

## Students social ability: The effect of loving-kindness towards social interactions in the higher education school

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### ABSTRACT

Students significantly influence social relations in social interaction, developing their academic potential. Students' social abilities are also determined by the quality of their affection for themselves. This study aims to determine whether there is an influence and how much loving-kindness influences students' social interactions. The methodology used by the researcher is a quantitative method with a descriptive approach with path analysis using SPSS 26. This research was conducted at STIAB Jinarakkhita Lampung. The unit of analysis of this research is students at all levels. The population of this study was 98 students, and the sample was 79 students. The results obtained from this study are that there is an influence of loving-kindness on students' social interactions, and there is an influence by other factors. This research can provide an overview and knowledge for higher education institutions to provide development through various academic and non-academic in increasing the competence of students' social interactions.

### KEYWORDS

student social competency;  
loving-kindness; student social  
interaction

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## Introduction

Social interaction is a process that a person passes in reciprocal relationships, both individuals with individuals, individuals with groups, and groups with groups. In conducting social interaction, there are two social processes called associative and dissociative processes (Kun & Juju, 2012:72). Good social interaction can lead to a better life, both in the campus environment and in the surrounding environment. Good social relations in the community will create a sense of comfort so that the people around also foster a good understanding of belonging in life together. Interaction is how people communicate and influence each other in thought and action. As we know, humans in everyday life cannot be separated from relationships with one another (Amen, 2015: 18). Social is an effort to prepare individuals to behave according to their social environment (Anisa 2016:20).

Social interaction will not be possible if it does not meet two conditions (Sukanto, 2017: 76): the existence of social contact and communication. As a social being, you should be good at interacting to establish relationships with other people. Developing good communication is an essential factor in selecting social interactions. Through communication, a person can look good and have bad behavior. Social interaction in Buddhism teaches how a person can establish good relationships with family, friends, and the surrounding community, by having good words so as not to hurt the feelings of others in communicating. As well as good actions in carrying out daily interactions. Respect for personal relationships means that we should not do things that can harm others. A person who does the right deeds will get good quality benefits. A person who does the proper actions will benefit both himself and others. By making the right moves, one can avoid the dangers of wrongdoings. Therefore, we should do adequate bolting that can make us able to get the quality of ourselves in doing interactions in everyday life with the environment. According to Buddhism, one factor which is very significant in influencing social interaction is loving-kindness. Loving-Kindness is the attitude of a person who has no discrimination against others and helps others who are suffering, which is transmitted to all beings without discriminating, supporting the living beings who are suffering in any condition and bringing others who need help without being selfless. In Buddhism, the loving-kindness related to the Buddha taught his disciples about the love that we should radiate to all living beings and patients who are always suffering because of their illness. It should also be treated with an act of loving-kindness and encouraged so that no fear will arise in his heart.

One who has compassion will avoid killing and mistreating other beings. A sense of love and always doing good will benefit oneself and others. Therefore, as a Buddhist, one should develop compassion for all beings in need to be prosperous and happy with oneself and others. Someone with a sense of love can also benefit him to be a good person. According to Fromm (2016: 18) there are four elements in love, namely: nurturing, responsibility, attention, and recognition. In social life, one should take responsibility for doing the right thing according to what one has a person's sense of caring must be developed for others so that others can open themselves up to be even better. Based on the abovementioned from the discourses on loving-kindness, we see how vital loving-kindness. Loving-kindness is very beneficial and highly recommended for everyone.

Based on the explanation, the researchers found the problem that, at this time, social interaction between humans had begun to decrease. Therefore, social interaction in the family and community must be improved. In Buddhism, good social interaction can be done by people who have concern for others by developing loving-kindness for all beings. With the development of loving-kindness towards all beings, there will be no bad behavior towards other beings and harm to them. A preliminary study made by researchers found several problems that indicate a lack of harmonious relationships between students in higher education schools. One factor influencing the level of student's social interaction is the level of loving-kindness in themselves. According to previous research, loving-kindness is significant towards the level of social interaction. Based on the description above, the researchers were interested in researching the effect of loving-kindness on the social interaction of college students in higher education.

## Methods

The purpose of this study, a quantitative research methodology using the survey method with causality, was to evaluate the effect of loving-kindness on student's social interaction at the higher education school. According to this research strategy, survey research entailed gathering information to test hypotheses or provide answers to inquiries about the perspectives of others on a particular issue or subject. This survey was a data collection tool describing one or more features of a specific group.

## Validity & Reliability

Table 1. Result of Validity Test

<i>Instrument</i>	N	Valid Item	Invalid Item
<i>Loving-Kindness</i>	26	25	1
<i>Social Interaction</i>	29	25	4

Table 2. Result of Reliability Test

<i>Instrument</i>	Valid Item	Alpha Value	Note
<i>Loving-Kindness</i>	25	0,992	Reliable
<i>Social Interaction</i>	25	0,944	Reliable

## Participants

This research was conducted at the Jinarakkhita Buddhist Higher Education School, Lampung Province, Indonesia. The respondents of this research were students in the first, third, fifth, and seventh semesters in the academic year 2019/2020. The time used in this study was six months, starting from March 2020 to August 2020. The population of this study was 98 students, and from the number population using the *Slovin* formula, the sample counted 79 students.

## Instruments

Social interaction is a significant social relationship in everyday life, between individuals and groups and even between groups. Everyone must have good interactions in daily life with the surrounding environment so that there is kinship and peace in the family and the surrounding community with conversation indicators; mutual understanding, openness, cooperation, empathy, and support.

Loving-Kindness is the attitude of someone who has no reluctance to help others who are suffering, which is transmitted to all beings without favoritism, helping living beings who are suffering and helping others who need help without being selfless with an indicator of gentleness, not arrogant, honesty, easy to serve; humble, and not busy.

The research instrument in this study used a questionnaire and a Likert Scale with five answer options: strongly agree, agree, undecided, disagree, and strongly disagree.

## Data analysis

Data collection is essential in research because the study's primary purpose was to obtain data (Sugiyono, 2016:224). With the data collected, it could proceed to the data measurement stage. The data collection technique used a questionnaire with simple random sampling for two variables: loving-kindness (X) and social interaction (Y).

All questionnaire items were filled by the students in the Jinarakkhita Buddhist Higher Education School. All of the research instruments had their validity examined and evaluated, and they were all very reliable. As a result, all the instruments could be used to obtain data for the study.

This study was analyzed using the path analysis approach. Data analysis was done after collecting all respondents (Sugiyono, 2016: 147). The activities carried out in data analysis aim to explain the data obtained. This research uses computer program data analysis SPSS 26.0 and Microsoft Excel.

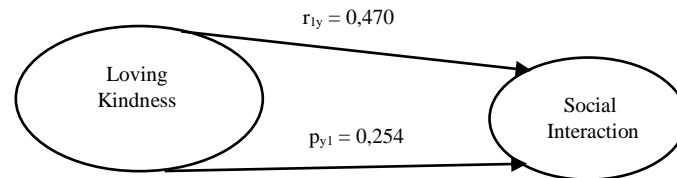


Figure 1. Structural Model of Inter-Variable

The normality test aims to test whether the regression variable has a normal distribution or not. The normality test in this study was using SPSS 26.0 used the Kolmogorov Smirnow One Sample test, with a significant level of 0.05%. The output results in the Kolmogorov Smirnow One Sample column show that the substantial value in loving-kindness was 0.470 and social interaction was 0.402. It could be concluded that the population data obtained from the distribution of the instrument in the form of a questionnaire has a normal distribution, or  $H_0$  is accepted. More details can be seen in the following table 2.

Table 3. Normality Test Results One-Sample Kolmogorov-Smirnov Test

		VAR00001	VAR000 02
N		62	62
Normal Parameters, b Most Extreme Differences	Mean	101.7903	106.1613
	Std. Deviation	14.65912	13.85427
	Absolute Positive	.108	.113
	Negative	.086	.087
Kolmogorov-Smirnov	Z	-.108	-.113
Asymp. Sig. (2-tailed)		.847	.893
		.470	.402

- a. Test distribution is Normal.  
b. Calculated from data.

The underlying assumptions in the population's analysis of variance (ANOVA) are the same. If the test criteria are more than 0.5%, it can be said that the conflict of the two data groups is the same. The homogeneity test results are seen from the test output of homogeneity variance, a significant value of 0.433; because the considerable value is more significant than 0.05, it can be said that the homogeneity data is normal. For more details, it can be seen in the following table of tests of homogeneity of variances.

Table 4. Test of Homogeneity Test of Homogeneity of Variances

Levene Statistic	df1	df2	Sig.
.624	1	60	.433

Source: SPSS 17.0 data test

Simple linear regression analysis data analysis techniques are used to answer research problems that have been formulated through a hypothesis. Testing the hypothesis as a quick answer to the problem "Is there an influence of Loving-Kindness on Student's Social Interaction?". Hypothesis testing in this study using a simple regression formula by managing the statistical product and service solution software program 26.0 testings using simple linear regression obtained the following results.

Table 5. Output Regression Equation Coefficients

Model	Unstandardized coefficients		Standardized coefficients	T	Sig.
	B	Std. Error	Beta		
1 (constant) X	31.497	7.911		3.981	.000

X | .734 .077 .776 9.534 .000

a. Dependent Variable: Y  
Data Source SPSS 26.0

Based on the output results by reading the table 4 coefficients, a constant value of 31,497 is obtained, which means that if loving-kindness (X) has a value of 0, social interaction (Y) has a positive value of 31.497—regression coefficient on the variable. Loving-Kindness (X) is 0.734, meaning that if loving-kindness increases or develops, the social interaction variable (Y) will increase by 0.734 with the following regression equation:  $Y = 31.497 + 0.734 X$ .

The hypothesis testing criteria was to reject  $H_0$  if the  $t^{count} >$  significant 0.05 %. Based on the analysis of the data obtained, the value of t count = 9.534 with a significant value (p) of 0.000 < 0.05. It can be concluded that there is an Influence of Loving-kindness on Students' Social Interaction. Seeing these results means that  $H_0$  was rejected and  $H_a$  was accepted, so it can be concluded that loving-kindness significantly affects the student's Social Interaction. Hypothesis testing criteria using Alpha (0.05), namely  $H_0$ , was rejected if 0.05 by reading the following ANOVA table 5.

Table 6. Output analysis of ANOVA

Model	Sum of Squares	Df	Mean	F	Sig.
1 <i>Regressio Residual</i> Total	7052.804	1	7052.804	90.895	.000a
<i>Residual</i>	4655.583	60	77.593		
<b>Total</b>	<b>11708.387</b>	<b>61</b>			

a. Predictors: (Constant), X  
b. Dependent Variable: Y

Based on the ANOVA output, the calculated F value is 90.895 and Sig 0.000, so there is no need to match it with table F because SPSS has facilitated a significant value. The interpretation of the results obtained is Sig 0.000 < 5%, meaning  $H_0$  is rejected, and  $H_a$  is accepted. This means that loving-kindness positively influences students' Social Interaction in higher education schools.

Table 7. Output Value of Determination Coefficient of R Square (Model Summary)

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.776a	.602	.596	8.80869

a. Predictors: (Constant), X

The coefficient of determination in table 6 above is R square which has a value of 0.602, which means that 60.2% of loving-kindness affects students' social interactions while other factors influence the remaining 39.8%. The quantitative analysis and normality test results obtained a significant value for loving-kindness of 0.470 and a significant value for student social interaction of 0.420. Because the significance for all variables is more significant than 0.05, it can be concluded that the data population is normally distributed. From the results of the homogeneity test of the effect of loving-kindness on students' social interactions, it was found that it was significant at 0.433 or 0.05. Because it is significant at 0.05, it can be concluded that the data on loving-kindness for students' social interactions have the same variance.

The analysis results of the t arithmetic obtained are 9.534 with a significant level of 0.000, while the t table with  $n = 62$  and  $\alpha = 0.05$  is a value of 0.254. It can be assumed that the value of  $t^{count}$  is more significant than  $t^{table}$  (9.534 > 0.254), which states that  $H_0$  was rejected. So this means that loving-kindness for students' social interaction was considered to have a significant effect. The magnitude of the influence can be seen from the R square value of 60.2%, and other factors influence 39.8%. This means that loving-kindness can be explained by variations in social interaction by 60.2% through a linear relationship  $Y = 31.497 + 0.734 X$ . For students to have good social interactions, they must understand and have positive, loving-kindness.

## Discussion

The result of research results has an average answer value. Loving-kindness was included in the extensive criteria and the social interactions that students own. The study results accurately show a significant influence between loving-kindness and social interaction variables. This influence can occur because good-loving students can interact and communicate well with lecturers and fellow students. By having good loving-kindness, students no longer have a sense of being more selfish and no longer indifferent to fellow students. Loving-kindness contributes to students' social interaction in association and campus activities. Loving-kindness plays a crucial role in shaping students' attitudes, including setting an example of social interaction in forming good social relationships.

Loving-kindness has a significant role and function in shaping the social personality in establishing a good relationship with anyone. Having good loving-kindness will make it easier for someone to communicate and interact with others. The loving Kindness that one has can help to improve a good relationship. A good relationship can respect

each other and not bring each other down. Students who have a loving-kindness attitude towards friends in everyday life will lead to good social interactions in their lives (Drever, 2016: 16). If someone who has loving-kindness will get the benefits of feeling happier, reducing depression, Cultivating compassion for all beings, Increasing concentration. Someone good at socializing will undoubtedly have many friends and always try to help others. People who have a social spirit will get many benefits for themselves, their family, friends, society, and the environment. However, to obtain such a thing, one should associate with good people so as not to get caught up and fall into evil deeds which can harm oneself and those around him. As explained in the Buddhism on the Samyuta Nikaya Discourse, one should associate only; with good people. One must establish intimacy. He shines amid his surroundings after learning the true Dhamma from a good person. One should have loving-kindness, goodwill, and virtue in mind. Think not to hurt or have compassion for all beings. Then a person will get the fruit of his goodness and produce an abundance of merit. The Buddha said: "if with a mind free from hatred, he arouses loving-kindness for only one being, then it becomes good. Compassionate in mind towards all beings, the noble one produces abundant merit".

## Conclusion, cknowledgements

Based on the study's results, it can be concluded that loving Kindness influences students' social interactions in higher education schools. The significant influence of Loving-kindness on Student Interactions. The results of the research above show that students of the Jinarakkhita School of Buddhist Studies have very high loving-kindness based on factors of loving Kindness. These students' loving-kindness significantly affects relationships or social interactions within the campus environment and the surrounding community.

All praise and gratitude the writer prays to the presence of God Almighty. Because of His blessings and gifts, so the writer can finish this research. With the completion of this research, it is not an end, but a new beginning to start a new life adventure. The author is fully aware that there are people who contribute to the completion of this research. There is no best offering that the author can give other than gratitude to those who have helped the author a lot. In particular, the author would like to thank Widiyanto, S.Ag, M.PdB and Drs. Sandjaja Dharmatanna, MM as supervising lecturers who have been patient, took the time, volunteered their energy and thoughts and also paid attention in providing assistance during the process of writing this research Thank you also to STLAB Jinarakkhita Lampung for giving the opportunity to be able to conduct research there. All the shortcomings and imperfections of this research, the authors really look forward to input, criticism, and constructive suggestions towards the improvement and refinement of this research. There were quite a lot of difficulties that the writer experienced in preparing this research, but Praise God, it was resolved properly Finally, the writer hopes that this research will be useful for all parties and that the good deeds that have been given will be rewarded by God Almighty.

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