

## Resilience, Work–Family Conflict, and Marital Satisfaction among Couples in Long-Distance Marriages

Dila Chrisseyaningtyas<sup>1</sup>, Arthur Huwae<sup>2</sup>

Psychology Study Program, Faculty of Psychology,

Universitas Kristen Satya Wacana, Indonesia<sup>1</sup>

Psychology Study Program, Faculty of Psychology,

Universitas Kristen Satya Wacana, Indonesia<sup>2</sup>

E-mail: [dilachristyas@gmail.com](mailto:dilachristyas@gmail.com)<sup>1</sup>, [arthur.huwae@uksw.edu](mailto:arthur.huwae@uksw.edu)<sup>2</sup>

Correspondent Author: Arthur Huwae, [arthur.huwae@uksw.edu](mailto:arthur.huwae@uksw.edu)

Doi: [10.31316/g-couns.v10i01.8245](https://doi.org/10.31316/g-couns.v10i01.8245)

### Abstract

This study investigates the influence of resilience and work–family conflict on marital satisfaction among couples in long-distance marriages. A quantitative approach using multiple regression analysis was conducted with 118 participants selected through accidental sampling. Data were collected via the Resilience Quotient Scale, Work–Family Conflict Scale, and ENRICH Marital Satisfaction Scale. Findings show that resilience and work–family conflict significantly predict marital satisfaction ( $F = 16.9$ ,  $p < 0.001$ ). Resilience accounted for 32.4% of the variance, while work–family conflict explained 41.1%. Higher resilience was associated with greater marital satisfaction, while greater work–family conflict was associated with lower marital satisfaction. Resilience and balanced work–family roles are vital to sustaining marital satisfaction among long-distance couples. These findings emphasize that couples with higher resilience and balanced work–family roles experience stronger marital satisfaction despite physical distance. This research contributes to family psychology literature by emphasizing resilience and role management as key determinants of marital stability in physically separated relationships.

**Keywords:** resilience, work–family conflict, marital satisfaction, long-distance marriage

### Abstrak

Studi ini menyelidiki pengaruh ketahanan dan konflik kerja-keluarga terhadap kepuasan perkawinan di antara pasangan dalam pernikahan jarak jauh. Pendekatan kuantitatif menggunakan analisis regresi berganda dilakukan dengan 118 peserta yang dipilih melalui pengambilan sampel yang tidak disengaja. Data dikumpulkan melalui Resilience Quotient Scale, Work-Family Conflict Scale, dan ENRICH Marital Satisfaction Scale. Temuan menunjukkan bahwa ketahanan dan konflik kerja-keluarga secara signifikan memprediksi kepuasan perkawinan ( $F = 16,9$ ,  $p < 0,001$ ). Ketahanan menyumbang 32,4% dari varians, sementara konflik kerja-keluarga menjelaskan 41,1%. Ketahanan yang lebih tinggi meningkatkan kepuasan pernikahan, sementara konflik kerja-keluarga yang lebih besar mengurangnya. Ketahanan dan peran kerja-keluarga yang seimbang memainkan peran penting dalam mempertahankan kepuasan pernikahan di antara pasangan jarak jauh. Temuan ini menekankan bahwa pasangan dengan ketahanan yang lebih tinggi dan peran kerja-keluarga yang seimbang mengalami kepuasan pernikahan yang lebih kuat meskipun jarak fisik. Penelitian ini berkontribusi pada literatur psikologi keluarga dengan menekankan ketahanan dan manajemen peran sebagai penentu utama stabilitas perkawinan dalam hubungan yang terpisah secara fisik.

Kata kunci: ketahanan, konflik kerja-keluarga, kepuasan perkawinan, pernikahan jarak jauh

### Article info

Received July 2025, accepted August 2025, published January 2026



## INTRODUCTION

Married couples generally tend to choose living together under one roof and spending time together in the same area (Maftukhah, 2022). However, the reality of life does not always allow husbands and wives to achieve this. One factor often considered is work. Finding stable employment is one major challenge for couples trying to stay together. One cause is the lack of job opportunities. Not every job provides enough financial support, let alone the luxury of proximity. While job opportunities may exist, they're not always nearby, forcing couples to accept positions far from home. The separation caused by distance and other factors leads some couples to enter a long-distance marriage (Tamami et al., 2023). Earning enough income to meet the family's financial needs often requires couples to live apart, which then affects the dynamics of married life. Currently, many married couples opt for a long-distance marriage to maintain their committed relationship without having to leave their jobs (Rosyadi, Amarullah & Suryadi, 2021). This decision is based on professional demands that make it impossible for couples to live together all the time. This situation is a consequence of maintaining a marriage and fulfilling work responsibilities. In situations like this, couples must adapt, as long-distance marriages often create dual roles that complicate domestic life. With this dual role, married couples must develop resilience to sustain their families, which is often called resilience (Wibowo, 2017). Problems that arise from long-distance marriages require resilience to cope with the dual roles that are created, as well as limited direct support from spouses.

In a study conducted by Kariuki (2004), Rachman (2018) reported that 81% of respondents in long-distance marriages, 45% of whom admitted to having an affair, experienced significant marital challenges. Additionally, a study by Purwanto, Arisanti, and Atmasari (2019) found that 57.6% of participants experienced work-related stress linked to long-distance marriages. Interviews conducted in May 2024 with five informants currently in long-distance marriages revealed that three of them often faced difficulties balancing work and family roles but chose to stay committed to their relationships. One informant shared that she had to take on the father's role at home, including handling household repairs that a father figure would usually handle. These dual roles impact personal resilience. Three informants highlighted the importance of resilience in coping with loneliness, problem-solving, and staying optimistic despite difficult circumstances. Social roles and support systems were also identified as crucial in families with long-distance arrangements, especially in parenting. One informant noted that she had to raise her children to be more independent because of her partner's absence. The interview findings suggest that the ability to manage dual roles and maintain resilience greatly influences marital satisfaction. Living in a long-distance marriage is challenging and often emotionally exhausting. Individuals must handle many responsibilities without their partners, emphasizing the need for independence and strong emotional resilience.

Creating a happy family in a long-distance (or remote) marriage requires a high level of marital satisfaction (Chrys & Soetjiningsih, 2022). Marital satisfaction is a subjective assessment of a spouse's marriage, encompassing feelings of contentment, happiness, and positive experiences (Fowers & Olson, 1993). According to Fowers and Olson (1993), marital satisfaction involves nine key aspects: communication, conflict resolution, financial management, leisure activities, sexual relationships, child-rearing and parenting, relationships with family and friends, role equality, and religious



orientation. These dynamics can be affected by various factors, such as emotional regulation, religiosity, communication and intimacy, sexual relations, educational background, social support, presence of children, parenting styles, personal resilience, and experiences of work–family conflict or dual roles (Tavakol et al, 2017; Khezri et al, 2020; Juniary et al, 2020; Suriyah et al, 2023). Based on these factors, this study aims to examine how resilience and work–family conflict influences marital satisfaction among couples in long-distance marriages.

Achieving marital satisfaction in long-distance marriages presents its challenges, as partners are expected to maintain intimacy and happiness despite physical separation. Given the constraints posed by distance, strong resilience is compulsory to fulfil the spouses' roles effectively. Resilience plays a crucial role in preserving both satisfaction and stability within the marital relationship. Resilience is defined as an individual's capacity to endure adversity, learn from experiences, adapt to changing circumstances, and recover to become stronger (Reivich & Shatté, 2002). According to Reivich and Shatté, resilience consists of seven key aspects: emotion regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, and reaching out. A low level of resilience can contribute to increased stress (Yuhanita & Indiati, 2021). In contrast, a high level of resilience is associated with greater religiosity and improved mental health (Risnawati et al., 2019; Ungar & Theron, 2020). Research by Bradley and Hojjat (2017) further supports this, indicating a significant and positive relationship between resilience and marital satisfaction.

The need for a strong pattern of resilience in long-distance marriages arises from the diminished access to shared roles and support that typically come from each spouse. In such arrangements, couples often face dual responsibilities, balancing work and family life (Umaroh & Hapsari, 2022). Work-family conflict may arise from limited time spent with family, conflicting demands between professional and domestic roles, family-related issues, and the presence of children (Hastuti & Fikry, 2023). Especially if a family has a child, this dual role will influence the parenting style used (Mongdong & Kusmiyati, 2023). If parents lack resilience, it will also affect the parenting style they use. This will make parents who decide to marry long-distance need to put in more effort to raise their children. This was also explained by informants in this study, indicating that it will become a dynamic in the division of roles in long-distance married couples. Being separated from their partner means that the parenting style applied will be different from that of children whose parents are together. Work-family conflict is defined as the simultaneous clashing pressures stemming from work and family roles (Greenhaus & Beutell, 1985).

They identify three dimensions of this conflict: time-based, strain-based, and behaviour-based. A high level of work-family conflict can negatively impact productivity, increase psychological stress, reduce life satisfaction, and lead to burnout, emotional exhaustion, absenteeism, and high turnover rates (Obrenovic, Jianguo, Khudaykulov, & Khan, 2020; Andrade, Paula, & Neves, 2022). Conversely, low work-family conflict which reflects a healthy work-life balance can enhance family life satisfaction, improve work performance, and reduce stress (Anisa, Khumas, & Ansar, 2023). A good balance between roles, duties, and responsibilities in a long-distance marriage is essential for both partners to function well. Couples must balance their roles between work and family. In long-distance marriages, the burden of managing dual roles is usual. When couples are unable to balance these responsibilities, it can affect their



marital satisfaction (Greenhaus & Beutell, 1985). This notion is supported by research from Rahmayani, Radee, and Purwatiawatik (2021), which found a significant relationship between work-family conflict and marital satisfaction.

Couples in long-distance marriages face various challenges that cause conflict and require specific resolution strategies. The infrequency of meetings makes it difficult for them to resolve issues directly, so how couples manage conflict and maintain their relationship will affect marital satisfaction. In this context, resilience is a dynamic process that enables individuals to adapt positively to challenging life conditions (Aydogan & Dincer, 2019). Resilience is considered one of the factors in an individual's ability to cope with and adapt to difficult situations in a healthy manner. Individuals or families with high levels of resilience are believed to have good mental health. These limitations also create dual role conflicts. When these two roles cannot be balanced, conflicts arise (Handayani & Harsanti, 2017). If both roles are not performed well, it will affect marital satisfaction, making the couple prone to stress and thereby reducing happiness. Therefore, strong resilience and a good balance are needed when performing dual roles to enhance marital satisfaction.

Based on the phenomenon described couples in long-distance marriages face various challenges, including the emergence of dual roles and the need for resilience, both of which may affect their marital satisfaction. Therefore, this research aims to examine the impact of resilience and work-family conflict on marital satisfaction among couples in long-distance marriages. The researcher explores in greater depth the relationship between these two variables —resilience and work-family conflict—and how they influence marital satisfaction. Based on the background above, two hypotheses are formulated: a major and a minor hypothesis. The primary hypothesis posits that resilience and work-family conflict are significant predictors of marital satisfaction among couples in long-distance marriages. The minor hypotheses are as follows: (1) resilience is a positive predictor of marital satisfaction, and (2) work-family conflict is a negative predictor of marital satisfaction.

## **METHOD**

### **Participants**

The population in this study consists of couples engaged in long-distance marriages. The exact number of participants is unknown, as no data indicates the number of couples in long-distance marriages, particularly in Indonesia. Therefore, the number of studies depends on the number of respondents who complete the questionnaire. This questionnaire is distributed to all couples in long-distance marriages in Indonesia. The inclusion criteria target couples in which one partner works remotely while the other focuses on family responsibilities. This study employs accidental sampling, a nonprobability sampling technique in which samples are selected through chance encounters and participants' alignment with the specified characteristics (Sugiyono, 2013).

### **Procedure**

This study employed three psychological scales to measure resilience, work-family conflict, and marital satisfaction. The instruments used in this study were assessed for appropriateness and validity by the thesis supervisor through expert judgment. The research was under official authorization with permit number 407/PU-F.Psi/XII/2024 and



ethics approval code E.6.m/242/KE-FPsi-UMM/XII/2024. Data collection used a questionnaire distributed via Google Forms, This link was disseminated through social media such as WhatsApp, Instagram, and TikTok. In addition to disseminating it through social media, researchers also distributed it to several communities in churches in Salatiga. The questionnaire was distributed online via churches via a Google Form link shared via WhatsApp. Data collection spanning from December 1, 2024, to February 28, 2025.

### **Resilience Scale**

Resilience assessed used the Resilience Quotient (RQ) developed by Reivich and Shatté (2002), comprising 56 items. The scale was translated into Indonesian by the researcher, culturally and contextually adapted to suit the research population, and further refined to reflect the characteristics of participants. The final version underwent validation through expert judgment. Participants responded using a five-point Likert scale with the following options: Very Inappropriate (VI), Inappropriate (I), Fairly Appropriate (FA), Appropriate (A), and Very Appropriate (VA). Based on the reliability analysis, all items were retained, and the instrument demonstrated excellent internal consistency (Cronbach's Alpha = 0.963).

### **Work Family Conflict**

Work-family conflict was measured using the 18-item scale developed by Greenhaus and Beutell (1985). This scale was later translated into Indonesian by Lembang and Huwae (2022). The recorded responses used a five-point Likert scale: Very Inappropriate (VI), Inappropriate (I), Fairly Appropriate (FA), Appropriate (A), and Very Appropriate (VA). The results of the scale testing showed that all items met the criteria with a Cronbach's Alpha value of 0.916.

### **Marital Satisfaction**

Marital satisfaction was measured using the ENRICH Marital Satisfaction Scale developed by Flowers and Olson (1993), consisting of 15 items. The scale was translated into Indonesian by the researcher and adapted to the cultural and research context and to the characteristics of the participants. The final version was reviewed and validated by expert opinion. Participants responded using a five-point Likert scale with the following options: Very Inappropriate (VI), Inappropriate (I), Fairly Appropriate (FA), Appropriate (A), and Very Appropriate (VA). Based on the reliability analysis, all items meet the criteria, and the instrument demonstrated strong internal consistency (Cronbach's Alpha = 0.916).

### **Data Analysis**

This study employed multiple linear regression analysis using Jamovi software version 2.5.6 for Windows. Before conducting the regression analysis, several assumption tests were performed, including normality, linearity, multicollinearity, heteroscedasticity, and autocorrelation tests.





## RESULT AND DISCUSSION

Descriptive statistical analysis was conducted on data collected from 118 couples engaged in long-distance marriages. The detailed results of this analysis are presented in Table 1.

**Table 1.**

Demographics of Research Participants

Classification	Information	Frequency	Percentage
Types of Participants	Male	42	35,6%
	Female	76	64,4%
	Total	118	100%
Age	Age range 21- 30	50	28,8%
	Age range 31 - 40	41	34,5%
	Age range 41 - 50	25	21%
	Age range 51 - 60	17	1,2%
	Age range 60 - 70	1	0,8%
	Total	118	100%
Work	ASN	16	13,4%
	Entrepreneurial	5	4%
	Doctor	1	0,8%
	Self employed	44	36,8%
	Housewives	23	19,5%
	Lecturer	1	0,8%
	Cruise	1	0,8%
	Social Service	6	5%
	Employees		
	Pensioner	2	1,7%
	Nurse	2	1,7%
	HRD Staff	1	0,8%
	Student	2	1,7%
	Total	118	100%
Age of Marriage	≤ 1 year	7	5,8 %
	1 - 10 years	50	44,2 %
	11 - 20 years	35	29,5 %
	21 - 30 years	22	18,4 %
	31- 40 years	4	3,3 %
	Total	118	100%
Number of Children	No child	28	23,7 %
	1 Child	22	18,6 %
	2 Children	50	42,3 %
	3 Children	16	13,6 %
	4 Children	2	1,7 %
	Total	118	100%

Based on Table 1, the majority of participants identified as female (64.4% of the total sample), while male participants accounted for 35.6%. In terms of age distribution, the most represented age group was 21–30 years, comprising 28.8% of participants.



Regarding employment status, the largest proportion of participants was self-employed, accounting for 36.8% of the sample. In the classification of marital duration, couples who had been married for 1–10 years formed the majority, at 44.2%. Lastly, in terms of the number of children, the most common category was participants with 2 children, accounting for 42.3% of the total.

### Descriptive Statistical Analysis

Table 2 presents descriptive statistics from 118 participants. The resilience variable ranges from 141 to 240, with a mean of 193 and a standard deviation of 18.0. For work–family conflict, scores ranged from 18 to 78. The mean score was 42.9, with a standard deviation of 12.8. Regarding marital satisfaction, participants scored between 26 and 75. The average score was 59.3, with a standard deviation of 9.70.

**Table 2.**  
Descriptive Statistics

	N	Minimum	Maximum	Mean	St. Deviation
Resilience	118	141	240	193	18,0
Work Family Conflict	118	18	78	42,9	12,8
Marriage Satisfaction	118	26	75	59,3	9,70

### Categorisation of Variables

#### Categorization of Resilience

The resilience variable was grouped into five levels: very high, high, medium, low, and very low. Based on the analysis result, the resilience levels of the 118 participants in long-distance marriages indicated that the majority fell into the high category, with 58 individuals (49.2%) demonstrating a strong level of resilience.

#### Categorization of Work Family Conflict

The work-family conflict variable comes into five levels: very high, high, medium, low, and very low. Based on an analysis of 118 participants in long-distance marriages, the majority experienced low levels of work-family conflict. Specifically, 59 individuals (50%) fell into the low conflict category.

#### Categorization of Marriage Satisfaction

The marital satisfaction variable was divided into five categories: very high, high, medium, low, and very low. Based on data from 118 participants in long-distance marriages, the majority were classified as high. Specifically, 42 participants (35.6%) reported high marital satisfaction.

### Normality Test

The results of the normality test indicated that the data were normally distributed, as evidenced by significance values greater than 0.05. Specifically, the Shapiro–Wilk test yielded a p-value of 0.214 ( $p > 0.05$ ), and the Kolmogorov–Smirnov test produced a value of 0.934 ( $p > 0.05$ ). These findings suggest that the data in this study met the assumptions of normality.



### Linearity Test

The analysis showed that the resilience variable had an F-value of 14.4 and the work–family conflict variable had an F-value of 16.9, both with p-values of 0.001 ( $p < 0.05$ ). These results indicate a statistically significant linear relationship between resilience, work–family conflict, and marital satisfaction among couples in long-distance marriages. Thus, the findings support the assumption of linearity between the independent variables (resilience and work–family conflict) and the dependent variable (marital satisfaction)

### Heterogeneity Test

Based on the results of this study, the Breusch–Pagan test yielded a value of 0.888 ( $p > 0.05$ ), the Goldfeld–Quandt test yielded 0.312 ( $p > 0.05$ ), and the Harrison–McCabe test yielded 0.310 ( $p > 0.05$ ). Since all p-values exceed 0.05, the dataset does not exhibit heteroscedasticity. Therefore, the regression model using resilience and work–family conflict can be considered appropriate for predicting marital satisfaction among couples in long-distance marriages.

### Multicollinearity Test

In this study, the resilience variable did not exhibit multicollinearity. This conclusion is supported by a Variance Inflation Factor (VIF) value below 10 and a tolerance value above 0.1, indicating acceptable levels of collinearity.

### Hypothesis Test

**Table 3.**

Correlation Test Between Resilience, Work Family Conflict, And Marital Satisfaction  
In Couples Undergoing A Long-Distance Marriage

	Resilience	Work Family Conflict	Marriage Satisfaction
Resilience	1		
Work Family Conflict	0,610	1	
Marriage Satisfaction	0.569	-0,580	1

Note.  $p < 0.05$ ,  $p < 0.01$ ,  $p < 0.001$

The Pearson correlation analysis revealed a statistically significant positive relationship between resilience and marital satisfaction, with a correlation coefficient of 0.569 and a significance value of 0.000 ( $p < 0.001$ ). Conversely, the analysis showed a statistically significant negative relationship between work–family conflict and marital satisfaction, with a correlation coefficient of  $-0.580$  and a significance value of 0.000 ( $p < 0.001$ ).





**Table 4.**  
Simple Regression Test

Type	R	R <sup>2</sup>	Adjusted R <sup>2</sup>	AIC	BIC	Overall Model Test			
						F	df1	df2	P
1	0,569	0,324	0,318	830	838	55.6	1	116	< 0.001
2	0,641	0,411	0,400	816	827	40.1	2	115	< 0.001

Table 4 shows that in Model 1, the resilience variable accounts for 32.4% of the variance in marital satisfaction. In Model 2, the inclusion of work–family conflict increases the explanatory power, accounting for 41.1% of the variance in marital satisfaction.

**Table 5.**  
Multiple Linear Regression Test Significance F

Comparison						
Type	Type	$\Delta R^2$	F	df1	df2	p
1	2	0,0866	16,9	1	115	<0.001

Based on Table 5, the calculated F-value is 16.9, with a p-value of < 0.001, indicating a statistically significant difference between Model 1 and Model 2. The change in R-squared ( $\Delta R^2$ ) shows an increase of 8.66%, suggesting that the addition of one predictor in Model 2 enhances the model's ability to explain variance in marital satisfaction. These results imply that resilience and work–family conflict are jointly significant predictors of marital satisfaction among couples in long-distance marriages.

**Table 6.**  
Multiple Linear Regression Test T-Value Of Independent Variable Against Dependent Variable

Predictor	Estimate	ONE	t	p	Stand. Estimate
Intercept	35,832	11,4340	3,13	0,002	
Resilience	0,184	0,0486	3,79	<0.001	0,343
Work Family Conflict	-0,281	0,0685	-4,11	<0.001	-0,371

Based on Table 6, both the resilience and work–family conflict variables demonstrate a significance value of 0.001 ( $p < 0.01$ ). These findings indicate that both variables are statistically significant predictors of marital satisfaction among couples who have experienced long-distance marriages.

The results of the data analysis supported the proposed hypothesis, indicating alignment with the study's expectations: both resilience and work-family conflict are



significant simultaneous predictors of marital satisfaction among couples in long-distance marriages. These findings are consistent with prior research, which also highlights the influence of resilience and work-family conflict on marital satisfaction (Sofia & Hatta, 2020; Gagat, 2022).

In this study, the combination of high resilience and low work-family conflict suggests that strong resilience among couples in long-distance marriages can effectively help manage work-family conflict, ultimately enhancing marital satisfaction. The long-distance arrangement requires couples to develop mutual understanding and adapt to balancing work responsibilities and family roles. Unlike couples who interact daily, those in long-distance marriages face greater and more complex challenges, requiring a higher level of resilience and a clear division of roles and responsibilities to maintain family functioning (Jannah & Wulandari, 2022).

Given the physical separation, resilience becomes even more crucial. Andini, Raharjo, and Rahmiaji (2024) identified three forms of relational dialectics in long-distance marital households, including the autonomy–connection dynamic. This dialectic refers to an individual's desire to maintain independence while also staying emotionally connected. In long-distance marriages, partners must function independently and manage tasks on their own, which can be mentally and emotionally taxing. As a result, a high level of personal resilience plays a crucial role in managing stress and sustaining relationship satisfaction (Mardliyah et al, 2024).

The results of this study revealed that resilience has a significant positive relationship with marital satisfaction among couples who have experienced long-distance marriages. This finding supports the minor hypothesis. It is also consistent with previous research demonstrating a similar relationship between resilience and marital satisfaction (Javed et al, 2022). High levels of resilience enable individuals to cope more effectively with stress, including stress arising from the marital relationship, which, in turn, contributes to greater marriage satisfaction (Bhandare & Simon, 2024).

In this study, work-family conflict pointed to a significant negative relationship with marital satisfaction. It indicates that higher levels of work-family conflict are associated with lower marital satisfaction, whereas lower levels of conflict correspond with higher satisfaction, supporting the study's minor hypothesis. This finding aligns with previous research by Prasisti and Rozana (2022), who also reported a negative association between work-family conflict and marital satisfaction. Moreover, their study suggests that low levels of work-family conflict are possibly linked to the presence of domestic assistants or support from extended family members. Social support, clear communication, and equitable role distribution also facilitated reduced conflicts (Maharani et al, 2024). Couples in the low-conflict category tend to manage their time and responsibilities effectively, both at home and at work, thereby minimizing unmanageable stressors (Utami & Wijaya, 2018; Jatmika & Utomo, 2019).

The findings of this study offer meaningful insights, particularly highlighting that resilience and work-family conflict surely influence marital satisfaction among couples in long-distance marriages. These results provide new perspectives on marriage and family psychology by underscoring the unique challenges of long-distance spousal dynamics. In such contexts, resilience plays a pivotal role in sustaining relationship quality, while maintaining a healthy balance between work and family obligations is essential for promoting marital satisfaction. However, this study is not without limitations. One notable limitation is the absence of data regarding the duration of the



long-distance arrangement. As such, the analysis was unable to examine whether the length of time spent in a long-distance marriage moderates or predicts levels of resilience, work-family conflict, and marital satisfaction. Future research is encouraged to consider this variable to deepen understanding of the dynamics of long-distance spousal relationships over time.

## CONCLUSION

The findings of this study indicate that resilience and work-family conflict are significant predictors of marital satisfaction in couples who have experienced long-distance marriages. The level of marital satisfaction in such couples can be attributed to their resilience and effective way of managing work-family conflict. Specifically, resilience had a significant positive effect, whereas work-family conflict had a significant negative impact on marital satisfaction. The results suggest several recommendations: 1) For couples in long-distance marriages, it is essential to strengthen personal resilience to effectively cope with the emotional and logistical challenges posed by physical distance. Developing coping strategies and emotional endurance can help maintain relationship satisfaction. 2) In managing work-family conflicts, Couples are encouraged to establish clear boundaries between work responsibilities and family roles and to communicate openly to prevent conflict. Effective time management and mutual understanding are key to navigating overlapping demands. 3) Support from families and social networks: Families with members in long-distance marriages should aim to provide emotional, practical, or logistical support to help minimize the strain that distance may place on the relationship. 4) For future research: It is recommended that future studies include information on the duration of long-distance marriage, as this variable may further illuminate how time apart impacts resilience, conflict levels, and marital satisfaction over time.

## REFERENCES

- Andrade, C., & Neves, P. C. (2022). Perceived organizational support, coworkers' conflict and organizational citizenship behavior: The mediation role of work-family conflict. *Administrative Sciences*, 12(1), 20. <https://doi.org/10.3390/admsci12010020>
- Andini, A. Q., Rahardjo, T., Rahmijati, L. R. (2024). Manajemen konflik pasangan suami istri yang menjalani pernikahan jarak jauh. *Journal Undip*
- Annisa, N., Khumas, A., & Ansar, W. (2023). The relationship between work-family conflict and subjective well-being in career women whose husbands work in Makassar. *Journal of Correctional Issues*, 6(2), 205–211. <https://doi.org/10.52472/jci.v6i2.216>
- Aydogan, D., & Dincer, D. Creating resilient marriage relationships: Self-pruning and the mediation role sacrifice with satisfaction. *Curr Psychol* 39, 500–510 (2020). <https://doi.org/10.1007/s12144-019-00472-x>
- Bhandare, S., & Simon, S. (2024). Marital Well-Being in Middle Adulthood: the interplay of social support, resilience, on marital satisfaction. *International Journal for Research in Applied Science and Engineering Technology*, 12(4), 568–573. <https://doi.org/10.22214/ijraset.2024.59793>
- Chrys, M., S., & Soetjningsih, C., H. (2022). Religiositas dan kepuasan pernikahan pada istri yang menjalani pernikahan jarak jauh di desa Jumo Kabupaten Temanggung.



- Jurnal bimbingan konseling Indonesia, 7(3), 1-10.  
[https://doi.org/10.23887/jurnal\\_bk.v7i3.1461](https://doi.org/10.23887/jurnal_bk.v7i3.1461)
- Fowers, B. J., & Olson, D. H. (1993). Enrich marital satisfaction scale : A brief research and clinical tools. *Journal of Family Psychology*, 7 (2), 176 – 185
- Gagat-Matula, A. (2022). Resilience and Coping with Stress and Marital Satisfaction of the Parents of Children with ASD during the COVID-19 Pandemic. *International Journal of Environmental Research and Public Health*, 19(19), 12372.  
<https://doi.org/10.3390/ijerph191912372>
- Greenhaus, J. H., & Beutell, N. J. (1985). Sources of conflict between work and family roles. *The Academy of Management Review*, 10(1), 76.  
<https://doi.org/10.2307/258214>
- Hastuti, W., & Fikry, Z. (2023). Hubungan Antara Adversity Quotient dengan Work Family Conflict pada Ibu Bekerja sebagai Perawat yang Memiliki Anak . *Jurnal Pendidikan Tambusai*, 7(2), 16409–16417.  
<https://doi.org/10.31004/jptam.v7i2.8973>
- Handayani, N.,S & Harsanti, I. (2017) Kepuasan pernikahan: studi pengaruh konflik pekerja-keluarga pada wanita bekerja. *Jurnal Psikologi Gunadarma*, 10(1), 92-99
- Hm, R., Radde, H. A., & Purwasetiawatik, T. F. (2021). Cinta sebagai Mediator Konflik Peran Ganda terhadap Kepuasan Pernikahan. *Deleted Journal*, 1(2), 44–53. <https://doi.org/10.56326/jpk.v1i2.1246>
- Lembang, I. B., & Huwae, A. (2022). Work family conflict dan psychological well-being pada istri yang berkarir di Toraja Utara. *Jurnal Psikologi Udayana*, 9(2). DOI: 148-155 DOI: 10.24843/JPU/2022.v09.i02.p05
- Jannah, M., Wulandari, P. Y. (2022). An overview of marital satisfaction in husband wife couples who undergo commuter marriage. *Sikontan Journal*, 1(2).  
<https://doi.org/10.54443/sikontan.v1i2.375>
- Jatmika, D., Utomo, S, D., (2019) Peran konflik peran ganda terhadap spiritualitas di tempat kerja pada guru wanita sekolah dasar negeri (SDN) di Jakarta. *Jurnal Psikologi* (15)2. DOI: <http://dx.doi.org/10.24014/jp.v4i2.779>
- Juniarly, A., Pratiwi. M., Ayu P., Nadilla. F., T., (2020). Work family conflict, social support and marriage satisfaction on employees at bank X. *Jurnal Psikologi*, 19(4), 343-356. <https://doi.org/10.14710/jp.19.4.343-356>
- Javed, F., Ahmad, M., & Iqbal, M. N. (2022). Resilience and Emotional Regulation Predicting Marital Satisfaction in Females Diagnosed with Polycystic Ovarian Syndrome (PCOS). *Pak-Euro Journal of Medical and Life Sciences*, 5(2), 391–398. <https://doi.org/10.31580/pjmls.v5i2.2572>
- Khezri, Z., Hassan, S. A., & Nordin, M. H. M. (2020). Factors Affecting Marital Satisfaction and Marital Communication Among Marital Women: Literature of Review. *International Journal of Academic Research in Business and Social Sciences*, 10(16), 220–236. 10.6007/IJARBS/v10-i16/8306
- Maftukhah, L. (2022). Marital satisfaction on long distance marriage:a phenomenological study on wives whose husbands study abroad in the Sidoarjo sub district. *Proceeding of 5th ICIS : eksplorng K.H Abdurrahman Wahid's Thoughts: integrative islamic studies for humanity and prosperity*.27- 34
- Maharani, R., Ifdil., Afdal., Ardani, Z., Marjohan. (2024). Work family conflict dan kepuasan pernikahan tinjauan literatur pada pasangan dual earner di Indonesia.



- Edu society: Jurnal Pendidikan, Ilmu Sosial, dan Pengabdian Kepada Masyarakat, 4(3), 1397 - 1407. <https://doi.org/10.56832/edu.v4i3.608>
- Mardiyah, A., Hayuputri, F. M., & Sovitriana, R. (2025). Work The influence of Resilience and Work-Family Conflict on the stress of working mothers in Long-Distance Marriages. *Dinasti Health and Pharmacy Science*, 1(3), 80–84. <https://doi.org/10.38035/dhps.v1i3.1627>
- Mongdong, P., H., E & Kusumiati, E., Y., . (2023). Perbedaan kepuasan pernikahan pada pasangan yang menjalani hubungan jarak jauh ditinjau dari keberadaan anak. *Philanthropy: Journal of psychology*. 7(1). 1- 15  
Doi: 10.26623/philanthropy.v7i1.5238
- Obrenovic, B., Jianguo, D., Khudaykulov, A., & Khan, M. A. (2020). Work-family conflict impact on psychological safety and psychological well-being: A job performance model. *Frontiers in Psychology*, 11. <https://doi.org/10.3389/fpsyg.2020.00475>
- Prasisti, N. R. A., & Rozana, N.A. (2022). Hubungan work family conflict dengan marital satisfaction pada guru sekolah dasar di kota Bandung. *Bandung Conference Series Psychology Science*, 2 (1). <https://doi.org/10.29313/bcsps.v2i1.834>
- Purwanto, B., Arisanti I., & Atmasari. (2019). Hubungan pernikahan jarak jauh (long distance marriage) dengan stress kerja pada karyawan pt wijaya karya (persero) TBK (Proyek pembangkit listrik tenaga mesin gas 50 MW sumbawa). *Jurnal Psimawa : Diskursus Ilmu Psikologi dan Pendidikan*, 1 (1), 26-29. <https://doi.org/10.36761/jp.v1i1.223>
- Rachman, I.P., (2018). Pemaknaan seorang istri terhadap pengalamannya menjalani pernikahan jarak jauh (long distance marriage). *Calyptra: Jurnal Ilmiah Mahasiswa Universitas Surabaya(Maret)*, 6(2). 1672-1679
- Reivich, K., & Shatte, A. (2002). *The resilience factor: 7 keys to finding your inner strength and overcoming life's hurdles*. New York: Three Rivers Press.
- Rosyadi. B. R, R. B. R., Amrullah, S., & Suryadi, S. (2022). Resolusi konflik pada keluarga long distance marriage (studi fenomenologi). *Bulletin of Counseling and Psychotherapy*, 4(1), 160-166. <https://doi.org/10.51214/bocp.v4i2.194>
- Risnawati, E., Arisandi, A., Dawanti, R., (2019). Role of religiosity and psychological well being to resilience on victim of domestic violence. *Jurnal Ilmiah Psikologi MIND SET*, 10(02), 67-77. <https://doi.org/10.35814/mindset.v10i02.836>
- Sofia, G., & Hatta, M.I. (2020). Hubungan work family conflict dengan kepuasan pernikahan pada ibu yang bekerja. *Prosiding psikologi*, 6(2), 341-347. <https://doi.org/10.29313/.v6i2.22435>
- Sugiyono. (2013). *Metode penelitian kuantitatif, kualitatif, dan R&D*. Bandung: Alfabeta, CV.
- Surijah, E., Prasad, G., & Saraswati, M. (2021). Couple resilience predicted marital satisfaction but not well-being and health for married couples in Bali, Indonesia. *Psikohumaniora: Jurnal Penelitian Psikologi*, 6(1), 13-32. doi:<https://doi.org/10.21580/pjpp.v6i1.6520>
- Tamami, A. H., Nafisa, S., Triadani, T. S & Fitriana, A. Q. Z. (2023). Strategi manajemen konflik kepercayaan dalam hubungan pernikahan (studi kasus long distance marriage). *Jurnal ilmu sosial, humaniora dan seni*, 1(2), 286-292



- Tavakol, Z., Nasrabadi, N., A., Moghadam, Z., B., Salehiniya, H., Rezaci, E., (2017). A review of factors associates with marital satisfaction. *Galen Medical Journal*, 6(3), 197-207 DOI:10.22086/gmj.v0i0.641
- Umaroh, R. F., & Hapsari, A.D., (2022). Burnout sebagai variabel moderator konflik peran ganda dengan kepuasan pernikahan pada perempuan yang bekerja. *Jurnal Flourishing*, 2(4).315-331 DOI: 10.17977/10.17977/ um070v2i42022p315-331
- Ungar, M., & Theron, L. (2020). Resilience and mental health: how multisystemic processes contribute to positive outcomes. *The Lancet Psychiatry*, 7(5), 441–448. [https://doi.org/10.1016/s2215-0366\(19\)30434-1](https://doi.org/10.1016/s2215-0366(19)30434-1)
- Utami, Putri Karina., & Wijaya, Yeny Duriana. (2018). Hubungan Dukungan Sosial Pasangan dengan Konflik Pekerjaan-Keluarga pada Ibu Bekerja. *Jurnal Psikologi*, 16(1)
- Wibowo. L., H. (2017). Hubungan antara work family conflict dengan resiliensi pada polisi wanita ditlantas polda metro jaya. *Jurnal Psikologi Universitas Pancasila*. 45 (2).

