

Mindfulness sebagai Mediator Hubungan Resiliensi dengan Distres Psikologis pada Prajurit TNI AD yang Sedang Melaksanakan Tugas Operasi di Daerah Rawan Konflik saat Pandemi Covid-19. =
Mindfulness as a Mediator for the Relationship between Resilience and Psychological Distress in Indonesian Army Carrying Out Military Operations in Conflict - Prone Areas during the Covid-19 Pandemic

Daryan Nur Rifat, author

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Abstrak

Penelitian ini bertujuan untuk mencari tahu apakah mindfulness berperan sebagai mediator pada hubungan resiliensi terhadap distres psikologis pada prajurit TNI yang sedang melaksanakan tugas operasi daerah rawan konflik saat masa pandemi Covid-19. Pengambilan data penelitian ini dilakukan dengan menyebarkan kuesioner Hopkins Symptoms Checklist-25 (HSCL-25), The Connor-Davidson Resilience Scale 10 (CD-RISC 10), dan Five Facet Mindfulness Questionnaire (FFMQ) secara daring. Diperoleh data sejumlah 169 sampel prajurit TNI AD (100% laki-laki) yang sedang bertugas di daerah rawan konflik. Analisis mediasi dilakukan dengan analisis model mediasi pada makro PROCESS dari Hayes. Hasil penelitian ini menunjukkan distres psikologis ($M = 37,5$, $SD = 8,88$), resiliensi ($M = 36,14$, $SD = 8,12$), dan mindfulness ($M = 99,43$, $SD = 29,23$). Hasil penelitian ini juga menunjukkan bahwa mindfulness memediasi secara penuh hubungan antara resiliensi dan distres psikologis. Hasil penelitian ini dapat dimanfaatkan menjadi referensi untuk mengembangkan intervensi berbasis mindfulness guna meningkatkan resiliensi dan menurunkan distres psikologis pada prajurit TNI yang sedang melaksanakan tugas operasi di daerah rawan konflik, khususnya saat sedang terjadi pandemi.

.....This study aims to find out whether mindfulness plays a role as a mediator in the relationship of resilience to psychological distress in Indonesian Army who are carrying out military operations in conflict-prone areas during the Covid-19 pandemic. The research data was collected by distributing questionnaire via online such as the Hopkins Symptoms Checklist-25 (HSCL-25), The Connor-Davidson Resilience Scale 10 (CD-RISC 10), and the Five Facet Mindfulness Questionnaire (FFMQ). Data were obtained from a sample of 169 TNI AD soldiers (100% male) who were on deployment in conflict-prone areas. Mediation analysis was performed by analyzing the mediation model in the PROCESS Macro from Hayes. The results of this study indicate psychological distress ($M = 37.5$, $SD = 8.88$), resilience ($M = 36.14$, $SD = 8.12$), and mindfulness ($M = 99.43$, $SD = 29.23$). The results of this study also show that mindfulness fully mediates the relationship between resilience and psychological distress. The research results can be used as a reference for developing mindfulness-based interventions to increase resilience and reduce psychological distress in Indonesian Army who are carrying out military operation deployment in conflict-prone areas, especially during an pandemic.