

Roses After The Thorns: Challenges And Coping Among The Spouses Of Uniformed Personnel

¹Alma Josefina A. Bobita, ²Wendelyn R. Talbo

¹almajosefina.bobita@unp.edu.ph

²wendelyn.talbo@unp.edu.ph

^{1,2}University of Northern Philippines.

Abstract

This study explored and described the experiences of the spouses of uniformed personnel, specifically on their challenges and coping. It employed the transcendental phenomenology design to understand the experiences of the spouses of uniformed personnel. Semi-structured interviews were utilized to elicit information to answer the research questions. The interview was conducted using telephones, cellphones, and video calls. The participants were spouses of uniformed personnel who rendered ten years and above in service. The study revealed that uniformed personnel spouses were confronted with challenges because they have their unique ways of coping with various challenges. These challenges are time, stress, and nervous breakdown. Their coping mechanisms are faith in God and understanding the nature of work. The Armed Forces of the Philippines must organize activities involving all the family members of the spouses of the uniformed personnel.

Keywords: challenges, spouses, experiences, uniformed personnel, coping.

1. Introduction

Uniformed personnel faces battles in every mission they take. They accepted challenges and underwent training not only for honor and dignity but also for service and justice. Most of the time, uniformed personnel leave their families unsure of what may transpire for the oath they swore in the name of service. Here, aside from their children, wives are left with various challenges and battles that they experience in playing their roles as spouses and mothers.

Every uniformed personnel who chooses this sublime service has to leave behind their families; regardless of this unstable situation, they take the assurance of providing for their family's needs and wants. Most women who marry military members prefer to stay at home and focus on providing for their children's needs as well as nurturing them in addition to all of the other

obligations that would be required of them. The study is backed by Hayes (2011), as quoted in Akroyd et al. (2018), who argued that the main impediment to military wives furthering their education and careers is domestic obligations. Filling in for a father, for example, could be difficult for the wives of military soldiers. The absence of a father may now root out various issues and troubles over time. This could be just one of many difficult situations that wives of uniformed members face.

It is not new that relationships between uniformed members and their wives are jeopardized due to the unpredictable nature of their jobs. It is not only the lives of these uniformed men that are jeopardized; their relationships with their spouses and families are also jeopardized. It is likely to increase the spouses' emotional tension and anxiety. It may also affect how individuals cope with situations that emerge while they are performing other duties and obligations. The study is supported by (Tamm, 2022), who mentioned that a wife might have a deployment meltdown at least once every deployment.

Mental and emotional stress may be some of the causes of their situation, primarily to the women brought by the nature of their husbands' work. Many people experience emotional stress for some reason, such as being distant from the people they love, which effectuate losing control of themselves. While problems and challenges are encountered in this kind of relationship, it is lovely to hear stories about how these wives overcame such challenges. Although stressors may be there, wives who continuously fight and keep their faith strong in the relationships they build with their partners. This study could also be interesting to find out about a situation like this.

Casey (2017) emphasized that when a warrior serves in the military, their entire family serves and sacrifices. To guarantee their requirements are satisfied, military families require the government's and our nation's assistance. This is now one of the most challenging parts for the wives of these military men, to support their endeavor to do their duty for a nation and sacrifice their happiness, perhaps, to maintain the happiness of many. It puts these women in a situation where they do not have any power to resist such undertaking, for it is like their men are also married to another—the country.

Aside from the fact that they cannot stop their men from their service, these wives may also fail to grow and develop in various ways (Akroyd et al., 2018). One aspect which may stop is their pursuit of education. The most significant barrier to advancing spouses' education in deployment cycles was responsibilities at home (Hayes, 2011). According to Akroyd et al., Military wives face particular hurdles in terms of their education and professions due to the military lifestyle. In an article written by Lauren Tamm, she said that one must travelling all over the place and keeping up a job is not as simple as it sounds, so she should be willing to occasionally put her work on hold.

Connected to the challenges in pursuing one's career through education is their employment career. About two-thirds of Army spouses who participated in the most recent Survey of Army Families (2004-2005) said they were happy or

overjoyed with their husbands' military occupations and the chance to gain job skills. Still, only a little over a third of Army wives expressed satisfaction with their employment opportunities and long-term career prospects. One hundred fifteen Army spouses claimed that their employment and educational prospects left them unhappy or very unhappy.

These are sometimes unseen problems. Moreover, Casey (2017) says the solutions do not lie solely with the military or the government. There is a need to make the issue visible and engage the private sector in hiring military spouses who are highly educated and qualified to fill open positions. These problems are seen in the Philippines context, as most women who are married to military men are also left at home to take care of their children and do all the responsibilities left by their husbands.

The impact of the issues concerning families of uniformed personnel also trickles down to their children. Similar efforts must be made to improve military families' education and child care (Casey, 2017). The military lifestyle – where one parent is often deployed or in training for extended periods and relocation is more common than in other sectors – often impacts children's academic success (Casey, 2017). Because of these problems, wives may also get overloaded and be drained of stress.

These discoveries in varied situations piqued the interest of the study's researchers, who decided to check into other contextualized pieces of evidence in Metro Vigan. There have been numerous observations and shared experiences, but just a few research have addressed this issue. The researchers then attempted to look at the experiences of Ilokana spouses of uniformed people and delve into their hardships after marriage and how some of them survived.

This study will benefit many uniformed personnel spouses as it would help raise awareness of such lived experiences and allow an avenue of their thoughts and feelings. Those women who would be able to read this research would also learn more about the situation. The results on how the respondents of this study overcame the challenges they have faced may be advantageous to some spouses of uniformed personnel who are experiencing similar situations, especially how they cope with such situations.

On the other hand, this study will help the spouses and the uniformed personnel, allowing them to understand their spouses' situations. This research may open up a conversation about the mentioned experiences, which may help uniformed personnel understand their spouses cope with such problems. A successful marriage is a product of a give-and-take relationship. It is a product of good understanding and open communication; thus, through this research, communication may arise.

Moreover, this will help children of uniformed personnel understand their parents' situation. Children must help maintain the bond between these couples; therefore, making them aware of these experiences would allow them to contribute to their parents' deepening and close-tie relationship. If there is

an unprecedented circumstance that may arise brought by the nature of their work, children are the ones who get affected most. That is why this research may serve as one of the avenues to make children of uniformed personnel aware of the situation, which will be effectuated to the proper understanding.

The findings of this study could form the basis for further investigation into the experiences, tales, and challenges spouses of military people confront. Furthermore, it is also salient for more research, particularly in finding coping mechanisms to help these uniformed personnel's spouses.

Research Objective

The main objective of this research is to explore and describe the experiences among spouses of uniformed personnel, specifically on their challenges and to cope.

Literature Review

The goal of resilience research is to understand better the impact of adversity (e.g., stress trauma, discrimination) on the function and development of individuals (Luthar, 2015; Masten & Cicchetti, 2016). Early research on resilience focused on what risk factors caused mental health problems, such as poverty and exposure to trauma, and also identified why some individuals exhibited resilience more than others in the face of adversity, such as family and community support (Luthar, Cicchetti, & Becker, 2000; Masten, 2018; Rutter, 2000). In order to improve the wellbeing of children and adults, research findings on resilience are frequently translated into intervention models.

A challenge with resilience theory and research is the variation in definitions of resilience (Luthar, 2015; Masten, 2018; Masten & Cicchetti, 2016). Resilience has been viewed and defined as a personality trait, a skill that can be learned, a process of adaptation, a mechanism to cope, and a conceptualization that encompasses all the definitions listed (Masten, 2018).

According to this study's concept of resilience, which is similar to Masten's (2018) wide definition, resilient military spouses are those who face a variety of life stressors, which may be made worse if the spouses are separated from their service members. Military spouses must, nevertheless, carry on with their daily lives while under stress in the absence of the service partner.

Masten (2001, 2018) asserts that a variety of interconnected systems, such as family, school, and community, have an impact on an individual's resilience. When people have access to more protective factors, such as support from their families, schools, and communities, resilience can be fostered (Listman, Rogers, & Hauser, 2011; Masten, 2018; Rutter, 2000). Understanding the unique environmental risk factors and protective factors among those shared systems that affect the development of military spouses' resilience is crucial for comprehending resilience in this population. When military wives opt not to move with their service members, they may experience more stress from being apart from their loved ones as well as more duties. If not addressed

constructively, this added stress may cause more severe mental health problems. However, if they have protective factors like family support, coping mechanisms, and outside support (such as a church), military wives who opt to live apart from the service member may be resilient.

Orthner and Ross (2007) reported that resilience occurs when protective factors serve as "assets" to overcome the risk. It would be advantageous to identify those protective factors and have them in place before the real separation occurs for those spouses and their military service members who have elected to live separately. This theoretical perspective relates to the research questions because Kaplan et al.'s (1996) theory speaks to how individuals can be resilient. Armed with protective factors and making use of them when necessary, military spouses who opt to live apart from their service members can lead fulfilling lives.

2. Methodology

This section explains the study's participants, data collection methods, and research design, ethical considerations, analysis of data, and establishing trustworthiness used in this study.

Research Design. This study employed the qualitative study transpersonal phenomenology. Transcendental phenomenology, which is based on Moustakas' (1994) work, offers a methodical way to examine information regarding actual experiences. By enabling researchers to create an objective "essence" by combining the subjective experiences of various people, it eliminates the Cartesian dichotomy between objectivity and subjectivity. When a phenomenon has been recognized for study and people who can articulate what they have gone through are available, it is helpful. The two inquiries "how" and "what" are experienced offer a clear structure for posing queries and compiling responses. This research method presents particular challenges: a thread needs to flow between the significant statements, the meaning units, and the essence descriptions, with the researcher building a composite description of the essences from the participants' voices rather than the researcher's or people who were reporting studies in the literature.

Thus, the researchers utilized the transcendental phenomenological analysis because they believed it would better explain and better understand the participants' experiences.

Participants. Participants of this study were spouses of uniformed personnel who rendered ten years and above in service in Metro Vigan.

Purposive sampling was used to identify the participants in this study. The researcher enlisted all the possible participants and identified the information-rich participants based on the above inclusion criteria.

Participants were from Metro Vigan and spouses of uniformed personnel from the Bureau of Fire Protection, the Philippine Army, the Philippine National Police, and the Bureau of Jail Management and Penology.

Data Gathering Instrument and Procedure. Prior to the conduct of the study, the researchers forwarded the research proposal to the Ethics Review Committee of the University of Northern Philippines for review and approval. The risks and benefits of participating in the study were properly explained, and Informed Consent was secured. The participants' rights, benefits, and risks were reiterated at the beginning of each interview. Additionally, the researcher asked for their consent and permission to use audio-recording during the interview. Data collection was initiated when the participants consented and were available for the interview. In addition, the researchers utilized the google form that was sent to some of the study participants.

The researchers enlisted all possible participants included in the inclusion criteria and willing to participate in the study. Other participants were also considered through the referrals of their friends. However, before beginning the data gathering procedure, the researcher ensured that the possible participants were in the prerequisites and openness to taking part. The researchers served as the data gatherer and noted all the data that transpired during the interview. Semi-structured in-depth interviews were conducted with the qualified spouses with the inclusion criteria set above. The intention is to make the participants describe the experience of spouses of uniformed personnel, specifically on their challenges and coping. The interview started with the lead question, "What are your experiences as a spouse of uniformed personnel?" The narration was supported by questions such as, "What are the challenges that you had experienced?" and "How did you cope with these challenges?" The participants were urged to openly discuss their marriages to members of the uniformed services. The interviewer used active listening techniques and conducted conversation-style interviews. The interviews were verbatim captured on tape, transcribed, and verified for veracity.

Data collection continued until data saturation, or until there was no more information or fresh interview code that could be gleaned. Audio recording and note-taking were done to collect the data. After data collection, the researcher recalled and clarified the participants' statements.

The transcript, individual files, and analytical files all contain field notes from the study process. The raw interview data was included in the transcript file. The participant's personal file included a thorough chronological narrative of their lives, reflections on the research process, and methodological concerns. The analytical file offers a thorough analysis of the concepts that will become apparent in relation to the research questions as the study goes on. It also includes analyses and reflections on the study that will shape its course.

3. Results and Discussions

The data's recurrent topics are displayed in the conceptual map below:

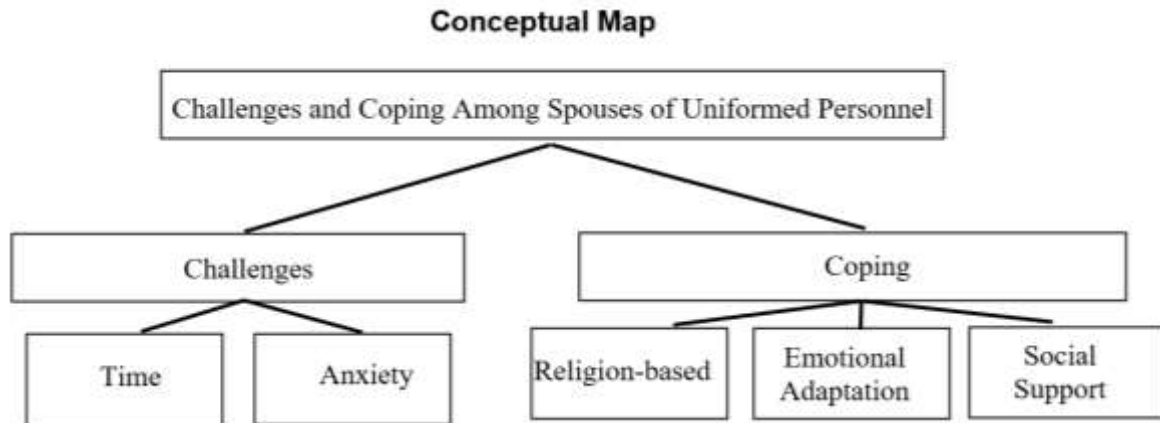


Figure 1. Conceptual Map of Themes

The conceptual map shows the main themes: Challenges and Coping.

This study aimed to answer two essential questions: the challenges of the spouses of uniformed personnel and how they overcome such challenges. Here are some answers based on the gathered data from the research participants.

3.1 Challenges Experienced by the Spouses of the Uniformed Personnel.

These are the problems/struggles met by the spouses of the uniformed personnel. These would make them realize the difficulty of marrying them. Time is a crucial aspect of our lives. We can develop the beneficial habit of structuring and organizing our everyday activities with the aid of time. You can grow experience and abilities through time if you have a better understanding of the value of time. The most important resource is time because it cannot be changed.

Family time has many advantages, including boosting self-esteem, strengthening emotional ties among family members, enhancing communication, enhancing academic performance, lowering behavioral problems, and giving people the chance to create cherished memories filled with joy and laughter.

On-Time. One essential thing that needs to be considered in any relationship is time. Most of the respondents interviewed said that time is a great deal. Getting up in the morning to prepare for their husband's needs (Participant 1), prioritization of work over family (Participant 4), which effectuate missing special occasions in the family (Participant 2), and lack of bonding with their family (participant 3, 6). Based on the interview, exhaustion from work (Participant 4) may cause a lack of bonding, resulting in time being neglected because of their call of duty (Participant 5, 8). According to Jago et al., a child's age may play a role in whether or not there is a relationship between parent and child. Children's cognitive decision-making abilities peak between the ages of 10 and 11 when they start to establish some degree of independence from

their parents. This supports Family Features (2017) and Scarlet (2021) that spending time with family fosters a variety of positive traits, including increased self-assurance, a tighter emotional bond between family members, improved communication skills, improved academic performance, a decrease in behavioral problems, and the chance to create enduring memories filled with joy and laughter. Tatcher (2020) mentioned that family is essential because of all the love and support it provides. Spending time with family fosters moral development and enhances general mental wellness. Family time is essential for a person's development since it fosters resilience and adaptation. Only by offering each other advice on how to handle life's ups and downs can family members impart such important lessons. We are who we are because of our families.

This also reinforces the idea from 5 Secrets for a Happy Family (2017) that maintaining a balance between job and family is crucial for a happy family. Putting work on hold to spend time with family. When taking time off for your family, there is no need to answer the phone or respond to emails; doing so would make your child and your partner feel less important, which would decrease their level of comfort and confidence. Your family might think they are less important than your work if you don't constantly put it before them.

Evidence shows that husbands would like to have more time with their wives, but women would like more quality time with their husbands rather than simply more time together (Roxburgh, 2006). We anticipated that women would report reporting less shared time with a partner than men, given a gender viewpoint and prior research on gendered interpretations of shared time.

However, one of the participants understands the nature of their work because the nation and people are their priority (Participant 8). Johnson (2018) states that law enforcement officers are commissioned to keep citizens safe 24 hours a day and seven days a week. Thus, carrying a great deal of calling to protect and serve others and family is already neglected.

On Anxiety. Anxiety is a feeling of unease, apprehension, or worry about the future or potential events that may occur.

My greatest issue in having a uniformed husband has been anxiety about his safety (Participant 3). One of the participants shared the source of her fear about the concept of infidelity, citing the fact that numerous members of the organization have broken up because of clandestine affairs (Participant 3). Although cheating happens even in loving partnerships, it is a betrayal and doesn't always spell the end of a relationship. However, the deceived partner could experience disbelief, rage, doubt, pain, and heartbreak. Infidelity causes spousal aggression, sadness, and anxiety, while betrayal can result in divorce and parental disturbance. Navarro, R. et. al (2023) found that the prevalence of depressive disorders for both men and women strongly indicates the prevalence of domestic violence against women. This is also supported by the study (Rachman, 2010), the effects of infidelity may be long-lasting and widespread

and can develop retroactively, months or years after learning that a partner had been unfaithful.

They get nervous when their husband leaves (participant 1) for an operation (participant 5) and when they are on duty (participant 7, 9) and may sometimes cause stress since they are worrying too much (Participant 5) when they experience difficulties financially because of unavoidable circumstances due to hospitalization and some personal matters (Participant 9) and whenever he is in isolation due to close contact with co-workers infected by the virus (participant 10). Indeed, women who reported a negative marital event such as a separation or their husband's infidelity were six times more likely to experience a major depressive episode and significantly more anxiety symptoms than women who did not experience a negative marital event (Cano & O'Leary, 2000).

3.2 Coping with the Challenges

There are many aspects of how individuals react to the challenges experienced. Aldwin (2007) noted that although individuals may experience the same situation, such as challenges, the individuals can respond differently to challenges. Coping is the effort to tolerate and minimize distress caused by a situation (Braun-Lewensohn & Bar, 2017). Additionally, according to Braun-Lewensohn and Bar (2017), coping is the "function of the interaction between situational antecedent and individual characteristics, perceptions of the situation, coping intentions, and strategies."

These are how the spouses coped with the struggles they are confronted with.

Religion Based- Coping. Religion-based coping is the relationship between one's beliefs and the ability to rely on faith to help cope with stressful situations (Rice & Liu, 2016). The Ilocano spouses in this study are Roman Catholic, including their family. In addition, religious leaders are adept at leading the religion. Coping strategies based on religion can be beneficial for issues like melancholy, guilt, and hopelessness.

Belief in God. Making a tangible commitment—the kind required by believing God or trusting in God—is what it means to have confidence in God.

We can receive God's promises into our lives through faith. According to God's Word, we speak to our circumstances, and they respond in accordance with God's plan. We get God's blessings on this planet through faith, and in the end, we are given eternal life.

Praying. The act of praying involves turning our focus to God in a conversational and listening spiritual connection. Prayer is similar to a child talking to their father. A child naturally asks his father for the items they need, as well as for guidance or counsel.

Prayer is a dialogue with God and a way to forge a close, intimate bond with the all-loving God of the universe. He can work marvels in your heart this way. He can help you connect your life with his intentions and vision through prayer.

The most dominant answer that flourished in ways to overcome those challenges is through fervent (participant 5) prayer. They prayed and asked for the guidance of the Lord (Participant 9) that nothing happens to their husband when they are on duty (participant 1) for their safety (Participant 4, 6). Since the spouses of uniformed personnel cannot control any situations happening. They cling and lay everything in God's power and guidance. For nothing is impossible and undesirable notions labeled to anyone can be removed with the enlightenment and guidance of the Almighty. These conceptions are the holding armors of the spouses of uniformed personnel whenever obstacles may come to ruin their relationship.

Research has shown that people pray more when experiencing stressful life situations (Ai, Peterson, Bolling, & Rodgers, 2006). Prayer and spiritual help-seeking may help individuals better cope with life stress and depression (Schnittker, 2001); research shows an inverse correlation between religiousness and depression that becomes stronger as life stress increases (Smith et al., 2003).

Emotional Adaptation. The goal of emotion-focused coping is to control the feelings brought on by a stressful event or circumstance. The event cannot be changed, especially during deployment. Military spouses can, however, adopt healthy coping mechanisms to alter their behavior in difficult situations. Emotion-focused coping heightens a person's awareness of their discomfort, which is likely to heighten distress symptoms (Wu et al., 2018). An individual's capacity to alter their distress-reduction techniques will be motivated by their capacity to detect the symptoms and apply self-reflective emotions.

Understanding the Nature of Work. The "nature of work" refers to the kind of work that is done and the conditions under which it is done. This concept is frequently used to define the kind of work that an individual does. Duties. Similar to this, "playing a role" refers to changing your identity by pretending to be someone or something else.

Understanding the nature of his work (Participant 1, 6) and realizing not to demand so much of his time (Participant 3) are various things that wives of men in uniform keep saying to their children to condition them that they have obligations and a big responsibility to serve the nation (participant 8). In this situation, unlimited patience and understanding are required (Participant 5).

Social Support. Social support is defined as the provision of practical assistance by members of extended family, friends, and co-workers (Bjørlykhaug, 2021). Likewise, it is defined as "support made available to an individual through social relationships to other people, groups, and the greater community" (Heaney and Israel, 2008).

French et al. (2018) referred to social support as a "psychological or material resource provided through social relationships that can mitigate strains" (p. 288). Military spouses must have social assistance. When military spouses lack social support, they report increased loneliness due to the responsibilities of the military from the military personnel (Fish et al., 2014). Within the context of a

military spouse, social support might develop naturally. Social support can serve as a barrier to help decrease stress and improve psychological health (Skomorovsky, 2017). Cohen and Willis (1985) identified four types of support: esteem, informational, social companionship, and instrumental support.

Self-esteem is intimately related to esteem support. Emotional, expressive, self-esteem, ventilation, and close support are all terms used to describe esteem support. Individuals' self-esteem increases when they feel accepted and valued as an individual (Cohen & Willis, 1985). Having someone or a group of people share their thoughts or emotions regarding 34 successful and unsuccessful reintegration experiences would provide esteem support throughout that time. The military spouse's confidence in their ability to manage the stressors or difficulties of reintegration may grow if they feel supported throughout this period. Additionally, having a better sense of self makes it easier for military spouses to cope with stress. Informational assistance consists of suggestions and guidance to help someone get through challenging situations.

Informational support is called advice, appraisal, and cognitive guidance (Cohen & Willis, 1985). Before deployment and until reintegration, military spouses are supported with information. The family attends briefings before to the deployment. This informational support is provided to help you plan and prepare. Vital information is presented with the families during the briefings, such as the stages of deployment, nearby services, medical and dental information, legal support, a point of contact, and information about the chaplain.

Spending time with strangers instead of family or friends is companionship. The benefits of companionship are to remain in contact with others, therefore, help distract the person from their stressors or problem, or assist with positive affective moods (Cohen & Willis, 1985). Maintaining relationships with service troops throughout deployments requires companionship. Life pressures can be greatly reduced by exchanging reintegration and adjustment experiences with people who have a military orientation. Military spouses who are deployed will have to adjust to a new way of life. As a result, the military members might not be aware of the specific distinctions between each position. Additionally, companionship assistance can lessen loneliness and aid in developing problem-solving techniques for adjusting and adapting.

According to Antonucci and Akiyama, 1987; Bookwala and Franks, 2005; Okabayashi and Hougham, 2014, spouses are the primary source of social support for older persons. The support of a partner can help boost confidence to another level. However, challenging a situation is, a supportive partner's presence can make someone believe everything will be all right.

Being a supportive partner seems like an essential part of a relationship, but some people may not know the best ways to be a supportive husband, wife, or significant other. In the end, having a supportive spouse implies that needs, no matter what they may be, are addressed in the relationship. In addition, a challenging partner encourages their spouse to pursue their interests by

challenging them when they are not making the greatest decisions. Being supportive is crucial because it's one of the key ingredients in creating a long-lasting relationship. According to research, your partner's support is crucial for fostering relationship satisfaction. Thus, having a supportive partner allows one to cope with life's challenges.

The majority of the respondents extend their full support (Participant 6, 7) to their husbands, who are members of uniform personnel, by making self-busy (Participant 2) by focusing their attention on their children, and work (Participant 3) which manifest their role as a supportive wife and responsible mother (participant 5). Also, respect (participant 6) and trust in Him in everything he does because I am a second option in his life and second priority (participant 9).

It is not always that the "bed of roses" is to be equated to the wives of uniformed personnel. They may provide financial support, but some factors of crediting harmonious relationships between their wives and children are sometimes compromised. Most of the time, uniformed personnel's time and presence with their wives and children are some of the factors that are to be sacrificed. However, this situation cannot be questioned since they did not own their time, nor the members of the family can since they swore an oath that the "nation and the people are their priority," and this part of the nature of their work as peace and order advocates of the country. This supports the study of Casey (2017), which emphasized that when a warrior serves in the military, his or her entire family serves and sacrifices. Primarily, wives of uniformed personnel are fully aware that one of the essential things that need to consider in any relationship is time. However, because of the nature of their husband's work, wives of uniformed personnel and their children understand and support them instead of demanding more time. The manifestation of extending support to their husband is "getting up in the morning to prepare for their husband's needs (Participant 1). Sometimes, based on the interview, being exhausted from work (Participant 4) may cause a lack of bonding, resulting in the time being neglected because of their call of duty (Participant 5, 8). However, one of the participants understands the nature of their work because the nation and people are their priority. (Participant 8).

Research on social support in later life examines positive social interactions, which could be considered one dimension of social relationships (Bengtson, Giarrusso, Mabry, & Silverstein, 2002). Furthermore, social support and social strain represent unique dimensions of social relationships (Bengtson et al., 2002)

4. Conclusions and Recommendations

Uniformed personnel spouses face challenges and have unique ways of coping. These challenges are time and anxiety. These uniformed personnel lack time to be with their family during special occasions. Another is anxiety because of their feeling that their beloved is having infidelity or they might have suffered an untoward incident while performing their duties to the people and the nation

as a whole. With these challenges, the spouses coped with religious-based; (faith in God/praying), emotion-focused (acceptance and understanding of the nature of work), and social support.

Based on the results of the study, it is recommended that the Armed Forces of the Philippines must organize activities to involve all the family members of the spouses of the uniformed personnel.

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