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## **A Systematic Review of Risk-Taking Behavior Among Indonesian Military Personnel**

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### **ABSTRACT**

*Risk-taking behavior among military personnel is an important issue in military psychology because soldiers are frequently required to make decisions under conditions of uncertainty, pressure, and potential danger. However, literature specifically examining risk-taking behavior among Indonesian National Armed Forces (TNI) personnel remains limited, with existing studies focusing more on resilience, stress, and general psychological well-being. This study aimed to synthesize recent findings on the factors influencing risk-taking behavior among military personnel, with particular relevance to the TNI context, through a systematic literature review approach. The study analyzed 10 relevant articles published between 2020 and 2025, identified through searches in Scopus and Google Scholar. The findings indicate that risk-taking behavior is influenced by multidimensional factors, including physiological factors such as sleep quality and energy balance, psychological factors such as impulsivity, optimism bias, and professional identity, and operational factors such as combat exposure. Social support was also found to play a protective role by reducing the tendency toward maladaptive risk-taking. These findings provide a broader understanding of the dynamics of risk-taking behavior among military personnel and highlight the importance of integrated training and psychological support strategies to improve decision-making in high-risk military environments.*

**Keywords:** *Risk-Taking Behavior; Military Personnel; Indonesian National Armed Forces (TNI); Decision-Making Under Uncertainty; Psychological Factors*

## INTRODUCTION

Risk-taking behavior is a central concept in psychology, referring to an individual's tendency to make decisions under conditions of uncertainty while considering the potential for adverse consequences (Fryt et al., 2024). In a broader sense, risk-taking is often regarded as an adaptive response to environments characterized by uncertainty and challenge, applicable at both the individual and collective levels, including within the military (Applewhite & Giordano, 2023). Within the domain of military psychology, this behavior assumes particular significance given that military personnel are frequently confronted with high-risk conditions in the execution of their duties (Prykhodko et al., 2021). The readiness to engage in risk-taking within the military context is shaped by a range of factors, including individual characteristics, training regimens, and social support systems (McCormick-Cisse et al., 2024). For instance, Aprilia et al., (2023) highlight the role of psychological welfare in shaping adaptive behavior, while Zuhriyah (2024) demonstrates how self-control relates to decision-making tendencies. Moreover, By & Ros (2024) show that cognitive and attitudinal factors can influence behavioral outcomes in social contexts. Furthermore, recent studies emphasize that risk-taking behavior is closely associated with broader psychological dynamics, such as mental hardiness, self-control, and prior exposure to stressful or hazardous situations, underscoring the multidimensional nature of this phenomenon in military personnel.

Recent studies have further examined the determinants of risk-taking behavior in high-pressure and operational contexts. He and Lei (2025) found that personality traits such as extraversion and negative emotionality influence risk decision-making through mechanisms like overconfidence. Similarly, Ithurburn et al. (2025) demonstrated that social power motivations, including dominance and prestige, significantly shape individual risk preferences. Babakr and Fatahi (2023) highlighted that Dark Triad traits, impulsivity, sensation seeking, and adverse childhood experiences contribute to an increased propensity for risk-taking. Additionally, Aide et al. (2024) showed that outcome expectancies strongly predict risk-taking tendencies, even outside military settings. Collectively, these findings underscore that risk-taking behavior is a multidimensional phenomenon influenced by personality, cognitive, and social factors, providing a critical context for studying such behavior among Indonesian National Armed Forces (TNI) personnel.

Within the specific context of the Indonesian National Armed Forces (Tentara Nasional Indonesia, hereafter referred to as TNI), research on risk-taking behavior remains notably limited. Existing studies have predominantly concentrated on other psychological dimensions, such as mental well-being or resilience among soldiers coping with stress and adversity during deployment (Sulistiyani et al., 2022). For instance, research on the psychological resilience of TNI personnel conducted by (Xavier et al., 2025) demonstrates the critical role of resilience in managing stress

and tension during assignments in conflict zones; however, risk-taking behavior was not the primary focus of that investigation. Similarly, a study examining social support, quality of life, and death anxiety among military personnel (Xavier et al., 2025) offers valuable insights into factors that may influence risky decision-making among soldiers stationed in conflict areas, yet it does not directly address risk-taking behavior as a distinct construct. Moreover, the existing body of literature has placed greater emphasis on psychological dimensions such as mental disorders, anxiety, and emotional well-being, without thoroughly exploring how specific psychological factors contribute to risk-taking in high-risk operational environments or within the context of routine military duties (Atuel & Castro, 2025).

This evident gap in the literature underscores the pressing need for a more comprehensive and focused examination of risk-taking behavior among TNI personnel. Accordingly, this systematic literature review seeks to address the following, clearly defined research questions: (1) Which psychological and environmental factors have been empirically shown to influence risk-taking behavior among military personnel? (2) How do these factors specifically present or operate within the population of TNI personnel? (3) What are the main trends, commonly applied theoretical frameworks, and notable methodological limitations in the literature on military risk-taking behavior, particularly as it concerns TNI? Through a rigorous synthesis of contemporary findings, this study aims to identify and critically evaluate the various factors that shape risk-taking behavior, including the quality of social support, mental preparedness, and battlefield experience, with a particular focus on TNI soldiers.

This study constitutes an important initial step toward deepening the scientific understanding of risk-taking behavior among TNI personnel and provides a robust foundation for subsequent empirical investigations into how psychological and environmental factors influence risky decision-making in military contexts. The findings of this review are expected to contribute significantly to the development of more targeted and evidence-based training policies and psychological support programs for military personnel, particularly those operating in high-risk situations. Furthermore, the insights from this study are anticipated to inform the design of more effective risk management strategies within the Indonesian military environment, thereby enhancing both operational effectiveness and psychological well-being among TNI personnel.

## **RESEARCH METHODOLOGY**

This study adopted a systematic literature review (SLR) approach to identify, evaluate, and analyze relevant literature on risk-taking behavior among Indonesian National Armed Forces (TNI) personnel. This method systematically collected and screened articles on risk-taking behavior in the military context. A systematic literature review is a structured and transparent method for identifying, evaluating,

and synthesizing existing research to minimize bias and ensure replicability, as described by Booth et al (2016). This method systematically collected and screened articles on risk-taking behavior in the military context. The literature search was conducted across two primary databases, namely Scopus and Google Scholar, using the following keywords: “Risk-taking behavior,” “military” and “Psychological factors.” Boolean operators were employed to refine the search results and ensure the retrieval of articles directly relevant to the research topic.

The inclusion criteria encompassed articles published within the last five years (2020–2025), written in English or Indonesian, and focused on risk-taking behavior within the military or soldier context. Articles deemed irrelevant to the topic, including literature reviews, meta-analyses, or studies focusing on subjects outside the scope of military personnel, were excluded. The selection process commenced with an initial retrieval of 300 articles from Scopus and Google Scholar, which were subsequently screened against predetermined inclusion and exclusion criteria, yielding 10 articles that met the eligibility requirements for further analysis.

Data analysis was performed by synthesizing the findings from the selected articles and categorizing the results according to key themes, including psychological factors influencing risk-taking, social support, and combat experience. Each selected article was evaluated based on its methodology, findings, and conclusions to provide a clearer understanding of risk-taking behavior among TNI personnel. A narrative synthesis approach was utilized to derive overarching conclusions applicable to the Indonesian military context. Through this approach, the study aimed to identify patterns of risk-taking behavior among TNI personnel and to contribute to the development of more effective training policies and psychological support programs for soldiers confronting high-risk situations. It is anticipated that the findings of this study will offer valuable insights for enhancing mental preparedness and risk management within the Indonesian military environment.

## RESULTS AND DISCUSSION

The synthesis of the 10 selected articles reveals that risk-taking behavior among military personnel is influenced by multidimensional factors, encompassing physiological factors (e.g., sleep quality and duration as well as energy balance), psychological factors (e.g., impulsivity, optimism bias, and professional identity), and operational and military experience factors (e.g., combat exposure and high-risk conditions). A summary of the findings is presented in Table 1.

**Table 1** Extraction Results of Selected Articles (n=10)

| Title and Authors  | Design          | Sample       | Result                                      |
|--------------------|-----------------|--------------|---|
| “The psychological | Empirical model | 104 soldiers | Psychological factors readiness (hardiness, |

| Title and Authors  | Design                                | Sample               | Result  |
|--|---------------------------------------|----------------------|---|
| Readiness Model of Military Personnel to Take Risks during a Combat deployment” (Prykhodko et al., 2021)                                 |                                       |                      | professional identity) influence risk-taking in combat situations.  |
| “Measuring optimism bias and willingness to take risks among military personnel” (Cutello et al., 2021)                                  | Quantitative survey                   | 350 soldiers         | Optimism bias is associated with willingness to take risks, with differential effects on risk-taking behavior.  |
| “The Relationship Between Combat Exposure and Risk-Taking Behavior Among Military Personnel” (McCormick-Cisse et al., 2024)              | Longitudinal study                    | 400 soldiers         | Combat experience exacerbates risk-taking tendencies, particularly among soldiers with post-traumatic stress.   |
| “Decision-Making During High-Risk Events: A Systematic Literature Review” (Reale et al., 2023)   | Systematic literature review          | 32 empirical studies | Identified five key themes in high-risk decision-making: (1) decision-making strategies, (2) time pressure, (3) stress, (4) uncertainty, and (5) errors. Recognition-Primed Decision (RPD) strategies are frequently employed in high-risk decision-making. |
| “The 3T Model of Military Veteran Radicalization and Extremism: Exploring Risk Factors and Protective Strategies” (Atuel & Castro, 2025) | Retrospective thick description study | 70 soldiers          | Identified three primary risk factors for radicalization among veterans: (1) Transmission of Prejudice, (2) Trauma and Adversity, and (3) Transitions. Morality and intergroup contact were found to serve as protective factors against radicalization.    |
| “The Relationship  | Quantitative survey                   | 725 soldiers         | The research findings indicate that safety leadership   |

| Title and Authors  | Design                          | Sample   | Result  |
|--|---------------------------------|--|---|
| Among Safety Leadership, Risk Perception, Safety Culture, and Safety Performance: Military Volunteer Soldiers as a Case Study” (Wei & Kuo, 2023) |                                 |  | positively affects risk perception, which, in turn, enhances safety performance. Risk perception acts as a mediator between safety leadership and safety performance. Furthermore, safety culture also mediates the relationship between safety leadership and safety performance.  |
| “The Benefits and Liabilities of Risk-Taking Propensity and Confidence at the U.S. Military Academy” (Schaefer et al., 2022)                     | Quantitative survey             | The sample size could not be determined with certainty from the available metadata sources; the article reported that 93 cadets had missing data | Risk-taking propensity was positively correlated with identification as a 'Model Soldier' and military values like courage and toughness. In contrast, it was negatively correlated with identification as a 'Model Student.' Cadets with higher risk-taking were viewed as more confident by peers and instructors but tended to struggle with judgment, self-discipline, and self-awareness. Overconfidence mediated the link between risk-taking and these challenges. |
| “Anchoring as a Mechanism for Modifying Risk-Taking Behavior in Military Aviation” (Roangheşi, 2025)   | Quantitative experimental study | 90 military aviator participants. The associated dataset indicates that the participants were divided into three experimental groups.            | The study found that anchoring can modify risk-taking behavior in BART-type tasks. The results indicated that the anchoring mechanism operates under both uncertainty and risk conditions, and that impulsivity is also associated with risk-taking behavior.   |
| “Effects of energy balance on cognitive performance, risk-taking, ambulatory vigilance and mood during simulated military                        | Experimental Crossover Study    | 10 soldiers  | During the energy deficit condition, participants exhibited a higher risk-taking propensity ( $p = 0.047$ ) and lower self-control ( $p = 0.021$ ) than during the energy balance condition. The researchers concluded that maintaining energy balance prevented an increase  |

| Title and Authors   | Design                           | Sample   | Result   |
|---|----------------------------------|--|--|
| sustained operations (SUSOPS)” (Beckner et al., 2023)   |                                  |  | in risk-taking during SUSOPS, although it did not improve all aspects of cognitive functioning or mood.  |
| “Sleep and Risk Taking Behavior in United States Army Soldiers: A Four Study Mega-Analysis” (Mantua et al., 2020) | Quantitative observational study | Combined data from four U.S. military samples; sample size varied depending on the analysis (n = 503–2,175). | Higher risk-taking behavior was correlated with shorter sleep duration (r = -0.23, p < .001), greater insomnia symptoms (r = .29, p < .001), and poorer sleep quality (r = .20, p < .001). In the full model, sleep duration remained the strongest predictor of risk-taking behavior (B = -0.18, p < .001); younger age and greater combat exposure also predicted higher risk-taking behavior. |

**Source:** Researcher’s Database (2026)

The synthesis of the 10 selected articles indicates that risk-taking behavior among military personnel is shaped by a multidimensional interaction of physiological, psychological, and operational factors. These findings support psychological perspectives suggesting that risk-taking is not solely a personal disposition, but also a context-dependent response influenced by internal conditions, cognitive appraisal, and environmental demands. In this regard, the present review contributes to a broader understanding of risk-taking among military personnel, particularly within the Indonesian National Armed Forces (TNI).

From a physiological perspective, the findings of (Mantua et al., 2020) and (Beckner et al., 2023) demonstrate that sleep quality, sleep duration, and energy balance are closely associated with risk-taking behavior. Shorter sleep duration was linked to higher risk-taking, while energy deficit during sustained military operations was associated with increased risk-taking propensity and reduced self-control. These findings are consistent with the view that disturbances in physiological functioning may impair cognitive and emotional regulation, thereby increasing the likelihood of risky decisions (Byrnes et al., 1999). In military settings, where fatigue and physical strain are common, such evidence highlights the importance of physiological readiness in risk management.

Regarding psychological factors, the review shows that optimism bias, impulsivity, and overconfidence significantly influence risk-taking behavior. (Cutello et al., 2021) found that optimism bias was associated with a greater

willingness to take risks, suggesting that overly positive expectations may lead soldiers to underestimate potential harm. Likewise, (Schaefer et al., 2022) reported that individuals with a higher propensity for risk-taking were often perceived as more confident, yet they also demonstrated poorer judgment, self-discipline, and self-awareness. These findings are in line with cognitive bias theory (Tversky & Kahneman, 1974) and self-regulation theory (Baumeister et al., 2007), both of which emphasize that biased judgment and limited self-control may increase maladaptive risk-taking.

The review also confirms the importance of operational experience, particularly combat exposure, in shaping soldiers' risk-related decisions. Exposure to high-pressure and dangerous environments may increase the tendency to engage in risk-taking, especially among personnel experiencing trauma-related symptoms. This interpretation is supported by (Reale et al., 2023), who identified stress, uncertainty, time pressure, and decision-making strategies as central elements in high-risk contexts. Their findings further suggest that soldiers frequently rely on Recognition-Primed Decision (RPD) strategies, which prioritize rapid judgment based on experience and pattern recognition. While such strategies may be adaptive in urgent situations, they may also increase vulnerability to decision errors under intense stress.

Another important finding concerns the role of social support in moderating risk-related behavior. (Wei & Kuo, 2023) showed that safety leadership positively influences risk perception and safety performance, while risk perception and safety culture mediate this relationship. These findings imply that a supportive organizational climate may shape how military personnel interpret and respond to risk. In the TNI context, support from commanders, peers, and family may serve as a protective factor, helping soldiers regulate stress and make more adaptive decisions in high-risk environments.

Overall, this review confirms that risk-taking behavior among military personnel is a complex phenomenon influenced by the interaction of physical condition, psychological processes, and operational demands. For TNI personnel, these findings imply specific actions: interventions should focus on improving sleep and energy management, fostering psychological self-regulation, promoting supportive leadership, and enhancing decision-making training. Clearly, these efforts have important practical and policy implications, including the potential to reduce maladaptive risk-taking and strengthen both operational effectiveness and mental preparedness in military settings.

## **CONCLUSION**

Based on the synthesis of the 10 analyzed articles, this study demonstrates that risk-taking behavior among military personnel is influenced by multidimensional factors, including physiological, psychological, and operational factors. Soldiers' sleep quality and energy balance were found to significantly affect

their risk-taking, with shorter sleep duration and energy deficits increasing risk-taking. These findings underscore the importance of managing sleep quality and energy levels in order to maintain sound decision-making in military settings. Psychological factors also play a substantial role, particularly optimism bias and impulsivity. Optimism bias is closely associated with willingness to take risks, while impulsivity often contributes to less deliberate risk-taking. This reflects the phenomenon of overconfidence, in which soldiers with high levels of self-confidence may make risky decisions without fully considering the consequences. These results are consistent with self-regulation theory, which suggests that individuals with lower self-control are more likely to engage in risk-taking behavior.

Combat experience also emerged as an important factor that intensifies the propensity to take risks. Exposure to combat conditions increases soldiers' tendency to take risks, particularly among those experiencing post-traumatic stress. This finding is consistent with stress-trauma theory, which suggests that prolonged exposure to stress can alter decision-making patterns and increase risky behavior. In addition, social support helps reduce risky behavior. Support from peers and family has been shown to moderate soldiers' tendency to make risky decisions by providing a sense of security and reducing risk perception. This finding supports social support theory, which holds that social support can buffer against stress and enhance psychological well-being, which, in turn, influences risk-taking behavior. This study opens the door to further research on the interactions among psychological, physiological, and operational factors in shaping risk-taking behavior among military personnel. Psychological training strategies integrating stress management, mental hardiness enhancement, and social support are expected to improve soldiers' decision-making in high-risk situations. These findings also provide a foundation for better risk management in military policy, with particular attention to the factors identified in this study.

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