

# MODEL FOR REDUCING MOTHER'S ANXIETY IN THE ENVIRONMENT OF FLAT KOARMADA II WITH PSYCHOLOGICAL WELL-BEING MEDIATORS AND ENVIRONMENTAL CONTROL

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## ABSTRACT

Psychological Well-Being (PWB). PWB results from a person's evaluation or assessment of himself, which is an evaluation of his life experiences. The role of a sailor's wife, commonly called a jalasenastri mother, becomes very important in maintaining her PWB so that it can run smoothly, both playing the role of mother and father when her husband is serving at sea as a sailor. However, sometimes there is Anxiety that always accompanies it. Happens. Playing multiple roles at once is not an easy thing. This study aimed to formulate indicators of cognition, behavior, and motivation to reduce Anxiety for the wife of Jalasenastri Seafarers in the Koarmada II flat environment with psychological Well being and environmental mastery as mediators. The research was conducted in the Armatim Navy flat aimed at the wives of sailors who lived in the flat, as many as 158 respondents, statistical calculations using SEMPLS. The variables in this study are X1 motivation, X2 behavior, X3 cognitive, Y1 psychological well-being, Y2 environmental mastery, and Y3 Anxiety. The results obtained that psychological Well Being (Y1) **affects** a Decrease in Anxiety (Y3). The results of the analysis of the results of hypothesis testing show a positive path coefficient of 0.095. This indicates that Well Being ) effect on decreasing Anxiety (Y3) Psychological ( Y1 significant Anxiety reduction (Y3) is accepted. Environmental control (Y2) **affects** Decreased Anxiety (Y3). The results of the analysis of the results of hypothesis testing show a positive path coefficient of 0.181. This indicates that environmental mastery (Y2) has a significant effect on decreasing Anxiety (Y3). This means that hypothesis 8, which suspects that environmental mastery (Y2) has a significant effect on decreasing Anxiety (Y3), is accepted. This means that the better environmental mastery (Y2), the more significant impact on increasing anxiety reduction (Y3).

**Keywords:** Motivation, behavior, cognitive, psychological Well Being, Environmental mastery, Anxiety.

## INTRODUCTION

The role of parents as object figures for children is the most important thing for children's psychological and physical development. The views of parents who often pay attention to children, with parents who do not pay attention to them, thus allowing children to grow up on their own without knowing that it is wrong or right. Having a husband who is a sailor from the Navy dimension has a role as an authoritarian figure

in the family, both as a breadwinner as well as a giver of love, thus obliging him to meet the needs of the lives of his children and wife, the profession as a sailor allows for missing moments of child development and interaction intense relationship between children and wife, the experience gained is not comparable to the loss of togetherness with family members. Likewise, the role of a mother with love, attention, and greatest hope for the children in the future, the role of the mother

here is very influential on the children's success in the future. A wife who has a husband who is a sailor is a big challenge to live her own household life, both in raising children and meeting children's needs as well as meeting family needs. Every individual has a need that never stops until the individual experiences death. To meet the needs of life, individuals will have pleasant and unpleasant experiences that lead to happiness and unhappiness. In psychology, research on happiness and unhappiness is known as Psychological Well Being (PWB). According to Ryff (1989), Psychological Well Being has six dimensions, namely: self-acceptance (self-acceptance), positive relationships with others (positive relations with others), self-development (personal growth), and purpose in life (purpose in life), environmental mastery (environmental mastery), and independence (autonomy). Changes in the development of each individual to achieve good psychological well-being can be influenced by environmental conditions, both internal and external, for example, close relationships between people, personality, motivation, lifestyle, personal identity, and cognition. This creates a link between the research variables to be studied. The meaning of psychology or Psychological Well Being on the wife of the Jalasenastri sailor can run well if they are mutually sustainable so that a meaningful life is formed. However, gaps will appear if it does not go well, impacting Anxiety and excessive worry.

## LITERATURE REVIEW

### **Understanding Psychological Well Being**

practiced in mental health, quality of life, and gerontology social. According to Ryff, CD, & Keyes, CLM (1995), Psychological Well Being is known as one of the criteria for mental health, in addition to two other criteria, namely no mental illness and normality.

Psychological Well Being (PWB) is happiness and unhappiness or what is

commonly called Psychological Well-being Ryff (1995) defines this PWB as the result of a person's evaluation or assessment of himself, where the evaluation of life experiences causes a person to be aware of his situation so that what makes a person's PWB is low or tries to improve his life so that his PWB increases. PWB has six dimensions, including the following: Armsden, GC, & Greenberg, MT (1987).

1. Self-acceptance is a person's positive attitude towards oneself and is an essential characteristic of psychological well-being.
2. A positive relationship with others is related to a person's ability to establish warm, satisfying, trusting, and mutually give and take interpersonal relationships.
3. Self-development ( Personal Growth ), including the ability to grow and develop self-potential on an ongoing basis.
4. The purpose of life ( Purpose in life ) includes beliefs that give a feeling that there is a purpose and meaning in his life, both past and currently being lived.
5. Environmental mastery includes the individual's ability to choose and create an environment based on his values and needs.
6. Autonomy, related to individual independence in living their lives, is related to the ability to direct oneself. Independence and the ability to regulate behavior.
7. Autonomy, related to individual independence in living their lives, is related to the ability to direct oneself.

### **Anxiety**

is a general feeling in nature, where a person feels afraid or loses self-confidence whose origin or form is unclear. Anxiety is a state of feeling in which individuals feel weak, so they do not dare and are unable to behave and act rationally as they should. Symptoms of Anxiety are divided into two types, namely:

#### a. Somatic Symptoms

Examples include shortness of breath, chest pressure, lightheadedness, aches and pains, epigastric pain, fatigue, and cold sweats.

### b. Psychological Symptoms

For example, it is worrying, inability to relax, insecurity, difficulty relaxing, insecurity, and difficulty concentrating.

### **Behavior**

Behavior results from all kinds of experiences and human interactions with their environment manifested in knowledge, attitudes, and actions. Behavior is an individual's response/reaction to stimuli from outside or within himself.

### **Motivation**

According to Weiner (quoted by Elliot et al.), the notion of motivation is an internal condition that arouses a person to act, encourages individuals to achieve specific goals, and keeps individuals interested in certain activities. Five levels of basic needs, namely: needs physiological, safety needs, belonging and love needs, esteem needs, and self-actualization. Maslow hypothesized that after the individual satisfies the needs at the lowest level, the individual will satisfy the needs at the next level.

### **Cognitive**

#### Taxonomy (1956)

Cognitive includes the ability to restate concepts or principles that have been studied, which relates to thinking skills, competence to acquire knowledge, recognition, understanding, conceptualization, determination, and reasoning.

Learning objectives in the cognitive (intellectual) domain or according to Bloom, are all activities involving the brain, which is divided into six levels according to the lowest to the highest level, which is symbolized by C (Cognitive)

. Manage the environment, take advantage of existing opportunities, and create and control the environment according to needs. Individuals high in the environmental mastery

dimension have confidence and competence in managing the environment. Individuals can control external activities in their environment, including managing and controlling daily life situations, taking advantage of opportunities that exist in the environment, and choosing and creating an environment that suits their personal needs. On the other hand, individuals with low environmental mastery will have difficulty managing daily situations and feel unable to change or improve the quality of their surrounding environment. They cannot take advantage of their surrounding environment's opportunities.

### **RESEARCH METHODS**

The research approach used in this research is quantitative. Quantitative research is one type of educational research in which the researcher decides what to research, formulates specific questions, limits questions, collects measurable data from participants, analyzes numbers using statistics, and conducts impartial investigations, in an objective manner. Quantitative research requires the study of a population sample and relies heavily on numerical data and statistical analysis.

In this study, several hypotheses will be tested by the indicators (indicator variables) and the regression relationship in the structure of the relationship, which is considered to have a direct or indirect effect. The hypothesis uses SEM (structural equation modeling). This type of research is a survey, while the method is an analytical explanatory study. A descriptive study is a research method that takes from a population and uses a questionnaire as a data collection tool.

### **RESULTS AND DISCUSSION**

In this study, data were obtained for 158 respondents in 10 (ten) flats located in Fleet II Surabaya, as follows:

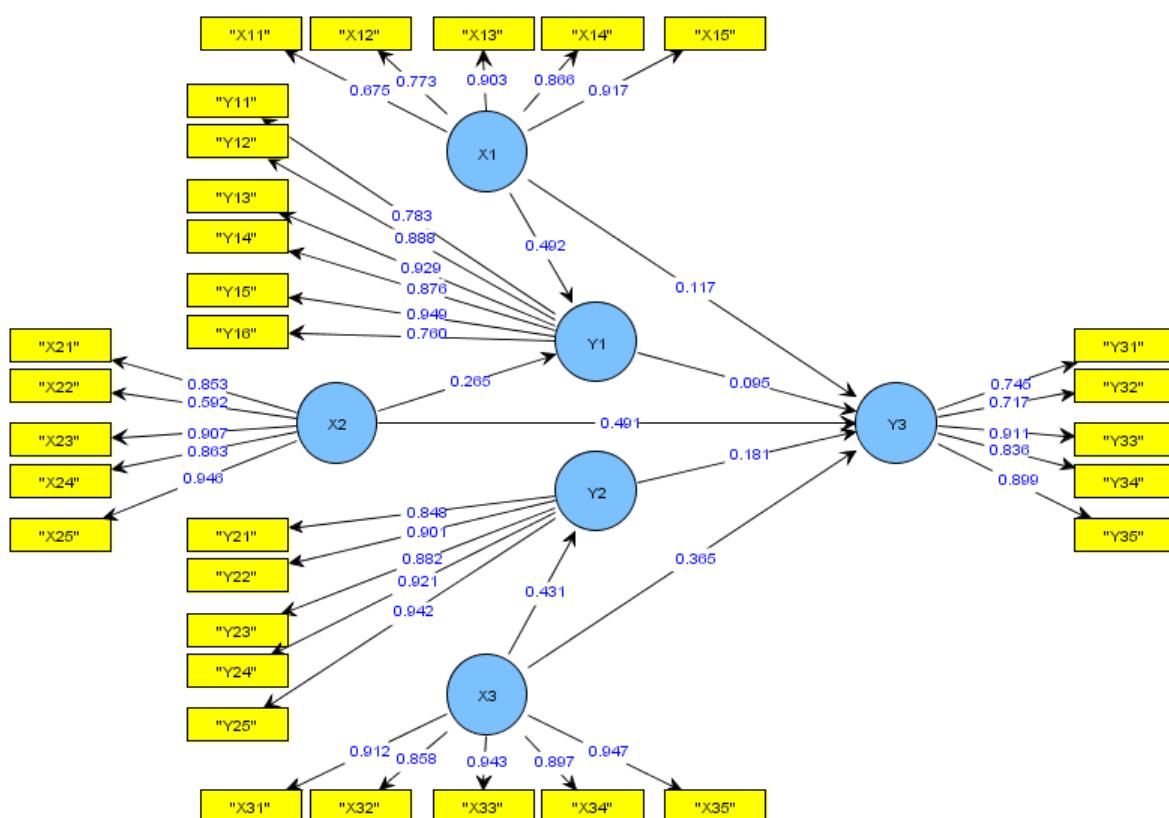
No	Name of flat	Unit of ship	Number of respondents	Percentage
1	A1	Coordination unit	14	8,86
2	A2	Coordination unit	21	13.3
3	A3	Amphibious unit	13	8.2
4	A4	Amphibious unit	15	9.5
5	A5	Submarine unit	12	7.6
6	A6	Combined	14	8.9
7	B1	Fast boat unit	14	8.9
8	B2	Transport unit	18	11,4
9	B3	Control unit	15	9.5
10	B4	Help unit	22	13.9
		Total	158	100%

Characteristics of respondents in this research instrument include age, education, occupation, and family members.

The validity test is intended to determine whether the questions in the questionnaire are representative. The validity test used confirmatory factor analysis on each latent variable. The second test measuring instrument is Reliable, which is an index that shows the extent to which the measuring instrument is

reliable. Reliability is a measure of the internal consistency of the indicators of a constructed variable that shows the degree to which each indicator indicates a general formation variable.

After testing the validity and reliability of all latent variables with valid and reliable results, the latent variables can be continued in the analysis in the form of a path diagram presented in Figure 4.6 below.



The results of the complete model test above with the SmartPLS program can be seen from the R-Square that describes the goodness-of-fit

of a model. The recommended R-square value is greater than zero. The results of this research data processing using Smart PLS.

**Table 5.27** Goodness of Fit from R-Square

Variable	R-Square
motivation (X1), behavior (X2), cognitive (X3) →, psychological Well Being (Y1)	<b>0,512</b>
Cognitive (X3) Environmental Mastery (Y2)	<b>0.186</b>
motivation (X1), behavior (X2), cognitive (X3), psychological Well Being (Y1), and environmental mastery (Y2) decrease in Anxiety (Y3)	<b>0.305</b>

The interpretation of each path coefficient is as follows:

**1. Hypothesis 1:** Motivation (X1) affects psychological Well Being (Y1).

The results of the analysis in Table 5.28 can be seen that the results of the hypothesis test show a positive path coefficient of 0.492 with a t-statistic of 12.326, which is greater than  $t_{table} = 1.96$ . This shows that motivation (X1) significantly affects Psychological Well Being (Y1). This means that hypothesis 1, which suspects that motivation (X1) has a significant effect on Psychological Well Being (Y1), is accepted.

**2. Hypothesis 2:** Behavior (X2) affects psychological Well Being (Y1).

The results of the analysis in Table 5.28 can be seen that the results of the hypothesis test show a positive path coefficient of 0.265 with a t-statistic of 6.501, which is greater than  $t_{table} = 1.96$ . This shows that Behavior (X2) significantly affects Psychological Well Being (Y1) by 0.265. This means that hypothesis 2, which assumes that Behavior (X2) has a significant effect on Psychological Well Being (Y1), is accepted.

**3. Hypothesis 3:** Cognitive (X3) effect on environmental mastery (Y2).

The results of the analysis in Table 5.28 can be seen that the results of the hypothesis test show a positive path coefficient of 0.431 with a t-statistic of 11.186, which is greater than  $t_{table} = 1.96$ . This shows that Cognitive (X3) significantly affects environmental mastery (Y2). This means that hypothesis 3, which assumes Cognitive (X3) has a significant effect on environmental mastery (Y2), is accepted.

**4. Hypothesis 4:** Motivation (X1) affects decreasing Anxiety (Y3).

The results of the analysis in Table 5.28 show that the hypothesis test results show a positive path coefficient of 0.117 with a t-statistic of 2.125 greater than  $t_{table} = 1.96$ . This shows that motivation (X1) has a significant effect on decreasing Anxiety (Y3). This means that hypothesis 4, which suspects motivation (X1) has a significant effect on anxiety reduction (Y3), is accepted.

**5. Hypothesis 5:** Behavior (X2) affects decreasing Anxiety (Y3).

The results of the analysis in Table 5.28 can be seen that the results of the hypothesis test show a negative path coefficient of 0.491 with a t-statistic of 9.610, which is greater than  $t_{table} = 1.96$ . This shows that behavior (X2) significantly decreases Anxiety (Y3) by

0.215. This means that hypothesis 5, which suspects behavior (X2) affects anxiety reduction (Y3), is accepted.

**6. Hypothesis 6:** Cognitive (X3) affects decreasing Anxiety (Y3).

The results of the analysis in Table 5.28 can be seen that the results of the hypothesis test show a positive path coefficient of 0.365 with a t-statistic of 6.576, which is greater than  $t_{\text{table}} = 1.96$ . This shows that cognitive (X3) has a significant effect on decreasing Anxiety (Y3). This means that hypothesis 6, which suspects Cognitive (X3) has a significant effect on decreasing Anxiety (Y3), is accepted.

**7. Hypothesis 7:** Psychological Well Being (Y1) **affects** Decrease in Anxiety (Y3)

The results of the analysis in Table 5.28 can be seen that the results of the hypothesis test show a positive path coefficient of 0.095 with a t-statistic of

2.052, which is greater than  $t_{\text{table}} = 1.96$ . This shows that psychological Well Being (Y1) significantly decreases Anxiety (Y3) by 0.416. This means that hypothesis 7, which suspects that psychological well-being (Y1) has a significant effect on anxiety reduction (Y3), is accepted.

**8. Hypothesis 8:** Environmental control (Y2) **affects** Decreased Anxiety (Y3).

The results of the analysis in Table 5.28 can be seen that the results of the hypothesis test show a positive path coefficient of 0.181 with a t-statistic of 3.711, which is greater than  $t_{\text{table}} = 1.96$ . This shows that environmental mastery (Y2) has a significant effect on decreasing Anxiety (Y3). This means that the better environmental mastery (Y2), the more significant impact on increasing anxiety reduction (Y3). This means that hypothesis 8, which suspects that environmental mastery (Y2) has a significant effect on decreasing Anxiety (Y3), is accepted.

### Total Effect of Research Variables

Total Influence		Intervening Variables		Variables Endogenous
		Psychological Well-Being (Y1)	Environmental control (Y2)	Decreased Anxiety (Y3)
Exogenous Variables	Motivation (X1)	<b>0.492</b>		<b><math>0.117 + 0.047 = 0.164</math></b>
	Behavior (X2)	<b>0.265</b>		<b><math>0.491 + 0.025 = 0.519</math></b>
	Cognitive ( X3)		<b>0.431</b>	<b><math>0.365 + 0.078 = 0.443</math></b>
Intervening Variable	Psychological Well-Being (Y1)			<b>0.095</b>
	Environmental control (Y2)			<b>0.181</b>

### CONCLUSION

Indicators of motivation, cognitive, behavioral, and environmental mastery have a significant

role in the model for decreasing the Anxiety of sailors' wives. Based on the indicators in this study, namely motivation, cognitive behavior,

Psychological Well being, and environmental mastery of seafarers' wives in Flat Armatim Surabaya. The indicator of Psychological well-being of research respondents in the Armatim flat can be a mediator in decreasing the Anxiety of a sailor's wife. In contrast, the motivation indicator (X1) has a direct effect on Psychological Well Being (Y1) and can reduce the decrease in Anxiety (Y3). Then, the Behavior indicator (X2) has a direct effect on psychological Well Being (Y1), able to reduce Anxiety (Y3). Cognitive indicators have a direct effect on environmental mastery (Y2) and can reduce Anxiety (Y3). Then, Psychological Well Being (Y1) directly affects decreasing Anxiety (Y3). Moreover, environmental control (Y2) directly affects decreasing Anxiety (Y3) of sailors' wives in Armatim flats. The model for reducing the Anxiety of sailors' wives is Psychological Well Being as a mediator that can enormously reduce the Anxiety in the fishers' wives of jalasenastri. This shows that the indicators of this research are continuously being able to train together how to suppress or reduce the Anxiety that occurs because the decrease in Anxiety that occurs in each respondent can attach the importance of environmental mastery in interacting with position status, age, education, the number of different family members in a place or place of residence, namely in the Armatim Surabaya flat environment, so that under these conditions, the need for personal management as a means and infrastructure in controlling the environment, so that later it can be accepted in that environment, as a unit of Jalasenastri.

## SUGGESTION

The mechanism in accepting the status of being a seafarer's wife is different, so the role played in Psychological Well Being, or psychological well-being, will be dynamic if it is supported by how environmental control occurs. Age differences, education level, husband's position in the service, and the number of family members living in the flat can affect how anxious each seafarer's wife is because, from a

different point of view, it varies from wife to wife. Increasing the interaction of each seafarer's wives between one block and another or one room with another can balance a difference. Then warm communication with mastery of a stable environment and mutual understanding between blocks with one another, so as not to cause social jealousy, where reasonable environmental control can form that those in the flat are the same, both under the auspices of Jalasenastri, as a unit that all is the same—strengthening the role of respected figures so that they understand that the control of the living environment is not to compete with what is owned so that later it can become a forum for associations that are in tune with one goal.

Strengthening the role of the community in the form of program activities, it is necessary to have a task role in each association so that it can proceed in its implementation and supervision of each program that is carried out to create positive things for the control of the residential environment.

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