

THE ROLE OF MENTAL GUIDANCE OF THE AIR FORCE TO PREVENT CRIMINAL VIOLATIONS AND SOLDIER DISCIPLINE IN ORDER TO SUPPORT THE AIR FORCE'S DUTIES

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Abstract

Mental coaching in an effort to prevent criminal and disciplinary violations among Indonesian Air Force soldiers is seen as one of the key elements in shaping the character and morale of soldiers, which in turn has a direct impact on performance and compliance with regulations. This study analyzes various forms of mental coaching implemented in the TNI AU environment, as well as their effectiveness in reducing incidents of legal and disciplinary violations. Through a qualitative approach with a case study method, data were collected from in-depth interviews, observations, and analysis of related documents. The results of the study indicate that systematic and ongoing mental coaching has a significant impact in reducing the number of violations among soldiers. In addition, this study found that mental coaching not only helps in preventing violations, but also plays a role in improving the morale and work ethics of soldiers, which is very important in supporting the main tasks of the TNI AU. This study recommends increasing the intensity and quality of mental coaching programs in the TNI AU environment, as well as its integration with other training programs to form soldiers with strong character and high discipline. Thus, mental coaching has been proven to be one of the effective strategies in maintaining the professionalism and integrity of TNI AU soldiers in carrying out their duties.

Keywords– *Mental Coaching, Prevention, Violations, Soldier Discipline.*

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INTRODUCTION

In the context of national resilience and state security stability, the role of the TNI as a state apparatus in the field of defense in maintaining state sovereignty is very important. Based on Article 10 paragraph (1) and (2) of Law Number 34 of 2004 concerning the Indonesian National Army (TNI Law) as follows:

a. Carrying out the duties of the TNI air force in the field of defense; b. enforcing the law and maintaining security in the airspace of national jurisdiction in accordance with the provisions of national law and ratified international law. In carrying out these duties, every TNI AU soldier is required to have high discipline and commitment to

applicable rules and laws. The challenges faced by soldiers are not only related to technical capabilities and military strategy, but also concern the moral and mental aspects of soldiers. According to Marno (2020), mental and moral aspects are important foundations in shaping the behavior of soldiers, which greatly influences their obedience to law and discipline.

Criminal and disciplinary violations in the military environment, including in the Indonesian Air Force, are events that cannot be ignored. Every violation committed by soldiers not only harms the good name of the military institution, but can also disrupt the stability of the TNI and potentially affect the safety of the nation. Therefore, efforts to prevent such violations are very important. In this case, mental development of soldiers plays a central role in forming strong character and morals, so that soldiers are able to face various challenges without getting caught up in behavior that violates the law and discipline. According to Santoso (2018), mental development in the military environment functions to create soldiers who are mentally tough and have strong moral resilience.

Mental development in the Indonesian Air Force is not a new concept. Since the establishment of the Indonesian Air Force in 1946, mental development has been part of a strategic effort to create soldiers who are not only physically and technically strong, but also have high integrity and morals. According to Hidayat (2019), effective mental development can provide soldiers with the tools to overcome pressure, temptation, and difficult situations that they may face in carrying out their duties. Through good mental development, it is hoped that Indonesian Air Force soldiers can demonstrate optimal performance and comply with all applicable rules and norms.

Forms of mental development in the TNI environment include Spiritual Development (Binroh), Ideological Mental Development (Bintalid) and Traditional Mental Development of Kejuandan (Bintra Juang) (TNI Headquarters, 1997). The forms of mental development are then described in various aspects, starting from character formation, instilling national values, to strengthening work ethic and discipline. Various methods and approaches are used in mental development, such as motivational lectures, spiritual guidance, counseling, to mental resilience training. All of this aims to prepare soldiers not only in facing the enemy, but also in maintaining their own integrity amidst various temptations and pressures.

However, even though mental coaching has long been implemented, challenges in its implementation remain. Along with global dynamics and social changes that fast, TNI AU soldiers are also faced with various new problems that require adaptation in the mental development approach. For example, the rapid development of information technology has opened up wider access to information, but on the other hand it also increases the risk of exposure to negative influences that can affect the morale and behavior of soldiers. In addition, changes in social structures and community values can also affect soldiers' perceptions and attitudes towards applicable discipline and rules. According to Kurniawan (2021), globalization and rapid social change require adaptation in mental development strategies to remain relevant and effective.

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This study aims to analyze the role of mental coaching in preventing criminal and disciplinary violations among Indonesian Air Force soldiers. This study is important to identify the extent of the effectiveness of mental coaching that has been implemented, as well as to find aspects that need to be improved or developed further. The results of this study are expected to contribute to the development of a more comprehensive mental coaching strategy that is relevant to the development of the times, so that it can support the tasks and functions of the Indonesian Air Force more effectively.

RESEARCH METHODS

This study uses qualitative methods to analyze the role of mental coaching in preventing criminal and disciplinary violations among Indonesian Air Force soldiers. According to Creswell (2016), qualitative research will explore and understand social or humanitarian values which are then processed through questions and data collection, analyzing inductively data collection is an important step in the scientific method. Mental coaching is operationalized as a process of strengthening morals, ethics, and discipline through special programs run by the Indonesian Air Force. Criminal and disciplinary violations are defined as actions that violate the law and the military code of ethics, measured by the number and type of violations that occur. Data were collected through in-depth interviews, observations, and document analysis, then analyzed inductively to find patterns that show the impact of mental coaching on reducing violations, by comparing the results of interviews, observations, and documentation to ensure the validity of the information obtained.

RESULTS AND DISCUSSION

The Role of Mental Development in Preventing Criminal and Disciplinary Violations among Indonesian Air Force Soldiers.

Mental development in the Indonesian Air Force environment plays an important role in preventing criminal and disciplinary violations among soldiers. This development is designed to shape the character, morals, and mentality of soldiers so that they can carry out military duties with high integrity, discipline, and responsibility. The effectiveness of this mental development can be analyzed through several relevant theories and studies, including the theory of military mental development, criminal theory, and military discipline. Mental development, as explained by Marno (2020), is the basis for forming soldiers who have high moral integrity and strong mental resilience. In the military context, mental development includes Spiritual Development, Ideological Mental Development, and Traditional Mental Development. These three mental developments are then designed to prepare soldiers to face stressful challenges.

Mental coaching for soldiers in the Indonesian Air Force environment plays an important role in the process of helping soldiers internalize these values, which in turn increases their obedience to military rules and orders. Mental coaching in the Indonesian Air Force also functions as an effective measuring tool in preventing disciplinary and

criminal violations among soldiers. Mental coaching also functions as a tool to strengthen unit cohesion and improve soldier morale. Mental coaching in

The Indonesian Air Force environment is implemented in a structured manner as a command function in various daily activities, both scheduled and incidental. This is in line with the theory presented by Prasetyo (2022) which emphasizes that mental coaching that is well integrated into the daily activities of the unit can create a positive and mutually supportive work environment, which in turn reduces the potential for violations. Strong unit cohesion, supported by effective mental coaching of the Indonesian Air Force command function, has been shown to improve collective performance in various operational tasks. This is in accordance with Bandura's (1977) social learning theory, which states that individuals tend to develop desired behavior by imitating and internalizing the values taught by their leaders and mentors. However, challenges in implementing mental coaching remain.

In relation to environmental influences, especially the development of information and computer technology (ICT) which is marked by the increasing use of social media devices massively has influenced lifestyle and patterns, ethics, culture, attitudes, habits and behavior due to global influences. This condition will certainly easily affect the level of discipline of Indonesian Air Force soldiers in a negative influence so that they fall into criminal acts and soldier discipline. Many negative soldier behaviors and actions are influenced directly or indirectly by social media devices that are not filtered with a good mentality so that criminal law enforcement and soldier discipline must be carried out by unit leaders in the Indonesian Air Force. This is in line with Kurniawan's theory (2021) that the development of information and communication technology has increased the risk of soldier exposure to negative influences from outside, such as information that can affect their morale and behavior. Therefore, mental development programs need to be implemented adaptively to adjust to changes in the times to remain effective.

Attention and support from the TNI AU unit leaders are also very important in realizing the success of the mental development program. Rahman (2020) stated that the commitment of the unit commander to support and implement this program consistently can increase its effectiveness. When military leaders show their commitment to mental development, soldiers tend to be more motivated to take the program seriously.

Effectiveness of Mental Development Program in Forming the Character and Morale of Indonesian Air Force Soldiers.

The mental development program in the Indonesian Air Force environment plays an important role in shaping the character and morale of soldiers, which ultimately supports the optimal implementation of their duties. The effectiveness of this program can be seen through various dimensions, namely Spiritual Development (Binroh), Mental and Ideological Development (Bintalid) and Mental Development of Struggle Tradition (Bintaljuang) all of which are for the benefit of improving discipline, mental resilience, and strengthening moral values, ideology and struggle which substantially affect the lives of Indonesian Air Force soldiers. Mental development in the Indonesian Air Force is

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designed to form soldiers who not only have technical and tactical competence, but also have high spiritual integrity, ideology and struggle tradition.

Mental coaching is realized in various activities in the form of educational assistance, assistance in the form of advice, services, counseling, which are given to TNI AU soldiers by unit leaders or Kasatker and clergy which aim to maintain mental conditions or help solve problems experienced in the TNI AU environment. Mental coaching is part of the activities in the form of guidance and advice given by officers in the religious field, the religious spirit of faith to return to God Almighty in any condition, whether healthy or sick, happy or sad. Soldiers who are sick or have problems need to receive assistance and monitoring from Bintal. Providing advice or counseling can have a psychological impact in forming new hopes, increasing enthusiasm for life and fostering awareness of normal mental behavior.

The purpose of implementing mental coaching is also a manifestation of effective action in building the soul of soldiers, chivalry, discipline, acting on the basis of the teachings of God Almighty and not because of legal norms alone. The target of mental coaching is directed at soldiers and their families so that they can build relationships between fellow human beings and with God Almighty in the form of real acts of worship and reflected in daily behavior in social and official life. Therefore, mental coaching for TNI AU soldiers for all strata, both officers, non-commissioned officers and privates, so that they have religious beliefs, are obedient and have good character, are disciplined, honest, loyal, disciplined, tough, never give up in carrying out official duties in the TNI AU and social life. In implementing mental coaching for TNI AU soldiers, careful planning is required which is prepared by the unit leader through various methods such as direction/briefing/field commander's hour, organizing activities/events, classical education and training, reprimands, counseling, advice, lectures, rewards and punishments, creatively and innovatively, evaluation and so on.

All of these mental development activities must be documented and administered in the form of periodic reports to know the progress and report to the upper command unit hierarchically. Likewise with the report on the Inherent Supervision Implementation Improvement Program (P3 Waskat) to be an indicator of the effectiveness of performance, monitoring, supervision and control of units within the TNI including the TNI AU. Through these 3 Waskat, Ankum or Papera can monitor the process of implementing action against military criminal violations or violations discipline that occurs in its unit. Monitoring and evaluation of these 3 Waskat also serve as indicators of the response of Ankum or Papera in enforcing the law and become an example for other soldiers not to fall into deviant behavior in mental development. Monitoring and evaluation of P3 Waskat must be carried out in cooperation and coordination between Ankum or Papera and law enforcement agencies, namely the Military Police, Military Auditors and Military Courts. Ankum as a disciplinary law enforcer is required to properly understand the principles, principles, materials, procedures, and sanctions regulated in the laws and regulations: 1) Law Number 39 of 1947 concerning the Military Criminal Code (KUHM); 2) Law Number 31 of 1997 concerning Military Justice; 3) Law Number 25 of 2014

concerning Military Disciplinary Law. By properly understanding the laws and regulations, the unit leadership can act correctly according to its authority in the context of mental development in law enforcement for all soldiers and not be influenced by any discretion so that it can provide a sense of justice, benefit and upholding the law. In addition to implementing the application of military criminal law and violations of military discipline, it is also necessary to carry out counseling activities for all soldiers, especially those who have legal problems. Unit leaders or Ankum or Papera are required to listen and help find good and proportional solutions so that soldiers can return to normal and be more responsible in carrying out their duties properly.

In general, the mental training program implemented in the Indonesian Air Force is running well and effectively in improving soldier discipline. Discipline instilled through mental training is an important foundation for the success of soldiers in carrying out their duties. This is in accordance with Huntington's (1957) theory of military discipline, which states that strong discipline and morality are the result of internalizing military values that occur through a consistent training process. Instilling discipline to soldiers in a measured and proportional manner without pressure will be more quickly understood and carried out sincerely by soldiers, so that the military organization will benefit from this situation. Discipline will be attached wholeheartedly if the unit leader also carries it out correctly and becomes an example so that there is no reason for soldiers not to follow it (*tut wuri handayani*) both to superiors and fellow soldiers. Bandura's social learning theory (1977) supports this, stating that individuals tend to imitate and internalize desired behavior. On the other hand, the effectiveness of mental development programs also depends on adaptation to social and technological changes. The implementation of discipline will result in safe and secure performance in carrying out official duties and social life. Official life in the Indonesian Air Force environment which is full of the operation of high-tech defense equipment and defense equipment has a high risk to flight and work safety and security. Therefore, mental discipline can support the performance of Indonesian Air Force soldiers in carrying out operations by complying with flight and work safety and security management procedures (safety management system). This is in line with Lewin (1951). Programs that are continuously evaluated and adjusted to the needs of the times will be better able to maintain their relevance and effectiveness in shaping the character and morale of soldiers. Support from unit leaders is also an important factor in mental development. Rahman (2020) emphasized that consistent support from unit commanders is important to ensure that this program is implemented effectively and internalized by soldiers. A strong commitment from leaders to the mental development program makes soldiers more motivated to strengthen their disciplined character.

Challenges in the Implementation of Mental Development in the Indonesian Air Force Environment and How to Overcome Them.

The implementation of mental development programs in the Indonesian Air Force environment faces a number of challenges that affect the effectiveness of character

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building and soldier morale. These challenges include social and technological changes, suboptimal leadership commitment, limited resources and methods used as follows:

a. **Challenges of Social and Technological Change.** Social change and advances in information technology used in the Indonesian Air Force's defense equipment and defense equipment are the biggest challenges in implementing mental development for soldiers. Kurniawan (2021) stated that the development of computer information technology has a significant impact on the mental development of soldiers. Soldiers are more easily exposed to the influence of social media which interferes with their mental development. Access through social media, news, and other information greatly influences the attitudes and behavior of soldiers, especially if the information is not in accordance with the military values that are to be instilled. The mental development program for Indonesian Air Force soldiers must continue to adapt to the dynamics of the defense strategy environment based on information and computer technology (ICT). One way to overcome challenges is by integrating technology into the mental development program. For example, the use of digital platforms to provide training materials, online lectures, and guidance that can be accessed at any time by soldiers. In addition, monitoring digital content and increasing soldiers' digital literacy is also important to avoid the negative impacts of exposure to inappropriate information.

b. **Leadership Commitment Challenges.** Military leadership commitment plays an important role in realizing the success of the mental development program in the Indonesian Air Force. Rahman (2020) showed that consistent support from unit commanders is essential to ensure that the soldier's mental development program is effective. However, challenges arise when there are differences in commitment and priorities from leaders. Some leaders may not pay enough attention to mental development, so that the program is not implemented consistently or seriously. To overcome this challenge, efforts are needed to increase awareness and commitment to leaders towards the mental development of all soldiers. This can be done through training and workshops or special forums for military leaders, where they are given an in-depth understanding of the positive impact of effective mental development on soldier discipline and performance. Adopting an approach based on Bandura's (1977) social learning theory, where leaders who demonstrate a strong commitment to the mental development program can be role models for soldiers, thereby encouraging the internalization of desired values.

c. **Challenges of Limited Resources and Methods.** Limited resources, both human and material, are also a challenge in implementing mental development for TNI AU soldiers. Prasetyo (2022) noted that several mental development programs are not always supported by adequate resources, such as a lack of experts or appropriate facilities to run this program. In addition, the development methods used may not always be relevant to the challenges of the times, making them less effective in reaching and influencing soldiers. To overcome this challenge, it is important to conducting ongoing evaluations of the resource needs and methods used in mental coaching. Developing more

interactive coaching methods, such as simulations and experiential training, can also increase the effectiveness of the program.

The Influence of Mental Development on the Level of Discipline and Obedience of Indonesian Air Force Soldiers to Military Rules and Norms.

Mental development in the Indonesian Air Force environment has a significant influence on the level of discipline and obedience of soldiers to applicable rules and norms. This development is designed to strengthen the character and morale of soldiers. Through strengthening the mental aspect, soldiers are expected to be able to face challenges with an attitude that is in accordance with military values so that Indonesian Air Force soldiers are able to control themselves to remain disciplined and obedient to applicable laws. This is in line with the opinion of Gottfredson and Hirschi (1990), which states that individuals with good self-control, which is strengthened through mental development, tend to be better able to avoid actions that violate the rules. Strong self-control is essential to ensure that soldiers obey orders and maintain discipline in all situations. In addition, mental development also plays a role in increasing soldiers' obedience to military norms. This development helps soldiers internalize the values of a military identity that is obedient and obedient to applicable laws.

Bandura's (1977) social learning theory explains that individuals tend to imitate the behavior they see in their environment, especially if the behavior is supported by strong social norms. In a military context, when soldiers see that discipline and obedience are the norms that are upheld, they tend to follow and obey the applicable rules and make leaders a role model. Armed with discipline and obedience to applicable laws, a soldier soldiers will be able to avoid all forms of military crimes and violations of military discipline. The discipline of law enforcement carried out by authorized units and institutions will be a lesson for soldiers not to try to violate because it will result in sanctions. Therefore, mental development programs on the legal aspect must continue to be provided through education, training and enforcement.

Strategy to Improve the Quality and Relevance of Mental Development to Support the Main Tasks of the Indonesian Air Force Amidst Social Change and Global Challenges.

In the face of social changes and global challenges that continue to develop, mental development in the Indonesian Air Force environment must continue to be updated and adjusted to remain effective and relevant. Several strategies can be implemented to achieve this goal, which are closely related to the theories discussed in the literature review, including:

- a. Technology Integration in Mental Coaching. Strategy for integrating information and communication technology in mental coaching programs. Kurniawan (2021) noted that the development of information technology has changed the way soldiers interact with the outside world, and this must be recognized and utilized in mental coaching programs. The use of digital platforms to provide coaching materials, online lectures, and applications for mental training and evaluation can increase the accessibility and effectiveness of these programs. Lewin's (1951) theory of planned change supports

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the need for continuous adaptation to new conditions, which in this case includes the adoption of technology to ensure that mental coaching remains in line with the needs of the times.

b. **Personal Approach in Mental Coaching.** A personal or individual approach strategy in mental coaching is also important. Prasetyo (2022) suggests that each soldier has different needs in terms of mental and moral support. Therefore, a mental coaching program that is more individual and responsive to personal needs can be more effective. This approach can include personal counseling sessions and career guidance tailored to the mental condition and aspirations of individual soldiers. Bandura's (1977) social learning theory suggests that behaviors that are learned and internalized individually, especially when supported by mentors who understand the specific needs of soldiers, tend to be more durable and effective.

c. **Enhanced Leadership Training to Strengthen Support for Mental Health Coaching.** Strategies to establish leadership commitment are critical to the success of mental health coaching. Leaders' commitment to providing training in mental health coaching and providing tools to effectively support soldiers must be enhanced. This training could include modules on stress management, morale coaching, and effective communication techniques to support soldiers' mental health. This approach is consistent with Huntington's (1957) theory of military discipline, which emphasizes that leaders who model and support strong discipline and morale will produce more obedient and motivated soldiers.

d. **Continuous Program Evaluation and Adaptation.** Another important strategy is to conduct regular evaluations of mental coaching programs to ensure that they remain relevant and effective amidst global change. This evaluation must not only measure the success of the current program, but must also identify new needs that arise from the social and operational changes facing the TNI AU. Lewin's theory of planned change (1951) supports the importance of evaluation and adaptation in maintaining the effectiveness of the program in the long term. With ongoing evaluation, the mental development program can be updated and adapted to the new challenges faced by TNI AU soldiers.

e. **Strengthening Collaboration with External Institutions.** Collaboration with external institutions, such as universities, mental health institutions, and international organizations, can enrich mental health coaching programs with broader insights and best practices. Prasetyo (2022) noted that resource constraints in the military environment can be overcome through collaboration with external parties who have expertise in certain fields. For example, collaboration with universities can assist in the development of the latest research-based training modules, while collaboration with mental health institutions can provide additional support for soldiers in need.

f. **Application of Simulation and Experience-Based Training.** The application of simulation and experience-based training as part of a mental training program can improve soldiers' mental readiness to face complex real situations. These simulations can include realistic operational scenarios, designed to test and strengthen

soldiers' mental abilities in high-pressure situations. Bandura's (1977) social learning theory suggests that direct experience in challenging situations can strengthen learning and internalization of important values.

CONCLUSION

Mental coaching in the Indonesian Air Force plays a very important role in preventing criminal and disciplinary violations among soldiers. By strengthening soldiers' character, morale, and mental resilience, mental coaching programs help them internalize important military values and develop strong self-control. Although challenges remain in its implementation, with proper adaptation to social and technological changes, and strong support from leaders, mental coaching can continue to play an effective role in maintaining soldiers' discipline and obedience to military rules and orders.

The mental development program in the Indonesian Air Force is significantly effective in shaping the character and morale of soldiers, which supports the optimal implementation of their duties. With an emphasis on discipline, integrity, and mental resilience, as well as adaptation to changing times, this program helps soldiers to carry out their duties with high professionalism and a deep awareness of their responsibilities. However, the success of this program is highly dependent on continuous evaluation, adaptation to new challenges, and strong support from military leaders.

The challenges faced in implementing mental coaching in the Indonesian Air Force environment, such as social and technological changes, diverse leadership commitments, and limited resources and methods, require special attention so that this program can run more effectively. Integrating technology into coaching programs, increasing leadership commitment through training and role models, and conducting continuous evaluation and adaptation of the resources and methods used, are strategic steps that can be taken to overcome these challenges. The mental development program in the Indonesian Air Force can be more effective in shaping the character and morale of soldiers, which ultimately supports the optimal implementation of their duties.

Mental coaching has a significant influence on the level of discipline and obedience of Indonesian Air Force soldiers to the rules and norms that apply in the military environment. By strengthening the mental aspect, this coaching helps soldiers internalize important military values, improve self-control, and create a work environment that is conducive to discipline and obedience. Appropriate adaptation to the challenges of the times makes mental coaching able to continue to play an important role in maintaining the discipline and obedience of Indonesian Air Force soldiers.

To improve the quality and relevance of mental coaching to support the main tasks of the Indonesian Air Force amidst social changes and global challenges, a strategy is needed that includes technology integration, personal approaches, increased leadership training, continuous evaluation, external collaboration, and the application of experience-based simulations. Adopting these strategies, mental coaching in the Indonesian Air Force can continue to develop and remain relevant, so that soldiers can carry out their duties with high discipline, morality, and mental resilience amidst rapid changes.

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