

The Role of Hardiness and Social Support for Stress of TNI Wives Left to Conflict Prone Areas

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ABSTRACT

The duty of TNI soldiers to conflict-prone areas has an influence on family life, especially on wives. As long as the task is left, a wife takes care of the family alone that she is vulnerable to stress. Hardiness and social support act as individual protectors from the dangers of negative effects of stress. The research hypothesis is that the hardiness and social support of Persit Kartika Chandra Kirana members play a role in the stress level of wives who are left to work in conflict-prone areas. The study used a quantitative method with purposive sampling technique. The subject involved were 160 wives of soldiers who were left on duty to conflict-prone areas. Data collection used Stress, Hardiness and Social Support Scale. The results of multiple regression analysis showed that the hardiness and social support of Persit Kartika Chandra Kirana members contributed to wife stress ($F = 34,446$, $R \text{ Square} = 0,305$, $p < 0,01$). Hardiness and social support contributed effectively to stress by 30.5%. Hardiness has a larger role in lowering the level of stress on a soldier's wife.

Key words: stress of TNI wife, hardiness, social support

Peran *Hardiness* dan Dukungan Sosial Terhadap Stres Istri TNI yang Ditinggal Ke Wilayah Rawan Konflik

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ABSTRAK

Tugas prajurit TNI ke wilayah rawan konflik memberikan pengaruh terhadap kehidupan keluarga terutama pada istri. Selama ditinggal bertugas, istri mengurus keluarga sendirian sehingga rentan mengalami stres. *Hardiness* dan dukungan sosial berperan sebagai pelindung individu dari bahaya dampak negatif stres. Hipotesis penelitian ini adalah *hardiness* dan dukungan sosial anggota Persit Kartika Chandra Kirana berperan terhadap tingkat stres istri TNI yang ditinggal tugas ke wilayah rawan konflik. Penelitian menggunakan metode kuantitatif dengan teknik *purposive sampling*. Subjek melibatkan 160 orang istri prajurit yang sedang ditinggal tugas ke wilayah rawan konflik. Pengumpulan data menggunakan Skala Stres, *Hardiness*, dan Dukungan Sosial. Hasil analisis dengan regresi ganda menunjukkan bahwa *hardiness* dan dukungan sosial anggota Persit Kartika Chandra Kirana secara bersama-sama berperan terhadap stres istri ($F= 34,446$, $R\text{ Square} = 0,305$, $p<0,01$). *Hardiness* dan dukungan sosial memberikan sumbangan efektif terhadap stres sebesar 30,5%. *Hardiness* ditemukan memiliki peran yang lebih besar dalam menurunkan tingkat stres pada istri prajurit.

Kata Kunci: stres istri TNI, *hardiness*, dukungan sosial