






Psychological Well-being Structure of Indonesian Soldiers: Systematic Review

Sulistiyani Sulistiyani^{1*} , Megah Andriany² , Nur Setiawati Dewi² 

¹Department of Nursing Community, Polytechnic of Health, Ministry of Health, Jayapura, Papua Province, Indonesia;
²Department of Nursing Community, Diponegoro University, Semarang, Indonesia

Abstract

Edited by: Eli Djulejic
Citation: Sulistiyani S, Andriany M, Dewi NS. Psychological Well-being Structure of Indonesian Soldiers: Systematic Review. Open Access Maced J MedSci. 2022Feb05;10(F):736-744. https://doi.org/10.3889/oamjms.2022.8805
Keywords: Psychological well-being; Health; An Indonesian soldier
***Correspondence:** Sulistiyani, Department of Nursing Community, Polytechnic of Health Ministry of Health Jayapura, Papua Province, Indonesia. E-mail: is.listi83@gmail.com
Received: 29-Jan-2022
Revised: 25-Feb-2022
Accepted: 11-Mar-2022
Copyright: © 2022 Sulistiyani Sulistiyani, Megah Andriany, Nur Setiawati Dewi
Funding: This research did not receive any financial support
Competing Interests: The authors have declared that no competing interests exist
Open Access: This is an open-access article distributed under the terms of the Creative Commons Attribution-NonCommercial 4.0 International License (CC BY-NC 4.0)

BACKGROUND: Work-related stress can increase maladaptive coping behaviors for Indonesian soldiers, for example, smoking. The demands of maximum performance also influenced the psychological condition of soldiers at the workplace. Heretofore, a few scholars studied the positive well-being of Indonesian soldiers.

AIM: This research elaborated on Indonesian soldiers' psychological well-being structures based on their coping ability during military duty.

METHODS: The applied research method was a systematic review. The researchers took the sources from databases such as Google Scholar, Medline, PubMed, Wiley Library, ScienceDirect, and Emerald. The researchers only took articles published from 2010 until 2018. The inclusion criteria for the articles included some topics about active-duty and retired soldiers written in English and Indonesian.

RESULTS: The researchers found 11 articles about the psychological well-being of Indonesian soldiers. From these articles, the researchers elaborated six structures: Autonomy, environmental mastery, personal growth, positive correlations with others, purpose in life, and self-acceptance. These six psychological well-being structures predicted Indonesian soldiers' adaptive and maladaptive coping skills while carrying out military duties.

CONCLUSION: The Indonesian soldiers that carried out military duty needed positive psychological well-being structures. Indonesian soldiers required adaptive coping skill improvement to lose negative thoughts and maintain their mental health.

Introduction

Every soldier may experience mental illness due to the possibility of being sent off to conflict areas. These conflict areas have a connection with job risks, such as physical injuries and even death [1]. A research conducted on navy soldiers who carried out military duty in Iraq and the US showed that the soldiers suffered from mental illness (19.8%), received medication (9–20%), suffered from depression (11.2–15%), committed suicide (80%), and abused addictive substances, such as alcohol and drug (10–13%) [2], [3], [4]. Some studies also predicted women had higher risks of developing depression and post-traumatic stress disorder (PTSD) [4], [5], [6].

Mental disorder issues experienced by Indonesian soldiers included stress and depression due to job demands and pressures [7]. A research conducted on air force infantry showed that job demands for military pilots highly endangered their life safety. Thus, their psychological conditions had to receive continuous monitoring [8]. Bernanke states that soldiers suffer from stresses during combat training, military operations in conflict zones, and even office [7].

In Indonesia, job placement mismatch contributed to depression rates of Indonesian soldiers [9].

A study found personal, family, and financial issues contributed to some suicidal attempts of Indonesian soldiers [11].

Mental health issues soldiers might influence their financial states and maladaptive coping skills. Keith explains that soldiers with mental disorders or illnesses are often forced to retire. Then, these retirees contribute to 26% of the civilian unemployment rate [12]. Mental illness leads to maladaptive coping of Indonesian soldiers, for example, smoking behavior increase (47.8%). The smoking rate found in the military is higher than among civilians [13]. Mental illness lowers soldiers' job performance and ability and makes them inattentive [2].

The Indonesian National Armed Force must manage the heavy workloads and carries the job precisely. These demands require excellent accuracy within seconds. Thus, the soldiers should have heavy concentration, precision, and good character [14]. A research result found that Indonesian soldiers had low psychological well-being due to workload and responsibilities in the military. The causes included the inability to develop a positive correlation with others,

manage their surrounding environment, set purpose in life, and limit autonomy [15]. Daniaputri also found that coworkers' support in the Indonesian military increased stress by 15.3% among enlisted personnel and non-commissioned officers (NCO) [16]. These results proved that the Indonesian National Armed Forces' duties, responsibilities, job pressures, and risks influenced the soldiers' psychological well-being [15].

The effect of psychological well-being has a positive correlation to coping adaptation. It means a soldier's environmental mastery and self-evaluation decrease negative thoughts [17], [18]. Soldiers who have a positive mindset will regard workload as a challenge [2]. Positive encouragement can turn negative coping strategies into positive coping strategies for soldiers with a mental disorder, for example, training, counseling, and team-building activities [10], [19].

Personality has some correlations to positive and negative psychological well-being conditions. Then, these well-being conditions influence job performance. Heretofore, investigations on the psychological well-being of Indonesian soldiers are mostly about negative effects. In contrast, scholars rarely investigated the positive psychological well-being of Indonesian soldiers. Research development regarding the psychological well-being condition of soldiers may apply various approaches to illustrate the endurance and coping mechanism of soldiers during military duty and to prevent mental illness in soldiers. The depiction of psychological wellbeing in soldiers can improve the ability of nurses to provide treatment, social support, medical prevention, and mental health management through adaptive coping.

Methods

The applied method in this research was a systematic review study. This systematic review focused on strengthening the psychological well-being of soldiers using the Indonesian culture approach. These articles had to focus on the psychological well-being structure of Indonesian soldiers during military duty. Thus, the articles might include coping skills, adaptation, and perseverance issues. These issues were useful to depict prosperous feelings influencing retirement readiness. The researchers analyzed the data with three steps: types of research, synthesis method, and analysis mode. The researchers retrieved the articles from Google Scholar, Sage, Wiley, PubMeds, ScienceDirect, Jama Psychiatry, and Emerald, written in English and Indonesian. The reviewed articles had to be qualitative or quantitative, published from 2010 until 2018. The researchers searched the articles with a topic of psychological well-being in soldiers. The researchers assessed the article quality with a critical appraisal skill program and PRISMA tools.

Inclusion criteria in this research were key features of the target population: active and on-duty male and female soldiers and military retirees suffering from mental health issues. The setting for this systematic review was research on soldiers who worked based in an office, conflict-affected areas, or borderland. The applied keywords to search the works of literature were depression in soldiers, the stress in soldiers, suicide in soldiers, psychological well-being in soldiers, and Indonesia's national armed force profile. Figure 1 shows the database searching flow.

Review Results

The article assessment step successfully screened the articles into 11 articles shown in the following Table 1. The table describes the results based on psychological well-being in soldiers.

Autonomy

Decision-making in Indonesian soldiers is still considered low or not good enough, because there is external pressure at the military workplace. Decision-making in Army is still dependent on leaders with a long regulation process based on the organizational structure of the armed force. Studies about psychological well-being in Indonesian soldiers resulted in 41.2% due to authority limitations for enlisted personnel and NCO [15]. Faiqoh also found low decision-making in Indonesian soldiers, 57.9% [20]. Therefore, management officers might apply strategies to reduce the stress level of the personnel, for example, selection and placement, goal setting, job redesign, participative decision making, organizational communication, and welfare programs [21].

Environmental mastery

Soldiers who cannot master the environment will use negative coping mechanisms such as alcohol abuse and smoking. A percentage of 33% of Indonesian soldiers with work stresses chose to smoke as the maladaptive coping strategy [13]. A percentage of 51.7% smoking Indonesian soldiers had a percentage of 38.3% soldiers that did not have a good interpersonal relationship with stress levels categorized as high as 39.2% [20].

Soldiers with hardiness and good coping skill were less stressed during military duty. Research on naval soldiers found the hardiness of the soldiers leveled was 79.66% or moderate. The stress level of soldiers was 70.06%, moderate. This result has indicated a correlation between hardiness and stress coping in soldiers [22]. Military environmental mastery improved the mental health of soldiers. In Indonesia, female soldiers who received support from their spouses and other personnel at the military base had a

Table 1: Overview of well-being literature of Indonesian military

S. No.	Author/Year	Title	Research objective	Design	Sample	Finding/Results
1	Aswin, 2016	Hubungan Antara Konflik Peran Ganda Dengan psychological well-being Pada Ibu Yang Bekerja sebagai Kowad (Correlation between inter-role conflict and psychological well-being in mothers working as female soldiers)	Finding out a significant correlation between inter-role conflict and psychological wellbeing in mothers working in the armed force	Correlation qualitative research	153 female soldiers in Denpasar	The result showed a positive correlation between prosperous feelings in female soldiers. The finding indicated the fewer conflicts they experienced led to a more prosperous feeling
2	Prayana, 2015	Psychological Wellbeing Pada Tentara Nasional Indonesia Angkatan Darat (TNI AD) Makorem 083 Baladhika Jaya Malang (Psychological well-being in Indonesian Army at Baladhika Jaya 083 Regional Military Headquarter, Malang)	Illustrating psychological wellbeing and the dominant dimension of Indonesian Army personnel	Quantitative research with factorial analysis using SPSS for the t-test	129 army personnel	This research found a percentage of 60% Indonesian Army personnel in Regional Military Headquarters had low psychological wellbeing while the rest of 40% had high psychological wellbeing
3	Abintara, 2016	Pengaruh Spiritualitas Terhadap Kebahagiaan Melalui Kebermaknaan Hidup Pada Tentara Nasional Indonesia BINTALDAM V/Brawijaya (Impact of spirituality on happiness through meaningfulness of life in Indonesian National Armed Force at Mental Coaching of Military Regional Command)	Determining the true happiness through the intervention of spirituality aspect related to the meaningfulness of life	This research used a quantitative approach	40 people	Active army personnel had a high spiritual level, average meaningfulness of life, and happiness. The regression analysis showed no influence on life meaningfulness and happiness in soldiers
4	Desiningrum, 2012	Hubungan self-esteem dengan penyesuaian diri terhadap masa pensiun pada pensiunan Perwira Menengah TNI AD (Correlation between Self-esteem and Adaptation to Retirement in Commissioned Officers of Indonesian Army)	Observing the adaptation of retired Indonesian Army officers in living retirement life, assessed using self-esteem level	Correlation research method with a quantitative approach	48 retired army officers	The result of correlation analysis showed that self-esteem contributed to 41% social function aspect of self-adaptation. Self-esteem also contributed to 78% of moral aspects and 41% of health aspects
5	Aisyah <i>et al.</i> , 2017	Analisis faktor-faktor yang mempengaruhi perilaku Merokok pada anggota tni-ad di yonif mekanis 201/Jaya yudha, Jakarta (Analyzing Factors that Affect Smoking Behavior in Indonesian Army Personnel at 201/Jaya Yudha, Mechanized Infantry Regiment)	Finding out factors affecting smoking behavior in personnel of 201/Jaya Yudha, Mechanized Infantry Regiment.	cross-sectional with a quantitative approach	90 respondents	17 factors regarding smoking behavior in soldiers. The most influential factor was environment or correlation with coworkers
6	Daniaputri, 2016	Hubungan antara dukungan rekan kerja dengan stres kerja anggota tamtama-bintara tni AD dentasemen udara ahmad yani semarang (Correlation between Coworker Support and Work Stress among Enlisted Personnel and Non-Commissioned Officers of Indonesian Army at Ahmad Yani Aviation Detachment, Semarang)	Finding out the correlation between coworker support and work stress among enlisted personnel and non-commissioned officers (NCO)	A qualitative approach using the psychological scaling method	60 people from a population of 93 people enlisted as personnel and non-commissioned officers	The research obtained scores ranged from 97.5 to 126.74. Thus, the support from coworkers for enlisted personnel and non-commissioned officers was high
7	Safira <i>et al.</i> , 2016	Coping stress at work pada personel dinas psikologi tni angkatan laut (Coping Work Stress at Naval Psychology Corps)	Finding out the most applied coping strategy at maritime force to overcome work stress	A descriptive method with a quantitative approach	40 soldiers working at Indonesian Naval Psychology Corps	The average coping level of soldiers working at Naval Psychology Corps, based on normality factor, was moderate to high. Research results found that most male soldiers (30%) had high coping levels. Meanwhile, female soldiers had two dominant categories. These results remained contradictory
8	Faiqoh <i>et al.</i> , 2018	Determinan psikososial dan stres kerja pada anggota Tentara Nasional Indonesia Angkatan Darat (TNI AD) (Psychosocial Determinant and Work Stress in Indonesian Army Personnel)	Analyzing the correlation between psychosocial determinants and work stress in Indonesian Army enlisted personnel of company A at X Raider Infantry Regiment	Quantitative research and analytical method	107 Indonesian Army personnel	The statistical test result showed a positive correlation between work demands, organizational roles, and stress levels. Meanwhile, there was a negative correlation between decision-making, interpersonal correlation, and stress level. Social interaction therapy could improve communication between leader and subordinate and increase familiarity
9	Prasetyo <i>et al.</i> , 2016	Penurunan tingkat stres kerja pada penerbang militer melalui penerapan terapi yoga tawa (Stress Level Reduction in Military Pilots through Laughter Yoga Therapy)	Examining the impact of laughter yoga in reducing work stress of military pilots in Semarang, Central Java	The quasi-experiment applied with a pretest-posttest control group design	The authors compared ten military pilots of the Indonesian Army in Semarang with ten military pilots as control	T-test result showed work stress significantly decreased after laughter yoga ($t(16,025) = -8,471; p < 0,00; P < 0,001$). This result indicated that laughter yoga could be an alternative therapy to lose stress in military pilots. The work of a military pilot is not easy, so it requires an appropriate stress management approach

(Contd...)

Table 1: (Continued)

S. No.	Author/Year	Title	Research objective	Design	Sample	Finding/Results
10	Amiruddin and Ambarini, 2014	Pengaruh Hardiness dan Coping Stress Terhadap Tingkat Stres pada Kadet Akademi TNI-AL (The Impact of Hardiness and Stress Coping on Stress Level of Naval Academy Cadets)	Finding out the impact of hardiness and coping stress on stress level in cadets of a naval academy	a qualitative method with a survey	177 people from all cadet ranks, sergeant cadet, cadet second sergeant major, and cadet first sergeant major	Multiple Regression technique resulted in significant P value=0,000. It proves that hardiness and coping stress impact stress levels in cadets of the naval academy
11	Safira, 2016	Hubungan partisipasi sosial dengan kebahagiaan pada Purnawirawan Tentara Nasional Indonesia (TNI) (Correlation between Social Engagement and Happiness of Indonesian National Armed Force Retirees)	Finding out the correlation between social engagement and happiness in Indonesian National Armed Force retirees	a quantitative approach with a correlation technique	100 Indonesian National Armed Force retirees	Using Pearson's correlation analysis resulted in a correlation coefficient (r) of 0.247, which indicated a correlation between social engagement and happiness

less inter-role conflict [23]. Social support among fellow soldiers at aviation maintenance detachment lost the stress due to job demands [16]. Environmental mastery in soldiers allowed the initiation of adaptive coping to succeed in doing their duty.

Personal growth

Coping improvement in Indonesian soldiers can be assessed as personal development and self-development skill. Indonesian soldiers' coping strategy is still at a moderate level and so is the Indonesian Army retirees' self-esteem [24], [25]. The Indonesian soldiers' coping strategy can affect self-esteem and adaptability when they are retired. The correlation between self-esteem and Indonesian soldiers' adaptation is 41% related to social function aspect, 78% related to moral aspect, and related to physical health as many as 41%. Indonesian soldiers have moderate self-esteem and adaptation so that when they are retired, they will respect themselves and think positively about their condition [25].

Positive correlation with others

Indonesian soldiers who cannot build a good relationship with their comrades might have stress which can cause them to behave negatively, such as committing violence or becoming heavy smokers [13]. The skill to create a positive relationship with comrades will lose job stress in Indonesian soldiers [26].

A positive relationship in the military environment must be solid because soldiers usually have great esprit de corps. Daniatri and Abidin stated that there had been a significant correlation between coworker support and work stress [16]. The result showed that the support aspect among enlisted personnel and NCO of the Indonesian Army at Aviation Maintenance Detachment of Ahmad Yani Airbase, Semarang, ranged between 97.5 and 126.74, categorized as high. The support lowered the stress level at the Aviation Maintenance Detachment of Ahmad Yani Airbase [16]. A research result also revealed that Indonesian Army retirees actively engaged in a social activity tended to be happier than those who did not engage in social activity.

About 57% of soldiers with social activity engagement participation felt happier than those who did not, 43% soldiers [27].

Purpose in life

Indonesian soldiers hold religious values and have a good motivation, so they tend to have higher spiritual values. According to the research result, 31 out of 40 had high spiritual value. This spiritual value makes Indonesian soldiers feel meaningful and live happier. Spiritual value also gives them the purpose of life [28]. The value held by Indonesian soldiers influenced self-acceptance when they were retired and helped them achieve happiness in life [25], [28]. The number of NCO who stated that they had high meaningfulness of life and a moderate level of happiness was 29 out of 40 officers. Spiritual value had a more significant correlation with the happiness of Army personnel, with a value of $0.852 > 0.05$ [28].

Self-acceptance

Indonesian soldiers who had self-acceptance were about 60.9% [15]. Sixty percentages of Indonesian soldiers had low psychological wellbeing. This low psychological well-being influenced self-acceptance [15]. Soldiers who could accept themselves would have good self-esteem so that when they retired, they could adapt, positively value, and respect themselves [25].

Discussion

Psychological well-being in soldiers is related to work and life demands. The military environment introduces unique stresses, such as death, potential injury, loss of life, separation from family, and lack of communication with loved ones [29]. Life pressure and an uncondusive workload might increase emotional disorders, such as stress, depression, and suicidal thoughts in soldiers [5], [6].

Decision-making in the Indonesian Army has

the same system as in US Army. Autonomy in US Army is influenced by perilous principle, normative moral principle, and paternalism principle, in which leaders have dominant authority [30]. Soldier autonomy is also affected by machismo, or exaggerated masculinity inherited from leaders and comrades. Thus, machismo makes soldiers often find it hard to convey their feelings [31]. Machismo is enforced to make soldiers obedient to values and rules [31].

The ability of Indonesian soldiers to make the decision is related to low dominant autonomy because a leader overshadows [15]. Destructive leaders can drive stress among soldiers [2]. Causes of stress in Indonesian soldiers are demands from duty and participation in organizational structure controlled by management. Solutions to overcome this issue are selection and placement, goal setting, job redesign, participative decision-making, organizational communication, and welfare programs [21].

Limitation of decision-making in the Army also occurs on a soldier suffering from mental illness. Soldiers with mental illness have their decision to seek professional assistance affected [32]. Professional can help Indonesian soldiers by improving adaptive coping and psychological well-being to remove negative thoughts and boost their self-esteem [25], [28], [33]. High self-esteem of Indonesian soldiers will impact adaptation, moral aspect, and physical health [25]. Self-esteem is also related to the ability of personal evaluation in which someone will feel proud when they hold high value. On the other hand, they will feel ashamed when they have a low value [34].

Professional help can be obtained by improving military nursing service through acceptance and commitment therapy (ACT), such as yoga and mindfulness, to boost spiritual and positive thoughts [35], [36]. Yoga therapy can reduce stress levels and fatigue caused by workload so that burnout rate will also reduce [21], [37], [38] Indonesian soldiers who practiced laughter yoga therapy have reduced their stress due to work stressors [21]. Nursing service involvement in the military can be broadened by involving them in reducing stigma on soldiers with mental illness. Nursing therapy may include counseling therapy and self-help group, in which soldiers can share their experiences and find solutions to their problems [38], [39].

Soldiers who succeed in a master environment will feel mentally wealthy. Indonesian soldiers who master the environment will act under the Constitution of Indonesia and will hold the core values of Pancasila. Indonesian soldiers who have strong self-control will not be a victim mentality [14]. The ability of Indonesian soldiers to manage their environment helps them professionally do their duty. Moreover, soldiers will also hold patriotism in their heart by embracing military ethics, namely, *sapta marga* (the sevenfold way) and *delapan wajib* (eight obligations) of the Indonesian

National Armed Force [40].

Inability to masterwork the environment will impact the ability of soldiers to accomplish the military duty [2]. Mental issues such as stress, depression, and PTSD due to the inability to master the military environment are majorly experienced by female soldiers due to machismo enforcement that contrasts with their feminine nature [4], [5], [6], [31]. Environment mastery inability might lead to maladaptive copings, such as smoking behavior [13]. This coping strategy occurs due to the inability of soldiers to adapt to a new environment quickly [41], [42]. Personality components usually influence environment mastery inability in Indonesian soldiers. Goldberg stated that soldiers with strong neuroticism personalities were highly engaged to negative emotions, such as anxiety, hatred, depression, self-awareness, vulnerability, and impulsiveness [43]. Neuroticism personality is a type of personality related to negative emotions and is considered a strong predictor [44]. To prevent neuroticism personality from developing in Indonesian National Armed Force, soldiers need to possess hardiness, while they are on duty. The hardiness of Indonesian soldiers is categorized as high, and it improves the discipline and has a strong commitment to accomplishing duty by perceiving military duty as a challenge [45].

The ability of environment mastery is also considered important by the Canadian Armed Force. Canadian Armed Force has modified the military environment to become more connected and emotional so that soldiers would have a sense of belonging and feel military base like a home with comrades as family [19]. Environment mastery in soldiers is significantly affected by hardiness which can improve psychological wellbeing during military duty [46].

An effort from nurses to improve soldiers' adaptive coping can be made by creating peer support group therapy that facilitates soldiers to share motivation [47]. Soldiers who practice maladaptive coping like smoking can be intervened by providing them with a smoking cessation program where a small group is created to motivate group members to stop smoking [48]. In nursing theory, environment mastery integration improves service, especially adaptive coping [46].

Improvement of coping in Indonesian soldiers refers to self-potential skills to improve the self-esteem of armed force retirees [24], [25]. Adaptability in Indonesian armed force retirees resulted from high self-esteem when they were on active duty [25]. Indonesian soldiers who can adapt will feel happier and feel life is meaningful [49]. Achieving meaningful life will be related to self-growth ability, which is one of the components to achieve high psychological wellbeing for soldiers [2]. Self-growth to achieve psychological health is affected by personality characteristics, especially emotional welfare [2].

Indonesian soldiers who always hold on to nationalism will successfully do their duty [14]. Self-growth in Indonesian soldiers can be practiced during military duty by expressing or externalizing their idea and ability [50]. Meanwhile, soldiers who lack self-growth during military duty will experience boredom, ambiguity, isolation, helplessness, and a continuous sense of danger [51].

Neuroticism personality can make soldiers unable to develop themselves during military duty. Soldiers with extrovert personalities will be verbally and physically active, while introvert soldiers will tend to be quiet and secretive. Extravert's characteristics are required in self-growth, because it facilitates soldiers to do their hobbies during duty [43]. Self-confidence improvement can be intervened through behavior cognitive therapy that is part of nursing and health care. Soldiers can also develop their sports ability to boost their self-confidence [2].

Extravert soldiers who can maintain a positive relationship with others while doing their duty will achieve positive psychological well-being. Indonesian soldiers who gain support from their families will have less inter-role conflict [23]. Indonesian soldiers from enlisted ranks who gain support from coworkers will have low stress level [50]. Williams stated that social support is potential for supporting resources, including emotional resources. Soldiers need social support with mental illnesses such as stress, depression, and PTSD [52], [53]. Soldiers who gain support from their comrades, leaders, and subordinates will have less stress from work demands [26]. Female soldiers who gain support from family and coworkers tend to have fewer inter-role conflicts and consider the military base home [19], [23]. Social support can be provided by nurses at health-care facilities through the intervention of forgiveness therapy and peer support group therapy as preventive action [47], [48], [54].

The rate of domestic violence can also cause soldiers to not have a purpose of life and meaningful life [18], [41]. Indonesian soldiers who have a high level of meaningfulness feel that their lives are happier and more valuable, making them have a purpose in life [28]. The purpose of life of soldiers is closely related to personality characteristic of conscientiousness which focuses on individual ability to achieve the purpose of life [43]. Achieving purpose of life impacts on self-pride of the soldiers so that soldiers are ready to enter retirement [25]. Soldiers with a good purpose in life will consider work-life as their world and attain happiness [19]. The purpose of life will make life more meaningful so family burden which might become suicide trigger can be avoided [6].

Inability to achieve the purpose of life can cause Indonesian soldiers to commit acts against *Pancasila* and the Indonesian Constitution. Indonesian soldiers

with bad character quality will always find a way to commit acts against law and military disciplines [14]. Those soldiers even might disparage women. One example is infidelity committed by a military person with the spouse of his coworker [14], [55].

A mental coaching program for soldiers can become the solution to prevent improper activity so that violations committed by soldiers can be reduced. Dian Putra states that spiritual coaching can increase soldiers' positive thoughts, inform soldiers about issues they are not familiar with, and increase their religious and spiritual value [56]. Soldiers who often commit improper acts need counseling from nurses. Mindfulness therapy might be able to help soldiers by improving their spiritual value [38].

Hardiness can help soldiers accept themselves and adapt to work demands [46]. Indonesian soldiers have low psychological well-being due to a lack of self-acceptance [15]. Inability of soldiers to accept themselves will impact negative behaviors, such as smoking and alcohol abuse [13], [57]. Interpersonal theory states that someone might have suicidal thoughts, because they perceive life is hard, their self-pride is low, social communication disorder (social isolation), and inability to suppress negative feelings [3].

Self-acceptance can be seen in the attitude of female soldiers who take military base as home, family, and sharing place, where safety and comfort can be obtained from and where everyone can build cognitive and emotional balance. This strategy applied by female soldiers increases the sense of belonging and minimizes the harassment rate by balancing femininity and masculinity [19]. Self-acceptance can be achieved by developing positive feelings. An increase in positive feelings has been proven to increase prosperous feelings [58]. Self-acceptance can also be attained through the intervention of mindfulness, battle mind, and physical activity as efforts to improve psychological well-being by suppressing negative thoughts [2], [38].

The work environment and personal factors highly influence psychological wellbeing in Indonesian soldiers. Thus, interpersonal and organizational approaches are suitable. The interpersonal approach includes effective time management, physical exercise, and social support provision. On the other hand, the organizational approach can be made by a work placement under soldiers' ability and participative decision-making. This approach can be applied with the help of military nurses [21].

The role of a nurse in improving welfare includes providing counseling. Collaboration between civilian nurses and military nurses is expected to boost soldiers' endurance by conducting study, hearing, teaching, and helping armed force personnel who suffer from mental illness. The ability of nurses to create innovation in the nursing program as a promotive and preventive effort

could reduce the effect of mental illness in armed force personnel [46].

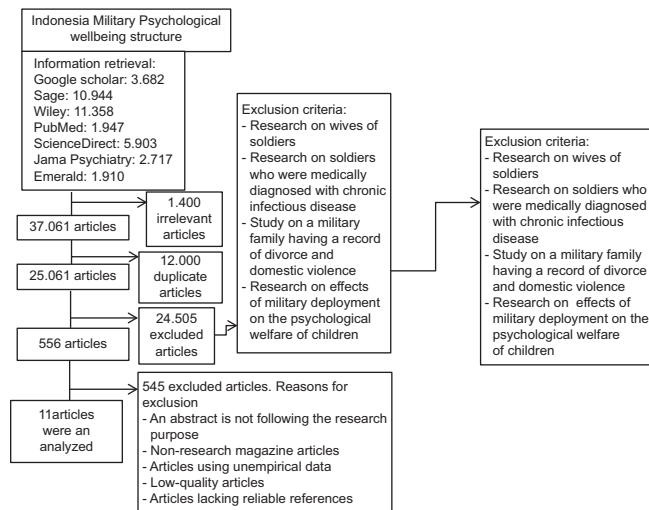


Figure 1: Database searching chart

Conclusion

Soldier welfare is significantly affected by workload and military culture. Burdens of soldiers, such as inability to maintain correlations with others, self-growth, inability to act under norms, and inability to master the environment, are negative predictors of psychological well-being. Psychological well-being improvement is required for soldiers to accomplish military duty and succeed in their careers. The role of nurses in maintaining psychological well-being structure includes improving hardiness to maintain adaptive coping. Adaptive coping can help soldiers remove negative thoughts to achieve good mental health. The nursing intervention approach in maintaining good mental health by maintaining psychological well-being can be applied through promotive and preventive efforts to avoid the psychological impact caused by workload.

Implications for future research

Further, research must maintain psychological health for the Army. Psychological well-being is strongly influenced by factors internal and external to the Army in the line of duty in the military. External factors or the work environment can make a military base a home and make your coworkers a family (Mota *et al.*, 2018). Further, research should focus on providing interventions to improve adaptive coping for the Army of the border. The research development must reveal the likelihood of experiencing depression when carrying out military duties. Psychological problems on the retired soldiers require explorations of psychological problems.

References

- Burrell LM, Adams GA, Durand DB, Castro CA. The Impact of Military Demands on Wellbeing, Army, and Family Outcomes. Hawaii: University of Hawaii Manoa Library; 2015. p. 43-58.
- Harms PD, Krasikova DV, Vanhove AJ, Herian MN, Lester PB. Stress and Emotional Well-being in Military Organizations. The Role of Emotion and Emotion Regulation in Job Stress and Well Being (Research in Occupational Stress and Well Being. Vol. 11. United Kingdom: Emerald Group Publishing Limited; 2013. p. 103-32. [https://doi.org/10.1108/S1479-3555\(2013\)0000011008](https://doi.org/10.1108/S1479-3555(2013)0000011008)
- Castro CA, Kintzle S. Suicides in the military: The post-modern combat veteran and the Hemingway effect. *Curr Psychiatry Rep.* 2014;16(8):460. <https://doi.org/10.1007/s11920-014-0460-1> PMID:24930521
- Shen YC, Arkes J, Williams TV. Effects of Iraq/Afghanistan deployments on major depression and substance use disorder: Analysis of active duty personnel in the US military. *Am J Public Health.* 2012;102 Suppl 1(Suppl 1):S80-7. <https://doi.org/10.2105/AJPH.2011.300425> PMID:22390609
- Kimerling R, Makin-Byrd K, Louzon S, Ignacio RV, McCarthy JF. Military sexual trauma and suicide mortality. *Am J Prev Med.* 2016;50(6):684-91. <https://doi.org/10.1016/j.amepre.2015.10.019> PMID:26699249
- Nock MK, Stein MB, Heeringa SG, Ursano RJ, Colpe LJ, Fullerton CS, *et al.* Prevalence and correlates of suicidal behavior among soldiers: Results from the army study to assess risk and resilience in servicemembers (army starrs). *JAMA Psychiatry.* 2014;71(5):514-22. <https://doi.org/10.1001/jamapsychiatry.2014.30> PMID:24590178
- Tamedya BG. Regulasi Emosi Personil Batalyon Artileri Medan 12 Ngawi [The emotional regulation of artillery batalyon personal in the 12-area of Ngawi. In Universitas Kristen Satya Wacana. 2016. <https://doi.org/10.1111/j.1750-3841.2011.02348.x>.
- Apreviadizy P. The stress differences seen from career mothers and non-career mothers. *J Psikol Tabularasa.* 2014;9(1):58-65. <https://doi.org/10.26905/jpt.v9i1.233>
- Syukur M. Anggota tni yang pukuli polisi alami depresi sepulang dari papua [A depressed soldier beat police officer after from Papua]. *Liputan6.* 2017. Available from: <https://www.liputan6.com/regional/read/3054326/anggota-tni-yang-pukuli-polisi-alami-depresi-sepulang-dari-papua> [Last accessed on 2021 Dec 11].
- Retaduari EA. TNI AD bantah prajurit bisa depresi setelah dapat tugas berat [The army denies soldiers may be depressed after heavy task]. *Detik News.* 2017. Available from: <https://news.detik.com/berita/d-3597629/tni-ad-bantah-prajurit-bisa-depresi-setelah-dapat-tugas-berat> [Last accessed on 2021 Dec 11].
- Muiana VA. 6 profesi dengan tingkat stress paling tinggi [6 Professions with the Highest Stress Levels]. *Liputan6.* 2016. Available from: <https://www.liputan6.com/bisnis/read/2437823/6-profesi-dengan-tingkat-stres-paling-tinggi> [Last accessed on 2021 Dec 11].
- Bell M, Nelson J, Spann S, Molloy C, Britt S, Goff B. The impact of financial resources on soldiers' well-being. *J Financ Couns Plan.* 2014;25(1):41-52. <https://doi.org/10.1002/9780470661550.ch1>
- Aisyah DC, Musthofa SB, Indraswari R. The influential factor analysis of the Indonesian army smoking behaviors of the mechanical infantry members 201/Jaya Yudha, Jakarta.

- Masyarakat J Kesehatan. 2017;5(3):504-18. <https://doi.org/10.14710/jkm.v5i3.17281>
14. Pertahanan K. Lintasan sejarah tanggal 5 Oktober sebagai hari lahirnyatantara nasional Indonesia (TNI) [The historical review of Ocotber 5 as the anniversary of Indonesia's army (TNI)]. Media Informasi Kementerian Pertahanan. 2015;56(40):56. Available from: <https://www.kemhan.go.id/wp-content/uploads/2016/03/5.-September-Oktober-2015.pdf> [Last accessed on 2021 Dec 11].
 15. Prayana K. Psychological Wellbeing Pada Tentara Nasional Indonesia Angkatan Darat (TNI AD) Makorem 083 Baladhika Jaya Malang. Indonesia: Universitas Muhammadiyah Malang; 2015.
 16. Daniaputri N, Abidin Z. Hubungan Antara Dukungan Rekan Kerja Dengan Anggota Tantama-bintara TNI Angkatan Darat Detasemen Pemeliharaan Pesawat. Indonesia: Universitas Diponegoro; 2013.
 17. Ryff CD, Keyes CL. The structure of psychological well-being revisited. *J Pers Soc Psychol*. 1995;69(4):719-27. <https://doi.org/10.1037//0022-3514.69.4.719> PMID:7473027
 18. Ryff CD. Psychological well-being revisited: Advances in the science and practice of eudaimonia. *Psychother Psychosom*. 2013;83(1):10-28. <https://doi.org/10.1159/000353263> PMID:24281296
 19. Mota NP, Medved M, Hiebert-Murphy D, Whitney D, Sareen J. Negotiating home base: Narratives of psychological well-being among female military members. *HealthPlace*. 2018;50(8):105-11. <https://doi.org/10.1016/j.healthplace.2018.01.005> PMID:29414421
 20. Faiqoh LE, Hartanti RI, Ellyke. Determinan Psikososial Dan Stres Kerja Pada Anggota Tentata Nasional Indonesia Angkatan Darat (TNI AD) (Studi Pada Anggota Tamtama Kompi A Batalyon Infanteri Raider X) Undergraduate Theses (Koleksi Skripsi Sarjana); 2018.
 21. Prasetyo AR, Nurtjahjanti H, Fauziah N, Kustanti ER. Penurunan tingkat stres kerja pada penerbang militer melalui penerapan terpai yoga tawa [The stress level decrease of military pilots by applying yoga of laughs]. *J Psikol*. 2016;15:11-20.
 22. Amiruddin JH, Ambarini TK. Pengaruh hardiness dan coping stress terhadap tingkat stres pada kadet akademi TNI-AL [The hardiness and coping stress influences on the cadets of marine academy of Indonesia]. *J Psikol Ind Organ*. 2014;3:72-8.
 23. Aswin IG. ASS. Psychological well Being Pada ibu Yang Bekerja; 2016.
 24. Safira RN, Prativhi CN, Cahya SY. Coping Stress at Work Pada Personel Dinas Psikologi TNI Angkatan Laut; 2016. <https://doi.org/10.13140/RG.2.2.12911.43681>
 25. Desiningrum DR. Hubungan self-esteem dengan penyesuaian diri terhadap masa pensiun pada pensiunan Perwira Menengah TNI AD [The correlations of self-esteem with self-adjustment towards pension among Middle Officers Of TNI AD]. *J Pemikiran Penelitian Psikol*. 2012;7:14-20.
 26. Daniaputri N, Abidin Z. Hubungan antara dukungan kerja dengan stres kerja anggota tantama-bintara TNI Angkatan Darat Detasemen pemeliharaan pesawat terbang landasan udara Ahmad Yani Semarang [The bicornelation between job and performance stress of private-non-commissioned officers of the army of plan maintenance detachment of Ahmad Yani Semarang air strip]. *J EMPATI*. 2013;2:337-43.
 27. Safira T. Hubungan Partisipasi Sosial Dengan Kebahagiaan pada Purnawirawan Tentara Nasional Indonesia (Tni) Other Thesis. Indonesia: University of Muhammadiyah Malang.; 2016.
 28. Abintara HB. Pengaruh Spiritualitas Terhadap Kebahagiaan Melalui Kebermaknaan Hidup pada Tentara Nasional Indonesia Bintaldam V/Brawijaya. Indonesia: Maulana Malik Ibrahim Malang; 2011.
 29. Al-Amri M, Al-Amri MD. Prevalence of depression and associated factors among military personnel in the airbase in Taif region. *Am J Res Commun*. 2013;1(12):21-45.
 30. Visser SL. The soldier and autonomy. *Mil Med Ethics*. 2008;1:251-66.
 31. Alfred GC, Hammer JH, Good GE. Male student veterans: Hardiness, psychological well-being, and masculine norms. *Psychol Men Masculinity*. 2014;15(1):95-9. <https://doi.org/10.1037/a0031450>
 32. Sharp ML, Fear NT, Rona RJ, Wessely S, Greenberg N, Jones N, et al. Stigma as a barrier to seeking health care among military personnel with mental health problems. *Epidemiol Rev*. 2015;37(1):144-62. <https://doi.org/10.1093/epirev/mxu012> PMID:25595168
 33. Chaturvedula S, Joseph C. Dimensions of psychological well-being and personality in military aircrew: A preliminary study. *Ind J Aerosp Med*. 2007;51(2):17-27.
 34. Townsend MC. Psychiatric mental health nursing: concepts of care in evidence-based practice 8th ed. F.A Davis company. 2015
 35. Kabat-Zinn J. Mindfulness; 2009. p. 1-4. Available from: <https://www.getselfhelp.co.uk/mindfulness.htm> [Last accessed on 2021 Dec 11].
 36. McCall J. A review of ACT made simple: An easy-to-read primer on acceptance and commitment therapy. *J Couple Relatsh Ther*. 2014;13(3):264-5. <https://doi.org/10.1080/15332691.2014.925316>
 37. Deekshitulu PV. Stress and Yoga. *J Yoga Phys Ther*. 2012;2(2):2-5. <https://doi.org/10.4172/2157-7595.1000109>
 38. Silver J, Caleshu C, Casson-Parkin S, Ormond K. Mindfulness among genetic counselors is associated with increased empathy and work engagement and decreased burnout and compassion fatigue. *J Genet Couns*. 2018;27(5):1175-86. <https://doi.org/10.1007/s10897-018-0236-6> PMID:29502147
 39. Aglen B, Hedlund M, Landstad BJ. Self-help and self-help groups for people with long-lasting health problems or mental health difficulties in a Nordic context: A review. *Scand J Public Health*. 2011;39(8):813-22. <https://doi.org/10.1177/1403494811425603> PMID:22031484
 40. Ma'arif S. Prajurit profesional-patriot: Menuju TNI profesional pada Era Reformasi. *J Sociol Masy*. 2014;19(2):257-86.
 41. Ursano RJ, Stein MB, Mash HB, Naifeh JA, Fullerton CS, Zaslavsky AM, et al. Documented family violence and risk of suicide attempt among U.S. army soldiers. *Psychiatry Res*. 2018;262:575-82. <https://doi.org/10.1016/j.psychres.2017.09.046> PMID:28965813
 42. Mota NP, Medved M, Wang JL, Asmundson GJ, Whitney D, Sareen J. Stress and mental disorders in female military personnel: Comparisons between the sexes in a male dominated profession. *J Psychiatr Res*. 2012;46(2):159-67. <https://doi.org/10.1016/j.jpsychires.2011.09.014> PMID:22024487
 43. Barakat A, Othman A. The five-factor model of personality and its relationship to cognitive style (rush and prudence) and academic achievement among a sample of students. *J Educ Pract*. 2015;6(35):156-65.
 44. Verduyn P, Brans K. The relationship between extraversion, neuroticism and aspects of trait affect. *Pers Individ Dif*. 2012;52(6):664-9. <https://doi.org/10.1016/j.paid.2011.12.017>
 45. Lina DM. Hubungan Antara Kepribadian Hardiness Dengan Kedisiplinan pada Anggota TNI [The correlation between hardiness personality and the disciplines of the army members]. Skripsi Thesis, Universitas Muhammadiyah Surakarta; 2018.

46. Simmons A, Yoder L. Military resilience: A concept analysis. *Nurs Forum*. 2013;48(1):17-25. <https://doi.org/10.1111/nuf.12007> PMID:23379392
47. Funk M, Drew N. *Creating Peer Support Groups in Mental Health and Related Areas*. Geneva: World Health Organization; 2012. Available from: https://www.apps.who.int/iris/%0Abitstream/10665/70927/3/9789241548410_eng.pdf [Last accessed on 2021 Dec 11].
48. Akhtar S, Barlow J. Forgiveness therapy for the promotion of mental well-being: A systematic review and meta-analysis. *Trauma Violence Abuse*. 2018;19(1):107-22. <https://doi.org/10.1177/1524838016637079> PMID:27009829
49. Abintara HB. Pengaruh Spiritualitas Terhadap Kebahagiaan Melalui Kebermaknaan Hidup Pada Tentara Nasional Indonesia Bintaldam V/Brawijaya; 2015. p. 11410082. Available from: <https://www.etheses.uinmalang.ac.id/id/eprint/1523> [Last accessed on 2021 Dec 11].
50. Priambudi I, Purnama H, Prasetyo A. Konsep diri atas profesionalisme anggota tentara nasional Indonesia (studi fenomenologi anggota tentara kalangan bintara detasemen perhubungan kostrad bogor) [The self-concept of the Indonesia national army member professionalism: a phenomenological study of the army members found in the non-commissioned officer of army strategic reserves command]. *eProceed Manage*. 2015;2:2188-96.
51. Sharma S. Occupational stress in the armed forces: An Indian army perspective. *IIMB Manag Rev*. 2015;27(3):185-195. <https://doi.org/10.1016/j.iimb.2015.06.002>
52. Williams P. *What is Social Support ? A Grounded Theory of Social Interaction in the Context New Family*. Australia: University of Adelaide Public Health; 2005. p. 266. Available from: <https://www.digital.library.adelaide.edu.au/dspace/bitstream/2440/49476/1/02whole.pdf> [Last accessed on 2021 Dec 11].
53. Jacob M. *A Metatheoretical Analysis of Social Support Theory*. United States: The University of Texas at Arlington; 2015.
54. Fooladi MM. The role of nurses in community awareness and preventive health. *Int J Community Based Nurs Midwifery*. 2015;3(4):328-9. PMID:26448960
55. Kumalasari T. *Penyelesaian perkara tindak pidana perzinahan yang dilakukan prajurit tni di pengadilan militer ii-11 Yogyakarta [The adultery case settlement committed by soldiers at military court ii-11 Yogyakarta]*. Universitas Sebelas Maret Surakarta. 2008.
56. Putra D. Analisis pembinaan mental rohani Islam di tni ada komando daerah militer (kodam) Jaya/Jakarta Cawang [The analysis of Islamic spiritual mental empowerment for the army in regional military command (kodam) Jaya/Jakarta Cawang]. Universitas Islam Negeri Syarif Hidayatullah. 2013. Available from: <https://repository.uinjkt.ac.id/dspace/handle/123456789/32430> [Last accessed on 2021 Dec 11].
57. Finnegan A, Finnegan S, Thomas M, Deahl M, Simpson RG, Ashford R, *et al*. The presentation of depression in the British army. *Nurse Educ Today*. 2014;34(1):83-91. <https://doi.org/10.1016/j.nedt.2013.02.020> PMID:23537941
58. Hernandez R, Bassett SM, Boughton SW, Schuette SA, Shiu EW, Moskowitz JT. Psychological well-being and physical health: Associations, mechanisms, and future directions. *Emot Rev*. 2017;1(1):175407391769782. <https://doi.org/10.1177/1754073917697824>