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THE INFLUENCE OF STRESS SYMPTOMS AND COPING STRATEGIES ON THE QUALITY OF MARRIAGE IN FEMALE PRISONER FAMILIES

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ABSTRACT
The quality of marriage in families of prisoners needs more attention because of the many challenges faced. This study analyzes the effects of stress symptoms and coping strategies on the marital quality of female inmates at the Class II A Women's Prison in Jakarta. Using a cross-sectional design and purposive sampling, 36 female inmates were involved. The findings show that the wife's education level and length of stay in prison are negatively related to cognitive stress. In contrast, the husband's educational level is negatively associated with affective stress. Affective stress also negatively impacts marital happiness and satisfaction. Conversely, emotion-focused coping strategies positively influence marital satisfaction, and the wife's education level is positively linked to marital happiness. Other factors, such as the wife's and husband's age, family size, and husband's occupation, show positive relationships with marital satisfaction. Regression analysis indicates that marital quality is positively influenced by the number of children and coping strategies, but negatively affected by stress symptoms. Evaluation and development of coping strategies need improvement, with special attention to emotion-focused strategies, such as spiritual practices, which have been shown to enhance marital quality.

Keywords: coping stress; female prisoners; marital quality; prisoner families; stress symptoms.

INTRODUCTION

The family is the smallest institution while simultaneously holding an essential role in society. Generally, an intact family lives together under one roof, fulfilling its expected roles, functions, and responsibilities. However, female inmates experience a different situation. Families in this condition face unique challenges as a wife and mother in the family must be separated from her loved ones to serve her sentence. This separation limits her ability to perform her roles optimally due to distance, time, and limited opportunities.

Inmates, officially referred to as *Warga Binaan Pemasyarakatan* (WBP) according to Law Number 22 of 2022 concerning Corrections, are convicts currently undergoing rehabilitation programs in Correctional Institutions (prisons). Globally, many women are serving penal sentences as inmates. In Indonesia, the number of female inmates has been steadily increasing since 2000. By 2023, Indonesia ranked among the top 100 countries with the highest percentage of female inmates worldwide. According to the World Prison Brief (2023), 12,731 individuals, or 4.8% of the total female population, are involved in criminal offenses. This is particularly concerning, given that female inmates play a crucial dual role as wives and mothers within their families.

The incarceration of women is distinct and significantly different from that of men. Alarmingly, incarceration often leads to female inmates being abandoned by their partners, frequently resulting in divorce (Sergin & Flora, 2005, in Einat et al., 2013). In contrast, marriages tend to remain intact when the convicted individual is male (Shapiro, 2003). Psychologically, the emotional state and mental awareness of female inmates also differ from those of their male

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counterparts (Ardila & Herdiana, 2013). This is supported by research conducted by Utami and Pratiwi (2011), which explains that female inmates are more susceptible to stress.

Coping strategies play a vital role in managing the stress experienced by female inmates and its impact on marital quality. A lack of knowledge or skills in adopting healthy coping strategies poses a significant challenge for female inmates. They often rely on unhealthy coping mechanisms, such as substance abuse or self-destructive behaviors, as a response to stress (Hidayati et al., 2023). Female inmates who can adopt healthy coping strategies during their incarceration are more likely to manage stress, maintain mental health, and indirectly stabilize family functions. This aligns with Bukhari's (2022) research, which shows that coping strategies can improve marital satisfaction and enhance the quality of marriage.

Incarceration conditions significantly influence the marital quality of families with female inmates. Incarceration creates a void in family roles and responsibilities. The structural changes in the families of female inmates often require the partner to temporarily assume the role of a single parent for a specific period. Partners must adapt to the changes in family dynamics and their consequences. This aligns with research by Fidyawati and Ardi (2024), which indicates that long-term separation of family members can affect family structure and roles. The loss of functions typically carried out by female inmates, such as their roles as mothers or financial supporters, can disrupt overall family stability. This loss may also trigger changes in family dynamics, with other family members possibly having to take over the roles previously performed by the female inmates. Such adjustments can lead to imbalances in family relationships and affect the mental and emotional well-being of both the inmates and their family members outside the prison. Based on the aforementioned discussion, this study aims (1) to identify the characteristics of inmates, family characteristics, stress symptoms, coping strategies, and marital quality in families with female WBP; (2) to analyze the relationship between Inmate's characteristics, family characteristics, stress symptoms, coping strategies, and marital quality in families with female WBP; (3) to examine the influence of inmate's and family characteristics, stress symptoms, and coping strategies on the marital quality of families with female WBP.

The novelty of this study lies in its integrated analysis of stress symptoms, coping strategies, and marital quality within families of female prisoners, a population that has received limited empirical attention, particularly in the Indonesian correctional context.

METHOD

This study uses a quantitative, cross-sectional design, which collects data over a specific period. Sampling was carried out using a purposive sampling technique. The study population was female prisoners. The study's sample criteria were having a husband and children and being in prison for at least 6 months. The number of samples that met the criteria was 36. The sample in this study consisted of a female prisoner who was a wife. The variables in the study were measured using instruments from previous studies, which were subsequently modified to meet the study's needs. Stress symptoms were measured using the Stress Symptom Scale (Elkin, 1999), which had a Cronbach's alpha of 0.897. Coping strategies were measured using the Ways of Coping questionnaire from Folkman and Lazarus (1986), which the researcher modified. Ways of Coping has a Cronbach's alpha value of 0.912. Meanwhile, marital quality was measured using a questionnaire developed by Conger et al. (1994) and modified by Sunarti et al. (2005), with a Cronbach's alpha of 0.879. Scoring for all variables uses a Likert scale, namely 0 = never, 1 = sometimes, and 3 = often. The primary data were processed and analyzed descriptively, including relationship and influence tests, using Microsoft Excel and SPSS 26. The categorization of variables was based on cut-off points: low (<60), medium (60-<80), and high (≥80) (Sunarti, 2021).

RESULTS AND DISCUSSION

Characteristics of WBP

The results show that half of the respondents are in the early adulthood category (50%), followed by middle adulthood (47,22%), and only a few are in the late adulthood category (2,78%), with an average age of 40,8 years. The average length of education taken by female WBP is 13.6 years. Half of the respondents (50%) completed secondary education and did not pursue higher education (41,67%). This shows that most respondents have completed secondary education or higher, indicating a relatively high level of education among female WBP. More than half of the respondents (52,8%) have served a sentence of more than one year to three years, and only a small portion have served sentences of more than five years (5,6%).

Characteristics of WBP Families

The youngest husband is 21, and the oldest is 70. More than half of the respondents' husbands are in the middle adult category (58,3%) with an average husband age of 43.1 years. Half of the respondents' husbands have secondary education (55,6%), followed by those with higher education (38,9%). The highest percentage of WBP husbands have permanent jobs (61,1%), such as self-employed, entrepreneurs, civil servants, security guards, and cashiers. Some others have non-permanent jobs (22,2%), such as casual laborers, project workers, and drivers; unemployed because they do not have a job (5,6%); and unemployed because they are in prison (11,1%). Most have two children (41,7%) with an average of three children. The highest percentage of female WBP families is nuclear families (69,4%), and the rest are extended families (30,6%). The average number of family members is six. The length of marriage of WBP and their husbands was more than half (52,8%) 15 years, with the shortest being 3 years, the longest 38 years, and the average 16,69 years.

Stress symptoms

Respondents' stress symptoms are included in the low category with an average index of 36,18. All supporting dimensions of stress symptoms, such as cognitive, physical, affective, and behavioral dimensions, are all in the low category. This indicates the low stress symptoms experienced by respondents. The dimension with the highest average is the cognitive dimension (45,83%). Meanwhile, the dimension with the lowest average is the behavioral dimension (20,83%). The cognitive dimension is indicated by symptoms such as difficulty in making decisions, loss of life purpose, lack of focus, frequent forgetfulness, and inability to stop evil thoughts. Meanwhile, the behavioral dimension is indicated by withdrawing from relationships with friends and family and behaving as they please.

Table 1 Distribution of examples based on stress symptom variables.

Dimensions	Stress Symptoms									
	Cognitive		Physical		Affective		Behavioral		Stress Symptoms	
	n	%	n	%	n	%	n	%	n	%
Low (<60)	21	58,33	30	83.33	32	88,89	35	97,22	30	83,33
Medium (60-80)	12	33,33	4	11,11	4	11,11	1	2,78	6	16,67
High (>80)	3	8,33	2	5,56	0	0	0	0	0	0
Total	36	100	36	100	36	100	36	100	36	100
Min-max	0-100		0-100		0-75		0-75		2,5-77,5	
Average±Std.	41,94±28,17		30,56±24,69		24,58±20,08		15,97±20,54		36,18±20,26	

Source: Researcher's Data, 2024.

Coping Strategy

The respondents' coping strategy in this study falls in the moderate category, with an average index of 66,06. Coping strategies include two dimensions: emotion-focused and problem-focused. The results show that, although not very significant, emotion-focused coping strategies are higher than problem-focused coping strategies. In the emotion-focused dimension, the average index is 67,65. This value is slightly higher than the problem-focused dimension with an average index of 63,52.

Table 2 Distribution of examples based on coping strategy variables.

Dimensions	Coping Strategies					
	Emotion-focused coping strategies		Problem-focused coping strategies		Coping Strategy	
	n	%	n	%	n	%
Low (<60)	8	22,22	16	44,44	10	27,78
Medium (60-80)	23	63,89	16	44,44	23	63,89
High (>80)	5	13,89	4	11,11	3	8,33
Total	36	100	36	100	36	100
Min-max	35,42-85,42		33,33-86,67		47,44-84,62	
Average±Std.	67,65±11,06		63,52±15,27		66,06±9,87	

Source: Researcher's Data, 2024.

In the emotional focus dimension, the highest achievement was in accepting responsibility with an average index of 82,98. This aspect of accepting responsibility is shown by self-criticism, recognizing the problem as one's own, promising not to repeat it, and apologizing or offering forgiveness to resolve it. In the problem focus dimension, the highest achievement was in confrontative coping, with an average index of 58,33. The confrontative coping aspect is shown by respondents who are firm in their stance, express anger toward the person who caused the problem, and try to do something even though it does not work.

Table 3 Distribution of examples based on the variables of coping strategies, emotional focus dimensions, and problem focus dimensions.

Dimensions	Low		Medium		High		Min-Max	Average index±sd
	n	%	n	%	n	%		
Emotion-focused coping strategies								
Distancing	15	41,67	12	33,33	9	25	30-100	60±21,12
Self-controlling	12	33,33	11	30,56	13	36,11	10-100	62,78±25,25
Accepting responsibility	2	5,56	13	36,11	21	58,33	50-100	82,98±14,69
Escape-avoidance	19	52,78	14	38,89	3	8,3	20-80	51,94±15,82
Positive reappraisal	2	5,56	12	33,33	22	61,11	30-100	75,83±14,42
Problem-focused coping strategies								
Confrontative coping	16	44,44	16	44,44	4	11,11	16,67-100	58,33±18,47
Seeking social support	24	66,67	5	13,89	7	19,44	0-100	52,55±16,96
Planful problem solving	9	25	14	38,89	13	36,11	33,33-100	50,06±24,78

Source: Researcher's Data, 2024.

Marital Quality

The quality of respondents' marriages is included in the moderate category with an average index of 64,28. The results show that the dimension of marital happiness is higher than marital satisfaction. In the dimension of marital happiness, the average index is 65,02, while the average index of marital satisfaction is 61,42.

Table 4 Distribution of samples based on marital quality variables.

Dimensions	Marital Quality					
	Marital Happiness		Marital Satisfaction		Marital Quality	
	n	%	n	%	n	%
Low	14	38,89	18	50	14	38,89
Medium	14	38,89	5	13,89	12	33,33
High	8	22,22	13	36,11	10	27,78
Total	36	100	36	100	36	100
Min-Max	21,88-100		21,88-100		16-100	
Average±St. Dev	65,02±18,85		61,42±27,78		64,28±20,47	

Source: Researcher's Data, 2024.

In the dimension of marital happiness, the results show a fairly even distribution across categories: low (38,89%), medium (38,89%), and high (22,22%). Meanwhile, in the dimension of marital satisfaction, the results show that half of the respondents are in the low category (50%), more than a third in the high category (36,11%), and a small portion in the medium category (13,89%). The aspect of marital happiness in the medium category is indicated by almost all respondents feeling very happy with the presence of their children, more than half of the respondents do not have conflicts with their husbands in educating their children, and three-quarters of the respondents feel happy to be able to raise children even though they are far away. However, almost half of the respondents (44%) have difficulty allocating funds for home care and treatment. Meanwhile, the aspect of moderate marital satisfaction is indicated by respondents who are satisfied with their husband's current job and are satisfied with the treatment of their husband, who has loved the respondents until now. However, more than half of the respondents do not consult their husbands when managing finances (52,78%), and almost half do not have family savings (47,22%).

The Relationship Between Characteristics of WBP and Family with Stress Symptoms, Coping Strategies, and Marital Quality of Female Prisoners

The results of the correlation test in table 5 show that cognitive dimension stress symptoms have a significant negative relationship with the wife's length of education (r=-0,412; p<0,01) and length of stay in prison (r=-0,362; p<0,05), as well as a very significant negative relationship with the husband's length of education (r=-0,424; p<0,01), marital happiness (r=-0,486; p<0,01), and marital satisfaction (r=-0,474; p<0,01). This shows that the higher the stress symptoms, the shorter the education, the shorter the length of stay in prison, and the lower the marital happiness and satisfaction. Affective dimension stress symptoms are also significantly negatively related to marital happiness (r = -0.440; p < 0.01) and significantly to the husband's education period (r = -0.383; p < 0.05), family size (r = -0.431; p < 0.05), and marital satisfaction (r = -0.360; p < 0.01). This means that the higher the affective stress symptoms, the shorter the education, the smaller the family, the lower the happiness and satisfaction of the marriage. Emotion-focused coping strategies show a significant positive relationship with marital satisfaction (r = 0.340; p < 0.05), indicating that the more often this strategy is used, the more satisfied people are with their marriage. In marital quality, happiness has a significant positive relationship with the length of the wife's education (r=0.357; p<0,05), meaning that the longer the wife's education, the higher the happiness. Marital satisfaction is highly significantly positively related to the wife's age (r=0,503; p<0,01), the husband's age (r=0,436; p<0,01), and

family size (r=0,333; p<0,01), and significantly to the husband's occupation (r=-0,281; p<0,005), meaning that the higher the marital satisfaction, the higher the age of the wife and husband, the more stable the husband's occupation, and the larger the family.

Table 5 Correlation coefficients between characteristics of WBP, family, stress symptoms, coping strategies, and marital quality.

Variable	Stress Symptoms				Coping Strategies		Marital Quality	
	Cognitive	Physical	Affective	Behavior	Emotion -focused	Problem -focused	Marital Happiness	Marital Satisfaction
Inmate Characteristics								
Wife's Age	-0.227	0,055	-0,158	-0.315	0,008	-0,286	0,198	**0,503****
Education length	**-0,412***	-0,216	-0,320	0,034	0,126	-0,083	**0,357***	0,316
Duration in Prison	**-0,362***	0,233	-0,019	0,015	-0,215	0,329	-0,287	-0,133
Inmate Family Characteristics								
Husband's Age	-0,311	0,015	-0,157	-0,236	0,102	-0,315	-0,56	**0,436****
Educational Length	**-0,424****	-0,233	**-0,383***	-0,039	0,166	0,019	0,210	0,263
Husband's Income	0.105	0,041	-0,093	-0,040	0,208	0,156	0,119	0,244
Number of Children	-0,132	0,244	-0,117	-0,157	0,085	0,025	0,193	0,119
Family Type	0,053	-0,131	-0,220	-0,065	-0,104	0,135	-0,089	0,005
Family Size	-0,037	0,119	**-0,431***	-0,293	0,031	0,242	0,112	**0,333***
Marriage Duration	-0,188	-0,032	-0,186	-0,029	0,127	-0,121	-0,052	0,221
Stress Symptoms								
Cognitive	1	**0,339***	**0,414***	**0,380***	-0129	0,103	-0,486**	**-0,474***
Physical	**0,339***	1	**0,357***	0,239	0,153	0,161	0,003	0,126
Affective	**0,414***	**0,357***	1	**0,528****	-0,153	-0,055	**-0,440****	-0,360*
Behavior	**0,380***	0,239	**0,528****	1	-0,078	-0,112	-0,328	-0,283
Coping Strategies								
Emotion-focused coping	-0,129	0,153	-0,153	-0,078	1	0,209	0,293	**0,340***
Problem-focused coping	0,103	0,161	-0,055	-0,112	0,209	1	0,308	0,270
Marital Quality								
Marital Happiness	**-0,486****	0,003	**-0,440****	-0,328	0,293	0,308	1	**0,719****
Marital Satisfaction	**-0,474****	0,126	**-0,360***	-0,283	**0,340***	0,270	**0,719****	1
Note: *) Significant at p < 0.05; **) Significant at p < 0.01								

Source: Researcher's Data, 2024.

The Influence of WBP Characteristics, Family Characteristics, Stress Symptoms, and Coping Strategies on Marital Quality

The following table shows the results of the linear regression test of variables on marital quality. The Adjusted R Square value of 0,365 indicates that this model explains 36,5% of the influence of variables on marital quality, while other variables outside this study influence 63,5%.

The results showed that the wife's age, the wife's length of education, the length of time in prison, the husband's age, the husband's job, the husband's education, the husband's income, the size of the family, the type of family, and the length of marriage did not have a significant effect on marital quality. However, the number of children (β = 0,332; p = 0,094) had a significant effect on marital quality. Furthermore, stress symptoms had a very significant adverse effect on marital quality. Conversely, coping strategies had a very significant positive effect on marital quality.

Table 6 Regression coefficients of WBP characteristics, family characteristics, stress symptoms, coping strategies, and marital quality.

Variable	Unstandardized coefficients	Std. error	Standardized coefficient	Sig.
(Constant)	-18,847	46,649		0,690
Inmate Characteristics				
Wife's age	12,933	10,784	0,349	0,243
Education length	7,101	7,511	0,216	0,355
Duration in prison	1,357	4,888	0,053	0,784
Inmate Family Characteristics				
Husband's age	3,851	9,409	0,107	0,686
Husband's job	-1,540	8,307	-0,046	0,855
Education length	-0,708	5,512	-0,035	0,899
Number of children	4,862	3,006	0,332	**0,094***
Family size	7,080	9,561	0,159	0,467
Family type	-7,905	8,074	-0,263	0,338
Marriage duration	-2,290	3,430	-0,129	0,511
Stress Symptoms	-0,345	0,164	-0,343	**0,047****
Coping Strategies	0,929	0,335	0,448	**0,011****
F Test	2,546			
Sig.	0,026			
R. Square	0,601			
Adj. R. square	0,365			
Note: *) Significant at p<0,1; **) Significant at 0,05				

Source: Researcher's Data, 2024.

DISCUSSION

Marital quality is often an important benchmark in a person's family life. Marital quality is assessed from two dimensions, namely marital happiness and marital satisfaction, and consists of various aspects such as economy, intimate relationships, family communication, childcare, and marital commitment. In this study, the quality of marriage from the wife's perspective falls in the moderate range, indicating that it is quite good. This result can be seen in the majority of respondents who are happy with the presence of children, three-quarters of whom are not underestimated by their in-laws, and who maintain their status as wives even while in prison. However, more than a third of respondents have difficulty allocating money for clothes or food, home maintenance, children's education, and furniture. According to research by Conger et al. (2010), economic difficulties can affect family function and cause stress in marriage. Therefore, the economic aspect is an important factor in supporting happiness in marriage. Good economic conditions can reduce stress in relationships, allowing couples to focus more on developing harmonious relationships.

The results of the correlation test indicated that the emotion-focused coping strategy was positively and significantly related to marital satisfaction. The findings of this study indicate that emotion-focused coping strategies are slightly more effective than problem-focused coping strategies. Emotion-focused coping strategies include distancing, self-controlling, accepting responsibility, escape-avoidance, and positive reappraisal, with almost all respondents (91,67%) engaging in emotion-focused coping through positive reappraisal. This aligns with research by Wahidah and Nurdin (2020), which found that the coping strategy used by female prisoners at Class II B Ponorogo Prison is emotion-focused, involving spiritual practices such as praying, reciting the Koran, and meditating. In addition to spiritual practices, coping is also done through storytelling and interaction with fellow prisoners.

In the regression results, coping strategies have a highly significant positive effect on the quality of marriage. This aligns with research by Rachmawati and Mastuti (2013), which found

that coping strategies can increase marital satisfaction, a determinant of marital quality. In addition to coping strategies, the number of children is also a variable that influences the quality of marriage. A greater number of children has a significant positive effect on the quality of marriage. This result aligns with research by Onyishi et al. (2012), which found that having many children can increase marital satisfaction.

This study also found that stress symptoms have a very significant adverse effect on marital quality. This means that the higher the level of stress experienced, the lower the quality of the marital relationship. High stress can disrupt communication, increase tension, and reduce satisfaction in the relationship, thus worsening the quality of marriage in the midst of stressful prison conditions. This conclusion aligns with Iqbal's (2018) research, which shows that couples with positive marital quality tend to feel happier and more satisfied, a finding directly related to their ability to manage the stress and conflict that arise in the relationship.

Stress symptoms arise due to various factors such as isolation, social stigma, and uncertainty about the future. The results of the study showed that the stress symptoms experienced by female prisoners were in the low category in all dimensions, both cognitive, physical, affective, and behavioral. Female prisoners who had low stress symptoms showed success in implementing good and effective coping strategies compared to respondents who had high stress symptoms. However, stress symptoms did not have a significant relationship or influence on the coping strategies used by female prisoners.

Based on the characteristics of prisoners and their families, the findings of this study showed that most respondents were in middle adulthood, aged 41-60 years, with an average age of 40.8 years. Satriyanto and Parnawi (2023) revealed that during this period, many experienced changes in various aspects of their lives, including family and personal relationships, as well as physical and emotional aspects. Middle adulthood is often associated with greater emotional maturity and broader life experiences, which can positively affect the quality of marriage. The results showed that the age of the wife and husband had a significant positive relationship with the dimensions of marital satisfaction in the marital quality variable. This indicates that older female prisoners tend to feel more satisfied in their marital relationships. This aligns with the research of Beitler et al. (2016), which shows that older individuals tend to be more effective communicators and more able to find constructive solutions when facing problems.

The results of the study showed that the educational attainment of both the husband and the wife had a significant negative relationship with cognitive stress symptoms, meaning that the higher the level of education, the lower the level of cognitive stress symptoms. The data showed that female prisoners and their partners who had higher education tended to experience lower cognitive stress. This contributed to improving the quality of marriage in female prisoner families, because higher education allows prisoners to develop more effective coping skills and face life's challenges better. In line with research by Setiawati and Nurhayati (2020), higher education is associated with increased problem-solving ability because individuals have greater access to relevant information and experience.

The results of the study showed that more than half of female prisoners who met the criteria (52,8%) were serving sentences of 1-3 years, and the fewest were those serving sentences of more than 5 years (5,6%). The average respondent at the time of the study was in prison for 1,9 years. The results based on this data show how prisoners adapt and cope with stress during this period. This study also shows that the length of time in prison has a significant effect on the symptoms of cognitive stress in female prisoners. This means that the longer a female prisoner is in prison, the lower the level of cognitive stress symptoms they experience. This happens because prisoners tend to adapt and use better coping strategies while in prison. Symptoms of cognitive stress include disturbances in thinking, such as difficulty concentrating, confusion, and excessive thinking.

The results of the study showed that family size was significantly negatively related to affective stress symptoms and significantly positively related to marital satisfaction in female prisoners. This means that the larger the family size, the lower the affective stress symptoms experienced by female prisoners and the higher the marital satisfaction. This finding is consistent

with Iqbal's (2008) research, which found that strong family social support can reduce couples' stress levels, thereby increasing satisfaction in marital relationships. The limitation of the study is the lack of exploration into the effectiveness of different coping strategies and into how to optimally integrate them into rehabilitation programs.

CONCLUSION

More than half of the respondents were middle-aged, with an average age of 40,8 years and 13,6 years of education. The average respondent was in prison for 1,9 years, most for 1-3 years, and a few for more than 5 years. The average husband's age was 43,1 years, with more than half having secondary education. The highest percentage of husbands had permanent jobs, while only a small number were unemployed. The family was a nuclear family, with an average of 6 members. The majority of marriages were more than 15 years old, with an average of 16,69 years.

The results showed that stress symptoms were in the low category, coping strategies and marital quality were in the moderate category. The results of the correlation test showed that the wife's education and the length of time in prison had a significant negative relationship with cognitive stress symptoms. In addition, the husband's education, happiness, and marital satisfaction had a significant negative relationship with affective stress symptoms. Affective stress symptoms were also very significantly negatively related to marital happiness and marital satisfaction. Emotion-focused coping strategies showed a significant positive relationship with marital satisfaction. The wife's educational attainment is positively associated with marital happiness. In contrast, the wife's age, husband's age, family size, and husband's occupation have very significant positive relationships with marital satisfaction. The results of the regression test indicate that stress symptoms have a very significant adverse effect on marital quality, while coping strategies and the number of children have significant positive effects.

The study found that stress symptoms and coping strategies have a very significant influence on marital quality. Therefore, increasing psychological and social support for prisoners in prison is essential. There is a need to develop and expand counseling and therapy programs focused on stress management and effective coping strategies, including sessions that involve partner interaction to improve marital relationships. In addition, rehabilitation programs in prison should be designed to utilize the higher educational background of female prisoners. Therefore, relevant skills training and continuing education should be integrated into rehabilitation programs in order to maximize the potential for developing effective coping strategies and preparing for reintegration into society after the correctional period.

Evaluation and development of coping strategies need improvement, with special attention to emotion-focused strategies, such as spiritual practices, which have been shown to enhance marital quality. Additional research is needed to evaluate the effectiveness of different coping strategies and to determine optimal integration into rehabilitation programs.

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