P-ISSN: 2808-0467
E-ISSN: 2808-5051
Homepage: https://iss.internationaljournallabs.com/index.php/iss

THE EFFECT OF SELF-LOVE AND STRESS COPING ON BATTALION SOLDIERS' WIVES' RESILIENCE

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PAPER INFO

Received: *August 2022*
Revised: *August 2022*
Approved: *August 2022*

ABSTRACT

Background: The wives of the *Paskhas* 461st Battalion Soldier will encounter difficult problems in life, but they must be able to overcome them. For this reason, the wives of the *Paskhas* Battalion Soldier must have faith in their ability to handle these challenges without harshly criticizing or judging herself if they make mistakes or fail.
Aim: The purpose of this study is to examine the influence of self-compassion on resilience, the influence of coping stress on resilience, and the influence of self-compassion and coping on resilience.
Method: This study is quantitative. The subjects in this study were the wives of the Soldiers of the 461st Battalion 461 *Paskhas* Jakarta with a total of 108 samples using the purposive sampling technique. This study used 3 measuring instrument scales, namely: the resilience measuring instrument scale, the self-compassion measuring instrument scale, and the stress coping measuring instrument scale.
Findings: The results of this study show that there is significant confusion between self-compassion towards resilience with R *Square* = 0.451 with a signification of 0.000 < (p) = 0.05. There is a significant influence between coping on resilience with n = 0.578, F_{count} = 55.58, F_{table} = 0.009. There is a significant influence between self-compassion and coping stress on resilience with R-Square = 0.495 with a signification of 0.000 < (p) = 0.05.

KEYWORDS *resilience, self-love, stress coping*

INTRODUCTION

Paskhas is a Corps that serves as a ground combat unit owned by the Air Force. *Paskhas* has many units, one of which is the 461st Battalion in Jakarta. Soldiers of the 461st Battalion are always assigned to perform duties from the state, therefore Soldiers of the 461st Battalion must leave wives and children within a certain period.

For the wives of the 461st Battalion Soldier of *Paskhas* when they are left to serve by their husband is not an easy thing. The wives of the 461st Battalion Soldier of *Paskhas* must take care of all the obligations of the role of a wife, mother, even the role of a member of an organization plus having to carry out the duties of being the head of a temporary household which is certainly not easy to carry out alone.

The situation made the wives of the 461st Battalion Soldier *Paskhas* feel difficult, depressed, and even stressed. For this reason, it requires a psychological ability to rise from the situation and condition that makes the slump. This ability is called resilience. It takes resilience so that the soldiers of the 461st Battalion Soldiers can be more adaptive and can solve all household matters without feeling burdened. According to research conducted by Permatasari (2018), *Brimob* (Indonesian police) wives in Central Java who have similar cases, namely being left by their husbands to serve in conflict areas, show a low level of review. Therefore, not all Members' wives have high resilience.

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According to Papalia (2015) resilience is a type of personality with traits such as good adjustment ability, self-confidence, independence, articulation, attention, helpful and task-centered. According to Strand et al. (2009), if individuals have a high level of resilience tend to feel more positive when they are in a state of stress. For this reason, individuals need resilience skills to be able to live a life away from stress (Pragholapati et al., 2020).

When someone face problems, they often feel that they are failing, and feel inadequate, even blame themselves (Ronnie & Philip, 2021). For this reason, they need the ability to be able to cultivate a sense of acceptance and self-love, namely self-compassion. Research conducted by Yarnell and Neff (2013) shows the results that individuals who love themselves tend to be able to solve problems by balancing the needs of themselves and others. With high self-affection, a wife of a 461st Battalion Soldier *PASKHAS* prefers to make compromises rather than put aside their needs when they have problems with their spouse, children, or the environment.

When facing problems, the wives of the *Paskhas* 461st Battalion Soldier will experience problems that are not easy but must be able to rise from the situation, for this reason, the wives of the *Paskhas* Battalion Soldier needs to have confidence that she can face these life problems without criticizing and judging herself too sharply if she experiences mistakes or failures.

The ability of individuals to adapt and have resistance to stressful conditions and situations individuals require effective efforts to overcome their problems (Kassymova et al., 2019). Efforts to deal with these pressures are known as a stress coping. Kumpfer (1999) says coping has a significant role in the process of developing resilience. Li (2008) says that resilience is the result of the use of active coping such as seeking help and solving problems. According to Lazarus (in Lazarus & Folkman, 1984), stress coping is a cognitive and behavioral effort that is carried out continuously to regulate pressures from inside and outside the self that is considered threatening. Feldman (1999) defines coping as the efforts that individuals make to control, reduce, or learn to tolerate threats that can be stressful. For this reason, the wife of the Soldiers of the 461st Battalion *Paskhas* needs coping stress to have resilience skills.

Based on the presentation of the problem phenomenon above, the author wants to empirically examine the influence between self-compassion and coping stress on resilience in the wives of Soldiers of the 461st Battalion *Paskhas* of the Air Force. Therefore, the author is interested in taking the theme of the thesis with the title "The Effect of Self-Love and Stress Coping on Battalion Soldiers' Wives' Resilience." This study aims to determine the influence of self-compassion on resilience, the influence of stress coping on resilience, and the influence of self-compassion and coping with stress on resilience.

METHOD

Operational Definition

Resilience is the ability of an individual to survive, face, and improve to turn a depressed condition into a natural thing to overcome (Garcini et al., 2021). Researchers used a resilience scale based on 7 aspects of resilience, namely emotional regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, and reaching out (Yuliana et al., 2019).

Self-compassion is the giving of affection to oneself by not judging, criticizing, and forgiving oneself for the imperfections, weaknesses, and failures experienced, and considering all included in the course of human life (Neff & Dahm, 2015). It is measured using a scale of

self-compassion includes aspects of self-kindness, self-judgment, common humanity, isolation, mindfulness, and over-identification (Gedik, 2019).

Coping is an attempt made by the individual to face the situation or conflict experienced by the individual (Rorondo & Kincaid, 2008). Researchers used a coping scale arranged based on several types of coping, namely self-control, distancing, positive reappraisal, accepting responsibility, escape/avoidance, confrontative coping, planful problem solving, and seeking social support (Das et al., 2018).

Population and Sample

In this study, the population of the study was the wife of the *Paskhas* 461 Corps soldiers with a total of 150 people. Samples are part of the number and characteristics possessed by the population, the sample taken from the population must be truly representative (Sugiyono, 2019). The sampling method used in this study is the nonprobability sampling technique with the Purposive Sampling method. Sugiyono (2019) stated that "Purposive sampling is a sample determination technique with certain considerations." The criteria for respondents who were sampled in this study were as follows:

1) A wife of the Soldiers of the 461st Battalion *Paskhas* Jakarta; and
2) Have been or are being left by their husbands for outside service.

Data Collection Techniques

In this study, data collection was carried out by filling in the psychological scale. The data research method uses the Likert scale. The Likert scale uses five response categories, with value weights as follows:

Table 1. Likert Scale Grading Table

Alternative Answers	Favorable	Unfavorable
(SS) Very Appropriate	5	1
(S) Appropriate	4	2
(N) Neutral	3	3
(TS) Not Appropriate	2	4
(STS) Highly Incongruous	1	5

Data Analysis Methods

The data analysis method used in this study is quantitative analysis in the form of calculations using the statistical method of the SPSS program version 22.0 for windows. The data analysis method in this study used simple linear regression, ETA test, dummy test, stepwise test, and normality test.

RESULTS AND DISCUSSION

The results of the first analysis using a simple Linear Regression data analysis method with the result of R-Square between self-compassion and resilience of 0.451. This shows that there is a significant influence in a positive direction, which means that the better the compassion of the wife of the 461st Battalion Soldier of *Paskhas* of the Jakarta Air Force, the

higher the resilience. Vice versa, the worse the self-compassion that belongs to the wife of the 461st Battalion Soldier of *Paskhas* of the Jakarta Air Force, the lower the resilience. This is following the results of research conducted by Permatasari (2018) on the wives of Brimob members who have similar characteristics to the wives of Soldiers of the 461st Battalion *Paskhas* of the Jakarta Air Force, namely the often left by husbands to run external services, with the result that there is a positive relationship between self-compassion with resilience in the wives of satbrimob members. With a high level of self-compassion, individuals will be able to adjust themselves to facing challenges in life more easily.

This means that if the wife of the 461st Battalion Soldier of *Paskhas* TNI AU (*Tentara Nasional Indonesia Angkatan Udara*, Indonesian National Army Airforce) Jakarta is increasingly able to have a sense of connection with others, can regulate emotions, and has a positive passion for herself, she becomes more resilient so that she can face challenges as a wife of the 461st Battalion *Paskhas* Jakarta Soldier.

Based on the results of data analysis carried out on 108 respondents, the results of calculation with the ETA test between the stress coping variable and resilience obtained results n = 0.587, F_{count} = 55.58, F_{table} = 0.009. Since F_{count} is greater than F_{table} then n is significant. This shows a significant influence in a positive direction, which means that the better the coping stress strategy owned by the wife of the 461st Battalion Soldier of *Paskhas* of the Jakarta Air Force, the higher the resilience. Vice versa, the worse the coping stress that the wife of the 461st Battalion Soldier *Paskhas* of the Jakarta Air Force, the lower the resilience.

It is also proven in the results of research conducted by Pratiwi and Hirmaningsih (2017) on women heads of poor households, which states that there is a very significant positive relationship, namely the better the coping ability to stress, the better the resilience ability of individuals. That is, the better the coping ability, the better the resilience ability possessed by the woman head of the poor household. Hence, if the wives of the 461st Battalion Soldier *Paskhas* TNI AU (*Tentara Nasional Indonesia Angkatan Udara*, Indonesian National Army Airforce) Jakarta have good stress coping ability when she is left by her husband running outside service, the possibility of being able to get out of the pressure – the pressure of the situation will also increase so that the wife of the Soldiers of the 461st Battalion *Paskhas* TNI AU (*Tentara Nasional Indonesia Angkatan Udara*, Indonesian National Army Airforce)Jakarta will be spared from stress and able to be able to develop yourself.

Resilience is the ability of individuals to survive by facing difficult situations and making themselves better in the future, and effectively turning a depressing condition into something that can be overcome (Windle, 2011). The third hypothesis test using Dummy Regression between the variables of self-compassion and coping stress on resilience obtained values of R = 0.704 and R Square = 0.495 and signification of 0.000 with (p) < 0.05 this proves that there is a significant relationship. Thus, Ha^3 There is an influence between self-compassion and coping stress on resilience in the wives of Soldiers of the 461st Battalion *Paskhas* of the Jakarta Air Force.

CONCLUSION

Referring to the results of the analysis of research data, it can be drawn, it can be concluded that there is a significant and positive influence between self-compassion on the resilience of the wife of the 461st Battalion Soldier *Paskhas* of the Jakarta Air Force with a positive direction,

which means that the better the self-compassion the wife of the 461st Battalion Soldier *Paskhas* TNI AU (*Tentara Nasional Indonesia Angkatan Udara*, Indonesian National Army Airforce) Jakarta, the higher the resilience. Vice versa, the worse the self-compassion that belongs to the wife of the 461st Battalion Soldier *Paskhas* of the Jakarta Air Force, the lower the resilience.

Then, there is a significant and positive influence between stress coping on the resilience of the wife of the 461st Battalion Soldier of *Paskhas* of the Jakarta Air Force with a positive direction, which means that the better the stress coping that the wife of the 461st Battalion Soldier *Paskhas* of the Jakarta Air Force, the higher the resilience. Vice versa, the worse the stress coping that the wife of the 461st Battalion Soldier of *Paskhas* of the Jakarta Air Force, the lower her resilience.

Finally, there is a significant and positive influence between self-compassion and stress coping on resilience in the wives of 461st Battalion Soldiers of *Paskhas* of the Jakarta Air Force. This means that the better the ability of self-compassion and the ability to cope with stress, the higher the resilience of the wife of the Soldiers of the 461st Battalion *Paskhas* of the Jakarta Air Force. The worse the ability of self-compassion and the ability to cope with stress, the lower the resilience of the wife of the 461st Battalion Soldier of *Paskhas* of the Jakarta Air Force.

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