

LOYALTY AND HARMONY OF SOLDIERS' WIVES IN LONG DISTANCE MARRIAGE IN MILITARY FAMILIES

Tri 'Ulya Qodriyati^{1*}, I Ketut Atmaja J.A.², Rofik Jalal Rosyanafi³, Mustakim⁴, Desika Putri Mardiani⁵, Tisya Fajriatus Salim⁶, Zahwa Islami⁷

^{1,2,3,4,5,6,7}Pendidikan Luar Sekolah, Universitas Negeri Surabaya, Indonesia

*Corresponding Author: trigodriyati@unesa.ac.id

Abstract. This study examines the strategies of loyalty and harmony employed by soldiers' wives in navigating Long Distance Marriage (LDM) within military families. The situation of physical separation due to military assignments poses emotional, psychological, and dual role challenges for wives, which have the potential to affect household stability. The study employed a qualitative phenomenological approach, involving 10 informants, who were soldiers' wives, through in-depth interviews, observations, and documentation. The analysis is carried out through the stages of bracketing, phenomenological reduction, essential description, and synthesis of meaning. The results of the study indicate that loyalty is sustained through a strong emotional commitment, characterized by consistency in maintaining trust, prioritizing family interests, and making reciprocal sacrifices. Harmony is strengthened by consistent, effective communication, appropriate use of media, and varied topics of interaction, as well as marital satisfaction built through mutual respect, mutual support, and pride in the spouse. Conflict resolution is carried out constructively by restraining emotions, providing a space for discussion, and finding mutually agreeable solutions. Social support from the Persit community, extended family, social networks, and spiritual strength are factors that strengthen family resilience. The study concluded that a combination of emotional commitment, positive communication, marital satisfaction, healthy conflict resolution, and social support was able to maintain the loyalty and harmony of military families in the face of LDM challenges.

Keywords: military family, loyalty, harmony, strategy, family resilience.

INTRODUCTION

The family is the primary social unit that plays a crucial role in shaping values, norms, and life skills through daily interactions. In the military family, this dynamic has special characteristics because it is influenced by discipline, commitment to the country, and a lifestyle that often involves long-distance assignments (LDM). This condition requires couples, especially those of soldiers' wives, to be adaptive, independent, and resilient in managing their households despite their husbands' limited presence. Long-distance marriage (LDM) in military families is not an obstacle to creating harmony; rather, it presents an opportunity to strengthen trust and commitment between spouses. Although military deployments often lower satisfaction in relationships and trigger psychological distress for both parties (Kritikos et al., 2019), the relationship can still be maintained with the right approach. Physical separation can cause emotional disconnection and trauma symptoms that complicate the reintegration process when couples reunite. Compared to civilian marriages, military marriages face a higher complexity of conflict due to differences in culture, language, lifestyle, and heavy workload. (Putri & Mahajudin, 2024). Emotional dependency that grows during the placement period can strengthen trust and commitment.

Relationship education programs have also been proven to improve communication skills, confidence in marriage, and satisfaction with the sacrifices made for the longevity of the relationship (García et al., 2021). Support from family, social community, and spiritual strength contribute significantly to the stability of a marriage in the face of physical separation. By utilizing effective communication strategies and adequate support, couples in military families can maintain harmony, as well as deepen mutual trust and commitment despite being separated by physical distance.

Soldiers' wives play a strategic role in maintaining the emotional stability of their families while their husbands undergo LDM, while still prioritizing loyalty and maintaining positive communication. Loyalty in military relationships often faces challenges during assignments, particularly due to the physical separation and emotional stress that accompany them. To maintain harmony and reduce stress, positive and effective communication between military personnel on duty and their families is a crucial factor (Johnson & Rogers, 2024). In addition, human resource management policies and practices that support military spouses, such as minimizing non-essential transfers and providing targeted transition assistance, can help reduce conflict and problems in military family marriages (King et al., 2025). Generally, face-to-face communication is able to produce higher relationship satisfaction than long-distance communication. However, in the context of long-distance relationships (LDRs), frequency and responsiveness in exchanging text messages and making voice calls are essential aspects in maintaining the quality of the relationship (Pollmann et al., 2021). Meanwhile, the use of video calls in LDRs can indeed increase responsiveness, but the impact on relationship satisfaction has not been shown to be significant directly (Holtzman et al., 2021).

The life of a military family demonstrates that long-distance relationships can remain harmonious when they are founded on love, trust, and a shared purpose for living together. Trust is the primary foundation for building a strong relationship. Although not always explicitly expressed in the abstract, the existence of trust is implied as a crucial element in maintaining the continuity of long-distance relationships, especially in a military context fraught with uncertainty and the emotional and physical risks faced by couples (Macazana Fernández et al., 2022). In these conditions, having a shared purpose in living together is a crucial factor that helps couples stay focused and emotionally connected, even when separated by distance. This common goal not only provides a clear direction in relationship dynamics but also strengthens emotional resilience and interpersonal commitment, enabling couples to maintain relationship stability in the face of complex pressures (Manser & Ogilvie, 2022a). Thus, love, trust, and the purpose of living together are not only supporting elements but also core components that complement each other in maintaining the sustainability of military spouse relationships, especially when facing the challenges of long-distance relationships that demand emotional resilience and consistent attachment.

Couples in military families face the test of commitment due to long distances and assignments, so they need determination to maintain loyalty and common goals. Military families are required to possess resilience and steadfastness in maintaining loyalty and uniting around shared goals in the face of various challenges typical of military service life. In this context, social support, effective communication, and family resilience-strengthening programs are crucial elements that help individuals adapt and continue to thrive amid the pressures they face (Manser & Ogilvie, 2022a). One of the aspects that is no less important is the satisfaction of couples who stay at home, because this plays a crucial role in maintaining the commitment and sustainability of military personnel's careers. Providing adequate support for spouses and children not only contributes to

the emotional stability of the family but also strengthens their loyalty to military life as a whole (Rossiter & Ling, 2022). Therefore, the success of military family adaptation is not only determined by the individual on duty, but also by the extent to which the surrounding environment, institutions, and support systems can respond comprehensively to the family's psychosocial needs.

The absence of a spouse on duty causes military family members to experience a lack of psychological and emotional support, resulting in a sense of loneliness and stress. Military families face various psychological challenges, especially during the deployment period. Spouses of military personnel generally experience increased stress both before and during deployment, while personnel on duty are faced with a greater psychological burden during the assignment period (Pessoa dos Santos et al., 2021). The absence of family members on duty often triggers feelings of loneliness and social isolation among abandoned family members (Wilson-Menzfeld et al., 2024). This kind of assignment can have severe psychological impacts, such as depression, anxiety, and behavioral disorders in children, as well as emotional distress on the partner. In addition, the emotional condition of the family also has a significant influence on the psychological stability of military personnel, both during the placement period and during the reintegration process (Mullet et al., 2022). Separation due to assignment is one of the primary sources of stress in military families, which can lead to marital conflicts, family dysfunction, and emotional disturbances in all family members. This level of stress is often exacerbated by physical and psychological injuries experienced by personnel while carrying out their duties (Pessoa dos Santos et al., 2020). The pressure of duty often erodes empathy and appreciation between military family members, creating emotional distance in family relationships. In military culture, empathy is often viewed as a complex character trait and is sometimes considered contrary to traditional military values, which can lead to it being marginalized. In fact, empathy plays an important role in helping soldiers understand the dynamics of humanity on the battlefield, which is crucial in moral and strategic decision-making (Cutright, 2022). Factors such as emotional support from family and the adaptive social role of parents have been shown to be able to partially mitigate the negative impact on their mental health (Briggs et al., 2020).

An unbalanced shift in roles between husband and wife in a military family can disrupt the stability of the relationship, especially when one party is required to shoulder all household responsibilities independently. Changes in roles and responsibilities in the military family are a familiar dynamic, both during and after the assignment (Mercier et al., 2024). The physical absence of military members demands that couples stay at home to adjust to new roles and manage additional responsibilities, which often results in increased stress and decreased satisfaction in the relationship (Chong et al., 2021). In fact, the social and emotional support of military spouses plays an important role in minimizing the negative impact of role imbalances (Frank et al., 2022). In this case, effective communication and support from family and friends have been proven to help couples who stay at home in dealing with these challenges (Mercier et al., 2024). Role imbalances that are not handled appropriately can disrupt the stability of family relationships and wellbeing, but this can be overcome through open communication, adequate social support, and the implementation of adaptive resilience strategies (Manser & Ogilvie, 2022b). Therefore, a deep understanding of the role dynamics within the military family is essential as a basis for designing interventions that support relational balance and family resilience in a sustainable manner.

This research offers novelty by examining the loyalty and harmony of soldiers' wives in the context of LDM using a phenomenological approach, which is expected to deepen understanding of relationship dynamics in long-distance situations. This approach enabled researchers to delve into the meaning of the subjective experiences of soldiers' wives in depth, including how they

interpreted loyalty, maintained communication, and navigated emotional and social challenges during their husbands' assignments. Previous studies by Wood et al. (2023) demonstrate that open and intense communication patterns play a crucial role in maintaining harmony within military families, even when they are geographically separated. In addition, research by Lucier-Greer & Campbell (2024) affirmed that emotional and spiritual support from the social environment contributes significantly to the mental resilience of soldiers' wives. Thus, this research is expected to make both theoretical and practical contributions to the development of military family communication strategies, as well as provide a basis for policymakers to consider supporting the psychosocial well-being of soldier families. This study aims to identify the factors that affect loyalty and harmony, and to provide practical recommendations for improving the quality of military family relationships in the face of LDM challenges. These factors include interpersonal communication, trust, social support, and the emotional resilience of soldiers' wives in carrying out domestic roles independently. The results of this study are expected to serve as a foundation for military institutions in creating family coaching programs that are more effective and attuned to the emotional dynamics of couples experiencing LDM. By highlighting subjective experiences through a phenomenological approach, this study not only provides a more comprehensive view of military family life but also addresses a gap in the literature, which has primarily focused on soldiers as the primary subjects rather than their spouses, who bear the emotional burden during long-distance assignments.

RESEARCH METHOD

This study uses a qualitative phenomenological approach to explore the experience of soldiers' wives in maintaining loyalty and harmony in the LDM situation. A total of ten informants were selected through purposive sampling, meeting the criteria of having undergone a minimum of six months of LDM, being willing to serve as resource persons, and being able to openly express their experiences. Data were collected through in-depth interviews, observations, and documentation that uncovered emotional commitment dynamics, communication patterns, marital satisfaction, and conflict resolution strategies. Data analysis was carried out through bracketing, phenomenological reduction, essential description, and meaning synthesis, which then identified internal factors that include emotional commitment, effective communication, marital satisfaction, and constructive conflict resolution, as well as external factors in the form of social support and spiritual strength, which together contribute to maintaining loyalty, harmony, and resilience of military families. The credibility of the data is ensured through the triangulation of sources and methods, as well as member checking, to verify the suitability of the researcher's interpretation with the informant's experience. In the context of military families undergoing long-distance marriage (LDM), the dynamics of the marital relationship are not only influenced by communication and commitment, but also by the emotional state of each couple. Every wife faces different challenges, depending on their experiences, life situations, and the support they have. These differences are evident in everyday emotional expressions, which reflect how they adjust and maintain psychological balance amid the limitations of face-to-face meetings.

RESULT

Strong Emotional Commitment

In a military family with long-distance marriage, emotional commitment is the primary foundation that maintains the continuity of the relationship. Based on the results of the interviews, all informants showed a strong determination to maintain their households, despite having to deal

with distance, limited meeting times, and uncertain military task dynamics. R3 said, *"I always try to take care of my heart and mind even though my husband is far away. Everything I do always takes into account the impact on the family."* This statement emphasizes that emotional commitment is not only a form of loyalty, but also awareness in making decisions that prioritize family interests over personal interests. Field findings also indicate that emotional commitment is evident through behavioral consistency. Some soldiers' wives maintain a communication routine, maintain trust, and avoid things that can trigger their spouse's suspicion. For example, R5 says, *"We already trust each other. Even though it is far away, I have never hidden anything from my husband."*

The results of the observations support this conclusion. In Persit's activities, several wives were seen actively supporting one another, discussing strategies for managing longing, and sharing tips for maintaining commitment when couples are away on duty outside the region. This mutually reinforcing attitude shows that emotional commitment is also strengthened by social support from the surrounding environment. Overall, the intense emotional commitment in military families' long-distance marriages is reflected in their consistency in maintaining trust, their willingness to prioritize family, and their efforts to maintain inner bonds despite physical separation. This factor has proven to be one of the keys to maintaining loyalty and relationship stability amid LDM challenges.

Effective Communication

Effective communication is one of the keys to maintaining loyalty in long-distance military marriages. Based on the results of the interviews, all informants emphasized the importance of maintaining connectivity every day, even if it is only through short messages or brief calls amidst busyness. R5 revealed, *"Even though my husband is busy, we keep in touch at least once a day. It does not have to be long; the important thing is to know each other's conditions."* This indicates that the effectiveness of communication is not always determined by duration, but rather by the consistency and quality of the message conveyed. The forms of communication employed are diverse, ranging from text messages and phone calls to video calls and sharing photos of daily activities. Some informants mentioned that the topic of conversation was often light, such as children's activities, household shopping plans, or simply sending jokes to each other. R7 said, *"If we talk, it is not just a serious thing; sometimes we joke so that the atmosphere is good."*

The results of observations show that most wives take advantage of work breaks or Persit activities to contact their partners. They prioritize communication as a way to maintain emotional intimacy, even during a busy schedule. Overall, effective communication in military family LDM is not only aimed at conveying information, but also as a means of maintaining trust, reducing longing, and strengthening emotional relationships. Consistent communication patterns, mutual respect for time, and prioritizing the warmth of interactions have been proven to contribute significantly to maintaining a partner's loyalty.

Marriage Satisfaction

Marriage satisfaction is one of the important indicators in maintaining household harmony for military families undergoing *Long Distance Marriage* (LDM). Based on the results of the interviews, most of the informants stated that satisfaction with marriage is not only measured by the intensity of physical encounters, but also by the quality of the relationship, trust, and mutual respect. R2 said, *"If asked if I am satisfied or not, I say satisfied. Because even though it is far away, the husband is still attentive and responsible."* This statement suggests that marital

satisfaction in the context of LDM depends heavily on the couple's attitude in fulfilling roles and responsibilities, even though they are often physically separated. Satisfaction can also be seen in how couples support each other's achievements. Some wives admitted that they were proud of their husbands' achievements in the field of duty, while the husbands provided moral support, enabling the wives to remain enthusiastic about managing the household. R6 said, *"I am proud that my husband can carry out his duties well. That also makes me excited."*

Observations in the field reveal that this sense of satisfaction is reflected in the way wives describe their relationship to others. A positive tone, a smile when mentioning a partner's name, and enthusiasm for sharing stories show a sense of pride and happiness. Overall, marital satisfaction in military families is built on mutual respect, mutual support, pride in one's partner, and the ability to maintain a positive relationship even when they are physically separated. This factor is a crucial foundation for maintaining household harmony.

Constructive Conflict Resolution

In military families, long-distance marriages are often inevitable, primarily due to the limited time for face-to-face meetings, differences in perception resulting from non-face-to-face communication, and the psychological pressure that arises from extended assignments. However, the study's results show that most couples can manage conflicts constructively, thereby maintaining domestic harmony. Based on interviews, informants tend to suppress their emotions before discussing problems with their partner. R4 said, *"If there is a problem, I usually keep quiet first; later, when the atmosphere is good, it will be discussed."* This strategy helps avoid emotional confrontation and gives time to think clearly. Most couples also prioritize clear communication and listening to each other when disagreements arise. R5 said, *"I always allow my husband to explain first, then I express my opinion."* This attitude of giving each other space to talk is one of the keys to resolving conflicts in a healthy manner.

Observations of Persit's community activities reveal that the support of fellow soldiers' wives also contributes to the conflict resolution process. Some members shared their experiences and gave practical advice on how to avoid misunderstandings, such as by setting more flexible communication times or using more positive language. Documentation in the form of text message notes reveals apologies, thanks, and expressions of mutual understanding following disagreements. This proves that couples not only resolve conflicts verbally, but also re-strengthen emotional bonds after the problem is resolved. Overall, constructive conflict resolution in military family life is characterized by the ability to contain emotions, manage time and conversation style, listen to each other, and prioritize compromise. These strategies help keep the relationship harmonious and prevent the couple from prolonged arguments.

DISCUSSION

Strong Emotional Commitment

A strong emotional commitment is the primary foundation of the loyalty of couples in military families undergoing Long-Distance *Marriage* (LDM). This commitment reflects a determination to maintain relationships despite meeting limitations, the demands of military duty, and long geographical distances. The *Investment Model of Commitment* (RUSBULT et al., 1998) explains that emotional commitment is formed through three main components: the level of relationship satisfaction, the amount of investment that has been made, and the absence of alternatives considered better. In military families, emotional investment is often expressed through moral support, the sacrifice of time, participation in childcare, and a willingness to put personal interests

on hold for the sake of domestic stability. This is in line with research by Kuppler & Wagner (2023). This indicates that couples with high levels of commitment are better equipped to withstand internal and external pressures within the relationship.

In addition to internal factors, the values of loyalty that are deeply ingrained in military culture play a significant role in strengthening emotional commitment. The life of the military community, including support from organizations such as Persit, is a source of psychological strengthening for couples. This is relevant to *Social Support Theory* (House et al., 1988) This confirms that emotional, instrumental, and informational support from the social environment can increase relationship resilience. Recent research by Voolma (2022) It also affirms that high emotional commitment not only maintains relationships but also reduces the risk of destructive conflict and improves the quality of daily interactions. In the context of military family life, this commitment is the glue that keeps the relationship stable and harmonious, as well as a source of motivation to continue adapting to the challenges of distance. Thus, an intense emotional commitment serves not only as a psychological bond between couples but also as social and emotional capital that sustains loyalty, strengthens relationship resilience, and maintains the sustainability of domestic harmony.

Effective Communication

Effective communication is one of the important pillars in maintaining the loyalty of spouses to military families undergoing *Long Distance Marriage* (LDM). Communication effectiveness is not only measured by the frequency of interactions, but also by the consistency, clarity of the message, and the suitability of the media used. Voolma (2022) emphasizes that effective communication involves the exchange of messages that are mutually understandable, meaningful, and supported by adequate feedback. In long-distance relationships, military spouses must adapt their communication strategies to dynamic conditions. Selection of appropriate communication media, such as text messages for brief information or video calls for emotional interaction, in line with Tkalac Verčič et al. (2025), which explains that the more complex the message conveyed, the higher the need for information-rich media.

Research by Manzo (2023) found that LDM couples tended to adapt the content of their communication according to the needs of the relationship, combining emotional and practical aspects, such as coordinating household tasks, financial planning, and children's education. In the context of military families, this adaptation is crucial for minimizing misunderstandings that can trigger tension. Support from the social environment, such as the Persit community, also plays a role in maintaining the quality of communication. Through the exchange of experiences and strategies, community members help couples develop more positive communication patterns, according to the *Social Support Theory* (House et al., 1988), which posits that social support can strengthen an individual's interpersonal skills in the face of pressure. Thus, the collaborative style (*integrating*) emphasizes the search for mutually beneficial solutions through openness and mutual respect. In long-distance relationships, conflicts are more likely to arise due to limited face-to-face communication and the potential for miscommunication. Research by Berenguer-Soler et al. (2023) indicates that LDM couples who postpone discussing problems until they have conducive emotional conditions tend to be more effective in reducing the escalation of conflict. This is particularly relevant in military families, where the pressure of duty is often a significant consideration in determining when and how to resolve problems. The social environment, especially the Persit community, also plays a role in strengthening conflict resolution skills. Social support is provided through discussions and the exchange of experiences, in line with Social

Support Theory (House et al., 1988), which states that emotional support from the environment can enhance an individual's ability to cope with stress.

Research by Girma Shifaw (2024) Affirms that constructive conflict resolution has a positive correlation with marital satisfaction and stability, especially in couples who face high external pressures. This shows that success in resolving conflicts not only reduces momentary tension but also serves as a means of building trust, increasing security, and strengthening long-term emotional bonds. In the context of military families undergoing LDM, this ability has strategic value. Constructive conflict resolution prevents the accumulation of problems that can erode emotional intimacy. It keeps couples focused on shared goals, such as achieving military career success and maintaining family wellbeing. This process also reinforces the awareness that relationship challenges are not threats, but rather opportunities to deepen understanding and strengthen commitment. In addition, the effectiveness of conflict resolution in LDM military families has two implications: at the micro-level, it increases marital satisfaction; and at the macro-level, it contributes to the overall resilience of the family. This resilience encompasses adapting to change, maintaining emotional stability, and utilizing both internal and external resources to sustain the stability of relationships. Thus, constructive conflict resolution skills are not just technical skills, but psychological capital that sustains harmony, stability, and long-term sustainability of the household.

Marriage Satisfaction

Marriage satisfaction in military families undergoing long-distance marriage (LDM) is the result of a combination of internal and external factors that support the quality of relationships. Internal factors include mutual respect, commitment, and trust, while external factors include social support from extended families and the military community. Marital Satisfaction Theory emphasizes that marital satisfaction is not only measured by the lack of conflict, but by the success of couples in meeting each other's emotional, physical, and psychological needs (Fowers & Olson, 1993). In the context of military family LDM, marital satisfaction does not depend entirely on the intensity of the physical encounter, but rather on the quality of interaction and positive perception of the partner. This is in line with research by Knobloch & Basinger (2021), suggesting that military couples can maintain high marital satisfaction if they are able to maintain meaningful communication, support each other, and share clear common goals.

Research by Warth et al. (2020) introduced the concept of positive sentiment override, which refers to the tendency to view relationships from a positive perspective despite facing pressure or limitations. This phenomenon is often observed in LDM military spouses, where the spouse's success in the task gives rise to a sense of pride that strengthens emotional bonds. Thus, marital satisfaction in LDM military families reflects the ability to adapt to physical limitations, healthy emotional management, and adequate social support. These factors work synergistically to maintain household harmony and become psychological capital that supports family resilience in the long term.

Constructive Conflict Resolution

Constructive conflict resolution is a crucial skill in maintaining household harmony for military families experiencing Long Distance Marriage (LDM). Conflict in long-distance relationships is often triggered by limited face-to-face communication, differences in perception, or external pressures faced by one or both partners. According to Degbey (2025) Explains that collaborative strategies (integrating style) are the most effective approach, as they emphasize

openness, listening to each other, and finding solutions that satisfy both parties. In the context of military family LDM, effective conflict management often involves delaying the discussion of the problem until the emotional state is more stable, thereby reducing the risk of escalation. These findings align with research by Sahlstein (2006). This suggests that LDM couples tend to postpone conflict discussions until the atmosphere is more conducive, which ultimately makes it easier to reach a mutually agreeable solution.

Social support also plays a key role in the conflict resolution process. Individuals who have access to emotional support from the environment, such as the Persit community, are better able to manage negative emotions and find healthy problem-solving strategies. This environment provides a space for sharing experiences and developing communication skills that help couples manage tension in their relationships. Research Lessard et al. (2025) Affirms that constructive conflict resolution contributes directly to relationship satisfaction and stability, especially in couples who face high external pressures, such as military families. Conflicts that are managed respectfully, focusing on solving problems, not only resolve the immediate issues but also strengthen trust and foster long-term commitment. Thus, the ability to resolve conflicts constructively within the LDM military family not only serves as a coping mechanism but also as a strategy to strengthen emotional bonds, increase relationship satisfaction, and maintain domestic harmony in the long term.

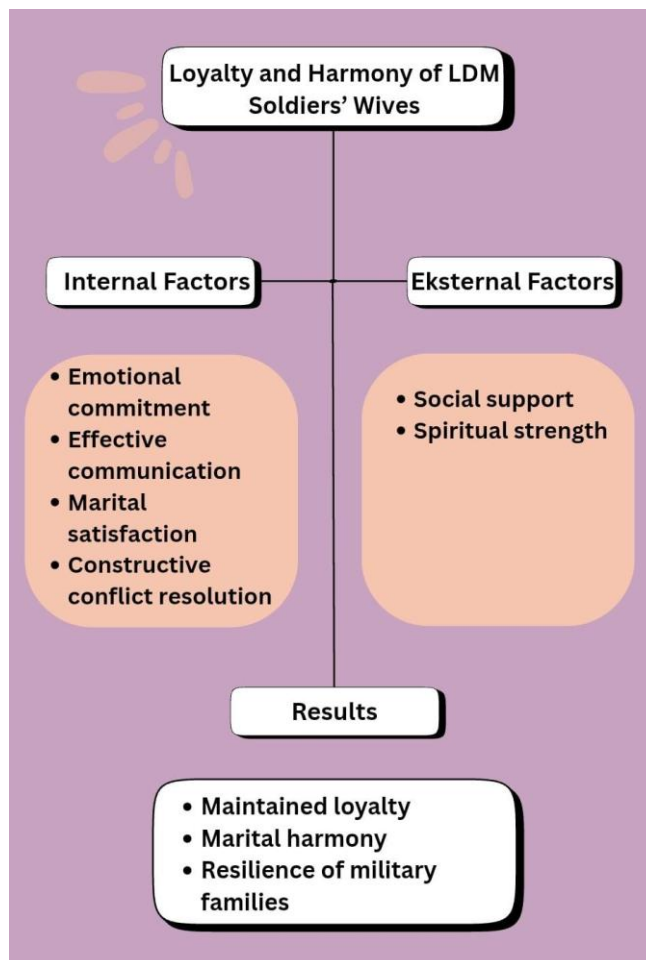


Figure 1. Research Flow Diagram of Loyalty and Harmony of the LDM Military Family

CONCLUSION

This study demonstrates that the loyalty and harmony of soldiers' wives in Long-Distance Marriage (LDM) within military families can be maintained through a combination of internal strategies and external support. Emotional commitment is the primary foundation, characterized by consistency in maintaining trust, prioritizing family interests, and willingness to sacrifice for the sustainability of the household. Effective communication, whether through text messages, phone calls, or video calls, plays a crucial role in maintaining emotional connectedness and minimizing misunderstandings. Marriage satisfaction is achieved through mutual respect, mutual support, and pride in the couple's achievements. Constructive conflict resolution, which prioritizes emotional control, mutual hearing, and compromise, has been proven to strengthen relationship stability. Social support from the Persit community, extended family, social network, and spiritual strength are significant supporting factors in strengthening family resilience. Overall, these findings confirm that the success of maintaining loyalty and harmony in military families undergoing LDM depends not only on individual adaptation but also on the quality of relationships and the availability of a comprehensive support system. The findings also suggest that shifting gender roles in military households do not necessarily have a negative impact. In fact, in many cases, this is a means of adaptive and healthy relational growth. The wife's ability to build emotional resilience and role flexibility confirms that the military family structure can create relationship dynamics that not only survive but also thrive in challenging situations.

From a theoretical perspective, this study contributes to enriching the phenomenological understanding of marriage dynamics in the context of military families, particularly within the framework of long-distance marriage. This study demonstrates that marital relationships in LDM situations not only endure due to institutional obligations or social norms, but also because of the ongoing emotional negotiation process and the willingness to adapt to one another. In practical terms, these findings can serve as a reference for military institutions in designing intervention programs or psychosocial support for soldiers' families, especially for wives who are at risk of experiencing emotional exhaustion in their dual roles. This research also provides an opportunity for reflection among the general public on how family resilience can be developed in the face of physical and emotional limitations resulting from caregiving responsibilities. By understanding the experiences of soldiers' wives more fully, we can foster the development of a social system that is more inclusive, supportive, and responsive to the realities of today's military families.

This research makes an important contribution to deepening the understanding of the subjective experiences of soldiers' wives in maintaining loyalty and harmony in long-distance marriages within the military family environment. With a phenomenological approach, this study successfully uncovered the profound meanings associated with emotional commitment, communication, sacrifice, and adaptation to the roles lived by wives, thereby enriching theoretical insights into relationship resilience in the context of the physical and psychological challenges of military assignments. These findings not only shed light on the complex relationship dynamics but also provide a practical basis for institutions and policymakers to design support programs that are more sensitive to the needs of military families in dealing with LDM situations.

REFERENCES

Berenguer-Soler, M., García del Castillo-López, Á., y Pineda, D. (2023). Breaking the cycle of emotional flooding: the protective role of women's emotional intelligence in couples' conflict. *Frontiers in Psychology*, 14. <https://doi.org/10.3389/fpsyg.2023.1217513>

- Briggs, E. C., Fairbank, J. A., Tunno, A. M., Lee, R. C., Corry, N. H., Pflieger, J. C., Stander, V. A., & Murphy, R. A. (2020). Military Life Stressors, Family Communication and Satisfaction: Associations with Children's Psychosocial Outcomes. *Journal of Child and Adolescent Trauma*, 13(1), 75–87. <https://doi.org/10.1007/s40653-019-00259-z>
- Chong, R. C. T., Ong, C. A. T., Quinio, T. R., & Ilac, E. J. D. (2021). Narrative Analysis of Parental Role Duality of Filipino Military Wives. *Journal of Feminist Family Therapy*, 33(2), 157–177. <https://doi.org/10.1080/08952833.2020.1755165>
- Cutright, K. R. (2022). The empathetic soldier. In *The Empathetic Soldier*. <https://doi.org/10.4324/9781003248132>
- Degbey, W. Y. (2025). Leadership and Conflict Resolution. In *Elgar Encyclopedia of Leadership* (pp. 142–144). Edward Elgar Publishing. <https://doi.org/10.4337/9781035307074.00065>
- Fowers, B. J., & Olson, D. H. (1993). ENRICH Marital Satisfaction Scale: A brief research and clinical tool. *Journal of Family Psychology*, 7(2), 176–185. <https://doi.org/10.1037/0893-3200.7.2.176>
- Frank, C., Coulthard, J., Lee, J. E. C., & Skomorovsky, A. (2022). A moderated-mediation analysis of pathways in the association between Veterans' health and their spouse's relationship satisfaction: The importance of social support. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.988814>
- García, V. E. C., Casallas, M. C. R., Ladino, L. D. V., & Cruz, Y. T. G. (2021). Marital stability in marriages estranged due to commissions of the Colombian armed forces | Estabilidad marital en matrimonios distanciados por la misionalidad de las Fuerzas Militares de Colombia. *Revista Científica General José María Córdova*, 19(33), 159–177. <https://doi.org/10.21830/19006586.710>
- Girma Shifaw, Z. (2024). Marital Communication as a Moderator of the Relationship between Marital Conflict Resolution and Marital Satisfaction. *The American Journal of Family Therapy*, 52(3), 249–260. <https://doi.org/10.1080/01926187.2022.2089404>
- Holtzman, S., Kushlev, K., Wozny, A., & Godard, R. (2021). Long-distance texting: Text messaging is linked with higher relationship satisfaction in long-distance relationships. *Journal of Social and Personal Relationships*, 38(12), 3543–3565. <https://doi.org/10.1177/02654075211043296>
- House, J. S., Umberson, D., & Landis, K. R. (1988). Structures and Processes of Social Support. *Annual Review of Sociology*, 14(1), 293–318. <https://doi.org/10.1146/annurev.so.14.080188.001453>
- Johnson, A., & Rogers, M. (2024). Strengthening and Supporting Parent–Child Relationships through Digital Technology: Benefits and Challenges. *Family Relations*, 73(3), 1550–1567. <https://doi.org/10.1111/fare.12960>
- King, E. L., Hack, E. M., Bicknell, G. C., Crownover, B. N., & Oliver, M. A. (2025). Social Role Violations in a Greedy Institution: Gender, Spouses' Military Status, and Servicemembers' Marital Problems. *Sex Roles*, 91(5), 33. <https://doi.org/10.1007/s11199-025-01585-3>
- Knobloch, L. K., & Basinger, E. D. (2021). Communication Mediators of the Link Between Depressive Symptoms and Relationship Satisfaction Among Army Soldiers. *Family Relations*, 70(2), 422–436. <https://doi.org/10.1111/fare.12447>
- Kritikos, T. K., DeVoe, E. R., & Benjamin, E. A. (2019). The effect of a parenting intervention on the relationship quality of recently deployed military service members and their partners. *American Journal of Orthopsychiatry*, 89(2), 170–180. <https://doi.org/10.1037/ort0000344>

- Kuppler, M., & Wagner, M. (2023). Effect of Commitment on Supportive Dyadic Coping: A Longitudinal Test of Interdependence Theory With German Couples. *Journal of Family Issues*, 44(10), 2613–2643. <https://doi.org/10.1177/0192513X221106738>
- Lessard, I., Brassard, A., Gosselin, P., Brault-Labbé, A., Lafontaine, M.-F., & Péloquin, K. (2025). Attachment, conflict, and relationship satisfaction of couples transitioning to parenthood: The moderator role of intimacy. *Journal of Family Psychology*, 39(3), 336–347. <https://doi.org/10.1037/fam0001321>
- Lucier-Greer, M., & Campbell, D. R. (2024). Role of military context and couple wellbeing in the psychological vulnerability of military wives in the United States. *Journal of Military, Veteran and Family Health*, 10(2), 37–46. <https://doi.org/10.3138/jmvfh-2023-0065>
- Macazana Fernández, D. M., Rodríguez Grández, C., Collazos Paucar, E., Pastor Segura, J., & Castañeda Terrones, R. H. (2022). AUTHENTIC ASSESSMENT AND STUDENT AUTONOMY | EVALUACIÓN AUTÉNTICA Y AUTONOMÍA ESTUDIANTIL. *Universidad y Sociedad*, 14(S2), 185–193.
- Manser, L., & Ogilvie, L. (2022a). Supporting Resilience in Military Families – from Research to Practice. *Military Behavioural Health*, 10(2), 74–78. <https://doi.org/10.1080/21635781.2022.2098882>
- Manser, L., & Ogilvie, L. (2022b). Supporting Resilience in Military Families—from Research to Practice. *Military Behavioural Health*, 10(2), 74–78. <https://doi.org/10.1080/21635781.2022.2098882>
- Manzo, L. K. C. (2023). Love in the time of COVID-19: How couples stayed ‘at home’ during the first lockdown in Italy. *Social & Cultural Geography*, 24(3–4), 428–446. <https://doi.org/10.1080/14649365.2022.2130417>
- Mercier, G., Pierce, T., Mercier, J., Bernard-Giroux, C., de Montigny, F., Dubeau, D., Gervais, C., & da Costa, D. (2024). Challenges to coparenting posed by military life and strategies used by fathers and mothers to overcome them. *Journal of Military, Veteran and Family Health*, 10(5), 127–141. <https://doi.org/10.3138/jmvfh-2023-0058>
- Mullet, N., Fuss, C., Lyddon, L., Mondloch, D., Neal, S., Nelson Goff, B. S., Parson, D., & Ruhlmann, L. M. (2022). Finding Our New Normal: A 10-Year Follow-Up Study with U.S. Army Veterans and Their Spouses. *Journal of Couple and Relationship Therapy*, 21(4), 366–390. <https://doi.org/10.1080/15332691.2021.1945986>
- Pessoa dos Santos, R., Francisco, R., Ribeiro, M. T., & Roberto, M. S. (2020). Psychological and emotional experiences during a military mission: A longitudinal study with soldiers and spouses. *Couple and Family Psychology: Research and Practice*. <https://doi.org/10.1037/cfp0000157>
- Pessoa dos Santos, R., Francisco, R., Ribeiro, M. T., & Roberto, M. S. (2021). Psychological and emotional experiences during a military mission: A longitudinal study with soldiers and spouses. *Couple and Family Psychology: Research and Practice*, 10(1), 38–53. <https://doi.org/10.1037/cfp0000157>
- Pollmann, M. M. H., Norman, T. J., & Crockett, E. E. (2021). A daily-diary study on the effects of face-to-face communication, texting, and their interplay on understanding and relationship satisfaction. *Computers in Human Behaviour Reports*, 3, 100088. <https://doi.org/10.1016/j.chbr.2021.100088>
- Putri, A. N., & Mahajudin, M. S. (2024). Some couple therapies for military couples (CT-MC). *Journal of Medicinal and Pharmaceutical Chemistry Research*, 6(9), 1395–1402. <https://doi.org/10.48309/jmpcr.2024.447572.1140>

- Rossiter, A. G., & Ling, C. G. (2022). Building Resilience in US Military Families: Why It Matters. *BMJ Military Health*, 168(1), 91–94. <https://doi.org/10.1136/bmjmilitary-2020-001735>
- RUSBULT, C. E., MARTZ, J. M., & AGNEW, C. R. (1998). The Investment Model Scale: Measuring commitment level, satisfaction level, quality of alternatives, and investment size. *Personal Relationships*, 5(4), 357–387. <https://doi.org/10.1111/j.1475-6811.1998.tb00177.x>
- Sahlstein, E. M. (2006). Making Plans: Praxis Strategies for Negotiating Uncertainty–Certainty in Long-Distance Relationships. *Western Journal of Communication*, 70(2), 147–165. <https://doi.org/10.1080/10570310600710042>
- Tkalac Verčič, A., Verčič, D., & Gerdina, S. (2025). Situational dependence of internal communication channels. *Public Relations Review*, 51(4), 102608. <https://doi.org/10.1016/j.pubrev.2025.102608>
- Voolma, S.-R. (2022). Presenting and Speaking About Your Work. In *Survival Guide for Early Career Researchers* (pp. 155–167). Springer International Publishing. https://doi.org/10.1007/978-3-031-10754-2_14
- Warth, M., Stoffel, M., Winter, F., Jarczok, M. N., Aguilar-Raab, C., & Ditzen, B. (2020). Instructed Partnership Appreciation in Depression: Effects on Mood, Momentary Relationship Satisfaction, and Psychobiological Arousal. *Frontiers in Psychiatry*, 11. <https://doi.org/10.3389/fpsy.2020.00701>
- Wilson-Menzfeld, G., McGill, G., Moreland, M., Collins, T., Erfani, G., & Johnson, A. (2024). Military Widows' Experiences of Social Isolation, Loneliness and Unmet Social Needs. *Journal of Loss and Trauma*, 29(8), 1047–1067. <https://doi.org/10.1080/15325024.2024.2326563>
- Wood, A., Grey, L., Bowser-Angermann, J., Gibson, P., Fossey, M., & Godier-McBard, L. (2023). Social media and Internet-based communication in military families during separation: An international scoping review. *New Media and Society*, 25(7), 1802–1823. <https://doi.org/10.1177/14614448221117767>