

THE IMPACT OF RELIGIOSITY ON PSYCHOLOGICAL WELL-BEING AMONG WOMEN VICTIMS OF ELEPHANT ATTACKS

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ABSTRACT

Women who are victims of elephant attacks often experience fear in carrying out daily activities, impacting their psychological well-being. This study examines religiosity as a factor influencing their psychological resilience amid frequent elephant incursions into residential areas. The purpose of the research was to determine the effect of religiosity on the psychological well-being of these women. The study used religiosity and psychological well-being scales as measuring instruments, with purposive sampling and a total sample of 22 participants. Data were analyzed using simple linear regression, yielding a significant value of 0.013 ($p < 0.05$), indicating a significant effect. The R Square value was 0.271, meaning religiosity accounts for 27.1% of the variance in psychological well-being, while 72.9% is influenced by other factors. These findings highlight the important role of religiosity in helping women maintain psychological well-being despite the ongoing threat of elephant attacks.

Keywords: *Religiosity, Psychological Well-Being, Female Victims of Elephant Attack*

DAMPAK RELIGIUSITAS TERHADAP KESEJAHTERAAN PSIKOLOGIS PADA PEREMPUAN KORBAN SERANGAN GAJAH

ABSTRAK

Perempuan korban serangan gajah kerap mengalami ketakutan dalam menjalani aktivitas sehari-hari, yang berdampak pada kesejahteraan psikologis. Penelitian ini bertujuan untuk mengkaji pengaruh religiositas terhadap kesejahteraan psikologis perempuan korban serangan gajah. Instrumen penelitian menggunakan skala religiositas dan kesejahteraan psikologis, dengan teknik purposive sampling pada 22 responden. Analisis data dilakukan menggunakan regresi linear sederhana dan menghasilkan nilai signifikansi sebesar 0,013 ($p < 0,05$), yang menunjukkan adanya pengaruh yang signifikan antara religiositas dan kesejahteraan psikologis. Nilai R Square sebesar 0,271 mengindikasikan bahwa religiositas berkontribusi sebesar 27,1% terhadap kesejahteraan psikologis, sedangkan 72,9% dipengaruhi oleh faktor lain. Temuan ini menggarisbawahi pentingnya religiositas sebagai sumber ketahanan psikologis dalam menghadapi ancaman serangan gajah.

Keywords: *Religiusitas, Kesejahteraan Psikologis, Perempuan Korban Serangan Gajah*

Introduction

The human-elephant conflict has been for a long time. According to the Aceh Natural Resources Conservation Agency (BKSDA), 11 people were injured and eight people died between 2012 and 2017 (Indonesia, 2018). Human-elephant conflicts continue to increase in Aceh due to the increasing density of activities and the expansion of residential areas because elephants enter residential areas (Seunagan et al., 2024).

Human and elephant conflicts in Karang Ampar village in Central Aceh have occurred since 2013 until now (Magfirah, 2023). Furthermore, Setyadi (2023) revealed that as many as 80 residents in Central Aceh chose to flee after an elephant attack occurred which resulted in a farmer being killed due to being trampled by an elephant, when farmers were working together to build a garden house, suddenly an elephant came so that farmers panicked and fled so that residents did not dare to return home due to the trauma of wild elephant rampage.

The people of Central Aceh conduct night watches because for more than a month residents have seen 20 elephants often crossing the forest area not far from the residents' settlements to anticipate wild elephant attacks. Even elephants often enter plantations and damage people's gardens (Bahagia & Putri, 2022). Not only that, some of the victims were women due to the wild elephant attack. One of them, a woman in Pidie Regency, allegedly died from being trampled by a herd of wild elephants when the victim was in the garden house alone, while her husband was going down to the village to take care of other needs. When the victim's husband returned to the garden house, he did not find his wife, so he asked the villagers to help search the garden, but when found, the victim had died of injuries (Umar & Arief, 2023).

The conditions experienced by the victims of wild elephant attacks have an impact on their psychological well-being. Women are afraid to do activities outside the home, even children are also traumatized to leave the house and disrupt children's education because they are afraid to go to school because of the unsafe situation. This fear often haunts women both during the day and night and women victims of wild elephant attacks cannot breathe calmly because crops, houses, and lives are threatened (Magfirah, 2023).

Based on information one of the staff of the Aceh Provincial Office of Women's Empowerment and Child Protection (DP3A) of the Central Aceh District said that women and children in Karang Ampar village experienced deep trauma because the community did not get peace in carrying out their daily activities. After all, elephant herds often descended on residents' homes, and even when people were doing

activities in the kitchen, elephants suddenly appeared from behind their homes. Therefore, DP3A sees a serious problem experienced by women and children in Karang Ampar (Personal communication, 2024). The conditions experienced by women victims of elephant attacks hurt the psychological well-being of women victims of elephant attacks. They experience fear, stress, and anxiety to be able to do normal activities because of the threat to their lives and their families.

Psychological well-being (PWB) is important for everyone, including Karang Ampar residents. Psychological Well-Being is the full realization and achievement of individual potential where individuals can accept all their shortcomings and strengths, are independent, can foster positive relationships with others, can master their environment in the sense that they can modify the environment to suit their wishes, have goals in life, and continue to develop their personality (Ryff & Singer, in Rahama & Izzati, 2021). According to Wells (in Rahama & Izzati, 2021), psychological well-being is related to an individual's subjective perception of his achievements and the extent to which the individual is satisfied with his past, present, and future actions.

Someone who has positive Psychological Well-Being will be able to make the mind happy and be able to think optimistically, creatively, and be willing to work hard and not give up easily (Yarangga, Fretes & Setiawan in Pratama & Fikri, 2023). With Psychological Well-Being, a person will be able to accept the various conditions he experiences in everyday life. Victims of elephant attacks in Karang Ampar village, Central Aceh, are no exception. A person who has Psychological Well-Being will provide a subjective assessment of himself regarding the comfort he feels, can establish interactions with others, be independent, able to control the surrounding environment and be able to interpret the meaning of life so that happiness is formed (Ryff & Keyes in Rahama & Izzati, 2021).

Women victims of elephant attacks who have good psychological well-being will be able to balance themselves with the reality that occurs in their daily lives. They can accept the condition of elephants that come suddenly to residential areas and can control unhealthy emotions that affect their happiness. Individuals who have low psychological well-being will tend to interpret their lives poorly and have no clear life goals.

Psychological-Well Being owned by women victims of elephant attacks is influenced by many factors, one of which is religiosity. Religiosity is a form of human relationship with their creator through religious teachings that have been internalized in a person and reflected in their daily attitudes and behavior (Mayasari, 2014).

Ghufron & Risnawita (2014) explain that religiosity refers to the level of individual attachment to their religion. This shows that individuals have internalized and internalized the teachings of their faith, which can influence all their actions and outlook on life.

Individuals' religiosity will affect negative situations and problems (Habibie et al., 2019). When individuals have religiosity and believe in a god who will assist in dealing with obstacles and challenges, those beliefs will change how individuals respond to the problems in their lives (Saputra et al., 2020).

Based on the explanation above, the purpose of this study is to determine the extent of the influence of religiosity on the psychological well-being of women victims of elephant attacks in Karang Ampar village, Central Aceh.

Methods

The research approach used a quantitative approach with a simple linear regression method. This research was conducted in Karang Ampar village, Central Aceh, on female victims of elephant attacks. The sampling technique used was purposive sampling, namely samples by the research objectives totaling 22 people.

The data collection technique in this study used a Religiosity scale consisting of 17 statements referring to religiosity from Mahmood (Safrilsyah et al., 2017) and a Psychological Well-Being scale referring to Ryff's theory (1989) consisting of 18 statements. The assessment for Favorable statements starts from a value of 1 Strongly Disagree (STS), a value of 2 Disagree (TS), a value of 3 Disagree (KS), a value of 4 Agree (S) and a value of 5 Strongly Agree (SS). Meanwhile, the assessment for the opposite Unfavorable statement starts from a value of 5 Strongly Disagree (STS), a value of 4 Disagree (TS), a value of 3 Less Agree (KS), a value of 2 Agree (S) and a value of 1 Strongly Agree (SS). Furthermore, researchers conducted scoring and data analysis with the help of the SPSS version 20.0 program.

Result

Description of Religiosity and Psychological Well-Being Research Data

Description of research data on the Religiosity scale of women victims of elephant attacks in Central Aceh in the following table:

Table 1. Description of Religiosity Research Data

Variable	Empirical Data			
	X Maximum	X Minimum	Mean	SD
Religiosity	80	31	63,91	10,6

Based on the results of descriptive analysis, Religiosity empirical data shows that the maximum score is 80, the minimum score is 31, the mean (average) value is 63.91, and the standard deviation is 10.6.

Description of Psychological Well-Being scale research data of women victims of elephant attacks in Karang Ampar Village, Central Aceh in the following table below:

Table 2. Description of Psychological Well-Being Research Data

Variable	Empirical Data			
	X Maximum	X Minimum	Mean	SD
Psychological Well-Being	78	36	60,5	12,5

Based on the results of descriptive analysis empirically, Psychological Well-Being shows that the maximum score is 78, the minimum score is 36, the mean (average) value is 60.5 and the standard deviation is 12.5. The research data was used as a limitation in categorizing the research sample which consisted of three categories, namely low, medium, and high using the ordinal categorization method as follows:

Table 3. Categorization of Religiosity

Category	Interval	Frequency (n)	Percentage (%)
Low	$X < 53,31$	2	9,1%
Medium	$53,31 \leq X < 74,51$	17	77,3%
High	$74,51 < X$	3	13,6%
Total		22	100%

Based on Table 3 above, the low religiosity category has 2 subjects (9.1%), the medium category has 17 subjects (77.3%), and the high category has 3 subjects (13.6%).

Table 4. Categorization of Psychological Well-Being

Category	Interval	Frequency (n)	Percentage (%)
Low	$X < 48$	4	18,2%
Medium	$48 \leq X < 73$	15	68,2%
High	$73 < X$	3	13,6%
Total		22	100%

Based on Table 4 above, the low Psychological Well-Being category has 4 subjects (18.2%), the medium category has 15 subjects (68.2%), and the high category has 3 subjects (13.6%).

Data Analysis Technique

Normality Test

Table 5. Research Normality Test

Variable	Koefisien K-S Z	P
Religiosity	0,772	0,589
Psychological Well-Being	1.010	0.259

Based on Table 5 above, the normality test results using Kolmogorov Smirnov on Religiosity variable obtained K-S Z coefficient value=0.772 with $p=0.589$ and Psychological Well-Being variable obtained K-S Z value=1.010 with $p=0.259$. The normality test data for Religiosity and Psychological Well-Being variables have a significant value above 0.05 ($p > 0.05$), which means that the data for both variables are normal. The result can be generalized to the population of this study.

Linearity Test

The linearity test in this study was carried out with the help of the *Statistical Package for Social Science (SPSS) version 20.0 for Windows* program using the linearity column in the Anova table. The rule

used in this linearity test is if the value of $p < 0.05$ then the relationship between the two variables in the study is linear.

Table 6. Linearity Test

Variable	<i>F Linearity</i>	<i>P</i>
Religiosity Psychological Well-Being	18,356	0,013

Table 6 above explains that the *F Linearity* result of the two variables is 18.356 and the significance value (p) is 0.013. Two variables are linear and significant if the significance value is less than 0.05 ($p < 0.05$). It can be concluded that a linear or significant relationship exists between the religiosity variable and *Psychological Well-Being*.

Heteroscedasticity Test

Table 7. Heteroscedasticity Test

Variable	Beta	Sig
Religiosity Psychological Well-Being	0,514	0,017

Table 7 above, explains that the heteroscedasticity test results show that the test is fulfilled with a Beta value of 0.514 and a significance (p) of 0.017. This shows that the dots are scattered above and below the number 0 on the Y axis in a random. If this condition is met, then heteroscedasticity does not occur and the regression model can be used.

Autocorrelation Test

Table 8. Autocorrelation Test Autocorrelation Test

Variable	Durbin-Watson
Religiosity Psychological Well-Being	1,869

Table 8 above, it explains that autocorrelation does not occur because the statistical value of the Durbin-Watson test is 1.869 ($1 < DW < 3$) so it fulfills the autocorrelation test.

Hypothesis Test

The effect of religiosity on the *psychological well-being* of women victims of elephant attacks studied was hypothesized by simple linear regression analysis, as follows:

Table 9. ANOVA Test Results

Variable	F	Sig
Effect of Religiosity on Psychological Well-Being	7,433	0,013

Based on Table 9 above, religiosity has a significant influence on the *psychological well-being* of women victims of elephant attacks in Karang Ampar Village, Central Aceh. This is indicated by F 7.433 significance $p = 0.005$ ($p < 0.05$). It means that the hypothesis of this study is accepted.

Table 10. Determination Test *R Square*

Variable	<i>R Square</i>
Effect of Religiosity on Psychological Well-Being	0,271

Based on table 10 above, the R Square value is 0.271 (27.1%), meaning that religiosity provides an effective contribution (influence) of 27.1% on psychological well-being. While 72.9% is influenced by other factors.

Discussion

Based on the results of this study, it shows that there is an influence of religiosity on the psychological well-being of women victims of elephant attacks in Karang Ampar Aceh Tengah by 27.1%. This explains that religiosity through belief in religion will play a role in individuals to be able to manage themselves better to achieve psychological well-being. Meanwhile, the other 72.9% is influenced by other factors.

Descriptive analysis of religiosity categorization shows that the majority of women victims of elephant attacks in Karang Ampar Village, Central Aceh are in the moderate category with a percentage of 77.3%, namely 17 subjects. Women victims of elephant attacks have religiosity that holds fast to the belief in God and recognizes the teachings of their religion. The results of this study align with research conducted by Laila, (2019), which states that someone with a level of religiosity can be said to be fully confident in his understanding of religiosity. Belief in his religion will be felt and needed in his life when someone experiences a threatening event that makes him anxious and in a tight situation. Spiritual practices such as prayer, meditation, and worship have a calming effect that can reduce stress and anxiety levels. This also relates to coping with life's trials, where religiosity often provides hope and calmness.

Descriptive analysis of the categorization of psychological well-being shows that the majority of women victims of elephant attacks are in the moderate category with a percentage of 68.2%, namely 15 subjects. Women victims of elephant attacks improve their habits by getting closer to God through daily activities. Someone who has good *psychological well-being* is an individual who can overcome or compromise with negative emotions that affect aspects of his daily life.

Koenig and Larson (in Kosasih et al., 2022) mentioned that religiosity is related to psychological well-being. An individual who has a religion will have a positive view and an optimistic of the world. This view comes from teachings about God's positive attributes such as forgiveness, compassion, justice, and others. a positive view and an optimistic of the world are associated with all experiences that will ultimately produce meaning. For individuals, meaning will provide direction and purpose which results in hope and motivation. Thus, with hope and motivation, a person can achieve optimal psychological functioning.

The belief that women victims of elephant attacks have is a belief in hope or something they want to achieve, so this belief affects their life goals. In psychological well-being, the purpose of life is one of its dimensions. Well (in Linawati & Desiningrum, 2017) explains that life purpose is a person's ability to give meaning to an event he experiences and plan his life goals in the world, so it can be said that someone who has a life goal has a clear future orientation.

Mayasari (2014) also explained that individuals who have good religiosity will experience psychological well-being. Someone who has a good life purpose dimension will be closely related to transcendence where all life problems are directed to God and can interpret events in his life positively so that his life becomes more meaningful. Religiousness often helps individuals find the meaning of life and

a clear purpose, which is an important foundation for maintaining psychological well-being. In religion, there are many guidelines about the purpose of life, which provide direction and comfort in facing life's challenges (Koenig, McCullough, & Larson, 2001). The meaning of life experienced by a person will allow him to feel and experience psychological well-being, namely experiencing personal growth, and being able to master challenges and obstacles in his environment because individuals feel close to God (Mayasari, 2014)

Moreover, the positive effects of religiosity, especially those related to interpersonal relationships, seem to stem largely from community living, which is advocated in many religions as a way to shift people's attention from individuality and exclusive self-love to their fellow human beings and their problems, thus distracting them from their problems and focusing attention beyond themselves (Louca, 2023). Religion provides resources for coping with stress that can increase the frequency of positive emotions and reduce the likelihood that stress will result in emotional disorders such as depression, anxiety disorders, suicide, and substance abuse. this becomes evidence of behaviors that can reduce stressful and distressed conditions but also improve mental well-being (Koenig, 2012). Religious individuals often provide a strong social network. This social support helps women feel more connected and emotionally supported and improves their mental well-being.

Individuals with strong religious beliefs will have high life satisfaction and high happiness and also have lower traumatic events when compared to individuals who do not have strong religious beliefs (Ellison, in Laila, 2019). Humans need religion in their lives as a guide for life in this world and the hereafter.

Based on the research conducted, there are limitations including the amount of influence of religiosity which is quite low, namely only 27.1% religiosity is able to have an impact on the psychological well-being of women victims of elephant attacks in Karang Ampar village, Central Aceh. While about 72.9% is influenced by other factors. Therefore, this study suggests that future research can look at other factors such as gender, culture, personality and so on. In addition this study has an impact on women's mental health conditions so it is necessary for relevant stakeholders to pay attention to victims.

Conculsion

Based on the results of the research above, it can be concluded that there is an effect of religiosity on the psychological well-being of women victims of elephant attacks in Karang Ampar Village, Central

Aceh by 27.1%. This means that religiosity plays a role in improving *psychological well-being*. While other factors affect psychological well-being by 72.9%.

Suggestion

Recommendations for this study are that future researchers can examine other factors such as gender, culture, personality, and so on. Furthermore, it is suggested that there are relevant stakeholders such as DP3AKB to pay attention to female victims due to the impact of elephant attacks.

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