

ABSTRACT

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Psychological well-being influence Resilience in Indonesian Army. Dr. Rostiana, M. Psi., Psi. Undergraduate Program in Faculty of Psychology, Tarumanagara University, (i-xi; 58 pages, P1-P6, L1-L48)

The aim of this research is to know the contribution of psychological well-being to resilience in Indonesian Army. This study involved 146 participants of Indonesian Army strategic reserve command namely DEN HARRAHLAT KOSTRAD.

The result shows that psychological well-being influenced resilience in Indonesian Army ($t= 6.080$, $p<0.05$). based on regression results psychological well-being influenced resilience in Indonesian Army is R^2 (R Square) = 0.204, $p= 0.000 < 0.05$

This study also shows the biggest contribution from the sixth dimension of psychological well-being to resilience is positive relation with others and the smallest contribution is autonomy.

Keywords: psychological well-being and resilience