

## SHARING BEHAVIOR IN THE CONTEXT OF ALTRUISM AS A FORM OF STRATEGY FOR BUILDING EMPATHY AND SOLIDARITY

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### ARTICLE INFO

#### Article history:

Received September 06, 2024

Revised October 11, 2024

Accepted November 18, 2024

Available online November 30, 2024

**Keywords:** *sharing behavior, altruism, empathy and solidarity*

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**Abstract.** Sharing behavior is a key in altruism that serves as a strategy to strengthen empathy and solidarity within the community (Guttman et al., 2016). This study investigates the relationship between sharing behavior and altruism, and its effects on the development of empathy in the community. The literature review shows that the act of sharing not only strengthens social relationships but also increases understanding between individuals (Chiu et al., 2006). When individuals engage in sharing, they tend to be more caring towards others, and create a more cooperative environment (Schor & Fitzmaurice, 2015). Sharing behavior also plays a role in strengthening group solidarity, building trust and support among community members. Studies show that communities with a strong culture of sharing are better

able to face various social and economic challenges (Carleton & Hsiang, 2016). However, barriers such as stigma and mistrust can hinder participation in sharing. Therefore, it is important to design interventions that can overcome these barriers and raise awareness of the importance of sharing as a form of altruism. Thus, it can be said that sharing behavior has an important role in building empathy and solidarity, and requires collaboration from various sectors to create a more inclusive and empathetic society (Tomasello et al., 2005)

### INTRODUCTION

Sharing behavior is a fundamental element of human interaction that has existed since ancient times (Cipolla & Bartholo, n.d.). Within the framework of altruism, this behavior is more than just the act of distributing resources; it reflects deeper human values, such as empathy, caring, and solidarity. Altruism is defined as a genuine concern for the welfare of others without expecting anything in return (Suhardita et al., 2024). In the context of an increasingly fragmented and individual-oriented world, sharing serves as a bridge that strengthens social relationships and creates closer communities (Sorensen et al., 2013).

One of the reasons for the importance of sharing behavior is its ability to foster the development of empathy in society. Empathy is the ability to understand and feel what others feel, often emerging through the experience of sharing (Van Dijke et al., 2020). When individuals share, they are not only providing goods or services, but also opening up space for deeper interactions, allowing for an understanding of the perspectives and experiences of others (Mahaardika et al., 2023). This process has the potential to create greater mutual understanding, ultimately strengthening social bonds within the community (Bedrov & Gable, 2023). Sharing behavior also plays a role in strengthening solidarity among community members. When individuals feel part of a supportive community, they are more likely to engage in collective action and help each other face challenges. This solidarity not only strengthens relationships between individuals but also creates the social resilience needed to deal with various problems, such as poverty, injustice, and environmental crises (Morris et al., 2024).

However, there are a number of barriers that can prevent individuals from engaging in sharing behavior. Social stigma, mistrust, and structural factors such as economic inequality are often barriers. In some situations, individuals may feel that sharing will not have a significant impact or that they do not have enough resources to contribute. Therefore, it is important to design strategies that can help individuals overcome these barriers and realize the value of sharing as a form of altruism. A deep understanding of sharing behavior in the context of altruism is very important for developing effective strategies in building empathy and solidarity (Sudiarta & Widana, 2019). In addition, sharing behavior within the framework of altruism has great potential to strengthen social networks, build empathy, and create solidarity in society. By understanding and promoting these behaviors, we can contribute to the formation of more inclusive, cooperative, and resilient communities (Giri et al., 2023).

## METHOD

### 1. Data Collection Technique

The systematic literature review in this study was conducted by collecting or searching literature through academic baseline data. Data collection was carried out by searching for relevant sources using keywords such as altruism, empathy development, solidarity, prosocial behavior, and sharing behavior. The search was conducted on Google Scholar, JSTOR, and ResearchGate. The main source of this study was previous scientific papers that were closely related to the literature review, such as research method books, journal articles, internet articles, and other related writings (Chigbu et al., 2023).

### 2. Sampling Method

Each source obtained will be evaluated using the content analysis method to identify the four variables studied. The articles collected from 2019 to 2024 or the last 5 years, the number of initial articles obtained in data collection reached 30 articles. This research was conducted by combining descriptive and qualitative research. Based on the results of the analysis carried out on 30 articles, the results were narrowed down to 8 (eight) articles in table 1 below.

## RESULTS AND DISCUSSION

**Table 1 Literature on Sharing Behavior, Altruism, Empathy and Solidarity**

No	Title	Publish	Author	Year	Indexed
1	The secret of harmony: the dynamics of altruism and	American Journal of Public Health	Kadek Suhardita, I Nyoman Sudana Degeng,	2024	Q1/ SJR 2.14

No	Title	Publish	Author	Year	Indexed
	gender equality as key drivers of sustainable social and health transformation		Muslihati, Henny Indreswari		
2	Gender and generosity: How contribution information triggers solidarity behavior during a crisis	Journal of Behavioral and Experimental Economics	Thong Q. Ho, Linh T-P. Nguyen, Ulrike Grote, Dil B. Rahut, Tetsushi Sonobe, Thanh T. Nguyen	2024	Q1/SJR 0.7
3	Does Empathy Contribute to Intergroup Solidarity? Navigating the Pitfalls of Empathy in the Pursuit of Racial Justice	Psicological Medicine/ Cambridge Univercity Press	Lori Gallegos	2024	Q1/SJR 2.77
4	Developing a Culture of Solidarity Through a Three-Step Virtuous Process: Lessons from Common Good-Oriented Organizations	HAL Open Science	S. Fremeaux, Anouk Grevin, R. Sferrazzo	2023	Q4/SJR 0.16
5	Online Altruism: What it is and how it Difers from Other Kinds of Altruism	Minds and Machines/ Springer	Katherine Lou, Luciano Florid	2023	Q1/ SJR 1.95
6	Intergroup contact and intended actions in support of disadvantaged groups: The role of affective processes and feelings of solidarity	Group Processes & Intergroup Relations	Zafer Özkan, Kristof Dhont, and Dominic Abrams	2023	Q1/SJR 2.23
7	Empathy, sympathy, and altruism—An evident triad based on compassion. A theoretical model for caring	Scandinavian Journal of Caring Sciences	Maria Arman PhD, Associate Professor	2022	Q2/SJR 0.79
8	Reconsidering prosocial behavior as intersocial: A literature review and a new perspective	Journal of Consumer Psychology	Aparna A. Labroo, Uzma Khan, Sarena J. Su	2022	Q1/ SJR 3.53

Based on the results of the literature review in table 1, it can be concluded that;

1. The secret of harmony: the dynamics of altruism and gender equality as key drivers of sustainable social and health transformation. The results of this study state that altruism and gender equality have an important role in maintaining public health. Efforts to advance both will have a positive impact on social change. It is important to design policies that integrate gender equality and altruism. A caring society will contribute to improving the overall quality of life. Therefore, the current cultural challenges must be faced to realize this form of altruism.
2. Gender and generosity: How contribution information triggers solidarity behavior during a crisis. This study explains that women have a very important role in helping during a community crisis, especially during the COVID-19 pandemic. Women contribute by showing concern, which directly impacts social actions that support others (prosocial activities). This means that it is very important to create deeper and more detailed policies to further understand and develop these prosocial activities.
3. Does Empathy Contribute to Intergroup Solidarity? Navigating the Pitfalls of Empathy in the Pursuit of Racial Justice. Empathy is said to strengthen, but also potentially create,

solidarity between groups. Deep and sustained empathy is usually more effective than temporary empathy. Therefore, it is important to direct empathy carefully to avoid the risk of moral harm. When empathy is overgeneralized, it can exacerbate racial injustice by ignoring the uniqueness of each group. Conversely, promising empathy can be a challenge in the pursuit of social justice, carrying out movements against injustice. 4. *Developing a Culture of Solidarity Through a Three-Step Virtuous Process: Lessons from Common Good-Oriented Organizations.* The results of this study explain that a culture of solidarity develops through three steps: building, sharing, and spreading solidarity. Solidarity provides opportunities for members of the organization to participate in a voluntary and satisfying way. In practice, solidarity is manifested in vertical and horizontal forms between organizations. In addition, solidarity contributes to economic development and community empowerment. There are various factors and indicators that indicate the development of solidarity. Moreover, solidarity does not only depend on limited actions or sacrifices, but also on broader involvement.

4. *Online Altruism: What it is and how it Differs from Other Kinds of Altruism.* The results of this study say that There are fundamental differences between courageous altruism and effective altruism, especially in motivation and planning. Experience is the main driver of courageous altruism, which in turn creates meaningful relationships between individuals. Thus, courageous altruism does not replace traditional altruism, but rather complements it. Both can support each other in an effort to create a positive social impact. Therefore, understanding this dynamic is important for designing more effective social initiatives.
5. *Intergroup contact and intended actions in support of disadvantaged groups: The role of affective processes and feelings of solidarity.* The results of this study explain that The results of this study discuss the relationship between interaction (contact) with different groups and intentions to act, especially in the context of disadvantaged individuals. 1) Positive contact increases action intentions for disadvantaged groups: Positive interactions with other groups can increase a person's desire or intention to act (e.g., help) in supporting disadvantaged groups. 2) Feelings of solidarity mediate the relationship between contact and action intentions: Feelings of solidarity—feelings of mutual support and concern for others—serve as a bridge or factor explaining why positive contact can increase action intentions. In other words, the stronger a person's feelings of solidarity, the greater their intentions to act. 3) Negative contact has a negative effect on feelings of solidarity and action intentions: Conversely, negative interactions (e.g., conflict or discrimination) can reduce feelings of solidarity and, in turn, reduce intentions to act in support of disadvantaged groups. 4) Out-group empathy is positively related to action intentions: Feelings of empathy toward an out-group (a group different from one's own) have a positive effect on intentions to act, suggesting that feeling concern for others can lead to prosocial behavior. 5) Group-based anger does not mediate contact and action intentions: Anger arising from group differences does not serve as a bridge between the type of contact (positive or negative) and intentions to act. That is, anger does not influence how these interactions affect action intentions.
7. *Empathy, sympathy, and altruism—An evident triad based on compassion.* A theoretical model for caring. The results of this study say that empathy, sympathy, and altruism are interrelated as basic elements of compassion. This compassion is an important requirement for providing good and effective care. In addition, compassion is

not an innate trait, but can be learned and developed through proper training. Therefore, confusion about the differences between empathy, sympathy, and altruism should be avoided. So that through good education, it is hoped that the ability to care can be further improved.

8. Reconsidering prosocial behavior as intersocial: A literature review and a new perspective. This study examines prosocial behavior from a psychological and behavioral perspective, especially in the aspect of social interaction. Previously, the complexity of the context in prosocial decisions was often overlooked, the influence of technology on prosocial behavior is important to note. In addition, this study also aims to find opportunities for further study that are relevant and how important prosocial behavior is to develop in everyday life.

Based on the explanation above, it can be concluded that; sharing behavior, altruism, empathy, and solidarity are fundamental elements in building a healthy and sustainable society. In the sharing behavior section, it strongly encourages individuals to help each other, create strong networks and social support. Furthermore, altruism, which is characterized by the desire to help without expecting imbalance, contributes to the well-being of others and increases a sense of togetherness in society. Another form of caring is empathy, which is the ability to feel and understand the feelings of others, can strengthen social bonds and reduce social inequality. When someone can feel concern for others, they tend to engage in prosocial actions that benefit society. The impact or consequences of these three behaviors will be able to foster solidarity, namely, as a sense of mutual support and care, moving individuals to act together in facing social challenges.

### **The Relationship between Altruism and Empathy**

Altruism and empathy are two interrelated concepts in human behavior. Altruism is the act of helping others without expecting anything in return, sometimes even sacrificing one's own interests (Valsala & Menon, 2023). Meanwhile, empathy is the ability to understand and feel the feelings of others, as if we were in their shoes (Luis et al., 2023). Altruism can appear in various forms, such as providing assistance, donating time, or showing concern without expecting anything in return. Altruistic actions can be spontaneous, such as helping someone in trouble, or planned, such as participating in social activities or volunteering (Zhou, 2024). Altruistic motivation often arises from a sense of sympathy or pity, although some theories suggest that altruism can also be driven by a sense of moral or social responsibility (Kumar, n.d., p. 2023). Empathy is divided into two types: emotional empathy and cognitive empathy (Lu et al., 2020). Emotional empathy is the ability to feel the same emotions as others, while cognitive empathy is the ability to rationally understand the feelings of others without deep emotional involvement. Based on the two types of empathy above, it is said that empathy plays an important role in building deeper social relationships because it allows us to understand and respond to other people's feelings better.

### **The Relationship between Altruism and Empathy**

Empathy often triggers altruistic behavior. When we feel the suffering of others, empathy drives us to help them. Research shows that the higher a person's level of empathy, the more likely they are to perform altruistic actions (Liu et al., 2023). However, altruism does not always require strong empathy, because it is sometimes driven by moral obligations. Thus, altruism and empathy are closely related in human social behavior. Empathy often triggers altruistic behavior by making us understand and feel the difficulties experienced by

others, thus driving us to act. However, altruism is not always driven by emotional empathy, because sometimes altruistic actions are carried out on the basis of moral or social responsibility. These two concepts play an important role in creating mutually supportive and positive social relationships.

### **The Social Influence of Sharing Behavior on Others**

Sharing behavior has a significant social impact on others. When someone shares, be it goods, time, knowledge, or emotional support, it creates a stronger and more respectful relationship between individuals. Sharing helps build trust and creates a sense of belonging, making people feel more connected to each other. When someone receives help or support through the act of sharing, they will feel valued and cared for (Walsh et al., 2023). This can improve their emotional well-being, reduce stress, and provide a sense of optimism towards existing social relationships. A sense of togetherness and a spirit of mutual cooperation will emerge, creating a more open and caring environment for each other. In addition, sharing behavior can encourage others to do the same, creating a chain effect. Those who receive benefits from the act of sharing tend to be more motivated to continue the cycle of sharing to others. This strengthens the value of togetherness in a group or community and helps foster a spirit of ongoing kindness. On the other hand, sharing can also expand one's social network. When individuals share experiences, knowledge, or resources, they create opportunities for greater collaboration and support. This can be said to be a form of expanding opportunities for individuals to connect with people who have similar interests or goals, strengthening communities, and creating a sense of unity. Thus, sharing behavior can be said to have a strong social influence in improving welfare, strengthening relationships between individuals, and fostering a sense of solidarity among people around them (Widana et al., 2024).

### **Factors that motivate sharing behavior**

Sharing behavior is influenced by various factors that encourage individuals to engage in this action. One of the main factors is empathy, where a person can feel and understand the difficulties of others, so that they are motivated to provide assistance. A social environment that supports sharing is also very influential; when individuals are in a community that encourages cooperation and mutual assistance, they are more likely to share (Rezaei et al., 2023). A sense of social responsibility emerges as another motivation, where individuals feel they have an obligation to help others. Education that emphasizes the values of kindness and sharing also plays an important role in shaping this attitude. In addition, positive experiences from previous sharing actions can create an urge to continue doing this behavior. Another motivating factor is the support of friends or family. When individuals see those closest to them sharing, they tend to feel inspired to do the same (Widana et al., 2019). Gratitude for what they have can also encourage someone to help those who are less fortunate. Overall, the combination of these factors creates a strong foundation for sharing behavior in society (Yasa et al., 2023).

### **CONCLUSION**

Based on the results of the literature, sharing in the context of altruism can be said to be the key to strengthening social relationships, increasing empathy, and strengthening solidarity in society. Through the act of sharing, individuals not only give something, but also create opportunities for deeper understanding and interaction, which ultimately strengthens relationships between individuals. Despite obstacles such as social stigma and economic inequality, sharing behavior still has significant potential in building more inclusive, cooperative, and resilient communities.



## ACKNOWLEDGEMENTS

With great respect, we would like to express our deepest gratitude to the promoters and authors of the journal for their valuable work entitled "Sharing Behavior in the Context of Altruism as a Form of Strategy for Building Empathy and Solidarity." to Prof. Dr. I Wayan Widana, S.Pd., M.Pd., Prof. Dr. I Nyoman Sudana Degeng, M.Pd., Prof. Dr. Muslihati, S.Ag., M.Pd., and Prof. Dr. Henny Indreswari, M.Pd., I would like to express my gratitude for the dedication, hard work, and deep thinking that have been poured into this research. This journal not only enriches insight into sharing behavior in the context of altruism, but also provides new inspiration in efforts to build empathy and solidarity in society. The systematic presentation and strong arguments in this journal are important contributions to the development of science, especially in the fields of social and psychology. Hopefully this work can continue to inspire and be a useful reference for various parties who want to deepen their understanding of strategies for building empathy and solidarity. Once again, thank you for your contribution in opening new horizons for the development of science and social practice in society. With high respect and appreciation, Kadek Suhardita

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