

## The Relationship Between Marital Satisfaction and Family Resilience in Families Working as Farmers and Fishermen

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### Abstract

This research aims to analyze the relationship between marital satisfaction and family resilience in families working as farmers and fishermen in Kupang City, East Nusa Tenggara. The urgency of this study lies in the fact that farming and fishing families are the backbone of Indonesia's rural and coastal economies, yet they are highly vulnerable to economic instability, occupational hazards, and the growing impacts of climate change, which can disrupt their livelihoods and family harmony. Such pressures often lead to stress and conflict within marriages, potentially reducing marital satisfaction and weakening family resilience. Using a quantitative correlational approach, this study involved 190 respondents selected through accidental sampling, with data collected using Likert scale instruments to measure marital satisfaction and family resilience. The Spearman correlation analysis revealed a significant positive relationship between marital satisfaction and family resilience ( $r = 0.442$ ;  $p < 0.05$ ), with an effective contribution of 19.54%, indicating that higher marital satisfaction enhances a family's ability to cope with life challenges. However, around 80.46% of the variation in family resilience is influenced by other factors such as social support, communication effectiveness, and economic well-being. The findings highlight the importance of fostering healthy marital communication and building community-based support systems for farming and fishing families, while also suggesting future research to explore other determinants that contribute to strengthening family resilience in similar socioeconomic settings.

**Keywords:** family resilience, marital satisfaction, farmers, fishermen, rural families, coastal communities, Kupang City, East Nusa Tenggara



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## INTRODUCTION

Marriage is a gift from God, uniting two people who love each other. Every individual who decides to marry certainly has hopes and dreams of creating happiness, harmony, and satisfaction in their married life. However, the reality of married life is not always smooth sailing. Various challenges and trials often arise as an integral part of family life. The ability to survive and recover from each problem faced is key to building family resilience. In Indonesia, with its diverse social, economic, and cultural landscape, challenges in married life are often closely tied to the family's financial well-being. Families working as farmers and fishermen, who are crucial for the rural and coastal economies, face economic instability, occupational hazards, and the growing impacts of climate change. It is assumed that higher marital satisfaction contributes positively to family resilience, enabling families to better cope with these challenges. This is especially evident in communities that depend on agriculture and fisheries for their livelihoods, two main pillars of the economy in many regions of Indonesia. As a country with abundant natural resources, both on land and at sea, Indonesia has a large population of families who rely on farming and fishing as their primary source of income.

According to the KBBI (Big Indonesian Dictionary), farming is a human activity. Sukino explains that a farmer is someone who works in the agricultural sector, with a primary focus on cultivating land to plant and care for various types of crops such as rice, fruit, and ornamental plants (Aidah & Anugrah, 2021). They carry out this activity to produce agricultural products that can be used for their own needs or marketed to consumers. The KBBI defines a fisherman as someone who works by catching fish in the ocean. Sastrawijaya and Manadiyanto explain that fishermen are a group of people who live off the sea and live in villages or coastal areas (Prihatiningtyas, 2022).

In Indonesia, several farming and fishing families have faced problems in their family life. The primary issue that often arises is economic. According to data from the Central Statistics Agency (BPS) in 2023, there were 28,419,398 agricultural households and 27,368,975 farming households in Indonesia. Wiradi's research indicates that the majority of poor families belong to the lower land ownership stratum, while families with large landholdings have easier access to sources of income (Sihaholo & Sita, 2021). Based on data from Anwar & Wahyuni, the majority of Indonesian fishermen, approximately 14.58 million people (90% of the total 16.2 million fishermen), live in dire conditions with economic and political limitations, and are categorized as poor. This is also supported by research conducted by Eliya and Budiyo, who found that 85.72% of the heads of fishing families in Pasar Krui Village had basic education (elementary and junior high). Fishermen struggle to obtain higher education due to economic limitations and the weak economic conditions of their families (Anwar & Wahyuni, 2019).

Another issue faced is the risk of occupational safety. This is supported by research conducted by Hansen et al., which suggests that fishermen continue to face physical challenges in carrying out their work. Fishermen experience vibrations throughout their bodies caused by the impact of waves, then quite extreme environmental conditions, such as exposure to strong winds, cold air, and hot air, which, in combination with other exposures, can contribute to an unhealthy work environment and also cause increased health risks (Nasution et al., 2024). Similarly, for farmers, occupational safety issues are particularly significant when climate and weather changes have a substantial impact on their lives. According to the Research and Development Agency (Balitbang), the impact of climate change on the agricultural sector encompasses various aspects, ranging from agricultural production systems and infrastructure to food security and independence, as well as the welfare of farmers and the community in general (Anwar & Wahyuni, 2019). Therefore, farmers, who are food producers and the hope of society, it is essential for the government to pay special attention to vulnerable groups of farmers who are at risk from climate change.

The impact of climate change significantly affects farmers' income and resilience. According to Walker et al. (2021), resilience is the system's capacity to cope with disruptions and reorganize in response to changes. In the context of climate change, communities that are more resilient will be better able to recover, cope with, and capitalize on both predicted and unpredictable impacts of climate change. Research conducted by Febrizki and Luthfi explains that salt prices are often unstable due to uncertain climate conditions, which makes salt farmers in Kedungmalang vulnerable. Furthermore, socio-cultural, economic, and environmental conditions contribute to vulnerability. Farmers must develop resilience to maintain salt farming by taking on side jobs, saving production costs, and utilizing social capital (Febrizki & Luthfi, 2022). Research conducted by Wahyono and Nadzir shows that fishermen's resilience in the face of climate change is influenced by factors such as catch units, experience, and basic needs. Fishermen at Grajagan Beach tend not to take the risk of going out to sea if the waves at Pelawangan are high.

Family resilience (family resilience), as presented by KalilResilience, is a family's ability to adapt and overcome various challenges by adapting together as a whole and functioning as a family unit (Salsabilla, 2023). Research conducted by Chamro & Widjyanthi explains that helping the family economy when fishermen's income decreases is considered a form of utilizing human capital in household assets to maintain resilience. The same research results from Chamro & Widjyanthi explain that asking for support in the form of food and money, whether given for free or borrowed from family, friends, and neighbors, is considered a form of utilizing social capital to maintain household assets and resilience (Chamro & Widjyanthi, 2020). The results of research conducted by Andini et al. on farmer resilience in Latuhalat Ambon found that farmers employ various livelihood strategies, both agricultural and non-agricultural, in an effort to maintain their livelihoods. Several factors, such as internal and external defense factors and risk factors, influence family resilience (Chamro & Widjyanthi, 2020).

Marital satisfaction is one factor that influences family resilience. It is hypothesized that couples with higher marital satisfaction will demonstrate greater family resilience, as positive marital interactions may strengthen coping mechanisms against economic, occupational, and environmental challenges. Research conducted by Yuni Ratna Sari and Rahayu Sulistyowati revealed that the resilience of couples experiencing infertility is influenced by two main aspects. First, there are differences in roles and relationships between husband and wife in dealing with infertility issues. Second, internal factors such as communication, time spent together, spiritual life, commitment, affection, and the ability to resolve conflicts also play a significant role in their resilience (Rosyad, 2023). This finding aligns with research conducted by Pandanwati & Suprapti, which shows that marital satisfaction does not directly impact family resilience. However, marital satisfaction can influence family resilience through other factors such as communication, intimacy, and sexual satisfaction (Oktavia et al., 2020).

Olson et al. state that marital satisfaction can be measured through various aspects that reflect the feelings of happiness, contentment, and joy experienced personally by each partner in their marital relationship. According to Haris and Kumar, marital happiness is each individual's assessment of their experiences in their married life (Sajidah et al., 2022). Another definition, explained by Taylor et al., is that marital satisfaction is a subjective evaluation by each partner of their marital relationship.

Research conducted by Muntamah and Suryanto indicates that family resilience is a strategy employed by families to overcome problems or obstacles, ultimately leading to a successful marriage (Muntamah & Suryanto, 2023). Another research by Riggs & Riggs argues that good communication and emotional support in marriage also contribute to family resilience. When couples can communicate well and overcome obstacles in a positive and constructive manner, they are better prepared to face any future life transitions (Muntamah & Suryanto, 2023).

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This finding aligns with research conducted by Herawati et al., who discovered a positive correlation between family resilience and marital happiness, a fundamental aspect of achieving overall happiness. However, research also suggests a negative relationship between marital satisfaction and family resilience (Herawati et al., 2021).

Based on this problem and the reviewed literature, this study aims to investigate the relationship between marital satisfaction and family resilience specifically among families working as farmers and fishermen in Kupang City, East Nusa Tenggara. This research seeks to clarify how marital satisfaction contributes to family resilience in these vulnerable communities.

## RESEARCH METHOD

This study employs a quantitative correlational design to examine the relationship between marital satisfaction and family resilience among couples working as farmers and fishermen in Kupang City, East Nusa Tenggara. Data were collected using structured questionnaires based on a Likert ordinal scale, covering two variables: marital satisfaction and family resilience. The questionnaires were administered in person, with respondents guided to ensure a clear understanding of each item, thereby improving data accuracy.

The population consisted of wives whose husbands worked as farmers or fishermen, and a non-probability incidental sampling technique was used. Participants were included if they met the following criteria: (a) being the wife of a husband working as a farmer or fisherman, and (b) domiciled in Kupang City.

Data analysis was conducted in several stages. First, the normality of the data was examined using the Kolmogorov-Smirnov test in IBM SPSS Statistics 26, with  $p > 0.05$  indicating normal distribution. Next, linearity tests were performed to determine whether the relationship between marital satisfaction and family resilience was linear, with  $p < 0.05$  indicating linearity.

The hypothesis testing involved the Pearson Product-Moment correlation to assess the strength and direction of the relationship between the two variables. The null hypothesis ( $H_0$ ) stated that there is no significant relationship between marital satisfaction and family resilience, while the alternative hypothesis ( $H_1$ ) stated that a significant relationship exists. Assumptions of normality and linearity were confirmed before performing the correlation analysis to ensure its appropriateness. The correlation coefficient ( $r$ ) was interpreted to evaluate the magnitude of the relationship, and the  $p$ -value determined its statistical significance at the 0.05 level.

Through this systematic procedure, the study aimed to provide a clear understanding of how marital satisfaction contributes to family resilience in farming and fishing households in Kupang City.

## RESULTS AND DISCUSSION

### *Normality Test*

Results of normality tests on variables marital satisfaction and family resilience show a Kolmogorov-Smirnov value of 0.113 with a significance level of 0.000 ( $p < 0.005$ ). These results indicate that the data on both variables are not normal.

Table 1. Normality Test

Variable	Kolmogorov-Smirnov	Asymp.Sig.(2-tailed)	Information
<i>Marital satisfaction And Family resilience</i>	0,113	0,000	No normal

### *Linearity Test*

The results of the linearity test obtained an F linearity value of 57.520 with a significance value of 0.000 ( $p < 0.05$ ), so it can be said that there is a linear relationship between the variables marital satisfaction to family resilience.

Table 2. Linearity Test

Variable	F	P	Information
Marital satisfaction & Family resilience	57,520	0,000	Linear

### *Hypothesis Testing*

Based on previous testing, this research used Pearson's Product Moment correlation. Because the data were not normally distributed, the test was conducted using Spearman's rank, which showed  $r = 0.442$  with a significance of 0.000 ( $p < 0.05$ ). This indicates a significant positive relationship between marital satisfaction and family resilience in families who work as farmers and fishermen.

Table 3. Hypothesis Testing

		Correlations		
			Marital satisfaction	Family resilience
Spearman's rho	Marital satisfaction	Correlation Coefficient	1.000	.442
		Sig. (2-tailed)		.000
	Family resilience	N	190	190
		Correlation Coefficient	.442	1.000
		Sig. (2-tailed)	.000	
		N	190	190

## DISCUSSION

This research aimed to determine the relationship between marital satisfaction and family resilience in families working as farmers and fishermen. The results showed a significant positive relationship, with a correlation coefficient of 0.442 and a significance value of 0.000 ( $p < 0.05$ ), indicating a moderate and positive correlation. Therefore, the hypothesis proposed in this research was accepted: the higher the marital satisfaction, the higher the family resilience, and vice versa.

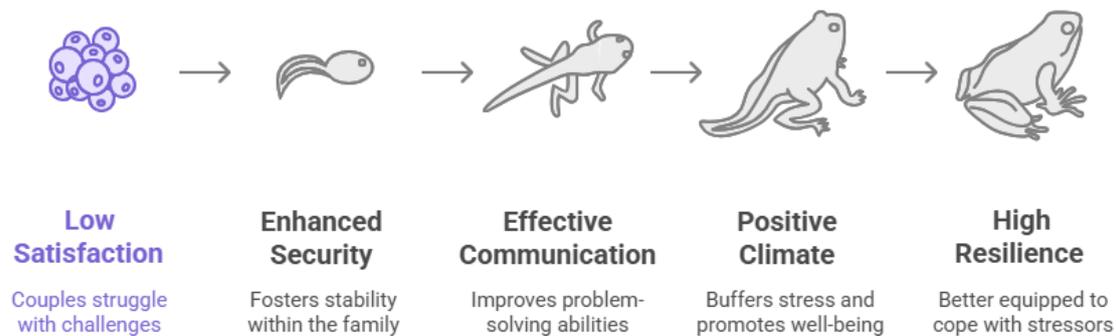


Figure 1. Marital Satisfaction to Family Resilience

This finding aligns with (Herawati et al., 2021), who also found a positive correlation between family resilience and marital happiness. Similarly, research by Muntamah & Suryanto (2023) highlighted that effective communication and emotional support in marriage enhance family resilience. However, unlike Pandanwati & Suprapti (2020), who suggested that marital satisfaction influences resilience indirectly through factors such as intimacy and communication, this study demonstrates a direct positive relationship in the context of farming and fishing families in Kupang City. These similarities and differences suggest that the role of marital satisfaction may vary depending on occupational and cultural contexts.

Marital satisfaction can be defined as a subjective evaluation by a husband and wife regarding their married life. When both partners are satisfied, they communicate more effectively and openly, which contributes to family resilience. In this study, the focus was on wives whose husbands work as farmers or fishermen, where marital satisfaction is crucial due to long working hours and economic pressures. Satisfied couples can provide better emotional support to each other and their children, enhancing resilience.

Further, Walsh (Puspitawati et al., 2019) emphasized that marital satisfaction can be influenced by family resilience, which is shaped by a family's ability to endure crises, cope with life-stage challenges, and access social support. This reciprocal relationship highlights the interconnectedness of marital satisfaction and family resilience.

Based on descriptive analysis, the marital satisfaction variable had a mean score of 44.3 (high category), and family resilience had a mean score of 101.6 (high category). This aligns with Febrizki & Luthfi (2022), who observed that farmers with supportive household relationships displayed higher resilience, suggesting that marital satisfaction contributes meaningfully to family coping capacity.

The effective contribution of marital satisfaction to family resilience was 19.54%, indicating that other factors, such as social support, problem-solving skills, and spirituality (McCubbin & McCubbin, 1988), account for the remaining 80.46%. This is consistent with prior research emphasizing that family resilience is multifactorial and cannot rely solely on marital satisfaction (Herawati et al., 2021).

For families working as farmers and fishermen, the findings suggest the importance of developing flexible role-sharing during busy periods, such as harvest or fishing seasons, establishing effective communication patterns between spouses, and forming peer support groups among farmers or fishermen to exchange strategies for overcoming family challenges. Social support networks are critical for enhancing both marital satisfaction and family resilience, as families can share experiences and coping strategies, which in turn strengthens their ability to adapt and thrive in the face of economic, occupational, and environmental pressures (Puspitawati et al., 2019).

This research faced certain constraints: (1) limited time for offline subject recruitment due to distance between the researcher in Salatiga and participants in Kupang City, and (2) difficulties in direct interaction with some participants, particularly those unfamiliar with Google Forms or without smartphones, which led to the use of paper-based questionnaires completed in person.

## CONCLUSION

Based on the research conducted, it was found that there is a positive relationship between marital satisfaction and family resilience in families working as farmers and fishermen, indicating that the higher the marital satisfaction, the higher the family resilience. Furthermore, the results of the score categorization indicate that the average respondent has a level of marital satisfaction and family resilience that is classified as high. Furthermore, the results of the effective contribution calculation indicate that marital satisfaction accounts for 19.54% of family resilience, while the remaining 80.46% is attributed to other factors not examined in this research.

Future research should explore qualitative perspectives on how communication dynamics, social support systems, and cultural values shape family resilience in rural and coastal communities, providing deeper insights into the psychosocial mechanisms behind these relationships.

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