

# The Role of Spousal Recovery Support in Predicting Psychological Detachment as Recovery Experience Strategy in Working Husband and Wife

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Keyword: Spousal Recovery Support, Psychological Detachment

Abstract: The research explored the role of spousal recovery support on psychological detachment as strategy recovery experience of working husband and wife. The research applied quantitative method with 106 working husband and wife from Jakarta region. Spousal recovery support was measured using Spousal or Partner Recovery Support Scale developed by Park and Fritz (2015), modified by the researcher. Psychological Detachment was measured using Recovery Experience Questionnaire (REQ) conceived by Sonnentag & Fritz (2007) adapted to the research. Using regression logistic analysis, it was shown that spousal recovery support has no significantly affect with psychological detachment ( $r > 0.05$ ). It can be concluded that spousal recovery support has no impact in predicting the odds of having high level psychological detachment of a working husband and wife.

## 1 INTRODUCTION

At present, the level of workers in DKI Jakarta is increasing every year. In the data obtained from the Central Statistics Agency, in general, in DKI Jakarta in 2015, the composition of the working population in terms of the gender of women aged 15 - 60 years had a total of 1,799,376 people, in 2016 there was an increase to 1,853,470 people. Whereas for men in 2015, the composition of the working population numbered 2,924,653 people, and in 2016, it reached 3,008,362 people. The data shows that there is an increase in the number of workers from year to year, especially in women, where she helps her husband in meeting the family's economic needs. The involvement of married women in working creates a dual-earner couple, that is, husband and wife couples who both work either full time or part-time, and both generate income (Faisal, C. M. & Sari, 2018). With the work and family, domains can produce stress because of the influence of stress between the two fields (Bolger, N., DeLongis, A., Kessler, R. C., & Wethington, 1989). The pressure will cause work-family conflict, where this results in an imbalance of roles between their roles in the workplace and within the family both in time-based conflict, strain-based

conflict, or behavior-based conflict (Greenhaus, J. & Beutell, 1985).

With the presence of stress and WFC, we need something that can minimize or prevent stress, and prevention is recovery. Recovery from work stress is a process of replenishing resources that are exhausted through a break from work stress when the stressor is temporarily eliminated (Sonnentag, S., & Fritz, 2007). This is in line with the Conservation of Resource (COR) Theory, which, according to (Hobfoll, 1989, 2002), assumes that people have an underlying motivation to obtain, maintain, grow, and protect things that they value or consider themselves valuable.

In line with the COR theory, it can be interpreted that a wife and husband who experience stress from their work, experience loss of resources in the form of time or energy. Hence, he wants to get it back by getting another value, namely recovery, with a process called recovery experience. If stress and WFC are not minimized, it will affect either the individual (such as work and mental health) or even the marriage life of the individual. This is in line with one study that says there is a relationship between work stressors and poor-quality relationships; this relationship is associated with work stress that increases psychological pressure,

then affects the quality of marital relations (Hughes, D. L., Galinsky, E., & Morris, 1992).

Recovery experience can be achieved by conducting psychological detachment because, based on research by (Moreno-Jiménez, B., Mayo, M., Sanz-Vergel, A.I., Geurts, S., Rodriguez-Muñoz, A., & Garrosa, 2009) proved that there was a high correlation between work stress and the ability to detachment from work. Psychological detachment refers to the subjective experience of leaving work and forgetting work during non-work times where the individual detaches from mental work, which means that the individual stops thinking about work and work problems that psychologically separate from work during the off-job time, and allows recovery.

According to (Hobfoll, S. E., Habesleben, J., Neveu, J.-P. & Westman, 2017) in resource caravan theory, personal resources arise from supporting social conditions, such as having supportive families and supportive work organizations. Therefore, for the recovery of personal resources can be assisted with social support, one of them with social support from a partner. Associated with COR theory, recovery experience on psychological detachment can be helped by support from someone who has an intimate relationship such as a partner or spousal recovery support because couples are the most prominent source of support (Park, Y., & Fritz, 2015).

(Park, Y., & Fritz, 2015) define spousal recovery support as the behavior exhibited by couples in helping and making opportunities for their partners to recover so that spousal recovery support between working partners can help them to create a recovery after work. The support that can be given to couples when doing detachment from work can be various, such as reminding their partners not to open emails, talk about work, and take a vacation. For example, when a wife experiences work stress when returning home, her husband can help minimize this stress by reminding his wife not to open the e-mail. If the wife does not open the email, then she will experience a pause period so that it can be a detachment process in recovery. Just as if when a wife or husband works at a bank and gets stressed or demanded work from the office, after arriving at their partner's house, they still ask about their work affairs. His work and stress level will increase so that the individual will not experience the detachment process as a recovery. Conversely, if when they leave work, their wives or husbands are given time to rest, they are not asked about work matters or are invited to take vacations on weekends, there is an opportunity for the

individual to experience a detachment process as a recovery.

Support for the recovery of a married couple can facilitate the involvement and easing of their partner's tension in activities that encourage recovery. Husband or wife recovery support serves as a resource for multiple income earners who help meet two conditions for the recovery experience, namely, time and involvement in recreational activities (Park, Y., & Fritz, 2015). If individuals experience recovery from work-family conflicts and stress, it will affect married life, especially support between partners, and work in the office will be even better such as, doing office work is no burden. It will create a comfortable situation for both individuals and couples.

## 1.1 Problem Formulation

The research question is, what is the role of spousal recovery support in predicting psychological detachment as a recovery experience strategy for husband and wife working with moderate and high levels of WFC?

## 1.2 Object of Research

This study aims to determine the role of spousal recovery support in predicting psychological detachment as a recovery experience strategy for husband and wife working with moderate and high levels of WFC.

## 2 RESEARCH METHODOLOGY

This research design is a correlational study using a quantitative approach. The data obtained will be analyzed by statistical techniques of logistic regression test. Characteristics of the subjects of this study are husband and wife double income earners. Husband and wife must be aged 20 - 55 years or still in productive age of work and marriage age of 6 months and over. Have a minimum working time of 40 hours/week, travel time from home to the office that is at least 60 minutes, and work in DKI (Special Capital Region) of Jakarta. The sampling technique is done by accidental sampling.

There are 167 data collected, but there are 61 data that were deleted because of adjustments to the characteristics of the study, mainly medium and high WFC. To get 106 data, which is 30 data from 35 questionnaires distributed offline and 36 of 97 respondents through the distribution of google form

links distributed via social media such as line and Instagram, and 40 data from pilot test data. The average of the most of this study were respondents aged between 31-35 years (SD = 1,320), female gender (SD = 0.593), last education level (SD = 72.6), distance from home to office 60 minutes (SD = 60.4) with a marriage age range of 1-5 years (SD = 72.6).

## 2.1 Measuring Instrument

**Spousal Recovery Support** The measuring instrument used to measure spousal recovery support is the Spouse or Partner Recovery Support Scale by (Park, Y., & Fritz, 2015). This gauge consists of 4 items. The choice of answers uses a Likert scale with 5 answer choices ranging from 1 "very few" to 5 "very many."

**Psychological detachment** a measuring tool used to measure recovery experience is the Recovery experience Questionnaire (REQ) by (Sonnetag, S., & Fritz, 2007). This measuring instrument consists of 16 items, where there are 4 dimensions measured, namely psychological detachment consisting of 4 items, relaxation consisting of 4 items, mastery experience consisting of 4 items, and control consisting of 4 items. However, because researchers will only measure psychological detachment, they will only use 4 items in the psychological detachment dimension. The answer choices use a Likert scale with 5 answer choices from range 1 "strongly disagree" to 5 "strongly agree."

## 3 RESULT AND DISCUSSION

### 3.1 Logistic Regression Test

Table 1: Hosmer and Lemeshow test

Step	Chi-square	df	Sig.
1	8.714	6	.190

The logistic regression test is a statistical method of logistics models. It is part of the regression analysis used to predict the probability of an event occurring by matching the data to the logistic curve function (Hosmer, D. W & Lemeshow, 1989). Based on the results in table 1, namely the calculation of the Hosmer and Lemeshow tests that obtained  $r > 0.05$ , the model can be accepted. Moreover, hypothesis testing with logistic regression can be done because it can explain data about the role of spousal recovery support in predicting psychological detachment.

Then in the calculation of the Omnibus test of model coefficient, based on table 2, it was concluded that the Chi-square Model was 1.431, and  $r > 0.05$ . So that the logistic regression test is appropriate for use in research calculations. Still, in this study participants, spousal recovery support cannot predict psychological detachment as a recovery experience strategy for husband and wife working, especially those who have moderate and high levels of work-family conflict.

Table 2: Omnibus test of model coefficient

		Chi-square	Df	Sig.
Step 1	Step	1.431	1	.232
	Block	1.431	1	.232
	Model	1.431	1	.232

## 4 CONCLUSION AND RECOMMENDATION

### 4.1 Conclusion

Based on the results of research that has been done that there is no role of spousal recovery support in predicting psychological detachment as a recovery experience strategy for husband and wife with moderate and high levels of work-family conflict. However, spousal recovery support and psychological detachment show a relationship with a definite direction where if the higher the spousal recovery support is given, the psychological detachment of the individual will be higher.

### 4.2 Recommendation

1. Control is needed on subjects who are really under pressure or a strong WFC, so it needs to be analyzed what makes WFC high in the Jakarta community in particular.
2. To further clarify the variable spousal recovery support, it is better to use the daily diary study method, which is a measurement of data longitudinally. It is because spousal recovery support with survey methods does not clearly describe the variables, so it is better seen from day today for a long time to know how the role of spousal recovery support.
3. For further research development, it can provide additional control, namely regarding the recovery-related self-efficacy of husband and wife working from multiple breadwinner pairs associated with

spousal recovery support with high and low work-family conflicts.

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