and globalization has a major impact on the community environment. The sophistication offered by current developments, not only has a positive impact in the form of providing convenience in completing activities effectively and efficiently. On the other hand, a negative impact also occurs which can be seen from changes in people's lifestyles. [1].

Currently, lifestyle of society in general tends to lead to hedonism. The hedonism lifestyle directs individuals to pleasure, satisfaction and high curiosity about new changes that can make feelings happier and tend to pay less attention to the surrounding environment. Every activity is less concerned about whether the actions that have been taken are good or bad. [2].

The lifestyle of hedonism affects a person's life. The goal of life is to achieve happiness, forcing hedonistic individuals to equalize themselves with the surrounding environment that has a high economic class. The main reason for this behavior is the prestige that exists within the individual. Forms of pleasure are carried out by doing useless activities which ultimately make it difficult to meet more priority needs. (Mei Rizka, 2020).

Forcing oneself to be comparable to others results in consumptive behavior that allocates money mindlessly just to achieve happiness. There is a tendency that revealed instantly results in hedonistic individuals being unable to control emotions. Thus, when individuals are unable to control their emotions, this is the cause of hedonism behavior that tends to consider less moral and spiritual aspects.

Achieving happiness or well-being is not only limited to physical aspects but also to psychological aspects. The concept of achieving psychological well-being is known as psychological well-being. Psychological well-being can lead to positive emotions. Through these positive emotions, it can help in achieving success in the academic field. [4].

One of factors of psychological well-being is financial well-being. However, in reality, the hedonistic lifestyle pays little attention to financial management. In addition,

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they also tend to imitate negative behavior from the environment. This consumptive behavior can certainly impacts the psychological well-being of individuals.

The current lifestyle of hedonism has an impact on decision-making behavior. This decision-making has an impact on the formation of a quality generation so it is important to pay attention to the implications of the hedonism lifestyle on *psychological well-being*. This article aims to examine the implications of hedonism lifestyle on individual *psychological well-being*.

2. Results

2.1. Psychological Well-Being

Psychological well-being is an element that has an important contribution to individuals to face challenges, carry out tasks and responsibilities, as well as develop the potential that exists within themselves. Success in achieving psychological well-being is characterized by being able to self-actualize.[5]

Psychological well-being begins with the belief that health can not only be achieved through physic but the need for psychological health. Individual well-being is seen from the goodness of attitude, the achievement of satisfaction in life and the reduction of loneliness. Individuals who have good psychology are those who are free from anxiety, depression, various suffering and other mental symptoms. [6].

Psychological well being has six dimensions, such as self-acceptance, autonomy, positive relations with others, environmental mastery, purpose in life and personal growth. When psychological well-being is high, this shows that the individual feels satisfaction in living his life, improving emotional conditions, being able to live life even with several bad events that can trigger negative emotions, establishing relationships with people in the surrounding environment, being able to walk the path of life without putting expectations on others, controlling environmental conditions, clarity in life goals and being able to develop oneself.[7]

2.2. Hedonistic Lifestyle

Lifestyle is a person's life pattern in living life in terms of expressing interests, character, activities and behavior.[8] Lifestyle shows a person's existence in social status in their environment.[9] Lifestyle is considered as an identity and recognition of individual social status, this can be seen from the behavior of individuals who want to always follow the development of fashion which is used to meet the needs of life in interacting in society or their environment. In addition, lifestyle is considered to have an important role rather than meeting basic needs.[10]

As for hedonism, it is an individual style in terms of pleasure seeking and the concept of pleasure is used as a goal in life. [11]. Hedonism behavior prefers self-pleasure and pleasure, luxury and stability in everything and makes it a priority [11]. [12].

Furthermore, hedonism is a person's view of life that considers that a person can achieve happiness by seeking and obtaining as much happiness as possible. Apart from seeking happiness, it also avoids and distances itself from feelings of sadness that can hurt the individual. (Setianingsih, 2018).

Hedonic lifestyle is a form of style that is currently *trending* among the public. [14] including children and adolescents. The current phenomenon is the rise of children and adolescents who are affected by the hedonic virus. The form of hedonism lifestyle is reflected in the habits of teenagers such as shopping and hanging out *in cafes*. [15] This is happened due to the impact of the surrounding environment that has been exposed to the notion of capitalism.[13]

The hedonism lifestyle emphasizes the desire for luxuries such as shopping without regard to one's own economic capabilities. This hedonism lifestyle is a form of the

application of outside lifestyles such as western and Korean. The application of this lifestyle can be seen from the imitation of foreign lifestyles such as music, food, fashion, beauty products and the use of everyday language.[16] Luxury can make a person's heart become rough, lose sensitivity to the surrounding environment and damage human nature.[16]

Many teenagers spend money to fulfill their needs in the form of goods without prioritizing their benefits. Instead, they buy things out of desire and pleasure rather than necessity. For example, K-Pop fans claim to be able to achieve pleasure through idol-related items. Usually these fans have high loyalty to their idols.[17] This hedonistic lifestyle has an impact on the crisis of individual intelligence.[18]

3. Discussion

Hedonism is a Western culture that has been incarnated in Indonesia. The implications of this outside culture are in the form of a lifestyle that is luxurious, consumptive, and follows the *trendy* and *uptodate* style.[15] In addition, hedonism can also affect a person's morals. Hedonism is a form of despicable morals that a person must avoid. (Yatimah, 2019).

As the successor who will advance the nation, teenagers should realize their important role in society. Teenagers' behavior must be in accordance with local wisdom values. However, based on the facts in the field, many of the teenagers have fallen into the flow of globalization and apply foreign cultures in their daily activities. [15].

Meanwhile, psychological well-being is a condition of individuals who can accept their personal circumstances, can establish relationships with the surrounding environment, have an independent nature, have a purpose and meaning in life and have the ability to develop talents and abilities in developing themselves. Psychological well-being is not only measured through material levels but based on the measure of happiness experiences during life. This measure of happiness is subjective depending on the standards of each individual.

The implementation of a hedonistic lifestyle has an impact on a person's psychological well-being. The implications of a hedonistic lifestyle on psychological well-being are as follows.

Hedonism forces individuals to keep up with the times. Orientation towards *trends* and *uptodate* becomes a reference in the lifestyle of hedonism. Therefore, the standard of living used is based on other people. This hedonism individual must not be out of date from other people. This is due to the amount of prestige that exists within the individual. The inability to accept this state of self so that the hedonist individual never feels satisfied in his life.

The hedonist's daily life is only dabbling in achieving pleasure and avoiding difficulties. Thus, the daily lives of hedonic individuals can be witnessed with activities that like to splurge, like to squander money for fun so that the tendency of hedonic individuals is less able to establish good relationships with others. Hedonistic individuals create relationships only with their own circles. The desire to achieve endless pleasure makes hedonic individuals less able to empathize and love others.

The lifestyle of hedonism is synonymous with high social status. The inability to achieve this status encourages hedonists to be greedy in accumulating wealth. The desire to achieve wealth and luxury as a hedonic self-identity. Thus, the hedonists compete in showing the pleasure and happiness they have. However, it is not uncommon for this desire for pleasure alone, can make hedonic individuals get social pressure when they are unable to reach the standards of happiness of their group. Forcing oneself to always follow *trends* makes hedonic individuals less able to control income expenditures so that they tend to be impulsive in spending money.

A lifestyle of hedonism that shows luxury and splendor requires continuing relationships only with those who are economically well-established. The hedonistic

lifestyle is one of the social ills in society. [20]. Orientation to pleasure has eliminated human orientation and sensitivity to the surrounding environment. Orientation to pleasure triggers hedonic individuals to be less able to control themselves in carrying out activities or activities. The concept of pleasure tends to bring oneself less able to utilize time effectively and efficiently. This is because hedonic individuals spend more time in shopping centers, hanging out in cafes or busy taking care of themselves or their favorite idols.

Living a life with a hedonistic lifestyle, the goal of life is pleasure. Individuals must be able to achieve pleasure in order to achieve happiness in living life. In addition, hedonic individuals must also be able to enjoy the pleasures in life by staying away from feelings of sadness. That way, hedonic individuals will achieve well-being. However, this well-being is only temporary. Hedonistic individuals will not be able to feel the true welfare in their lives because the happiness obtained is only in the world and forget about the eternal hereafter.

Hedonistic individuals tend to be less able to develop their potential. This is due to the habit of copying other people's lives and the use of money that is not well controlled. The hedonistic lifestyle affects one's morals. Luxury can make a person's heart become rough, lose sensitivity to the surrounding environment and damage human nature. [16].

Furthermore, the implications of a hedonistic lifestyle have an impact on one's knowledge. Knowledge is the most important asset in human beings. With knowledge individuals can change their lives for the better. In addition, this hedonism can also make a person's heart hard, less responsive to the truth and tend to be in error. The luxury that is always promoted by hedonists creates harshness and arrogance in oneself. The deification of wealth and pleasure that makes individual hedonists commit crimes. [16].

The hedonistic lifestyle has an impact on individual *psychological well-being*. The pleasure obtained is only a false pleasure. The luxury and splendor shown are not able to bring hedonic psychological well-being. This is shown by the implications of this hedonism resulting in the loss of the individual's own nature. Hedonists are less able to understand and accept themselves, erode empathy for those around them, tend to make material and other figures as a standard of living, less able to control spending and utilize time well, life goals that only achieve temporary pleasure and the negative impact of hedonism makes individuals less able to develop themselves.

The ways to stay away from hedonism include strengthening faith and controlling yourself more, increasing gratitude in any situation, *qana'ah* and familiarizing yourself with good deeds and charity. In addition, in socializing, it is important to pay attention to association. So it is necessary to consider and be selective in making friends. Furthermore, familiarize yourself with simple life in daily life and stay away from wastefulness and make work activities as a field to achieve blessings. [21].

4. Materials and Methods

This article is a research with a qualitative approach. The description method is used to describe various phenomena that are discussed in the research. This research describes the issue of hedonism and its implications for psychological well-being. The data collection technique uses literature review. Data sources were obtained through literature review in the form of several journal articles, previous studies related to the discussion and other documents related to the research study.

5. Conclusions

The development of sophisticated times and accompanied by globalization that touches all the levels of life can have a negative and positive impact on human life. The hedonism lifestyle is one form of external lifestyle that poisons society. The hedonism lifestyle is only oriented towards temporary happiness which leads implications for one's

psychological well-being. The pleasure of hedonism can also diminish human nature as an important aspect of life.

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