Family Resilience Factors in Long-Distance Marriage Couples in Indonesia: A Systematic Literature Review

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Abstract. This study aims to identify and analyze factors influencing family resilience in long-distance marriages (LDM) in Indonesia through a systematic literature review approach. Family resilience in the context of LDM is essential to maintaining family harmony and stability despite limited physical interaction. This research method uses literature searches from various academic databases using publish or perish software with a publication period between 2019 and 2024. Inclusion criteria were determined to filter relevant articles focusing on LDM in Indonesia and family resilience. The analysis was carried out by classifying factors that influence family resilience and the causes of long-distance marriages that they must do. The study results showed that several dominant factors in increasing family resilience in LDM couples in Indonesia were effective communication, social support from the extended family and community, and higher levels of individual psychological well-being. Communication through digital media allows couples to maintain emotional closeness and overcome loneliness. Social support from extended family provides the practical and emotional assistance that couples need, while psychological well-being helps manage stress and increase individual resilience to long-distance challenges. Conflict management also contributes to creating family resilience. The dominant factors that cause long-distance marriages are career, financial inability, and limited employment opportunities around origin. This study concludes that communication factors, social support, and psychological well-being influence family resilience in LDM in Indonesia. This study suggests the need for community-based interventions and communication training for LDM couples to improve family resilience.

Keywords: Family Resilience, Long Distance Marriage, Strategy.

1   Introduction

In the past five years, marriages in Indonesia have faced various problems that affect family resilience. One of the main issues is the increasing divorce rate, which is

a severe challenge to family resilience. Based on data from the Central Statistics Agency (BPS) in 2021, the divorce rate in Indonesia has increased significantly in recent years, especially among young couples.[1] In 2022, there was a spike in cases of up to 516,344 divorce cases. The factors causing these divorces vary, but the most frequently reported are domestic conflicts due to economic pressure, poor communication, and incompatibility between husband and wife. In addition, BPS also noted that financial problems are the main trigger for domestic conflict, especially among low-income families, which weakens family resilience.

In addition, modern lifestyles and changes in gender roles in the family also affect the dynamics of marriage in Indonesia. According to Permatasari[2], shifts in gender roles, especially with the increasing number of women working and having professional careers, have caused role conflicts in the family. This sometimes leads to an imbalance of roles and responsibilities in the household, which impacts the emotional and psychological stability of the family.

In addition, the increasing popularity of long-distance marriages (LDM) in Indonesia, often caused by work or education reasons, is also one of the problems of family resilience. Couples involved in LDM usually face complex emotional challenges, such as loneliness, insecurity, and lack of direct social support, which can threaten the stability of the relationship. Pranacita[3] shows that couples in LDM need effective communication and coping strategies to maintain family harmony and resilience amidst limited physical interaction.

Another family resilience issue is related to increasing psychological pressure among young families. This pressure often comes from social and cultural expectations about marriage, including the pressure to have children and be an ideal partner, which can be detrimental to the mental health of young couples. Yustina[4], in her research, concluded that many young couples in Indonesia feel pressured by these social expectations, which results in high stress and weakens family resilience.

Research on long-distance marriage (LDM) in Indonesia shows that family resilience in this situation faces various challenges. The feeling of loneliness experienced by couples, especially wives, often raises the risk of infidelity significantly when communication and trust are hampered, as expressed by Hendra[5]. In addition, ineffective communication is a source of problems, reducing household harmony because misunderstandings quickly occur in long-distance relationships[6]. Stress caused by work also worsens family resilience, especially for couples who have careers and often have to face work pressures without emotional support from their partners [7].

Couples with children in LDM face more significant challenges because one partner often has to play a dual role in childcare. Prayogo[8] observed that fathers in LDM have difficulty playing an active role in childcare due to limited time together. In addition, couples in LDM often experience decreased marital satisfaction and emotional resilience due to limited physical interaction, so good coping strategies are essential to maintain emotional stability[9].

Social isolation experienced by couples living far from extended family or support communities also exacerbates stress and loneliness. Permatasari[2] highlights the importance of social support in maintaining family resilience. Economic pressure

is also a significant problem in LDM, with additional travel and communication costs triggering financial conflict within the family[10]. Meanwhile, traditional gender roles often mean that wives carry a more significant emotional burden, which can disrupt the emotional balance and resilience of the family[11].

Lack of trust in long-distance marriages can lead to suspicion and conflict, weakening marital commitment, as Ramadhini[12] noted. Finally, the psychological well-being of couples in LDMs is often compromised due to conflicts between work and family demands, leading to stress and decreased quality of life[13]. These findings highlight the need for solid communication strategies, adequate social support, and understanding gender role dynamics in maintaining family resilience in long-distance marriages.

Research examining family resilience in long-distance marriages (LDM) shows that many couples successfully maintain family resilience with various coping strategies and adequate social support. A study by Prayogo [8] revealed that couples in LDM who successfully maintain family resilience usually have good communication skills and use communication technology effectively. By utilizing technology, couples can maintain emotional closeness and overcome physical distance, which helps maintain household harmony despite being geographically separated.

In addition, social support from the extended family and community also plays an essential role in maintaining family resilience in LDM couples. Permatasari [2] found that couples who received emotional and practical support from their extended family could manage the stress and emotional challenges due to physical separation. This support strengthened the psychological resilience of couples and improved their ability to carry out daily responsibilities and childcare.

Another study by Hanifah [9] showed that high emotional resilience in LDM couples is constructive in maintaining marital satisfaction and long-term commitment. Couples with good emotional resilience tend to be better able to manage feelings of loneliness and longing and use positive coping strategies to maintain emotional stability, which positively impacts family resilience.

In addition, research by Ali and Aziz [10] revealed that couples who successfully maintain family resilience in LDM generally have good financial management skills. These couples can manage additional expenses related to communication and travel so that economic pressures do not become a source of conflict. They also tend to have a shared understanding of long-term goals, strengthening commitment and trust in the relationship.

Thus, family resilience in long-distance marriages is successfully achieved through communication skills, social support, emotional resilience, and effective financial management. The results of this study highlight the importance of the active role of couples in maintaining the quality of communication, obtaining external support, and practicing positive coping strategies to achieve family resilience.

This study aims to see what factors make couples undergo long-distance marriages and the factors that make these couples able to undergo long-distance marriages until family resilience is formed in the marriage that is currently being carried out.

2 METHOD

The method used in this study is a systematic literature review (SLR) with the help of the Publish or Perish (PoP) tool. Several stages are carried out to identify, collect, analyze, and synthesize relevant literature related to the research topic. The first step is to formulate a specific research question to determine keywords for the literature search. Based on the research question, the researcher selects the main keywords and their synonyms, which will be used in Publish or Perish to obtain relevant literature. The researcher also sets inclusion criteria: articles discussing long-distance marriages in Indonesia published in 2019-2024. Furthermore, a literature search is conducted in Publish or Perish, which uses the Google Scholar database to collect a list of articles along with citation information, titles, abstracts, and other metadata. After the search results are collected, the researcher selects articles by reading the abstracts and conclusions to ensure that the literature meets the criteria and is relevant to the research topic. After the articles are chosen, the next step is to conduct an in-depth analysis of each article, where the researcher identifies the main themes, research methods, results, and contributions of each study. The findings are then arranged in tabular form to facilitate comparison and synthesis.

3 RESULT

We did some stages to find and analyze the right article discussing long-distance marriage related to family resilience. The stages carried out in this research are as follows, namely identification. Using publish or perish, we used the terms "long-distance marriage," "family resilience," "family strength," and "Indonesia" to determine the articles included in this research with the inclusion criteria mentioned above. We found 157 articles related to keywords and did article screening to see the articles discussing the family resilience factor of long-distance marriage. After screening, we found 57 articles on family resilience; in the final screening, only ten articles met our inclusion criteria.

Table 1. Article Finding

No	Article Detail	Research Focus	Research method detail	result
1	The Role Of Social Media For Husbands And Wife In Long Distance Marriage Relationships[14]	Describe social media as a strategy to establish communication quickly	Qualitative with case study approach	Maximizing the use of social media means that couples can still carry out their rights and obligations in accordance with the agreement that was determined at the beginning.

2	Long distance marriage in urban society (study at Kalikotes subdistric, klaten distric)[15]	This study explores the driving and inhibiting factors in maintaining social relationships in LDM families and the positive and negative impacts that arise from these relationships.	This study uses a descriptive qualitative method to gain an in-depth understanding of the social dynamics in LDM families. Data collection techniques include in-depth interviews with several informants, observation, and documentation. This approach allows researchers to obtain first-hand information about the family's experience in undergoing a long-distance marriage.	The results of the study showed that LDM families maintain social relationships through several ways, such as regular meetings, vacations together as a form of quality time, family gatherings, and in-depth communication between parents and children. The driving factors for these social relationships include motivation to maintain communication, replace lost time together, and the desire to know the child's condition. On the other hand, there are obstacles such as laziness, busyness, and differences of opinion that sometimes trigger conflict. The positive impacts of this interaction include close family relationships and happiness, while the negative impacts are the emergence of prestige related to social status and conflict due to unbalanced communication.
3	"When Being Distance Is A Choice" A Phenomenological Study Of The Experiences Of Working Wives In Long Distance Marriage[16]	The study aims to explain the experiences of wives who are in long-distance marriages.	The qualitative phenomenological approach was then analyzed using interpretative phenomenological analysis (IPA). Data collection using semi-structured interviews involving	strategies to face the challenges of long-distance marriage by seeking entertainment such as sports, shopping, gathering with friends to contacting partners, the breadth of access to finding entertainment

			two female respondents.	cannot be separated from stable economic conditions and factors of residence in big cities.
4	Problems of Long Distance Marriage Relationships on the Formation of Sakinah Mawaddah Warahmah Families (Case Study in Setungkep Lingsar Village, Keruak District, East Lombok Regency)[17]	This research was conducted to discuss and find out whether long-distance marriage relationships can achieve the goal of a peaceful, loving and compassionate marriage and what the impacts of long-distance marriage relationships are.	This study uses a qualitative research method with a case study approach. This research is a field research.	The results of this study conclude that in terms of the aspects that must be fulfilled by a harmonious, loving and compassionate family (samara), long-distance marriage relationships cannot fulfill the aspects of fulfilling sexual relations and the aspect of at-ta'awun (cooperation).
5	The Influence of Self Disclosure on Marital Satisfaction in Long-Distance Marriage Couples[18]	This study aims to see the effect of self-disclosure on marital satisfaction in long-distance marriage couples.	Using non-experimental quantitative causality methods	Self-disclosure has a significant impact on marital satisfaction
6	The Relationship between Interpersonal Communication and Relationship Satisfaction in Long-Distance Marriages of Early Adult Couples[19]	This study aims to describe the relationship between interpersonal communication skills and relationship satisfaction in long-distance marriages (LDM).	Using a quantitative correlational research method with the aim of determining whether or not there is a relationship between interpersonal communication and relationship satisfaction in LDM couples.	There is a positive relationship between interpersonal communication and satisfaction in the relationship of couples undergoing LDM.
7	Long Distance Marriage Conflict Management Strategy In Maintaining Household Harmony (Case Study On Working Couples)[3]	This study focuses on conflict management strategies implemented by working couples in long-distance marriages. The focus of the study includes marital commitment, parenting dynamics, and marital satisfaction in the context of long-distance relationships, with the aim	The method used in this study is a case study with a qualitative approach. Data collection was carried out through observation, in-depth interviews, and documentation studies. Data analysis involves the steps of data reduction, data	The results of the study showed that the commitment of marriage in couples in long-distance relationships was built before and after marriage with positive habits that strengthen emotional closeness and commitment. The dynamics of childcare

		of maintaining household harmony.	presentation, and drawing conclusions, as well as data and method triangulation to ensure the accuracy of the findings.	are also a challenge in themselves, requiring special strategies and effective communication in dealing with differences in parenting styles. Couples who undergo LDM show a good level of marital satisfaction, marked by the fulfillment of aspects of marital satisfaction. Common problems that arise are communication, finances, and childcare. The conflict management style applied is the compromise and accommodation style, which is used as an alternative strategy in maintaining household harmony amidst the challenges of LDM.
8	Self-Disclosure With Marital Satisfaction In Long-Distance Marriage Couples[20]	This study focuses on the relationship between self-disclosure and marital satisfaction in couples undergoing long-distance marriages in East Kalimantan. The main objective is to examine whether the level of self-disclosure of couples has a significant correlation with their marital satisfaction, especially in the context of physically separated marriages.	This study uses a quantitative approach with data collection techniques in the form of a scale of self-disclosure and marital satisfaction, arranged in the form of a Likert scale. The subjects of the study consisted of 100 people undergoing LDM in East Kalimantan, selected through a purposive sampling method. Data analysis was carried out using the Pearson Product Moment correlation	The results of the study showed a positive and significant relationship between self-disclosure and marital satisfaction in LDM couples. This finding indicates that the higher the level of self-disclosure of couples in long-distance marriages, the higher their level of marital satisfaction. Self-disclosure has been shown to be an important factor in maintaining relationship quality, helping couples overcome physical

			test to test the relationship between self-disclosure and marital satisfaction.	distance by sharing information and feelings with each other.
9	Communication And Conflict Management In Couples Undergoing Long Distance Marriages In Karawang Regency[21]	This study aims to reveal the communication and conflict management strategies implemented by long-distance married couples.	Using a qualitative approach with a phenomenological type to find out the participants' experiences in undergoing a long-distance marriage.	The results of this study indicate that there is a commitment that is carried out from the beginning of a long-distance marriage relationship, so that each couple can maintain communication in their relationship and can manage conflicts that sometimes arise. The results of this study were confirmed using romantic relationship theory and triangular theory of love.
10	Marital Satisfaction and Conflict Resolution in Long Distance Marriage Couples[22]	This study focuses on the relationship between marital satisfaction and conflict resolution in couples in long-distance marriages (LDM). This study aims to understand how marital satisfaction can affect couples' ability to resolve conflicts that occur, especially in couples who experience physical separation due to work or other needs.	This study uses a quantitative correlational method with a purposive sampling technique. The research participants consisted of 66 couples who met the criteria, namely married, under 40 years old, and undergoing a long-distance marriage.	The results of the study showed a positive relationship between marital satisfaction and conflict resolution in LDM couples. This shows that the higher the perceived marital satisfaction, the better the couple's ability to resolve conflicts. Thus, couples who feel satisfied in their marriage are better able to maintain a harmonious relationship and resolve problems constructively, even though they are limited in terms of physical interaction.

4 DISCUSSION

Long-distance marriages in Indonesia show various factors that play a role in the resilience of long-distance marriage (LDM) couples. Mulyani [14] highlights the importance of social media in maintaining communication and emotional closeness for LDM couples. Social media provides a space for couples to stay connected, even though they are physically separated, so it can reduce feelings of loneliness and uncertainty in relationships. This aligns with the findings of Pratiwi and Nugraheni [15], who discussed the social relationship strategies used by LDM couples in urban areas, including utilizing digital technology to communicate and maintain family ties. Digital technology is an important tool in maintaining family resilience amidst long-distance challenges.

Sanjaya and Hananiah [19] deepened this perspective by finding that interpersonal communication significantly correlates with relationship satisfaction in LDM couples. Their findings indicate that it is not only the frequency of communication that is important but also the quality of the interaction that can build trust and emotional closeness between partners. Openness and trust in LDM couple communication are essential to achieve relationship satisfaction. Family resilience in LDM couples can be achieved through effective communication technology and the quality of interactions that can maintain intimacy and trust, even though they are separated by distance.

Family resilience in long-distance marriage (LDM) shows that openness and quality communication are crucial to maintaining harmony. Handayani [17] highlighted LDM couples' psychological challenges in achieving a sakinah, mawaddah, and rahmah family. Handayani found that couples in LDM must have high emotional closeness and good communication skills to overcome feelings of loneliness and avoid potential conflicts caused by distance.

The above findings are supported by research by Masykur and Supatmi [23], which shows that LDM couples with higher levels of self-disclosure tend to feel more satisfied in their marriage. Self-disclosure allows couples to share concerns, hopes, and aspirations, strengthening emotional bonds and trust. They noted that couples who are active in sharing personal information and are open about each other's feelings tend to be better able to face LDM challenges.

Manullang's [20] findings reinforce the importance of self-disclosure in LDM by showing that self-disclosure has a significant positive relationship with marital satisfaction. Manullang's research results state that couples who consistently communicate openly can build trust and increase relationship resilience despite limited physical interaction. Self-disclosure functions as a means of communication and a way for couples to cope with stress and maintain emotional balance in long-distance marriages.

Other discussions on long-distance marriage (LDM) suggest that the resilience of a marriage depends on the couple's ability to manage conflict and maintain marital satisfaction through communication and self-disclosure. Pranacita [3] highlights that LDM couples who succeed in maintaining marital harmony generally apply conflict management strategies based on compromise and accommodation. This strategy helps

them deal with differences of opinion and build mutual understanding to maintain intimacy and commitment to the relationship despite being separated by distance.

This finding is supported by Manullang's [20] research, which found that self-disclosure significantly influences marital satisfaction in LDM. Openness allows couples to express feelings and expectations honestly, strengthening trust and emotional closeness between partners. Manullang's research shows that couples with higher self-disclosure tend to be more satisfied in their relationships because openness creates a comfortable communication space and strengthens emotional connections.

Noor et.al [21] emphasize the importance of structured communication as an important factor in maintaining the resilience of LDM marriages. Couples who communicate regularly and effectively can maintain relationship satisfaction because good communication can reduce misunderstandings and strengthen emotional connections. According to them, regular communication facilitates understanding and strengthens relationships even though they are physically separated.

In addition, Anisah et al. [22] showed a positive relationship between marital satisfaction and conflict resolution skills in LDM couples. They found that couples with high marital satisfaction tend to have better conflict resolution skills because this satisfaction strengthens the motivation to deal with conflict constructively and maintain relationship stability.

Overall, the above findings suggest that self-disclosure, conflict management strategies, and regular communication are important elements in maintaining marital resilience in LDM couples. These three factors complement each other in building trust, strengthening commitment, and increasing relationship satisfaction, thus helping LDM couples overcome distance challenges and maintain family harmony.

5   CONCLUSION

The resilience of long-distance marriages (LDM) in Indonesia relies heavily on key elements like self-disclosure, effective conflict management strategies, and regular, quality communication. Couples who openly share their thoughts and emotions tend to build stronger emotional bonds and trust, essential for coping with the physical separation inherent in LDM. Additionally, conflict management strategies such as compromise and accommodation allow couples to handle disagreements constructively, maintaining intimacy and commitment despite the distance. Regular and structured communication further supports relationship satisfaction by reducing misunderstandings and fostering emotional closeness. Together, these factors work synergistically to reinforce marital satisfaction and stability, enabling couples to navigate the challenges of long-distance relationships and sustain family harmony.

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