

The Influence of Marital Quality and Coping Strategy on Parenting Environment Quality in Long Distance Marriage Families

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Abstract

Long distance marriage presents challenges and changes to family life both in terms of the quality of the marriage and the quality of parenting. This research aims to analyze the influence of marital quality and coping strategies on the quality of parenting in long distance marriage families. The approach in this research is quantitative with a cross-sectional study design. This study involved families undergoing long distance marriages with the criteria of a minimum separation of one month, having preschool aged children (3-6 years), and domiciled in Bogor Regency or City. The respondents in this study were 30 mothers. Sampling in this study used non-probability sampling with snowball sampling technique. The results study shows that the quality of marriage and the quality of the parenting environment are moderate, while coping strategies are classified as low. The results of the regression test show that the length of separation has a significant negative effect, while problem-focused coping and the child's gender have a significant positive effect on the quality of the parenting environment. There was no relationship or influence of marital quality on the quality of the parenting environment in this study. This research can be a basis for developing special support programs for long distance marriage couples as well as further knowledge in the context of long distance marriage.

Keywords: coping strategy, long distance marriage, marital quality, parenting environment quality

Abstrak

Long distance marriage menghadirkan tantangan dan perubahan bagi kehidupan keluarga baik dari segi kualitas perkawinan maupun kualitas pengasuhan. Penelitian ini bertujuan untuk menganalisis pengaruh kualitas perkawinan dan *coping strategy* terhadap kualitas pengasuhan pada keluarga *long distance marriage*. Pendekatan dalam penelitian ini adalah kuantitatif dengan desain *cross-sectional study*. Penelitian ini melibatkan keluarga yang menjalani *long distance marriage* dengan kriteria minimal lama berpisah 1 bulan, mempunyai anak usia prasekolah (3-6 tahun), dan berdomisili di Kabupaten atau Kota Bogor. Responden dalam penelitian ini adalah 30 ibu. Penarikan contoh dalam penelitian ini menggunakan *non-probability sampling* dengan teknik *snowball sampling*. Hasil penelitian menunjukkan kualitas perkawinan dan kualitas lingkungan pengasuhan tergolong sedang, sedangkan *coping strategy* tergolong rendah. Hasil uji regresi menunjukkan lama berpisah berpengaruh negatif signifikan, sedangkan *problem-focused coping* dan jenis kelamin anak berpengaruh positif signifikan terhadap kualitas lingkungan pengasuhan. Tidak ditemukan adanya hubungan maupun pengaruh kualitas perkawinan terhadap kualitas lingkungan pengasuhan dalam penelitian ini. Penelitian ini dapat menjadi landasan pengembangan program dukungan khusus bagi pasangan *long distance marriage* serta pengetahuan lebih lanjut dalam konteks *long distance marriage*.

Kata kunci: kualitas lingkungan pengasuhan, kualitas perkawinan, pernikahan jarak jauh, strategi koping

Introduction

According to Law of the Republic of Indonesia Number 52 of 2009 on family resilience, a family is defined as the smallest unit in society from a legal marriage consisting of husband and wife, or husband and wife and their children, or father and his children, or mother and her children, or blood relatives in a straight line up or down to the third degree. The family is the basic unit in the formation of a household, generally related to the condition of a group of people living together. However, this is different from the reality that has occurred today. Many households are found living separately, especially for the father as the main breadwinner in a family. Thus, families with these conditions are commonly called long distance marriage (LDM). Unfortunately, statistical data on national population undergoing long distance marriage in Indonesia is not yet available. However, The Center for the Study of Long Distance Relationships reported statistical data about couples with LDM status in the United States in 2005. It recorded that more than 7 million couples underwent a long distance relationship (LDR), 3.57 million among them being couples with LDM status. However, the Data and Information Center of the Indonesian Migrant Workers Protection Agency (BP2MI) (2022) reported data on Indonesian migrant workers (PMI) for the 2021 period of 72,624 people. This figure experienced a very high jump in 2022 of 176.4 percent or 128,137 people with a total of 200,761 PMI in 2022. Based on marital status, 83,635 people among them are married, 91,335 are unmarried, and 25,790 are divorced. LDM can be caused by various factors. According to Rubyasih (2016), families who undergo LDM usually caused by economic factors, work demands, and educational factors.

The distance that separates them reduces the frequency of meetings and face-to-face communication (Rubyasih, 2016). According to Harsari (2020), wives with LDM status experience difficult times, especially in maintaining communication. In fact, communication is one of the foundations for creating harmony in marriage which obtained through interpersonal relationships between husband and wife (Dewi & Sudhana, 2013). The busyness of each other may make one of them ignore the calls from their partner and it is often cause suspicion of the partner that eventually leads to conflict. Kariuki (2014) found that the effects of long-distance marriages are mostly negative, including weakening relationships between partners, feeling lonely, suspicion, tenuous family ties, loss of opportunities to have children, frequent conflicts, unfulfilled sexual needs, infidelity, and divorce. These conditions will affect the marital quality.

Every couple faced various challenges and problems, especially those in long distance marriages. According to Wardhani and Wideasavitri (2020), limited meetings are a source of conflict in long distance couples. This condition can cause stress in families and couples, so coping strategies are needed (Maryam, 2017). Coping strategy is an individual's effort to prevent or reduce the negative impact of stress involving cognitive processes and the selection of strategies that are appropriate to stressful conditions (Rahmatika & Handayani, 2012). Based on Wardhani & Wideasavitri's research (2020) found that there are various kinds of coping strategies carried out by wives who undergo long distance marriage. Coping strategies done in order to reduce the stress experienced when separated from their spouse.

In addition to the impact on marital quality, the absence of one parent also has impact on parenting. According to Kariuki (2014), the absence of one parent leads to children lacking role models, depression, and feeling emotionally distant. The longer the stay abroad, the more independent the child becomes from the influence of the absent

parent. This estrangement extends even to meetings between parents and children, where the emotional connection is completely absent. Children raised in long-distance marriages do not have the opportunity to acquire skills from absent parents. This often leads to undesirable behaviors in children such as drug abuse and truancy (Kariuki, 2014). The novelty of this study lies in addressing the research gap concerning the parenting environment quality in long-distance marriage families with preschool-aged children. The research focuses on the crucial developmental stage of children. Additionally, it aims to investigate the simultaneous influence of marital quality and coping strategies on parenting environment quality, a dimension not explored in previous studies that examined these variables separately.

Based on the background previously described, this study aims to: 1) identify family characteristics, marital quality, coping strategies, and the quality of the parenting environment quality in long distance marriage families; 2) analyze the relationship between marital quality and coping strategies with the quality of the parenting environment quality in long distance marriage families; 3) analyze the effect of marital quality and coping strategies on the parenting environment quality in long distance marriage families.

Methods

Participants

This study is a quantitative study to determine the effect of marital quality and coping strategies on the quality of the parenting environment in long distance marriage families. This research design uses a cross-sectional study which conducted from February - June 2023 in Bogor Regency and City. The sampling in this study used nonprobability sampling with snowball sampling technique. The sample size of this study was 30 families. The research respondents were mothers.

Measurement

Primary data was obtained using a questionnaire. Sample family characteristics included parental age, maternal education, marital age, per capita income, number of family members, length of separation, child age and child gender. The scale of the family characteristics data used a ratio scale.

Marital quality is a subjective evaluation of a husband and wife relationship that reflects various characteristics of marital interaction and marital functioning (Lewis & Spanier, 1979 in Spanier, 1979). Marital quality was measured using a questionnaire by Conger et al. (1994) which was developed by Sunarti et al. (2005) which has been modified. This questionnaire consists of two dimensions, marital happiness and marital satisfaction which consist of 44 items. This questionnaire used Guttman scale with two answer options, 0 = Yes and 1 = No, with a Cronbach's alpha value of 0.782.

Coping strategies are visible and/or invisible behaviors performed by individuals to reduce or eliminate psychological tension and stressful conditions (Puspitawati et al., 2013 in Oktaviani et al. 2018). Coping strategies were measured using the Ways of Coping instrument by Folkman et al. (1986) which has been modified. The instrument consists of 48 items consisting of two dimensions, namely, emotion-focused coping and problem-focused coping. The instrument uses a Likert scale with four answer options, namely 0 = never, 1 = rarely, 2 = often, and 3 = always with a Cronbach's alpha value of 0.706.

The parenting environment quality is the level of quality of care from the family home environment that can be seen from interactions between children and caregivers at home, educational activities that occur at home, and the availability of materials that stimulate child development (Totsika & Sylva, 2004). The parenting environment quality was measured using the EC-HOME (Home Observation and Measurement of Environmental Inventory for Early Childhood) by Caldwell and Bradley (2016) for children aged 3-6 years. The EC-HOME consists of 55 items covering eight dimensions which are, learning materials, language stimulation, physical environment, responsiveness, academic stimulation, modeling, variety, and acceptance. This questionnaire uses two answer options, plus (+) = 1 and minus (-) = 0.

The research variables were then given an assessment score on each statement in the questionnaire into a total score. Furthermore, the total score of each variable was transformed into an index score. The results of the index score on each variable are categorized into three categories, low, moderate, high. Categorization of marital quality variables and coping strategies using Bloom's Cut Off which refers to Malhotra et al. (2017) with categories of low (≤ 59), moderate (60-80), high (> 80). The categorization of the quality of the parenting environment variable refers to the cut off determined by Caldwell and Bradley in Totsika and Sylva (2004).

Analysis

The data that has been collected through interviews and direct observation is then processed and analyzed using Microsoft Office Excel 2019 and Statistical Package for Social Science (SPSS) 25. The statistical analysis includes descriptive analysis and inferential analysis (multiple linear regression test).

Findings

Family Characteristics

The results showed that the majority of mothers were in the early adult age group (26-35 years) (73.3%) and the rest were in the late adult age group (36-45 years) (26.7%) with an average age of 33.5 years. Meanwhile, the father's age was evenly distributed in the early adult (26-35 years) and late adult (36-45 years) age groups with an average age of 35.8 years. Mothers' years of education ranged from 12 to 18 years with an average of 14.3 years, which is equivalent to higher education. The majority of respondents' marital age was at the age of 8-14 years (56.7%), followed by marital age of 1-7 years (30.0%), and the least marital age was 15-21 years (13.3%) with an average of 9.8 years. Based on the value of per capita income, almost all respondents (96.7%) were classified as non-poor families and only 3.3 percent were classified as poor families with an average per capita income of IDR 2,436,096.2. Based on the number of family members, the majority of respondents belonged to the small family category (≤ 4 people) (76.7%) with an average value of 4.1. The average length of separation was 7.9 months. More than half of the respondents' children in this study were female (60.0%) and the rest were male (40.0%). The age of the children in this study ranged from 3 to 6 years, with an average of 4.5 years.

Marital Quality

The results showed that the majority of mothers were in the early adult age group (26-35 years) (73.3%) and the rest were in the late adult age group (36-45 years) (26.7%) with an average age of 33.5 years. Meanwhile, the father's age was evenly distributed in the early adult (26-35 years) and late adult (36-45 years) age groups with an average age of 35.8 years. Mothers' years of education ranged from 12 to 18 years with an average of 14.3 years, which is equivalent to higher education. The majority of respondents' marital age was at the age of 8-14 years (56.7%), followed by marital age of 1-7 years (30.0%), and the least marital age was 15-21 years (13.3%) with an average of 9.8 years. Based on the value of per capita income, almost all respondents (96.7%) were classified as non-poor families and only 3.3 percent were classified as poor families with an average per capita income of IDR 2,436,096.2. Based on the number of family members, the majority of respondents belonged to the small family category (≤ 4 people) (76.7%) with an average value of 4.1. The average length of separation was 7.9 months. More than half of the respondents' children in this study were female (60.0%) and the rest were male (40.0%). The age of the children in this study ranged from 3 to 6 years, with an average of 4.5 years.

In the marital happiness dimension, more than half of the families were in the high category (66.7%). High levels of happiness were indicated by not arguing with their spouse about money for food (100%), clothing (100%), house maintenance (100%), children's education (96.7%), and medication (100%). In addition, respondents stated that it was not difficult to consider their partner's family as their own (93.3%) and it was not difficult to communicate with their partner's family (96.7%). Respondents also stated that they did not conflict with their spouse due to differences in opinion (100%), always maintained marital commitment with their spouse (96.7%), their spouse always praised their ability as a wife (80.0%), and did not feel cheated on by their spouse (100%).

Table 1. Distribution of examples based on marital quality

| Dimensions | Marital satisfaction | | Marital happiness | | Marital quality | |
|------------|----------------------|------|-------------------|------|-----------------|------|
| | n | % | n | % | n | % |
| Low | 0 | 0 | 0 | 0 | 0 | 0 |
| Moderate | 27 | 90.0 | 10 | 33.3 | 21 | 70.0 |
| High | 3 | 10.0 | 20 | 66.7 | 9 | 30.0 |
| Total | 30 | 100 | 30 | 100 | 30 | 100 |
| Minimum- | 66.2-86.9 | | 71.4-95.2 | | 68.2-86.4 | |
| Maximum | | | | | | |
| Mean±sd | 74.5±5.1 | | 82.8±7.1 | | 78.5±4.4 | |

Coping Strategy

Coping strategies are divided into two dimensions, emotion-focused coping and problem-focused coping. The results of the distribution of examples based on the coping strategy category show that based on the coping strategy category, the majority of families are in the low category (90.0%) with an average index value of 51.7. In the emotion-focused coping dimension, the majority of families were in the low category (80.0%) and no respondents were in the high category. This is because more than half of the respondents never tried to make themselves feel better by eating or drinking or smoking or using drugs (76.7%), venting anger to others (70.0%), and feeling like going away from the problem at hand (66.7%). In addition, some respondents also never avoided associating with people (50.0%) and refused to believe that the problem occurred

(56.7%). The emotion-focused coping dimension with the highest achievement was in positive reappraisal. This result was shown by more than half of the respondents who always changed into a better person (83.3%), rediscovered what was important in life (56.7%), and worshiped or prayed (96.7%). In addition, some respondents were also often inspired to do something creative (43.3%).

In the problem-focused coping dimension, the majority of families were in the low category (73.3%) and only 3.3 percent were in the high category. This achievement was shown by some respondents who rarely expressed anger at the person who caused the problem (56.7%), venting their feelings no matter what (50.0%). However, some respondents also rarely talk to someone to find out more about the problem (56.7%), talk to someone who can help solve the problem (53.3%), talk to someone about what they feel (60.0%). In addition, more than half of the respondents also never sought professional help (63.3%). The problem-focused coping dimension with the highest achievement was in planful problem solving. This result is shown by some respondents who often redouble their efforts to make things work (40.0%), make a plan of action and do it (46.7%), focus on what to do when facing problems (60.0%), change things so that everything will be okay (53.3%), and have several different solutions to a problem (63.3%). In addition, some respondents (63.3%) also often have several different solutions to a problem.

Table 2. Distribution of examples based on coping strategy

| Dimensions | Emotion-focused coping | | Problem-focused coping | | Coping strategy | |
|------------|------------------------|------|------------------------|------|-----------------|------|
| | n | % | n | % | n | % |
| Low | 24 | 80.0 | 22 | 73.3 | 27 | 90.0 |
| Moderate | 6 | 20.0 | 7 | 23.3 | 3 | 10.0 |
| High | 0 | 0 | 1 | 3.3 | 0 | 0 |
| Total | 30 | 100 | 30 | 100 | 30 | 100 |
| Min-Max | 26.7-66.7 | | 25.9-83.3 | | 30.6-64.6 | |
| Mean±sd | 52.8±8.0 | | 49.7±13.9 | | 51.7±7.9 | |

Parenting Environment Quality

The parenting environment quality is divided into eight dimensions, namely learning stimulation, language stimulation, physical environment, responsiveness, academic stimulation, modeling, variety of experiences, and acceptance. The results of the sample distribution based on the parenting environment quality category showed that the majority of families were in the moderate category (73.3%) with an average index value of 78.2. The distribution results with the highest category were in the dimensions of language stimulation (96.7%), physical environment (93.3%), academic stimulation (96.7%), modeling (73.3%), and acceptance (100%). The results also show that there are still components that have low achievements, including learning stimulation (46.7%), responsiveness (40.0%), and variety of experiences (33.3%).

The dimension with the lowest achievement was the learning stimulation dimension with a score of 58.00. The results of the distribution of examples based on the learning stimulation dimension show that more than half of the families (53.3%) are categorized as moderate. This achievement is shown by having toys that teach colors, sizes, and shapes (96.7%), toys for free expression (100%), toys to train physical movements (100%), toys to learn numbers (96.7%), at least 3 puzzle toys (63.3%), and at least 10 children's books (53.3%). However, less than half of the families own at least 5 cassettes

or CDs of children's songs (23.3%), do not buy and read daily newspapers (100%), and do not subscribe to magazines (100%).

The distribution of examples based on the acceptance dimension shows that all families are categorized as high. The acceptance dimension obtained the highest mean score with a value of 100. All families (100%) did not scold or insult the child, did not give corporal punishment more than once during the past week, did not restrict the child's movement, and did not hit or slap the child during the visit.

Table 3. Distribution of examples based on parenting environment quality

| Dimensions | Low | | Moderate | | High | | Min-max | Mean±St. dev |
|-------------------------------|-----|------|----------|------|------|------|-----------|--------------|
| | n | % | n | % | n | % | | |
| Learning stimulation | 14 | 46.7 | 16 | 53.3 | 0 | 0 | 20.0-80.0 | 58.0±14.5 |
| Language stimulation | 0 | 0 | 1 | 3.3 | 29 | 96.7 | 66.7-100 | 96.1±8.4 |
| Physical environment | 0 | 0 | 2 | 6.7 | 28 | 93.3 | 71.4-100 | 96.7±8.1 |
| Responsivity | 12 | 40.0 | 6 | 20.0 | 12 | 40.0 | 0-100 | 61.2±36.3 |
| Academic stimulation | 0 | 0 | 1 | 3.3 | 29 | 96.7 | 66.7-100 | 97.2±7.7 |
| Modelling | 1 | 3.3 | 7 | 23.3 | 22 | 73.3 | 50.0-100 | 81.1±12.2 |
| Variety | 10 | 33.3 | 18 | 60.0 | 2 | 6.7 | 37.5-87.5 | 63.3±12.7 |
| Acceptance | 0 | 0 | 0 | 0 | 30 | 100 | 100-100 | 100±0 |
| Parenting environment quality | 0 | 0 | 22 | 73.3 | 8 | 26.7 | 69.1-90.9 | 78.2±6.6 |

Effects of The Studied Variables

The variables that have a significant positive effect on the quality of the parenting environment are problem-focused coping ($\beta=0.531$; $p=0.010$) and child gender ($\beta=0.469$; $p=0.037$). The variable that has a significant negative effect on the quality of the parenting environment is the length of separation ($\beta=-0.411$; $p=0.036$). This indicates that the higher the problem-focused coping and the shorter the length of separation, the better the quality of the care environment.

Table 4. Family characteristics, marital quality, coping strategy, and their effect on parenting environment quality

| Variables | Unstandardized (B) | Standardized (β) | Sig. |
|----------------------------------|--------------------|--------------------------|---------------|
| Marital satisfaction | -0.301 | -0.232 | 0.281 |
| Marital happiness | 0.126 | 0.137 | 0.423 |
| Emotion-focused coping | 0.039 | 0.048 | 0.781 |
| Problem-focused coping | 0.251 | 0.531 | 0.010* |
| Per capita income (rupiah) | 9.742 | 0.270 | 0.171 |
| Length of separation (month) | -3.801 | -0.411 | 0.036* |
| Child age (year) | 5.606 | 0.424 | 0.209 |
| Child gender (0 = boy, 1 = girl) | 6.198 | 0.469 | 0.037* |
| F | | | 2.562 |
| Sig. | | | 0.040 |
| R Square | | | 0.494 |
| Adjusted R Square | | | 0.301 |

Note: *Significant at $p<0.1$

The results also show that girls tend to have a better quality of care environment than boys. The results of the influence test in this study have an Adjusted R Square value of 0.301. This shows that the quality of the parenting environment is influenced by the variables of problem-focused coping, length of separation, and child gender in this study by 30.1 percent, while the other 69.9 percent is influenced by other variables not examined in this study.

Discussion

The results showed that the age of parents belonged to the early adult age group. Putri (2019) states that early adulthood is a time when individuals are ready to play a role and take responsibility and accept a position in society, a time to work, engage in community social relations and establish relationships with the opposite sex. The mother's length of education is equivalent to higher education. According to Yanti and Murtala (2019) education is one of the benchmarks in improving human resources. In this study, almost all respondents belonged to non-poor families referring to the poverty line of Bogor Regency and City (BPS, 2022). Based on the number of family members, most respondents belonged to the small family category. According to Yanti and Murtala (2019), the fewer the number of family members, the less the burden on households in meeting their daily needs. The respondents' marital age had an average of 9.8 years. According to Tyas and Herawati (2017), the longer the age of marriage, the more it will improve the quality of the parenting environment. Based on the age and gender of the child, more than half of the respondents' children are female and have an average age of 4.5 years. According to Anzani and Insan (2020), preschool age children are referred to as the golden age, where all children's potential experiences rapid growth and development. The average length of separation is 7.9 months. According to Fhitrah and Afdal (2021), the marital quality of couples undergoing LDM with a length of separation between 1 month and 3 years can still reach the moderate category. The LDM families in this study were dominated by TNI families. Army wives need to maintain a strong commitment to their marital relationship because TNI soldiers often have limited time to gather with their families. They may have to be separated from their families for months or even years. When a member of the TNI who is in charge of guarding the border area is transferred, they also have to leave their family and can only meet once a year or even years. Army wives are often accustomed to long-distance marriages due to the demands of military duties that require their spouses to be stationed in different locations. The existence of readiness to adapt plays an important role in helping soldiers' wives cope with long-distance marriages. According to Fisher (2007) in Damayanti et al. (2016), soldiers' wives have unwittingly conducted self-evaluations and adapted to the conditions of family separation from their husbands, so that family conditions can remain stable. Research by Damayanti et al. (2016) found that army wives have understood well about their husbands' assignments even before marriage and have known that long-distance relationships are a consequence that must be faced.

The results showed that marital quality was moderate. These results are in line with several previous studies. The findings of Fhitrah and Afdal (2021) show that the marital quality of couples who are undergoing LDM is in the moderate category. The results of the study were also strengthened by Safitri et al. (2021) who found that most TNI wives who undergo LDM have a level of marital satisfaction in the moderate category. This shows that the separated condition of the married couple does not directly make the

couple feel dissatisfied with their marriage. As Rachmawati and Mastuti (2013) revealed that long distance marriage does not always lead to unhappiness in marital relationships.

The results of the study also found that almost all respondents always maintain marital commitment with their spouses. This is in line with Clements and Swensen (2000) who state that commitment to a partner is the strongest and most consistent predictor of marital quality. The results of the study also found that almost all respondents were satisfied with being loved by their spouses and were satisfied with the free time given by their spouses. In addition, all respondents also stated that they had never felt cheated on by their partner. This is because respondents still regularly communicate with their partners. According to Berliantin and Ansyah (2021), interpersonal communication and trust in partners play an important role in maintaining marital relationships for long-distance couples. This is also reinforced by the findings of Rachmat (1996) in Suminar and Kaddi (2018) who found that if a partner feels that they will not be hurt and betrayed, it will create openness in a relationship. Based on Erlangga and Widiavitri's research (2018), the wives of ship crew members (ABK) claim to be satisfied with their married life. The study found several factors underlying the achievement of satisfaction in marriage. These factors include, the personality of the spouse who makes the wife feel calm when undergoing LDM, the presence of children who make the wife feel complete and more eager to wait for the husband's return, the husband's desire to ease the wife's work while at home, being given news every day by a partner who makes the wife feel appreciated, and sufficient economic conditions, thus minimizing the occurrence of domestic quarrels.

This study found that the coping strategies carried out by respondents were low. This result is different from previous research which found that coping strategies in families undergoing LDM were categorized as moderate (Hanifah, 2021). The low achievement of coping strategies in this study is due to the majority of respondents who stated that they never and rarely carry out negative coping strategies. Some of them include trying to make themselves feel better by smoking or using drugs, refusing to believe that the problem is happening, avoiding hanging out with people, and venting anger to others. Therefore, the results of coping strategy achievements that are categorized as low indicate that the coping strategies carried out are good, both from the dimensions of emotion-focused coping and problem-focused coping. According to Matheny et al. (1986), a person's coping strategy is not always healthy. Sometimes someone does a coping strategy that actually worsens the situation experienced. For example, seeking escape by using alcohol, drugs, or other substances to relieve stress temporarily. This is not a long-term solution and can have negative impacts such as health problems and addiction. Therefore, it is important to use healthy and appropriate coping strategies. According to Folkman and Lazarus (1980) in Whitty (2003), emotion-focused coping tends to be effective when it is felt that nothing can be done to change dangerous, threatening, or challenging environmental conditions. Meanwhile, problem-focused coping is more effective when conditions or circumstances are felt to be changeable.

The results showed that the most common coping strategy is positive reappraisal (emotion-focused coping) by changing into a better person, rediscovering what is important in life, and worshiping and praying. In addition, the coping strategy that is often carried out, namely planful problem solving (problem-focused coping). Where respondents redouble their efforts to make things go smoothly, focus on what must be done, and learn from bad experiences in the past. These results are in line with previous research conducted by Berliantin and Ansyah (2021) on coping strategies in sailors' wives

undergoing LDM. The study shows that wives carry out both types of coping strategies, namely emotion-focused coping and problem-focused coping. Wives cope with the stressful situations they experience due to long-distance marriage in various ways. Some of them are self-introspection, getting closer to God by worshiping and praying, and taking lessons from the problems that occur. In addition, wives also share their stories and problems with their husbands, friends, and family. However, these results differ from this study which found that respondents rarely shared their problems and feelings with someone. Wardhani and Wideasavitri (2020) found that wives have not felt satisfaction and have not fully accepted the circumstances experienced despite coping. This is because the coping strategy carried out tends to suppress the problems that occur and not tell the husband to avoid conflict.

The results showed that the quality of the parenting environment was moderate. Kariuki (2014), in his research on the impact of LDM on families, states that parenting is the second highest scoring challenge faced by families undergoing LDM after feelings of loneliness. The impact on parenting is quite diverse, ranging from children lacking role models in their lives, experiencing depression to the emotional separation of children from father figures. The findings in the field indicate that despite being separated by distance, fathers and children still interact online through video calls. In line with Viry (2014) who stated that fathers who live apart from their children due to work often use social media such as messages, telephone calls, and video conferences to stay connected with their children. Straubhaar's research (2004) in Herawati (2011) found that direct interaction in two-way communication through video conferencing has a high social presence, because important social cues such as voice intonation, facial expressions, and two-way interaction occur directly. This makes children still able to feel the presence of a father figure even though it is virtually.

In the quality of the parenting environment, the acceptance dimension obtained the highest mean score. This is because all families do not use corporal punishment in disciplining children. According to Emilda (2018), maternal education and economic status are associated with the occurrence of child abuse. Where high maternal education has a positive impact on the high understanding and knowledge of parenting, thus understanding that violence is not right. Parents with high economic status tend to have low stress levels and avoid things that can make them irritable, depressed, and frustrated, so that they can reduce the occurrence of child abuse that the mother does not realize. This result is in line with the results of the study which found that the mother's education is equivalent to higher education and almost all families are classified as non-poor families. Meanwhile, the dimension with the lowest mean score was the learning stimulation dimension. The results show that families do not buy, read, and subscribe to newspapers and magazines, and do not have children's song tapes. This happens because of the growing technology, which causes parents to use the internet both in stimulating children's development through nursery rhymes and in obtaining the latest information or news rather than using print media. According to Straubhaar (2004) in Herawati (2011), in the early days of network use, television was the main choice of the community. However, today the internet has become a major competitor to conventional media such as newspapers, magazines, and television, so many people are now choosing the internet as a source of information. Lupton et al. (2016) state that technology provides opportunities for parents to seek information and support and exchange experiences with each other in various ways.

The regression test results show that the length of separation has a significant negative effect on the quality of the care environment. This means that the shorter the length of separation from the family, the higher the quality of the care environment. Research that specifically discusses the length of separation with the quality of the care environment is still rare. However, in a case example from Puspitawati and Setioningsih's research (2011) with the object of research of mothers who became Female Workers (TKW) found that the longer the mother became a TKW, the worse the child's condition. This shows that the stimulation of child development that should be provided optimally by parents is hampered because it is limited by distance and time. In line with Ramadhini and Hendriani (2015) who state that parents who undergo LDM have a lack of time to gather and share roles in parenting.

The findings of this study also show a significant positive influence between problem-focused coping and the quality of the parenting environment. In line with Lestari et al. (2022) who found that problem-focused coping has a significant effect on parenting stress. The application of problem-focused coping focuses on direct resolution, practical help, and information to overcome the problems faced. By using this strategy, mothers can overcome parenting stress and become accustomed to dealing with stressful situations. This can increase the mother's confidence in parenting. The regression test results showed that the gender of the child had a significant positive effect on the quality of the parenting environment. This result is in line with previous research which found that girls tend to have a higher quality of parenting environment than boys (Elmanora et al., 2015).

The regression test results did not find a significant relationship and influence between marital quality and the quality of the parenting environment. This may be because parents who may have an unsatisfactory marriage can still provide good parenting for children because parents may prioritize the interests of children over marital problems. In addition, parents who live separately but still maintain good relationships and mutual support can provide positive parenting for children. This statement is in line with Astuti (2016) who states that co-parenting can still be done by couples even though they do not live in the same house by maintaining regular contact and good relations with each other to discuss childcare. This statement is also reflected in the results of this study which found that all families always maintain good relationships between spouses as well as between parents who do not live together and children online.

In addition, there are also external factors that are not examined in this study, but are thought to affect the quality of the care environment, namely social support. Mijilputri (2014) stated that social support is needed by wives who are in a long-distance marriage relationship. According to Yasin et al. (2021), social support is a form of helpful social relationship given to a person or group of people. Social support can come from friends, relatives, family, or the same organizational environment. The support that mothers get during separation from their husbands may be able to help mothers relieve stress due to separation or ease the burden of direct care. According to Dorsey (2003), mothers who feel they have high social support will rely more on their friends to help overcome the negative impacts or conflicts of co-parenting and actively involve in caring for their children. The majority of the professions of the respondents' husbands in this study are TNI. TNI wives generally have a community of army wives, namely the Army Wives Association (Persit). The Persit community also plays a role in providing social support for wives who are left in the service through various religious, social, and sports activities, so as to minimize stress that may occur. According to Yasin et al. (2021), someone who

has good social support can often turn the stress faced into a challenge rather than a threat because of the various support received from around him in the form of information, appreciation, emotions, and direct support, making him able to face the problems that exist.

The limitation of this study is that it was difficult to find respondents who fit the criteria of the research subject, making the sampling process take quite a long time. The difficult search for respondents resulted in a less diverse variety of respondents in the study, which could make the results of the study only reflect the point of view of certain groups of respondents. In addition, this study did not further explore the stressors experienced by LDM families.

Conclusion and Recommendation

Conclusion

The results showed that marital quality and the parenting environment quality were moderate, while coping strategies were low. The regression test result showed that length of separation had a significant negative effect, while problem-focused coping and child gender had a significant positive effect on the parenting environment quality. However, there was no relationship or effect of marital quality on the parenting environment quality.

Recommendation

Families who undergo LDM expected to improve coping strategies in several ways, such as telling someone who is trustworthy or able to understand the problems experienced and making schedule to rest from activities that make bored and tiring. In addition, it can also improve the quality of the parenting environment by continuing to involve the father in the child's life by following the child's development and achievements. The government expected to optimize family counseling services to improve marital quality, coping strategies, and the quality of the parenting environment. The government or agencies expected to make family-friendly policies related to work allocation, especially for those with preschool children where assignments outside the city or abroad are not intended for families with preschool-age children, so that they can be more optimal in providing stimulation for child growth and development. Future researchers suggested to measure marital quality using the family interaction instrument (AKSI-GA) that includes four spheres of family interaction (husband-wife, parent-child, inter-child, and intergenerational interactions), using a qualitative approach to obtain deeper information related to the research topic, and making fathers as research subjects in order to portray from different perspectives.

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