

Subjective Well Being, Character Strength, Activeness in Participating in Mental Coaching for the Wives of Indonesian Army Soldiers at Kodam I/Bukit Barisan Medan

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Abstract: This study aims to investigate the influence of mental coaching participation on subjective well-being and character strength among the wives of Indonesian Army (TNI-AD) soldiers. Employing a quantitative research design, the study involved a sample of 330 participants selected through purposive sampling. The level of participation in mental coaching was categorized into active and rarely active groups. Data were analyzed using one-way ANOVA to assess differences between these groups. The results revealed no significant difference in subjective well-being ($F = 0.287$, $p = 0.593$) or character strength ($F = 0.980$, $p = 0.323$) between the two participation levels. The mean subjective well-being scores were 47.55 for the active group and 47.14 for the rarely active group, while character strength scores were 54.31 and 55.06, respectively. These findings suggest that mental coaching, as currently implemented, does not significantly impact either subjective well-being or character strength among the studied population. The novelty of this study lies in its focus on military spouses a group often overlooked in psychological well-being research and in evaluating the effectiveness of structured mental coaching within a non-clinical setting. Practically, the findings indicate a need to re-evaluate the content and delivery of mental coaching programs to enhance their relevance and effectiveness. This study contributes to the literature on psychological interventions by highlighting the limited impact of generalized coaching programs on targeted psychological constructs within specific social groups.

Keywords: Character Strength, Mental Coaching, Subjective Well-Being

A. Introduction

The Republic of Indonesia has three military forces, namely the Indonesian National Army (TNI) Army (AD), Air Force (AU), and Navy (AL) led by the TNI Commander. TNI soldiers as state apparatus whose main task is military operations for war are required to provide services to the community professionally (Sari, 2018). TNI soldiers

not only have readiness and are always willing to be assigned anywhere, but also a soldier is needed who is willing to sacrifice his soul and body for the country and must be willing to be separated from his family in order to carry out the tasks that have been given by his unit.

Being part of the Indonesian National Armed Forces (TNI) family is a unique and challenging experience. TNI families play an important role in supporting the duties and responsibilities of soldiers, as well as ensuring the emotional and psychological well-being of family members. Therefore, in relation to the task of peacekeeping missions, soldiers who are married must be willing to leave their families. Soldiers in the family are husbands of their wives and fathers of their children. The departure of a husband to serve for a soldier's wife is a very unpleasant thing because they have to be separated far away and for a long period of time. Some of the life changes experienced by soldiers' wives while they are away on duty can bring them feelings of discomfort both physically and mentally.

Discomfort while being left by the husband on duty is when taking care of the family alone which will have an impact on negative thoughts and feelings that change towards the husband who is on duty. These feelings can range from negative mental conditions such as dissatisfaction with life, anxiety, feeling depressed, and low self-confidence. Usually, the problem that triggers these feelings starts from anxiety or stress that is prolonged and never ends. As a result of the husband's departure for duty for a long period of time, it can cause wives to experience unstable emotional feelings. Such as fear that her husband will die without news or fear that her husband will remarry another woman where her husband is assigned. This is also in line with research (Khalish, 2018) showing that wives who are in long-distance relationships have their own impacts, one of which is an impact on their level of happiness. (Kesejahtera & Dan, 2010).

Subjective Well Being

Happiness or Subjective well-being refers to an individual's evaluation of their own life, including emotional aspects and life satisfaction (Almira Rosa Humaira, Turnomo Rahardjo, 2014) . In this case, Seligman and put forward subjective well-being or SWB as a person's affective side (mood and emotions) and cognitive evaluation of their life. In a psychological sense, it is not important that people use happiness or SWB, but the key is how they emotionally interpret and cognitively process what happens to them including life after becoming the wife of an Indonesian Army soldier.

A happy quality of life is when humans have optimal self-awareness and self-function. From both perspectives on the happiness of well-being, the three components of well-being are divided into: emotional well-being, psychological well-being, and social well-being (Lamres, 2012). Happiness becomes something very personal for each

individual. According to Russell (2008) in (Hadi Yogo Wicaksana, 2017), subjective well-being is an individual's perception of their life or an individual's subjective view of their life experiences. A person can be considered to have a high level of subjective well-being if the individual meets characteristics such as feeling satisfied with the things in their life, often feeling positive emotions such as happiness and affection and rarely feeling negative emotions such as anger and sadness.

Furthermore, because the measure of subjective well-being is a person's evaluation of their life, subjectivity becomes the most important control stick. In this study, the researcher had the curiosity to compare subjective well-being with the strength of character in the individual. TNI soldiers' wives who experience low subjective well-being may show some of the following characteristics or feelings: low life satisfaction; they may feel dissatisfied with their living conditions, feel that the challenges they face are too great, or feel that they have not achieved their personal or family life goals. high stress and anxiety; they often experience high stress or anxiety related to the uncertainty of their husband's duties, their husband's welfare, or heavy household responsibilities (Damayanti et al., 2016).

Subjective well-being aspects according to Diener (2006) are life satisfaction, positive affect, and negative affect. Life satisfaction is a general assessment of one's life. Positive affect can be divided into specific positive emotions such as joy, affection, and pride. While negative affect can be separated into specific emotions and moods, such as shame, guilt, anger, sadness, and anxiety.

Character Strength

According to (Nansook Park, 2005) character strengths are good characters that lead individuals to achieve virtue, or positive traits that are reflected in thoughts, feelings and behavior. Character strengths are positive traits possessed by individuals, such as courage, wisdom, and kindness. According to (Peterson, C., & Seligman, 2004), these character strengths can be developed and used to achieve goals, and contribute to psychological well-being. Research shows that individuals who have an understanding and use of character strengths tend to report higher levels of SWB. Character strengths can help individuals overcome life's challenges, build positive social relationships, and increase a sense of meaning in life.

Building both simultaneously can create a positive cycle that improves overall quality of life. Several studies have shown that individuals who have an understanding and use of character strengths tend to report higher levels of subjective well-being (Damayanti et al., 2016). Engaging in activities that align with one's character strengths can increase life satisfaction and reduce stress. Programs that focus on developing character strengths often lead to improvements in an individual's subjective well-being.

Peterson and Seligman (Park, 2004) divide positive human traits into 24 character strengths that fall under the umbrella of 6 virtues. This division of character strengths provides insight into how positive traits can be identified and developed. Each virtue serves as a broad category that encompasses several character strengths, all of which contribute to the development of an individual's well-being.

Mental Coaching

Mental coaching for the wives of Indonesian Army soldiers is an important focus in improving their quality of life. Assessing the level of influence of mental coaching on subjective well-being in Indonesian Army soldiers' wives involves understanding how psychological interventions can affect their well-being. Although specific studies on Indonesian Army soldiers' wives may be limited, research on mental coaching and subjective well-being in the context of military families provides relevant insights.

The importance of mental coaching for the wives of Indonesian Army soldiers is not only to improve subjective well-being, but also to develop character strengths that can strengthen their mental and emotional resilience in facing life's challenges (Fatih, 2017). Mental coaching is a systematic process that aims to improve an individual's mental and emotional health through techniques and strategies such as counseling, training, and therapy. In the context of Indonesian Army soldiers' wives, mental coaching includes a variety of programs and support designed to help them face the unique challenges associated with life as a soldier's spouse.

Limited ability to cope with adversity or challenges in courage or resilience can make them more easily distressed by difficult situations, such as long-distance deployments or family problems. Lacking emotional support for others without empathy, they may have difficulty providing the emotional support needed by their spouse or other family members, which can worsen relationship dynamics.

Mental coaching for a wife who fully maintains the integrity of the household is very necessary. Soldiers' wives must be physically and mentally prepared when there is a transfer of husband's function. Soldiers' wives must also be prepared to lead and foster a family when their husbands go on duty which takes quite a long time, 1 or 2 years or even more. The need for this coaching is to remind and strengthen a person's mentality, not only for TNI soldiers but also their families, including wives and children.

Subjective well-being and character strength are reviewed from the active participation in Mental Coaching

In this study, the researcher was curious to compare subjective well-being with character strengths in individuals. Individuals with high SWB are more likely to have

intrinsic motivation, which drives them to pursue goals and develop skills that align with their character strengths. Soldiers' wives who participated in mental coaching also showed better development of character strengths, such as courage, resilience, and empathy. Research by (Wagner, L., & Ruch, 2015) showed that participation in mental coaching programs helps individuals develop these positive qualities, which in turn improves their ability to cope with stress and build healthy social relationships.

In contrast, wives of soldiers who do not receive mental health coaching often experience lower levels of well-being. They tend to have difficulty managing emotions and stress, which can lead to feelings of loneliness and anxiety. The lack of support and effective coping strategies makes them more vulnerable to psychological distress.

On the other hand, soldiers' wives who do not participate in mental training may be lacking in developing these character strengths. Research shows that they may have difficulty in building positive attitudes and overcoming challenges, which negatively impacts their mental health and social relationships (Hodge, S. R., & Danish, 2017). This means that mental training for TNI-AD soldiers is an activity in the soldier's environment that carries the task and obligation to build the mentality of soldiers, TNI-AD civil servants and the extended family of TNI-AD soldiers in order to realize moral excellence, solidity, and professionalism.

Feelings of loneliness or isolation; lack of social support or feeling alienated from the community can lead to feelings of loneliness or isolation. This often occurs if they feel distant from family or close friends. High SWB can encourage individuals to be more active in developing and using their character strengths. Mental coaching has the potential to provide a significant positive impact on the subjective well-being and character strength development of TNI soldier's wives. By understanding this influence, it is hoped that more effective programs can be designed and implemented to support their well-being and character development. The background above, led researchers to want to further explore whether there is a difference in subjective well-being and character strength in terms of mental coaching that has been implemented on TNI AD soldier's wives.

B. Methods

This comparative quantitative study investigates the differences in subjective well-being and character strength in terms of the activeness of participating in mental coaching among the wives of Indonesian Army soldiers. This study involved 330 wives of Indonesian Army soldiers through purposive sampling technique with the desired criteria. The characteristics of the sample in this study were: a) wives of soldiers who actively participated in mental coaching; b) wives of soldiers who rarely participated in mental coaching; c) wives of soldiers whose husbands had been away on duty for a long period of time.

Subjective well-being scale adapted from (Padhilla, 2021) based on theory (Diener, E., Lucas, R. E., & Oishi, 2005) consists of 34 statement items with three aspects: life satisfaction, positive affect, and negative affect. Reliability analysis shows a value of 0.806 and a Pearson correlation of 0.884 with a significance of $p = 0.001$. The character strength scale of Novella (2015), based on theory (Nansook Park, 2005), (N. Park & Peterson, 2006) consists of 37 items measuring six dimensions of character strengths: intellectual, leadership, other-directed, temperance, transcendence, and metacognitive strengths. Construct validity tests on the six dimensions showed that most of the model fit with Chi-Square, RMSEA, and t-coefficient values supported validity. Both scales used a 4-point Likert format ranging from "Strongly Disagree" to "Strongly Agree".

C. Results and Discussion

Reliability and Validity Test of Subjective Well Being (SWB) Scale

It is known that the results of the validity and reliability test of the Subjective well-being (SWB) scale show that there are 12 items that are dropped, because the difference test coefficient is <0.300 ; namely items number 1, 2, 3, 4, 5, 7, 13, 15, 18, 20, 23, and 26. Thus, there are 22 valid items, with a coefficient of difference ranging from 0.302 to 0.737 with $p < 0.05$. The calculation of reliability using the Alpha Cronbachs method shows that the SWB scale has a rtt reliability coefficient of 0.847 with $p < 0.05$; thus, it can be said that this scale is reliable in revealing the SWB of Persit mothers.

Test of Validity of Character Strength Scale

It is known that the results of the validity and reliability test of the character strength scale contained 10 items that were dropped, because the coefficient of difference was <0.300 , namely items number 1, 6, 10, 12, 13, 20, 24, 27, 29, and 32. Thus, there are 27 valid items, with a coefficient of difference ranging from 0.303 to 0.650 with $p < 0.05$. The calculation of reliability using the Alpha Cronbachs method found a reliability coefficient of $rtt = 0.853$; thus, it can be said that this scale is reliable in revealing the Character Strength aspect of Persit mothers.

Normality Test

Data is normally distributed according to the principle of the normal curve of various criteria, if $p > 0.05$ then the distribution is declared normal, on the other hand if $p < 0.05$ then the distribution is declared abnormal. The following is a summary of the results of the normality test calculation:

Variables	Participation	Mean	SD	KS	Sig	Information
Subjective well-being	Active	47.55	7,867	0.089	0.063	Normal
	Not active	47.14	7,622	0.079	0.072	Normal
Character strength	Active	54.31	7,713	0.099	0.076	Normal
	Not active	55.06	7,771	0.086	0.065	Normal

Information:

Mean = Average value

KS = Kolmogorov-Smirnov Value

SD = Standard Deviation

Sig/ p = Significance

Based on the table above, it is known that the distribution of this research data is normal, where the significance value of subjective well-being in soldiers' wives who are active in activities and those who are not active in mental development activities > 0.050, namely the significance value of subjective well-being in soldiers' wives who are active in activities 0.063 > 0.050 and the significance value of subjective well-being in soldiers' wives who are not active in activities 0.072 > 0.050. Furthermore, in the character strength variable, it is known that the distribution of this research data is normal, where the significance value of character strength in soldiers' wives who are active in activities and those who are rarely active in mental development activities > 0.050, namely the significance value of character strength in soldiers' wives who are active in activities 0.076 > 0.050 and the significance value of character strength in soldiers' wives who are rarely active in activities 0.065 > 0.050.

Reliability Test

Homogeneity test is conducted to determine whether the research subjects have homogeneous characteristics. Homogeneous criteria are met if the significance value (P) of the Levene Statistic (L-S) test is greater than 0.05. Based on the test results listed in the following table, the Subjective Well-being and Character Strength variables both meet the homogeneity requirements:

Variables	LS	Sig (P)	Caption
Subjective well-being	0.334	0.564	Homogeneous
Character Strength	0.360	0.549	Homogeneous

Information:

LS = Levene Statistic

P = Proportion of error opportunity (probability)/Significance

Caption = Description

Hypothesis Testing

One-way ANOVA difference test was conducted to determine whether there was a significant difference in the Subjective Well-being and Character Strength variables between the group that actively participated in mental coaching and the group that was rarely or inactive. The results showed no significant difference, with a p value > 0.05 for both variables.

Variables	F	Sig.	Note
Subjective well-being	0.287	0.593	No Sig.
Character Strength	0.980	0.323	No Sig.

Information:

F = Calculated F value

S = Significant

Caption = Description n

The mean Subjective Well-being in the active group was 47.55 (47.5%) and in the rarely active group 47.14 (47.1%). For Character Strength, the mean for the active group was 54.31 (54.3%) and the inactive group 55.06 (55%). This shows that mental coaching does not affect both variables.

Categorization

Subjective well-being scale

Descriptive analysis was conducted by comparing empirical and hypothetical data on the Subjective Well-being variable as follows:

Variables	Data Hypothetical				Data Empirical			
	Xmax	Xmin	Mean	SD	Xmax	Xmin	Mean	SD
<i>Subjective well-being</i>	88	22	55	11	72	35	47	8

Hypothetical Score Formula Description:

1. The maximum score (Xmaks) is the result of multiplying the number of scale items by the highest value from the weighting of the answer choices.
2. The minimum score (Xmin) is the result of multiplying the number of scale items by the lowest value of the answer choice weighting.
3. Mean (M) with the formula $\mu = (\text{max score} + \text{min score}) / 2$.
4. Standard Deviation (SD) with the formula $s = (\text{max score} - \text{min score}) / 6$.

Categorization using ordinal levels is divided into three categories based on intervals:

Low = $X < (X - 1.0 \text{ SD})$

Medium = $(X - 1.0 \text{ SD}) \leq$
 Height = $(X + 1.0 \text{ SD}) \leq X$

Information:

X = Empirical mean on a scale
 SD = Standard deviation
 n = Number of subjects

Based on the results of statistical calculations, the following categorizations for subjective well-being were obtained:

Category	Interval	Frequency (n)	Percentage (%)
Low	$X < 39$	131	40%
Currently	$39 \leq X < 55$	124	37%
Tall	$55 \leq X$	75	23%
Total		330	100%

These results indicate that 40% of soldiers' wives are in the low Subjective Well-being category, 37% in the medium category, and 23% in the high category. Thus, the level of Subjective Well-being in soldiers' wives in the Kodam I/Bukit Barisan Medan environment tends to be low, both those who are active and those who rarely participate in mental training.

Character Strength

Descriptive analysis is done by looking at the description of empirical data (based on reality in the field) and hypothetical (which may occur). Based on the results of the description of the writing data, the Character Strength variable can be seen in the table below:

Variables	Data Hypothetical				Data Empirical			
	Xmax	Xmin	Mean	SD	Xmax	Xmin	Mean	SD
Character Strength	108	27	68	14	72	28	55	8

Hypothetical Scoring Formula Description:

1. The maximum score (Xmaks) is the result of multiplying the number of scale items by the highest value from the weighting of the answer choices.
2. The minimum score (Xmin) is the result of multiplying the number of scale items by the lowest value of the answer choice weighting.
3. Mean (M) with the formula $\mu = (\text{max score} + \text{min score}) / 2$.
4. Standard Deviation (SD) with the formula $s = (\text{max score} - \text{min score}) / 6$.

Based on the results of statistical tests of research data, hypothetical descriptive analysis shows that the minimum answer is 27, the maximum is 108, the average is 68,

and the standard deviation is 14. While empirical data shows that the minimum answer is 28, the maximum is 72, the average is 55, and the standard deviation is 8. The description of the research data is used as a limit in categorizing the research sample consisting of three categories, namely low, medium, and high using the ordinal categorization method. The following is the categorization formula on the Character Strength scale:

Low = $X < (X - 1.0 \text{ SD})$
 Medium = $(X - 1.0 \text{ SD}) \leq$
 Height = $(X + 1.0 \text{ SD}) \leq X$

Information:

X = Empirical mean on a scale
 SD = Standard deviation
 n = Number of subjects

Based on the results of statistical calculations, the following categorizations for character strengths were obtained:

Category	Interval	Frequency (n)	Percentage (%)
Low	$X < 54$	147	45%
Currently	$54 \leq X < 82$	114	35%
Tall	$82 \leq X$	69	20%
Total		330	100%

Based on the results of statistical tests, the research data showed that 147 people or 45% of soldiers' wives were in the low character strength category, 114 people or 35% of soldiers' wives were in the medium character strength category, and 69 people or 20% of soldiers' wives were in the high character strength category. It can be said that the character strength of soldiers' wives who actively participate or rarely participate in mental development activities in the Kodam I/Bukit Barisan Medan environment is classified as low.

Discussion

Mental coaching is one of the strategic efforts to improve psychological well-being and individual character strength, especially for soldiers' families who face the pressures and challenges of military life. However, the effectiveness of mental training is highly dependent on the implementation method, level of personalization, and environmental support that accompanies it. This study aims to examine the differences in subjective well-being and character strength based on the activeness of participating in mental training for the wives of Indonesian Army soldiers at Kodam I/Bukit Barisan Medan. The following discussion will explain the results of this study with various previous findings to understand the factors that influence the success of

mental training in this context. In addition to the aspects of method and personalization, the results of this study can also be understood through a framework that emphasizes that mental health interventions must be able to accommodate the complexity of individual needs holistically. Study (Hornstein et al., 2023) stated that personalization strategies in digital interventions not only increase user engagement, but also help tailor the approach to their psychological conditions and social contexts, resulting in more significant improvements in mental well-being. A similar approach can be applied in mental health coaching for soldiers' wives, by replacing the traditional one-way lecture method with a more participatory and responsive approach to the needs of the participants.

Furthermore, work stress counseling studied by (Elshifa, 2024) highlights the importance of emotional support and the application of coping techniques that are relevant to the participants' real experiences. In the context of soldiers' wives living in stressful military situations, mental health coaching must be able to provide space for the expression of personal experiences and the development of practical adaptive strategies. Without such an approach, interventions risk failing to significantly improve subjective well-being.

Challenging environmental conditions, such as those experienced by military families, are also important external factors to consider. The pressure and stress from these environments can hinder the effectiveness of the program if not balanced with ongoing support and an atmosphere that supports positive change. Therefore, systematic follow-up and consistent support programs are key to preventing participants from returning to old, less productive patterns.

Overall, these findings indicate that to improve the success of mental coaching for soldiers' wives, a paradigm shift is needed in program implementation. From simply delivering information to a collaborative, personal, and ongoing learning process. This approach will not only facilitate improvements in subjective well-being and character strength, but also strengthen the mental readiness of soldiers' wives in facing the challenges of everyday life.

Furthermore, lack of support from family or community can hinder the development of subjective well-being and character strength. Strong social networks are essential to support positive change, not only that, the pressures faced by soldiers' wives, such as concerns about their husbands' safety because they are left for a long time by their husbands on duty out of town, can also disrupt the mental development process.

This is due to several influencing factors, such as the different ages of soldiers' wives, the different levels of education of soldiers' wives, the busyness of the soldiers' wives, and possibly because soldiers' wives often face uncertainty regarding their husbands' duty schedules, which can cause anxiety and stress. Another possibility is that high

expectations of life as a soldier's wife collide with reality, which ends in disappointment.

The results of this study are useful for Kodam I/Bukit Barisan Medan to improve the quality of coaching so that it can provide more contributions to the welfare and character development of soldiers, wives of soldiers and other soldiers' families. However, this study has several limitations, including: The study may involve a small number of respondents or only from one location, so the results cannot be generalized to a wider population. Research on male subjects or TNI soldiers and residences in other cities may provide different results. The study did not use a longitudinal design, making it difficult to determine whether there was a change over time. Considering these limitations, it is important to design more comprehensive and context-sensitive research to gain a better understanding of this issue.

D. Conclusions

The results of the data analysis of the one-way ANOVA difference test found that there was no difference in Subjective well-being between the group that actively participated in mental coaching and the group that rarely participated in mental coaching, as indicated by the coefficient $F = 0.287$ with $p = 0.593$ or $p > 0.05$. Judging from the average subjective well-being for the group that actively participated in mental coaching was 47.55 or 47.5% while the group that was rarely active was 47.14 or 47.1%. These results indicate that mental coaching does not affect the level of subjective well-being of soldiers' wives. Based on the results of the one-way ANOVA test, it was found that there was no difference in Character Strength between the group that actively participated in mental coaching and the group that rarely participated in mental coaching, as indicated by the coefficient $F = 0.980$ with $p = 0.323$ or $p > 0.05$. Judging from the average Character strength for the group that actively follows mental coaching is 54.31 or 54.3% while the group that is rarely active is 55.06 or 55%. This result indicates that mental coaching does not affect the level of character strength of soldiers' wives.

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