Data Article

Dataset on positive mental health of Indonesian, Malaysian, and Thailand university students

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A B S T R A C T

The present data article provides a descriptive and analytical exploration on the links between positive mental health, subjective happiness, forgiveness, humility, and information literacy self-efficacy among 969 undergraduate students from Indonesia, Malaysia, and Thailand. There are 355 males and 614 females with an average age of 20.47 years and a standard deviation of 1.87. Respondents are recruited by simple random sampling using face to face method, at one time data retrieval during 2019. The Indonesian, Malaysian and Thailand-version questionnaires were provided to each groups of participants according to their nationality and native language, using back-to-back analysis. The socio-demographic details of the respondents, descriptive statistics, confirmatory factor analysis, correlation matrix of all variables in all groups according to country, results of regression analysis of variables, and Kruskal Wallis for all five variables in all groups are provided.

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Specifications Table

| Subject Area | Psychology |
|--------------|------------|
| Specific Subject Area | Psychology (General) |
| Type of Data | Microsoft Excel table Extensible Stylesheet Language (.xlsx) |
| How Data was Acquired | Questionnaires |
| Data Format | Raw, Analyzed |
| Parameters for data collection | The variables were positive mental health, subjective happiness, forgiveness, humility, and information literacy self-efficacy. |
| Description of data collection | Data and questionnaires used (Malaysian, Indonesian, and Thais) are provided as supplementary material. |
| Data Source Location | Indonesia, Malaysia, and Thailand |
| Data Accessibility | With the article |

Value of the Data

- This data sets provide information on positive mental health, subjective happiness, forgiveness, humility, and information literacy self-efficacy of undergraduate students in three countries in Southeast Asia.
- Researchers will be able to use the data to determine how the five variables intertwined and correlated.
- Researchers will be able to elicit the ethnic and gender differences among the three groups.
- The data can be used to re-examine the psychometric properties of each questionnaires in Southeast Asia cultural setting using Confirmatory Factor Analysis, correlation and Kruskal Wallis analysis.
- The data is resourceful to deepen cultural and international understanding on attributes of mental health among non-Western communities.

1. Data Description

The .csv file supplied presents the data of subjective happiness, forgiveness, positive mental health, humility, and information literacy self-efficacy of undergraduate students in State University of Malang (Indonesia), University of Malaya (Malaysia), and Chulalongkorn University (Thailand). Data was collected during 2019. We provided the Indonesian, Malaysian and Thailand-version questionnaires to each groups of participants according to their nationality and native language, using back-to-back analysis which will explained further in questionnaire section below [1]. In addition, if you want to know the basic information of the sample population and the results of descriptive statistics, please see Tables 1 and 2. Correlation among all variables was processed using Pearson bivariate correlation with the help of SPSS software. Factor loading as a result of Confirmatory Factor Analysis (CFA) of all variables can be seen on Table 3 while matrix correlation between all respondents and country described on Table 4. The statistical results for regression analysis can be seen in Table 5. Table 6 shows Kruskal Wallis results from all variables.

2. Design, Materials, and Methods

2.1. Participants characteristic

The present data article aims to investigate the impact of subjective happiness, forgiveness, humility, and information literacy self-efficacy on mental health among undergraduate students from Malaysia, Indonesia, and Thailand, as well as to determine the difference of each variable between each country. The data presented in the article was collected from 969 university students in Malaysia, Indonesia, and Thailand. After eliminated data which present missing or
erroneous values (outliers), there are 355 males, and 614 females, with an average age of 20.47 years and a standard deviation of 1.87. Respondents were recruited by simple random sampling where undergraduate students were participated voluntarily, regardless of their gender and socioeconomic status. Respondents who cannot read the questionnaire independently or filled out the questionnaire incompletely and outliers data were excluded. Data collection method in this research is face to face method where the researcher directly met the participant at one time.
Table 2
Descriptive statistics.

|                      | N     | Maximum | Minimum | Mean  | SD    | Variance |
|----------------------|-------|---------|---------|-------|-------|----------|
| **All Subjects**     |       |         |         |       |       |          |
| Positive Mental Health| 969   | 45.00   | 9.00    | 33.67 | 5.65  | 31.86    |
| Subjective Happiness | 969   | 21.00   | 4.00    | 14.74 | 3.56  | 12.66    |
| Forgiveness          | 969   | 95.00   | 19.00   | 67.89 | 11.72 | 137.57   |
| Humility             | 969   | 14.00   | 2.00    | 9.38  | 2.68  | 7.10     |
| Information Literacy Self Efficacy | 969 | 50.00   | 10.00   | 33.66 | 5.61  | 31.50    |
| **Indonesia**        |       |         |         |       |       |          |
| Positive Mental Health| 331   | 45.00   | 9.00    | 34.52 | 6.35  | 40.30    |
| Subjective Happiness | 331   | 21.00   | 5.00    | 14.02 | 3.27  | 10.71    |
| Forgiveness          | 331   | 95.00   | 29.00   | 73.85 | 12.19 | 148.64   |
| Humility             | 331   | 14.00   | 6.00    | 10.68 | 2.82  | 3.32     |
| Information Literacy Self Efficacy | 331 | 50.00   | 10.00   | 35.53 | 7.01  | 49.13    |
| **Malaysia**         |       |         |         |       |       |          |
| Positive Mental Health| 320   | 45.00   | 13.00   | 33.71 | 5.60  | 31.35    |
| Subjective Happiness | 320   | 21.00   | 4.00    | 16.23 | 3.69  | 13.62    |
| Forgiveness          | 320   | 77.00   | 19.00   | 59.32 | 6.92  | 47.92    |
| Humility             | 320   | 14.00   | 2.00    | 7.87  | 2.77  | 7.68     |
| Information Literacy Self Efficacy | 320 | 50.00   | 20.00   | 37.75 | 4.31  | 18.62    |
| **Thailand**         |       |         |         |       |       |          |
| Positive Mental Health| 318   | 45.00   | 14.00   | 32.73 | 4.71  | 22.15    |
| Subjective Happiness | 318   | 21.00   | 5.00    | 13.98 | 3.23  | 10.45    |
| Forgiveness          | 318   | 95.00   | 39.00   | 70.31 | 10.00 | 100.07   |
| Humility             | 318   | 14.00   | 2.00    | 9.55  | 2.59  | 6.69     |
| Information Literacy Self Efficacy | 318 | 50.00   | 17.00   | 36.74 | 4.88  | 23.80    |

Data retrieval. The data collection procedures performed in the same way in three countries. In this data set, variables such as age, gender, and country were included. Specifically, gender was coded 1 for male and 2 for female. The country codes are as follows: 1 for Malaysia, 2 for Indonesia, and 3 for Thailand. Basic information of the sample population can be seen in Tables 1 and 2.

2.2. Questionnaires

Questionnaires used in this research were translated based on the Brislin’s translation model (1970) [1]. We followed the translation procedures in which a bilingual expert in respective country translated the original version of the scales to Indonesian, Malaysian and Thai language. This is followed by a second bilingual expert who blindly back-translated it to the source language without access to the original language version. After comparing the original version of questionnaires with the back-translated version, terms that are questionable were syntesized, corrected, and retranslated. Subsequently, the questionnaires were back-translated again to see whether the questionable terms were successfully corrected and had an equivalent meaning. Noteworthy, the Malaysian students are presented with a bilingual set of questionnaires (English is widely spoken in Malaysia). CFA method was used to determined valid items for each questionnaires. Items that have factor loading value under 0.3 were omitted and considered not valid. This consideration was based on Hair et al (1998) statement about minimum acceptance of factor loading value [2].

Positive mental health is measured by the 9-item Positive Mental Health Scale [3], and the scale is unidimensional. Items are measured on a 5-point Likert scale ranging from 1 = Strongly Disagree to 5 = Strongly Agree. Reliability analysis for the scale was conducted and the Cronbach Alpha coefficient is 0.88.

Subjective happiness is measured by the 3-item Subjective Happiness Scale, [4] and the scale is unidimensional. Items are measured on a 6-point Likert scale ranging from 1 = Strongly
Table 3
Confirmatory factor analysis result.

| No | Variable          | Items | Malaysia | Indonesia | Thailand |
|----|-------------------|-------|----------|-----------|----------|
| 1  | Positive Mental   | 1     | .67      | .72       | .70      |
|    | Health            | 2     | .66      | .82       | .79      |
|    |                   | 3     | .74      | .72       | .78      |
|    |                   | 4     | .66      | .75       | .54      |
|    |                   | 5     | .69      | .71       | .46      |
|    |                   | 6     | .72      | .75       | .65      |
|    |                   | 7     | .64      | .60       | .50      |
|    |                   | 8     | .67      | .80       | .54      |
|    |                   | 9     | .59      | .64       | .51      |
| 2  | Subjective       | 1     | .85      | .77       | .59      |
|    | Happiness        | 2     | .82      | .73       | .78      |
|    |                   | 3     | .65      | .64       | .83      |
| 3  | Forgiveness      | 1     | .34      | .83       | .73      |
|    |                   | 2     | .54      | .88       | .72      |
|    |                   | 3     | .75      | .53       | .58      |
|    |                   | 4     | .64      | .67       | .72      |
|    |                   | 5     | .73      | .83       | .77      |
|    |                   | 6     | .81      | .89       | .76      |
|    |                   | 7     | .76      | .90       | .66      |
|    |                   | 8     | .54      | .61       | .63      |
|    |                   | 9     | .51      | .67       | .39      |
|    |                   | 10    | .60      | .82       | .59      |
|    |                   | 11    | .70      | .75       | .55      |
|    |                   | 12    | .50      | .83       | .52      |
| 4  | Humility         | 1     | .71      | .55       | .62      |
|    |                   | 2     | .53      | .73       | .60      |
| 5  | Information      | 1     | .58      | .85       | .72      |
|    | literacy Basic   | 2     | .64      | .92       | .82      |
|    | Self             | 3     | .57      | .91       | .83      |
|    | Efficacy         | 4     | .36      | .65       | .49      |
|    |                  | 5     | .41      | .84       | .82      |
|    |                  | 6     | .41      | .69       | .70      |
Table 4
Correlation matrix of all variables for all subjects and each country.

| No | Subject/Variable           | 1     | 2     | 3     | 4     |
|----|---------------------------|-------|-------|-------|-------|
| 1  | All Subject               |       |       |       |       |
| 2  | Positive Mental Health    | .476* |       |       |       |
| 3  | Subjective Happiness      | .189* | -.051 |       |       |
| 4  | Forgiveness               | .158* | -.217*| .284* |       |
| 5  | Humility                  | .344* | .251* | -.014 | -.200*|
| 6  | Information Literacy Self Efficacy |         |       |       |       |
| 7  | Positive Mental Health    | .474* |       |       |       |
| 8  | Subjective Happiness      | .270* | .151* |       |       |
| 9  | Forgiveness               | -.223*| -.132*| .117* |       |
| 10 | Humility                  | .407* | .257* | .100  | -.224*|
| 11 | Information Literacy Self Efficacy |         |       |       |       |
| 12 | Positive Mental Health    | .451* |       |       |       |
| 13 | Subjective Happiness      | .056  | .055  |       |       |
| 14 | Forgiveness               | -.227*| -.083 | -.086 |       |
| 15 | Humility                  | .281* | .243* | -.014 | -.196*|
| 16 | Information Literacy Self Efficacy |         |       |       |       |
| 17 | Positive Mental Health    | .620* |       |       |       |
| 18 | Subjective Happiness      | .245* | .155* |       |       |
| 19 | Forgiveness               | -.164*| -.151*| .179* |       |
| 20 | Humility                  | .375* | .179* | .101  | -.055 |
| 21 | Information Literacy Self Efficacy |         |       |       |       |

** Correlation is significant at the 0.01 level (2-tailed).
* Correlation is significant at the 0.05 level (2-tailed).

Table 5
Regression analysis of variables.

| Variables          | B   | T    | Sig  |
|--------------------|-----|------|------|
| (constant)         | 9.733 |      | .000 |
| Subjective Happiness | .654 | 14.927 | .000 |
| Forgiveness        | .115 | 8.690 | .000 |
| Humility           | -.192 | -3.212 | .001 |
| Information Literacy Self Efficacy | .227 | 8.818 | .000 |
| F                  | 120.325 |      | .000 |
| Adjusted R Square  | .330 |      |      |

Disagree to 6 = Strongly Agree. Reliability analysis for the scale is good with the Cronbach Alpha coefficient value is 0.79.

Forgiveness is measured by the 12-item Forgiveness Questionnaire [7] which has three dimensions. The dimensions are blockage, circumstances, and forgiveness vs revenge. Items of the scale are rated on a 5-point Likert scale ranging from 1 = Strongly Disagree to 5 = Strongly Agree. Reliability analysis was conducted using SPSS with the Cronbach Alpha coefficient value is 0.84. 10 items from the original questionnaire were ommited based on factor loading value result consideration. Items with a value under 0.3 were ommited leaving the questionnaire with only 12 items from originaly 22 items. Items for blockage dimension were items number 1–3, items for circumstances dimension were items number 4–8, and items for forgiveness vs revenge were items number 9–12.

The fourth variable is humility which was measured by the 2-items Brief State Humility Scale [5]. The scale is unidimensional and the items are measured on a 7-point Likert scale ranging from 1 = Strongly Disagree to 7 = Strongly Agree. As for reliability, analysis was done using SPSS.
with the Cronbach Alpha coefficient obtained is 0.80. 1 item from the original questionnaire were omitted based on factor loading value result consideration. Items with a value under 0.3 were omitted leaving the questionnaire with only 2 items from originally 6 items.

Finally, information literacy self-efficacy was measured by the 6-items Information Literacy Self-Efficacy Scale [6]. The scale has three dimensions, and items were measured on a 5-point Likert scale ranging from 1 = Strongly Disagree to 5 = Strongly Agree. The dimensions are basic information literacy, middle information literacy, and high information literacy. Reliability analysis was performed and the Cronbach Alpha coefficient value found was 0.77. 11 items from the original questionnaire were omitted based on factor loading value result consideration. Items with a value under 0.3 were omitted leaving the questionnaire with only 6 items from originally 17 items. Items basic information literacy were items number 1-3, items for middle information literacy were items number 5-6, and items for high information literacy were items number 4.

2.3. Analyses result

The results of the descriptive statistics (Mean and SD) of the total scores of all the variables in the questionnaires are presented in Table 2. In order to describe the data in an exploratory way, the correlation between the data was computed. The results of the correlational analyses can be seen in Table 4. The influence of subjective happiness, forgiveness, humility, and information literacy self-efficacy on mental health are ascertained through the multilinear regression analysis and the results are shown in Table 5. Finally, to discriminate the differences between each country in terms of each of the variables, we conducted a Kruskal-Wallis analysis and the results are in Table 6.

### Declaration of Competing Interest

Hereby, the authors state that they have no competing financial interests or personal relationships that could influence the work reported in this article.

### Transparency document

Transparency documents related to this article can be found in the [link].

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**Table 6**  
Kruskal Wallis result of all subject.

| Variables               | Country   | N   | Mean Rank | df | Sig   |
|-------------------------|-----------|-----|-----------|----|-------|
| Positive Mental Health  | Indonesia | 331 | 533.40    | 2  | .000  |
|                         | Malaysia  | 320 | 493.04    |    |       |
|                         | Thailand  | 318 | 426.54    |    |       |
| Subjective Happiness    | Malaysia  | 320 | 619.23    | 2  | .000  |
|                         | Thailand  | 318 | 419.21    |    |       |
|                         | Indonesia | 331 | 418.43    |    |       |
| Forgiveness             | Indonesia | 331 | 630.37    | 2  | .000  |
|                         | Thailand  | 318 | 551.55    |    |       |
|                         | Malaysia  | 320 | 268.51    |    |       |
| Humility                | Indonesia | 331 | 621.47    | 2  | .000  |
|                         | Thailand  | 318 | 496.02    |    |       |
|                         | Malaysia  | 320 | 332.88    |    |       |
| Information Literacy    | Malaysia  | 320 | 544.61    | 2  | .000  |
| Self Efficacy           | Thailand  | 318 | 483.27    |    |       |
|                         | Indonesia | 320 | 429.02    |    |       |
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Ethic Statement Section

Hereby, the authors state that all participants joined this research as a respondent with their own volition without any pressure from respected stakeholders involved in this research. Personal information of every single participants are being kept secret to protect their privacy and protecting ethical principles. Inform consent also included in the questionnaires.

Supplementary materials

Supplementary material associated with this article can be found, in the online version, at doi:10.1016/j.dib.2020.106314.

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