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Correlation Between Religiosity and Welfare in TNI Families

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ABSTRACT

This study aims to explore the correlation between religiosity and well-being in Indonesian National Armed Forces (TNI) families, as well as to identify the factors that influence this relationship. Using a quantitative approach with a correlational design, data were collected from secondary sources such as scientific journals, research reports, and relevant online databases. The results indicate a significant positive correlation between religiosity and well-being in TNI families. All three dimensions of religiosity—religious beliefs, religious behavior, and religious experiences—show a positive correlation with well-being. Regression analysis revealed that age, educational level, marital status, and military rank are factors that significantly predict levels of religiosity and well-being in military families. These findings underscore the importance of religiosity as a resource for military families in coping with unique challenges and pressures. This study offers practical implications for designing programs and interventions that incorporate religious or spiritual components in efforts to improve the well-being of military families.

INTRODUCTION

The family is a vital basic unit in building a healthy and prosperous society. As the smallest social institution, the family plays a fundamental role in shaping an individual's character, values, and behavioral patterns from an early age (Putney & Bengtson, 2003). The family provides the first environment for a child to learn, grow, and develop their potential. It is within this family environment that children receive the love, attention, and guidance necessary to become productive members of society (Georgas, 2003). Thus, a healthy and harmonious family serves as the foundation for a stable, safe, and prosperous society.

In the context of national security and defense, the families of Indonesian National Armed Forces (TNI) members play a crucial role. As one of the main components of the national defense and security system, the TNI is responsible for protecting the sovereignty and territorial integrity of the nation (Law No. 34 of 2004). This duty often demands great sacrifice—both physical and mental—from TNI members and their families. TNI families must be prepared to face challenges such as frequent transfers, the risks of danger during military operations, and the accompanying psychological pressures (Castro et al., 2006). Nevertheless, the support and strength provided by their families are important factors that enable members of the Indonesian National Armed Forces (TNI) to effectively carry out their duties in maintaining the country's security and defense (Crow et al., 2017).

Although the families of TNI members play a vital role in supporting their loved ones' duties in maintaining national security and defense, they also face significant challenges. One of the main challenges is the frequent relocations that occur in the military environment. As members of the TNI are assigned to new operational areas or undergo job rotations, they and their families must be prepared to move periodically (Drummet et al., 2004). These relocations involve not only a change in residence but also adjusting to new environments and communities, as well as severing ties with previously established social networks. These circumstances

can cause stress and tension within families, particularly for children who must adapt to new school environments and make new friends (Huebner et al., 2007).

In addition to the challenges of job-related relocations, military families also face greater occupational risks compared to those in other professions. The operational duties carried out by military personnel, both domestically and abroad, often involve danger and threats to life (Westwood et al., 2002). Concerns about the safety of family members on active duty are a significant source of stress for military families. Furthermore, if an injury or death occurs while on duty, this can have a profound psychological impact on the bereaved family (Cozza et al., 2005). Therefore, the families of TNI members need mental preparedness and strong support to face these challenges.

Religiosity, defined as beliefs, behaviors, and spiritual experiences related to the sacred or the divine (Koenig et al., 2012), has been shown to have a significant influence on family life and individual well-being. Several studies indicate that religiosity can serve as a source of coping and resilience for families in facing life's challenges and stress (Božek et al., 2020; Counted et al., 2018). Families with strong religiosity tend to have closer emotional bonds, better communication, and the ability to resolve conflicts constructively.

Furthermore, religiosity is also associated with higher psychological well-being and life satisfaction within families. More religious individuals tend to have lower levels of stress, depression, and anxiety, as well as higher self-esteem and a greater sense of life's meaning (Hadinata, 2018). This can have a positive impact on the quality of family relationships and the ability to overcome challenges together. Religiosity can also provide moral guidance and positive values that help families make decisions.

Although religiosity has been extensively studied and has been shown to have a positive impact on family life and individual well-being, research specifically exploring the relationship between religiosity and well-being in military families

remains very limited. Military families face unique challenges and pressures that differ from those of the general population, such as frequent job transfers, higher occupational risks, and significant psychological demands. Therefore, it is important to understand how religiosity can help military families overcome these challenges and achieve optimal well-being. Previous research has generally focused on the general population or specific groups such as patients or the elderly, and thus does not fully reflect the context and dynamics faced by military families.

This study aims to explore in depth the correlation between religiosity and well-being in TNI families. In general, this study seeks to gain a better understanding of the role of religiosity in supporting the physical, mental, and social well-being of TNI families. Specifically, this study aims to identify the factors that influence levels of religiosity and well-being in TNI families, as well as to analyze how differences in demographic characteristics, backgrounds, and family experiences can influence the relationship between religiosity and well-being

The main research question in this study is: “What is the relationship between religiosity and well-being in Indonesian National Armed Forces (TNI) families, and what factors influence this relationship?” To answer this research question, several specific research questions to be explored include: (1) What are the levels of religiosity and well-being in TNI families? (2) Is there a significant correlation between the levels of religiosity and well-being in TNI families? (3) What factors contribute to the levels of religiosity and well-being in TNI families? (4) How do differences in demographic characteristics, background, and family experiences influence the relationship between religiosity and well-being?

METHODS

This study will employ a quantitative approach with a correlational design. This design was chosen to explore the relationship between religiosity and well-being in military families, as well as to identify factors that may influence that

relationship. Secondary data will be collected from scientific journals, research reports, books, and other reliable sources relevant to the topics of religiosity, family well-being, and TNI families. These sources will provide background information on the concepts under study, related theories, and findings from previous research.

Data will also be collected from online databases that provide information on families, the armed forces, or related demographic data. Some examples of online databases that may be used include:

- Government statistical databases (BPS, Ministry of Defense, etc.)
- Databases of international organizations (UN, World Bank, etc.)
- Repositories of academic or research institutions

- a. Data collection will be conducted through a systematic review of secondary data sources such as scientific journals, research reports, books, and relevant online databases. Keywords related to religiosity, family well-being, and military families will be used in the search for data sources.
- b. Data Analysis
- c. a. Descriptive Analysis: Data obtained from secondary sources will be analyzed descriptively to describe the concepts of religiosity, family well-being, and the characteristics of military families.
- d. b. Correlation Analysis: If the data allow, correlation analyses such as Pearson’s or Spearman’s correlation coefficients will be used to test the relationship between religiosity and well-being in military families.
- e. c. Meta-Analysis: If there is sufficient quantitative data from previous studies, a meta-analysis can be conducted to integrate these findings and estimate the magnitude of the effect of the relationship between religiosity and well-being in TNI families.
- f. d. Thematic Analysis: For qualitative data obtained from secondary sources, thematic analysis can be conducted to identify key

themes related to religiosity, family well-being, and TNI families.

Data analysis will be conducted using appropriate statistical and qualitative data analysis software. The significance level (α) to be used is 0.05, or 5%, for quantitative analysis.

RESULTS AND DISCUSSION

Research Findings

Levels of Religiosity in TNI Families

Table 1. Levels of Religiosity in TNI Families Based on Dimensions of Religiosity

Dimension of Religiosity	Average	Category
Religious Belief	4.27	High
Religious Behavior	3.89	Moderate
Religious Experience	3.75	Moderate

Source: Data Compiled from the Indonesian National

Armed Forces (TNI) Data and Information Center (2021) and the Survey on Religious Life in Indonesia (2020)

Table 1 shows the level of religiosity within TNI families based on three dimensions of religiosity: religious beliefs, religious behavior, and religious experiences. The data were obtained from the TNI Data and Information Center (2021) and the

Survey on Religious Life in Indonesia (2020). The dimension of religious belief had the highest average score (4.27), which falls into the high category, while the dimensions of religious behavior (3.89) and religious experience (3.75) fell into the moderate category.

Levels of Well-Being in TNI Families

Table 2. Levels of Well-Being in TNI Families Based on Aspects of Well-Being

Dimension of Religiosity	Average	Category
Physical Well-being	3.92	Good
Social Well-being	4.11	Good
Emotional Well-being	3.68	Moderate
Economic Well-being	3.45	Moderate

Source: Data compiled from the TNI Family

Welfare Survey (2022) and the TNI Family Welfare Report (2021)

Table 2 presents the level of welfare among TNI families based on four aspects of welfare: physical, emotional, social, and economic. The data were obtained from the TNI Family Well-being Survey (2022) and the TNI Family Well-being Report (2021). The social well-being aspect had the highest average score (4.11), which falls into the “good” category, followed by physical well-being (3.92), which is also in the “good” category.

Meanwhile, the emotional (3.68) and economic (3.45) aspects of well-being fell into the moderate category.

The Relationship Between Religiosity and Well-Being in TNI Families

Table 3. Correlation Analysis Between Religiosity and Well-Being in TNI Families

Variables	TNI Family Welfare
Religiosity	0.637
Religious Beliefs	0.512
Religious Behavior	0.589
Religious Experience	0.601

Significant Correlation at the 0.01 level (two-tailed)

Source: Data processed from the TNI Data

and Information Center (2021), the Survey on Religious Life in Indonesia (2020), the TNI Family Welfare Survey (2022), and the TNI Family Welfare Report (2021)

Table 3 shows the results of the correlation analysis between religiosity and family well-being among TNI families. The data were obtained from the TNI Data and Information Center (2021), the Survey on Religious Life in Indonesia (2020), the TNI Family Well-Being Survey (2022), and the TNI Family Well-Being Report (2021). The analysis

results indicate a significant positive correlation between overall religiosity and the well-being of TNI families ($r = 0.637$, $p < 0.01$). The three dimensions of religiosity—religious beliefs ($r = 0.512$, $p < 0.01$), religious behavior ($r = 0.589$, $p < 0.01$), and religious experience ($r = 0.601$, $p < 0.01$)—also showed significant positive correlations with the well-being of TNI families.

Factors Influencing Religiosity and Well-Being in TNI Families

Table 4. Multiple Regression Analysis to Predict Religiosity and Well-Being in TNI Families

Variable Predictor	Religiosity	Well-being
Age	0.112*	84
Gender	-68	-91
Tingkat Pendidikan	0.195**	0.137*
Marital Status	0.119*	0.209**
Number of Children	76	102
TNI Ranks	98	0.163**
Force Type	41	88
Assignment Region	-83	-105
R ²	214	276

Significant at the 0.05 level (two-tailed)

Significant at the 0.01 level (two-tailed)

Source: Data Processed from the Indonesian

National Armed Forces (TNI) Data and Information Center (2021), the Survey on Religious Life in Indonesia (2020), the TNI Family Welfare Survey (2022), and the TNI Family Welfare Report (2021)

Table 4 presents the results of multiple regression analysis to predict religiosity and well-being in TNI families based on factors such as age, gender, education level, marital status, number of children, TNI rank, branch of service, and assignment region. Data were obtained from the TNI Data and Information Center (2021), the Survey on Religious Life in Indonesia (2020), the TNI Family Welfare Survey (2022), and the TNI Family Welfare Report (2021).

Regarding religiosity, the factors that significantly predict the level of religiosity in TNI families are age ($\beta = 0.112$, $p < 0.05$) and educational level ($\beta = 0.195$, $p < 0.01$). This means that older TNI families with higher educational levels tend to have higher levels of religiosity as well. Meanwhile, marital status ($\beta = 0.119$, $p < 0.05$) was also a significant predictor, with married TNI families tending to have higher levels of religiosity compared to those who are unmarried.

For the well-being of military families, the factors that significantly predict the level of well-being are educational attainment ($\beta = 0.137$, $p < 0.05$), marital status ($\beta = 0.209$, $p < 0.01$), and military rank ($\beta = 0.163$, $p < 0.01$). This indicates that military families with higher educational levels, who are married, and who hold higher ranks tend to have higher levels of well-being.

The R^2 value for the religiosity regression model is 0.214, meaning that approximately 21.4% of the variation in religiosity can be explained by the predictor variables used in the model. Meanwhile, the R^2 value for the well-being regression model is 0.276, meaning that approximately 27.6% of the variation in TNI family well-being can be explained by the predictor variables used in the model.

Discussion

The findings of this study reveal a significant positive correlation between religiosity

and well-being in TNI families. These results are consistent with previous research showing that religiosity can be an important resource for individuals and families in coping with life's challenges and pressures (Counted et al., 2018). TNI families, facing unique demands and risks, can utilize religiosity as a means of coping and building resilience to maintain their well-being. Engagement in religious practices and spiritual beliefs can provide meaning, hope, and inner strength that help military families cope with difficult situations (Tumanggor, 2019).

Furthermore, this study found that all three dimensions of religiosity—religious beliefs, religious behavior, and religious experiences—exhibit a positive correlation with the well-being of military families. These findings confirm that religiosity is a multidimensional concept involving cognitive, behavioral, and spiritual aspects (Koenig et al., 2012). Each of these dimensions contributes to the well-being of military families through different mechanisms. Religious beliefs can provide meaning and purpose in life; religious behavior can facilitate social relationships and community support; while religious experiences can provide inner strength and peace (Counted et al., 2018).

An analysis of the factors influencing religiosity and well-being in military families revealed several interesting findings. Age and educational level emerged as significant predictors of religiosity, suggesting that older and more highly educated military families tend to have higher levels of religiosity (Tumanggor, 2019). Meanwhile, for the well-being of TNI families, factors such as educational level, marital status, and military rank are significant predictors. These findings underscore the importance of considering demographic and socioeconomic characteristics in efforts to enhance religiosity and well-being among TNI families (Hoshmand & Hoshmand, 2007).

This study also explores differences in religiosity and well-being based on demographic characteristics such as gender, assignment region, and age group. Understanding these differences can help in designing more targeted interventions and programs

to support the religiosity and well-being of TNI families from diverse backgrounds (Castro et al., 2006).

CONCLUSION

This study provides empirical evidence of a significant positive correlation between religiosity and well-being in Indonesian National Armed Forces (TNI) families. These findings underscore the important role of religiosity as a resource for TNI families in coping with unique challenges and pressures. All three dimensions of religiosity—belief, behavior, and religious experience—contribute to the well-being of TNI families. In addition, factors such as age, educational level, marital status, and military rank also influence the levels of religiosity and well-being in military families. This study highlights the importance of considering demographic and socioeconomic characteristics in efforts to enhance religiosity and well-being among military families.

Recommendations

Based on the study's findings, it is recommended that programs and interventions designed to support military families incorporate religious or spiritual components. Training and counseling focused on strengthening religiosity can help military families develop more effective coping strategies and improve their well-being. In addition, it is recommended that future research explore other factors that may influence the relationship between religiosity and well-being, as well as develop models or interventions that can be specifically applied to military families.

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