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## The Role Of Counselors In Enhancing The Psychosocial Adjustment Of Cadets During Flight Training Process

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**ABSTRACT:** The flight training process at APIB is not an easy task. Cadets will be exposed to situations that test their physical, mental, and psychosocial limits. Good psychosocial adjustment enables cadets to cope with the pressure and stress that arise, maintain emotional balance, boost motivation, and build positive interpersonal relationships with instructors and fellow cadets. However, at API Banyuwangi, there is a lack of counselors available to provide psychological support and emotional guidance to the cadets. This research aims to investigate the importance of counselor presence in enhancing the psychosocial adjustment of cadets at API Banyuwangi during the flight training process. This research used a quantitative approach with data collection through questionnaires administered to pilot cadets at the Banyuwangi Flight Academy. The results of the study indicate that the presence of counselors at API Banyuwangi has a significant impact on the psychosocial adjustment of cadets. Counselors serve as empathetic listeners, providing emotional support, practical advice, and career guidance that help cadets overcome the psychological pressures and challenges of intensive flight training. A strong positive correlation between the role of counselors and the psychosocial adjustment of cadets is revealed through linear regression analysis, marked by high t-statistic values and very low levels of significance ( $p < 0.001$ ).

**Keywords:** Counselors, Psychosocial Adjustment, Flight Cadet



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## INTRODUCTION

The flight training process at APIB is not an easy task. Cadets will be faced with situations that test their physical, mental, and psychosocial limits. Cadets must overcome high pressure and stress, maintain concentration and focus during flights, and adapt to significant environmental changes. Additionally, cadets are also expected to build good interpersonal relationships with instructors and fellow cadets. Psychosocial adjustment involves adapting to various demands and changes that occur in daily life (Chu et al., 2020; Páez et al., 2015; Tristante, 2020; Turunen & Punamäki, 2014). In psychosocial adjustment, individuals strive to achieve harmony between their personal needs,

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expectations, and values with social demands and expectations (Crabtree, 2013; Fakhriyani, 2021; Oraison et al., 2020; Sim et al., 2019). This process involves the development of social skills, the ability to manage emotions (Maharani, 2023), and the resolution of conflicts in a healthy and constructive manner (Humbaina & Rizkyanti, 2020). It also involves honing communication skills and building good relationships with others (Albornoz-Manyoma et al., 2021a, 2021b; Bennett et al., 2021; Mankad et al., 2017; Rudyani et al., 2018).

Psychosocial adjustment becomes a key factor in ensuring the success of cadets during the flight training process at APIB. Flight training often generates significant psychological pressure on cadets (Saputra et al., 2016). Effective adjustment allows cadets to cope with the pressure and stress that arises (Hidayat, 2013), maintain emotional balance (Mariska, 2018), increase motivation (Setiawan et al., 2023), and build positive interpersonal relationships with instructors and fellow cadets (Hairullah, 2019). Conversely, the inability to make psychosocial adjustments can disrupt cadet performance, affect the mental and emotional well-being of cadets, and potentially have negative impacts on flight training.

There are three main dimensions involved in psychosocial adjustment: psychological, social, and emotional (Maini Sitepu & Sari Sitepu, 2021). The psychological dimension involves an individual's ability to manage emotions, maintain mental balance, and have a positive self-perception (Kawitri et al., 2020). The social dimension encompasses the ability to build and maintain healthy social relationships, including interactions with others, communication, and involvement in the social environment (Widyaswari & Heng, 2022). Meanwhile, the emotional dimension involves an individual's ability to recognize, express, and manage emotions adaptively (Arta et al., 2023).

The role of counselors in the process of individual psychosocial adjustment is widely recognized in the fields of psychology and mental health (Thursina, 2023). Counselors play a crucial role in helping individuals overcome challenges and difficulties that may arise in the social environment (Handoko, 2020). One of the main roles of counselors is to provide emotional support to individuals (Alvita et al., 2021). Additionally, counselors also have a role in providing counseling services tailored to individual needs (Ermaliani & Ramadan, 2022). Individual counseling can help explore and understand feelings, thoughts, and challenges faced during flight training (Gunawan, 2018).

Previous research has recognized individual counseling as an effective approach in helping students cope with academic stress (Fuadi et al., 2023). In providing individual counseling services, school principals and school counselors consistently offer assistance to students when they encounter problems. They collaborate with parents to address challenges faced by students, including learning difficulties. This approach involves talking to students, asking questions, and providing solutions to help them overcome these issues (Ermaliani & Ramadan, 2022).

However, at APIB Banyuwangi, there is a lack of counselors available to provide psychological support and emotional guidance to cadets. The presence of a qualified counselor at APIB can significantly benefit the psychosocial adjustment of cadets. Counselors have relevant knowledge, skills, and experience in helping individuals cope with psychological challenges, manage stress, improve interpersonal skills, and build self-confidence. The presence of counselors in educational or training institutions can help individuals identify and address issues that affect the mental well-being of cadets, as well as enhance cadets' ability to manage stress and develop healthy social relationships. Therefore, this research aims to investigate the importance of the presence of counselors in improving the psychosocial adjustment of cadets at APIB Banyuwangi during flight training. This study is expected to provide a deeper understanding of the counselor's contribution

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to enhancing the mental well-being and psychosocial adjustment of cadets and to provide a strong foundation for the development of policies and support programs in the aviation training institution.

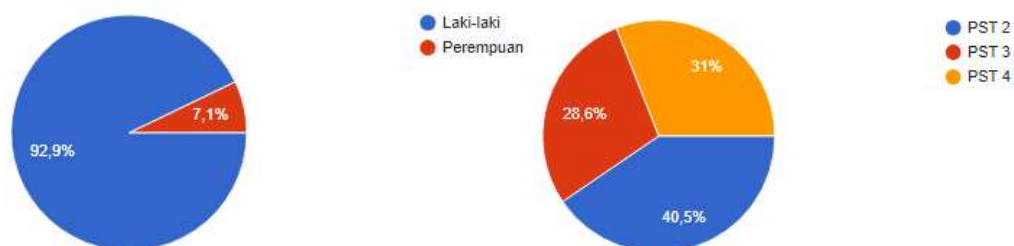
## METHOD

This research employs a correlational research design aimed at exploring the relationship between the counselor's role (independent variable) and the psychosocial adjustment of cadets (dependent variable) at the Indonesian Flight Academy Banyuwangi (APIB) during the flight training process. The correlational study design is used because this research aims to determine whether there is a relationship between the independent and dependent variables without manipulating these variables. The research population consists of all pilot cadets at APIB who are undergoing flight training. This research employs simple random sampling techniques to select a representative sample from this population. Questionnaires will be distributed to forty-two APIB pilot cadets.

The research instruments used consist of two separate questionnaires: one for the counselor's role (independent variable) and one for the psychosocial adjustment of cadets (dependent variable). The research instrument used is a questionnaire comprising two parts. The first part is the questionnaire about the counselor's role, which includes questions about cadets' perceptions of the counselor's role in supporting the psychosocial adjustment of cadets. The second part is the questionnaire about psychosocial adjustment, designed to measure the level of psychosocial adjustment of cadets during the flight training process.

Data obtained from the questionnaires will be analyzed using linear regression analysis to identify the relationship between the independent variable (counselor's role) and the dependent variable (cadets' psychosocial adjustment). Linear regression analysis will help determine the extent to which the counselor's role influences the psychosocial adjustment of cadets at API Banyuwangi. Additionally, this analysis will also assist in evaluating the contribution of the independent variable to the dependent variable.

## RESULT AND DISCUSSION



**Figure 1.** Total Flight Cadets of the Indonesian Pilot Academy Banyuwangi

In this study, the participation of cadets is a key element that supports the validity and sustainability of the research. A total of 42 cadets from APIB (Indonesian Flight Academy Banyuwangi) contributed by filling out questionnaires and sharing their perspectives and experiences. The details

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of this participation include 39 male cadets and 3 female cadets, representing various backgrounds and experiences within the APIB environment.

Furthermore, the participation of cadets in this research is divided based on the Fixed-Wing Pilot Program (PST) they are enrolled in. In the PST 2 group, a total of 17 cadets completed questionnaires, providing insights into their perspectives during a specific training phase. Similarly, the PST 3 group involved 12 cadets who contributed to describing their experiences during the flight training process at that stage. Finally, the PST 4 group also participated with 13 cadets who offered valuable insights into the challenges and feelings they experienced during the advanced flight training phase.

**Table 1.** Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.814a	.663	.654	2.149

a. Predictors: (Constant), Total Variabel Independen

The coefficient of determination, symbolized as R Square, is a key statistic presented in the Model Summary. It indicates the proportion of variance in the dependent variable that can be explained by the independent variable(s) in the model. In this analysis, R Square is calculated to be 0.663, or 66.3%. This means that approximately 66.3% of the variation in the psychosocial adjustment of cadets (Total Dependent Variable) can be attributed to the predictor variable(s) included in the model, specifically the Total Independent Variable.

Adjusted R Square is another important metric that takes into account the number of predictor variables in the model and adjusts R Square accordingly. In this case, Adjusted R Square is 0.654, indicating that after considering the complexity of the model, approximately 65.4% of the variation in the dependent variable can still be explained.

The Standard Error of the Estimate provides an estimate of the standard deviation of errors in predictions. In this analysis, the Std. Error of the Estimate is 2.149. This statistic gives an indication of the accuracy of predictions made by the model. Smaller values of the Std. Error of the Estimate indicate that the model's predictions are more accurate.

Overall, the Model Summary indicates that the regression model, with the Total Independent Variable as the predictor, explains a significant portion of the variation in the psychosocial adjustment of cadets (Total Dependent Variable). An R Square value of 0.663 suggests a strong relationship, and an Adjusted R Square of 0.654 indicates that this relationship still holds even after adjusting for model complexity. However, it's important to remember that correlation does not imply causation, and further analysis is needed to understand the nature of the relationship between these variables.

**Table 2.** ANOVA<sup>a</sup>

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	363.353	1	363.353	78.662	<.001b
	Residual	184.766	40	4.619		
	Total	548.119	41			

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- a. Dependent Variable: Total Variabel Dependen
- b. Predictors: (Constant), Total Variabel Independen

The variance in the psychosocial adjustment of cadets that can be explained by the regression model is 363.353. This indicates that there is variation in psychosocial adjustment that can be accounted for by the independent variable (Total Independent Variable). The high F-statistic value, which is 78.662, indicates that the differences among observation groups in this model are statistically significant ( $p < 0.001$ ).

Residual variation represents the variation that cannot be explained by the regression model and is the variation that arises randomly or unsystematically in the data. The residual variance is 4.619, reflecting the extent to which the actual measurements of the dependent variable vary from the values predicted by the model.

The total variation in the psychosocial adjustment of cadets is 548.119. This encompasses the variation that can be explained by the model (Regression) and the variation that cannot be explained by the model (Residual).

These results indicate that the regression model used in this study has a significant ability to explain the variation in the psychosocial adjustment of cadets. The high F-statistic value and very low level of significance ( $p < 0.001$ ) indicate that the relationship between the independent variable (Total Independent Variable) and the dependent variable (Total Dependent Variable) in this model is strong and statistically significant. Therefore, this model can be used with confidence in understanding and predicting the psychosocial adjustment of cadets.

**Table 3.** Coefficients<sup>a</sup>

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	4.598	1.628		2.824	.007
	Total Variabel Independen	.758	.086	.814	8.869	<.001

- a. Dependent Variable: Total Variabel Dependen

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The research results demonstrate that the presence of counselors plays a significant role in assisting the psychosocial adjustment of cadets during the flight training process at API Banyuwangi. The data collected and linear regression analysis indicate a strong positive correlation between the independent variable, which is the counselor's role, and the dependent variable, which is the psychosocial adjustment of cadets. This is reflected in the significant positive regression coefficients, with high t-statistic values and a very low level of significance ( $p < 0.001$ ).

In the questionnaires provided to the cadets, many of them expressed the desire for counselor facilities at API Banyuwangi. Counselors provide invaluable emotional support during the flight training period. The presence of counselors serves as a safe space for them to talk about their feelings, anxieties, and pressures they face. This is crucial in a challenging environment like flight training, where physical and mental pressures can be high.

Additionally, counselors also provide valuable advice in career planning and personal development for the cadets. Many cadets view counselors as a source of inspiration and guidance in achieving their goals in the aviation world. This underscores the importance of the counselor's role in the personal and professional development of cadets.

Conversely, the research also highlights the potential negative impact of the absence of counselors. Some cadets participating in the study indicated that the absence of counselors made them feel a lack of support resources and information. They also felt less involved in decision-making processes related to their psychosocial adjustment. The absence of counselors can also give the impression that psychosocial well-being aspects of cadets are not a top priority in the educational environment. This can potentially affect the motivation and drive of cadets in pursuing their aviation careers.

These results emphasize the urgency of having competent counselors in training institutions like API Banyuwangi. Recommendations that emerge include the need for increased human resources and financial support to facilitate the presence of counselors in this institution. Furthermore, it is important to strengthen counselor training in addressing the specific challenges that cadets may face during flight training. The emotional support and career guidance provided by counselors can help cadets cope with stress and maximize their potential.

In order to maintain the psychosocial well-being of cadets, API Banyuwangi can take concrete steps to ensure an adequate number of counselors with the necessary qualifications are available. This will contribute to the improvement of cadets' psychosocial adjustment, which in turn can enhance the quality of their education and training, better preparing them for successful aviation careers.

## CONCLUSION

The role of counselors has a significant impact on assisting the psychosocial adjustment of cadets during flight training at API Banyuwangi. The research results indicate a strong positive relationship between the counselor's role and the psychosocial adjustment of cadets. The absence of counselors can have negative consequences, resulting in a lack of support, information, and cadet involvement in decision-making. Therefore, it is crucial for API Banyuwangi to ensure the presence of competent counselors in sufficient numbers. These measures can enhance the quality of cadet education and training, help them cope with stress, and better prepare them for successful aviation careers.

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