

## Analysis of the Factors that Influence Precurrent Anxiety to Increase the Rate in Kesdam V / Brawijaya Malang

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### ABSTRACT

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In the framework of soldiers for promotion, they always experience anxiety, anxiety and sometimes not being able to sleep from all the soldiers, almost all of whom experience anxiety especially when faced with the pressure of the test that the captain will carry out for promotion, supported by the time needed to run self-actualization. Therefore, researchers are interested in examining the analysis of the factors that influence warriors' anxiety for promotion at the Military District V / Brawijaya Malang. The purpose of the study was to analyze the factors that influence warrior anxiety for promotion at the Military District V / Brawijaya Malang. The research design used is quantitative research with a cross sectional approach. Instrument data used questionnaire sheets using Ordinal Regression test. The results of the Ordinal Regression Test analysis say that p value = 0,000 for the readiness variable, p-value 0.174 for the Punishment variable and p-value 0.015 for the Reward variable. Then H0 is accepted and H1 is rejected, meaning that there is no influence of Readiness, Punishment and Reward on Warrior Anxiety to Increase Promotion in the Military District V / Brawijaya Malang. Based on the results of the Ordinal Regression Test analysis shows that the most influential variable is the readiness variable with a p-value of 0,000 <0,05, it is concluded that there is a significant influence between Warrior Readiness and Anxiety to Increase Rank in Military V / Brawijaya Malang. It is expected that respondents are able to control the anxiety they experience by increasing their readiness to become better.

**Keywords:** Anxiety, readiness, punishment and reward

### INTRODUCTION

In the framework of soldiers for promotion, there is always an anxiety, anxiety and sometimes not being able to sleep from all the soldiers, almost all of whom experience anxiety, especially faced with the pressure of the test that the captain will carry out for promotion, supported by the time needed to carry out self-actualization such as having to continue your education to a higher level and the test by the captain will increase the soldier's anxiety. In addition, anxiety is also influenced by the readiness of soldiers, punishment if they fail in carrying out their duties and gifts (Njyaningrat, 2015).

Anxiety is a normal reaction to a pressing situation. But in some cases, it becomes excessive and can cause a person an irrational fear of something. According to Suryabrata (2015) when anxiety arises, it will encourage people to make an effort to reduce that anxiety or prevent dangerous impulses.

According to Miramis (2015), anxiety will arise when individuals are unable to deal with a stressful situation, where stress can threaten their feelings, their abilities. Sources of anxiety are frustration, conflict, pressure, and crisis. Frustration will arise if there are obstacles or obstacles for individuals with their goals and intentions.

Anxiety seems to have become part of life. Anxious person is not free from unpleasant mental states. Anxiety is something that afflicts almost everyone at a certain time in his life. Anxiety is a normal reaction to a situation that is very pressing for one's life. Anxiety can appear alone or join with other symptoms of various emotional disorders (Savitri, 2016).

In simple terms it can be said that anxiety arises in the presence of a fear that is felt by the individual whose source is unknown or recognizable, so that individuals feel a feeling of worry, uneasy unreasonable. The cause of anxiety is difficult to estimate correctly. This is caused by the subjective nature of anxiety, which is that the same event is not necessarily felt by everyone. In other words, a stimulus or event with the same quality and quantity can be interpreted differently between individuals with each other (Knewt, 2016).

Each person must have experienced anxiety both children, adolescents, adults and the elderly in every event or event both before and after the event or event experienced. One of the causes that cause anxiety is when someone sees and meets the animal they fear, such as fear of a cat. According to Musrianti (2014) fear or anxiety is the basis of all psychiatric cases, except that fear or anxiety is related to sex matters and everything related to it.

According to Asmadi (2014) anxiety can be a heavy burden that causes the lives of these individuals to always be under the shadow of prolonged anxiety and regard anxiety as a mental tension accompanied by bodily disorders that cause a feeling of being wary of threats, anxiety related to physiological stress and psychological, meaning anxiety occurs when someone is threatened both physically and psychologically.

Anxiety experienced by someone often occurs because it is caused by conditions that threaten safety, pleasure, and peace. The person has experienced a long series of experiences affecting the ups and downs of the feeling of anxiety (Handoko, 2014). Based on the conditions above, the author is interested in examining the analysis of factors that influence the soldier's anxiety for promotion at the Military District V / Brawijaya Malang.

## **MATERIALS AND METHODS**

In this study, researchers used a quantitative analytical design with a cross sectional approach, namely a study to study the dynamics of correlation between risk factors and effects, by means of approach, observation or data collection at a time (point time approach), that is, each subject the study was only observed once and measurements were made on the character status or subject variable at the time of examination. This does not mean that all research subjects were observed at the same time (Soekidjo, 2002). This study will analyze the factors that influence the soldier's anxiety for promotion at the Military District V / Brawijaya Malang

The number of samples of this study were 100 respondents with the sampling technique using simple random sampling. Data analysis using Ordinal Regression test.

## **RESULTS**

The results of the Ordinal Regression Test analysis between variables Anxiety with readiness obtained p-value  $0,000 < 0,05$ ,  $H_0$  is rejected and  $H_1$  is accepted, meaning that there is an effect of Readiness to Warrior Anxiety to Increase Rank in Military V / Brawijaya Malang. The results of the Ordinal Regression Test analysis between the Anxiety and Punishment variables obtained p-value  $0,174 < 0,05$ , then  $H_0$  is accepted and  $H_1$  is rejected, meaning that there is no effect of Punishment on Warrior Anxiety for Promotion at V-Brawijaya Malang. The results of the Ordinal Regression Test analysis between variables with Anxiety and Reward are obtained p-value  $0,015 < 0,05$ ,  $H_0$  is rejected and  $H_1$  is accepted, meaning that there is an effect of Reward on Warrior Anxiety for Promotion at the V / Brawijaya Military Malang.

**Table 1.** The results of ordinal regression analysis Analysis of Factors Affecting Warriors Anxiety for Promotion at the V / Brawijaya Military District of Malang.

No	Variabel	Estimate	Sig
1	Constant	4.877	0,000
2	Kesiapan	3.417	0,000
3	<i>Punishment</i>	1.554	0,022

4	<i>Reward</i>	2.566	0,004
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Based on the results of the Ordinal Regression Test analysis shows that the most influential variable with Warrior Anxiety for Increasing Rank in Malang V / Brawijaya Military Station is the Readiness variable with a p-value of  $0,000 < 0,05$ ,  $H_0$  is rejected and  $H_1$  is accepted so it is concluded that there is an influence Significant between Warrior Preparedness and Anxiety for Promotion at the Military District V / Brawijaya Malang

## DISCUSSION

### **Warriors' Anxiety To Increase Promotion at Malang Military District V / Malang**

From the results of the research in getting most of the respondents as many as 38 respondents (38%) experienced anxiety in the category of moderate anxiety. In addition, 35 respondents (35%) experienced anxiety in the heavy category and 27 respondents (27%) experienced anxiety in the mild category.

Anxiety is a subjective feeling about disturbing mental tension as a general reaction to the inability to overcome a problem or lack of security. These uncertain feelings are generally unpleasant, which later will cause or be accompanied by physiological and psychological changes. Someone with an anxious condition will lower his mentality and make him become insecure with himself. with these conditions, any business will not be in accordance with the desired expectations.

### **Soldiers' Readiness to Increase Promotion at the Military District V / Brawijaya Malang**

From the results of the research in getting the majority of respondents have readiness in sufficient categories as many as 38 respondents (38%). In addition a number of 38 respondents (38%) also had readiness in the less category and a number of 24 respondents (24%) had readiness in the good category.

Intelligent people have strong self-confidence and intelligence has a function to help someone adjust to their environment. Emotional conditions also affect readiness to do something and that will affect learning readiness. Emotional conditions such as feelings of tension, conflict, anxiety and others. Needs here are the needs that drive business. Realized needs encourage business / make someone ready to act, so there is a clear relationship with readiness. Needs will determine the readiness of learning. Someone before learning the beginning is not ready to learn the next one, so there are prerequisites and conditions in learning.

### ***Punishment Warrior for Promotion at Kodam V / Brawijaya Malang***

From the results of the research, the majority of respondents had received a Punishment in the light category of 46 respondents (46%). In addition, a total of 39 respondents (39%) had received Punishment in the light category and a number of 15 respondents (15%) had received Punishment in the heavy category.

The context of the punishment here, the gift must be based on the awareness of the punishment giver and also must aim at convicting someone. Therefore, if the consequences of bad deeds committed by someone occur because of natural factors or others that are not intentionally inflicted, then it cannot be said to be a punishment, nor can it be said as a punishment (paedagogik), if the punishment is due revenge.

### ***Soldier Reward for Promotion at the V / Brawijaya Military District Malang***

From the results of the research, the majority of respondents had received a Reward in the graduating category as many as 87 respondents (87%). In addition, a total of 13 respondents (13%) had received Rewards in the category of not graduating.

In giving rewards, a boss should be able to find out who has the right to get a reward, a boss must always remember the purpose of the reward from the Reward gift. A person who at one time shows results from usual, may be very well rewarded. In this case, a boss should be wise not to reward the

envy of other subordinates who feel themselves smarter, but do not get rewards. As an educational tool given when someone does something good. Reward gives something to others as an award. Gifts given to other people in the form of anything, depending on the wishes of the giver. Other forms of reward can also be adjusted for one's achievements. All have the right to receive gifts from someone with certain motives.

### **The Effect of Readiness on Warriors' Anxiety for Promotion at the Military District V / Brawijaya Malang**

From the results of the Ordinal Regression Test analysis between variables Anxiety with readiness obtained p-value 0,000 <0,05, H0 is rejected and H1 is accepted, meaning that there is an effect of Readiness to Warrior Anxiety to Increase Rank in Military V / Brawijaya Malang.

Someone who is ready to influence it tends to do something. The physical condition referred to here is for example a temporary and permanent physical condition (state, sensory organs, bodily defects, etc.). Mental conditions concerning intelligence, where someone in the above normal category allows to carry out higher tasks. Intelligent people have strong self-confidence and intelligence has a function to help someone adjust to their environment. Emotional conditions also affect readiness to do something and that will affect learning readiness. Emotional conditions such as feelings of tension, conflict, anxiety and others.

### **Effect of Punishment on Warriors' Anxiety to Increase Promotion at the Military District V / Brawijaya Malang**

From the results of the Ordinal Regression Test analysis between variables Anxiety and Punishment obtained p-value 0.174 <0.05, H0 is accepted and H1 is rejected, meaning that there is no effect of Punishment on Warrior Anxiety to Increase Promotion in Military V / Brawijaya Malang.

Giving or carrying out sorrow / suffering intentionally to the person who is our care with the intention that the suffering is really felt to go towards improvement. Punishment is a repressive education tool, also called a corrective education tool, which aims to make people aware of returning to things that are right and / or orderly. Repressive education tools are held if an action occurs which is considered to be contrary to regulations or an act that is considered to violate the rules.

### **The Effect of Reward on Warrior's Anxiety for Promotion at the V / Brawijaya Military District Malang**

From the results of the Ordinal Regression Analysis between variables with Anxiety and Reward, the p-value of 0.015 <0.05 is obtained, H0 is rejected and H1 is accepted, meaning that there is an effect of Reward on Warriors' Anxiety for Promotion at V-Brawijaya Malang.

Rewards have the purpose of arousing or carrying out interests, this reward is only a tool to generate interest, not as a goal. The purpose of awarding in learning is that someone will receive an award after learning well. Reward can also be said as the motivation given by the boss to lower it.

## **CONCLUSION**

1. From the results of the Ordinal Regression analysis between variables Anxiety with readiness obtained p-value of 0,000 <0,05, H0 is rejected and H1 is accepted, meaning that there is an effect of Readiness to Warrior Anxiety to Increase Rank in Military V / Brawijaya Malang.
2. From the results of the Ordinal Regression analysis between variables Anxiety and Punishment obtained p-value 0.174 <0.05, H0 is accepted and H1 is rejected, meaning that there is no influence Punishment on Warrior Anxiety to Increase Rank in Military V / Brawijaya Malang ..
3. From the results of the Ordinal Regression analysis between variables Anxiety with Reward, p-value 0.015 <0.05 is obtained, H0 is rejected and H1 is accepted, meaning that there is an effect of Reward on Warrior's Anxiety for Promotion at Military V / Brawijaya Malang.

## **SUGGESTION**

1. For Respondents

It is expected that respondents are able to control the anxiety they experience by increasing their readiness to become better.

2. For Further Researchers

It is hoped that further research needs to be deepened and further research is added on the influence of anxiety on passing physical fitness exams.

3. For Educational Institutions

It is expected that educational institutions can use the results of this study as input of learning in the analysis of Analysis of Factors Affecting Warriors' Anxiety for Increasing Rank in Military V / Brawijaya Malang and can be re-developed for further research to be more useful to readers and researchers.

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