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# Resilience of Indonesian Navy Wives: effects of self-efficacy and social support

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## ABSTRACT

Resilience is crucial for Indonesian Navy Wives who face unique stressors and challenges, mainly when their husbands are on duty. Resilience is positive adaptability in dealing with stressors and allows individuals to overcome the adverse effects of stressors. Research has shown that self-efficacy and social support from significant others play influential roles in enhancing the resilience of these wives. Self-efficacy is the confidence in one's ability to achieve goals and handle challenges, while social support helps mitigate stress and maintain psychological balance. This study aims to determine the impact of self-efficacy, family, and significant others' social support on the resilience of Indonesian Navy Wives. The research respondents were 907 Indonesian Navy Wives who had been or were being left on assignment by their husbands for 3-12 months. The measurement tools used are the modified Resilience Scale for Adults (RSA), the Indonesian general self-efficacy scale, and the modified Multidimensional Scale of Perceived Social Support (MSPSS). Hierarchical regression analysis by Jamovi version 1.6. was used to analyze the data. The results showed that resilience was influenced by self-efficacy at 0.746 ( $p < .001$ ), social support from significant others at 0.569 ( $p < .001$ ), and a minor contribution from family social support at 0.506 ( $p < .001$ ). To enhance the resilience of Indonesian Navy Wives, implementing targeted self-efficacy training and developing a comprehensive support system that reinforces the role of social support from significant others is essential.

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## SUBJECTS

Psychological Science; Feminist Psychology; Multidisciplinary Psychology; Social Psychology; Mental Health; Positive Psychology

## 1. Introduction

Resilience also allows Indonesian Navy Wives to support their husbands and ensure the stability of the family unit despite the uncertainties and sacrifices that come with a military career. A tension exists where Indonesian Navy Wives must be self-reliant and strong, especially during periods of deployment or other hardship, but also must be committed to the secondary status as they forgo their desires to enable their husband's career progress (Hall et al., 2018). Resilience is a necessary tool for Indonesian Navy Wives to effectively combat every day. Military wives have more opportunities to develop psychosocial problems such as loneliness, anxiety, and even depression, which harm mental health, employment, education, and general well-being (Ziff & Garland-Jackson, 2020). To face stressors and adapt to them, Indonesian Navy Wives must have resilience.

Obradovic et al. (2010) stated that resilience is positive adaptability in dealing with stressors and allows individuals to overcome the adverse effects of stressors (Parks-Savage et al., 2018). Friberg et al. (2003) suggest that resilience does not protect individuals from adverse events but helps them adapt more flexibly. Resilience is essential because it has an impact on favorable psychological conditions, including subjective and psychological well-being (Grossman, 2014; Sagone & Indiana, 2017), positive affect (Anderson et al., 2020), self-confidence (Ertekin Pinar et al., 2018), the self of coherence, character strength and life satisfaction (Martínez-Martí & Ruch, 2017), positivity (Bingöl et al., 2018), low psychological pressure, good relationship function, sleep quality, and good overall health (Sinclair et al., 2019).

Grossman (2014) and Graber et al. (2015) summarized the variables that are positively and stably

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correlated with resilience, namely, self-efficacy and social support (J. H. Lee et al., 2013). Several previous studies found a correlation between resilience and self-efficacy among others Bingöl et al., 2018 ( $r=0,49$ ); Ayatollah & Ayoobiyan, 2019 ( $r=0,59$ ); Dirmanchi & Khanjani, 2019 ( $r=0,549$ ); Ghaedrahamt et al., 2021 ( $r=0,55$ ); Konaszewski et al., 2021 ( $r = .71$ ). A few past research ponders the relationship between strength and social bolster among others, namely research from Öksüz et al., 2019 ( $r=0,177$ ); Yaşar et al., 2020 ( $r=0,478$ ); Brown et al., 2021 ( $r=0,508$ ).

Masten and Wright (2010) mention self-efficacy and social support as protective factors that protect individuals from the negative influence of stressors. Bandura (1999) defines self-efficacy as the confidence level in one's ability to take specific actions to achieve targets or face problems. Indonesian Navy Wives who have self-efficacy will be optimistic in facing the challenges and pressures of life. A positive correlation between resilience and self-efficacy has been proven in the results of previous research conducted by Ayatollah and Ayoobiyan (2019), who researched teachers, Wang et al. (2018) who work with new nurse subjects, and Narayanan and Onn (2016), who examined the effect of social support and self-efficacy on the resilience of first-year students.

Karadag et al. (2019) stated that social support protects individuals from the adverse effects of stress and balances their psychological condition when facing stressors. Bailey et al. (2013), Ozsaban et al. (2019), Öksüz et al. (2019), J. Lee et al. (2020), and Brown et al. (2021) state that more excellent social support will further increase individual resilience. High levels of social support increase feelings of belonging and solidarity, encourage healthy coping behaviors, help individuals redefine difficult situations as less threatening, and enhance emotional regulation of negative emotions such as distrust, anxiety, and fear (Sippel et al., 2015). Indonesian Navy Wives who face stressors need social support to control stressful situations better, perceive situations more positively, and feel they have friends when facing obstacles. Zimet et al. (1988) distinguish 3 types of social support from their sources: family, friends, and significant others. First, families such as parents, spouses, and children can support individuals. Secondly, friends can also assist by helping with daily activities and sharing stories. Thirdly, significant others are considered necessary outside of family and friends who provide support or service in an individual's life. Research by Triwidiyanti et al. (2022) shows that husbands, children, and parents are primary sources of social support. Triwidiyanti et al. (2021)

found that neighbors, husbands' work units, household assistants, daycare for children, and friends are sources of social support from significant others, who play a role in increasing the resilience of the Indonesian Navy Wives.

Much research has examined the relationship among resilience, self-efficacy, and social support, but research on Indonesian Navy Wives is still rare. Bailey et al. (2013) researched black women whose children were killed as a result of gun violence, Ozsaban et al. (2019) researched nursing students, J. Lee et al. (2020) researched immigrants, Öksüz et al. (2019) conducted a study on first-year nursing students, and Brown et al. (2021) examined resilience in parents living with HIV. Studies related to the life experiences of military wives have been carried out but mostly on individuals in Western cultural contexts (Chong et al., 2021; Hall et al., 2018; Russo & Fallon, 2015; Sinclair et al., 2019; Ziff & Garland-Jackson, 2020). Research examining the resilience of military wives with Asian cultural backgrounds (especially in the context of Indonesian culture) is still limited. Several studies examined participants who were wives of people in the army (Permatasari & Siswati, 2018) or the Air Force (Damayanti, 2019). However, this has not been researched among Indonesian Navy Wives. This study aims to determine the effect of self-efficacy, family social support, and significant others' social support on the resilience of Indonesian Navy Wives.

## 2. Method

**Participant.** The sampling technique used is multi-stage random sampling or multistage sampling. Sampling in the first stage was conducted to select cities and work units using the cluster sampling method, and then in the determination stage, simple random sampling was used. Regarding the characteristics of the respondents, they are Indonesian Navy Wives who have experienced and are being left on assignment by their husbands within 3-12 months and whose husbands serve in Jakarta and Surabaya because most of the population is domiciled in Jakarta and Surabaya. The research respondents were 907 Indonesian Navy Wives.

### 2.1. Procedure

The research procedure is divided into three stages: preparation, implementation, and data processing. The preparation began with submitting an ethics test letter to the University of Surabaya Ethics Test Commission. This research has received ethical

approval from the Ethics Commission of the Faculty of Psychology, University of, and a research permit for using Google Forms from the Navy's Cyber Unit (Satsiber) to collect data. on Indonesian Navy Wives, the attitude scale used does not contain information that endangers the Indonesian Navy. Furthermore, the researcher submitted a research permit application letter to the head of the Indonesian Navy's psychology service and to the Upper Command Unit where the respondent's husband worked in Jakarta and Surabaya by attaching a research permit application letter from the Faculty of Psychology, University of Surabaya, a letter showing that has been passed the ethical test and a permit letter from Satsiber AL. The last stage of preparation is to apply for permission from the work unit directly in charge of the respondent's husbands by attaching or showing the disposition of a permit from the top command, which permits researchers to conduct research in the Satker.

The implementation phase was carried out by distributing the Google research form, which included the requirements of research subjects, informed consent, instructions on how to fill it out, and 5 research attitude scales to designated contact persons from each work unit online. Furthermore, the contact contacted the research respondents directly. Data collection was carried out in May 2022. There were 907 Indonesian Navy Wives. The data analysis method used hierarchical regression analysis by the Jamovi version 1.6.

## 2.2. Research measurement

### 2.2.1. Resilience scale

The resilience referred to in this study is the ability of Indonesian Navy Wives to adapt positively to the stressors they face while their husbands are away on duty. The Resilience Scale used is an adaptation of the Resilience Scale for Adults (RSA), which was developed for use in other cultures, and from internationally available evidence, this goal has been achieved (Friborg et al., 2003). Resilience is operationalized through a numerical score obtained by research subjects Friborg et al. (2003); a higher RSA score means a higher level of resilience of the research subjects. The form of the measuring instrument is the attitude scale. The RSA consists of 27 items. Each item is rated on a 5-point Likert scale ranging from "strongly disagree" (score one) to "strongly agree" (score five). Based on a reliability test conducted with 450 participants, the Resilience scale obtained a Cronbach's Alpha value of 0.94. The dimensions have a Cronbach's Alpha value of 0.84

(personal competence dimension), 0.84 (social competence), 0.73 (structural style), 0.85 (family cohesion), and 0.92 (social resources).

### 2.2.2. Self-efficacy scale

Self-efficacy in this study refers to a wife's perception of self-confidence in dealing with a stressor when her assigned husband leaves her. The wife's self-efficacy score was operationalized from the score on the General Self-Efficacy Scale (GSE) Schwarzer and Jerusalem (1995). The higher the score obtained, the higher the research subjects' self-efficacy. The self-efficacy scale used is the Indonesian version of the GSE; the scale's construct reliability value was obtained at 0.702. The GSE is a tool that can be used to measure self-efficacy as a unidimensional dimension. There are ten items on the self-efficacy scale; each item is rated on a 5-point Likert scale ranging from "strongly disagree" (score one) to "strongly agree" (score five).

### 2.2.3. Social support scale

The social support referred to in this study is the subjective perception of military wives regarding who, in their opinion, provides the most significant social support. The highest score obtained from one of the dimensions indicates that the source of social support is the largest provider of social support. The social support scale was modified from the Multidimensional Scale of Perceived Social Support (MSPSS) compiled by Zimet et al. (1988). The current research uses the modified Multidimensional Scale of Perceived Social Support (MSPSS), which is reliable and valid; the scale consists of two-factor structures (subscales): family Social Support and Significant Others Support. This modification of the MSPSS dimensions has been adapted to the context of research respondents. After the trial was completed, the dimensions of friends and other support were merged into one dimension because the data analysis results showed an overlap between the two constructs. The family social support scale's construct reliability value was obtained at 0.66. and social support of significant others scale's construct reliability value was obtained at 0.75. The value of the construct reliability of the social support scale as a whole is 0.76. A total of 7 items are used in the social support scale, namely four items measuring family social support and three measuring significant others. Each item is rated on a 5-point Likert scale ranging from "strongly disagree" (score one) to "strongly agree" (score five). Examples of social support items from family include "Family will help me."

Examples of social support from other important people include, for instance, "Friends are serious in helping me when I have difficulties" and "My husband's supervisor can help me deal with difficulties."

### 3. Results

The assumption test with Cook distance shows no outliers (mean = 0.001; median = 3.59e-4; SD = 0.006; minimum range 4.14e-10 to maximum 0.149), fulfills the residual normality distribution (residuals are still in the QQ Plotline), fulfills homoscedasticity (residuals in the scatter plot do not form a nonlinear pattern) and has no multicollinearity (VIF for the three predictors each has a value of 1.01–1.40, tolerance for the three predictors has a value of 0.714–0.990 respectively), and no autocorrelation (DW = 1.93).

The analysis results in Table 1 show that all predictors are significantly related to resilience; this becomes the basis for further analysis (regression analysis). The data in Table 1 shows that self-efficacy, family social support, and significant other social support influence resilience. Self-efficacy has the greatest influence on resilience ( $r=0.746$ ); the second is the social support of significant others ( $r=0.569$ ), and the third is family social support ( $r=0.506$ ).

The results of the hierarchical regression analysis can be observed in Table 2. Model 1 can only explain 0.5% of the effect of marriage age ( $R^2=0.005$ ),

**Table 1.** Matric correlation.

	SD	M	Resilience	Self-Efficacy	Family	Sig_ Oth
Resilience	14.09	115.26	—			
Self-Efficacy	6.51	42.03	0.746***	—		
Family	2.94	17.15	0.506***		—	
Sig_ Oth	2.63	11.37	0.569***	0.449***		—

Note. \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$ .

Sig\_ Oth=Significant others social support; Family=Family social support.

**Table 2.** Model coefficients – resilience.

Predictor	Estimate	SE	t	P	R <sup>2</sup>
<b>Model 1</b>					0.00577
Intercept	115.478	1.032	111.925	<.001	
Rank	0.999	1.149	0.870	0.385	
Length of Marriage	-1.368	1.040	-1.315	0.189	
Occupation	1.297	0.961	1.350	0.177	
<b>Model 2</b>					0.66518
Intercept	34.543	2.083	16.583	<.001	
Rank	-0.027	0.668	-0.039	0.968	
Length of Marriage	-0.884	0.605	-1.460	0.145	
Occupation	1.837	0.559	3.285	0.001	
Self-efficacy	1.256	0.048	26.245	<.001	
Family	0.589	0.109	5.388	<.001	
Significant Others	1.553	0.119	13.062	<.001	

Note: Sig\_ Oth=Significant others social support; Family=Family social support.

husband's rank, and wife's occupation on resilience. Model 2 (after adding the variables of self-efficacy, family support, and support from significant others) adds an adequate contribution of 66.5% to the resilience of Indonesian Navy Wives ( $R^2=0.665$ ). These results show the considerable contribution of the three main variables to resilience. Self-efficacy significantly positively predicted resilience ( $b = .1256$ ,  $SE = .048$ ,  $t=26.245$ ,  $p = .000$ ). Family support has a significant positive role in resilience ( $b = .589$ ,  $SE = .109$ ,  $t=5.388$ ,  $p = .000$ ). Significant others also have a significant positive effect on resilience ( $b=1.553$ ,  $SE = .119$ ,  $t=13.062$ ,  $p = .000$ ). Demographic factors, husband's rank, and length of marriage did not show a significant contribution to resilience. When analyzed with the main variables, the wife's occupation showed a substantial role in resilience ( $b=1.837$ ,  $SE = 0.559$ ,  $t=3.285$ ,  $p = .000$ ).

### 4. Discussion

This study examines the effects of self-efficacy and social support on the resilience of Indonesian Navy Wives. The results show that self-efficacy and social support have a significant positive effect on resilience; the higher the self-efficacy and social support are, the higher the level of resilience. The results also show that self-efficacy significantly influences resilience more than family social support and significant others' social support. The variables of self-efficacy and social support are protective factors of resilience and can be used as benchmarks to predict resilience. The results of the current study align with those of Narayanan and Onn (2016), who examined the effect of social support and self-efficacy on the resilience of first-year students, and those of Ayatollah and Ayoobiyan (2019), who researched teachers.

The study results show that self-efficacy has the greatest influence compared to family social support and significant others' social support. The effect of self-efficacy as an individual internal resource is greater than the contribution of social support, which is an external resource for resilience, in line with the opinion of Bandura (1999), who revealed that self-efficacy is the dominant factor in determining choices, motivating and helping to achieve control over their lives when individuals face difficulties. Indonesian Navy Wives' self-efficacy in dealing with stressors is an initial capital that must be possessed first, then social support functions to protect individuals from the adverse effects of stress, reduce the negative emotions it causes, and improve individual



skills in solving problems (Karadag et al., 2019; C. Lee et al., 2012). Another result of this study is that a wife's job plays a significant role in resilience when analyzed with self-efficacy and social support. By having a job, the Indonesian Navy Wives develop self-efficacy and have a broader source of social support to impact their level of resilience. Working wives can actualize themselves, gain insight or experience, be more independent, actively solve problems, and be responsible. Apart from that, working wives have coworkers, bosses, and other workers so that they can add friends or relations as a source of social support. Working wives also feel valuable, more satisfied with their lives, confident, happier, more positive, have active and positive interactions, and adapt smoothly to the environment (Sihombing & Catharine Rossy, 2016; Siregar, R.A., 2022).

The current study also found that the contribution of family social support is more minor than social support from significant others. Sources of social support for many others come from neighbors, superiors where the husband works, and friends of his fellow Navy. Previous results show that family support contributes more to resilience than support from significant others (Öksüz et al., 2019). Oskuz's opinion is in line with Rozumah and Nor Sheereen as well as Tam and Yusoff (Narayanan & Onn, 2016), who state that Malaysians who are allied with Indonesia are embedded in values and traditions that emphasize family ties, family support is an essential factor in developing resilience. This study consisted of a convenience sample of 907 Indonesian Navy Wives who had been or were being left on assignment by their husbands for 3-12 months, so husbands could not be relied on to provide social support when their wives faced problems. For example, when the husband is on duty, and the child has to be cared for in the hospital, the husband cannot do anything because the demands of his duties make it impossible for him to return home. In this condition, social support from significant others plays a vital role, for example, taking them to the hospital, caring for children who live at home, and maintaining home security. Likewise, when the house is flooded, the roof leaks, and so on. Apart from that, based on demographic data, only 17.97% (see [Supplementary material](#)) of respondents lived in their parents' house. This explanation explains why significant other support is more excellent than family support.

In the context of the life of an Indonesian Navy Wives, the most crucial stressor is when the husband is on duty away from the family for a long time. This is because the wives perceive their husbands as the most reliable and supportive when facing problems

(see [supplementary material](#)), so it becomes a heavy pressure for the wife when the husband is not around. Furthermore, risk factors exacerbating this condition are when children or themselves (wives) are sick, when it is challenging to communicate with their husbands when they are tired of completing household chores, and when they face financial difficulties (Triwidiyanti et al., 2022). When a husband is on duty away from his family, circumstances and conditions, please do not allow him to provide social support as expected, so social support from people other than the husband is the most likely to be obtained. In addition to the husband and family, neighbors, friends, or people from the husband's work unit are significant sources of social support. The results of this study align with the research of Triwidiyanti et al. (2021), who showed that neighbors, the husband's work unit, coworkers, childcare, and household assistants are protective factors from outside the family. When their children are sick, especially if they have to be hospitalized, the wives need physical and social support, for example, looking after and caring for the house they leave behind and looking after and caring for children who are not sick. This assistance is impossible to obtain from a husband on assignment or an extended family who lives far from home. In these conditions, help from the closest and most accessible party will play a significant role. Moreover, more than 80% of Indonesian Navy Wives do not live with their parents or are far from their extended family.

The practical implications of the current research are that by considering the magnitude of the influence of self-efficacy, related institutions need to carry out activities aimed at developing or empowering the self-efficacy of Indonesian Navy Wives. Training in the context of developing self-efficacy and as a preventive program is needed to increase wives' self-efficacy further when facing problems related to their status as navy wives. The social support factor of significant others, especially from neighbors, superiors, and friends, also needs to receive attention, given that it significantly influences the resilience of the Indonesian Navy Wives. An integrated program needs to be organized to make the support system aware of the importance of social support, both from the family and other sources.

## 5. Conclusion

The results of the current study show that self-efficacy, significant other social support, and family social support contribute to the resilience level of Indonesian

Navy Wives; in order of influence, self-efficacy has the greatest impact, followed by the social support of significant others, and lastly, family social support. Wife's employment status also needs attention because working wives have self-efficacy and a more comprehensive source of social support that increases their resilience. Considering the role of work status on wives, it is recommended that future research examine differences in the resilience of working and non-working wives.

## 6. Limitations of this study

The study has encountered some limitations. Data was extracted using self-report via Google form. Data collection techniques through interviews are necessary to obtain more comprehensive research data. Resilience is a process that always develops following individual development; a longitudinal research process is expected to capture the resilience phenomenon more wholly and sustainably.

This study examines the correlation between resilience and self-efficacy, family social support, and significant others' social support but does not specifically examine the correlation between dependent variables.

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## Data availability statement

Data are not available due to confidentiality agreements with this study's participants.

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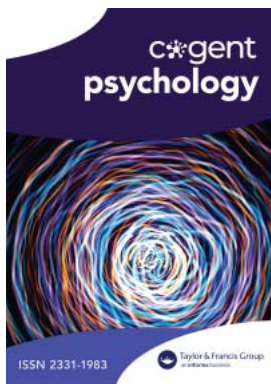
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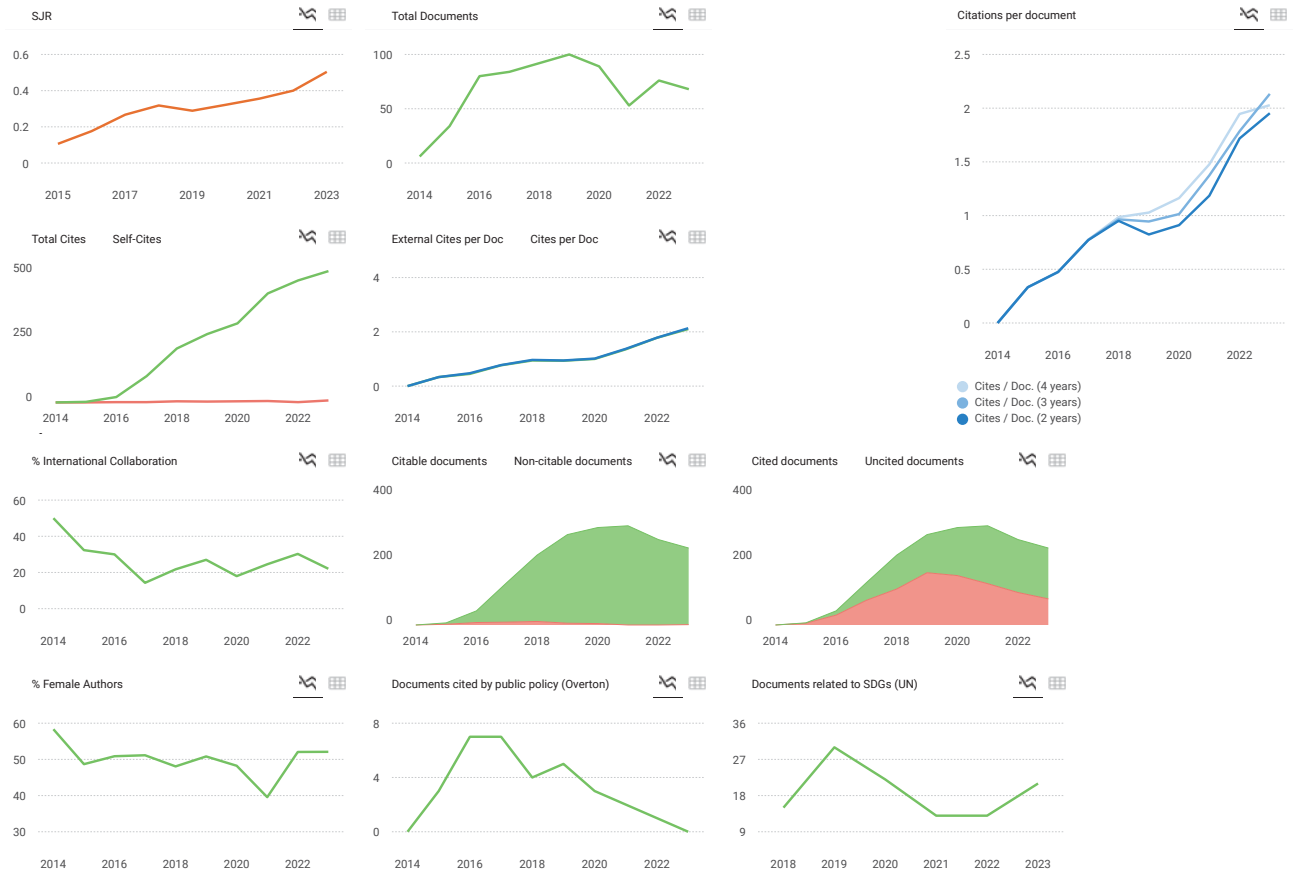
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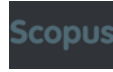
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