

## MOOD AND EMPATHY TOWARDS PROSOCIAL BEHAVIOUR AMONG MUSLIM ADOLESCENTS IN PADANG

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### ABSTRACT

This research was inspired by the phenomenon occurred at Dharmabakti Nusantara Health Vocational High School in Padang; mood and empathy were thought to influence prosocial behaviour. This study aimed to analyze: 1) mood, empathy and prosocial behaviour, 2) the correlation between mood and prosocial behaviour, 3) the correlation between empathy and prosocial behaviour, and 4) the correlation between mood and empathy with prosocial behaviour. The method used in this study was quantitative method aimed to determine the correlation and influence between variables. The research sample was taken from the existing population of 80 students. The research instrument used was a questionnaire with a Likert scale model. The data were analyzed using descriptive statistics, simple regression and multiple regression. The results of the research data analysis showed an R-value of 0.558 with a  $p$  level = 0.000 ( $p < 0.05$ ). There was a significant correlation between mood and empathy with prosocial behavior,  $R^2 = 0,311$  %. This study proved that there was a positive and meaningful correlation between philosophy and heart with prosocial behaviour at Dharmabakti Nusantara Health Vocational High School in Padang.

**Keywords:** Mood, Empathy, Prosocial.

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### INTRODUCTION

Prosocial behaviour can give impacts on adolescents' feelings toward others, evoking emotional responses to others who need an empathy. Prosocial behaviour benefits young people who have the risk of getting bad impact (committing crime). Children with low levels of prosocial behaviour are more likely to show higher levels of emotional and behavioral challenges (Hirani et al., 2022). However, evidence suggests that prosocial behaviour may be declined in early and middle adolescence but may begin to recover in late adolescence or early adulthood (G. N. E. Putra et al., 2020). Sari, et al. (2023) state that in seven regions of East Java, there are indications of a decrease in social care and sensitivity to others and environment, especially students.

Lestari (2022) states that based on the results of the research and literature review, there are differences in prosocial behaviour

that are most striking between young women and young men; these differences can be seen in sharing aspects among female adolescents who feel more connected with others who are open and not picky. On the contrary, male adolescents tend to have closed personality and pickier. They are easier to help if the person belongs to their community, such as gaming communities and motorbike clubs. Takwin (2021) mentions that in daily life, it is common to hear the statements that people who live today lack of prosocial behaviour. Increasing prosocial behaviour needs to be guided to increase social cohesion among individuals

from different social classes (Luengo Kanacri et al., 2020).

There is a negative correlation between prosocial behaviour and conduct problems. The development of prosocial behaviour of students who have regular interactions with horses and humans is more remarkable than those who do not have interactions with horses. With these results, horse-assisted activities are correlated with positive behavioral traits among healthy adolescents (Arslan, 2021; Pelyva et al., 2020). Prosocial behaviour has low mediation consistency on children's mental health (internalising and externalising subscales). Similarly, low mediation consistency of prosocial behaviour is also seen in all HRQOL variables, such as physical, emotional, and social health, school functioning, psycho social health, and total quality of life (QOL) (Putra et al., 2022). In line with that phenomenon, in Wan et al.'s (2021) study, OLS results show that exercise behaviour increases prosocial behaviour scores by 4%, and PSM results show that regular physical exercise increases students' prosocial behaviour tendencies by more than 0.2 standard deviations from the mean (standardized) prosocial behaviour score. Research conducted by Safrilsyah et al. (2020) shows that respondents also have an average level of prosocial behaviour. Male student groups are more prosocial than female students. Research conducted by Laudza (2022) shows the influence of religious maturity on prosocial behaviour in adolescents. The result of the correlation coefficient is 0.067, which means the correlation is positive. If someone has high religious maturity, he/she always has high prosocial behaviour. However, if someone has low religious maturity, then on the contrary, his/her prosocial behaviour becomes low. Similarly, research conducted by Sari (2021), concerning the strength score of Perti Junior High School students in Padang, shows that

Perti Junior High School students in Padang have prosocial behaviour. Society faces significant social and economic challenges that require individuals to work together to solve them. Prosocial behaviour is considered one of the most critical social determinants (Wider et al., 2022).

Based on the observations conducted from 01 to 16 November 2021, as well as the analysis of the guidance and counselling teacher's case book, the phenomenon that occurred at Dharmabakti Nusantara Health Vocational School in Padang illustrated several things related to their ability to live social life and anti-social cases within the school environment. Lacking of prosocial behaviour among the students can be seen by being busy with their respective androids and indifferent to their social environment at school. Prosocial behaviour is essential at school to create a conducive environment that leads to effective learning. This shows how vital prosocial behaviour is.

The role of mood has significant implications on human behaviour as it is long-term and can be present without being influenced by concrete emotional objects (Amalia & Hamid, 2020; Pratama, 2020). Adolescents report their levels of empathy (i.e., perspective-taking and empathic concern), mood (i.e., excitement and tension) and prosocial behaviour (i.e., general contribution to society, opportunities for prosocial action, social value orientation, altruism, and egregious prosociality) (Van de Groep et al., 2020). These insights raise the possibility that mood states will follow similar patterns of inter-individual variability, creating potential disruptions for resting states and event-related experiments (Jangraw et al., 2023). Unique tests of social order simultaneously reveal prosocial responses, which include a range of voluntary attitudes and actions that individuals can adopt, all of which aim to help, support, comfort or care for

others (Haller et al., 2022). Such experiments conducted by Zhang (2022) have examined the impact of positive mood on student achievement and academic performance. This study uses stimulation of participants' mood states. Positive mood stimulation is explored through a comedy film called *Tommy Boy*, and negative mood stimulation is explored through the film *The Day After*, which tells about nuclear war. After watching the film, participants were asked to complete the perceived risk scale development, which measures the extent to which participants make risky decisions. The results showed that participants with a positive mood tend to perceive that the risk received would be low after making a risk decision.

Emotion (i.e. sadness) and empathy (i.e. high trait empathy) are important motivations that impact the decision to help others pro socially (Xiao et al., 2021). The literature on prosocial behaviour and happiness suggests that thwarting one's prosocial intentions has negative consequences. This research also adds new findings suggesting that generosity may be a basic psychological need (Titova & Sheldon, 2020). A study conducted by Lu et al. (2020) gets the results as follows (1) adolescents with higher levels of altruism have more positive emotions, fewer negative emotions, and higher life satisfaction; (2) emotions mediate the relationship between altruistic personality traits and life satisfaction; (3) empathy predicts life satisfaction not only directly but also indirectly through positive and negative emotions.

In addition, the factor that influences social behaviour is empathy. According to Yin and Wang (2023), Empathy is an essential prerequisite for prosocial behaviour (PB), and there is a significant correlation between empathy and PB, which is influenced by sample characteristics and methodological factors. Empathy is related to an individual's ability to express emotions. The results of

research conducted by Wang and Wu (2020) show that after controlling trauma exposure, empathy has a positive relationship with prosocial behaviour through the following pathways: three paths of one mediator, namely gratitude, social support, and PTG (Post-Traumatic Growth); three paths of two mediators namely gratitude through PTG, social support through PTG, and gratitude through social support, and one path of three mediators namely gratitude to PTG through social support. Meanwhile, adolescents with higher empathy than their peers tend to report higher prosocial behaviour. Empathy in adolescents is related to changes in prosocial behaviour in adolescents later in life (Carrizales et al., 2021). The research shows that the higher one's empathy, the higher one's tendency to behave pro socially. Another study conducted by Pang et al. (2022) shows that gratitude mediates perspective-taking and prosocial behaviour, fantasy and prosocial behaviour, emphatic concern and prosocial behaviour, and personal distress and prosocial behaviour. This research contributes to a better understanding of the relationship between empathy and prosocial behaviour.

Research conducted by Pun, et al. (2023) suggests that working-class solidarity can be built and consolidated through multiple layers of prosocial behaviour by students with work experience. According to Christner (2020), children who first contemplate the affective consequences of prosocial behaviour appear to share more. In line with the existing theories, the results of this study suggest that moral self-concept and emotions are relevant motivations for prosocial behaviour in childhood. The importance of prosocial behaviour has a positive impact on social life (Taylor & Glen, 2020). According to García-González, et al. (2022), the older the adolescents are, the less chance of having cooperative learning and changing their prosocial behavior will be. Students who

experience less structured frame works do not improve their cooperative learning and decrease their empathy, social relationships, and leadership at a younger age. However, in reality, in the current era of globalization, Indonesian nation is experiencing a social crisis (Nusantara, 2021).

The following is the word of Allah SWT, which is stated in surah Al-Hasyr verse 9:

وَالَّذِينَ تَبَوَّءُوا الدَّارَ وَالْإِيمَانَ مِنْ قَبْلِهِمْ يُحِبُّونَ  
مَنْ هَاجَرَ إِلَيْهِمْ وَلَا يَجِدُونَ فِي صُدُورِهِمْ  
حَاجَةً مِمَّا أُوتُوا وَيُؤْثِرُونَ عَلَى أَنْفُسِهِمْ وَلَوْ  
كَانَ بِهِمْ خَصَاصَةٌ وَمَنْ يُوْثِقْ شَيْئًا لِنَفْسِهِ فَأُولَئِكَ  
هُمُ الْمُفْلِحُونَ

Meaning: "And those (Ansar) who had settled in Medina and had believed before (the arrival of) them (Muhajirin), they loved those who migrated to their place. And they had no desire in their hearts for what was given to them (Muhajireen), and they favoured (Muhajireen) over themselves, though they too were in need. And whoever is kept from stinginess, they are the fortunate ones."

Those who lived in Madinah believed that the Ansar loved the Muhajireen and helped them with their wealth before the Muhajireen migrated to Madinah. They did not hold grudge against the Muhajireen from the fairness given to them; on the contrary, they prioritized the Muhajireen and those who needed more, even if they themselves were poor. Those who are not stingy and do not like to hold onto their wealth are considered the fortunate ones who achieve what they desire. This explains that prosocial behaviour is included in highly commendable behaviour in Islam.

Based on the above description and document evidence, the researcher will continue writing this research entitled the correlation between mood and empathy with prosocial behaviour of the students at

Dharmabakti Nusantara Health Vocational school in Padang.

## RESEARCH METHODS

The quantitative approach presents the data obtained from statistical tests (Mazzeo et al., 2021). The method used in this study was a correlational method that aimed to determine the relationship and influence between variables. Bae (2021) argues that in its simplest form, a correlational study investigates the possible relationship between two or more variables. Correlational research is also referred to as a form of descriptive research because it describes the relationships that exist between variables. Chu & Mak (2020) also express that correlational research is a part of descriptive research, which aims to determine the level of relationship between two or more variables, without making changes, additions or manipulations to existing data. This research was asymmetrical correlation research. Asymmetrical correlation research is a regular relationship between the independent and dependent variables, which tends to be one-way (Li et al., 2022).

This study used total sampling technique. According to Berndt (2020), complete sampling is a technique in which all population members are used as the samples. This sample is used if the population is relatively tiny, at the most is 100 people. Total sampling is also called a census, where all population members are used as samples. So, from the description above, the sampling technique used for this research was total sampling with 80 students. Based on this, the number of samples determined in this study was 80 students of Dharmabakti Nusantara Health Vocational School Padang.

## RESULTS AND DISCUSSION

### a. Instrument Validity and Reliability Test

According to Feitosa (2020), validity is a construct and conceptualization with

suitability and a measurement purpose. Validity refers to how the indicators in the measurement match the actual reality (Casas-Yrurzum et al., 2021). Then the statement is strengthened by Feitosa (2020), he explains that validity is a statement that goes towards whether the instrument used can measure what it wants to measure.

Based on the validity test results above, on the mood variable, 34 statement items were declared valid and 1 item was not valid, with an  $r$ -table smaller than 0.05, namely 0.334. On the empathy variable, 33 statement items were declared valid and 2 items were not valid, with an  $r$ -table smaller than 0.05, namely 0.334. On the prosocial variable, 32 statement items were declared valid and 3 items were not valid, with an  $r$ -table smaller than 0.05, namely 0.334.

#### b. Reliability Test

Based on the results of data processing, the Cronbach Alpha value for the mood variable was 1.000 and the empathy alpha cronbach variable was 0,734, then the prosocial alpha cronbach variable was 0.838.

#### c. Normality Test

The data normality test was carried out to determine whether the data came from a population with a normal distribution or was in a normal distribution. There are several ways that can be done to test data (Gerald & Patson, 2021). In this study, the normality test was carried out using Kolmogorov-Smirnov test, by comparing the Asymp. Sig or  $p$ -value coefficient with a significance level of 0.05.

Variabel	Asymp. Sig	Signifikansi	Keterangan
X <sub>1</sub>	0,200	0,05	Normal
X <sub>2</sub>	0,200		Normal
Y	0,200		Normal

Sample image:

The results of the above normality test calculation showed that the normality test of the three variables had an Asymp. Sig.  $0,200 > 0,05$ . These results indicated that the three variables were in the normal category. This showed that one of the requirements for regression analysis had been met.

#### d. Linearity test

The linearity test aims to determine whether there is a linear correlation between variables. The linearity test in this study used regression line / multiple regression equation. If  $R_{count} > R_{table}$  at the significance level  $\alpha =$

No	Variabel	F	Sig.	Keterangan
1	X <sub>1</sub> Y	19,320	0,000	Linear
2	X <sub>2</sub> Y	21,615	0,000	Linear

0.05, it can be said to be linear (Maulud & Mohsin Abdulazeez, 2020).

The linearity test results in table 16 showed that the X<sub>1</sub> variable with an Fcount value of 19.320  $>$  Ftable of 3.96 and X<sub>2</sub> with an Fcount value of 21.615  $>$  Ftable of 3.96, with a Sig value.  $0,000 < 0,05$ . This means that the data for each variable X<sub>1</sub> and X<sub>2</sub> are linear.

#### e. Multicollinearity test

Looking at the possibility of multicollinearity, SPSS version 22.00 was used. If the VIF value is 10 or more, it is a rule of thumb to conclude that the VIF is too large, so it is concluded that multicollinearity occurs. Based on the calculation of the SPSS programme, it can be seen in the table below).

Variabel	Tolerance	VIF
(Constant)		
X <sub>1</sub>	1,000	1,000
X <sub>2</sub>	1,000	1,000

The calculation results of table 4.9 above, showed that the Tolerance and VIF values of Mood are 1,000 and 1,000. The Tolerance value and VIF value of Empathy are 1.000 and 1.000, so it can be concluded that both Tolerance values are greater than 0.10 and both VIF values are smaller than 10. This means that there was no multicollinearity or high correlation between mood and empathy.

#### f. Test the first hypothesis

##### Regression Coefficient Test Results Mood (X<sub>1</sub>) with Prosocial (Y)

Variabel	R	R Square
X <sub>1</sub> - Y	0,443	0,196

The table shows that the R value is 0.443 which showed the correlation coefficient between mood and prosocial behaviour. The R Square (R<sup>2</sup>) value is 0.196. This showed that mood can contribute 19.6% to prosocial. Furthermore, a significance test was carried out to explain whether the variance in the value of the independent variable can explain the variation in the dependent value using the magnitude of the F value, as seen in the table.

##### Table of Significance Test Results Mood (X<sub>1</sub>) with Prosocial (Y)

No	Variabel	F <sub>hitung</sub>	F <sub>tabel</sub>	Sig.
1	X <sub>1</sub> - Y	19,320	3,96	0,000

The table shows an Fcount value of 19.320 while Ftable is 3.96 with a significant level of 0.000. That is, Fcount > Ftable with a much smaller probability than the significant level of 0.05. Based on these calculations, the null hypothesis (H<sub>0</sub>) was rejected. Thus, it can be stated that the working hypothesis (H<sub>1</sub>) is accepted, this means that mood has a

Variabel	R	R Square
X <sub>1</sub> X <sub>2</sub> -Y	0,558	0,311

significant and positive correlation with prosocial.

#### g. Second hypothesis test

##### Regression Coefficient Test Results Empathy (X<sub>2</sub>) with Prosocial (Y)

Variabel	R	R Square
X <sub>2</sub> - Y	0,412	0,170

Table 4.13 shows that the R value is 0.412 which showed the correlation coefficient between empathy and prosocial. The R Square (R<sup>2</sup>) value is 0.170. This showed that empathy could contribute 17% to prosocial. Furthermore, a significance test was carried out to explain whether the variance in the value of the independent variable could explain the variation in the dependent value using the amount of the F value, as seen in the table.

##### Significance Test Results

No	Variabel	F <sub>hitung</sub>	F <sub>tabel</sub>	Sig.
1	X <sub>2</sub> - Y	15,990	3,96	0,000

##### Empathy (X<sub>2</sub>) with Prosocial (Y)

The table above showed that the Fcount value is 15.990 while Ftable is 3.96 with a significant level of 0.000. This means that Fcount > Ftable with a much smaller probability than the significant level of 0.05. Based on these calculations, the null hypothesis (H<sub>0</sub>) was rejected. Thus, it can be stated that the working hypothesis (H<sub>1</sub>) was accepted, this means that empathy had a significant and positive correlation with prosocial.

#### h. Third hypothesis

##### Multiple Regression Coefficient Test Results Mood (X<sub>1</sub>) and Empathy (X<sub>2</sub>) with Prosocial (Y).

The table above shows the R value of 0.558 and R Square (R<sup>2</sup>) of 0.311. This means that mood and empathy could contribute together by 31.1% to prosocial, and the rest was influenced by other factors. After knowing the regression coefficients and the relationship between mood and empathy with prosocial, the next step was to test the significance which aimed to explain whether the variation in the independent value could explain the variation in the dependent value by using the F value, as seen in the table below.

Significance Test Results  
Mood (X1) and Empathy (X2)  
with Prosocial (Y)

No	Variabel	F <sub>hitung</sub>	F <sub>tabel</sub>	Sig.
1	X <sub>1</sub> X <sub>2</sub> -Y	17,366	3,960	0,000

Table 4.17 showed that the F<sub>count</sub> value of 17.366 > F<sub>table</sub> 3.960 with a significant level of 0.000 which is much smaller than 0.05. Based on these calculations, the null hypothesis (H<sub>0</sub>) was rejected. Thus, it can be stated that the working hypothesis (H<sub>1</sub>) was accepted. This means that both mood and empathy had a significant and positive correlation with prosocial.

## CONCLUSION

Based on the findings and discussion of the research results, the following conclusions can be stated; the mood of students at Dharmabakti Nusantara Health Vocational High School in Padang, on average, was in medium category. This means that most students have a moderate perspective, that is, mild mood can maintain positive emotions in students. The empathy of students at Dharmabakti Nusantara Health Vocational High School in Padang, on average, was in medium category. This means that most students have already had moderate compassion. In the middle, prosocial learners

at Dharmabakti Nusantara Health Vocational High School in Padang were in high class. This means that most students have already had a helping attitude, as we can see from the percentage results showing that students' prosocial behaviour was in high category.

A positive and significant correlation exists between mood and learners' prosocial behaviour. Several previous studies showed that empathy is consistently associated with higher involvement in prosocial behaviour, indicating a relationship between emphatic responses and prosocial behaviour towards friends and strangers. Still, the association is more vital for prosocial behaviour towards strangers than friends.

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