

ABSTRACT

Hendra Bagus Abintara, 11410082, Spirituality Effect Against Happiness Through Life Meaningfulness in the Indonesian National Army of BINTALDAM V / BRAWIJAYA, Thesis, Faculty of Psychology UIN Maulana Malik Ibrahim Malang, 2015.

Happiness is one of the branches of positive psychology. From the experience of researcher who interacts directly with people around the researcher, with a different background, too different happiness levels, and with different circumstances, researcher want to know the essentials of happiness, or happiness of authentic. By influenced interventions providing like aspects of spirituality is through the meaningfulness of life. It will also provide real drawing results and authentic happiness.

This study aimed to determine the influence of spirituality on the happiness through life meaningfulness on the Indonesian Armed Forces of BINTALDAM V / BRAWIJAYA. The subjects were active military members of BINTALDAM V / BRAWIJAYA as many as 40 people.

The method used quantitative research methods. Retrieving data used three scales, the scale adaptation of *Authentic Happiness Scale* developed by Martin Seligman (1980) consisted of 23 items, *The Meaning in Life Questionnaire* (MLQ) prepared by Michael F. Steger and Patricia Frazier (2006) consisted of 10 items, and scale consisted of 26 items. The analytical method used multiple regression analysis.

Based on the research results, obtained the following results: the active members of the military BINTALDAM V / BRAWIJAYA have spirituality in the high category of 77.5%, the meaningfulness of life get in the high category by 50%, to happiness itself was still in category 72.5% of 40 subject. While the results of multiple regression showed that an intervening variable had no effect at all. T value was smaller than the t_{table} , so that H_a was rejected and H_0 was accepted.

Keywords: Happiness, spirituality, Life meaningfulness, Member of TNI BINTALDAM V / BRAWIJAYA