

## The Effect of Spiritual Health on The Resilience of Level II Cadets at Maritime Higher Education in Jakarta

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**Abstract :** Cadets have a different education system for general students. Cadets are required to enter the dormitory during the education period and follow all existing rules and schedules, sometimes the rules and schedules that exist make cadets feel unfree and feel pressured. Resilience is an individual's ability to survive difficult situations, and adapt and rise from those situations. One of the factors that influence resilience is spiritual health. Spiritual health is the condition of the individual's soul that is free from spiritual illness and the ability of the individual to develop potential. This study aims to determine the effect of spiritual health on resilience in level II cadets at XYZ Maritime Higher Education. This study used quantitative methods with simple regression analysis techniques. The sampling of this study used convenience sampling techniques as many as 105 cadets. The results showed that there was an effect of spiritual health of 26.1% on resilience and 73.9% influenced by other factors. The significance value with the t value is calculated  $> t$  table ( $6.030 > 1.659$ ). Suggestions from this study can be developed with further analysis and using different variables and for The school institutions can enhance existing religious activities in schools to help cadets improve their spirituality.

### INTRODUCTION

Not much research has been done on the effect of spiritual health on resilience in individuals. In fact, both variables are important in showing how humans can survive the difficulties they face creatively and productively. It shows how hardships experienced can be answered by having a higher purpose in life. Commonly, these variables conducted in abroad with subject who has cancer, military life, or university students. In Indonesia, there has been little research done on spiritual health and resilience. This study will present findings about the effect of spiritual health on resilience for level II cadets who are studying in Maritime Higher Education.

Cadets are required to live in dormitories for a 4-year education period by following applicable regulations, such as the requirement

to cut hair in accordance with existing regulations, prospective cadets who have just started their education are not allowed to return home for 3 months, and for the third level of cadets who must practice sailing on ships with uncertain times (in [stipjakarta.ac.id](http://stipjakarta.ac.id) downloaded on November 22, 2022). Maritime cadets are students who are carrying out education and will become prospective sailors. The uneasy boarding life and the very different life on the boat require cadets to have a steady and resilient (Rinjani, 2020 downloaded from [dinkespapuabarat](http://dinkespapuabarat) on November 22, 2022).

From preliminary data obtained through interviews with 6 cadets from Maritime Higher Education School, cadet A said he had to face punishment simultaneously and considered the mistakes of one individual to be the fault of all. Other cadets also said that all cadets have a busy schedule from dawn to night. Cadet F said that

level II cadets are often punished for mistakes of junior cadets and adhering to a hierarchical system while in the dormitory. Another cadet added that they were jealous of other university students who could use skincare every day. Some cadets even say they don't have bath time and prefer to rest because of grueling activities.

Cadet E added that it was quite difficult to praying solemnly because of the tight schedule. Cadet I added that they pray as forced by the supervisor and feel that they do not pray from the heart's desire.

Heavy or light of the problems experienced by cadets depends on how each responds to the problem, as well as the resilience of the individual whether they manage to survive in the problem or not.

Masten and Powell (in Borji et al, 2019) stated resilience is the ability of humans to resist, overcome, rise, or succeed in facing adverse life experiences. A similar opinion is also expressed by Reivech and Shatte (in Widuri, 2012) that resilience is an individual's ability to survive, rise, and adapt to difficult conditions. It can be concluded that resilience is an individual's ability to survive and adapt in a difficult problem or condition.

Muslimin (2021) said resilience can make individuals strong in facing challenges that exist in life. Individuals with high resilience can respond to various problems well and can make decisions carefully. Resilience also plays an important role in individual adaptation. Resilience can encourage individuals to face various problems and rise from adversity to achieve life goals.

Cadets have a different education system from general students. Cadets are required to enter the dormitory during the education period and follow all existing rules and schedules, sometimes the rules and schedules that exist make cadets feel unfree and feel pressured. The survivability of cadets in boarding situations is needed for better education. One factor that can help cadets survive is having a good spiritual health.

Spiritual Health is a concept derived from the thoughts of Imam Al Ghazali (Hasan, 2023).

Ihya' Ulum al-Din, also called the spiritual education or dimension of spirituality by Al-Ghazali, is divided into four dimension; First, Rub'u al-ibadat takes precedence because worship is the main thing and the main goal of man and is a factor in the harmony of God's relationship with His people. Second, rub'u al-ibadat relates to the socio-political life or relationship of man with his fellow man and other creatures of God. Third, Rub'u al-muhlikat which contains an explanation of the despicable nature of being the cause of mental illness, as well as the fall of man into destruction and hell. Fourth, rub'u al munjiyat which contains praiseworthy qualities that are a cure for mental illness, and guidelines for obtaining happiness, salvation, and heaven (in Gumiandari, 2021).

Two researchers, Kim and Seidlitz (2002) stated that healthy spirituality in individuals can support their ability to be resilient when facing difficult and stressful situations.

Connor & Davidson (2003) affirm the influence of spirituality to be one of the factors that can make individuals resilient. Spirituality has recently become an interesting topic to research. Imam Al- Ghazali (in Hasan, 2023) revealed, to achieve spiritual health, individuals must apply it earnestly and can be fostered through education. This spiritual health is needed to help cadets undergo their education. In line with Law No. 18 of 2014, the government mentions the objectives of various types of mental health efforts, preventive, curative, rehabilitative, and promotive efforts. Thus, the general issue that will be discussed in this study is: Is there an influence between spiritual health and cadet resilience?

Research on spiritual health itself in Indonesia is arguably still rarely carried out by researcher, this in one of the reason why researcher interest in this topic. Researcher hopes that this research can contribute knowledge, especially in the field of psychology, especially to provide broad insight to readers about spiritual health and resilience.

## METHOD

This study uses spiritual health as an independent variable (X) and resilience as a dependent variable (Y). This study used quantitative methods with a simple linear regression and Pearson correlations to see the relationship between aspects of spiritual health on resilience.

Sampling method using convenience sampling with easy sample discovery based on availability of classes. Data collection is carried out by filling out an online questionnaire through Google Form. The subjects of the study were level II cadets at Maritime Higher Education with a sample of 105 cadets.

Measurement of spiritual health using construct measuring instruments made by researchers. This scale has five aspects from Al-Ghazali, 1) the robustness of the aqeedah, 2) freedom from heart disease, such as greed, arrogant, 3) good morals, 4) productive in social relations, and 5) happiness in the world and the hereafter. Statements were given as many as 25 valid items with the use of a Likert scale of 1-5, with captions 1 = strongly disagree, 2 = disagree, 3 = disagree, 4 = agree, and 5 = strongly agree.

Resilience was measured by scales from Connor and Davidson's CD-RISC. This scale has five aspects, namely 1) personal competence, high standards, and tenacity, 2) trust in one's instinct, tolerance of negative effect, and strengthening effects of stress, 3) positive acceptance of change, and secure relationship, 4) control and factor, and 5) spiritual influences. Statements were given as many as 20 valid items with the use of a Likert scale of 0-4 with descriptions 0 = very inappropriate, 1 = appropriate, 2 = neutral, 3 = appropriate, and 4 = very appropriate.

Data processing is assisted by SPSS. Validity using 0.200 with a minimum value limit and Cronbach alpha reliability with a value of > 0.60. For spiritual health measures, validity showed  $r = 0.227-0.741$  and reliability 0.900. Meanwhile, the resilience measuring instrument, the result of validity  $r = 0.491-0.813$  and reliability 0.947.

## RESULT

This study using descriptive statistics that 105 cadets who has spiritual health showed 14 cadets have low spiritual health, 82 in the middle, and 9 have a high spiritual health. While for resilience, 15 cadets have low resilience, 64 in the middle, and 26 cadets have higher resilience.

Before performed a linear regression analysis, the researcher performed the normality and linearity first. The normality test of the variables using Kolmogorov-Smirnov showed a significance result  $p = 0,072 > 0,05$ , which means the data is normally distributed. Next step, a linearity test was performed using ANOVA. The significance result showed  $p = 0,119 > 0,05$  which means linear.

After all of that have been fulfilled, then proceed with the hypothesis test that shown using t-test and t-table ( $6,030 > 1,659$ ) which means that there is a significant relationship between spiritual health and resilience.

Table 1: Linear Regression

	Unstandardized B	Coefficients Std. Error	Standardized Coefficients Beta	t	Sig.
(Constant)	26.512	7.212		3.676	.000
Kesehatan	.396	.066	.551	6.030	.000

Table 2: Pearson Correlations

Correlations	
	Resiliensi
Aqidah	.359**
Penyakit Hati	.334**
Akhlak	.443**
Produktif	.505**
Bahagia	.376**

## DISCUSSIONS

Using Pearson correlations on table 2, the dimension of productive in social relationships in aspects of spiritual health contributed the most influence with a result of 50.5% on individual resilience. This is in line with Al-Ghazali's theory which says that individuals who are

productive in social relationships and have a healthy spirit are able to build healthy relationships and face individual challenges. Individuals who have high spiritual health and resilience also have temperaments that tend to be lower and calmer, so as to create a good social environment (Sarafino in Dewi et al, 2004).

The second dimension that has a major influence on resilience is the good moral dimension with the result 44.3%. Good morals are good and positive deeds that come from the soul of the individual that are beneficial to life and become a habit. Reivich and Shatte explain that one of the characteristics of individuals who have resilience is empathy. Empathy is one of the noble characters or morals. Individuals who have empathy and can build harmony in the social environment, tend to have control over themselves in doing so that they are able to get support from the environment when facing a problem.

The third dimension of spiritual health that has an influence on resilience is the dimension of happiness in the world and the afterlife with a result of 37.6%. Happy in this world and after life means if the individual has a balance towards life in the world and life after leaving the world of individuals who feel healthy and happy, able to overcome disappointments that exist in themselves, have reasonable self-esteem, and have a realistic nature.

The next dimension of spiritual health is the dimension of the robustness of aqeedah which has an influence of 35.9% on resilience. Individuals who have a strong aqeedah in their lives know the origin and root of their lives beginning, namely God. Spiritually healthy and resilient individuals have faith in God and His destiny. Graham et al (Hamlin- Glover, 2009) stated that spiritual health as a sense of connection with the universe, relying on God in life, participating in spiritual activities, and experiencing situations of peace as important components in overcoming stress.

The last dimension of spiritual health that had an influence on resilience was freedom from heart disease (greed, arrogant, etc) with the result 33.4%. Individuals who are free from a heart

disease will have a peaceful and realistic life. Individual who has a peaceful personality tend to be calm when experiencing a problem and can regulate their emotions in the future.

Cadets who practice their beliefs well, are believed to be able to get through a difficult period of education. Individual cadets with good spiritual health will obey the rules made by the school. Cadets will also carry out their daily lives with peace of mind because they never violate the rules. Cadets will also carry out their daily lives with peace of mind because they never violate the rules. Hourani et al (2012) assert that spirituality has an important role in mental health in individuals who run military life. In line with cadets who are required to take semi-military education. Individuals who have spiritual health are believed to face the weight of military education and avoid the presence of mental illness.

Allah SWT has said that if there is no human being on earth who is not given problems by Allah SWT as in Surah Al-Baqarah verses 155-156, By surrendering to Allah SWT for what is given and what happens to humans, making individuals have a calm soul and avoid feeling disappointed and hopeless. Only individuals who are able to persist in solving problems and rise from adversity will get ease and tranquility from Allah SWT in return for patience in going through all trials from Him (Wahidah, 2018).

## CONCLUSION AND SUGGESTIONS

Based on the results of data analysis and discussion that has been written in the previous section, it can be concluded that there is a significant influence on spiritual health on the resilience of level II shipping cadets. The higher the spiritual health, the higher the resilience possessed by cadets. This research is in line with previous research that says if spirituality can be used as an internal drive for individuals to build resilience and maintain defense mechanisms or coping individuals in solving stressful problems or situations. As Al Ghazali points out, only

individuals who have spiritual health are able to face life's difficulties and obstacles, feel happy, and feel useful to their environment.

The school institutions can enhance existing religious activities in schools to help cadets improve their spirituality. Schools can also open a counselling services for cadets who need these services.

Also for the cadets, it is recommended to be able to maintain and increase positive friendships in the school environment by helping, comforting, and supporting each other.

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