MODEL FOR REDUSING ANXIETY OF THE SEASON'S WIFE ON COGNITION, AND BEHAVIOR IN THE ENVIRONMENT OF FLAT KOARMADA II WITH PHYSCHOLOGICAL WELL BEING MEDIATORS AND ENVIRONMENTAL MASTERY

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ABSTRACT

Psychological Well Being (PWB). PWB is the result of a person's evaluation or assessment of himself which is an evaluation of his life experiences. The role of a sailor's wife or commonly called a jalasenastri mother is very important in maintaining her PWB so that it can run smoothly continuously, both carrying out the role of mother and father when her husband is on duty at sea as a sailor, but sometimes there is anxiety that always accompanies it. happens, playing multiple roles at once is not an easy thing. The purpose of this study was 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 as a mediator. The research was conducted in the Armatim Navy flat aimed at the wives of sailors who live in the flat as many as 158 respondents, statistical calculations using SEMPLS. The variables in this study are X1 motivation, X2 behavior, X3 cognitive, (Y) psychological well being, and Y2 Anxiety. The results obtained that Psychological Well Being (Y1) has an effect on reducing anxiety (Y2) The results of the analysis on the results of hypothesis testing show a positive path coefficient of 0.095 This indicates that Psychological Well Being (Y1) has a significant effect on decreasing anxiety (Y2). This means that the hypothesis 7 who suspected that Psychological Well Being (Y1) had a significant effect on reducing anxiety (Y2) was accepted. The results of the analysis on the results of the hypothesis test show that the path coefficient is positive at 0.181. This indicates that psychological well being (Y)1 has a significant effect on decreasing anxiety (Y2). This means that the hypothesis of psychological well being (Y1) has a significant effect on decreasing anxiety (Y3) is accepted. This means that the better the psychological well being (Y1), the significantly higher the decrease in anxiety (Y2).

Keywords: Motivation, Behavior, Cognitive, Psychological Well Being, Anxiety

1   INTRODUCTION

A seafarer's job is a job that is devoted to people who work, sail and live in the sea, navigate the ocean, pass through the tides and tides. Boss, p. G. (1990) sailors who often go sailing for days and even months so that the duration for meeting and even face-to-face with the family of his wife and children is minimal. A sailor with certain characteristics makes him a strong and wise figure, not a few sailors who are married and have children, are able to become responsible figures for children, just like when they are at sea. This can be seen from how to treat children, pay attention to children, to think

about what will happen to the child, this is a need that must be met by a father to his children.

The object of the figure as a parent for children is the most important thing for children's development, both psychologically and physically. 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. The development of an increasingly global development is impossible if parents do not intervene in the problems that will arise for their children in the future.

PWB is the result of a person's evaluation or assessment of himself which is an evaluation of his life experiences. Evaluation of experience will be able to cause a person to become resigned to situations that make the individual's pwb low or try to improve his life circumstances which will make the individual's pwb increase.

The six dimensions have factors that influence psychological well being, including personality, behavioral cognition level, motivation, demographics, age, gender ryff & keyes (1995). This is in line with sagoe's (2013) research. Developmental changes in each individual to achieve good psychological well-being can be influenced by environmental conditions, both internal and external, for example close relationships between others, personality, motivation, lifestyle, personal identity, 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, but on the contrary if it does not go well, gaps will appear which have an impact on anxiety and excessive worry.

The effects that arise can include dizziness, anxiety, suspicion, cold sweat, heart palpitations and difficulty concentrating on routines. As is known when the husband is assigned to sail, the wives will remain at home carrying out their roles. Physical anxiety can be in the form of shaking, unable to sleep, sweating, nausea and others. While psychological anxiety can be in the form of being afraid to do something, worrying about something happening to the sailor's wife.

This is in line with research by eastman, et al (1990) which states that navy families, especially those who work as navy sailors, have their own uniqueness, which is a life that does not always gather, interact, and engage with family, this is due to the number of job demands. Unite to defend the country. A family environment that rarely interacts and communicates has a bad impact on psychosocial development and growth in the family, especially children, anxiety tendencies, stress on each family member, including the wife. The social environment here is the environment which will later become a determining factor in behavioral changes that occur in each individual or group around the flat. The social environment here includes the neighborhood around the flat, friends where this shapes behavior in each individual. A good social environment will form a good personality, because a person's behavior and personality is a reflection of the social environment in which they live.

The social environment according to Barnett & Casper (2001), that the human social environment includes the physical environment around it, social relations and the cultural environment which is defined as a group of people with certain functions and

interacting with each other. Likewise, according to Zastrow & Kirst-Ashman (2019) The social environment involves conditions, circumstances and interactions between humans with one another. The social environment also includes all individuals, groups, organizations, and systems with which a person relates.

Mastery of the environment is an important thing to be developed and this can form a positive human attitude towards the environment. Individuals with high environmental mastery will act to create and manage a good environment. Because in (Junaedi 2005), explains respect for the environment as a condition where individuals show their concern for issues related to ecology. Because in a certain situation, a person can consider activities to support the environment as an important thing, but often there is a feeling of discomfort and it is not easy to do that. Therefore, environmental control in Armatim flats needs to be improved again in order to create more positive behavior and jointly protect and preserve the environment.

Seafarers' wives who have Psychological Well Being, are also influenced by behavior, both visible and invisible behavior, according to Limbert (2013) stating that individual psychological well-being can be decomposed properly if accompanied by behavior that can facilitate individuals in carrying out their activities properly. in a condition that is able to accept positive thoughts, resulting in behavior that can be judged positively by the surrounding environment in interaction and socializing, here the role of the sailor's wife in carrying out her role is able to bring up positive behavior so that it can bring good psychological meaning. This is also in line with the opinion of Mc.Dougall (2010) that positive thoughts can affect the behavior that will appear later, so that the psychological meaning that appears is able to respond to thoughts that are considered good as well.

According to Matthews (2014) the thoughts that arise are able to provide a strong impetus for individual success in achieving meaningfulness in their lives, high motivation is also able to reduce anxiety in life, then social support from the family environment, close friends are also able to reduce anxiety experienced, because it This is able to suppress the things that are considered important in achieving the welfare of one's life.

2 MATERIALS AND 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 study, formulates specific questions, limits questions, collects measurable data from participants, analyzes numbers using statistics, conducts impartial investigations, in an objective manner. Research variables can be interpreted as something that will become the object of research observation or commonly referred to as factors that play a role in research or symptoms to be studied. The variables in this study, namely Anxiety of Jalasenastri sailor's wife, Psychological well being and environmental mastery. This study examines and analyzes the anxiety reduction model of the Jalasenastri Seafarer's wife in the Flat Armatim Environment with Psychological Well Being and Environmental Mastery Mediator, according to the formulation and research objectives, using a

combination of research designs.   In this study, several hypotheses will be tested that are in accordance with the indicators (indicator variables) and the regression relationship in the relationship structure that is considered to have a direct effect on each other (direct effect) and indirect effect (inddirect effect). The hypothesis uses SEM (structural equation modeling) analysis.

This type of research is a survey, while the method is an analytical explanatory study. The explanatory study survey method is a research method that takes from a population and uses a questionnaire as a data collection tool. In this study, data and information were collected from respondents using a questionnaire. After the data is obtained, then the results will be presented in an explanatory study and at the end of the study will be analyzed to test the hypotheses proposed at the beginning of this study.

Judging from this study, in this research, the anxiety reduction model of the Jalasenastri Seaman's wife in the Flat Armatim Environment with Psychological Well Being Mediator and Environmental Mastery

The validity and reliability tests in this study were carried out using the rules in SEM with the help of PLS software because the fit of the model in the SEM method can directly explain the validity and reliability. According to Ghozali (2017) the validity of the statement which is an indicator variable in measuring certain latent variables is assessed by looking at the real loading factor, the T-statistic value > 1.96 (α = 0.05). Normality test with PLS program, normality assumption can be tested with z statistic value for skewness and kurtosis. The normality assumption is met if the p-value of these two types of tests is more than 0.05.

Independent Structural Equation Modeling (SEM), PLS software was used to analyze and process the data. One of the advantages of SEM is that it can measure a relationship that cannot be measured directly (Ghozali, 2017).

Based on the description above, the manifest indicator of the analysis of the anxiety reduction model for the wife of jalasenastri sailors in the flat armatim environment with psychological well being and environmental mastery mediators, using PLS software.

3.   RESULT AND DISCUSSION
The results of the research and discussion

Tabel 5.1 Karakteristik Responden Panelitian

Karakteristik	Kategori	Frekuensi	Persentase
Usia	▪ 19 - 25 tahun	37	23%
	▪ 26 - 35 tahun	82	52%
	▪ 36 keatas	39	25%
Pendidikan	▪ SMA/sederajat	92	58%
	▪ Diploma/Sarjana	66	42%

Status Pekerjaan	▪ PNS/BUMN/TNI/POLRI	3	1,89%
	▪ Pegawai Swasta	26	16%
	▪ Wiraswasta	48	30%
	▪ Ibu Rumah Tangga	81	51%
Jumlah Anggota Keluarga	▪ 1-3 orang	46	29%
	▪ 4-7 orang	112	70%

Sumber: Diolah dari data primer, 2022

Influence	Koef. Orginal	(Bootstrap, B=100)		(Bootstrap, B=500)		(Bootstrap, B=1000)	
		Koef.	|Thit |	Koef.	|Thit |	Koef.	|Thit |
Behavior (X1) → Psychological Well Being (Y1)	0.265	0.279	2.091	0.260	8.846	0.261	6.501
Cognitive (X2) → Environmental mastery (Y2)	0.431	0.430	3.384	0.437	4.772	0.426	11.186
Behavior (X2) → anxiety reduction (Y3)	0.491	0.473	2.830	0.498	1.580	0.490	9.610
Cognitive (X2) → anxiety reduction (Y3)	0.365	0.356	2.076	0.338	6.454	0.359	6.576
Psychological Well Being (Y1) → anxiety reduction (Y3)	0.095	0.121	0.644	0.111	4.636	0.102	2.052
Environmental mastery (Y2) → anxiety reduction (Y3)	0.181	0.200	1.089	0.197	1.340	0.190	3.711

Based on Table 5.2, the coefficient with bootstrap 1000 for each variable is close to the original coefficient, so the t-statistic data on bootstrap 1000 is considered stable and can be used for hypothesis testing. From table 5.2, the interpretation of each path coefficient is as follows:

1. Hypothesis 1: Behavior (X2) has an effect on 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) has a significant effect on Psychological Well Being (Y1) of 0.265. This means that hypothesis 2 which suspects behavior (X2) has a significant effect on psychological well being (Y1) is accepted.

2. Hypothesis 2: Cognitive (X3) has an 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) has a significant effect

on environmental mastery (Y2). This means that hypothesis 3 which assumes Cognitive (X3) has a significant effect on environmental mastery (Y2) is accepted.

3. Hypothesis 3: Behavior (X2) has an effect on 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) is significant to decrease anxiety (Y3) of 0.215. This means that hypothesis 5 which suspects behavior (X2) has an effect on decreasing anxiety (Y3) is accepted.

4. Hypothesis 4: Cognitive (X3) has an effect on 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 table = 1.96. This shows that cognitive (X3) has a significant effect on decreasing anxiety (Y3). This means that hypothesis 6 which assumes Cognitive (X3) has a significant effect on anxiety reduction (Y3) is accepted.

5. Hypothesis 5: Pschological Well Being (Y1) has an effect on 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 0.095 with a t-statistic of 2.052 which is greater than t table = 1.96. This shows that Pschological Well Being (Y1) has a significant effect on decreasing anxiety (Y3) by 0.416. This means that hypothesis 7 which assumes Psychological Well Being (Y1) has a significant effect on anxiety reduction (Y3) is accepted.

6. Hypothesis 8: Environmental control (Y2) has an effect on 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 0.181 with a t-statistic of 3.711 which is greater than t table = 1.96. This shows that environmental mastery (Y2) has a significant effect on decreasing anxiety (Y3). This means that hypothesis 6 which suspects that environmental mastery (Y2) has a significant effect on reducing anxiety (Y3) is accepted. This means that the better environmental mastery (Y2), the significantly impact on the increase in anxiety reduction (Y3).

From the data above, it can be explained that the effect on decreasing anxiety (Y3) is 0.117. Behavior (X2) has a direct effect on Psychological Well Being (Y1) of 0.265; effect on the decrease in anxiety (Y3) of 0.491. Cognitive (X3) has a direct effect on environmental mastery (Y2) of 0.431, and has an effect on decreasing anxiety (Y3) of 0.365. Psychological Well Being (Y1) has a direct effect on decreasing anxiety (Y3) by 0.095. Environmental mastery (Y2) has a direct effect on decreasing anxiety (Y3) by 0.181.

4. CONCLUSION

Based on the indicators in this study, namely motivation, cognitive, behavior, Psychological well being and environmental mastery of the wives of seafarers in Flat Armatim Surabaya, the conclusions above are as follows:

1. That the Psychological well being indicator of the research respondents in the Armatim flat can be a mediator of decreasing the anxiety of the sailor's wife.
2. Then the Behavior indicator (X2) has a direct effect on Psychological Well Being (Y1); able to reduce anxiety (Y3).
3. Cognitive indicators (X3) have a direct effect on environmental mastery (Y2) and are able to reduce anxiety (Y3).
4. And environmental control (Y2) has a direct effect on decreasing anxiety (Y3) of the sailor's wife in the Armatim flat.

The model for reducing the anxiety of seafarers' wives, in which environmental control as a mediator is able to strongly reduce the anxiety that occurs in the wives of jalasenastri sailors. This shows that the indicators of this study are continuously able to train how to suppress or reduce the anxiety that occurs, because the decrease in anxiety that occurs in each respondent is able to attach the importance of environmental mastery in interacting with position status, age, education, number of family members. which are different in a place or place of residence, namely in the flat environment of Armatim Surabaya, so with such 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.

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