



TECHNIUM
SOCIAL SCIENCES JOURNAL

Vol. 17, 2021

**A new decade
for social changes**

www.techniumscience.com

ISSN 2668-7798



9 772668 779000

Ways of coping of prisoners' spouses: a structural equation model

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Abstract. The study is intended to determine and offer the best fit model in the ways of coping of prisoners' spouses. It explored the interrelationships of variables, including the level of psychological well-being, social support, and distress tolerance on ways of coping on prisoners' spouses. It is a quantitative research design and structural equation modelling. Data were from 400 prisoners' spouses in Misamis Occidental Region X. The questionnaire was divided into four sections: psychological well-being, social support, distress tolerance, and coping methods. Results showed that the respondents' psychological well-being, social support, and distress tolerance were all high levels. High levels also resulted in ways of coping of prisoners' spouses. Moreover, results showed that the relationships between psychological well-being, social support, and distress tolerance to ways of coping of prisoners' spouses were all significant. It means that an increase in the level of psychological well-being increases social support, distress tolerance, and the level of coping of the respondents. The conclusive statement drawn includes that the very high level of social support, high levels of psychological well-being and distress tolerance, and coping mechanisms of prisoners' spouses are significantly related.

Keywords. Coping, Prisoners, Spouses, Social Support, Well-being

1. Introduction

One of the most tragic events in a family is separating one marital partner, either a husband or wife, due to incarceration. Several researches already proved that the spouses of the prisoners are more affected than other family members. It is probably because of the sudden shift of the burden to support the entire family's needs. Majority of spouses faced a maladaptive to their economic, psychological, and social aspects, which may also lead to more serious personality and family problems (Skinner & Beers, 2016). These spouses who are experiencing maladaptive to the situation are not using the appropriate mechanism to cope with the situation (Alvy, Hughes, Kristjanson, & Wilsnack, 2013; Fink & Shapiro, 2013; Green, Nurius, & Lester, 2013; Lazarus, 1993; Mechanic, Weaver, & Resick, 2008). It is crucial to study and measure the ways of coping and action of the prisoners' spouses under stress to measure and detect the possible indicator. (Dardas & Ahmad, 2015; Lazarus, 1993).

Moreover, findings of studies discussed that the spouses' ways of coping are directly associated with methods that are unconscious ones, others are learned behavior that is consciously mastered in reducing stress, or other intense emotions such as depression to deal with minor to major stress (Slovák & Fitzpatrick, 2015). Literature supported that coping influences the psychological, social, and distress tolerance of the spouses. The psychological

aspects of the spouses affect their well-being in managing the situation despite the difficulties they encountered. On the other hand, social support is associated with coping since it acts as a buffer and protective factor against adverse concerns of disruptive associations. (Donoso, Demerouti, Garrosa Hernández, Moreno-Jiménez, & Carmona Cobo, 2015; Singleton, Abeles, & Smith, 2016). While distress tolerance links to making one positive (Bonn-Miller, Farris, Kahler, Zvolensky & Metrik, 2016; Çivitci, 2015). Studies also confirmed that social support and psychological well-being resulted in a promising mediator of stress, especially under the category of high perceived stress (Calayeg & Turallo, 2015). It can help improve the life's quality, promote the mental status, and cope with the health's conditional abusive situation (Naslund, Aschbrenner, Marsch, & Bartels, 2016; Thomas, Jenkins, Burch, Nasir, Fisher, Giotaki, 2016). It is also true to the prisoners and their spouses, where incarceration becomes a barrier to healthy life experience. Prisoners' families are experiencing an incredible sense of loss especially when the time of incarceration occurs but has been neglected due to a very minimal study about them (Chui, 2016; Johnson, Schonbrun, Peabody, Shefner, Fernandez, Rosen, Zlotnick, 2017).

Hence, the challenge that this matter brings has been directed globally to find out the most suited coping mechanism for the Prisoners' spouses who are not given attention in criminological research. This study provides an important contribution to draw a clear conclusion and generalization from the new population and apply SEM as an approach.

With the on-going demand for more criminological research, this concern will explore the behavior and practices of prisoners' spouses regarding their coping mechanism in dealing with their life and the society where they belong. It aimed to investigate the ways of coping of prisoners' spouses through the structural equation model and to discover the best fit model. The model will be later used in assisting the spouses in address their situation. It is part of the study to provide information and ideas on how to cope and at least minimize the difficulties faced by the members of the family of the prisoners.

2. Methods and Materials

This study is a quantitative non-experimental design research method. It used the structural equation model in generating the best fit model. The descriptive-correlation research method was utilized to measure the variables of the study which are associated with various levels of measurement. (Ward & Wolf-Wendel, 2014). As noted by Akinyode (2016), Structural equation modeling (SEM) utilizes different kinds of models to portray connections among watched factors, with a similar fundamental objective of giving a quantitative trial of a hypothetical model estimated by the scientist. All the more explicitly, different hypothetical models can be tried in SEM that estimates how sets of factors characterize develops and how these builds are identified with one another. The research method's appropriateness relates to design that offers the "best fit" to answer the research questions (Venkatesh, Brown, & Sullivan, 2016). This method was used to measure the connection of ways of coping among psychological well-being, social support, and distress tolerance among prisoners' spouses of jail facilities in the Province of Misamis Occidental.

This study is a quantitative non-experimental design research method. It used the structural equation model in generating the best fit model. The descriptive-correlation research method was utilized to measure the variables of the study which are associated with various levels of measurement. (Ward & Wolf-Wendel, 2014). As noted by Akinyode (2016), Structural equation modeling (SEM) utilizes different kinds of models to portray connections among watched factors, with a similar fundamental objective of giving a quantitative trial of a hypothetical model estimated by the scientist. All the more explicitly, different hypothetical

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Since it aimed to assess the ways of coping among the prisoners’ spouses, the study was participated by 400 respondents through stratified random sampling. These 400 prisoners’ spouses were carefully selected in the four jails located in Misamis Occidental, Philippines. This study adapted downloaded questionnaires from web sources. The survey was modified to incorporate those things applicable to the examination. The draft was first appeared to the scientist's counsel for remarks and recommendations, after which specialists mentioned to approve the said poll. After the approval of the specialists, the unwavering quality of the survey was tried through pilot testing to experience Cronbach Alpha. This questionnaire consisted of variables such as ways of coping, psychological well-being, social support, and distress tolerance. There were four instruments used in this study, namely: Ways for Coping Questionnaire by Lazarus and Folkman (1988); The Social Support Survey by RAND Corporation (2017); Ryff’s Psychological Well-Being Scales (PWB) based on the studies of Henn et al. (2016) and Ryff (2014) and Distress Tolerance Scale (DTS). This instrument was developed by Simons & Gaher (2005) (Addicks et al., 2017; Rojas, 2017).

3. Result and Discussion

a. Level of Psychological Well-being of Prisoners’ Spouses:

General presentation on the Level of Psychological Well-being of Prisoners’ Spouses in each of the identified indicators is presented in Table 2. All indicators reflected high ratings. Specifically, in terms of autonomy with a mean of 4.03 and the standard deviation of 0.61, Environmental Mastery with a mean of 3.94 and standard deviation of 0.69, Personal Growth with a mean of 4.03 and standard deviation of 0.63, Positive Relations with a mean of 4.02 and the standard deviation of 0.64, Purpose in Life with a mean of 4.01 and the standard deviation of 0.62 and terms of Self-Acceptance with a mean of 4.05 and standard deviation of 0.65.

Table 2. Level of Psychological Well-being of Prisoners’ Spouses

Indicator	SD	Mean	Descriptive Level
Autonomy	0.61	4.03	High
Environmental Mastery	0.69	3.94	High
Personal Growth	0.63	4.03	High
Positive Relations	0.64	4.02	High
Purpose in Life	0.62	4.01	High
Self-acceptance	0.65	4.05	High
Overall	0.53	4.01	High

b. Level of Social Support of Prisoners’ Spouses:

Presented in Table 1 is the level of social support of prisoners’ spouses, which is measured by four indicators, namely: Emotional Support, Tangible Support, Affectionate Support, and Positive Social Interaction. High to very high ratings are reflected in Table 1. Both levels for emotional support and affectionate support are very high, with 4.35 and 4.22, respectively. High ratings are reflected for both tangible support and positive social interaction. As shown in the overall reflected mean, the rating is 4.20 described as very high.

It is a positive image in the level of Social Support of Prisoners' Spouses. All the indicators have very favorable ratings. All these have been appreciated by prisoners' spouses hence their very high rating for social support, a substantiation of the declaration of Hobbs (2000) that the existence of people on whom we can rely, care, value, and love us defines social support, therefore, demarcated as "interpersonal ties that are rewarding and protective to an individual. In fact, some authors (Calayeg & Turallo, 2015; Kumar et al., 2014; Meyers et al., 2017; Hochstetler et al., 2010) espoused that social support is relevant for the achievement in the lives of the prisoners' spouses while facing challenges. Level of Psychological Well-being of Prisoners' Spouses: General presentation on the Level of Psychological Well-being of Prisoners' Spouses in each of the identified indicators is presented in Table 2. All indicators reflected high ratings. Specifically, in terms of autonomy with a mean of 4.03 and the standard deviation of 0.61, Environmental Mastery with a mean of 3.94 and standard deviation of 0.69, Personal Growth with a mean of 4.03 and standard deviation of 0.63, Positive Relations with a mean of 4.02 and the standard deviation of 0.64, Purpose in Life with a mean of 4.01 and the standard deviation of 0.62 and terms of Self-Acceptance with a mean of 4.05 and standard deviation of 0.65.

Table 1. Level of Social Support of Prisoners' Spouses

Indicator	SD	Mean	Descriptive Level
Emotional Support	0.69	4.35	Very High
Tangible Support	0.84	4.17	High
Affectionate Support	0.76	4.22	Very High
Positive Social Interaction	0.89	4.06	High
Overall	0.62	4.20	Very High

On average, the Level of Psychological Well-being of prisoners' spouses is high, with a mean of 4.01 and a standard deviation of 0.53. All these have been appreciated by the prisoners' spouses hence their high rating for psychological well-being, a substantiation of the declaration of Geise (2008) that individuals cope with stressful situations thus, having efficient psychological well-being. In fact, some authors (Al-Turkait & Ohaeri, 2008; Codd, 2007; Miller, 2006; Ghiabi et al., 2013), indicated that self-fulfilling individuals are feeling more energetic and optimistic, therefore, possesses the best performance during stress.

c. Level of Distress Tolerance of Prisoners' Spouses:

Displayed in Table 3 is the level of Distress Tolerance of Prisoners' Spouses in each of the identified indicators. All indicators reflected high ratings, specifically, in terms of tolerance with a mean of 3.91 and the standard deviation of 0.80, Absorption with a mean of 3.87 and standard deviation of 0.82, Appraisal with a mean of 3.84 and the standard deviation of 0.82, and in terms of Regulation with a mean of 3.84 and the standard deviation of 0.80. On average, the Level of Distress Tolerance of Prisoners' Spouses is high, with a mean of 3.86 and a standard deviation of 0.71. All these have been appreciated by the prisoners' spouses hence their high rating for distress tolerance, a substantiation of Bliesner (2011); Simons & Gaher (2005) that individuals with a low distress tolerance are some thought to perceive the emotional discomfort treated as unacceptable. In fact, some authors (Leyro et al., 2010; Bernstein et al., 2011; Bunn et al., 2007; Boelen & Reijntjes, 2009) perceived distress tolerance as related to antecedent emotion regulation; thus, the lower levels of distress tolerance may be more indulge to the maladaptive response.

Table3. Level of Distress Tolerance of Prisoners' Spouses

Indicator	SD	Mean	Descriptive Level
Tolerance	0.80	3.91	High
Absorption	0.82	3.87	High
Appraisal	0.82	3.84	High
Regulation	0.80	3.84	High
Overall	0.71	3.86	High

d. Level of Ways of Coping of Prisoners' Spouses:

General presentation on the Level of Ways of Coping of Prisoners' Spouses in each of the identified indicators is presented in Table 4. All indicators reflected high ratings. Equally, the same mean ratings are reflected in terms of confrontive coping with a mean of 3.91 and the standard deviation of 0.90 and Distancing with a mean of 3.91 and the standard deviation of 0.80. Moreover, in terms of Self-controlling, the mean level is 3.97 with the standard deviation of 0.78, Seeking social support with a mean of 4.08 and the standard deviation of 0.75, Accepting Responsibility with a mean of 4.00 and the standard deviation of 0.79, Escape Avoidance with a mean of 4.07 and the standard deviation of .76, Planful Problem Solving with a mean of 4.14 and the standard deviation of 0.76 and in terms of Positive Reappraisal with a mean of 4.12 and the standard deviation of 0.77. On average, the Level of Ways of Coping of Prisoners' Spouses is high with a mean of 4.02 and a standard deviation of 0.60. All these have been appreciated by the prisoners' spouses hence their high rating for ways of coping, a substantiation of the declaration of Friedman (2001) advocated that ways of coping as thoughts and behaviors occur in response to a stressful experience. In fact, some authors (Calayeg and Turallo, 2015; Penner et al., 2016; Verduyn, Van Mechelen et al., 2012), espoused that even if persons are confronted with great challenges due to separation, they are still able to consider positive ways to cope.

Table4. Level of Ways of Coping of Prisoners' Spouses

Indicator	SD	Mean	Descriptive Level
Confrontive Coping	0.90	3.91	High
Distancing	0.80	3.91	High
Self-controlling	0.78	3.97	High
Seeking Social Support	0.75	4.08	High
Accepting Responsibility	0.79	4.00	High
Escape Avoidance	0.76	4.07	High
Planful Problem Solving	0.76	4.14	High
Positive Reappraisal	0.77	4.12	High
Overall	0.60	4.02	High

e. Social Support and Ways of Coping of Prisoners' Spouses:

Exhibited in Table 5.1 is the significant relationship between social support and ways of coping of prisoners' spouses with the overall computed r-value of .520 and equivalent probability value, which is less than .05 level of significance. Thus, the null hypothesis is rejected, and the alternative is accepted, stating that there is indeed a significant relationship between social support and ways of coping of prisoners' spouses. This means that the higher the social support, the higher the ways of coping of prisoners' spouses. Dissecting the figures presented, social support in terms of emotion is significantly related to: confrontive coping

with an r-value of .273 (p=.000), distancing with an r-value of .298 (p=.000), self-controlling with an r-value of .263 (p=.000), seeking social support with an r-value of .377 (p=.000), accepting responsibility with an r-value of .309 (p=.000), escape avoidance with an r-value of .261 (p=.000), .252 (p=.000) for planful problem solving and .318 (p=.000) for positive reappraisal. Furthermore tangible support is also significantly related to: confrontive coping with an r-value of .226 (p=.000), distancing with an r-value of .259 (p=.000), self-controlling with an r-value of .270 (p=.000), seeking social support with an r-value of .290 (p=.000), accepting responsibility with an r-value of .253 (p=.000), escape avoidance with an r-value of .286 (p=.000), .275 (p=.000) for planful problem solving and .248 (p=.000) for positive reappraisal. Moreover, affectionate as another indicator for social support is also significantly related to: confrontive coping with an r-value of .349 (p=.000), distancing with an r-value of .366 (p=.000), self-controlling with an r-value of .412 (p=.000), seeking social support with an r-value of .385 (p=.000), accepting responsibility with an r-value of .331 (p=.000), escape avoidance with an r-value of .354 (p=.000), .369 (p=.000) for planful problem solving and .2367(p=.000) for positive reappraisal. Consistently positive social interaction is also significantly related to: confrontive coping with an r-value of .376 (p=.000), distancing with an r-value of .328 (p=.000), self-controlling with an r-value of .343 (p=.000), seeking social support with an r-value of .356 (p=.000), accepting responsibility with an r-value of .284 (p=.000), escape avoidance with an r-value of .255 (p=.000), .313 (p=.000) for planful problem solving and .321 (p=.000) for positive reappraisal.

Table 5.1. Significance on the Relationship between the Social Support and Ways of Coping of Prisoners' Spouses

Social Support	Ways of Coping								
	CC	DG	SC	SS	AR	EA	PS	PO	Overall
ES	.273** (.000)	.298** (.000)	.263** (.000)	.377** (.000)	.309** (.000)	.261** (.000)	.252** (.000)	.318** (.000)	.383** (.000)
TS	.226** (.000)	.259** (.000)	.270** (.000)	.290** (.000)	.253** (.000)	.286** (.000)	.275** (.000)	.248** (.000)	.343** (.000)
AS	.349** (.000)	.366** (.000)	.412** (.000)	.385** (.000)	.331** (.000)	.354** (.000)	.369** (.000)	.367** (.000)	.478** (.000)
PI	.376** (.000)	.328** (.000)	.343** (.000)	.356** (.000)	.284** (.000)	.255** (.000)	.313** (.000)	.321** (.000)	.422** (.000)
Overall	.394** (.000)	.400** (.000)	.414** (.000)	.448** (.000)	.375** (.000)	.369** (.000)	.389** (.000)	.400** (.000)	.520** (.000)

The respondents of this study assessed the correlation between the level of social supports and the ways of coping with the prisoners' spouses as often manifested. A description of the significant relationship for these particular variables is determined. The significant relationship between prisoners' spouses' level of social support and the ways of coping is an actualization of Lee, Pomeroy, & Bohman (2007), showing the effect of mediating the social support and the coping mechanisms an aid to help stressful events. Therefore, the higher the level of social support of the prisoners' spouses, the higher the level of ways of coping. However, the result of the study of Calayeg and Turallo (2015) negates the existing findings. It revealed that social, emotional, behavioral, and mental levels do not correlate with coping mechanisms. Also, some sources (Goodman et al., 2005; Salazar et al., 2004; Pahagni et al, 2012) espoused that social support is linked to coping since it can

improve the quality and betterment of life, including the promotion of mental health and aid to coping with the conditional abusive situations.

f. Psychological Well-being and Ways of Coping of Prisoners' Spouses:

Table 5.2 shows the significant relationship between psychological wellbeing and ways of coping of prisoners' spouses with the overall computed r-value of .699 and equivalent probability value, which is less than .05 level of significance. Thus, the null hypothesis is rejected, and the alternative is accepted, stating that it shows a significant relationship between psychological well-being and ways of coping of prisoners' spouses. This means that the higher the psychological wellbeing, the higher the ways of coping of prisoners' spouses. Autonomy as an indicator of the variable psychological well-being is significantly related to: confrontive coping with an r-value of .455 ($p=.000$), distancing with an r-value of .405 ($p=.000$), self-controlling with an r-value of .460 ($p=.000$), seeking social support with an r-value of .422 ($p=.000$), accepting responsibility with an r-value of .415 ($p=.000$), escape avoidance with an r-value of .391 ($p=.000$), .412 ($p=.000$) for planful problem solving and .413 ($p=.000$) for positive reappraisal. Environmental Mastery as another indicator under the variable psychological well-being is also significantly related to confrontive coping with an r-value of .501 ($p=.000$), distancing with an r-value of .371 ($p=.000$), self-controlling with an r-value of .456 ($p=.000$), seeking social support with an r-value of .414 ($p=.000$), accepting responsibility with an r-value of .463 ($p=.000$), escape avoidance with an r-value of .331 ($p=.000$), .315 ($p=.000$) for planful problem solving and .337 ($p=.000$) for positive reappraisal. Furthermore, personal growth is also significantly related to: confrontive coping with an r-value of .500 ($p=.000$), distancing with an r-value of .489 ($p=.000$), self-controlling with an r-value of .526 ($p=.000$), seeking social support with an r-value of .513 ($p=.000$), accepting responsibility with an r-value of .490 ($p=.000$), escape avoidance with an r-value of .407 ($p=.000$), .421 ($p=.000$) for planful problem solving and .432 ($p=.000$) for positive reappraisal. Positive relations is also significantly related to all indicators of ways of coping specifically: confrontive coping with an r-value of .376 ($p=.000$), distancing with an r-value of .417 ($p=.000$), self-controlling with an r-value of .449 ($p=.000$), seeking social support with an r-value of .534 ($p=.000$), accepting responsibility with an r-value of .449 ($p=.000$), escape avoidance with an r-value of .464 ($p=.000$), .397 ($p=.000$) for planful problem solving and .363 ($p=.000$) for positive reappraisal.

Purpose in life is also significantly related to: confrontive coping with an r-value of .418 ($p=.000$), distancing with an r-value of .477 ($p=.000$), self-controlling with an r-value of .497 ($p=.000$), seeking social support with an r-value of .466 ($p=.000$), accepting responsibility with an r-value of .487 ($p=.000$), escape avoidance with an r-value of .435 ($p=.000$), .400 ($p=.000$) for planful problem solving and .383 ($p=.000$) for positive reappraisal. Like any other indicators under the variable psychological wellbeing, Self-acceptance is also significantly related to: confrontive coping with an r-value of .436 ($p=.000$), distancing with an r-value of .497 ($p=.000$), self-controlling with an r-value of .504 ($p=.000$), seeking social support with an r-value of .542 ($p=.000$), accepting responsibility with an r-value of .474 ($p=.000$), escape avoidance with an r-value of .460 ($p=.000$), .404 ($p=.000$) for planful problem solving and .454 ($p=.000$) for positive reappraisal. The respondents of this study assessed the correlation between the level of psychological well-being and ways of coping of the prisoners' spouses as often manifested, a description of the significant relationship for these particular variables is determined. The present finding is supported by the study of Calayeg (2015), expressing that spouses of the prisoners employ different strategies to overcome their vulnerability, accept reality, and manage their new

situation as their partners are incarcerated. In fact, some authors asserted the same idea (Ayduk & Kross, 2010; Kross & Ayduk, 2008; Penner et al., 2016; Verduyn et al., 2012), discussing the good point in realizing that a high level of coping mechanism is linked towards psychological well – being.

Table 5.2. Significance on the Relationship between the Psychological Well-being and the Ways of Coping of Prisoners’ Spouses

Psycho-logical Well-being	Ways of Coping								
	CC	DG	SC	SS	AR	EA	PS	PO	Overall
AY	.455** (.000)	.405** (.000)	.460** (.000)	.442** (.000)	.415** (.000)	.391** (.000)	.412** (.000)	.413** (.000)	.554** (.000)
EM	.501** (.000)	.371** (.000)	.456** (.000)	.414** (.000)	.436** (.000)	.331** (.000)	.315** (.000)	.337** (.000)	.519** (.000)
PG	.500** (.000)	.489** (.000)	.526** (.000)	.513** (.000)	.490** (.000)	.407** (.000)	.421** (.000)	.432** (.000)	.618** (.000)
PR	.376** (.000)	.417** (.000)	.449** (.000)	.534** (.000)	.449** (.000)	.464** (.000)	.397** (.000)	.363** (.000)	.561** (.000)
PL	.418** (.000)	.477** (.000)	.497** (.000)	.466** (.000)	.487** (.000)	.435** (.000)	.400** (.000)	.383** (.000)	.582** (.000)
SA	.436** (.000)	.497** (.000)	.504** (.000)	.542** (.000)	.474** (.000)	.460** (.000)	.404** (.000)	.454** (.000)	.615** (.000)
Overall	.546** (.000)	.538** (.000)	.586** (.000)	.591** (.000)	.558** (.000)	.504** (.000)	.475** (.000)	.483** (.000)	.699** (.000)

g. Distress Tolerance and Ways of Coping of Prisoners’ Spouses:

Illustrated in Table 5.3 is the significant relationship between distress tolerance and ways of coping of prisoners’ spouses with the overall computed r-value of .668 and equivalent probability value which is less than .05 level of significance. Therefore, the null hypothesis is rejected, and the alternative is accepted, showing a significant relationship between distress tolerance and ways of coping of prisoners’ spouses. It means that the higher level of distress tolerance is, the higher the ways of coping of prisoners’ spouses. Dissecting the figures presented, tolerance is significantly related to: confrontive coping with an r-value of .500 (p=.000), distancing with an r-value of .378 (p=.000), self-controlling with an r-value of .467 (p=.000), seeking social support with an r-value of .419 (p=.000), accepting responsibility with an r-value of .496 (p=.000), escape avoidance with an r-value of .414 (p=.000), .292 (p=.000) for planful problem solving and .342 (p=.000) for positive reappraisal. Furthermore absorption is also significantly related to: confrontive coping with an r-value of .573 (p=.000), distancing with an r-value of .419 (p=.000), self-controlling with an r-value of .515 (p=.000), seeking social support with an r-value of .411 (p=.000), accepting responsibility with an r-value of .541 (p=.000), escape avoidance with an r-value of .408 (p=.000), .330 (p=.000) for planful problem solving and .439 (p=.000) for positive reappraisal. Moreover, appraisal as another indicator for distress tolerance is also significantly related to: confrontive coping with an r-value of .486 (p=.000), distancing with an r-value of .478 (p=.000), self-controlling with an r-value of .562 (p=.000), seeking social support with an r-value of .461 (p=.000), accepting responsibility with an r-value of .544 (p=.000), escape avoidance with an r-value of .511 (p=.000), .391 (p=.000) for planful problem solving and .339 (p=.000) for positive reappraisal.

Consistently regulation is also significantly related to: confrontive coping with an r-value of .464 (p=.000), distancing with an r-value of .482 (p=.000), self-controlling with an r-value of .524 (p=.000), seeking social support with an r-value of .427 (p=.000), accepting responsibility with an r-value of .510 (p=.000), escape avoidance with an r-value of .426 (p=.000), .300 (p=.000) for planful problem solving and .353 (p=.000) for positive reappraisal. The respondents of this study assessed the correlation between the level of distress tolerance and ways of coping of the prisoners' spouses as often manifested. A description of the significant relationship for these particular variables is determined. Results also showed a significant relationship between distress tolerance and the ways of coping. The present finding is supported by some authors (Rodriguez, 2010; Antoni, 2003; Bunn et al., 2007), espousing that individuals with a lower level of distress tolerance are more exposed to maladaptive responses to distress and the distress-eliciting contexts. This finding is supported by some sources (Boelen & Reijntjes, 2009; Telch et al., 2003; Timpano et al., 2009) discussing that the higher levels of perceived distress tolerance for a negative effect on the emotional aspect and physical stimuli are significantly related to an increased risk of a variety of emotional symptoms negatively if not utilized with ways of coping.

Table 5.3. Significance on the Relationship between Distress Tolerance and Ways of Coping of Prisoners' Spouses

Distress Tolerance	Ways of Coping								
	CC	DG	SC	SS	AR	EA	PS	PO	Overall
Tolerance	.500** (.000)	.378** (.000)	.467** (.000)	.419** (.000)	.496** (.000)	.414** (.000)	.292** (.000)	.342** (.000)	.543** (.000)
Absorb	.573** (.000)	.419** (.000)	.515** (.000)	.411** (.000)	.541** (.000)	.408** (.000)	.330** (.000)	.439** (.000)	.598** (.000)
App	.486** (.000)	.478** (.000)	.562** (.000)	.461** (.000)	.544** (.000)	.511** (.000)	.391** (.000)	.339** (.000)	.627** (.000)
Reg	.464** (.000)	.482** (.000)	.524** (.000)	.427** (.000)	.510** (.000)	.426** (.000)	.300** (.000)	.353** (.000)	.571** (.000)
Overall	.578** (.000)	.502** (.000)	.591** (.000)	.490** (.000)	.597** (.000)	.502** (.000)	.375** (.000)	.438** (.000)	.668** (.000)

h. Establishing the Best Structural Model:

This section presents the analysis of the interrelationships among the set variables. The exogenous include social support, psychological well-being, and distress tolerance of prisoners' spouses to ways of coping. There are five alternative models tested to achieve the best fit model of ways of coping of prisoners' spouses. Each of the identified models has a corresponding framework decomposed into two sub-models that include the measurement and the structural. Moreover, to determine the goodness of fit, several indices were reflected and used as the baseline for accepting and rejecting the model.

Contextually, the researcher establishes the relationship of the latent variable's causality relationship toward the different latent variables. Furthermore, it institutes the relationship between endogenous and exogenous variables. The moment that the structured model exhibits a suitable fit, it underscores the consistency of the empirical relationships among variables inferred by the given model. The model parameter entails the magnitude and the direction of the relationships among the shared variables.

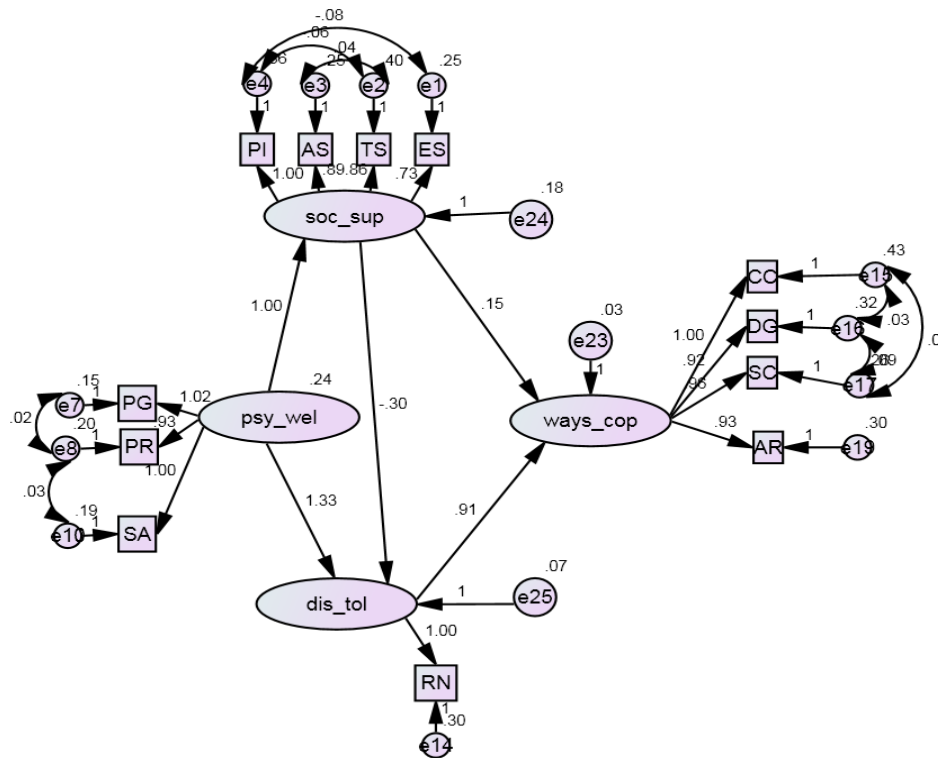


Figure 1. Best Fit Model for Ways of Coping of Prisoners' Spouses

CC-Confrontive Coping	TS-Tangible Support	PR-Positive Relations
DG – Distancing	AS-Affectionate Support	SA-Self-acceptance
SC-Self-controlling	PI-Positive Social Interaction	Psy_wel-Psychological Well-being
AR-Accepting Responsibility	soc_sup-Social Support	RN-Regulation
ways_cop-Ways of Coping	PG-Personal Growth	dis_tols-Distress Tolerance
ES-Emotional Support		

Table 6. Good Measure of Fit of the Structural the Best Fit Model

INDEX	CRITERION	MODEL FIT VALUE
P-Close	> 0.05	.973
CMIN/DF	0 < value < 2	1.322
GFI	> 0.95	.978
CFI	> 0.95	.994
NFI	> 0.95	.975
TLI	> 0.95	.990
RMSEA	< 0.05	.028

Legend:

- CMIN/DF - Chi-Square/Degrees of Freedom
- NFI - Normed Fit Index
- TLI - Tucker-Lewis Index
- CFI - Comparative Fit Index
- GFI - Goodness of Fit Index

RMSEA - Root Means Square of Error Approximation
Pclose - P of Close Fit

i. Model Development:

The generated structural model is presented in Figure 1. The figure shows the mediating effects of social support and distress tolerance to the relationship of psychological well-being to ways of coping of prisoners' spouses. The total effect of psychological well-being on ways of coping of prisoners' spouses is .758. The generated model number is exemplified by the influence of psychological well-being on social support and distress tolerance positively. Moreover, these variables also influence the ways of coping of spouses' prisoners positively. Pathway from psychological well-being to social support to ways of coping is significant. Another pathway was also cited from psychological well-being to distress tolerance to ways of coping. The identified pathways are significant in nature. Therefore, increasing the level of psychological well-being is also an increase the prisoners' spouses' social support and distress tolerance and will also increase the respondents' level of ways of coping. The indices resulted in the generated model are all within the acceptable range. Specifically, CMIN/DF= 1.322, p-value = 0.081, RMSEA = 0.028, p-close= 0.973 and indices such as NFI (0.975), TLI (0.990), CFI (0.994) and GFI (0.978) respectively.

Parallel to this, the outcomes of a study by Fredrickson (1998, 2001); Lyubomirsky et al. (2005) are geared towards the concept of ways of spouses of inmates to stay along with new knowledge, theories, developments, and research in their daily living. Through appropriate ways of coping, spouses acquired, remained passionate about their purposes in life, and share their lives with family and friends in their struggle and challenges in life while partners are held behind bars. To sustain and nurture their desires, obligation, flexibility, and usefulness as spouse and or parent, they should appear to causally contribute to a wide range of positive outcomes, including improved psychological health. Also, several studies confirmed that coping mechanism is affected by various degrees of variables, namely social support, mental well-being, and distress tolerance factors of the individual (Ozkan et al., 2010). Parallel to this, the outcomes of this study are geared towards the concept of Pahagni (2013), which connoted that coping mechanisms of the spouses are significant factors in their mental health, including psychological well-being and tolerance since these are behavioral and cognitive attempts in controlling the stresses and confrontation to stressful conditions while incarceration separates family from the spouse who is incarcerated. Therefore, they are of great help in preventing, diagnosing, and moderating the given problems. Thus, it will enhance coping, personal health, changes, and development in the relations with family and friends, between the partners and child (ren). The model ways of coping further showed World Health Organization (2001) pronounced that positive perception is also preserved in the organization of the World Health Organization (WHO). The definition of health referred to the state of being physically, mentally, and socially complete well-being and not just in the absence of diseases or several infirmities. To date, the WHO has an impact on the mental health of a person realizing one's abilities can cope with the given normal stresses of a person's life, can work both productively and fruitfully in the contribution to the community. Thus, coping can also mean the government's ability to implement learning programs for the spouses of prisoners that have been planned as well as the ability of the Bureau of Jail Management and Penology (BJMP) to achieve the goal and objectives that have been set that is helpful to the lives of the spouses of the incarcerated partners. The findings of Seligman (2002) appear to agree on the result of this study that ways of coping are the concept of the feeling of being good, which incorporate not only in the positive emotions of being happy and

contented, but also such emotions falls to interest, several engagements, person's confidence, and one's affection. The idea of functioning appropriately in a mental sense involves the improvement of a person's potential, which has some control over the life of others, with a deep sense of life's purpose, and experiences the positive relations. Recent years are exploring research studies giving emphasis starting from the physical dysfunction and disorder until focusing on human well-being and the positive mental state. This model shift is prominent in the current psychological researches. It also caught some scholars' attention, namely economists, epidemiologists, social scientists, and policymakers (Huppert, 2005; Layard, 2005; Marks & Shah, 2005; Mulgan, 2006). Thus, empowerment for spouses of prisoners to utilize various kinds and ways of coping is needed.

4. Conclusion and Recommendation

The study uncovered that prisoners' spouses' most reported coping strategies were positive reappraisal, distancing, and seeking social support. The level of emotional-focused coping strategies and the perceived social support from family, friends, and significant others reported by husbands and wives were similar. Furthermore, family responsibility and interdependence among the family members are key characteristics in ways of coping. They both stressed that healthcare professionals need to be sensitive to the feelings of the spouses. They also have a responsibility to create an atmosphere where spouses can feel that they can express despair, existential concerns and discuss problems. Besides, they should be given support in handling practical matters and coping with their thoughts about the future. The information may provide essential information and counseling to help families cope more effectively with the situation's survival. Interventions, therefore, should include efforts to strengthen coping strategies and increase social networks to relieve or reduce the stress of family burden. To conclude, it affirms that coping efforts aim at regulating the problem that gives rise to positive outcomes.

It is then recommended that the prisoners' spouses need the perennial need to apply appropriate ways of coping. It should not be discounted that respondents' psychological well-being, social support, and distress tolerance are high to very high; this also necessitates developing or strengthening an important intervention program. Thus, it is recommended to explore other research related to prisoners' spouses' coping, which will then serve as the basis for an intervention program for problematic spouses or partners of incarcerated persons.

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