HOW DO COUNSELORS IMPROVE STUDENTS’ HAPPINESS?
Drawing a Part of Mental Health Counseling

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Background

• Counselor’s roles in helping students countering their problems is being the main concern in Indonesia.
• Students, as a part of environment, is experiencing various social problems as poverty, fraud, distress, violence and moreover crimes.
• Counselors exactly need to implant positive emotions toward students to encounter such various social problems impacts to obtain healthy mental condition → QOLT approach.
What is Happiness?

• Some theorists suggested that there is no clear consensus about the meaning of happiness except directly ask to the person individually.

• Happiness has relative meaning over people.
Theoretical overview

Considered all aspect of your life, are you happy right now?

1—2—3—4—5—6—7—8—9—10

Not happy at all ———— Fully happy
Happiness

• That happiness has to be a central of education is believed by many people. Nel Noddings (Warnick, 2009) stated that:

“happiness and education are ‘intimately connected’ and happiness should be an aim of education, and a good education should contribute significantly to personal and collective happiness…”
Three different senses of the term happiness

**HAPPINESS**

**LEVEL ONE**
- momentary feelings
  - joy
  - pleasure

**LEVEL TWO**
- judgements about feelings
  - well-being
  - satisfaction

**LEVEL THREE**
- quality of life
  - flourishing
  - fulfilling one’s potential

- more immediate
- more sensual and emotional
- more reliably measurable
- more absolute

- more cognitive
- more relative
- more moral and political
- involving more cultural norms and values
Capture on U.S. happiness data

Figure 10.6. Average Income and Happiness in the United States, 1950–2005

Graph overview

• David Myers’ book (The pursuit of happiness) research shows that those of us in the developed world are slightly happier than those in poorer nations, and that the very wealthy of the united states experience slightly more happiness than the rest of us.

• The same case also occur in Britain and Japan (Layard, 2005 and Bruno and Stutzer (2002)).
Fact of having money

• After the essentials of food, clothing, shelter and so on, money doesn’t add much to the store.
• When you have 4 RM = 1 portion of Tomyam.
• It doesn’t mean that you will eat 3 portion of Tomyam when you have 12 RM in the same time.
Relativity of having money

• Having too little money can contribute to unhappiness, but if we have enough to cover the necessities of life → BMWs and pleasure boat are not necessities.
• It makes relatively difference.
• A richer person may not be contented with having $30, but a poorer one may fully smile with having $10.
Life expectancy vs GDP

Figure 5.1 Millennium Preston curve: Life expectancy versus GDP

Notes: The circles in the figure represent population sizes for the respective countries.
Map Overview

• Today’s data may be different because of some recent problems encountered such as economic recession, conflict, politics, disaster and so forth.
• Need to be investigated the real data obtained from the researchers and also their method in measuring well-being.
The importance of happiness

• Happiness as mental health
  Gentry (2008) suggested that good student’s performances in doing their tasks could be possessed by happy students → positive emotions in performing their academic or nonacademic activities.
The importance of being happy

• (Bull, 2008; Carr, 2004): health and happiness are positive cycle elements which when they have established in a certain point of time.

Happy people:
• → successful in workplace with higher income,
• → favorable evaluations by superior,
• → helping fellow workers,
• → social support from colleagues and supervisors
The importance of being happy

• → live longer than unhappy people
• → less vulnerable to disease,
• → more endure than that of less happy,
• → broadening focus and expanding thinking,
• → improving ability to problem-solve,
• → building physical, intellectual, and social resources,
• → countering negative emotions,
• → protecting health,
• → married people are happier than those who are not.

(Gentry, 2008; Boehm and Lyubomirsky, 2008; Frisch, 2006; Nettle, 2005)
Approach to increase happiness

Counseling profession was founded based on development and prevention (Rotter, 2000).

**Quality of Life Therapy (QOLT)** is positive psychology approach which suggested as the study and increase of human happiness, strength, and better quality of life for all (Frisch, 2006).
QOLT

- QOLT advocates a life satisfaction approach where clients are given the knowledge about theory, tenets, and skills for helping them individually identify, pursue, and fulfill their valuable needs, goals, and wishes in their life.
Five Paths model of life satisfaction or commonly known as **CASIO** model

- **Strategy 1** – Change Circumstance.
- **Strategy 2** – Change Attitude.
- **Strategy 3** – Change Goals and Standards.
- **Strategy 4** – Change Priorities.
- **Strategy 5** – Boost Satisfaction in other areas not previously considered.
Quality of Life Therapy Assessment

• The Quality of Life Inventory (QOLI) provides a score that indicates a person’s overall satisfaction with life.
The Steps in QOLT Assessment

- **Step 1**: Assess Clients’ overall QOL
- **Step 2**: Life (or Lifetime) Goal Assessment
- **Step 3**: Assess Specific Areas of Life or “Domains” Contributing to Clients’ Overall QOL
- **Step 4**: Finding the Causes of Dissatisfaction in Particular or Specific Areas of Life
- **Step 5**: Medical Consultation or Report from a Physician
- **Step 6**: Screening for DSM Disorder
- **Step 7**: Sharing an Integrated Case Conceptualization and Treatment/ Intervention Plan with Clients
Conclusion

• The determinants of happiness encompass demographical determinants, marriage status, level education, low negative emotions, high vitality and self-esteem, extroverted characteristics, and absence of problems, satisfying social relationship, an active meaningful life and an optimistic attitude.

• Research conducted in some countries indicates that money does not have reliable relationship with happiness as supposed by the former researches.

• Quality of Life Therapy (QOLT) is described as a reference approach likely to be implemented by counselors in order to increase students’ happiness.
Further prospective research in concern

• Investigating people’s happiness attainment generally with its determinants.
• Figure out the people’s feature of happiness attainment over ages.
• Design the prospective method possible for counselors in mastering the approach for increasing students’ happiness.
Thank you