

## **THE RELATIONSHIP BETWEEN EMPATHY ABILITY AND ALTRUISTIC BEHAVIOUR**

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### **ABSTRACT**

Life in a social environment will never be separated from helping each other, this action can be interpreted as altruistic behavior. Where, this behavior is an action that arises from the person himself to provide assistance voluntarily. Phenomena related to altruistic behavior by conducting interviews with university student subjects. Based on the results of the initial interview with the survey method on the subject above, it can be concluded that the subject shows altruistic behavior by showing behavior that has a high sense of empathy, social spirit that exists in the respondent. The urgency in this research is to be able to provide an education that is beneficial for readers and students in behaving to help fellow human beings within the scope of friendship and in the wider community. The purpose of this study was to determine the relationship between the ability to empathize with the tendency to behave altruistically. This research uses quantitative research with survey method. The participants of this research are students. The sampling technique using non probability sampling is incidental sampling. The scale used in this study is the scale of empathy ability and altruistic behavior scale. Data analysis used product moment correlation, with the statistical program IBM For Social Science (SPSS) version 20.

***Keyword : Empathy, Altruistic, Student***

### **1. INTRODUCTION**

The increasingly advanced era indicates that there is a lack of interaction, empathy, and also care for others. The environment makes a form of interaction that makes a person less sense of solidarity, friendship, this togetherness also adds to the problems that exist in this world. From this it can also be interpreted that empathy is very important in the development of the world of peers as an effort to help others in understanding the situation that exists in a person. Empathic behavior should be implemented more deeply to students because the influence of this empathetic attitude has a good impact on developing. [1]

Life in a social environment will never be separated from mutual help, this action can be interpreted as altruistic behavior where, this behavior is an action that arises from the person himself to provide services in the form of voluntary assistance. This is supported by the opinion [2] which states that altruistic actions or behavior emphasize the goodness of others in mutual assistance among human beings. This action is aimed at obligations in the goodness of others, the existence of compassion to help others, helping each other in a life full of moral humanity.

There are internal factors that cause the formation of this altruistic behavior, namely factors that exist in ourselves personally, situational factors, social relationships and interactions, moral and religious factors, sense of responsibility, mood. The most basic of these factors arise from personal human beings with their sensitivity, empathy, compassion, and responsibility to help others. [3]. According to previous research, it is different from the context of the relationship studied, previous research has examined the relationship between empathy in altruistic behavior and students' emotional intelligence, but for the current study it focuses more on the actions of a person with self-awareness in taking voluntary actions towards others who want to be helped, by puts forward a high sense of empathy and is also interspersed with acts of responsibility, compassion, sensitivity to help others voluntarily. Related phenomena based on Altruistic Behavior by conducting researcher observations by conducting interviews with the subject participants of University X students.

Based on the results of the interview with the subject above, it can be concluded that the subject shows altruistic behavior by showing the behavior of having a high sense of empathy, the social spirit that exists in the three respondents. These subjects provide assistance or provide mutual assistance by prioritizing the interests of others, rather than their own interests. This is in line with the opinion that [4] explained that altruistic behavior is an act of behavior that gives positive characteristics to life in a social environment which is characterized by the existence of the nature to provide welfare for others in the form of psychological, physical, and material assistance. All these forms of action are very helpful and beneficial to the person being helped rather than himself.

The NAF subject (First Subject) gave an explanation that he felt very good, and was not aware that his kindness was being used by his close friend (exboyfriend), this behavior gave a negative self-concept, the behavior given by the subject was a form of unawareness of things that were done temporarily, they will realize when it is too much in terms of action. Likewise, the subject's exposure shows that his kindness is often used by people close to him [5] argues that there is a negative self-concept that will harm himself and benefit others. FR subject (second subject) provides an explanation of empathic behavior that will lead to altruistic behavior. The subject of FR, has a high social spirit that has been taught from an early age by his parents, so this trait is very attached to the subject of FR, he has good self-awareness of helping each other, he is very sensitive to the environment around him if, there is a phenomena that require him to do help. [6] In a social environment there are many actions that will be taken by someone, both in terms of friendship, society, and also with family members who are wider in scope.

The urgency in this research is to be able to provide an education that will later be useful for readers and students in acting to help each other is a very important thing in the social life of fellow human beings within the scope of friendship or in the wider community. The aim of the researcher is to find out

the relationship between the ability of empathy and the tendency to behave altruistically. There are hypotheses in this study:

H1: There is a relationship between the ability to empathize with the tendency to behave altruistically

H0: There is no relationship between the ability to empathize with the tendency to behave altruistically.

## **2. METHOD**

In this study, the author uses a quantitative method approach. In the quantitative approach according to [14] quantitative research is used to test the relationship between variables based on hypotheses, there will be hypotheses that will be tested for truth in this research method. In the hypothesis there is also a relationship that describes between two variables which will determine whether each variable is associated or not with other variables, or it could be whether or not a variable is influenced by another variable. The collection of data instruments in the quantitative approach uses a questionnaire or questionnaire. This data collection is the main data, because there is another data collection, namely by conducting descriptive statistical analysis. Population is a form of characteristics and qualities that can be determined by researchers to be studied and make an important stage in research, so that conclusions can be made based on the data and information obtained. [15] the population in this study were active students of the Psychology Study Program, Faculty of Psychology, University of X.

In the sampling technique used in this study is using Nonprobability Sampling is a data collection technique by not providing an opportunity for each element for members of the population to be selected and sampled. this technique is determined in the form of a sample based on chance, anyone who happens to meet with the researcher can be used as a sample if the person met is considered suitable as a data source [15] The data collection technique used by the researcher is in the form of a questionnaire (questionnaire). Questionnaires are a number of written questions that are used to obtain information from respondents in terms of reports about their personal or things that are known [16] The scale used in this study is the Likert scale. Where the Likert scale is a scale used to measure attitudes, individual perceptions, and also opinions related to social phenomena that have been specifically defined by researchers and have been developed into a variable [15] The scale measured is the altruistic and empathy scale. Validity test [15] found that each item was used to analyze each item with item analysis being able to correlate the scores of each item. Regarding item analysis [15], there are items that have a positive correlation with the total score, so it can be said to be valid, namely  $r = 0.3$  if the item is less than 0.3, it can be interpreted as invalid. Reliability test [15] reliability test is a measuring instrument for the same object but at different times. Reliability test using Cronbach's Alpha test using this test the data is said to be reliable if the value of Alpha is more than 0.6, then it can be said that the data is reliable, if the Alpha value is less than 0.6 it means it is not reliable. The analytical technique used by the researcher is to determine the relationship between the ability to empathize with the tendency to behave altruistically in University X students is the product moment correlation. [15] in the product moment correlation coefficient there is a correlation technique used in terms of finding a relationship by proving that the hypothesis of the relationship between two variables can be said to be the same if the data from the two variables are the same, if  $r = 0.1$  indicates a positive value and if less than 0.1 indicates a negative

Then, the entire data analysis process uses calculations in the form of IBM SPSS (Statistical Program For Social Science) For Windows version 20 computer program tools.

### 3. RESULTS AND DISCUSSION

The SNA subject explained that the SNA subject had good empathy traits that could lead to altruistic behavior in him, but this attitude also had a detrimental impact on him. He felt that his friend took advantage of the situation when the SNA subject gave help, taking advantage of this continuous situation made the SNA subject feel used, but that attitude appeared when the subject's mood was not good, but the SNA subject rethought that there was pity that arose in him, so This subject does continuous help for his friend, and the SNA subject thinks positively that good deeds will be rewarded well by the person he helps. [7] argues that a woman's empathy is limited to friends and not cooperation with peers. [8] states that a person has the nature of empathy, the ability that arises in himself, to empathy that is centered on others connects the thoughts of egocentrism. On the other hand, they are very easy to determine perspective and also easily depressed and feel they will feel more sorry than the victim feels.

With the previous research regarding the relationship between the ability to empathize with the tendency to behave altruistically this is in line with previous research by: Based on research that has been done.

[9] there is a significant value of the relationship between empathy and altruistic personality of  $0.000 < 0.05$ , it can be concluded that there is a relationship between empathy and altruistic personality, then the magnitude of the Pearson Correlation value is 0.703. So, empathy positively has a relationship with altruistic personality.

Based on the research that has been done [10] shows that there are positive actions and feelings that can motivate a person to behave altruistically to people who have helped him by prioritizing a sense of empathy with behavioral actions of attention, care for those being helped. The results of data analysis showed 0.551 ( $p < 0.000$ ). This means that there is a positive and significant influence on empathetic and altruistic behavior. These subjects provide assistance or provide mutual assistance by prioritizing the interests of others, rather than their own interests. This is in line with [17] who explained that altruistic behavior is an act of behavior that gives a positive nature to life in a social environment which is characterized by the existence of the nature to provide welfare to others in the form of psychological, physical, and material assistance. All these forms of action are very helpful and beneficial to the person being helped rather than himself. So the lower the level of empathy, the lower the altruistic personality will be, but on the contrary, the higher the empathy, the greater the altruistic personality attitude. The results of the study will be explained after the research to be carried out.

### 4. CONCLUSION

Preliminary research using a survey method on Psychology students of University X can be concluded that the subject shows altruistic behavior by showing the behavior of having a high sense of empathy, the social spirit that exists in the respondent.

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