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# Hedonism Among Students: How Does Education Respond to This Phenomenon?

Bernadinus Krida Estu Untara<sup>1</sup>✉, Byeol Ahnjong<sup>2</sup>

<sup>1</sup> Universitas Negeri Semarang, Central Java, Indonesia

<sup>2</sup> Yonsei University, Seoul, South Korea

✉ Corresponding author's email: [kridaestuhello@gmail.com](mailto:kridaestuhello@gmail.com)

### Abstract:

Some students still often commit acts of hedonism which in my opinion, if done continuously will cause losses so that the students feel sorry. In addition, this hedonistic act by students can make students' mentality to all can be solved with money, which is very dangerous for life in the future, because as we know, students are the future successors of the country and the world. By using Pancasila, it is hoped that the values contained can have a good influence on students so that they can be more

frugal. In addition, with Pancasila, it is also hoped that hedonistic activities will not make them further undermine the existing Pancasila values. This study aimed to analyze and examine the hedonism among student and how the moral education can minimize this phenomeon.

**Keywords:** Hedonism, Education, Moral Education, Pancasila Education, Character Education

## A. Introduction

Hedonism is a view of life that assumes that people will become happy by seeking as much happiness as possible and avoiding painful feelings as much as possible. Hedonism is a teaching or view that pleasure or enjoyment is the goal of human life and action. There are three schools of thought in hedonism, namely Cyrenaics, Epicureanism, and Utilitarianism. Hedonism is a derivation of liberalism. A view of life that pleasure is everything, even life itself. For hedonists, life is the pursuit of material pleasures: something that is fictitious, momentary, and artificial. One example of hedonism such as spree and fun. In prospective hedonism, the adherents of hedonism are mostly from the upper middle class, because in venting their pleasure, they must spend a lot of money, but they don't really care about it, the most important thing for adherents of this hedonism is fun. Shopping at the mall by spending a lot of money, having a party at a night club, getting drunk. This is the impact of the view of life by means of fun or hedonism. In addition, this hedonistic culture is more inclined to western culture.

Hedonism or "*hedonismos*" in Greek comes from the word *hedone* which means pleasure. In a general sense, hedonism is a view of life that assumes that people will become happy by seeking as much happiness as possible and avoiding painful or unhappy feelings as much as possible. Hedonism is a teaching or view that pleasure or enjoyment is the goal of human life and action. The generation that is most insecure against the term hedonist is teenagers. This is because they are very enthusiastic about new things, including a hedonic lifestyle. They tend to prefer to live a comfortable, luxurious, and self-sufficient

life without having to work hard. His allure is truly extraordinary. In a short time, this view has permeated their lifestyle. According to the Big Indonesian Dictionary (KBBI), students are people who study in higher education. Like what is in Indonesia, there are so many students who study at public and private universities, regardless of study program, department, and faculty.

Students are considered as individuals who are completing a transition period, namely the search and completion of self-identity, having cognitive maturity, physiological maturity and psychomoral maturity.<sup>1</sup> Even though they have entered adulthood, a student has not yet fully found their identity, "what kind of person am I supposed to be?". The mentality of students, especially new students, is still carried away by the mentality of high school, some are even still childish.

Furthermore, hedonism is close to globalization, that there are many influences of globalization that occur in the wider community. Globalization is the linkage and dependence between nations and between people throughout the world through trade, investment, travel, popular culture, and other forms of interaction so that the boundaries of a country become increasingly narrow.<sup>2</sup> According to Suneki globalization is a process whereby various events, decisions and activities in one part of the world can have important consequences for various individuals and societies in other parts of the world. One of the effects of globalization that has emerged in Indonesia is lifestyle, orientation, and culture.<sup>3</sup>

In the same context it is also highlighted that lifestyle is defined as, a way of life defined by how people spend their time, what they think about themselves and the world around them. The lifestyle of a society will be different from other communities, even from time to time the lifestyle of an individual and certain community groups will move dynamically. People's interest in various goods is influenced by their lifestyle and the goods they buy reflect that lifestyle. KBBI highlighted that orientation is a review to determine the right and correct attitude. Another sense of orientation is the view that underlies thoughts, concerns or tendencies.

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<sup>1</sup> Dariyo, Agoes. 2004. *Pengetahuan Tentang Penelitian Dan Motivasi Belajar Pada Mahasiswa*. Jurnal Psikologi Vol. II. 1: 46.

<sup>2</sup> Musa, N. 2015. *Dampak Pengaruh Globalisasi Bagi Kehidupan Bangsa Indonesia*. Jurnal Pesona Dasar Vol. III: 1-14.

<sup>3</sup> Suneki, Sri. 2012. *Dampak Globalisasi Terhadap Eksistensi Budaya Daerah*. Jurnal Ilmiah CIVIS, Volume II. 1:308.

Culture is everything that humans have that can only be obtained by learning and using their minds. Humans can communicate, walk because of their ability to walk and are driven by their instincts and occur naturally.<sup>4</sup> The lifestyle that is currently being questioned by the Indonesian people is consumptive behavior and hedonism. The culture and outlook of this Western region suggests that people spend their money.

## B. Method

This study compared some cases on the case of hedonism among students especially higher education students. This study also analyzes on how education institution responds the hedonism among students. The method used in making this paper is the literature study method. By looking for reading sources such as books, national and international journals, as well as other trusted online sources and news, and related to the material provided, you can explain the problem of "getting a solution to instill Pancasila values for students who practice hedonism" well and can provide solutions the maximum.

## C. Result and Discussion

### 1. Hedonism Concept and Limitation

The Big Indonesian Dictionary (KBBI) clearly defined that hedonism is a view that considers pleasure and material enjoyment as the main goal in life. According to Akhmad Shidqi<sup>5</sup>, someone who chooses hedonism as the basis for his choice to live, means that he has agreed that his ways of living life are based on the choice of what experiences make him feel good, and avoids him from unpleasant things. The majority form of hedonism is money. They spend their money to buy or pay for something they want. However, the act of hedonism does not have to only use money, but uses existing goods, which are already owned and in large quantities, as well as favorite items.

Items that were previously considered as secondary needs have now turned into primary needs, and tertiary needs have become secondary needs and even become primary needs. Likewise, tertiary needs that are entertainment have

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<sup>4</sup> Saliyo. 2012. *Konsep Diri dalam Budaya Jawa*. Buletin Psikologi Fakultas Psikologi Universitas Gadjah Mada Volume XX. 1-2:26.

<sup>5</sup> Shidqi, Akhmad. (2008). *Tuhan di Dunia Gemerlapku: Sebuah Buku Reportase*. Yogyakarta: Kanisius.

now become primary needs.<sup>6</sup> According to Trimartati: 2014, aspects of the hedonistic lifestyle include:

1) Activities

Activities that can be done by students are studying in the university area, spending a lot of time outside the home, buying more luxury items that are actually less needed and less important, going to shopping centers and cafes.

2) Interest

Most of the students' interests that are often loved are technology and fashion. Smartphones circulating in the market are increasingly sophisticated. They will compete to buy the latest and most sophisticated smartphones. Moreover, the fashions that happen in time will interest the students and from the bottom of their hearts, they want to own them too.

3) Opinion

Is an oral or written "answer" given in response to a stimulus situation in which some kind of "question" is asked. Opinion is used to describe thoughts, expectations, and evaluations in behavior. Usually, they will show what they have which is rare for ordinary people to have and ask for opinions, "how is my new look?".

## 2. Pancasila, Hedonism, and the Trigger Factors

As we know, Pancasila is the basis of the Indonesian state. According to the Big Indonesian Dictionary, Pancasila is the basis of the state and the philosophy of the nation and state of the Republic of Indonesia which consists of five precepts. Pancasila is the way of life of the Indonesian people. Pancasila means five principles or five principles, namely the name of the foundation of our country, the Republic of Indonesia. The term Pancasila has been known since the Majapahit era in the 17th century which is contained in the book *Nagara Kertagama* by Prapanca and the book *Sutasoma* by Tantular. The process of formulating Pancasila did not take a moment.<sup>7</sup>

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<sup>6</sup> Sari, Novita. 2017. *Hubungan Antara Gaya Hidup Hedonis dan Perilaku Konsumtif dengan Perilaku Melanggar Peraturan Etika Berbusana Mahasiswa Pendidikan IPS FIS UNY*. Jurnal Social Studies Universitas Negeri Yogyakarta Vol VI. 5:535

<sup>7</sup> Hendri, Cecep Darmawan, and Muhammad Halimi. 2018. *Penanaman nilai-nilai Pancasila pada kehidupan santri di pondok pesantren*. Jurnal Civics: Media Kajian Kewarganegaraan Vol. XV. 2:103.

The first session of BPUPKI discussed the basic draft of the state that would be used if the State of Indonesia became independent (17 August 1945). Therefore, the first session was held on May 29, 1945 - June 1, 1945. Three nationalist figures who conveyed the main ideas of the basic design of the state, namely: Prof. Mr. Moh. Yamin, Dr. Soepomo, and Ir. Sukarno. From the first trial, it was finally decided that the basic formulation of our country, namely Pancasila, reads:

- 1) Belief in the one and only God,
- 2) Just and civilized humanity,
- 3) The unity of Indonesia,
- 4) Democracy Led by Wisdom of Wisdom in the Union of Representatives,
- 5) The unity of Indonesia.

Several factors that lead to the emergence of hedonism are school situation and conditions, the role of parents and families in the formation of children's character, friendship factors, factors reading, and the spectacle factor.<sup>8</sup>

- 1) School Situation and Condition

We all agree that the term "school is a second home" is true. So, there are a lot of things we do at school and at the university where we study. The reality experienced by students is that there are many complaints about the number of assignments and tests. Because the problem is very difficult for them, they can't understand the lesson given by the teacher. If it is like that, then students will become stressed. To stay away from themselves or treat stress that has been experienced, they will usually do things that they like and often do, such as: eating the food they like, taking long breaks, etc. Of the many activities that can reduce stress, many of them do it by spending their money to go to malls, cafes, cinemas, and other places that have to spend a lot of money. In my opinion, these activities are very good, but if the stress is persistent, then they will go to these places more often and will spend their money.

Then, the place where the student's study is a strong factor in the occurrence of hedonism. If students' study at private universities with high fees, or favorite public universities, students there often practice this hedonistic culture.

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<sup>8</sup> Sidik, Umar. 2016. *Fujoshi, Hedonisme, dan Mentalitas Pelajar. Antologi Artikel Bengkel Bahasa dan Sastra Indonesia Siswa SLTA Kabupaten Sleman*. Yogyakarta: Balai Bahasa Daerah Istimewa Yogyakarta.

## 2) The Role of Parents and Families in the Formation of Children's Character

Parents and families also play an important role in the formation of children. If parents always work and rarely come home, children will feel disappointed because they are not properly nurtured, so they can vent their disappointment by doing this hedonistic act. Then, parents who spoil their children too much in terms of buying goods, then the child's thinking will make the problem easier and by just telling their parents, the problem is solved.

Especially students whose needs are increasing. Parents will increasingly spend more money if this is done. If children, especially those students do not get what they want, then usually they will be angry, upset, sad, etc.

## 3) Friendship Factor

This one factor is the biggest factor in the occurrence of the hedonism. If we make friends with people with a mediocre family economy, the hedonism will rarely occur. However, if we make friends with people whose family economy belongs to a high class, then hedonism will occur more often.

This is continuous with the previous factors. Sometimes it doesn't matter how the family's economy is, if the mentality of children, especially students, is happier to spend their money and more happy with what has been spent, then hedonism can also occur. There are times when if the desire to buy the item is not fulfilled, then they will feel annoyed just because the item cannot be obtained. Then, referring to the situation and conditions of the school, if you make friends with students studying at "elite" universities, they will be more likely to commit hedonism.

One story, I had attended a school that could be considered elite in the area. When traveling or doing assignments, many propose to do it at the S brand coffee shop, which is usually located in a mall. As we know, the average price of coffee at the S brand outlet is Rp. 50.000, -. We have to spend that much money just to do the job?

## 4) Reading Factor

Students must often feel bored and "fuzzy". Some of them will fill that boredom by reading. Students are happier with something that is "trending" at that time. For example, the way their favorite idols dress is being talked about a lot, the latest fashion, etc. They will be tempted by this and want to do the same thing, so that hedonism occurs.

Once it materializes, they will often wear it. But after the trend is gone, he will stop using it and feel sorry, "why did I buy that thing huh? Too bad my money ran out."

5) Watch Factor

Young people, especially students, must be familiar with YouTube. This site provides a lot of useful information, "more than TV", but also sometimes this YouTube often shows something negative. This happens a lot in Indonesia.

Indonesia is very happy with things that smell 'viral'. Something viral will get high views and will be trending on various social media, especially YouTube. Many students also want to go viral for the sake of gaining popularity and money. They are willing to spend more money to create content so that more people can see it.

Ribeiro said that there are seven kinds of dimensions that explain the motivation of consumers to shop in adolescents<sup>9</sup>, namely:

- 1) Hedonic Dimension
  - a) Shopping pleasure or satisfaction
  - b) Shopping ideas
  - c) Shopping social
  - d) Shopping role
  - e) Shopping value
- 2) Achievement Dimension
- 3) Efficiency Dimension

Through social media, online communities are formed that increase the consumptive value in individuals.<sup>10</sup> According to Mufidah and Wulansari<sup>11</sup>, students tend to have a hedonistic lifestyle so that they are not labeled outdated or old age kids. As we know, the majority of students must have felt prestige. As a form of actualization so as not to be out of date, they post their activities which move from place to place to hang out or change branded clothes on social media.

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<sup>9</sup> Ribeiro, P., Carvalho, S. 2010. *Hedonic and Utilitarian Shopping Motivations Among Portuguese Young Adult Consumers*. International Journal of Retail & Distribution Management Vol. XXXVIII. 7:538-558.

<sup>10</sup> Nalewajek, M., & Macik, R. 2013. *The impact of virtual communities on enhancing hedonistic consumer attitudes*. *Zeszyty Naukowe Szkoły Głównej Gospodarstwa Wiejskiego W Warszawie*. Polityki Europejskie, Finanse I Marketing. 10:59.

<sup>11</sup> Mufidah, Ela Firda, dan Peppy Sisca Dwi Wulansari. 2018. *Gaya Hidup Hedonisme Mahasiswa Pascasarjana di Media Sosial*. Jurnal Konseling Indonesia Vol. III. 2:34.

In fact, there are still many of them who use money from their parents to channel their hedonistic lifestyle.

Students who commit acts of hedonism will feel good about themselves and enjoy their lives revealed that hedonism leads to a pleasant life. Because getting what you want makes a person happier to live their days.<sup>12</sup> Consistent with values, individuals tend to engage in daily activities that emphasize consumption and enjoyment.<sup>13</sup> This is one of the external factors that causes hedonism. Apart from these factors, there are many other factors that trigger hedonism. They assume with something they want; they can be happy.

### 3. The Effect of Hedonism

Humans are indeed humans who live to seek pleasure, because human nature is to always want to play and playing is an essential thing that is always done to get pleasure. But that doesn't mean we can freely and brutally get pleasure, to justify various ways to get pleasure.<sup>14</sup> That way is not good. Students may have fun as they wish, but manners and behavior must be maintained. Otherwise, it will interfere with what is around it. Moreover, if you justify any means, this can not only have an impact on harming yourself but can harm the people around you.

The desire to be the best, to be the best, is indeed a good thing, but if it is still accepted by logic. We cannot deny this hedonism culture, they are competing to be number one. This can actually be eroded if teenagers want to think logically and rationally against the incessant advertising and globalization of an increasingly modern era (Marwahid: 2012). Humans are never satisfied, so it's not wrong to be better than before. However, if it is beyond logic, it will be a bad influence on yourself.

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<sup>12</sup> Heathwood, C. 2006. *Desire satisfactionism and hedonism*. Philosophical Studies Vol. CXXVIII. 3:539–563.

<sup>13</sup> Kunzmann, U., Stange, A., & Jordan, J. 2005. *Positive affectivity and lifestyle in adulthood: Do you do what you feel? Personality and Social Psychology Bulletin* Vol. XXXI.4:574–588.

<sup>14</sup> Marhaba, Erna. 2014. *Hedonisme dan Dampaknya Terhadap Hasil Belajar Siswa pada Mata Pelajaran Sejarah*. Karya Ilmiah Mahasiswa Fakultas Ilmu Sosial Universitas Negeri Gorontalo Vol. II. 3:3.

Some of the characteristics of a hedonistic lifestyle according to Trimartati, in Rahardjo and Silalahi<sup>15</sup> are generally living and living in big cities, where this is of course related to the opportunity to access information, will clearly affect lifestyle, etc. I agree on this. I live in Tangerang City which is one of the busiest cities in Indonesia due to the large number of industries here. Most people here, especially the affluent, will often go to the mall, abroad, etc. Also, every year they sometimes hold a birthday party in the building. Compared to other cities I've been to, there's a noticeable difference according to the city I live in. According to Akbar: 2018, the contemporary lifestyle has become a necessity. But do not sacrifice the future which is expensive. We must be good at managing and dealing with finances so that the present and the future go hand in hand. Although the future is still long, we must be able to get ready to regulate our lifestyle.

Impulse buying is defined as unplanned buying behavior, which is characterized by sudden, very strong and persistent, urges to buy immediately, spontaneous when finding a product, and accompanied by feelings of pleasure or excitement.<sup>16</sup>

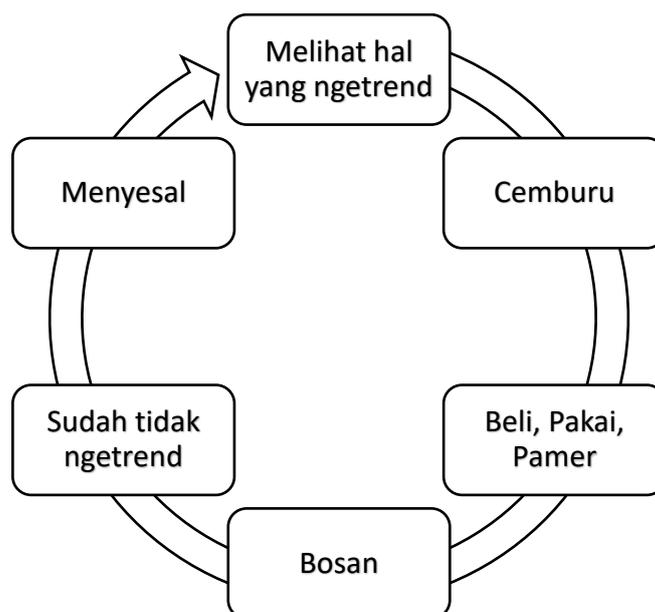
The high hedonic lifestyle owned by students can actually affect impulsive buying behavior. Therefore, students who have a high hedonic lifestyle will tend to make impulse purchases of products beyond their needs. This is because students do not carefully consider the buying process and only follow their wishes without thinking about the consequences. Students who have a high hedonic lifestyle will be easily influenced by the environment so that they follow what behavior is carried out by their environment and vice versa if students have a low hedonic lifestyle they will consider carefully before acting without being influenced by their environment so as to minimize the occurrence of impulsive buying behavior.<sup>17</sup> The cycle of hedonism that occurs in students in general as shown on Figure 1.

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<sup>15</sup> Rahardjo, W., Silalahi, Y.B. 2007. *Perilaku Hedonisme Pada Pria Metroseksual Serta Pendekatan Dan Strategi Yang Digunakan Untuk Mempengaruhinya*. Pesat Universitas Gunadarma Volume II. B:34.

<sup>16</sup> Rook, D. W. 1987. *The Buying Impulse*. Journal of Consumer Research Vol. XIV. 2:189-199.

<sup>17</sup> Nurvitria, Agnes Lestari. 2015. Pengaruh Gaya Hidup Hedonis Terhadap Perilaku Pembelian Impulsif Pada Mahasiswa Jurusan PPB 2013 FIP UNY. *Jurnal Riset Mahasiswa Bimbingan dan Konseling Universitas Negeri Yogyakarta* Vol. IV. 11:26.



**FIGURE 1.** Cycle of Hedonism

The explanation of the cycle is that the events above will continue to be repeated and there will be no change. When hedonists, especially students, will see trending items, they are usually interested in seeing what they want. Usually influenced by his idol. After that, they are jealous because they can't wear it and feel they are behind the trend even though the trend has not been fully endemic to many people. Then hedonists will buy it. Usually, the next day they buy what they immediately wear, such as clothes, jewelry, make-up, bags, etc. They feel proud to have it and proud because no one else has worn something quite like her.

As time goes by, more and more people are wearing it. The perpetrators of this hedonism are increasingly annoyed and irritated. They will feel bored. As time goes on, what hedonists use are no longer trendy and sometimes they regret buying it because they spent money. But because they have enough money, they will buy again and again, so it will repeat itself like the cycle shown above.

Dolai G. Bramovic (in Shoppingsaurus 2009: 33) says that the most difficult thing in a person's life is to curb everything that is not good for himself. I've had it too and it really hurts. Without realizing it, I bought something, and 3 minutes later, regret it. This situation often happens to me. It's so hard to resist buying but it's so hard.

As we know, in the Preamble to the 1945 Constitution of the Republic of Indonesia, the fourth paragraph states the purpose of the State of Indonesia. one

of the goals is to "educate the life of the nation". According to Ipan: 2016, the aim is certainly not to create a nation that is hedonistic, but a nation that has spirituality, has an emotional quotient-caring for others and is not selfish or prioritizing oneself.

#### 4. Pancasila Values Related to Hedonism

According to Thegorbalsla, the values of Pancasila are:

- 1) The first precept, namely Belief in the One and Only God, contains a very religious or spiritual value. This first precept shows that the Indonesian people have a very large and deep belief in God Almighty. This precept also implies the devotion of the Indonesian people to the only creator of the heavens and the earth.
- 2) The second precept which is depicted with the picture of the chain contains humanitarian values or human morals. The human value described by the second principle of Pancasila will only be achieved if every Indonesian people demonstrate actions and actions that always maintain the dignity of other Indonesian people.
- 3) The third precept, a good citizen and respect the third precept is someone who is willing to know the differences, willing to sacrifice for the Indonesian people, loves the homeland and the products created by Indonesia.
- 4) In the fourth principle, all state decisions, especially those that affect the lives of many Indonesian citizens, will be taken in a democratic way or what we usually call deliberation and consensus.
- 5) The fifth precept, this means that there are no economic or social gaps and differences between one Indonesian citizen and another. In addition, social justice does not only cover economic aspects but other aspects of life such as culture and politics.

If we connect it with the life of hedonism in students, then the values of Pancasila in the life of hedonism:

- 1) In the first precept, it is stated that the Indonesian people have great faith in God. In this hedonistic activity, most students often deal with the things or money they have as if they have everything. If it has reached that stage, many of them have forgotten God. God has given us everything that is good, but hedonists are more concerned with worldly things.
- 2) In the second precept, it is stated that every Indonesian people demonstrate actions and actions that always maintain the dignity of other Indonesian

people. Sometimes students, because as stated earlier, students are still looking for identity, so students sometimes still don't know how to behave, be polite, and maintain dignity with others. Excessive and out-of-bounds hedonism will result in actions that do not heed the things above. They will knock each other down and bet on who is better.

- 3) In the third precept, it is stated that good citizens will respect differences and sacrifice for the unity of Indonesia. However, students who practice excessive hedonism will usually play with caste. They will stay away from people who are not on the same level as the student. They prefer to be friends with people who are on the same level as them. All that happened because of selfishness and prestige. Students as the millennial generation will often be ashamed and prestige if it is not in accordance with what they want. So, there is still a barrier between hedon students and ordinary students/people.
- 4) In the fourth precept, it is stated that everything can be resolved by deliberation. According to the perpetrators of hedonism, especially students, everything can be solved with money. They prioritize money first.
- 5) In the fifth precept, it is stated that there are no economic or social gaps and differences between one Indonesian citizen and another. It has been proven that there is still economic and social instability between hedon students and ordinary students. In terms of money, the majority of hedon students have more money. For social problems, generally hedon students will have more friends and relatives than ordinary students. Such students will usually wear expensive clothes and bring cars with their friends. They will feel proud and proud of what he has. And again, they will be friends with people of the same level.

Buying something to meet needs is actually not a problem, even becomes a common thing in everyday life, as long as buying is really needed or based on needs, but what becomes a problem when in an effort to meet these needs someone or especially students develop behaviors that lead to to a consumptive lifestyle (Imania: 2018). This is closely related to hedonism. Students who behave consumptively will tend to hedonistic behavior where it can have a detrimental impact on themselves and others.

Periwati (2016: 504-505) showed that the four subjects in her research made purchases unreasonably due to demands in the group. Shopping is no longer based on needs but shopping because they want to be in harmony with the norms that exist in their social group.

Sometimes the norms that exist within the group are good according to them, but not for the wider community. They do activities that disturb and violate the norms that exist in society, such as behaving arrogantly and disrespectfully. Unconsciously, they have violated the second principle of Pancasila.

Many students cannot control themselves because they start living independently without the direct supervision of their parents. At first, they liked shopping and thought that they were free to buy anything because their parents were not directly supervised. However, over time they will make it a habit. And this habit often happens to students, especially new students (Maulida: 2018).

As we know, new students carry out new student admissions activities which cost quite a lot of money. From my experience, during the acceptance period, I spent Rp. 700,000,-. Inevitably, I reported to my parents about the money, and it was eventually replaced by them. After knowing things like that, the perpetrators of hedonism will continue to ask their parents for money, but because they buy goods or things that are not so important. Hedonists will tell their parents if the money is used to do homework, buy books, etc. Turns out they were lying. If you lie, you are sinning against God, and you have violated the first precepts of Pancasila. This is very dangerous if the money is spent not for what it really is.

Suyanto conveys several changes in post-modernism society that damage consumers, among others: first, the growth of credit cards which causes people to spend more money than they should and exceed the available money. This often happens because in the facilitation of easy credit card ownership, consumers often buy things that are not needed. Second, Shopping Mall developments that are mushrooming in various corners of the city, not only demonstrate the endless emergence of the latest cultural industry products, but also offer and persuade consumers to buy something they do not need. Third, the development of a TV shopping network and a cyber mall that gives people the opportunity to shop any time, 24 hours a day.<sup>18</sup>

What Suyanto said is closely related to what I have explained. Most of the perpetrators of hedonism buy products just to follow the trend, not concerned with anything else. They considered it very unimportant. With TV broadcasts,

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<sup>18</sup> Suyanto, Bagong. 2013. *Sosiologi Ekonomi Kapitalisme dan Konsumsi di Era Masyarakat Post-Modernisme*. Jakarta: Kencana Prenanda Media Group.

YouTube, big banners, etc., they can buy these things just because they want to be trendy.

## 5. Avoiding Hedonism Behavior with Pancasila

The explanation that has been explained, we know that by committing hedonism, especially to an excessive level, we have violated the precepts of Pancasila. So, how can we as students prevent acts of hedonism?

One of them is to instill Pancasila values. At this time, Pancasila Education is used as a subject in Higher Education. The goal is that they can understand more about Pancasila and can practice it in their daily lives. One of the challenges faced by Pancasila education is this hedonism. There are so many problems that are contrary to Pancasila in Indonesia, especially acts of hedonism. Therefore, Pancasila Education was made.

Mudhofir emphasized that there are three schools of ethics, namely: virtue ethics, theological ethics, and deontological ethics. Hedonism is included in theological ethics. Teleological ethics is a theory that states that the outcome of a moral action determines the value of the action or the rightness of the action and is opposed to an obligation.<sup>19</sup> A person who may have very good intentions or follow the highest moral principles, but the result of the moral action is harmful or bad, then the action is judged morally as an unethical act. This teleological ethics considers the moral value of an action to be judged based on the effectiveness of the action in achieving its goals. This teleological ethics also assumes that in it the right and wrong of an action is judged based on the desired end goal. I agree with this opinion. If you do excessive hedonism to the point of harming others, then it is an unethical activity. In the same context, stated the vision and mission of Pancasila Education to students as emphasized by Nurwardani<sup>20</sup>, namely:

### 1) Pancasila Education Vision

The realization of the personality of the academic community based on the values of Pancasila.

### 2) Pancasila Education Mission

a) Develop students' academic potential (psychopedagogical mission).

<sup>19</sup> Mudhofir, Ali. 2009. *Kamus Etika*. Yogyakarta: Pustaka Pelajar.

<sup>20</sup> Nurwardani, Paristiyanti, et.al. 2016. *Pendidikan Pancasila untuk Perguruan Tinggi*. Jakarta: Direktorat Jenderal Pembelajaran dan Kemahasiswaan.

- b) Prepare students to live and live in society, nation and state (psychosocial mission).
- c) Building a culture of Pancasila as one of the determinants of life (sociocultural mission).
- d) Reviewing and developing Pancasila education as an integrated knowledge system or synthetic discipline, as an academic mission (Source: Tim Dikti).

The Law of the Republic of Indonesia Number 12 of 2012, concerning higher education, contains an affirmation of the importance and provisions for the implementation of Pancasila education as set out in the following articles:

- 1) Article 2 states that higher education is based on Pancasila, the 1945 Constitution of the Republic of Indonesia, the Unitary State of the Republic of Indonesia, and Bhinneka Tunggal Ika.
- 2) Article 35 paragraph (3) confirms the provision that the higher education curriculum as referred to in paragraph (1) must contain the following subjects: religion, Pancasila, citizenship, and Indonesian language.

Thus, we know that Pancasila Education courses are mandatory at all universities, both public and private universities. The role of students here in Pancasila Education lectures are:

- 1) Active during lectures

We have to be active during class. At least ask questions if there is something you don't understand. We know many languages that are still not understood.

- 2) Then try to present in front

By excelling in front, we can speak in public better and confidently.

- 3) Express your opinion

In Pancasila Education lessons, it cannot be separated from the so-called 'discussion'. When the discussion begins, state your opinion about the theme of the material discussed. It can make you more daring opinion. Then we can also gain insight from the discussion.

We can also avoid hedonism with games or activities that please them so that they can interpret the true meaning of Pancasila.

## 6. Other Ways to Avoid Hedonism

According to Innkaye: 2017, ways to avoid hedonism that can be applied to students are:

1) The simple Life

A simple life is a joy in itself. Since childhood we have been taught to save money and not buy things that are important. In my opinion, this is a very good thing and must be preserved and taught to our children and grandchildren someday. Take the positive side of the times and what was hot at that time. Don't take it too much.

2) Get closer to God

There are so many ways to get closer to God, meaning to be more obedient to Him. Be grateful every time, when it's hard when you're happy, you have to be grateful. Do not always blame God if indeed what we pray for is not answered. God has a better plan for us. Don't forget to pray hard too. You can also vent about what the problems in your life are, especially about this hedonism. Surely God will do all the best for us better. God never taught his people to be extravagant. Then, stick to what has to be done and stay away from what is left out. Do religious activities with fellow believers around you. By doing so we will feel God is present in our gatherings.

3) Work hard

Like a student in general, his main task is 'study'. Study hard to get the best grades and make the people around you proud. Take part in activities at universities such as UKM or student institutions that match your interests. Then, do it all happily and enjoy. Keep your day busy. But don't forget your main task. By doing that you will forget about those hedonistic things.

4) Not consumptive

You must know and be able to use the money you have wisely. Make savings. Save your money if you feel everything has been fulfilled that day. Don't waste money on things that don't really matter that day. You also have to be able to sort out which are primary, secondary, or tertiary needs. Change old habits.

5) Don't always do what you want

Don't always follow the desires that are in your heart just to buy luxury goods. Hold your lust. There are times when you have to be able to say no to your little inner voice.

6) Always be thankful

As previously stated, cultivate a sense of gratitude in yourself. Whatever happens, you should be grateful.

7) Be careful in choosing friends

Indeed, since childhood we are taught not to be picky about friends and can make friends with anyone. However, many friends use us to lend to them to do hedonism again when their money runs out. If there's a gathering that requires going to an expensive place and you can't afford it, say no. You have to be brave enough to say it. There are still many friends that you can take to go to a more affordable place. Unless there is a treat, that's okay. In addition, stay away from and don't get carried away by the hedonistic environment.

8) It's not easy to be jealous of other people.

If your friends, family, relatives, and those closest to you buy or have items that are relatively new and trendy at that time, don't be jealous of what you have. Remember? We must be grateful for what we have. If you really want to try, why not just borrow it? It's better than spending money.

In addition to the eight methods above, plus the cultivation of Pancasila values, there are many other ways to avoid hedonism. Leaving oneself from hedonism is indeed difficult. Many of my friends, and I feel the same way. But if we keep trying, we definitely can. Results never betray effort. There is always a way, *life is a surprise*.

## D. Conclusion

Hedonistic behavior is still common in Indonesia, especially among students. Factors behind are school situation and conditions, parental roles, spectacle factors, reading factors, friendship factors, prestige and selfish attitudes, etc. If we do that, it will cause harm to ourselves and others. Other people will become uncomfortable and say we are 'disrespectful'. By committing acts of excessive hedonism, we have violated the values of Pancasila in our lives. The way to avoid this is by instilling Pancasila values into these students, by teaching Pancasila Education in universities. In addition, we can avoid it by believing in ourselves, always being grateful, praying, staying away from the environment that smells of hedonism. Suggestions to those who want to do research next, give concrete examples/actions that can be taken at the university where you live. That will make things more interesting.

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