



AFTER ONE YEAR OF COVID-19 PANDEMIC, DO PEOPLE FEEL MORE SATISFIED AND HAPPIER?

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ABSTRACT

The impact of COVID-19 pandemic is not only on human health but also other aspects of human life. The government's most common action to prevent the spread of the infection is mobility restriction. The implication of this mobility restriction is the limitation of social activities can be done. Mobility restriction was implemented in Jakarta and its surrounding cities and impacted more than 20 million people. The previous study showed that mobility restriction impacted people happiness and life satisfaction. After one year of COVID-19 measure implementation, is the adaption effect applied? This study aims to see whether, after one year of COVID-19 pandemic, people are starting to adapt, and their wellbeing level is improving compared to the beginning of COVID-19 pandemic. A survey was conducted in February - March 2021. Happiness and satisfaction with life were measured using the Subjective Happiness Scale (SHS) and Satisfaction with Life Scale (SWL). The reliability and validity of measures were analyzed with SPSS. The study reveals that the participant's happiness level was only slightly happy, and the level of satisfaction was only slightly satisfied. The participants claim that their happiness has deteriorated during mobility restriction (58%). Fifty-eight per cent felt their satisfaction has deteriorated. The student's group is shown as the most impacted group in their happiness and life satisfaction scale.

Keywords: *Happiness; Mobility Restriction; One Year COVID-19; Satisfaction; Wellbeing*