

Exploration of the Influence of Psychological Distress, Fear and Anxiety on Life Satisfaction: The Mediating Role of Sleep Disturbances

Akmal^{1*}, Elfitra Azliyanti²

^{1,2}Faculty of Economic and Business, Universitas Bung Hatta, Indonesia

Abstract

This study aims to investigate the influence of psychological distress, fear and anxiety on life satisfaction, with sleep disturbances as a mediating variable. This study is motivated by the increasing prevalence of sleep disturbances due to emotional and psychological distress, which can significantly impact individual well-being. The research uses a quantitative approach with data collection through surveys of research subjects who meet certain criteria. Data analysis was conducted using the Structural Equation Modeling (SEM) method to test the direct and indirect relationships between variables. The research results indicate that psychological distress, fear and anxiety do not have a positive influence on life satisfaction (with path coefficients of 0.092; $p=0.503$ and -0.137 ; $p=0.370$, respectively). However, sleep disturbances have a significant influence on life satisfaction (path coefficient of 0.942; $p=0.000$). Additionally, sleep disturbances have been shown to mediate the relationship between psychological stress and life satisfaction ($t=-3.715$; $p=0.000$), as well as the relationship between anxiety and life satisfaction ($t=-4.299$; $p=0.000$). These findings emphasize the importance of sleep disturbances as a strong mediating factor in linking psychological stress and anxiety with life satisfaction. This research makes a significant contribution to understanding the psychological mechanisms that affect individual well-being and can serve as a basis for more effective mental health interventions.

Keywords: psychological distress; fear and anxiety; life satisfaction; sleep disturbances

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*Corresponding author: akmalbunghatta81@gmail.com

Introduction

The Covid-19 pandemic that has proliferated in recent years has induced psychological disorders in persons employed in the healthcare sector. This is due to their elevated risk of exposure to the coronavirus, as those in the healthcare sector frequently engage in more direct contact with patients who are at a greater risk of infection. Chen and Eyou, 2021. The elevated levels of dread and anxiety among those employed in healthcare institutions have resulted in a deterioration in life satisfaction quality. (Duong, 2021). The Covid-19 epidemic directly affects the psychological well-being of individuals employed in health care or

related institutions. Muller and Rau (2020) asserted that the Covid-19 epidemic affects mental health.

Throughout the Covid-19 pandemic, the community encountered contradictory pressures stemming from the inclination towards personal isolation versus participation in outdoor activities, with efforts to mitigate the impact of Covid-19 viral infection. Wang et al. (2020). Following the prolonged epidemic, the community has started to acclimate to the environmental conditions; yet, this continues to impose psychological strain on individuals working during the Covid-19 pandemic. Feng et al. (2020). Psychological disorders characterized by fear and anxiety undoubtedly result in emotional strain that induces

sleep disruptions. When an individual experiences such emotions, life pleasure diminishes.

Luthans (2017) defines life satisfaction as the experience of delight and contentment with all that can be accomplished in life. Life contentment signifies that an individual feels content and endeavors to appreciate their accomplishments. An individual's life satisfaction will invariably fluctuate in accordance with their numerous accomplishments. Life satisfaction can be attained when anticipated desires or aspirations, such as a comfortable lifestyle, authority, status, and financial well-being, are fulfilled.

The level of life satisfaction experienced by each individual is undoubtedly unique. Certainly, the objective of each person is to achieve life satisfaction. Similarly, for those employed in the health sector, particularly at community health centers (Puskesmas). While their responsibilities in the Puskesmas environment are undoubtedly less demanding than those in hospitals, the Covid-19 pandemic has undeniably resulted in psychological disturbances as a result of the apprehension of contracting the virus, which has negatively impacted their quality of life.

The life satisfaction of an individual who is actively employed in an office or field can be influenced by psychological pressure, dread, and anxiety related to Covid-19, as well as mental health issues that result in sleep disturbances, according to Duong (2021). Additionally, the research conducted by Ali et al. (2021) indicates that the quality of life of each individual can be influenced by psychological pressure, as well as the dread and anxiety associated with being exposed to the Corona virus. Sleep disturbances are also a consequence of the dread and anxiety, which in turn diminishes the quality of life.

A person's identification of satisfaction in life can be influenced by sleep disturbances, as per Duong (2021). Sleep disturbances are the result of psychological disturbances that are contemplated, or by a variety of unresolved issues that an individual continues to contemplate, resulting in reduced sleep quality, difficulty sleeping, or

sleeping later than the recommended time, as per Adamu et al. (2023). Sleep disturbances can result in a reduction in the individual's life satisfaction by affecting their cheerfulness or pleasure in activities.

During the pandemic, Duong (2021) discovered that life satisfaction was positively impacted by fear and anxiety. An individual's sense of life satisfaction will be diminished when they experience an excessive amount of anxiety and dread regarding the potential for exposure to the Covid-19 virus. Divine et al. (2022) discovered that anxiety and dread have a substantial and detrimental effect on life satisfaction, particularly during the Covid-19 pandemic. Moreover, Kim and Park (2021) discovered that the emotional pressure generated by consumers increases as their anxiety and dread levels increase, thereby diminishing the satisfaction that individuals or society experiences in life.

Literature Review

Life Satisfaction

Park (2018) asserts that life satisfaction will inevitably fluctuate with the progression of time. The proactive disposition of an employee is one of the factors that can impact their career satisfaction. In addition, Jawahar and Yongmei (2016) assert that life satisfaction is a result of one's professional endeavors. The accomplishment of all desired objectives during one's employment, including promotions, appropriate remuneration, and positive relationships with colleagues.

Valentine et al (2017) define life satisfaction as the sensation of joy and contentment that arises from the advancements made in one's professional life. These developments induce feelings of joy and contentment. The advancements in question pertain to career advancement, increased responsibilities and authority within the organization, rewards, and accolades that have been received. Comfort and a more positive work ethic will result from life satisfaction.

Life satisfaction is the pleasure that employees experience in their work, as indicated

by the theoretical explanation. The sensation of happiness and pleasure is generated as a result of the realization of all of the hopes and aspirations of employees in their line of work, including the fulfillment of rewards, the accomplishments or successes that individuals achieve, and the employment of positions that align with their areas of expertise.

Sleep Disturbance

A collection of conditions that disrupt typical sleep patterns are known as sleep disturbances. One of the most frequently encountered clinical issues is sleep disturbance. A person's physical, mental, and emotional functions can be disrupted by inadequate or non-restorative sleep. (Duong, 2021). Health, safety, and quality of life may be adversely affected by sleep disturbances. The quality of life of patients who are experiencing acute sleep disturbances has experienced a substantial decline, as indicated by the research results. (H. C. Kim et al., 2011).

Numerous sleep disturbances exist. According to the International Classification of Sleep disturbances (ICSD), it assists in the establishment of standard classifications and definitions for sleep disturbances. In general, the ICSD (International Classification of Sleep disturbances) categorizes a variety of sleep disturbances, including insomnia, sleep-related respiratory disorders, central hypersomnolence disorders, circadian rhythm sleep-wake disorders, parasomnias, and sleep-related movement disorders. Insomnia, sleep-related respiratory disorders, central hypersomnolence disorders, and circadian rhythm sleep-wake disorders are among the varying characteristics of each type of sleep disturbance.

Fear and Anxiety

Fear and anxiety are two common words, and certainly, everyone has experienced them in life. According to Luthans (2017), fear is something human. Fear is the result of an impending threat or danger. Fear is a quality possessed by all living beings. When someone feels afraid, the body experiences several physical reactions as the

feeling arises, in addition to the reflexes that emerge when the fear is related to efforts to avoid that fear. Fear begins to manifest with signs such as a racing heart, shorter and faster breaths, and can trigger spontaneous reactions like jumping or screaming. All the physical changes caused by fear help us respond to danger quickly. Additionally, the physical responses shown when reacting to danger can be distinguished into two forms: fear and anxiety.

Anxiety is the word we use for several types of fear levels that are usually related to thoughts about threats or something wrong in the future, not the present. Although anxiety and fear feel similar, anxiety more often indicates a reaction to emotions rather than a reaction to environmental danger. You experience anxiety, but that anxiety does not occur; the reaction to a threatening danger is more related to anxiety, whereas psychological fear is the feeling of being afraid of a harmful risk that arises from something being worried about.

Psychological Distress

Psychological distress is a negative psychological pressure that results from work-related tension or risks, causing emotional conditions. A psychological pressure that results from excessive tension is known as psychological distress. (Luthans, 2017). A person who is employed may experience psychological distress, which can result in feelings of boredom and a lack of confidence in their ability to complete their responsibilities. Consequently, they may choose to avoid work. According to Miwosky and Ross (2013), distress is a subjective experience that is unpleasant and results in the development of melancholy.

Individuals who are experiencing depression may experience feelings of sadness, motivation loss, loneliness, hopelessness, or worthlessness, and may also struggle with regulating their emotions and sleeping. Psychological distress is indicative of a decline in psychological condition that is precipitated by pressure, high job risks, or threats. Additionally, psychological distress may develop as a consequence of a disaster or feelings

of loss. This conclusion is supported by the theoretical explanation provided.

The individual's feelings of sorrow, despair, restlessness, loneliness, and feelings of worthlessness are indicative of psychological distress. It is imperative to prevent psychological distress in the workplace, as it will potentially contribute to employee performance decline. The manifestations of psychological distress that can be observed in individual behavior are delineated by Misosky and Ross (2013). Psychological distress is an inherent symptom that can be encountered by any individual. Depression and anxiety are among the behavioral manifestations of psychological distress.

Hypothesis Development

Psychological Pressure on Life Satisfaction

According to James et al. (2015), one factor that influences life satisfaction is psychological pressure. When an individual feels high psychological pressure that arises due to stress or the presence of various risks faced in work or life, it will reduce life satisfaction. In contrast, when someone can manage stress or separate work from personal life, psychological pressure will decrease, thereby increasing the life satisfaction experienced by that individual. Research findings by Duong (2021) found that psychological distress significantly diminishes the life satisfaction experienced by individuals. Kim and Park (2021) state that people who can control their stress and fear have higher life satisfaction.

In the research conducted by Abd - Ellatif et al. (2021), it was found that during the COVID-19 pandemic, the psychological pressure on most individuals increased due to the heightened risk of exposure to the pandemic while being active outside the home, resulting in a decrease in life satisfaction. Furthermore, the research findings of Green and Yıldırım (2022) discovered that psychological distress has a negative and significant impact on the life satisfaction experienced by individuals. Based on the theoretical explanation and several previous

research findings, a hypothesis is proposed to be tested, namely:

H1 : Psychological distress has a negative effect on life satisfaction.

Fear and Anxiety Towards Life Satisfaction

During the pandemic, of course, everyone has a high level of caution when working, especially outside the home. However, these individuals cannot eliminate their feelings of anxiety and fear. (fear and anxiety). When fear and anxiety in working or engaging in activities outside the home cannot be controlled due to an outbreak with an invisible cause, it will undoubtedly affect the happiness and satisfaction experienced by individuals in life (Ali et al., 2021). However, after several years of the pandemic, a small portion of the population has adapted to the new way of life, such as wearing masks and regularly maintaining health, resulting in decreased anxiety and fear of being exposed to COVID-19. Consequently, stress and worry no longer affect people's life satisfaction.

Duong's (2021) research found that fear and anxiety positively influenced life satisfaction during the pandemic. When an individual has excessive fear and anxiety about being exposed to the risk of the COVID-19 virus, it will reduce their sense of satisfaction in life. The research results of Divine et al. (2022) found that anxiety and fear have a negative and significant impact on life satisfaction, especially during the COVID-19 pandemic. Furthermore, the research results of Kim & Park (2021) found that the higher the level of anxiety and fear among consumers, the greater the emotional pressure, which reduces the satisfaction experienced by individuals or society in life.

The proposed hypothesis, which is based on the theoretical explanation and several previous research findings, is as follows:

H2 : Fear and anxiety negatively impact life satisfaction.

Sleep Disturbance and Life Satisfaction

According to Duong (2021), the identification of an individual's perceived satisfaction in life can be

influenced by sleep disturbances. According to Adamu et al. (2023), sleep disturbances are caused by psychological disturbances that are thought about or by several unresolved problems that an individual continues to think about, resulting in reduced sleep quality or difficulty sleeping and sleeping later than the appropriate time. When someone experiences sleep disturbances, it will affect their cheerfulness or joy in activities, leading to a decrease in the life satisfaction felt by the individual. Duong's (2021) research found that sleep disturbances negatively impact life satisfaction. The findings indicate that the higher the sleep disturbances experienced, the more it will encourage a decrease in the life satisfaction felt by the individual. The study's results by Divine et al. (2022) found that sleep disturbances that persist over a certain period negatively affect the life satisfaction experienced by individuals.

Furthermore, the study conducted by Joseph et al. (2018) found that the longer and more frequently an individual experiences sleep disturbances, the lower their perceived life satisfaction. Sleep disturbances occur due to problems that trigger stress or psychological pressure within an individual. In line with the theoretical explanation and several previous research findings, a hypothesis is proposed to be tested, namely: H4 Sleep disturbances hurt life satisfaction. This hypothesis, if proven, could significantly enhance our understanding of the relationship between sleep disturbances and life satisfaction.

H3 : Sleep disturbances hurt life satisfaction.

Psychological Pressure on Life Satisfaction Through Sleep Disturbance as a Mediating Variable

According to James et al. (2015), individuals who experience psychological solid pressure and cannot escape from such conditions will suffer from sleep disturbances. When these two problems co-occur, the quality of life satisfaction experienced by an individual will be significantly reduced when someone experiences psychological

disturbances and sleep disturbances. When this happens, of course, the joy and quality of life are affected. Research findings by Duong (2021) found that psychological distress hurts the life satisfaction experienced by individuals through sleep disturbances as a mediating variable.

Kim and Park (2021) state that someone who can control their stress and fear has higher life satisfaction. In the results of the study conducted by Abd-Ellatif et al. (2021), it was found that during the COVID-19 pandemic, the psychological pressure on most individuals increased due to the heightened risk of exposure to the pandemic while being active outside the home, resulting in a decrease in life satisfaction. Furthermore, the research findings of Green and Yıldırım (2022) discovered that psychological distress has a negative and significant impact on individuals' life satisfaction through sleep disturbances as a mediating variable. Based on the theoretical explanation and several previous research findings, a hypothesis is proposed to be tested, namely:

H4 : Sleep disturbances mediate the relationship between psychological distress and life satisfaction.

Fear and Anxiety Towards Life Satisfaction Through Sleep Disturbance as a Mediating Variable

During the pandemic, everyone exercised high caution when working, especially outside the home. However, these individuals could not eliminate their feelings of anxiety and fear. (fear and anxiety). When fear and anxiety in working or engaging in activities outside the home could not be controlled due to an invisible cause of an epidemic, it undoubtedly affected the happiness and satisfaction felt by individuals in life (Ali et al., 2021). However, after several years of the pandemic, a significant portion of the community has adapted to the new way of life, such as wearing masks and maintaining health routines. As a result, the anxiety and fear of being exposed to COVID-19 have decreased, and these feelings no longer affect the community's life satisfaction. Your work

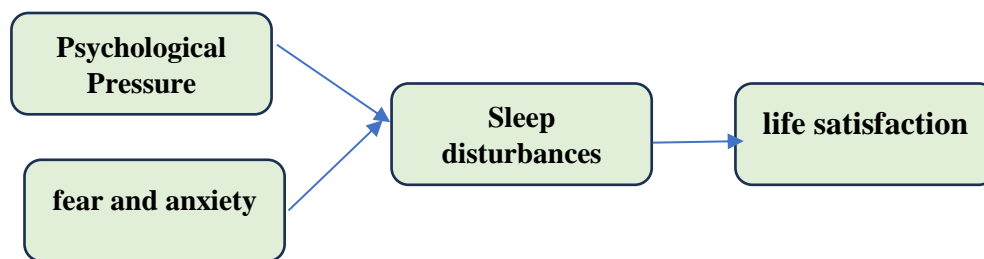
in understanding and addressing these issues is crucial and greatly valued.

Duong's (2021) research found that sleep disturbances mediate the relationship between fear and anxiety, which have a negative correlation with life satisfaction during the pandemic. When an individual has excessive fear and anxiety about being exposed to the risk of the COVID-19 virus, it will reduce their sense of satisfaction in life. The research results of Divine et al. (2022) found that anxiety and fear have a negative and significant impact on life satisfaction through sleep disturbances as a mediating variable, especially

during the COVID-19 pandemic. Furthermore, the research results of Kim & Park (2021) found that the higher the levels of anxiety and fear within consumers, the greater the emotional pressure created, thereby reducing the life satisfaction experienced by individuals or society through sleep disturbances as a mediating variable. Based on the theoretical explanation and several previous research findings, a hypothesis is proposed to be tested, namely:

H5 : Sleep disturbances mediate the relationship between fear and anxiety on life satisfaction

Conceptual Framework



Method

Type of Research

Sekaran and Bougie (2017) state that this research is descriptive and associative. Associatively, it aims to prove the truth of the hypothesis with the help of statistical test tools, while descriptively, it provides a narrative about the relationship or influence formed between one variable and another, supported by theoretical backing.

Population and Sample

A population is a unit of attributes that work together to achieve a specific goal. In this study, the population consists of all the health center employees in Kanagarian Kajai and Puskesmas Talu, West Pasaman Regency, totaling 125 employees, as shown in Table 1 below:

Table 1. Number of Puskesmas Employees in Kanagarian Kajai and Nagari Talu December 2023 (In Persons)

Operational Field	Puskesmas Kanagarian	
	Kajai	Talu
Doctor	3	3

Medical Staff	19	19
Nursing	27	22
Midwifery	10	10
Public Health	4	4
Pharmacist	2	2
	65	60

Source: Data Processing (2024)

Results

Respondent Demographics

This research aims to empirically prove the impact of psychological pressure, fear, and anxiety from COVID-19, as well as mental health on life satisfaction mediated by sleep disturbances. This research was conducted on employees of two Puskesmas in Pasaman Barat Regency, namely the Puskesmas in Kanagarian Kajai and Talu. The data collection process was done by distributing questionnaires to all Puskesmas employees in the two Kanagarians. The questionnaire distribution process was conducted directly by the researcher. The distribution procedure that has been carried out is shown in Table 2 below:

Table 2. Sample Collection Procedure

Description	Number	Percentage
Number of questionnaires distributed	125	100.00
Number of questionnaires not returned	(5)	(4.00)
Number of damaged/incomplete questionnaires	(0)	(0.00)
Number of processed questionnaires	120	96.00
Response Rate		96%

Source: Data Processing (2024)

Table 3. Respondent Demographics

Description	Amount	Percentage
Gender		
Laki-Laki	53	44.17
Perempuan	67	55.83
Age		
18 – 22 Years Old	31	25.83
23 – 27 Years Old	51	42.50
28 – 32 Years Old	7	5.83
32 – 37 Years Old	10	8.33
38 – 42 Years Old	6	5.00
> 42 Years Old	15	12.50
Education		
SLTA /	2	1.67
D3	110	91.67
S1	5	4.17
S2	3	2.50
Current Position		
Doctor	4	3.33

Table 4. Results of the Convergent Validity Test for Life Satisfaction

Item Code	Outer loading	Cronbach's Alpha	Composite Reliability	AVE
LS ₁	0.885			
LS ₂	0.904			
LS ₃	0.921	0.936	0.961	0.796
LS ₄	0.879			
LS ₅	0.872			
PP ₁₀	0.727			
PP ₁	0.830			
PP ₁₀	0.727			
PP ₂	0.834			
PP ₃	0.827			
PP ₄	0.764	0.935	0.944	0.628

Medical Staff	38	31.67
Nurse	46	38.33
Midwife	20	16.67
Public Health Worker	8	6.67
Pharmacist	4	3.33
Experience		
1 – 5 Years	61	50.83
6 – 10 Years	46	38.33
> 10 Years	13	10.83
Total	120	100

Source: Data Processing (2024)

Examination of Structural Equation Modeling (SEM)

The evaluation of the Structural Equation Model (SEM) occurs in multiple phases. The data processing via the Structural Equation Model can be executed in multiple phases. Commencing with the evaluation of the measuring model, followed by descriptive analysis, a

Assessment of the inner model, and hypothesis testing. The steps of SEM testing undertaken in this study are delineated in the subsequent sub-chapters, as per the research technique chapter.

Evaluation of the Measurement Model

The assessment of the measurement model is to verify the accuracy and reliability of each statement item associated with every research variable employed. The procedure for evaluating the measurement model assessment is as follows:

Measurement Model Assessment (MMA)

PP ₅	0.832			
PP ₆	0.845			
PP ₇	0.795			
PP ₈	0.718			
PP ₉	0.739			
FA ₁	0.887			
FA ₁	0.848	0.926	0.944	0.770
FA ₁	0.887			
FA ₄	0.883			
FA ₅	0.881			
SD ₁	0.916			
SD ₂	0.918	0.933	0.950	0.791
SD ₃	0.881			
SD ₄	0.909			
SD ₅	0.819			

Source: Data Processing (2024)

All resultant coefficients exceed 0.70. The results are supplemented with an AVE value of 0.791. The resultant coefficient values significantly exceed 0.50. Consequently, all statements employed to assess the sleep disturbance variable exhibit a high degree of accuracy and dependability.

Discriminant Validity

Discriminant validity demonstrates the distinctiveness of a construct in relation to other constructs. The assessment of discriminant validity was performed utilizing the Fornell-Larcker criterion and cross-loading technique, according to the data processing results presented below:

Table 5. Results of Discriminant Validity Assessment Utilizing the Fornell-Larcker Criterion

	Sleep Disturbance	Life Satisfaction	Fear and Anxiety	Psychological Pressure
Sleep Disturbance	0.938			
Life Satisfaction	0.918	0.892		
Fear and Anxiety	0.857	0.827	0.818	
Psychological Pressure	0.847	0.812	0.785	0.762

The discriminant validity test, employing the Fornell-Larcker criterion, reveals that the sleep disturbance variable exhibits the highest correlation coefficient of 0.938, surpassing the coefficients of life satisfaction at 0.867, mental health at 0.832, fear and anxiety related to Covid-19 at 0.818, and psychological stress at 0.762. The model indicates that the life happiness variable has a greater correlation coefficient than the mental health variable, the fear and anxiety associated with Covid-19, or the psychological pressure variable.

Consequently, it can be inferred that each research variable has been assessed using suitable statements. Consequently, the subsequent phase of data processing may commence without delay. Measurement Framework Model The model under analysis is deemed suitable based on the conducted testing phases. The measurement framework employed in the investigation is illustrated in Figure 1 below:

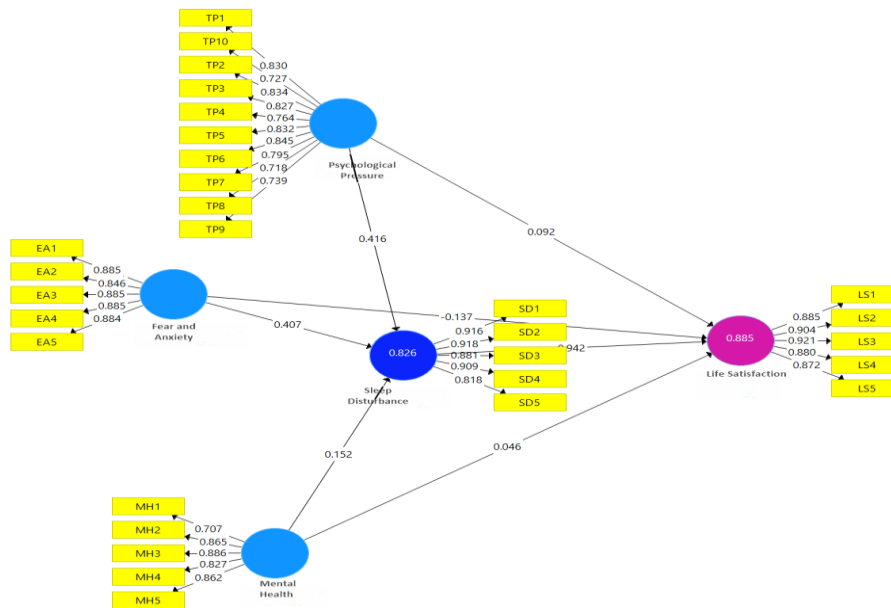


Figure 1. Measurement Framework Model

The established structural model indicates that each latent variable has satisfied all testing criteria, as demonstrated by the outer loading values of each statement with coefficients > 0.70 . The established measurement framework model is deemed suitable due to its elevated coefficient of determination. Consequently, all study variables that fulfill these criteria may proceed to subsequent steps of data processing.

4.6 Evaluation of Structural Models (ESM) Hypothesis testing is performed to assess the impact of exogenous variables on endogenous variables.

Hypothesis testing in the SEM PLS model occurs during the evaluation of the structural model. The Structural Model Assessment (SMA) is

a framework employed to forecast the causal linkages among latent variables. The significance test for predicting a causal association is performed via bootstrapping (Ghozali & Latan, 2019). The PLS hypothesis testing does not presuppose normality in the data distribution; rather, it employs a non-parametric bootstrapping method to ascertain the significance of its coefficients. (Hair et al., 2014).

The Structural Model Assessment (SMA) evaluates the direct and indirect impacts of each variable that has a relationship or influence. The evaluation was performed utilizing the T-statistic test. The summary of the test findings is presented in Table 4.17 below:

Table 6. Hypothesis Testing Results

Explanation	Path Coefficient	t-Statistic	P-value	Conclusion
Psychological Pressure -> Life Satisfaction	0.092	0.671	0.503	H1 Rejected
Fear & Anxiety -> Life Satisfaction	-0.137	0.898	0.370	H2 Rejected
Sleep Disorders -> Life Satisfaction	0.942	13.061	0.000	H3 Accepted
Psychological Pressure -> Sleep Disturbance -> Life Satisfaction	-0.392	-3.715	0.000	H4 Accepted
Fear & Anxiety -> Sleep Disturbance -> Life Satisfaction	-0.383	-4.299	0.000	H5 Accepted

Source: Data Processing (2024)

Discussion

The Impact of Psychological Pressure on Life Satisfaction

The initial hypothesis test indicates that the effect size between psychological pressure and life satisfaction is 0.092. The value was statistically validated with a T-statistic of 0.671. The data testing procedure was executed using an error rate of 0.05 and degrees of freedom calculated as $df = n - k$, yielding a T-table value of 1.96. The T-count value of 0.671, which is less than 1.96, suggests the acceptance of the null hypothesis (H_0) and the rejection of the alternative hypothesis (H_1), so establishing that psychological pressure does not significantly influence the life satisfaction experienced by employees of the Puskesmas in Kanagarian Kajai and Talu, West Pasaman Regency.

The data suggest that variations in psychological pressure experienced by Puskesmas personnel in Kanagarian Kajai and Talu, West Pasaman Regency, do not influence their life satisfaction. Consequently, the first hypothesis is dismissed. This condition arises from the generally high level of professionalism exhibited by employees, who readily accept the pressures and challenges they encounter. Moreover, the unwavering devotion and dedication of each employee in fulfilling their responsibilities instill confidence, alleviating fear and anxiety in the face of such demands. Consequently, psychological strain no longer influences the life satisfaction of employees inside the Puskesmas setting in Kanagarian Kajai and Talu, Pasaman Barat Regency.

The results from the initial hypothesis testing stage contradict the research by Duong (2021), which concluded that psychological discomfort adversely affects individual life satisfaction. According to Kim and Park (2021), individuals who successfully manage their stress and fear experience more life happiness. Abd-Ellatif et al. (2021) observed that during the Covid-19 pandemic, psychological stress increased for most

persons due to the elevated chance of exposure while engaging in outdoor activities, leading to a decline in life satisfaction. Moreover, the findings of Green and Yildirim (2022) indicate that psychological discomfort adversely and significantly affects persons' life satisfaction.

The Impact of Fear and Anxiety Induced by the Covid-19 Pandemic on Life Satisfaction

The findings from the second hypothesis test indicate that the variables of dread and anxiety related to Covid-19 exert a weak negative impact on life satisfaction, quantified at -0.137. A T-value of 0.098 was statistically derived. The data processing utilized a significance level of 0.05, yielding a T-table value of 1.96. The statistical analysis indicates that the T-value of 0.098 is less than 1.96, leading to the conclusion that the fear and anxiety associated with Covid-19 do not influence the living satisfaction of employees at the Puskesmas in Kanagarian Kajai and Talu, West Pasaman Regency.

The findings from the second hypothesis testing phase reveal that the fear and anxiety associated with Covid-19 do not influence the life satisfaction of employees at the Puskesmas in Kanagarian Kajai and Talu, West Pasaman Regency. Consequently, the second hypothesis is dismissed. This circumstance arises due to the elevated professionalism and dedication of every person at the health facility, particularly in delivering health services to the community.

The majority of staff have received vaccinations, alleviating their fear and anxiety of exposure to the Covid-19 outbreak. Moreover, for staff in hospital settings, exposure to Covid-19 has emerged as an occupational hazard that must be addressed, thereby alleviating any cause for anxiety or concern. The results from the third hypothesis testing phase contradict the research conducted by Duong (2021), which indicated that fear and anxiety adversely impact life satisfaction during the epidemic. An individual's extreme dread and anxiety around exposure to the Covid-19 virus diminishes their sense of life enjoyment. The

findings of Divine et al. (2022) indicate that anxiety and dread adversely and significantly affect life satisfaction, particularly during the Covid-19 pandemic. Moreover, the findings of Kim & Park (2021) indicated that elevated levels of anxiety and dread among consumers generate increased emotional pressure, thereby diminishing the satisfaction enjoyed by individuals or society in life.

The Impact of Sleep Disruption on Life Satisfaction

The results of the fourth hypothesis test indicate a robust path coefficient of -0.942 between the sleep disturbance variable and life satisfaction. The outcome is substantiated by a T-value of -13.061. The data processing was performed at a significance level of 0.05. The result indicates a T-value of -13.061, which exceeds the T-table value of 1.96. Sleep disorders adversely impact the living satisfaction of personnel at the Puskesmas in Kanagarian Kajai and Talu, West Pasaman Regency. The findings from the fourth hypothesis testing stage reveal that more severe sleep problems are associated with a decline in life satisfaction among Puskesmas employees in Kanagarian Kajai and Talu.

Consequently, the fourth hypothesis is affirmed. The findings suggest that personnel in the healthcare setting exhibit gratitude for their life circumstances, therefore mitigating the psychological stress associated with the pressures and risks of their profession, which in turn prevents significant sleep disorders. This condition indicates that the majority of employees possess a pretty high level of life satisfaction. Consistent prayer, gratitude, and acceptance of fate are significant characteristics that prevent responders from experiencing sleep disruptions that diminish their life happiness. The outcomes derived from the fifth hypothesis testing phase are corroborated by research findings. Duong's (2021) research indicated that sleep disorders adversely impact life satisfaction. This research suggests that increased sleep disruptions correlate with a decline in

individual life satisfaction. Divine et al. (2022) discovered that sleep disorders over a specific duration adversely impact persons' life satisfaction. Moreover, Joseph et al. (2018) discovered that prolonged and frequent sleep disruptions correlate with a decline in an individual's life satisfaction. Sleep disruptions arise from issues that induce stress or psychological pressure in an individual.

Sleep Disorders Facilitate the Connection between Psychological Distress and Life Satisfaction

The results of the fifth hypothesis test indicated that sleep problems interact to elucidate the link between psychological discomfort and life satisfaction, yielding a value of -0.392. This outcome is substantiated by a T-value of -3.715. The data processing was performed at a significance level of 0.05. The result indicates a T-value of -3.715, above the T-table value of 1.96. Consequently, the decision is to reject H_0 and accept H_5 , determining that sleep disorders may moderate the association between psychological stress and life satisfaction.

The data indicate that psychological pressure from insurmountable work-related problems or other challenges results in sleep disorders. When these events transpire concurrently, the degree of life happiness diminishes. Consequently, the fifth hypothesis is affirmed. Psychological pressure arises from stress related to unsolved work issues. When an individual under psychological stress fails to resolve their issues, sleep difficulties will ensue. This is initiated by the anxiousness within the individual undergoing psychological stress.

This state will endure until the contemplated difficulties are effectively addressed. The concurrent occurrence of psychological discomfort and sleep disruptions results in diminished life satisfaction for the affected persons. The results from the fifth hypothesis testing phase are corroborated by Duong's (2021) research, which demonstrated that psychological discomfort adversely impacts individuals' life satisfaction via sleep problems as a mediating factor. According to

Kim and Park (2021), individuals who successfully manage their stress and fear experience more life happiness. Abd-Ellatif et al. (2021) observed that psychological discomfort escalated for the majority of persons throughout the Covid-19 pandemic, attributed to the increased risk of exposure while engaging in outdoor activities, leading to diminished life satisfaction. Moreover, the findings of Green and Yildirim (2022) indicate that psychological discomfort adversely and significantly affects individuals' perceived life satisfaction, with sleep disturbances serving as a mediator variable.

Sleep Disorders Facilitate the Connection Between Fear and Anxiety and Life Satisfaction

The findings from the sixth hypothesis test indicate that sleep disturbances regulate the link between fear, anxiety, and life satisfaction. The calculated Path Coefficient is -0.383, corroborated by a T-statistic of -4.299, although the T-table value is 1.96. The testing was performed at a 0.05 significance level. The T-statistic value of -4.299 significantly exceeds 1.96. It may be established that sleep disturbances influence the association between fear and anxiety and life satisfaction among Puskesmas employees in Kanagarian Kajai and Talu, Pasaman Barat Regency.

The findings from the testing of the sixth hypothesis suggest that sleep disturbances may serve as a mediator that diminishes the association between fear and anxiety and job satisfaction. Consequently, the sixth hypothesis can be validated as true. When employees encounter unresolved issues, whether in the workplace or at home, they may suffer feelings of restlessness, worry, and anxiety. This condition disrupts their psychological state, resulting in sleep difficulties over time. The simultaneous occurrence of these events among employees signifies a decline in individual life satisfaction quality.

The findings from the sixth hypothesis testing phase are corroborated by Duong's (2021) study, which indicated that sleep difficulties moderate the association between anxiety and

terror, adversely affecting life satisfaction during the pandemic. An individual's extreme dread and anxiety around exposure to the Covid-19 virus diminishes their sense of life enjoyment.

The findings of Divine et al. (2022) indicate that worry and dread adversely affect life satisfaction through sleep disorders as a mediating variable, particularly during the Covid-19 pandemic. Moreover, the findings of Kim & Park (2021) indicated that increased levels of anxiety and fear among consumers lead to heightened emotional distress, consequently diminishing individual or societal life satisfaction through sleep disturbances as a mediating factor.

Conclusion

This research yields numerous significant discoveries concerning the correlation between life satisfaction, anxiety, psychological tension, and sleep disturbances. The Direct Impact of Anxiety and Psychological Pressure on Life Satisfaction. There is no significant direct impact of psychological distress and anxiety on life satisfaction (H1: $\beta=0.092$, $p=0.503$; H2: $\beta=-0.137$, $p=0.370$). This suggests that life satisfaction may be indirectly influenced by these factors through other variables.

The Direct Impact of Sleep Disorders on Life Satisfaction, The critical function of sleep health in maintaining individual well-being is underscored by the significant influence of sleep disorders on life satisfaction (H3: $\beta=0.942$, $p=0.000$).

The Mediating Role of Sleep Disorders: The relationship between psychological stress and life satisfaction (H4: $\beta=-0.392$, $t=-3.715$, $p=0.000$) and the relationship between anxiety and life satisfaction (H5: $\beta=-0.383$, $t=-4.299$, $p=0.000$) is mediated by sleep disorders. This suggests that life satisfaction can be diminished by psychological stress and anxiety, which can lead to an increase in sleep disorders.

Implications

These findings underscore the significance of sleep health as a potent mediating factor in

mitigating the detrimental effects of psychological stress and anxiety on life satisfaction. Consequently, interventions that concentrate on the management of sleep disturbances can be a strategic measure to improve the quality of life and well-being of individuals who are undergoing psychological stress or anxiety.

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