| RESEARCH ARTICLE

Living Apart Together: Study on Migrant Family Resilience

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| ABSTRACT

Economic globalization has changed social structures, including family dynamics, with the emergence of the Living Apart Together (LAT) phenomenon, where couples live apart for financial, professional, or personal reasons. This study explores the changing patterns of family relationships influenced by gender roles, communication technology, and social policy. Using a quantitative approach through a survey of 339 LAT families in Indonesia, the results show that most LAT families have moderate resilience, influenced by marital duration, number of family members, and frequency of visits. Although communication technology supports long-distance relationships, physical interaction remains crucial for emotional stability. This study emphasizes that LAT is not just a consequence of migration but also a deliberate household strategy to take advantage of economic opportunities in the global era to improve well-being. The findings enrich the understanding of migration theory, particularly risk and protective factors, as well as the role of gender in migration as part of family strategies. The research highlights the importance of policies that support family adaptation to the challenges of globalization while maintaining a balance between economic mobility and family stability.

1. Introduction

Migration, especially in developing countries such as Indonesia, continues to increase in response to economic inequality between regions (Czaika & De Haas, 2014; Žičkutė & Kumpikaitė-Valiūnienė, 2015). Technological advances facilitate this migration process and pose challenges for families living apart, particularly in maintaining emotional connection and stability amidst the changing economic order. The family, as the primary social unit responsible for meeting its members' physical, emotional, and social needs (Murdock, 1949), plays a central role in dealing with these dynamics. Migration often does not involve all family members, resulting in Living Apart Together (LAT), where couples maintain a romantic relationship despite living apart for personal, professional, or economic reasons (Strohm et al., 2009).

The LAT phenomenon reflects families' adaptation to global economic opportunities, such as better access to work in cities and advances in communication technologies that support long-distance interactions (Ortega et al., 2014). These changes affect the economic order and family functioning, including emotional support, social cohesion, and the division of gender roles. To maintain resilience, families must adapt to financial and structural pressures and overcome challenges such as maintaining communication and social cohesion amid long-term physical separation (Walsh, 2003, 2016a, 2016b, 2021).

Analyzing the LAT phenomenon is particularly important given the character of Indonesian families, still influenced by collectivist values, where relationships between family members are considered the core of social life (Grevenstein et al., 2019). In this context, Indonesian families emphasize the importance of physical and emotional presence to support harmony and instill moral values, norms, and culture (Frese, 2015). This also reflects the characteristics of families in East Asia, where women serve as

the custodians of emotional and social stability (McHale et al., 2014). However, LAT changes the pattern of social relations and role dynamics in the family, especially in fulfilling daily needs and maintaining relationship stability. Gender roles come under scrutiny as family members have to manage the dual demands of work in separate locations and domestic responsibilities.

This relationship can cause stress and reduce the household's support level (Diamond, 2019). Geographical distance also threatens the family's ability to perform its functions, such as membership and family formation, (2) economic support (3), nurturance, education and socialization, and (4) protection of vulnerable members (Patterson, 2002). The four functions include specific tasks of the family as a social unit (family functions) and internal relationship processes (family functioning) that show how the family can adapt and carry out its role effectively.

In the study of family resilience, the multilevel systemic approach introduced by Walsh (2016a) emphasizes the dynamics of social relations at various levels, ranging from individuals to external ecosystems. This approach focuses on the interactions between elements in the system to build resilience, highlighting the ability of individuals and families to adapt to changes at various levels of the ecosystem. However, this approach pays less attention to structural and institutional factors, especially in the context of digital technologies that are important to LAT actors. Digital technologies, such as real-time communication apps, help maintain emotional closeness despite being physically separated. However, digital communication also creates risks, such as the illusion of presence that obscures the importance of face-to-face interaction and physical contact and the lack of fulfillment of deep emotional needs, which can lead to frustration (Dittman, 2018; Kyalo, 2024).

This research focuses on how families remain resilient amid often less meaningful digital communication patterns (Dijk, 2006). The aim is to understand family strategies for maintaining emotional wholeness and closeness amidst significant life challenges (Walsh, 2021), even though social interactions are often limited to digital platforms. The main focus of the study includes timing of communication, effective utilization of technology, and enhancing the quality of digital relationships to maintain emotional balance. In addition, the long-term impact of these communication patterns on the psychological well-being of family members is also a concern (Giles et al., 2023).

2. Literature Review

Various studies on LAT have been conducted in different countries and social contexts, showing that the phenomenon is influenced by diverse social, economic, and cultural dynamics. A study by Strohm et al. (2009) in the United States, for example, found that approximately one-third of adults who were married or cohabiting with a partner were in LAT relationships. Strohm et al. (2009) explain that LAT relationships exhibit unique resilience, where couples can manage physical separation through intense communication, expectation management, and high levels of mutual trust. LATs report similar emotional support to cohabiting couples but tend to perceive less practical support. However, LATs demonstrated unique resilience, where couples were able to anticipate physical separation through intense communication, expectation management, and mutual trust.

Research by Levin (2004) uses a quantitative approach with longitudinal data analysis to reveal that LAT relationships are increasingly common in Western countries. In Sweden, according to Levin (2004), data shows a significant increase in adults married or cohabiting with a partner, from 6% in 1993 to 14% in 2001. LAT relationships have a unique flexibility, supporting couples to maintain emotional intimacy despite living in separate homes. LAT couples, according to Levin (2004), tend to successfully balance their relationships with other responsibilities, such as childcare or caring for parents, through time management, consistent communication, and strong commitment. Despite facing challenges in day-to-day support, LAT couples can build mutual trust and respect for the things that form the basis of their relationship resilience (Levin, 2004).

Gangopadhyay (2023) analyzed LAT as a new family form in urban India through in-depth interviews with 20 upper-middle-class couples living apart due to career or education. LAT, popular among educated and financially independent couples, emerged due to globalization and migration prioritizing individual aspirations. Technologies such as video calls and text messages help couples maintain emotional intimacy despite separation. However, they still face family pressure to return to traditional norms, especially women who are often encouraged to abandon their careers in favor of patriarchal culture. Gangopadhyay (2023) also notes that LAT resilience depends on traditional family support, such as childcare assistance.

Qiu (2020) analyzed the phenomenon of "*peidu mama* (study companion mother)" mothers in China who underwent LAT due to educational migration. The study used interviews with 35 women, including six mothers who separated from their spouses to support their children in their studies. Qiu (2020) argued that LAT is rooted in Confucian culture, which prioritizes childcare, thus dominating the role of "sacrificial mothers". Mothers sacrifice their careers and personal interests for their children's education, utilizing technology and daily routines to maintain emotional intimacy with distant partners. Qiu (2020) also found that rigid gender roles dominate LAT households. For fathers who stay at home or work remotely, Qiu (2020) said, they become financial support while mothers focus on caregiving. These roles reflect gender sacrifice and symbolize family identity through domestic practices such as cooking. In this context, LAT reinforces traditional gender roles and reproduces patriarchal hierarchies in contemporary Chinese families (Qiu, 2020).

While these studies have exhaustively analyzed the dynamics of LAT relationships in a variety of cultural and social contexts, it is essential to note that the focus of the studies tends to be limited to Western countries or urban areas in developing countries, thus not covering LAT experiences in countries with a climate of high eastern values in an environment of globalization with growing access to technology, as well as a lack of exploration of the long-term impact of LAT on the stability of family relationships. Thus, this study focuses more on LAT decisions motivated by global and local economic dynamics. Gender roles in the division of financial and domestic responsibilities can affect gender relations in the household.

3. Resilience of LAT Families

Family resilience, according to McCubbin & McCubbin (1988), includes characteristics, dimensions, and traits that enable families to survive disruption and adapt to crises. This research focuses on the family's ability to maintain stability and function amidst challenges. Van Breda (2018) and Ungar (2018) added that family resilience involves the process of adaptation (resilience as a path) and the end result (resilient families).

In the context of globalization, amidst changing work structures, social mobility and technological developments, this concept is relevant for analyzing the resilience of LAT actors. The strength of LAT actors includes positive behavioral patterns and functional competencies that help individuals and family units maintain integrity and well-being despite stress (McCubbin & McCubbin, 1988). This is mentioned by Hawley & DeHaan (1996), emphasize families' unique processes of adaptation to stress, including challenges of physical distance, timing, and relationship anxiety due to external factors.

Furthermore, family resilience proceeds through two phases (McCubbin & McCubbin, 1988). In the adjustment phase, families develop short-term mechanisms to deal with change. Furthermore, in the adaptation phase, families create new strategies to achieve stability and thrive in new situations. In the digital age, LATs face complex challenges that demand continuous adaptation patterns to maintain family harmony and functioning.

This study analyses both phases from the ecological framework perspective of Bronfenbrenner (1986), which offers a multidimensional approach to understanding family resilience in the context of LAT. The framework highlights the influence of various environmental systems—microsystem, mesosystem, ecosystems and macrosystem-on individual and family dynamics. The framework is used to understand family resilience as a phenomenon influenced by different levels of social relations in the family environment that significantly impact attitudes toward marriage and social relations (Li, 2024).

At the microsystem level, as the individual's immediate environment, direct social relations within the immediate environment (Bronfenbrenner, 1986), such as family members, the workplace, and communication technologies, have an important role (Hong & Garbarino, 2012). In LAT, limited time together can significantly affect emotional closeness and family support. However, technological advances such as video calling provide alternatives to maintain family connectedness.

At the mesosystem level, inter-microsystem relationships consist of social relations between various microsystems in a person's life (Crawford, 2020). Bronfenbrenner (1986) defines a mesosystem simply as "a system of microsystems", which involves the relations and interactions between the various microsystems in an individual's life. Although each microsystem stands alone, its social ties can significantly influence an individual's experience and development.

At the exosystemic level, which comprises the relationship between two or more neighborhoods (Hong & Garbarino, 2012), external factors such as transport infrastructure and government policies indirectly impact LAT. While an event may indirectly affect an individual, it can still significantly impact their immediate environment, such as family, school, or workplace, by changing the conditions or social relations within that immediate environment.

Then, at the macrosystem level, a societal blueprint in the form of a particular culture, subculture, or other contexts such as norms, values, and beliefs prevailing in society (Bronfenbrenner, 1986), shapes family behavior and coping mechanisms. In cultures that emphasize work-life balance, families tend to have stronger resilience, as these values encourage them to manage stress more effectively and support each other in the face of challenges. In addition, social norms that support more flexible and mutually supportive family roles enable families to cope with adversity more adaptive and resiliently.

Furthermore, this study uses three leading indicators to measure family resilience, as detailed in Tables 1, 2, and 3, which operationalize the concept with three core components: good outcome, risk factor, and protective factor. First, table 1 shows that the good outcome indicator refers to the ideal condition achieved by a family when it is able to build harmonious relationships, maintain emotional well-being, and successfully adapt to changes and challenges. Several studies emphasize that family harmony (Kavikondala et al., 2016) is the foundation for creating a sense of security and support between members, followed by the maintenance of psychological well-being (Dhanabhakyam & Sarath, 2023) to maintain the stability and life satisfaction of each individual. Furthermore, family adaptability (McCubbin & McCubbin, 1988) ensures that family structures and functions can remain

optimal even when faced with stressful or crisis situations. Thus, good outcomes are not just the end result but also the ongoing process of positive interactions, emotional support, and family resilience in facing various life dynamics.

Table 1: Good Outcome Indicators

Concept	Aspect	Indicators
Good Outcomes	Harmonious family relationships (Kavikondala et al., 2016)	Closeness
		Congeniality
		Cooperation
		Mutuality
	Emotional wellbeing (psychological wellbeing) (Dhanabhakyam & Sarath, 2023)	Life satisfaction
		Feelings of security and comfort
		Positive emotions
		Low Level of Negative Emotions
		Autonomy
		Positive relationship
		Having a purpose in life
	Successful family adaptation (McCubbin & McCubbin, 1988)	Member-to-family fit
		Family-to-community fit
		Family balance and harmony
		Quality of internal relationships

Table 2 shows indicators of risk factors, which are conditions that can increase the likelihood of a family experiencing disruptions in the functioning or quality of its relationships (Patterson, 2002). These factors can take the form of economic pressure, prolonged conflict, imbalance of roles in the family, or lack of social support (Rutter, 1987). If not addressed appropriately, the combination of risk factors can trigger new problems, such as increased emotional vulnerability, decreased psychological well-being, and disruption to the family adaptation process. Understanding risk factors is essential for prevention and intervention efforts so families can minimize negative impacts and strengthen their resilience potential.

Table 2: Risk Factors Indicators

Concept	Aspect	Indicators
Risk Factors	Vulnerability of family	Traumatic Events
		Disease
		Exposure to Negative Social Conditions
		Family Structure
		Family Size
		Low Socio-economic Status
		Social media

Third, table 3 shows indicators of protective factors, which are various attributes, resources, or support mechanisms that assist families in minimizing the negative impact of risk factors and increasing their capacity to adapt and survive (Walsh, 2016). These factors include family cohesion, open communication, social support, spiritual beliefs, and flexibility in carrying out roles between members (Rutter, 1987; Masten, 2001). With decisive protective factors in place, families are more likely to cope with the challenges of living apart, maintain emotional well-being, and increase their resilience to various stressors overall.

Table 3: Protective Factors Indicators

Concept	Aspect	Indicators
Protective Factors	Family Functions (Ahlert & Greeff, 2012)	Cohesion
		Flexibility

		Communication
		Problem-Solving
		The Role of the Family
		Affective Response
		Behavioral Control
		Family coherence
		Durability
		Spiritual dimension
		Stable and sufficient income
		Decent home
		Social services

4. Methodology

a. Respondent

This study used a quantitative descriptive approach to investigate women's experiences of LAT resilience in the digital era. Descriptive research, according to Geranco (2024), aims to accurately describe "of what exists", the distribution of variables, and the manifestation of phenomena in the population. This research was conducted over two weeks, from 16th December to 23rd December 2024.
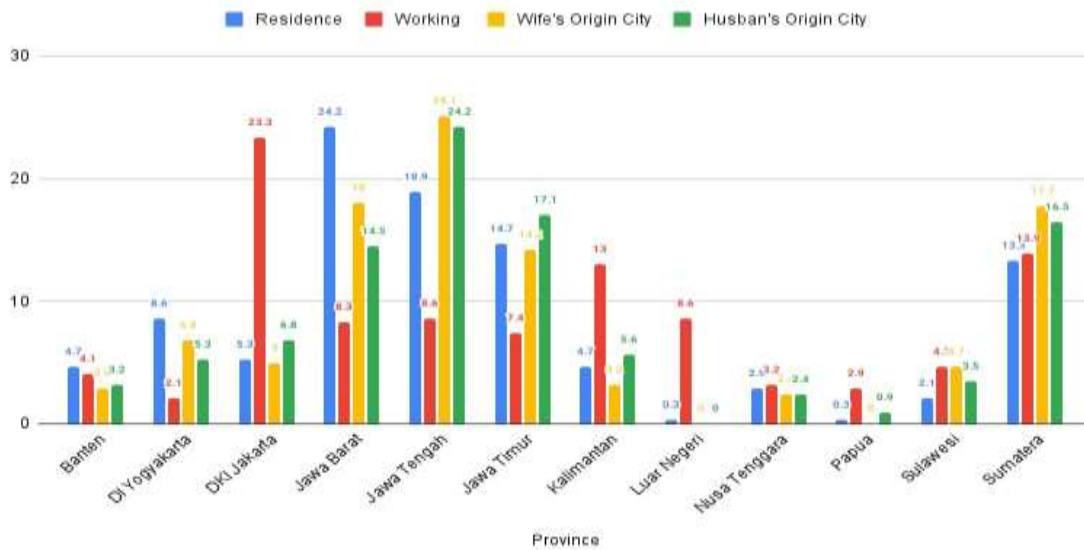
The target population in this study is couples where one, either the wife or the husband, is a commuter in Indonesia. According to Sugiyono (2012), the population is a generalization area consisting of objects or subjects with specific numbers and characteristics set by researchers to study and draw conclusions. In the case of this study, given the large population size, it is impossible to examine the entire population as a whole. Therefore, due to the unknown population size, a non-probability sampling technique was used.

This study used the purposive sampling method, as defined by Sugiyono (2012), which is the selection of samples based on specific criteria relevant to the research objectives, including: (1) the mother is a commuter or her husband is a commuter, (2) the duration of commuting is at least 2 years, and (3) has children under the age of 12 years. This method was chosen because the research population could not be clearly defined, so using probability sampling was impossible. To reach respondents who fit these criteria, the questionnaire was distributed through a snowball sampling approach in various social media groups. The questionnaire included 17 questions to measure good outcomes, 13 questions for protective factors, and 7 questions for risk factors. Data collection was conducted online using the Survey Monkey platform. However, there are some limitations in the data collection process that need to be considered when interpreting the study results.

b. Distribution of Respondents

Based on the distribution of respondents by province (residence, work location, wife's origin, and husband's origin), as shown in Figure 1, it appears that West Java dominates as the province of residence of the most significant number of respondents (24.2%), followed by Central Java (18.9%) and East Java (14.7%). This pattern indicates that Java, particularly the western and central parts of the region where most respondents choose to live, possibly due to the availability of jobs and more comprehensive access to services in the region. Interestingly, the proportion of respondents who work in DKI Jakarta (23.3%) is much higher than the proportion who live in DKI Jakarta (5.3%). This reflects the high mobility of the workforce to Jakarta, which remains an economic magnet with its main attraction as a business centre and formerly the seat of government. This condition shows that Jakarta offers more job opportunities than the surrounding areas. In addition, this phenomenon also goes hand in hand with the trend of urbanization and suburbanization in Jabodetabek area (Jakarta, Bogor, Depok, Tangerang, and Bekasi), which reflects the dynamic development of urban areas around the capital city.

Figure 1: Distribution of Research Respondents

Central Java ranks highest (25.1% and 24.2%, respectively) in terms of the wife's origin and husband's origin. This indicates that most respondents have strong cultural and genealogical ties to Central Java, followed by West Java, East Java, and Sumatra. The significant involvement of Sumatra (17.7% of maternal origin and 16.5% of spousal origin) leads to the assumption that there is intense inter-island migration, where individuals or families from Sumatra move to Java to work or settle down. In addition, 8.6% of the respondents worked abroad. However, only 0.3% were domiciled abroad - suggesting that most of them may still be registered as Indonesian residents (domiciled in the country) but working or studying temporarily abroad. This finding is in line with the phenomenon of Indonesian migrant workers (PMI) who often leave their families behind (Amnesty International, 2019). Thus, this distribution data confirms the importance of understanding geographical mobility and cultural dynamics, especially in Java and several provinces outside Java, which can further impact social, economic, and family resilience aspects.

c. Types and Methods of Data Collection

This research uses primary data obtained directly from respondents through questionnaires. Given that the number of respondents is quite large and spread across various regions, the primary method applied in data collection is a questionnaire-based survey. The questionnaire is a data collection technique that provides a series of questions or written statements to respondents to be answered according to their understanding (Isaac & Michael, 1995).

In this study, questionnaires were distributed to women who had husbands who commuted or who themselves undertook such mobility. The questionnaire contained statements related to the research problem. To increase efficiency and reach in data collection, the questionnaire was distributed online using the Survey Monkey platform, allowing respondents to fill out the questionnaire electronically according to the criteria determined in this study.

This research uses a measurement scale designed to produce valid and reliable quantitative data, with a questionnaire as the main instrument to explore women's experiences related to family resilience in the face of high mobility in the digital era. To measure respondents' attitudes, opinions, and perceptions of the social phenomenon under study, the Likert scale method was used, which allowed respondents to express their level of agreement with the statements proposed through several predetermined answer options. With this scale, research variables can be operationalized into a series of statements that can be measured systematically (Sugiyono, 2012).

d. Validity and Reliability

In this study, the evaluation of the measurement model was carried out by testing the validity and reliability of the data. Data validity was tested by calculating the correlation between each statement and the total score using product moment correlation. The validity of an item is determined by comparing the product-moment correlation coefficient (r) with its critical value. It is known that the value of the r table for N = 339 at the 5% significance level is 0.106. If the value of the r count is greater than the r table, then the item is declared valid.

Based on the results of the instrument validity test consisting of three primary constructs - namely Good Outcome, Protective Factor, and Risk Factor - it can be concluded that most of the question items in each construct have met the validity requirements. In the Good Outcome construct, there are several proposed items (GO1.1 to GO2.17). The analysis results show that most of the items have a Pearson correlation value above the r table value (0.106) with a significance level (p-value) below 0.05. This means that the items were declared valid. However, one item, GO2.11, did not fulfill the criteria as its correlation value was not only lower than the r table but also negative (-0.141). Thus, GO2.11 is invalid and should be reviewed both in terms of editorial and substance.

Furthermore, in the Protective Factor construct, which contains 13 items (PF1.1 to PF2.13), there are 11 valid items (PF1.2 to PF2.13). The Pearson correlation value of each item is higher than 0.106 and has a p-value <0.05. This indicates that the majority of Protective Factor items have correctly measured the concept to be revealed. However, two items (PF1.1 and PF1.4) were recorded as invalid. PF1.1 has a negative correlation and is lower than the r table, while PF1.4 also has a correlation value far below the r table and an insignificant p-value (0.816). These two items are suggested to be conceptually revised or even eliminated if they cannot be adjusted to the theoretical constructs to be measured.

Finally, the validity test of the seven Risk Factor items (RF1.1 to RF1.7) shows that the first six items (RF1.1 to RF1.6) are valid because they correlate r table (0.106) and p-value <0.05. Only one item, RF1.7, is declared invalid because the correlation (0.096) is still below the r table, and the p-value of 0.078 exceeds 0.05. Only one item, RF1.7, is declared invalid because the correlation (0.096) is still below the r table, and the p-value of 0.078 exceeds 0.05. Thus, RF1.7 needs to be reviewed before the instrument is run further.

Furthermore, in this study, instrument reliability was tested using Cronbach's Alpha formula, which aims to measure the level of internal consistency coefficient reliability of a research instrument, such as a questionnaire, which requires a sample of 20 to 30 respondents. The Alpha Cronbach test results can be interpreted as follows: values > 0.90 indicate perfect reliability, the range 0.70-0.90 indicates high reliability, the range 0.50-0.70 indicates moderate reliability, and the value < 0.50 indicates low reliability. Table 4 below shows the results of the reliability test of the three indicators:

Table 4: Indicator Reliability Test Results

	Cronbach's alpha	Composite reliability (rho_a)	Composite reliability (rho_c)	Average variance extracted (AVE)
Good Outcome	0.840	0.893	0.872	0.332
Protective Factor	0.716	0.880	0.799	0.342
Risk Factor	0.500	0.644	0.663	0.292

Reliability is determined by several indicators, namely Cronbach's Alpha, Composite Reliability (rho_a and rho_c), and Average Variance Extracted (AVE). The reliability test results show that the Good Outcome construct has a high level of internal consistency with a Cronbach's Alpha value of 0.840, as well as excellent composite reliability (rho_a: 0.893 and rho_c: 0.872), as both are above the 0.70 threshold. However, the convergent validity of this construct is low, with an Average Variance Extracted (AVE) value of 0.332, which is below the recommended threshold (0.50). This indicates that only 33.2% of the variance of the construct is explained by its indicators, so an evaluation of the indicators used is needed to ensure the construct is more representative.

The Protective Factor construct has a Cronbach's Alpha value of 0.716, which is at the high-reliability threshold, albeit close to the minimum, suggesting good internal consistency of the items. Its composite reliability also supports this, with rho_a values of 0.880 and rho_c of 0.799, both of which are above the 0.70 threshold, indicating that this construct is quite reliable in measuring the phenomenon in question. However, the Average Variance Extracted (AVE) value of 0.342 indicates that the convergent validity of this construct is still low, as its indicators explain less than 50% of the variance.

The Risk Factor construct has a Cronbach's Alpha value of 0.500, which indicates a moderate level of reliability and is still minimally acceptable but indicates problems with the internal consistency of the items that make it up. The composite reliability of this construct is also low, with rho_a values of 0.644 and rho_c of 0.663, both below the 0.70 threshold, indicating that this construct lacks stability and reliability in measurement. In addition, the Average Variance Extracted (AVE) value of 0.292 shows very low convergent validity, where only 29.2% of the variance is explained by the indicators of the construct.

Based on the results of validity and reliability tests, it was found that most of the items on the Good Outcome, Protective Factor, and Risk Factor indicators were valid, except for several items such as GO2.11, PF1.1, PF1.4, and RF1.7 which did not meet the validity criteria because the correlation value was smaller than r table or the significance was not appropriate. In addition, the measurement of validity and reliability in this study is not only based on statistical data but also on expert opinion to assess the extent to which the items in the instrument reflect the construct being measured (Lawshe, 1975), thus producing a comprehensive
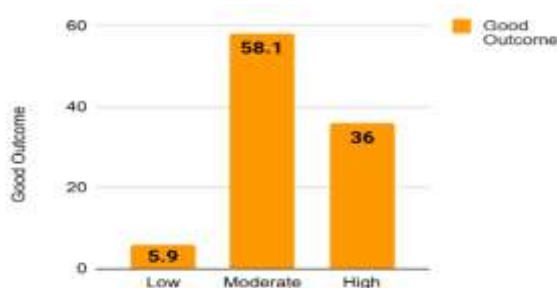
picture of the quality of the measurement. This approach aims to strengthen content validity and improve the overall quality of the instrument. In this case, item GO2.11 is derived from the Emotional Well-being indicator (psychological well-being) (Dhanabhakyam & Sarath, 2023), PF1.1 and PF1.4 are derived from the Family Functioning indicator (Ahlert & Greeff, 2012), and RF1.7 and RF1.7 is derived from the Family Vulnerability indicator (He et al., 2021). Therefore, indicators GO2.11, PF1.1, PF1.4, and RF1.7 can still be included according to the experts' explanation.

5. Results

5.1 Level of Family Resilience Based on Indicators

The majority of families in this study were in the medium level of good outcome, 197 families (58.1%), followed by the high category of 122 families (36.0%), and only 20 families (5.9%) were in the low category. This finding illustrates that most families have adequate adaptation and resilience. As shown in Figure 2, the data was categorized into three levels of good outcome based on the quartile (Q) value. The "High" category includes data greater than Q2 (51), the "Medium" category includes data between 34 and 51, and the "Low" category includes data less than or equal to Q1 (34). This categorization is designed to provide an overview of the distribution of good family outcomes based on quantitatively measurable value ranges.

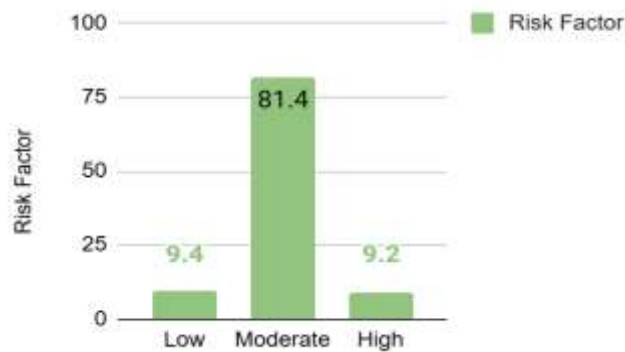Figure 2: Family Resilience in Good Outcome Indicators

As shown in Figure 3, the majority of families in this study also had a moderate level of protective factors, with 262 families (77.3%), followed by the high category with 48 families (14.2%), and only 29 families (8.6%) in the low category. These results show that most families have good protective factors to face various challenges during their time as learners. The protective factor data was categorized into three levels based on quartile (Q) values. The "High" category includes data greater than Q2 (39), the "Medium" category includes data between 26 and 39, and the "Low" category includes data less than or equal to Q1 (26). This categorization helps to provide a quantitative picture of the distribution of family protective factors.

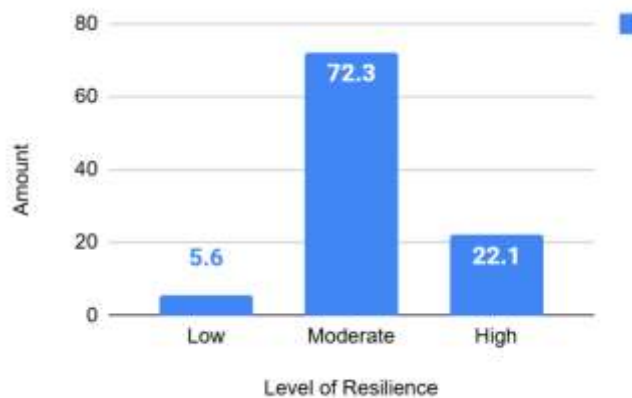Figure 3: Family Resilience in Protective Factor Indicators

As shown in Figure 4, the majority of families, 276 families (81.4%), were in the moderate category, followed by the low category with 32 families (9.4%), and the high category with 31 families (9.1%). This finding shows that most families have a moderate level of risk factors, with only a few families facing high risks. Risk factor data was categorized into three levels based on quartile (Q) values. The "High" category includes data greater than Q2 (21), the "Moderate" category includes data between 14 and 21, and the "Low" category includes data less than or equal to Q1 (14). This categorization is designed to provide a quantitative picture of the distribution of family risk factors.

Figure 4: Family Resilience in the Risk Factor Indicator

Furthermore, the level of family resilience was measured based on the three indicators above. Based on the results of the analysis, the majority of families were in the medium category, with 245 families (72.3%), 75 families (22.1%) in the high category, and 19 families (5.6%) in the low category. As shown in Figure 5, the frequency distribution of family resilience based on the results of the questionnaires completed by 339 respondents shows the variation of family resilience levels in three categories. This finding indicates that, in general, most families have fairly good resilience, although there is still a tiny number in the low category. The family resilience data was categorized into three levels based on quartile (Q) values, with the "High" category including data greater than Q2 (111), the "Medium" category falling between 74 and 111, and the "Low" category including data less than or equal to Q1 (74).
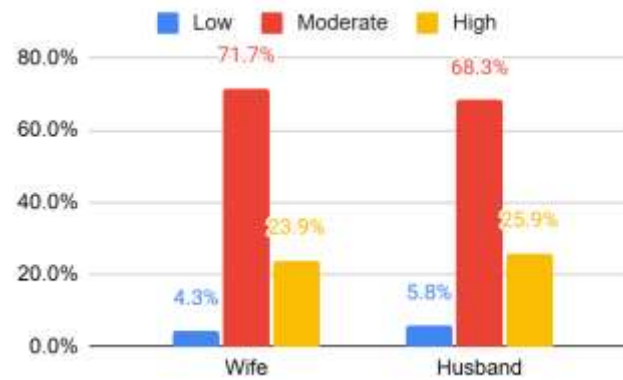
Figure 5: Family Resilience Levels

Thus, it can be stated that the distribution of the level of resilience of the LAT families reflects social dynamics that are influenced by various factors. In general, the level of family vulnerability in Indonesia is low. However, groups in the medium category have the potential to move towards better or worse conditions, depending on various external and internal factors (Bronfenbrenner, 1986). In this case, the era of globalization, with its ease of mobility and technological development, accelerates the spread of technology and innovation (Skare & Riberio Soriano, 2021), thus influencing family adaptation patterns. In addition, changing values in Indonesia, as part of the East Asian region, show an acceptance that family life does not always have to be conducted together in one location. As Lewin (2018) says, "LAT relationships may combine a long-term intimate relationship with high levels of social and financial independence". This finding suggests that while most families have a good level of resilience, challenges in maintaining or improving that resilience remain, particularly in the face of increasingly complex social and value changes during LAT.

6. **Discussion**
   a. **Cross-tabulation : Correlation between Spouse and Family Resilience**

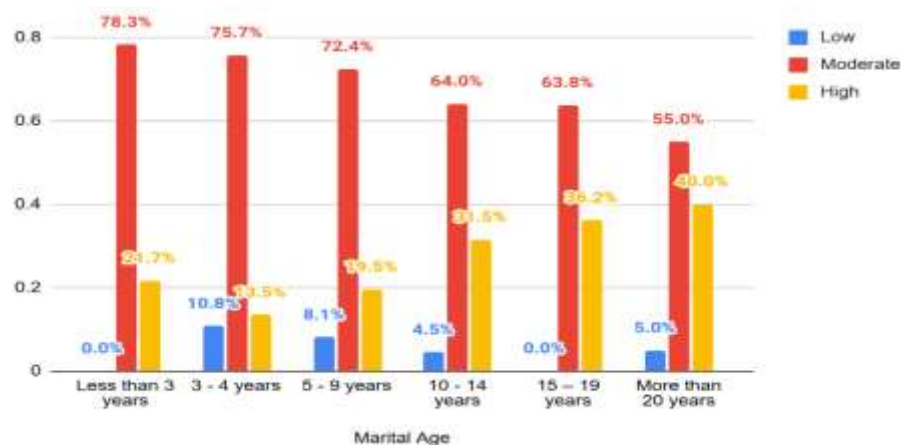Figure 6 : Level of Family Resilience Based on the Role of the LAT's Actor

Based on the data shown in Figure 6 above, most families who play the role of commuters are at a moderate level of resilience, with a percentage of 71.7% for wives and 68.3% for husbands. The high resilience level comes next, with 23.9% for wives and 25.9% for husbands, while the low resilience level has the most minor proportion, with 4.3% for wives and 5.8% for husbands. Although there is a slight difference in the percentage distribution between husbands and wives in each category, these results show that both husbands and wives have an adaptive capacity to face the challenges of being learners. This is in line with the views of Patterson (2002) who emphasizes the importance of adjustment and social support in maintaining family resilience, and Boss (2002) who highlights the role of effective communication in maintaining family stability amid the pressures of high mobility life.

This suggests that the role of a LAT's actor (husband or wife) is closely related to the level of family resilience. Husbands who play the role of LAT's actor are more often associated with family resilience levels in the medium and high categories. In contrast, wives who played roles as actors of LAT had a slightly smaller contribution to all levels of family resilience. These results confirm that gender roles strongly influence family resilience. Access to resources, the ability to adjust gender roles, and the presence of social support are essential factors in building family resilience, as revealed in the family resilience model by McCubbin & McCubbin (1988) and the study of family functioning by Ahlert & Greeff (2012), that the balance of the division of gender roles is an essential element in family resilience.

b. Correlation between Marriage Age and Family Resilience

Analysis of the crosstab results in the table "relationship between marital age and family resilience" shows significant variation in the level of family resilience based on the duration of marital age. This is in line with previous studies showing that marital duration contributes to family stability and resilience by forming more mature communication patterns and increased conflict management capacity (Priastuty et al., 2023). Figure 7 below shows the relationship between marital age and family resilience:

Figure 7: Marital Age and Family Resilience

Based on the data in Figure 7, across the various age ranges of marriage (less than 3 years to more than 20 years), most families are at a moderate level of resilience, showing relatively stable adaptive capabilities across most phases of marriage. The 10-14- and 15-19-years age groups both do not show many families in the low category and even at 15-19 years, there are no respondents in this category at all. However, some groups - such as those aged 3-4 years and 5-9 years - still face significant challenges with a higher percentage of low resilience than other categories. On the other hand, success in achieving high resilience also emerged

across all groups, especially in the 10-14 years (31.5%) and over 20 years (40.0%) age ranges, confirming the potential for increased resilience as marital age increases.

These results suggest that longer marriage ages tend to be associated with higher family resilience, especially in the medium and high categories. In the context of LAT, the stability resulting from a longer marital age may serve as a vital crutch in facing the challenges of high mobility. The study conducted by Priastuty et al. (2023) supports this finding by showing that mature communication and effective conflict management are key to family resilience. The marital age groups of 10-14 years and >20 years showed significant contributions to high resilience, emphasizing the importance of mature communication patterns and adaptive role sharing in LAT.
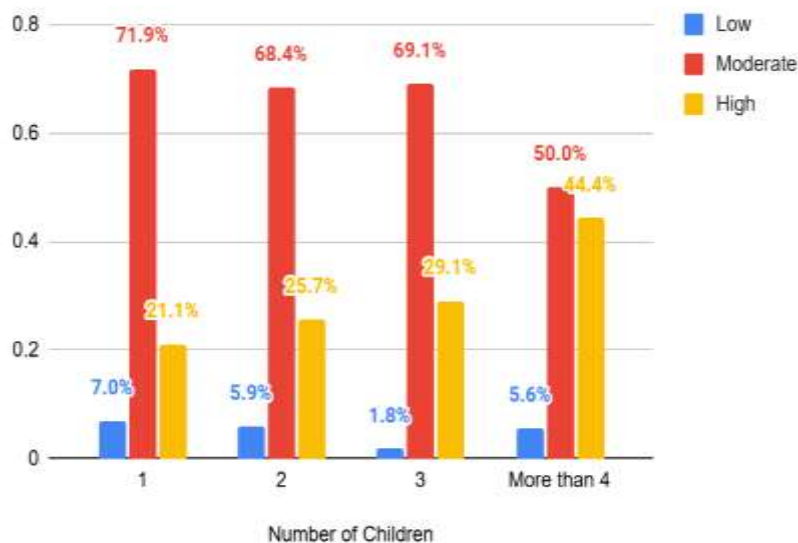
On the other hand, McCubbin & McCubbin (1988) findings suggest that consistent social support is also an essential factor in maintaining LAT stability. Marital age 5-9 years, despite being the majority, still showed a predominant distribution of moderate resilience, reflecting the need for additional support in helping LATs in this phase to increase their resilience. Policy approaches to support LAT resilience should take into account this age phase of marriage, with a focus on strengthening communication, ongoing social support, and adaptation of balanced gender roles to address the specific challenges of being LAT.

    c.   **Correlation between the Number of Family Members and LAT's Family Resilience**

Analyzing the relationship between family density, which includes the number of children, and family resilience showed that most families undergoing LAT were categorized as moderately resilient, regardless of the level of family density. Families with low to medium density (1-3 family members other than spouses) showed a proportion of medium resilience above 60%, accompanied by a significant proportion of high resilience (21.1% to 29.1%). Meanwhile, the level of low resilience is generally relatively small, especially in families with medium density (e.g., three family members other than spouse) at 1.8% and low density (one family member other than spouse) at 7.0%.

In the medium-density category - the largest group (44.8% of the total) - 68.4% are at a medium level of resilience and 25.7% are at a high level. This reflects good adaptive capacity as well as solid stability despite the challenges of mobility and separation. Meanwhile, high-density families (four or more family members other than spouses) had a proportion of moderate resilience at 50.0% and high resilience at 44.4%, with few cases in the low category (5.6%). This finding suggests that while family density may influence resilience, other factors, such as social support and adaptation mechanisms, also play an essential role in determining the resilience capacity of families undergoing LAT. Figure 8 below shows the relationship between the number of children and the level of family resilience:

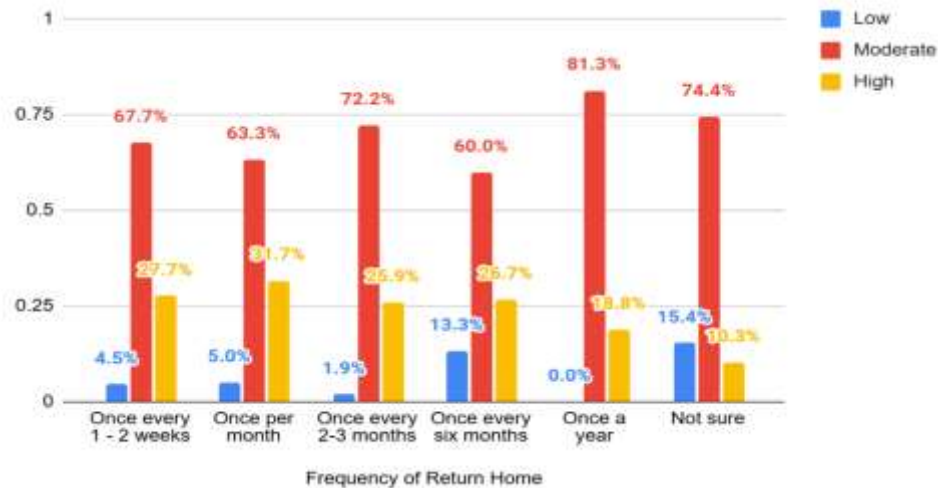Figure 8: Relationship between Number of Children and Family Resilience

Based on this analysis, there is a tendency for families with higher family member density to have a lower percentage of "low resilience" and a higher rate of "moderate resilience" compared to families with lower family member density. However, it is essential to note that these differences do not necessarily indicate a causality between family member density and family resilience. It is possible that other factors, such as economic conditions, social support, and the quality of relationships between family

members, also play a role in determining the level of family resilience. In this regard, research conducted by Lee et al. (2024) shows that social support and economic stability are essential predictors of family resilience.
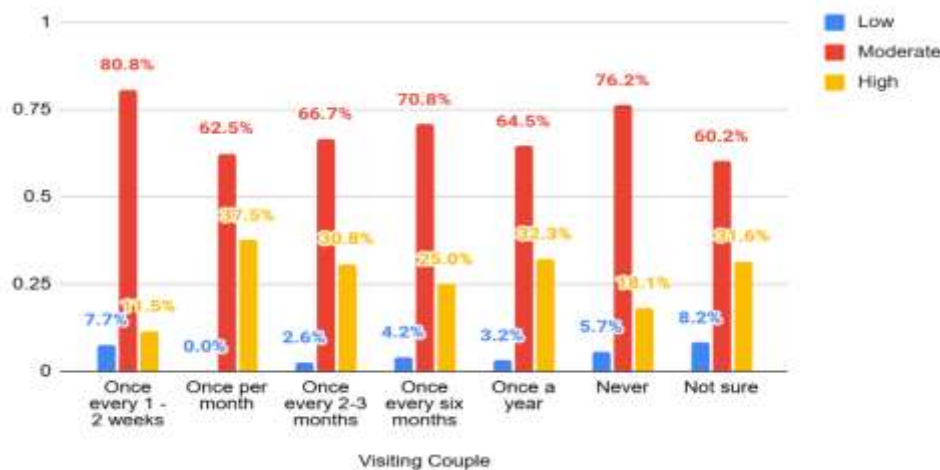
d.   Correlation of Frequency of Physical Encounters of Spouses with Family Resilience

Figure 9: Correlation between Frequency of Returning Home and Family Resilience

Based on the results of the crosstab analysis, the frequency of a spouse returning home and visiting a traveling spouse both significantly influenced family resilience. Groups with a higher frequency of physical encounters (e.g., returning home or visiting once every 1-2 weeks and once per month) were generally dominated by the medium and high resilience categories, with a minimal proportion of low resilience. In contrast, the less frequent the return or visit (e.g., once every 2-3 months, once every six months, once a year, or never), the majority of families remained in the moderate resilience category, but the likelihood of achieving high resilience was reduced, and the risk of low resilience increased, especially if the frequency was erratic.
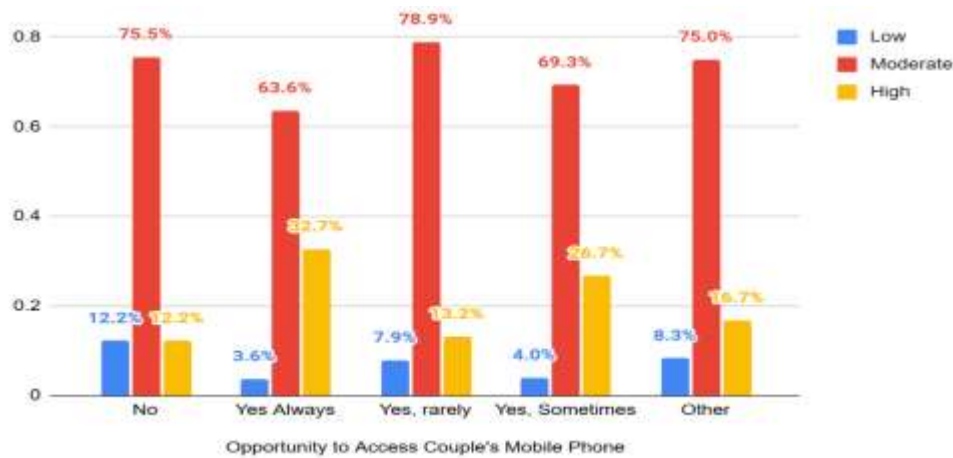
Figure 10: Correlation of Visitation with Family Resilience

This phenomenon is in line with Thomas et al. (2017) dan Walsh (2002) who emphasize that the intensity of in-person meetings has a significant impact on the quality of relationships, communication, and emotional support within families. More regular physical visits facilitate cohesion and stronger emotional interactions (Gruber et al., 2022), so families are better able to manage stress, maintain stability, and build resilience. Conversely, prolonged absenteeism or erratic visiting schedules can lead to instability, reduce the quality of communication, and hinder consistent emotional support. Thus, policies or programs that encourage increased frequency of physical meetings between spouses - for example, through flexible work leave and transportation facilities - can positively contribute to increased family resilience.

e. Analysing Spouses' Communication Media Access with Levels of Family Resilience

Figure 11: Relationship between Media Access and Family Resilience o

The results of the analysis of the relationship between access to communication media and the level of family resilience, as shown in Figure 9, indicate that the ability of couples to access communication media has a positive correlation with family resilience. In the group that could not access the media at all (14.5% of respondents) and those classified as "Other" (3.5%), the majority were at a moderate level of resilience, with a relatively balanced proportion of low and high resilience. This indicates that limited or unclear access to communication media tends to limit the potential of families to achieve higher levels of resilience.

In contrast, in the "Yes, always" category (48.7% of respondents)-who had full access to their partner's communication media, the proportion of high resilience (32.7%) was much more significant than the low level (3.6%). The "Yes, sometimes" and "Yes, rarely" categories also predominantly focused on medium resilience, with some respondents reaching a high level. Thus, it can be concluded that the easier and more consistent a couple's access to communication media is, the greater the chance of achieving stronger family resilience.

Thus, this analysis shows that most respondents (68.7%) were at a moderate level of family resilience, regardless of the level of access to spousal communication media. However, the "Yes, always" category stood out, with 32.7% of respondents reaching a high level of resilience, suggesting that open access to communication plays an important role in building trust and family stability. This finding aligns with research by Theiss (2018), which asserts that transparent communication between spouses strengthens relationship quality and family resilience, especially in the midst of being LAT.

7. Conclusion

This research fills a gap in the study of family resilience in the background of globalization and economic transformation, focusing on LAT as a phenomenon that represents a family adaptation to the challenges of long-distance relationships and economic opportunities in the modern era. This study uses a quantitative-descriptive approach through a survey with three leading indicators, namely good outcome, protective factor, and risk factor, to analyze and explain LAT's family resilience.

The results showed that most LATs families had moderate levels of resilience, with significant variations influenced by factors such as marital duration, number of children, and frequency of in-person visits. This research highlights that digital communication access, while beneficial, cannot fully replace physical interaction in maintaining emotional closeness and family stability. This finding aligns with the understanding that family resilience involves structural processes - mechanisms and interactions between family members that shape patterns of relationships, roles, and functions within the family (Navarre, 1998)— which are dynamic and influenced by socio-cultural factors and technological advancements. While this study successfully identified key determinants of family resilience at the micro and meso-levels, there are limitations in capturing the long-term impact of dependence on digital technology on LAT's family resilience dynamics. Further research is expected to explore these aspects in greater depth by considering more diverse demographic and socio-economic contexts and exo- and macro-level influences on family resilience.

Conflicts of Interest: The authors declare no conflict of interest.
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