

The Relationship Between Stress Coping, Mindfulness, and Psychological Well-Being Among the Wives of Members of the East Kalimantan Regional Police Mobile Brigade Unit (Satbrimobda Kaltim)

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Abstract

This study aims to examine the relationships among stress coping, mindfulness, and psychological well-being among the wives of personnel serving in the Satuan Brigade Mobil Daerah Kalimantan Timur (Satbrimobda Kaltim; East Kalimantan Regional Police Mobile Brigade Unit). The wives of Mobile Brigade personnel face various psychological challenges because of the high-risk nature of their husbands' duties, frequent deployments, and limited family time. This study employed a quantitative approach with a correlational research design. The participants consisted of wives of Satbrimobda Kaltim personnel who were selected according to the established inclusion criteria. Data were collected using the Stress Coping Scale, Mindfulness Scale, and Psychological Well-Being Scale. Multiple regression analysis was conducted to examine the relationships between the independent variables and psychological well-being. The results indicated significant positive relationships between stress coping, mindfulness, and psychological well-being among the wives of Satbrimobda Kaltim personnel. Participants with more effective stress coping strategies and higher levels of mindfulness tended to report higher levels of psychological well-being. These findings suggest that stress coping and mindfulness are important factors associated with enhanced psychological well-being among the wives of Mobile Brigade personnel.

INTRODUCTION

In the field of Industrial and Organizational Psychology (I-O Psychology), work is understood as a series of structured activities performed by individuals within an organizational context to achieve both individual and organizational goals (Muchinsky, 2012). The relationship between individuals and organizations establishes an employment relationship that involves the allocation of roles, responsibilities, and a compensation system as a consequence of work performance (Spector, 2017). Within this context, workers are individuals who perform duties under an employment relationship and receive salaries or wages in return for their work. More broadly, employment relationships are classified into the formal and informal sectors (Izzati & Mulyana, 2019). According to Irawan (2018), the formal sector consists of organizations with clearly defined structures, roles, responsibilities, and organizational objectives. Career development is therefore recognized as an important aspect of an individual's life (Putra et al., 2022).

Men and women have equal opportunities to participate in various sectors, including social, educational, political, and economic activities. Both have the right to pursue careers and benefit from the results of their work (Muamar, 2019). One such career opportunity is employment within public institutions such as the Kepolisian Negara Republik Indonesia

(Polri; Indonesian National Police) (Mukhtas & Sutiyo, 2019). Under Article 2 of Law No. 2 of 2002, Polri performs governmental functions related to maintaining public security and order, enforcing the law, and providing protection, public safety, and community services (Mauboy, 2022).

The Kepolisian Negara Republik Indonesia (Polri) plays a vital role in maintaining public safety and security throughout Indonesia. Police personnel are expected to provide prompt and professional services in accordance with applicable laws and regulations (Rahayu & Abdurrohim, 2019). The Satuan Brigade Mobil (Satbrimob; Mobile Brigade Unit) is one of the oldest operational units within Polri, with primary responsibilities that include responding to high-intensity security threats, such as terrorism, civil unrest, armed crime, hazardous chemical, biological, radiological, and nuclear (CBRN) incidents, as well as search-and-rescue operations. This description is supported by Permatasari and Siswati (2017) and the Central Java Regional Police (n.d.). Police personnel are accompanied by their spouses, who are members of Bhayangkari, the official organization for the wives of Polri personnel. Guided by the values of Pancasila, Bhayangkari aims to promote the physical and psychological well-being of its members (Permatasari & Siswati, 2017). The wives of Satbrimob personnel frequently experience challenging circumstances because their husbands are often assigned to duties that require temporary separation from their families, such as overseas assignments or Bantuan Kendali Operasi (BKO). During these periods, wives are required to assume full responsibility for household management, including childcare, financial management, and maintaining family stability. For many wives, these responsibilities create considerable emotional and psychological challenges, although they strive to adapt to these demands (Permatasari & Siswati, 2017). Furthermore, prolonged deployments may generate emotional distress, including fears of losing their husbands because of occupational risks or concerns regarding marital instability (Damayanti et al., as cited in Yasin et al., 2021). These demands and pressures make the psychological well-being of the wives of Satbrimob personnel an important area for psychological research.

According to Ryff (1995), psychological well-being is a condition in which individuals possess a positive view of themselves, are able to manage life's challenges effectively, experience autonomy, establish positive relationships with others, find meaning and purpose in life, and continue to grow and develop personally. Ryff (1995) identified six dimensions of psychological well-being: self-acceptance, positive relationships with others, autonomy, environmental mastery, purpose in life, and personal growth.

In general, the psychological well-being of women in Indonesia remains a matter of concern. The Self-Care Portrait Survey of Indonesian People conducted by the Katadata Insight Center (2022) reported that many women experienced adverse psychological conditions, including emotional instability, irritability, excessive anxiety, sleep disturbances, and difficulty concentrating, all of which are indicators of diminished psychological well-being. In addition, the Central Statistics Agency (BPS, 2023) reported that women are among the groups most vulnerable to behavioral and emotional problems, particularly when facing the pressures of multiple family roles, unstable socioeconomic conditions, and environmental demands. These findings suggest that psychological well-being among women remains an important issue for further investigation. Maharani and Mangundjaya (2023) found that 113 respondents (50.7%) had a moderate level of psychological well-being, 103 respondents (46.2%) were in the low

category, and only 7 respondents (3.1%) were in the high category. These findings indicate that the majority of respondents demonstrated a moderate level of psychological well-being.

Similarly, Hartono et al. (2023) reported that, among 30 respondents, the majority of wives (21 respondents, 70%) demonstrated a moderate level of psychological well-being, while 6 respondents (20%) were classified in the low category and only 3 respondents (10%) in the high category. These findings indicate that although most respondents exhibited a moderate level of psychological well-being, a considerable proportion remained in the low category. This pattern is consistent with previous studies showing that the dual roles and multiple responsibilities of wives—including childcare, household management, and support for their husbands—can adversely affect psychological well-being and overall quality of life (Riskasari, 2025).

Interviews conducted with 10 wives of Satbrimob personnel from the East Kalimantan Regional Police on May 28–29, 2025, revealed that respondents' psychological well-being varied across the six dimensions proposed by Ryff (1995). Regarding self-acceptance, six respondents had accepted their roles as the wives of Satbrimob personnel despite the associated demands and risks, whereas four respondents continued to feel burdened and lacked confidence in managing family responsibilities independently. Concerning positive relationships with others, seven respondents reported receiving adequate social support, particularly from fellow Bhayangkari members, whereas three respondents perceived limited support from their extended families. The autonomy dimension showed relatively favorable results, with eight respondents reporting confidence in making independent decisions. Regarding environmental mastery, seven respondents indicated that they were able to manage their daily responsibilities effectively, whereas the remaining three respondents still felt overwhelmed by household demands. In terms of purpose in life, six respondents reported having clear personal goals, whereas four respondents stated that they had not yet developed personal aspirations beyond their roles as wives and mothers. Personal growth represented the weakest dimension, as only three respondents actively pursued self-development, while seven respondents reported having limited opportunities because of substantial family responsibilities.

Based on these interview findings, it can be concluded that the psychological well-being of the wives of Satbrimob personnel has not yet reached an optimal level. Among the six dimensions of psychological well-being, autonomy appeared relatively strong, whereas self-acceptance, positive relationships with others, environmental mastery, and purpose in life were generally moderate. Personal growth emerged as the weakest dimension. These findings suggest that although many wives demonstrate independence in managing their daily responsibilities, they continue to experience psychological challenges, particularly in pursuing personal development, obtaining adequate social support, and establishing broader life goals. This condition highlights the need for interventions aimed at strengthening the psychological and social resources of the wives of Satbrimob personnel.

Psychological well-being refers to an individual's ability to accept oneself, establish positive relationships with others, pursue meaningful life goals, exercise autonomy, manage environmental demands effectively, and continue personal growth (Tomyn & Cummins, 2011). This construct is particularly important for the wives of Satbrimob personnel because they face numerous challenges, including prolonged separation from their spouses, substantial family responsibilities, and concerns regarding the occupational risks associated with their husbands'

duties. Previous studies have shown that individuals with higher psychological well-being tend to experience more positive emotions, greater life satisfaction, and lower levels of loneliness (Hapsari et al., 2022; Safinaz & Izzati, 2022). Conversely, lower psychological well-being has been associated with increased stress, reduced life satisfaction, and greater difficulty in establishing healthy interpersonal relationships (Kurnia et al., 2023). Therefore, identifying factors that promote psychological well-being among the wives of Satbrimob personnel is of considerable importance.

One factor that is considered closely related to psychological well-being is stress coping, defined as an individual's ability to manage stressful demands and pressures (Vujanovic et al., 2017; Westa & Handayani, 2023). Individuals who employ effective coping strategies are generally better able to regulate their emotions, solve problems, and utilize available social support. Another important factor is mindfulness, defined as the capacity to maintain conscious attention to present-moment experiences without judgment. Previous research has demonstrated that mindfulness enhances emotional regulation, self-acceptance, and adaptive responses to stress, thereby contributing positively to psychological well-being (Istiqomah & Salma, 2020; Hölzel et al., 2022). Accordingly, stress coping and mindfulness are considered important factors in supporting the psychological well-being of the wives of Satbrimob personnel (Schuman-Olivier et al., 2020; Shapiro et al., 2023).

Based on the foregoing discussion, this study was conducted to examine the relationships among stress coping, mindfulness, and psychological well-being among the wives of personnel serving in the East Kalimantan Regional Police Mobile Brigade Unit. The findings are expected to provide a clearer understanding of the psychological well-being of the wives of Satbrimob personnel and to explain the contributions of stress coping and mindfulness to their psychological well-being. Furthermore, the results are expected to contribute to the development of psychological science, particularly family psychology, and to provide a basis for designing counseling programs, stress management interventions, and mindfulness-based programs aimed at enhancing the psychological well-being of Satbrimob families.

METHOD

Types of Research

This study employed a quantitative method with a correlational research design to examine the relationships among stress coping, mindfulness, and psychological well-being among the wives of personnel serving in the Satuan Brigade Mobil Daerah Kepolisian Kalimantan Timur (Satbrimob Polda Kaltim). Data were collected through self-administered questionnaires, and no experimental intervention was applied.

Population and Sample

The research population is all wives of East Kalimantan Police Satbrimob members. The sampling technique uses purposive sampling, which is the selection of respondents based on certain criteria, such as the wives of Brimob members who are registered in the KPI, a minimum of one year of marriage, 20–50 years old, no severe psychological disorders, and the husband is still actively serving in the East Kalimantan Regional Police Satbrimob. Based on the calculation of sample size using the Cohen formula, the number of samples used was 100 respondents.

Research Variables

This study consists of one bound variable, namely psychological well-being (Y), and two independent variables, namely coping stress (X₁) and mindfulness (X₂). All variables were measured using a Likert scale which was compiled based on the theory of each variable.

Data Collection Techniques

Data was collected using a questionnaire with a Likert scale. The research instrument consists of psychological well-being, coping stress, and mindfulness scales that have been modified from previous research. Before use, the instrument is tested for validity and reliability to ensure its feasibility as a research measuring tool.

Data Analysis Techniques

Data analysis was conducted using IBM SPSS version 27. Before hypothesis testing, an assumption test was carried out which included a normality test, a multicollinearity test, and a heteroscedasticity test. Furthermore, the hypothesis was analyzed using Product Moment correlation to determine the relationship between variables and multiple linear regression to determine the effect of coping stress and mindfulness simultaneously on psychological well-being.

RESULTS AND DISCUSSION

Assumption Test Results

Before analyzing the data and then testing the hypothesis, it is necessary to carry out an assumption test on the data of the research results in the form of a normality test and a linearity test.

Normality Test

The purpose of the normality test was to find out whether the distribution of data on the stress coping scale, mindfulness scale and psychological well-being scale was normally distributed or not distributed normally. In this study, a normality test was carried out using the kolmogorov-smirnov (KS-Z) model analysis technique using the guideline if the value of $p > 0.050$ is known, then the distribution of the distributed data is normal, on the other hand, if the value of $p < 0.050$, it is known that the distribution of data is not distributed normally.

Table 1. Normality Test

Variabel	Kolmogorov-Smirnov Z	p	Remarks
<i>Psychological Well-Being – Coping Stress - Mindfulness</i>	0.200	0.000	Normal

Based on the results of the normality test in the table above, a significance value was obtained on the Asmp row. Sig. (2-tailed) is $0.200 > 0.050$, so it can be concluded that the data is distributed normally.

Multicollinearity Test

The multicollinearity test aims to test whether there is a correlation between independent variables. If there is a correlation, it is called multicollinearity. A good regression model should not occur correlations between independent variables. If the resulting value has a tolerance value > 0.10 , then multicollinearity does not occur.

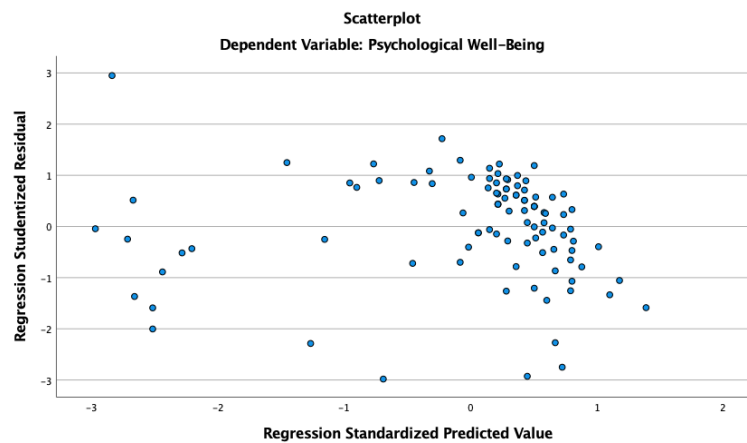
Table 2. Multicollinearity Test (Tolerance and VIF)

Variable	Tolerance	VIF	Remarks
<i>Coping Stress</i>	0.586	1.708	No Multicollinearity
<i>Mindfulness</i>	0.586	1.708	No Multicollinearity

The results of the tolerance test showed that all independent variables had a tolerance value of > 0.10 . The results of the VIF calculation also show that all independent variables have a VIF value of < 10 , it can be concluded that there is no multicollinearity between independent variables in the regression model.

Heteroscedasticity Test

The heteroscedasticity test aims to test whether in the regression model there is an unevenness of variance from one residual observation to another. A good regression model is one that does not heteroscedasticity.

**Figure 1.** Heteroscedasticity Test

Based on the results of the heteroscedasticity test using scatterplot, it can be seen that the residual points are randomly spread above and below the zero line and do not form a specific pattern. Thus, it can be concluded that the regression model does not experience heteroscedasticity problems.

Uji Hypothesis

After the prerequisite test is met, the researcher conducts a hypothesis test using product moment correlation (Pearson correlation) developed by Karl Pearson. Pearson product moment correlation is used to determine the significance of the relationship between independent variables and dependent variables (Sugiyono, 2019). The rule for the correlation test is if the significant value $p = < 0.050$ means there is a correlation and if the significant value $p = \geq 0.050$ means there is no correlation (Hadi, 2015).

Table 4. Hypothesis Test

Variable	Rxy	R2	P value (sig)	Remarks
<i>Coping Stress - Psychological Well-Being</i>	0.719	0.517	0.000	Positive
<i>Mindfulness - Psychological Well-Being</i>	0.795	0.632	0.000	Positive

Based on the results of the hypothesis test in this study, it was obtained:

1. The results of the product moment correlation test (Pearson correlation) on the coping stress variable with the psychological well-being variable obtained a correlation coefficient (r_{xy}) of 0.719 with $p = 0.000$ ($p < 0.050$). This shows that there is a positive and significant correlation between coping stress and psychological well-being in brimob members' wives in East Kalimantan. Therefore, the first hypothesis in this study can be accepted that there is a positive and significant relationship between coping stress and psychological well-being in brimob members' wives in East Kalimantan, which means that the higher the coping stress, the higher the psychological well-being of brimob members' wives in East Kalimantan and vice versa, the lower coping stress, the lower the psychological well-being of brimob members' wives in East Kalimantan.
2. The results of the product moment correlation test (Pearson correlation) on the mindfulness variable with the psychological well-being variable obtained a correlation coefficient (r_{xy}) of 0.795 with $p = 0.000$ ($p < 0.050$). This shows that there is a positive and significant correlation or relationship between mindfulness and psychological well-being in the wives of brimob members in East Kalimantan. Therefore, the second hypothesis in this study can be accepted that there is a positive and significant relationship between mindfulness and psychological well-being in the wives of brimob members in East Kalimantan, which means that the higher the mindfulness, the higher the psychological well-being in the wives of brimob members in East Kalimantan and vice versa, the lower the mindfulness, the lower the psychological well-being in the wives of brimob members in East Kalimantan.

Table 5. Multiple Linear Regression Test

Variabel	F Change	Sig. F Change	Remarks
<i>Coping Stress – Mindfulness - Psychological Well-Being</i>	116.256	0.000	Positive

The regression equation can be interpreted as follows:

Based on the multiple linear regression test that has been carried out, it is known that the significant value of F chane is 11.256 with a sig change value of $0.000 < 0.050$. Therefore, it can be concluded that the variables coping stress (X1) and mindfulness (X2) have a significant relationship with the psychological well-being (Y) variable. The form of relationship between variables X1 and X2 to variable Y has a positive relationship seen from the R value of 0.840. The meaning of the positive relationship is that the higher the variables X1 (Coping Stress) and X2 (Mindfulness), the higher the variable Y (Psychological Well-Being), and vice versa, the lower the variables X1 (Coping Stress) and X2 (Mindfulness), the lower the variable Y (Psychological Well-Being).

The acceptance of this research hypothesis also revealed that a determination coefficient value (R^2) of 0.517 was obtained which showed that the Coping Stress variable only contributed 51.7% to the change in the psychological well-being variable. This means that around 49.3% variation in psychological well-being in wives of members of the Mobile Brigade Unit of the East Kalimantan Police (Satbrimobda Kaltim) can be explained by other factors outside of Coping Stress. It was also found that the value of the determination coefficient (R^2) was 0.632 which showed that the Mindfulness variable only contributed 63.2%

to the change in the psychological well-being variable. This means that around 36.8% of the variation in psychological well-being in the wives of members of the Mobile Brigade Unit of the East Kalimantan Police (Satbrimobda Kaltim) can be explained by other factors outside of Mindfulness. Then, the determination coefficient value (R^2) was 0.706 which showed that the coping stress and mindfulness variables contributed 70.6% to the change in the psychological well-being variable. This means that around 29.4% variation in psychological well-being in the wives of members of the Mobile Brigade Unit of the East Kalimantan Police (Satbrimobda Kaltim) can be explained by other factors outside of Coping Stress and Mindfulness.

Based on the results of the categorization analysis, in general, the level of psychological well-being, coping stress, and mindfulness in the wives of members of the East Kalimantan Regional Police Car Brigade Unit (Satbrimobda Kaltim) is in the medium category. As many as 85% of respondents had psychological well-being in the medium category, 84% had coping stress in the medium category, and 82% had mindfulness in the medium category. These findings show that most of the respondents already have good enough skills to deal with the demands of daily life, but these skills can still be improved so that psychological well-being is more optimal.

These conditions are in accordance with the characteristics of the lives of Brimob members who have to adapt to the risks of their husband's work, uncertain assignments, the possibility of living separately for a certain period of time, and the responsibility of taking care of the household and children independently. In such situations, the ability to manage stress and maintain awareness of current conditions is an important psychological resource for maintaining mental well-being.

The results of the study show that there is a positive and significant relationship between coping stress and psychological well-being. Based on the results of the analysis, a correlation coefficient value of $r = 0.719$ with $p = 0.000$ ($p < 0.05$) was obtained, so that the first hypothesis was accepted. In addition, the value of the determination coefficient ($R^2 = 0.517$) showed that coping stress contributed 51.7% to psychological well-being, while the remaining 48.3% was influenced by other factors outside the variables studied. These findings indicate that the better an individual's ability to manage and deal with stressful situations, the higher the level of psychological well-being they have. On the other hand, individuals who are less able to use coping strategies effectively tend to have difficulty dealing with life pressures, potentially lowering their psychological well-being.

This finding is in line with the Transactional Theory of Stress and Coping put forward by Lazarus and Folkman (1984), which explains that coping is a cognitive and behavioral process used by individuals to manage internal and external demands that are considered to exceed their resources. Through adaptive coping strategies, individuals can reduce the negative impact of stress and maintain a healthier psychological state so that psychological well-being can develop optimally.

The findings of this study are supported by recent research conducted by Moreno-Montero et al. (2024), which found that coping ability is one of the important factors that contribute to psychological well-being in students. Individuals who are able to use adaptive coping strategies tend to have better abilities in dealing with academic demands and daily life, so they can maintain a positive psychological state. Similar results were also found by Graça and Brandão (2024), who showed that the use of constructive coping was associated with

higher levels of psychological well-being and life satisfaction. Both studies indicate that coping not only serves as a mechanism to reduce stress, but also acts as a psychological resource that helps individuals develop better self-adjustment to the various challenges faced.

In addition, research conducted by Zhang et al. (2025) showed that individuals who used problem-focused coping and coping based on emotion regulation adaptively had higher levels of psychological well-being than individuals who used avoidance coping more often. The findings reinforce the view that the effectiveness of coping contributes to an individual's ability to manage emotions, maintain positive social relationships, and develop a sense of competence in dealing with life's problems.

This explanation is in line with the Psychological Well-Being model put forward by Ryff (1989), which emphasizes that psychological well-being is characterized by an individual's ability to accept themselves, develop their potential, master the environment, have a purpose in life, and build positive relationships with others. Thus, the more effective the stress coping strategy that an individual has, the greater the chance to achieve a higher level of psychological well-being. The large contribution of coping stress of 51.7% in this study also shows that the ability to manage stress is one of the important determinants in shaping psychological well-being, although there are still other factors that play a role in improving individual psychological well-being.

The findings are in line with the theory of Lazarus and Folkman (1984) who explain that coping stress is a cognitive and behavioral process used by individuals to manage internal and external demands that are considered to exceed the resources they have. Adaptive coping strategies help individuals reduce the negative impact of stress so that they are able to maintain healthy psychological function. In Ryff's (1989; 2014) perspective, individuals with good psychological well-being are able to accept themselves, build positive relationships, have a purpose in life, and control their environment.

The implementation of these results can be seen in the condition of the respondents in the field. Wives of East Kalimantan Satbrimobda members often face situations when husbands have to carry out high-risk operations or serve outside the area for a long time. In such conditions, they are required to make decisions independently, manage the household, take care of children, and control anxiety about the safety of their partners. Respondents who have good coping stress tend to be able to find solutions to problems, take advantage of Bhayangkari's family and environmental support, and maintain more stable emotions so that psychological well-being is maintained.

The results of this study are also supported by research conducted by Irbah, Herawati, and Musthofa (2025) in Indonesia, which shows that coping strategies contribute positively to subjective well-being in families with long-distance marriages. The study found that individuals who were able to effectively implement problem-focused coping strategies tended to have better levels of subjective well-being. In addition, the research of Dong et al. (2024) shows that adaptive coping ability is related to increased psychological well-being, where the relationship is strengthened by social support and resilience. The findings indicate that effective coping strategies play an important role in helping individuals cope with the pressures of life while maintaining a positive psychological state (Bajaj & Pande, 2021).

Based on this description, it can be understood that coping stress is a psychological resource that plays an important role in helping individuals cope with various demands and

pressures of life adaptively. The ability to choose and implement the right coping strategies allows individuals to reduce the negative impact of stress, maintain emotional stability, and adapt effectively to the various challenges faced. These conditions ultimately support the achievement of various aspects of psychological well-being, such as self-acceptance, mastery of the environment, personal growth, and life goals. Thus, the results of this study further confirm that the higher the stress coping ability that an individual has, the higher the level of psychological well-being that can be achieved.

The second hypothesis states that there is a positive and significant relationship between mindfulness and psychological well-being (Karakurt & Durmaz, 2025; Pratiwi & Lestari, 2022; Satici, 2022). The results of the study show that there is a positive and significant relationship between mindfulness and psychological well-being. Based on the results of the analysis, a correlation coefficient value of $r = 0.795$ with $p = 0.000$ ($p < 0.05$) was obtained, so that the second hypothesis was accepted. In addition, the determination coefficient value ($R^2 = 0.632$) showed that mindfulness contributed 63.2% to psychological well-being, even greater than the contribution of individual coping stress. These findings indicate that the higher the level of mindfulness that an individual has, the higher the level of psychological well-being that is felt.

Individuals who have high mindfulness tend to be able to focus on present moment awareness, accept various experiences without giving excessive judgment, and are not easily caught up in regret about the past or worry about the future. This ability helps individuals manage their thoughts, emotions, and life pressures more adaptively so that they are able to maintain a positive psychological state. In other words, mindfulness allows individuals to be more aware of ongoing experiences, understand emerging emotional responses, and respond to situations more thoughtfully. This condition ultimately supports the development of more optimal psychological well-being. The findings of this study show that individuals who are able to be fully present in their lives tend to have a better quality of psychological life than individuals who lack awareness of the experiences they are experiencing.

The findings can be explained through the theory of mindfulness developed by Jon Kabat-Zinn (1994). According to Kabat-Zinn, mindfulness is an awareness that arises through intentional attention to current experiences openly and without judgment. When individuals are able to observe thoughts, feelings, and sensations that arise without giving negative evaluations or reacting impulsively, individuals will have better emotion regulation skills. The regulation of emotions helps individuals reduce psychological stress, anxiety, and the tendency to ruminate which is often an obstacle to psychological well-being. In addition, mindfulness also encourages individuals to develop an attitude of acceptance of themselves and various life experiences they face. Therefore, individuals with high mindfulness tend to be better able to maintain emotional balance, increase self-acceptance, and build healthier relationships with their environment, which ultimately contributes to improved psychological well-being.

The results of this study are also supported by various recent empirical studies. Research conducted by Fan and Cui (2024) found that mindfulness is one of the main predictors of psychological well-being, in addition to self-efficacy and self-regulation. Individuals with high levels of mindfulness show better psychological well-being because they are able to manage internal experiences and environmental demands more effectively. In addition, research by Johnson, Smith, and Kil (2024) found that individuals who were in the group with high levels of mindfulness showed higher levels of life satisfaction, lower levels of stress, and better

mental health compared to the group with low mindfulness. The study also showed that aspects of mindfulness such as non-judging and non-reactivity play an important role in improving well-being. Similar findings were obtained by Aldbyani et al. (2024) who found that mindfulness is positively related to psychological well-being through increased meaning in life. Mindful individuals tend to be able to find purpose and meaning in their life experiences so that their psychological well-being becomes higher. Another recent study by Aldbyani et al. (2025) also shows that mindfulness as one of the positive psychological characteristics contributes significantly to psychological well-being, both directly and through the use of positive coping strategies.

The findings of this study are also in line with the Psychological Well-Being model developed by Carol D. Ryff (1989). Ryff explained that psychological well-being consists of six main dimensions, namely self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth. These characteristics are closely related to mindfulness because mindfulness practices help individuals develop self-awareness, acceptance of life experiences, and the ability to respond to situations more adaptively. Mindful individuals tend to be better able to accept their strengths and weaknesses, build positive social relationships, and develop clearer life goals. In addition, mindfulness also helps individuals develop the ability to face various life challenges without losing their psychological balance. Thus, mindfulness can be seen as one of the psychological resources that plays an important role in supporting the development of various dimensions of psychological well-being.

Theoretically, Kabat-Zinn (2003) defines mindfulness as the ability to pay conscious attention to current experiences with an attitude of acceptance without judgment. Meanwhile, Brown and Ryan (2003) explain that individuals who have high mindfulness tend to be able to regulate emotions, reduce reactivity to stress, and improve psychological well-being.

In the context of the field, mindfulness helps Brimob members' wives accept the husband's work dynamics full of uncertainty without constantly dissolving in anxiety. The ability to focus on current conditions allows them to continue to carry out their roles as wives, mothers, and members of society effectively. When dealing with changes in assignment schedules or limited communication with your partner, an accepting attitude and full awareness of the situation at hand helps reduce excessive emotional distress.

These findings are supported by the latest international studies that show that interventions and mindfulness skills can reduce stress and improve mental health in the police population. According to Gaskin et al. (2025), mindfulness has a positive impact on reducing stress and improving mental well-being in police personnel. Similar results were also found in the study of Vadvilavičius et al. (2023) which concluded that mindfulness is effective in reducing stress, burnout, as well as various negative psychological impacts on the police population.

Based on the overall theoretical description and empirical findings, it can be concluded that mindfulness not only serves as the ability to focus attention on current experiences, but also as a psychological mechanism that helps individuals develop self-acceptance, emotion regulation, psychological flexibility, and a better meaning of life. This ability allows individuals to face various pressures and challenges of life more adaptively so that they can maintain a healthy and positive psychological state. Therefore, the results of this study further strengthen the theoretical and empirical evidence that mindfulness is one of the important

factors that contribute to psychological well-being. The higher the level of mindfulness that an individual has, the greater the opportunity for the individual to achieve optimal psychological well-being and be able to live his or her life in a more meaningful, balanced, and adaptive manner.

The results of the multiple linear regression test showed that the significance value of F change was 11.256 with a sig change value of $0.000 < 0.050$, so it can be concluded that coping stress and mindfulness simultaneously have a positive and significant relationship with psychological well-being. In addition, a multiple correlation coefficient value ($R = 0.840$) was obtained which showed a positive relationship with very strong strength. These findings indicate that the higher an individual's ability to manage stress through adaptive coping strategies and the higher the level of mindfulness, the higher the level of psychological well-being. Conversely, low coping ability and mindfulness tend to be followed by low levels of psychological well-being.

These results can be explained through the Transactional Theory of Stress and Coping put forward by Lazarus and Folkman (1984), which states that individuals who are able to evaluate stressors adaptively and apply effective coping strategies will be better able to maintain healthy psychological function. On the other hand, the mindfulness theory of Kabat-Zinn (1994) explains that full awareness of current experiences without judgment helps individuals manage emotions, reduce reactivity to stress, and improve self-regulation skills. When both abilities are possessed simultaneously, individuals have stronger psychological resources to deal with life's various demands.

The findings of this study are also consistent with the Psychological Well-Being model of Ryff (1989), which emphasizes that psychological well-being is reflected through the individual's ability to accept themselves, build positive relationships with others, have autonomy, master the environment, have life goals, and continue to grow personally. Adaptive coping stress helps individuals cope with challenges effectively, while mindfulness helps individuals stay consciously present and accept life experiences without over-judgment. The combination of the two supports the development of all dimensions of psychological well-being.

Empirical support for these findings is also found in recent research. Fan and Cui (2024) report that mindfulness, along with self-regulation and self-efficacy abilities, is an important predictor of psychological well-being, in which individuals who have high levels of mindfulness show better psychological well-being. In addition, Aldbyani et al. (2025) found that mindfulness was positively associated with psychological well-being and that the relationship was partially mediated by the use of positive coping strategies. These findings suggest that mindfulness and coping complement each other in improving individual psychological well-being.

In the context of this study, namely the wives of members of the East Kalimantan Satbrimobda, the ability to manage the pressure due to family demands and the couple's work is very important. When individuals are able to deal with stress with constructive coping strategies and maintain full awareness of the situation at hand through mindfulness, they tend to be better able to control their emotions, make rational decisions, utilize social support, and maintain psychological balance in daily life. This condition ultimately contributes to increased psychological well-being.

Based on this description, it can be concluded that the hypothesis of the three studies is accepted. Coping stress and mindfulness together are psychological resources that play an important role in improving psychological well-being. Individuals who have adaptive coping skills as well as a high level of mindfulness tend to be better able to cope with life stresses, maintain emotional stability, develop positive self-adjustment, and achieve a more optimal level of psychological well-being.

Practically, these results show that the psychological well-being of respondents is not only influenced by the ability to solve problems when faced with stress, but also by the ability to accept situations and manage emotional experiences consciously. In daily life, coping stress helps Brimob members' wives determine adaptive steps when facing family problems or husband's assignments, while mindfulness helps to maintain calm, reduce negative thoughts, and maintain emotional balance. The combination of these two abilities makes respondents better able to carry out various roles effectively despite being in an environment with high demands and pressures.

Overall, the findings of this study strengthen Ryff's theory of psychological well-being as well as Lazarus and Folkman's theory of coping and Kabat-Zinn's theory of mindfulness. In addition to being consistent with the theoretical framework, the results of this study are also in line with various recent Indonesian and international studies that show that the ability to manage stress and develop mindfulness is an important protective factor in maintaining psychological well-being, especially in individuals who live in high-stress environments such as families of police members.

CONCLUSION

Based on the findings of this study, it can be concluded that stress coping and mindfulness are positively and significantly associated with psychological well-being among the wives of personnel serving in the Satuan Brigade Mobil Daerah Kalimantan Timur (Satbrimobda Kaltim; East Kalimantan Regional Police Mobile Brigade Unit). The results indicate that more effective stress coping and higher levels of mindfulness are associated with higher levels of psychological well-being. Multiple linear regression analysis further demonstrated that these two variables jointly contributed significantly to psychological well-being, with a strong multiple correlation coefficient ($R = 0.840$). In addition, the categorization results indicated that respondents generally demonstrated moderate levels of stress coping, mindfulness, and psychological well-being, suggesting that the wives of Satbrimobda Kaltim personnel possessed adequate abilities to manage stress, maintain present-moment awareness, and sustain psychological well-being. Nevertheless, continued efforts are needed to strengthen these three aspects through stress management training, mindfulness-based interventions, social support, and psychological assistance programs to further enhance psychological well-being.

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