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The Influence Of Stress Levels On Hedonic Lifestyles Of Productive Age Farmers In Tompaso Baru Satu Village

Nadia Efelin Tumanduk[1], Jofie Hilda Mandang[2], Marssel Michael Sengkey[3]

[1,2,3]Faculty of Education and Psychology, Manado State University

Email: nadiaefelin05@gmail.com, jofie_mandang@unima.ac.id, mmsengkey@unima.ac.id

Abstract

This study aims to determine the effect of stress levels on hedonistic lifestyles among farmers of working age in Tompaso Baru Satu Village. This study employed a quantitative method with a sample of 106 farmers of working age selected using simple random sampling. The results show that both stress levels and hedonistic lifestyles fall into the moderate category, each consisting of 65 respondents (61.3%). Simple regression analysis indicates a significant positive relationship between stress levels and hedonistic lifestyles, with a significance value of 0.000 ($p < 0.05$). The correlation coefficient (R) indicates a fairly strong relationship between the two variables, while the regression coefficient shows that the higher the stress level, the greater the tendency toward a hedonistic lifestyle among farmers of working age. Thus, the null hypothesis (H_0) is rejected and the alternative hypothesis (H_a) is accepted. This study concludes that stress levels have a significant effect on the hedonistic lifestyle of farmers of working age in Tompaso Baru Satu Village, while the remainder is influenced by other factors not examined in this study.

Keywords:Farmers of Working Age, Hedonistic Lifestyle, Stress Levels

INTRODUCTION

Improving social welfare is inextricably linked to an individual's ability to manage their economic resources. As economic beings, humans continually engage in production, distribution, and consumption activities to meet various life needs.(Pandie et al., 2025) However, limited resources often require individuals to make rational economic decisions. As time goes by, consumption decisions are no longer solely based

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on needs, but are also influenced by wants, the social environment, culture, and developments in information technology. The advancement of social media has accelerated the spread of modern lifestyle trends, leading people, including those in rural areas, to increasingly embody social status symbols through various forms of consumption. This situation causes people's consumption behavior to be inconsistent with their economic capabilities, potentially leading to financial and psychological stress.(Khairunnisa, 2023).

This phenomenon is evident in the Tompaso Baru Satu Village community, most of whom rely on agriculture, particularly patchouli, for their income. As a high-value export commodity, patchouli prices are heavily influenced by global market dynamics, resulting in sharp fluctuations. Based on preliminary observations during the Community Service Program (KKN), the decline in patchouli prices has caused instability in community incomes. Despite this, some members of the productive age group still maintain the consumerist lifestyles they developed when patchouli prices were high.(Sengkey et al., 2025)This trend is reflected in the tendency to purchase branded goods, the latest vehicles, smartphones, online gaming accessories, and even vehicle modifications as a means of achieving prestige and social recognition. Some young people even prioritize entertainment and a consumerist lifestyle despite their family's economic downturn.

These observational findings were reinforced through initial interviews with several participants. One participant revealed that he continued to buy branded shoes to avoid being considered left behind by his circle of friends despite a decline in income from his patchouli harvest. Another participant stated that he continued to purchase premium items in online games despite having to reduce spending on other needs. These findings suggest that social pressure, the need for recognition, and established consumption habits are factors that encourage people to maintain certain lifestyles despite declining economic capacity. This phenomenon indicates a possible link between perceived economic pressure and changes and maintenance of people's lifestyle patterns.(Abdullah & Suja'i, 2022).

Theoretically, income instability is a source of economic stress that can impact an individual's psychological well-being. From a psychological perspective, stress arises when an individual perceives environmental demands as exceeding their resources to cope. In farming communities, commodity price uncertainty leads to uncertain incomes, increasing the risk of financial stress.(Habeahan, 2025);(Hasanah & Rozali, 2021)If this condition persists over a long period of time, individuals can experience anxiety,

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emotional tension, and engage in various forms of coping behavior, including consumer behavior or certain lifestyles to achieve temporary satisfaction. Thus, lifestyle is not only influenced by income level but can also be a psychological response to the economic pressures an individual experiences.

The urgency of this research is further heightened given that rural communities dependent on the agricultural sector are vulnerable to income fluctuations caused by changes in commodity prices. Economic instability not only impacts the ability to meet household needs but also has the potential to impact mental health, decision-making, and overall family well-being. If economic pressure is not balanced with stress management skills and adaptive consumption behavior, this condition can trigger various social and psychological problems. Therefore, scientific studies are needed that can explain how stress levels affect the lifestyles of productive-age individuals, particularly patchouli farmers. This allows the research results to inform educational programs on mental health, financial literacy, and consumption behavior management in rural communities.

Several previous studies have shown that a consumerist lifestyle is associated with increased stress levels and decreased psychological well-being. Research on the impact of lifestyle on mental health (2024) found that individuals with a high consumption orientation tend to experience anxiety and emotional distress if they are unable to maintain their standard of living. Furthermore, research on the mental health of farmers in Indonesia (2022) explains that farmers are vulnerable to stress due to weather uncertainty, commodity price fluctuations, and limited economic resources. Phenomenological research by (Thamrin & Saleh, 2021) also shows that financial stress drives changes in farmers' consumption behavior and lifestyles as a form of adaptation to economic pressure. These research results demonstrate a link between economic conditions, stress, and consumption behavior, but the relationship between these three variables requires further testing in the context of an agrarian society dependent on specific commodities.

However, there are still research gaps that need to be filled. Most research on stress in psychology has been conducted on formal sector workers, company employees, and modern organizations, while research on lifestyle generally focuses on urban communities and the middle class. Research specifically examining the influence of stress levels on lifestyle among patchouli farmers, who typically experience fluctuating incomes, is still very limited. Furthermore, most previous studies have positioned stress as a result of organizational workload, rather than as a consequence of income

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uncertainty due to volatile agricultural commodity prices. Therefore, this study offers a novel approach by examining the influence of stress levels on lifestyle among productive-age farmers in Tompaso Baru Satu Village. It is hoped that this study will enrich the study of Industrial and Organizational Psychology in the informal sector and provide a practical contribution to efforts to improve the psychological well-being of rural communities.

METHODOLOGY

This study uses a quantitative approach with an associative research design that aims to examine the influence of stress levels on the hedonic lifestyle of productive-age farmers in Tompaso Baru Satu Village.(Sugiyono, 2023), quantitative research is a research method based on the philosophy of positivism to test hypotheses through numerical data collection and statistical analysis. The research location was chosen in Tompaso Baru Satu Village because the majority of its residents work as farmers, especially patchouli farmers, with fluctuating income characteristics that are relevant to the research focus. The research population consisted of 150 productive-age farmers domiciled in Tompaso Baru Satu Village. The sample determination refers to the Isaac and Michael Table with a 5% error rate, resulting in a sample of 105 respondents. However, during the research implementation, there were 106 questionnaires that met the criteria and were worthy of analysis. The sampling technique used simple random sampling, so that each member of the population had an equal opportunity to be selected as a research respondent.

Data collection was conducted using a Google Forms-based questionnaire with a five-level Likert scale to measure the variables of stress level (X) and hedonic lifestyle (Y). Data were analyzed using the IBM SPSS Statistics program with the help of classical assumption tests including normality test, linearity test, and heteroscedasticity test. Hypothesis testing was conducted using simple linear regression analysis and t-test at a significance level of 5% to determine the effect of stress level on hedonic lifestyle in productive-age farmers. In addition, the coefficient of determination (R^2) was used to determine the magnitude of the contribution of the stress level variable in explaining variations in respondents' hedonic lifestyle.

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RESULTS AND DISCUSSION

Prerequisite Analysis Test

1. Normality Test

The normality test aims to determine whether the confounding variables or residuals in a regression model have a normal distribution. The test was conducted using the One-Sample Kolmogorov-Smirnov Test with the help of SPSS on the Unstandardized Residual value.

The decision-making criteria in the normality test are if the significance value of Asymp. Sig. (2-tailed) is greater than 0.05 (Sig. > 0.05), then the residual data is declared normally distributed. The results of the normality test in this study are summarized in Table 1 below:

Table 1. Results of the One-Sample Kolmogorov-Smirnov Normality Test

One-Sample Kolmogorov-Smirnov Test		
		Unstandardized Residual
N		106
Normal Parametersa,b	Mean	.0000000
	Standard Deviation	12.50307528
Most Extreme Differences	Absolute	.080
	Positive	.052
	Negative	-.080
Test Statistics		.080
Asymp. Sig. (2-tailed)		.091c
a. Test distribution is Normal.		
b. Calculated from data.		
c. Lilliefors Significance Correction.		

Based on Table 1 above, the results of the One-Sample Kolmogorov-Smirnov Test analysis show that the significance value of Asymp. Sig. (2-tailed) is 0.091. Based on the decision-making criteria, because the significance value is greater than the

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significance level of 0.05 (0.091 > 0.05), it can be concluded that the residual value in the regression model of this study is normally distributed and has met the analysis prerequisites.

2. Linearity Test

The linearity test aims to determine whether two variables have a significant linear relationship or not. This test uses the Test for Linearity in the SPSS program with a significance level of 0.05. The decision-making criteria are seen through the significance value in the Deviation from Linearity row. If the significance value of Deviation from Linearity is greater than 0.05 (Sig. > 0.05), then the two variables are declared to have a linear relationship. The results of the linearity test can be seen in Table 2 below:

Table 2. Results of the Linearity Test of Research Variables (ANOVA Table)

ANOVA Table

			Sum of Squares	df	Mean Square	F	Sig.
Y * X	Between Groups	(Combined)	37362.892	45	830,286	5,734	.000
		Linearity	29636.818	1	29636.818	204,668	.000
		Deviation from Linearity	7726.074	44	175,593	1,213	.242
	Within Groups		8688.250	60	144,804		
	Total		46051.142	105			

Based on Table 2 above, the significance value obtained in the Deviation from Linearity row is 0.242. Based on the decision-making criteria, because the significance value is greater than 0.05 (0.242 > 0.05), it can be concluded that there is a linear relationship between the Stress Level variable (X) and the Hedonic Lifestyle variable (Y).

3. Heteroscedasticity Test

The heteroscedasticity test aims to examine whether there is inequality in the variance of the residuals from one observation to another in the regression model. A good regression model is one that does not experience symptoms of heteroscedasticity. The heteroscedasticity test in this study was conducted using the Glejser Test by regressing the independent variables against the absolute value of the residuals (Abs_RES). If the significance value (Sig.) between the independent variables and the

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absolute value of the residuals is greater than 0.05 (Sig. > 0.05), then the regression model is declared free from heteroscedasticity. The test results are summarized in Table 4.9 below:

Table 3. Results of Heteroscedasticity Test with Glejser Test

Coefficientsa

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	-6.837E-15	8,650		.000	1,000
	X	.000	.085	.000	.000	1,000

a. Dependent Variable: Abs_RES

Based on Table 3 above, the significance value (Sig.) for the Stress Level variable (X) is 1.000. Because the significance value is much greater than 0.05 (1.000 > 0.05), it can be concluded that there are no symptoms of heteroscedasticity in the regression model of this study.

Hypothesis Testing (Simple Linear Regression Analysis)

After all the prerequisite analysis tests are fulfilled, the next step is hypothesis testing using Simple Linear Regression Analysis to determine the effect of Stress Level (X) on Hedonic Lifestyle (Y) in productive age farmers in Tompaso Baru Satu Village.

1. Coefficient of Determination Test (R Square)

The coefficient of determination test is used to determine the percentage contribution of the independent variable (X) to the dependent variable (Y). The results of the analysis are summarized in Table 4.10 below:

Table 4. Model Summary Test Results (R Square)

Model Summary

Model	R	R Square	Adjusted R Square	Standard Error of the Estimate
1	.802a	.644	.640	12.56304

a. Predictors: (Constant), X

Based on Table 4 above, the coefficient of determination or R Square value is 0.644. This value indicates that the influence of the Stress Level variable (X) on the

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Hedonic Lifestyle variable (Y) among productive-age farmers in Tompaso Baru Satu Village is 64.4%. Meanwhile, the remaining 35.6% is influenced by other factors outside the research model that are not discussed in this study.

2. Simultaneous Significance Test (F Test)

The F test is used to determine the goodness of fit of the linear regression model used. The results of the F test statistical analysis are summarized in Table 5 below:

Table 5. ANOVA Analysis Results (F Test)

ANOVA

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	29636.818	1	29636.818	187,777	.000b
	Residual	16414.324	104	157,830		
	Total	46051.142	105			

a. Dependent Variable: Y

b. Predictors: (Constant), X

Based on Table 5 above, it is known that the calculated F value obtained is 187.777 with a significance value (Sig.) of 0.000. Because the significance value is much smaller than 0.05 (0.000 < 0.05), this regression model is declared appropriate, fit, and very suitable for use in predicting research variables.

3. Partial Significance Test (t-Test) and Regression Equation

Based on the simple linear regression analysis that has been conducted, partial hypothesis testing (t-test) is used to determine whether the independent variable, namely Stress Level (X), has a real influence on the dependent variable, namely Hedonic Lifestyle (Y) on productive-age farmers in Tompaso Baru Satu Village. Based on Table 6 (Coefficients Table), the explanation of the results of the partial hypothesis testing can be presented in full as follows:

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Table 6. Results of Regression Coefficient Analysis (t-Test)

Coefficientsa

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	-22,731	8,650		-2,628	.010
	X	1,165	.085	.802	13,703	.000

a. Dependent Variable: Y

Based on the Unstandardized Coefficients value in column B in Table 6 above, the following simple linear regression equation is obtained:

Y = -22.731 + 1.165X

This equation can be interpreted in detail as follows:

a. The Constant value of -22.731 states that if the Stress Level variable (X) has a constant value or 0, then the estimated value or tendency of the Hedonic Lifestyle (Y) is -22.731.
b. The coefficient B for the Stress Level (X) variable was 1.165 and had a positive (+) value. This indicates a unidirectional relationship, where for every one-unit increase in the Stress Level (X) score, the Hedonic Lifestyle (Y) variable value is predicted to increase by 1.165.

Hypothesis Testing Decision:

Based onThe partial t-test results in Table 4.12 obtained a t-value of 13.703 with a significance value (Sig.) of 0.000. The decision-making criteria for hypothesis testing are if the significance value is less than 0.05 (Sig. < 0.05), then the working hypothesis (H1) is accepted.

BecauseThe significance value obtained is much smaller than the significance level of 0.05 (0.000 < 0.05), so it can be concluded that the Working Hypothesis is Accepted (H1 is accepted and H0 is rejected). This means that there is a positive and significant influence between Stress Level (X) on Hedonic Lifestyle (Y) in productive age farmers in Tompaso Baru Satu Village.

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DISCUSSION

This study aims to empirically determine the effect of stress levels on the hedonic lifestyle of productive-age farmers in Tompaso Baru Satu Village. Based on a series of descriptive statistical data analysis, classical assumption tests, and simple linear regression tests that have been conducted, the results found that the hypothesis proposed in this study was convincingly accepted. This is evidenced by a significance value (Sig.) of 0.000, which is far below the threshold of 0.05, and a relatively strong contribution of influence (R Square) of 64.4%.

The analysis results confirm that the Stress Level variable has a positive and significant influence on the Hedonic Lifestyle of the research subjects. This unidirectional (positive) influence indicates that the greater the psychological pressure or work stress experienced by productive-age farmers in Tompaso Baru Satu Village, the higher their tendency to engage in hedonic lifestyle activities. Conversely, if the level of work stress experienced can be minimized or maintained at a low level, the pattern of hedonic behavioral tendencies of the subjects is also predicted to decrease.

When linked to the real-life dynamics of subjects in the field, the high influence of stress on this hedonistic lifestyle is closely related to the work characteristics and life cycle of productive-age farmers in Tompaso Baru Satu Village. Based on field data, the majority of farmers in the location experience moderate levels of stress. The work stress they experience is dominated by heavy physical burdens, long working hours under the hot sun, fluctuations in agricultural commodity prices, and the high risk of crop failure due to weather uncertainty. As individuals of productive age, this burden is further burdened by the significant responsibility of being the primary breadwinners in meeting their families' economic needs.

This constant buildup of mental pressure and physical exhaustion creates a state of psychological tension within farmers. When this tension reaches a saturation point, a pressing psychological need to reduce it emerges. In this context, a hedonistic lifestyle emerges, chosen by most farmers as an instant defense mechanism or avoidance coping strategy.

Field observations show that when farmers receive money from the sale of their crops (especially post-harvest), they tend to escape the burden of their work by seeking pleasurable entertainment. These hedonistic behaviors include spending money on social gatherings with peers, consuming recreational food and drinks, and purchasing consumer goods that are not essential to their agricultural productivity. These worldly

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pleasure-seeking activities provide a temporary sense of satisfaction, relaxation, and happiness that can distract them from the fatigue caused by prolonged work stress.

Theoretically, the results of this study reinforce the concept in health psychology and social psychology that states that high levels of stress that are not managed with adaptive coping tend to drive individuals to seek compensation through instant gratification behavior. Individuals experiencing severe stress will experience a drastic decline in self-control, making them more susceptible to impulsive and consumptive behavior for short-term comfort without considering the long-term financial consequences.

The findings in this study also strengthen and are in line with the results of previous research conducted by(Idhani & Kurniawan, 2021)The study concluded that work pressure has a real and significant contribution in triggering hedonistic lifestyle behavior in productive-age individuals. Both studies consistently show that, regardless of professional background, high work stress is a universal trigger underlying the emergence of a hedonistic lifestyle as a form of maladaptive emotional escape for both office workers and agricultural workers.

Overall, this discussion provides important insight that hedonistic behavior among productive-age farmers in Tompaso Baru Satu Village is not simply a matter of a luxurious lifestyle preference, but rather a manifestation of intense work stress that requires a release. Therefore, it is crucial for farmers to begin recognizing healthier and more adaptive stress management strategies to avoid becoming trapped in a cycle of stress management that is detrimental to their future economic stability.

CONCLUSION

These findings indicate that the higher the stress levels experienced by farmers, the higher their tendency to adopt a hedonistic lifestyle, thus confirming the research hypothesis. Theoretically, these results enrich psychological studies, particularly regarding the influence of stress on consumer behavior in agricultural workers, and support the theory that poorly managed stress can lead individuals to seek immediate gratification through a hedonistic lifestyle. Practically, these findings provide input for communities, village governments, and farmer groups to pay more attention to farmers' mental health through stress management outreach programs and prudent financial management education.

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