



## Psychological well-being of individuals living a minimalist lifestyle: A phenomenological study

Trisnawati<sup>1</sup>, Riva Tri Rahmawati<sup>2</sup>, Ilma Rizqa Arshanty<sup>3</sup>, Nesya Adira<sup>4</sup>

<sup>1,2,3,4</sup>Department of Psychology, Faculty of Education and Psychology,  
<sup>1,2,3,4</sup>Universitas Negeri Yogyakarta

<sup>1,2,3,4</sup>Jl. Colombo No. 1, Sleman, Daerah Istimewa Yogyakarta, 55281

e-mail: <sup>1</sup>[trisnawati.2020@student.uny.ac.id](mailto:trisnawati.2020@student.uny.ac.id), <sup>2</sup>[rivatri.2020@student.uny.ac.id](mailto:rivatri.2020@student.uny.ac.id),  
<sup>3</sup>[ilmarizqa.2020@student.uny.ac.id](mailto:ilmarizqa.2020@student.uny.ac.id), <sup>4</sup>[nesyaadira@uny.ac.id](mailto:nesyaadira@uny.ac.id)

### Article Info

**Manuscript Received**  
November 8<sup>th</sup>, 2024

**Revision Accepted**  
December 16<sup>th</sup>, 2024

**Accepted for Publication**  
January 16<sup>th</sup>, 2025

doi:  
<https://doi.org/10.21831/pri.v8i1.78923>

### Abstract

The minimalist lifestyle has gained popularity due to its widespread information across various platforms. Minimalism, a way for individuals to live simply, orderly, and elegantly, is closely related to their psychological well-being. This study aims to explore the reasons, processes, and benefits of psychological well-being associated with a minimalist lifestyle. This research adopts a qualitative approach using a phenomenological method and involves four minimalist individuals (over 24 years old) from different regions of Indonesia. Data collection involved interviews and a literature review. Data analysis techniques included data reduction, data presentation, and conclusion drawing. The study results indicate that participants perceived minimalism as a lifestyle focused on simplicity, minimizing various aspects of life, and making the most of it. Participants reported experiencing improved well-being after embracing a minimalist lifestyle, including greater self-acceptance, positive relationship quality, self-autonomy, personal growth, environmental mastery, and life goals.

**Keywords:** *minimalism; minimalist lifestyle; psychological well-being*

### Suggested citation

Trisnawati., Rahmawati, R. T., Arshanty, I. R., & Adira, N. (2025). Psychological well-being of individuals living a minimalist lifestyle: A phenomenological study. *Psychological Research and Intervention*, 8(1) 1-13. <https://doi.org/10.21831/pri.v8i1.78923>

## **Introduction**

Nowadays, a minimalist lifestyle has become trend among the public. Pieces of information about this lifestyle have been presented through various platforms and by several figures. Marie Kondo, Fumio Sasaki, Ryan Nicodemus, Raditya Dika, Fany Sebayang, and Devi Melissa are some of those who have adopted this lifestyle (Fauzia, 2020; Ramadhani, 2021).

Fumio Sasaki describes a minimalist lifestyle as a way for individuals to distinguish needs and wants, maximize the use of items, reduce items, and focus more on something very important (Meissner, 2019). The minimalist lifestyle can serve as an alternative way of coping with individuals' consumptive behavior. In Indonesia, consumer behavior has increased, particularly in online shopping during the pandemic (31%) and during Ramadan 2021 with the highest spending on clothing (47%) and household products (18%) (Elena, 2021; Trisilia, 2021). Consumptive behavior has negative impacts, such as waste, excessive product disposal, item accumulation, increased impulsivity, and anxiety due to the perceived need to continually buy desired items (Patricia & Handayani, 2014). Kasser (2002) also states that a life centered on strong materialistic values leads to decreased well-being, happiness, empathy, satisfaction, physical and psychological health.

Based on research from Wilson and Bellezza (2022) explains that minimalist lifestyle has similarities with frugality, both concepts aim to limit possessions and reduce new purchases to reduce overall consumption. However, they also have clear differences. Frugality emphasizes saving money to achieve long-term goals, focusing on controlling spending and using resources efficiently. In contrast, a minimalist lifestyle centers on reducing items and decluttering to create a simpler life, often driven by philosophical views or aesthetic values.

In addition to overcoming consumptive behavior, a minimalist lifestyle is closely related to individual psychological well-being, including autonomy (freedom/liberation), alignment with life values, competence (feeling in control of one's environment, reducing stress and anxiety), mental space (saves mental energy), awareness (reflection, mindfulness, enjoyment), and positive emotions like joy and peace (Lloyd & Pennington, 2020). Additionally, Sasaki (2021) states that a minimalist lifestyle has positive impacts such as reducing stress, improving physical and mental health, embracing the quality of social relationships, and increasing financial stability.

Ryff (1989) defined psychological well-being as the outcome of an individual's self-evaluation or assessment of oneself that is influenced by personal expectations and life experiences and to describe an individual's psychological health based on the fulfillment of positive psychological functions such as self-acceptance, positive relationships with others, autonomy, control of the environment, life goals, and self-growth. Various factors influence the level of psychological well-being, such as religiosity (Chui, 2023), personality (Schmutte & Ryff, 1997), high self-esteem (Singhal & Prakash, 2021) as well as positive social relationships (Mertika et al., 2020), and having a purpose in life (Keyes, 2013).

A minimalist lifestyle can reassess individuals' life priorities and throw away excess goods, ideas, relationships, and activities that do not bring value to their lives (Hausen, 2018). Reasons of individuals becoming minimalists include reducing consumptive attitudes, lowering stress, resisting traits that are easily influenced by trends, and seeking happiness and well-being. Kang et al. (2021) report a positive relationship between minimalism and well-being. Individuals who live this lifestyle feel fulfilled, experience reduced depression and negative emotions, and promote increased happiness and self-esteem. Minimalism also helps individuals to understand what is importance to themselves, manage their energy, free their minds from unnecessary worries, and allocate time to things that promote growth.

Furthermore, adopting minimalist activities like using a minimalist wardrobe can reduce stress and fatigue in making decisions, release individuals from trend pressures, enhance creativity, improve self-confidence, increase awareness and understanding of minimalism, reduce debt, and help individuals find life purpose, happiness, satisfaction, and freedom (Bardey et al., 2021; Hausen, 2018). Minimalism can also promote positive emotions like joy and peace, as well as increase awareness, reflection, attention, and enjoyment (Lloyd & Pennington, 2020).

Based on the benefits mentioned above, it can be concluded that living a minimalist lifestyle positively impacts social, psychological, health, and well-being outcomes. Individuals may feel more positive emotions that lead to happiness, high self-esteem, freedom, autonomy, and other indicators of enhanced well-being. This research aims to individuals' reasons for adopting minimalism, analyze the struggles involved in living a minimalist lifestyle, and explore the psychological well-being experienced after adopting it. Although studies on minimalism have begun to enter academic discussions as a way to counter a consumptive lifestyle, little has been done to explore the dynamics of individuals adopting this lifestyle, especially in Indonesia. Therefore, this study seeks to empirically examine the well-being of minimalist individuals through qualitative approach.

## **Method**

This study used a qualitative approach with the phenomenological method, aligned with the objective describing the experience of a phenomenon to capture a universal essence (Cresswell, 2013). Data collection was carried out through literature reviews and online in-depth interviews via Zoom. Interviews were conducted with four participants, selected based on age, gender, marital status, occupation, domicile, and the duration of practicing a minimalist lifestyle. Each interview lasted 45-120 minutes.

The participants who took part in this study were 4 women from various regions in Indonesia who had practiced minimalism for 1-8 years. Three participants were single, and one was married, with occupations including teacher, housewife, civil servant, and online admin. Participants' initials and ages were R (25 years old), N (26 years old), L (30 years old), and S (26 years old). Sampling was conducted using a purposive sampling technique, selecting individuals based on specific criteria (Setiawati, 2017). Participant criteria included individuals over 24 years old, who are considered to have reached early adulthood, likely to think more realistically, and have autonomy in their life choices (Santrock, 2019). Moreover, participant selection criteria were based on previous research by Lloyd and Pennington (2020).

Data analysis techniques used in the study refer to the concept of (Miles & Huberman, 1992), which divides data analysis into three steps. First, data reduction is processed by selecting, simplifying, discarding, and compiling data to facilitate conclusion. Second, data presentation organized the information in a way to understanding and guides the researcher's actions. The final step is to draw conclusions.

## **Result and Discussion**

### **Result**

After conducting in-depth interviews and data analysis, it was found that there were 4 major themes and 17 sub-themes of minimalist lifestyle and its well-being, detailed in Table 1.

### *Definition*

The participants defined minimalism as a simple lifestyle with the characteristics of owning minimal goods, time management, and essential skills that serve a maximum purpose, including functional, religious (as a form of accountability to God), and meaningful aspects of life. Furthermore, minimalism is also defined as the ability to control desires and differentiate needs, and priorities effectively to live more efficiently and organized

*"The point is minimalism, I think it's ... maximize what we already have, what Allah has given us... whether it's goods, abilities, or physically from our own bodies... so let's not waste what we already have." (S, 26)*

Table 1. Categories of Minimalist Lifestyle

THEMES	SUBTHEMES
Definition	
Process	Resources
	Reasons
	Challenges
	Life before adopting minimalist lifestyle
Activities	Decluttering
	Time management
	Use of goods
	Digital minimalism
	Budgeting
	Protecting the environment
Psychological well-being	Self-acceptance
	Positive relationships with others
	Self-autonomy
	Personal growth
	Environmental mastery
	Sense of life goals

#### *Process*

#### *Resources*

The majority of participants found a minimalist lifestyle through both printed and social media, such as books, YouTube, Instagram, and TikTok. In addition, participants also get to know minimalist lifestyles from observation of the surrounding environment, and activities, to various communities on social media.

*"I watch YouTube, I read Fumio's book..." (L, 30)*

#### *Reasons*

The majority of participants pursued a minimalist lifestyle due to financial arrangements. Furthermore, being minimalist is something that suits them, such as personality traits (often associated with introversion) and past lifestyle habits. In addition, one of the participants stated specific reasons for child safety, the pandemic, and boredom with the life she was living, which then made her a minimalist.

*"The reasons are budgeting and being in a tight situation," (N, 26)*

#### *Challenges*

Most participants had challenges externally, primarily from people in their surroundings. In addition, food was a challenge for one of the participants.

*"Maybe food, Kak. My challenge is with food, like when I buy clothes, I can still control it..." (R, 26)*

### *Life before adopting a minimalist lifestyle*

Each participant had different characteristics in their early life. Some had lived a simple, minimalist lifestyle from the start, while others used to buy things they like when they have money, tend to living unrealistically and seeking on external validation. Finally, some had a life that depends on other people, such as buying things so they don't want to miss the hangout.

*"My previous life is also similar to minimalism, I'm not an exaggerated person." (L, 30)*

### *Habit Form*

#### *Decluttering*

Participants who applied decluttering had their own methods, starting with sorting each items according to its purposes (keeping, selling, donating, or throwing away), putting items in cardboard boxes to pause and consider if they're still useful or bringing joy, and then applying Mario Kondo's principle of *"one in, one out."* This habit positively impacted their lives by reducing laziness, minimizing obsessions with clothes and goods, and establishing principles about goods, even a broader mindset toward life.

*"Those are books and hijabs for decluttering. When someone is doing community service (KKN), they can donate clothes and all, so I brought everything out..." (S, 26)*

#### *Time management*

Two participants have a strong principle to maximize the use of time so that their goals can be carried out properly. This is beneficial for reducing the habit of procrastination and improving the quality of the relationship because it avoids toxic talks.

*"So whenever I go out to meet anyone, I already set a time frame for how long I'll be there. If it goes beyond that, I don't want to stay. That's the limit I set; any longer, and it's bound to feel toxic..." (N, 26)*

#### *Use of goods*

In terms of maximum use of goods, participants aim to align their choices with their goals and desires. Additionally, they prefer selecting high-quality items, even if they have slightly higher budgets.

*"... For instance, my phone currently costs around 3 million, and I use it for three years. Whatever happens, by the end of those three years, my phone has to be replaced, and I don't feel it's a loss..." (L, 30)*

#### *Digital minimalism*

Participants applied digital minimalism in the form of controlling the use of social media (limiting the information obtained, tightening privacy by not exposing too much on social media, and selecting applications) and limiting screentime to improve the quality of relationships with others and maintain health.

*"I now have my own privacy boundaries that I need to manage and protect. If I want to post on social media, there's a set timeline for it." (N, 26)*

#### *Budgeting*

After becoming minimalist, all participants implemented budgeting, which led to better financial management and planning. When considering a purchase, they try to avoid impulsive buying by thinking carefully beforehand. Additionally, participants record their expenses regularly to monitor

## *Psychological well-being of individuals living a minimalist lifestyle*

their spending, control resources, and set budget limits for hangouts. Clear goals in terms of budgeting can reinforce their commitment of having a minimalist lifestyle.

*"I record all my expenses, and everything I spend on already has a set budget." (L, 30)*

### *Protecting the environment*

Two participants also began to pay attention to protecting the environment by reducing the use of plastic and using *reusable* cutlery.

*"Just eating utensils, kaka (using reusable materials). Yeah, like a spoon, straw (made of wood), stuff like that." (R, 25)*

### *Psychological Well-being*

#### *Self-acceptance*

The majority of participants stated that living a minimalist life made them more accepting of themselves, their circumstances, and their past. Additionally, the minimalist lifestyle fostered gratitude among participants and was found to improve their mental health, leading to feelings of freedom, calmness, relief, relaxation, and less overthinking. Minimalist living also contributed to a more critical and organized mindset, faster self-adjustment, greater productivity, and clarity in life priorities. However, one participant experienced inner conflict as desires occasionally clashed with their minimalist mindset; nonetheless, they managed to control the effects of this inner conflict.

*"I enjoy living life; I'm calmer, more organized, and I actually appreciate hard work more. I really do appreciate hard work." (L, 30)*

#### *Positive relationships with others*

Participants stated that a minimalist lifestyle affects their interpersonal relationships, especially with family. By doing minimalist activities, participants reported becoming closer to family members, with improved communication and more intense family bonds. Apart from family, participants reported that living a minimalist lifestyle did not make them shunned or discriminated against by their peers. Furthermore, one married participant who actively socializes in the neighborhood shared that becoming a minimalist has helped them manage their time better with neighbors.

*"So more discussion, more time for family gatherings," (S, 26)*

#### *Self-autonomy*

The majority of participants had strong self-autonomy. The minimalist lifestyle made them firm with a stance and critical consideration. Although the self-autonomy is relatively high, it is undeniable that two out of four participants still have low autonomy, especially when faced with the interests or presence of parents.

*"But when I freed myself from them, I was able to create my life and myself according to my abilities and true identity, without having to become someone else," (N, 26)*

#### *Personal growth*

Participants reported feeling that they had grown and developed into better individuals, with more organized lives, changed life values, and increased peace of mind.

*"... I can interpret everything much better now. Maybe I also see life more in terms of its values, you know? It's not necessarily about having a lot of things, having a lot of possessions, like a rich person. It's more*

*like, even if I'm not wealthy, it's far better to be rich in heart, even if I have nothing. Something like that."*  
(L, 30)

#### *Environmental mastery*

In terms of environmental mastery, participants did not make significant efforts to fit into non-minimalist environments, as they generally felt comfortable with the differences. Additionally, many participants actively managed their relationships, particularly distancing themselves from individuals they viewed as toxic or harmful. This selective approach involved regulating social media, creating distance, allowing for natural selection, and leaving certain social circles. Participants also began organizing healthier friendship patterns by limiting the frequency of hangouts, managing social interactions, and exercising self-control. Moreover, they became more mindful of their consumption habits, aligning them more closely with their actual needs.

*"... I don't want to get stuck in a toxic circle. If this circle no longer benefits me or supports me, then I'll leave and look for a new one."* (S, 26)

#### *Sense of life goals*

After becoming minimalist, it was found that participants get easier in making their life goals, develop strategies, and achieve those goals. The strategies used by participants to achieve goals also varied, including mapping, setting targets, and conducting research.

*"Now I have a target... but I don't push myself too hard to achieve it. It's still like, I'm taking it easy."*  
(R, 25)

#### Discussion

A minimalist lifestyle is a lifestyle in which individuals will minimize all aspects of life but maximize their functions as much as possible, aligning with the findings of Chabot (2020) on its definition. Additionally, a minimalist lifestyle prioritizes understanding priorities, where individuals make careful decisions about when, what, and how to consume. They value quality and longevity over quantity, making safer and more sustainable choices (Kang et al., 2021). Participants learned about minimalism from various sources, such as readings, media, relationships, and public figures observed in daily life. This aligns with studies by Rajeswari (2017), which highlighted the moderate impact of social media on lifestyle, and Islam et al. (2021), which examined mass media's role in promoting a healthy lifestyle during the pandemic.

Furthermore, the reasons participants chose to live a minimalist lifestyle are divided into four categories. First, individuals expressed feeling bored with their previous lifestyle, for example with centering on a consumptive lifestyle and dependency on others. This consumptive behavior includes impulsive buying, which has been linked to both positive and negative moods, with negative moods showing a stronger association than positive moods (Iyer et al., 2020). Second, participants reported compatibility between minimalism and their personality traits or habits, with minimalism commonly linked to introverted personalities. Third, budgeting and savings were significant motivators. Most participants attributed minimalism to financial reasons, allowing them to limit purchases to what is necessary. This activity can be related to a separate term called *financial minimalism*, where individuals will only invest in things that add meaningful value to their lives (Rebecca, 2021). Fourth, the COVID-19 pandemic influenced some participants' minimalist choices, as the pandemic's financial impact has proven stressful for families (Bryson et al., 2021). By these conditions, some participants said that adopting a minimalist lifestyle can become a solution to improve their well-being during this period (Kang et al., 2021).

The challenges participants experienced in adopting a minimalist lifestyle often stemmed from external factors, primarily the influence of others (judgment of people around them and social pressures from their friend groups) and food purchases (participants have more difficulty controlling food purchases than clothes). This aligns with Maslow's hierarchy of needs, as food is a fundamental physiological need that must be met before other needs (McLeod, 2024), and additionally, difficulty controlling food purchases may also be influenced by psychological factors, such as feelings of depression or anxiety. Individuals experiencing depression often crave sweets, carbohydrates, and fast food (Leow et al., 2021), which can increase the intention to buy food impulsively.

Participants reported varied lifestyles before adopting minimalism. First, some had consumptive habits, often buying things impulsively if they had the money and liked the item. In terms of digital minimalism, these individuals tended to use social media for self-exposure. Second, others had naturally adopted a simple lifestyle, influenced by a modest family background, even if they were unfamiliar with the term "minimalism." This also extended to digital minimalism, as some naturally avoided excessive social media use. Third, in relationships, certain participants relied heavily on external validation, seeking recognition from others. This dependency often made it challenging for them to maintain self-control. These findings are also found in (Chabot, 2020), which found that the majority of participants led highly consumptive lives.

This study identified six forms of minimalist activities. The first is **decluttering**, where individuals select items or clothing to keep, donate, or discard based on quality and whether the item still brings joy. The purpose is to eliminate material or non-material clutter. This practice aligns with the concept of a capsule wardrobe, which can reduce stress, enhance individual style, promote mindful consumption, and reduce dependence on fashion trends (Bardey et al., 2021).

The second activity is **time management**. Minimalists become more mindful of time usage, striving to ensure each plan is carried out efficiently. This awareness also helps reduce procrastination and limits unnecessary conversations. Minimalists maximize the use of their belongings, favoring durable, high-quality items, they avoid low-quality, low-priced, and non-durable items (Kang et al., 2021). This approach fosters creativity and innovation while preventing unnecessary, impulsive purchases.

Another activity is **digital minimalism**. Participants exercise control over social media, selectively choosing platforms, limiting screen time, and maintaining privacy to keep social media use safe and healthy. This approach encourages prioritizing personal needs and understanding self-limits with digital interaction. These results were aligned with Kumar & Nath (2024) that going into nature is part of digital detoxing. Participants tend to interact more with real nature environment than in their digital things.

**Budgeting** is another aspect. With budgeting, minimalists carefully consider purchases, distinguish between wants and needs, set priorities, and apply time limits to spending. This strategy supports findings that budgeting helps people manage consumption and eliminate excess (Kang et al., 2021).

Finally, minimalists engage in **environmental protection**. They choose environmentally friendly products that reduce waste, decompose easily, and have minimal environmental impact. This practice not only reduces waste but also cuts costs and helps address annual environmental issues (Cohen, 2017).

Moving to psychological well-being, a minimalist lifestyle that adopts simple, ordered, and strategic habits increases self-awareness, acceptance, and mental health, leading individuals toward a sense of freedom, calm, a critical mindset, and greater productivity. Self-acceptance helps

individuals living their life and overcome extreme obstacles (Maulana et al., 2018). Research shows that minimalism fosters happiness, self-esteem, positivity, and reduces negative feelings (Bardey et al., 2021).

A minimalist lifestyle also improves the **quality of family relationships**. Prioritizing minimalist activities and values provides individuals with more time to reconnect with family, which, in turn, strengthens family bonds. By reducing excess, individuals focus on meaningful activities and values (Lloyd & Pennington, 2020; Uggla, 2019). This can lead to a more intimate family dynamic, where good communication fosters emotional cohesiveness among family members (Lamanna et al., 2018).

Minimalism strengthens **self-autonomy**, encouraging independence, awareness of personal limits, and confidence in decision-making. Autonomy, as part of self-determination theory, impacts self-regulation and well-being (Hu & Zhang, 2017). Studies indicate that minimalism nurtures independence, reducing reliance on materialistic happiness and fostering a more intrinsic sense of fulfillment (Dopierala, 2017). Minimalists often experience greater resilience against societal pressures, as they become less influenced by external validation or consumer trends. In addition, minimalism has also succeeded in reducing social pressure and expectations from existing trends so that individuals become freer and more focused on what matters and try to find their style (Bardey et al., 2021; Chabot, 2020; Lloyd & Pennington, 2020).

The minimalist approach fosters personal growth across cognitive, behavioral, social, and emotional dimensions. Individuals often report feeling a greater sense of purpose, critical thinking, happiness, and productivity. Research suggests that by developing resources and encouraging social development, minimalism can help individuals combine their positive feelings and their growth, reaching flourishing levels or be at the highest levels of well-being (Bardey et al., 2021; Sekarini et al., 2020).

Minimalists often exhibit **environmental mastery**, effectively managing their responses to external conditions. This adaptive skill enhances mental health, allowing individuals to curate their environments according to their psychological needs (Ryff & Singer, 2008). Participants reported happiness and meaningful relationships after filtering connections and focusing on fulfilling, supportive friendships. This approach aligns with findings that avoiding negative relationships can help shift energy toward more rewarding social bonds (Chabot, 2020).

Moreover, minimalists become more conscious of their **consumption patterns**, and began to implement several ways to be able to control consumption so that it is not excessive and as needed. Individuals become more cautious when shopping and increase awareness to consume (Bardey et al., 2021; Kang et al., 2021). This aligns with the concept of minimalism that distances itself from consumptive culture and brings closer to welfare needs outside the culture (Dopierala, 2017; Uggla, 2019). Consumptive culture makes individuals focus on external parties so that by suppressing them, individuals can direct intrinsic factors to have more influence on well-being (Oral & Thurner, 2019).

Being minimalist makes it easier for participants to know what they really need and focus on their own desires and abilities. This helps them become easier to set life goals, have strategies, and feel easier to achieve goals. Minimalist individuals can be more concerned with their values and interests regarding themselves and their relationships with others, creating ideal conditions for self-reflection, developing new insights, and being able to grow and develop more (Lloyd & Pennington, 2020).

One of the core ideas of minimalism is as a tool to achieve freedom and create according to one's own version (Uggla, 2019). This is important because this fast-paced and consumptive life makes it difficult for individuals to be themselves and is easily influenced by external currents (e.g. social norms and trends). Therefore, by being minimalist, individuals can focus on finding their own style. Individuals can later assess whether to follow trends because they are for themselves or to be liked by society (Bardey et al., 2021).

## **Conclusion**

A minimalist lifestyle embraces a wide spectrum of interpretations, including minimizing resources while maximizing their use, maintaining control over needs and desires, and establishing clear priorities that lead to a more efficient and organized life. Minimalism also has connections with spirituality and life purpose. Its appeal is widespread, with influences ranging from local environments to social media. The motivations for adopting minimalism vary, with financial management, personal compatibility, and dissatisfaction with past lifestyles being key factors; additionally, the pandemic has influenced some to adopt this lifestyle. Minimalists often face external challenges, particularly social expectations, while controlling consumables like food presents unique internal challenges. Individuals come to minimalism from diverse backgrounds, from highly consumerist tendencies to already minimalist leanings.

This research highlights six primary minimalist activities—decluttering, time management, efficient use of goods, digital minimalism, budgeting, and environmental protection—that contribute significantly to psychological well-being. Through minimalism, individuals report improved self-acceptance, stronger relationships, enhanced self-autonomy, personal growth, greater environmental mastery, and a more defined sense of life goals, leading to a more fulfilling and intentional existence.

## **Suggestion**

Practically, the results of this study can serve as a reference for individuals aiming to maintain a minimalist lifestyle to foster positive impacts on themselves and their communities. Additionally, we encourage future research to incorporate quantitative or mixed methods and include a broader participant base, enhancing the generalizability and depth of insights into minimalism.

## **Acknowledgement**

This research was funded by the organizer of the 2022 Student Research, Faculty of Education and Psychology, Yogyakarta State University.

## References

- Bardey, A., Booth, M., Heger, G., & Larsson, J. (2021). Finding yourself in your wardrobe: An exploratory study of lived experiences with a capsule wardrobe. *International Journal of Market Research*, 64(1), 113–131. <https://doi.org/10.1177/1470785321993743>
- Bryson, H., Mensah, F., Price, A., Gold, L., Mudiyansele, S. B., Kenny, B., Dakin, P., Bruce, T., Noble, K., Kemp, L., & Goldfeld, S. (2021). Clinical, financial and social impacts of COVID-19 and their associations with mental health for mothers and children experiencing adversity in Australia. *PLoS ONE*, 16(9 September). <https://doi.org/10.1371/journal.pone.0257357>
- Chabot, A. (2020). *The pursuit of health, wealth, and well-being through minimalist consumption*. Duke University.
- Chui, R. C. F. (2023). Religiosity and psychological well-being of Chinese college students in Hong Kong: the role of gratitude and hope. *Mental Health, Religion & Culture*, 26(8), 771–785. <https://doi.org/10.1080/13674676.2023.2269878>
- Cohen, S. (2017, October 3). *The Human and Financial Cost of Pollution*. State of the Planet. <https://news.climate.columbia.edu/2017/10/23/the-human-and-financial-cost-of-pollution/>
- Cresswell, J. W. (2013). *Qualitative Inquiry and Research Design: Choosing Among Five Approaches* (3rd ed.). SAGE Publications.
- Dopierala, R. (2017). Minimalism – a new mode of consumption? *Przegląd Socjologiczny*, 66(4). <https://doi.org/10.26485/PS/2017/66.4/4>
- Elena, M. (2021, May 3). *Konsumsi Masyarakat Naik 17 Persen Selama Periode Ramadan 2021*. Bisnis.Com. <https://ekonomi.bisnis.com/read/20210503/9/1389755/konsumsi-masyarakat-naik-17-persen-selama-periode-ramadan-2021>
- Fauzia, R. (2020, June 12). *Inspiratif dan patut ditiru! 6 selebriti terapkan gaya hidup minimalis*. IDN Times.
- Hausen, J. E. (2018). Minimalist life orientations as a dialogical tool for happiness. *British Journal of Guidance and Counselling*, 47(2), 168–179. <https://doi.org/10.1080/03069885.2018.1523364>
- Hu, P., & Zhang, J. (2017). A pathway to learner autonomy: a self-determination theory perspective. *Asia Pacific Education Review*, 18(1), 147–157. <https://doi.org/10.1007/s12564-016-9468-z>
- Islam, Md. N., Islam, A. R. Md. T., Hasan, Md. S., Prodhan, Md. T. R., Chowdhury, M. H., & Al Mamun, Md. H. (2021). Mass media influence on changing healthy lifestyle of community people during COVID-19 pandemic in Bangladesh: A cross-sectional survey. *Asia Pacific Journal of Public Health*, 33(5), 617–619. <https://doi.org/10.21203/rs.3.rs-106338/v1>
- Iyer, G. R., Blut, M., Xiao, S. H., & Grewal, D. (2020). Impulse buying: a meta-analytic review. In *Journal of the Academy of Marketing Science* (Vol. 48, Issue 3, pp. 384–404). Springer. <https://doi.org/10.1007/s11747-019-00670-w>
- Kang, J., Martinez, C. M. J., & Johnson, C. (2021). Minimalism as a sustainable lifestyle: Its behavioral representations and contributions to emotional well-being. *Sustainable Production and Consumption*, 27, 802–813. <https://doi.org/10.1016/j.spc.2021.02.001>

- Kasser, T. (2002). *The High Price of Materialism*. The MIT Press.
- Keyes, C. L. M. (Ed.). (2013). *Mental Well-Being*. Springer Netherlands. <https://doi.org/10.1007/978-94-007-5195-8>
- Kumar, S., & Nath, L. (2024). Digital minimalism - A study to find out ways to make the best use of digital technologies and minimise its ill-effects. *ShodhKosh: Journal of Visual and Performing Arts*, 5(1). <https://doi.org/10.29121/shodhkosh.v5.i1.2024.640>
- Lamanna, M. A., Riedmann, A. C., & Stewart, S. (2018). *Marriages, families and relationships: making choices in a diverse society* (13th ed.). Cengage Learning.
- Leow, S., Beer, N. J., Guelfi, K. J., Rebar, A. L., Alderson, J. A., Jackson, B., & Dimmock, J. A. (2021). Perceived daily tension and food cravings and consumption: A within- and between-person investigation. *Eating Behaviors*, 40, 101473. <https://doi.org/10.1016/j.eatbeh.2020.101473>
- Lloyd, K., & Pennington, W. (2020). Towards a theory of minimalism and wellbeing. *International Journal of Applied Positive Psychology*, 5(3), 121–136. <https://doi.org/10.1007/s41042-020-00030-y>
- Maulana, H., Obst, P., & Khawaja, N. (2018). Indonesian perspective of wellbeing: A qualitative study. *The Qualitative Report*. <https://doi.org/10.46743/2160-3715/2018.3508>
- McLeod, S. (2024, January). *Maslow's Hierarchy of Needs*. Simply Psychology. <https://www.simplypsychology.org/maslow.html>
- Meissner, M. (2019). Against accumulation: lifestyle minimalism, de-growth and the present post-ecological condition. *Journal of Cultural Economy*, 12(3), 185–200. <https://doi.org/10.1080/17530350.2019.1570962>
- Mertika, A., Mitskidou, P., & Stalikas, A. (2020). “Positive Relationships” and their impact on wellbeing: A review of current literature. *Psychology: The Journal of the Hellenic Psychological Society*, 25(1), 115. [https://doi.org/10.12681/psy\\_hps.25340](https://doi.org/10.12681/psy_hps.25340)
- Miles, M. B., & Huberman, A. M. (1992). *Analisis data kualitatif: buku sumber tentang metode-metode baru*. UI Press.
- Oral, C., & Thurner, J. (2019). The impact of anti-consumption on consumer well-being. *International Journal of Consumer Studies*, 43(3), 277–288. <https://doi.org/10.1111/ijcs.12508>
- Patricia, N. L., & Handayani, S. (2014). Pengaruh Gaya Hidup Hedonis Terhadap Perilaku Konsumtif Pada Pramugari Maskapai Penerbangan “X.” *Jurnal Psikologi Esa Unggul*, 12(1).
- Rajeswari. (2017). Impact of social media on lifestyle and learning behaviour among adolescents. *Pondicherry Journal of Nursing*, 11(2), 10–12. [www.hongkiat.com](http://www.hongkiat.com)
- Ramadhani, S. S. (2021, October 20). *5 tokoh yang menerapkan minimalism ini perlu kamu contoh!* Riliv Story.
- Rebecca. (2021). *10 simple ways to practice financial minimalism*. Minimalism Made Simple.
- Ryff, C. D. (1989). Happiness is everything, or is it? explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57(6), 1069–1081.

- Ryff, C. D., & Singer, B. H. (2008). Know Thyself and Become What You Are: A Eudaimonic Approach to Psychological Well-Being. *Journal of Happiness Studies*, 9(1), 13–39. <https://doi.org/10.1007/s10902-006-9019-0>
- Santrock, J. W. (2019). *Life Span Development* (17th ed.). McGraw Hill Education.
- Sasaki, F. (2021). *Goodbye Things Hidup Minimalis ala Orang Jepang*. Gramedia.
- Schmutte, P. S., & Ryff, C. D. (1997). *Personality processes and individual differences personality and well-being : Reexamining methods and meanings*.
- Sekarini, A., Hidayah, N., & Hayati, E. N. (2020). Konsep dasar flourishing dalam psikologi positif. *Psycho Idea*, 18(2), 124–134. <https://doi.org/10.30595/psychoidea.v18i2.6502>
- Setiawati, F. A. (2017). *Statistika Terapan Untuk Penelitian Pendidikan dan Sosial*. Parama Publishing.
- Singhal, S., & Prakash, N. (2021). Relationship between Self-esteem and Psychological Well-being among Indian College Students. *Journal of Interdisciplinary Cycle Research*, 12(8), 748–756.
- Trisilia, M. (2021). *Covid-19 dan perubahan gaya hidup*. Binus University. <https://binus.ac.id/malang/2020/09/covid-19-dan-perubahan-gaya-hidup/>
- Uggla, Y. (2019). Taking back control: Minimalism as a reaction to high speed and overload in contemporary society. *Sociologisk Forskning*, 56(3–4), 233–252. <https://doi.org/10.37062/sf.56.18811>
- Wilson, A. V., & Bellezza, S. (2022). Consumer Minimalism. *Journal of Consumer Research*, 48(5), 796–816. <https://doi.org/10.1093/jcr/ucab038>