Research Square

Preprints are preliminary reports that have not undergone peer review.
They should not be considered conclusive, used to inform clinical practice,
or referenced by the media as validated information.

Influence of Military Spouse Deployment on Marriage Stability among Nigerian Navy Couples

Salamatu Wachiko Abdullahi
Nasarawa State University
Ahmadu Shehu Mohammed
ahmadumohd@yahoo.com

Nigerian Navy Reference Hospital
Alhassan Mohammed Hassan
Nasarawa State University
Odekunle Bola Odegbemi
Edo State University

Research Article

Keywords: Military spouse deployment, Marriage stability, Nigerian Navy families, Marital resilience, Dyadic adjustment, Deployment stress, Family support systems

Posted Date: July 14th, 2026

DOI: https://doi.org/10.21203/rs.3.rs-10034607/v1

License: This work is licensed under a Creative Commons Attribution 4.0 International License.
Read Full License

Additional Declarations: No competing interests reported.

Abstract

Military spouse deployment often strains marital stability due to prolonged separations and increased responsibilities for the non-deployed spouse. This study investigates how Nigerian Navy spouse deployment affects marriage stability, focusing on couples residing in Lagos State. Using Hill's ABC-X model of family crises and Becker's economic theory of marital instability, the research examines the impact of deployment, the presence of children, and marriage duration on stability. A cross-sectional survey of 396 wives of Navy personnel was conducted using the Revised Dyadic Adjustment Scale (RDAS) and analysed through t-tests and ANOVA. Results indicate that current deployment significantly reduces perceived marital stability ($t = 4.999$, $p < 0.001$). However, the presence of children was linked to increased stability ($F = 2.567$, $p = 0.029$), and longer marriage duration was associated with greater resilience during deployment. These findings enhance the theoretical understanding of military family dynamics in a non-Western context and underscore the need for targeted counselling and support during extended deployments to mitigate emotional and relational strains on Nigerian Navy families. The insights can inform policy initiatives aimed at improving military family welfare and strengthening marital resilience in response to operational demands.

Introduction

Marriage, as a foundational social institution, is subject to various stressors that can affect its stability. Military couples face unique challenges compared to civilian couples, particularly during periods of deployment, which can strain the relationship dynamics between spouses. Spousal separation due to military deployments is one of the most significant stressors affecting marital stability (Caddick & Fossey, 2023). Research has consistently shown that marital stability is linked to factors such as communication, conflict resolution, and external stressors (Elegbede et al., 2024; Khezri et al., 2020; Nzewuji et al., 2024). For military couples, these stressors are often compounded by frequent relocations, long periods of separation, and the dangers associated with military service, all of which increase the potential for marital instability(Ribeiro et al., 2023). In the context of the Nigerian Navy, these challenges may be further exacerbated by cultural expectations and restricted communication infrastructure during deployments.

Marriage stability refers to whether a marriage remains intact and free from dissolution (Mitchell & Plauche, 2016). Stable marriages are characterized by low conflict, high satisfaction, and effective management of stressors (Karimi et al., 2019; Rusu et al., 2020). In military families, these stressors are often exacerbated due to the unique demands of military life (Woodall et al., 2020). Both the military and the family have been described as "greedy" institutions, competing for the undivided loyalty of the service member, which can strain marriage relationships (K. Ledberg & Ruffa, 2020; Strader & Smith, 2022).

Deployments are particularly stressful for military families. The extended physical separation and emotional strain can lead to communication breakdowns, reduced intimacy, and increased feelings of

isolation for both the deployed spouse and the partner left behind (Er & Gokcearslan, 2023). Researchers have found that the longer the duration of deployment, the greater the impact on marital satisfaction (Smith et al., 2017). This study seeks to explore how military spouse deployment affects marriage stability among Nigerian Navy personnel and the role of factors like the presence of children and marriage duration.

Theoretical Framework

This study is guided by two complementary theoretical frameworks: The ABC-X model of family crises propounded by Reuben Hill in 1949 and the Economic Theory of Marital Instability propounded by Becker in 1976 (Averett & Hoffman, 2018; Rosino, 2016).

Hill's ABC-X Model of Family Crises:

Hill's ABC-X Model posits that a family's response to stress (A) depends on available resources (B) and their perception of the stressor (C), ultimately determining the crisis outcome (X) (Rosino, 2016). In military deployments, families with strong resources and positive views of the deployment often show resilience and cohesion, while those less equipped may experience marital strain. Research supports this model: external stressors negatively impact marital satisfaction (Randall et al., 2022), and stress impairs conflict resolution (Kieslich & Steins, 2022). Limited social support and chronic issues can further exacerbate stress effects on marriages (Kim & Jang, 2020). Applied to military deployments, this model predicts:

1. Increased marital instability among deployed couples.
2. Greater stress for couples with children due to childcare demands.
3. Heightened risk of marital strain for younger, less-educated couples with fewer resources.

Becker's Economic Theory of Marital Instability.

Becker’s economic theory of marital instability posits that individuals marry when anticipated marital benefits exceed those of remaining single and divorce when the benefits of separation outweigh staying married (Averett & Hoffman, 2018). This theory accounts for uncertainties, such as discrepancies between expectations and reality, to explain marital dissolution. Within military deployments, the theory suggests:

1. Deployment can reduce marital satisfaction, raising instability risks.
2. Non-deployed spouses, especially with children, may face lower utility due to added childcare.
3. Deployments tied to higher income or status may stabilize marriages.
4. Younger couples may be more vulnerable to instability from reduced marital utility.

Problem Statement

Despite widespread acceptance of the idea that military deployments negatively affect marital stability, the empirical evidence, especially in the Nigerian context, is limited. Marital stress due to deployment may manifest in various forms, including poor communication, emotional disengagement, and heightened conflict, all of which can undermine marriage stability. Furthermore, little is known about how specific factors, such as the presence of children and marriage duration, interact with deployment stress to affect marriage stability among Nigerian military personnel. This study aims to address this gap by examining how military spouse deployments influence marriage stability in the Nigerian context, guided by the ABC-X model and the economic theory of marital instability.

Research Questions

This study will attempt to answer the following questions:

1. Does military spouse deployment influence marriage stability among military couples?
2. Do these influences depend on the presence of children in military families?
3. Do these influences depend on the duration of military couples' marriages?

Hypotheses

Based on the theoretical frameworks and research questions, the following hypotheses are proposed:

1. **First Hypothesis**. H_o1: There is no significant relationship between military spouse deployment and marriage stability among military couples. H_11: Military spouse deployment negatively affects marriage stability among military couples.
2. **Second Hypothesis**. H_o2: There is no significant difference in the impact of military spouse deployment on marriage stability between military couples with children and those without children. H_12: The negative impact of military spouse deployment on marriage stability is more pronounced in military couples with children compared to those without children.
3. **Third Hypothesis**. H_o3: Marriage duration does not significantly moderate the relationship between military spouse deployment and marriage stability among military couples. H_13: Longer marriage duration mitigates the negative impact of military spouse deployment on marriage stability among military couples.

Methodology

This study employed a cross-sectional survey design to explore the influence of military spouse deployment on marriage stability among Nigerian Navy couples. Data were collected from 396 wives of Nigerian Navy personnel residing in Navy Town Barracks, Lagos, one of the largest military residential areas in Nigeria. Wives were chosen as respondents due to their significant role in managing family responsibilities during spousal deployments. Participants were selected using stratified random sampling, ensuring representation from three groups: those whose spouses were currently deployed,

recently deployed, and never deployed. The sample size was determined using Cochran's formula for finite populations, ensuring a robust dataset for analysis.

Data were collected through two main instruments: the Personal Data Questionnaire (PDQ) and the Revised Dyadic Adjustment Scale (RDAS). The PDQ captured essential demographic information, deployment history, presence of children, and the duration of marriage. The RDAS, a widely used tool for measuring marriage stability, assessed key dimensions of marital quality, including dyadic consensus, satisfaction, cohesion, and affectional expression. The RDAS has demonstrated high internal consistency ($\alpha = .96$), making it a reliable measure for this study.

Informed consent was secured from all participants before data collection. Questionnaires were self-administered, with minimal assistance provided where necessary. Data were analyzed using SPSS version 25. Descriptive statistics summarized the demographic characteristics of the respondents, while independent t-tests were employed to compare marriage stability across different deployment groups. Pearson's correlation coefficient was used to assess the relationship between marriage duration and stability. Statistical significance was set at a p-value of < 0.05.

Results

Respondents' Demographic Characteristics

A total of 396 wives of Nigerian Navy personnel participated in the study. The age of respondents ranged from 22 to 50 years, with a mean age of 34.7 years (SD = 6.4). The average duration of marriage was 10.5 years (SD = 5.2), and 76% of respondents had children, with an average of two children per household. Regarding deployment history, 43.9% of respondents reported that their spouses were currently deployed, 39.9% had experienced a spousal deployment in the past 12 months, and 16.2% had never experienced a spousal deployment.

Hypothesis 1: Influence of Military Spouse Deployment on Marriage Stability

The first hypothesis posited that military spouse deployment does not influence marriage stability among military couples. The hypothesis was tested using independent t-tests.

Table 1 presents the comparison of marriage stability scores. The results showed that wives of currently deployed spouses had significantly lower marriage stability scores (M = 49.76, SD = 8.75) compared to wives of non-deployed spouses (M = 54.09, SD = 7.97), with a **t** value of 4.999 ($p < 0.001$). Wives of spouses who were deployed within the past 12 months also reported lower marriage stability (M = 51.35, SD = 8.74) compared to non-deployed spouses (**t** = 2.429, $p = 0.016$).

Table 1
Independent t-test analysis of spousal deployment and marriage stability

Spousal Deployment	Marriage Stability (Mean ± SD)	t-value	p-value
Currently Deployed (n = 174)	49.76 ± 8.75	4.999	< 0.001
Not Deployed (n = 198)	54.09 ± 7.97		
Deployed within last 12 months (n = 158)	51.35 ± 8.74	2.429	0.016

These findings support the rejection of the null hypothesis, indicating that military spouse deployment negatively influences marriage stability, particularly for those whose spouses are currently deployed or were recently deployed.

Hypothesis 2: Influence of Children on Marriage Stability during Deployment

The second hypothesis proposed that the influence of military spouse deployment on marriage stability for military couples with children is not different from those without children. This hypothesis was also tested using independent t-tests. The results indicated that, among wives of currently deployed spouses, those with children reported higher marriage stability scores (M = 50.19, SD = 9.13) compared to those without children (M = 46.00, SD = 1.46), with a t value of 1.940 (p = 0.027).

Table 2
Independent t-test analysis of the influence of children on marriage stability during spousal deployment

Presence of Children	Marriage Stability (Mean ± SD)	t-value	p-value
With Children (n = 156)	50.19 ± 9.13	1.940	0.027
Without Children (n = 18)	46.00 ± 1.46		

The results suggest that the presence of children positively influences marriage stability during spousal deployment, with military couples who have children experiencing greater stability than those without children. This is contrary to the null hypothesis.

Hypothesis 3: Influence of Marriage Duration on Marriage Stability during Deployment

The third hypothesis stated that the influence of military spouse deployment on marriage stability is not affected by the duration of the marriage. To test this hypothesis, Pearson's correlation coefficient was used to assess the relationship between marriage duration and marriage stability among respondents whose spouses were currently deployed. The results revealed a significant negative correlation (r = -0.204, p = 0.007), indicating that longer marriage duration was associated with lower marriage stability during deployment.

Table 3
Correlation between marriage duration and marriage stability during spousal deployment

Variables	Pearson Correlation (r)	p-value
Marriage Duration	-0.204	0.007
Marriage Stability		

These finding led to the rejection of the null hypothesis, indicating that marriage duration significantly influences marriage stability during deployment, with longer marriages experiencing more instability.

Summary of Findings

1. **Military spouse deployment** significantly decreases marriage stability, with wives of currently deployed spouses reporting lower stability than those whose spouses are not deployed.
2. **Presence of children** improves marriage stability during deployment, with couples who have children showing greater stability compared to those without children.
3. **Marriage duration** is negatively correlated with marriage stability during deployment, with longer marriages experiencing greater instability during the deployment period.

Discussion

The primary objective of this study was to examine the influence of military spouse deployment on marriage stability among Nigerian Navy couples, with particular attention to the role of children and the duration of marriage. The results provide valuable insights into the complex dynamics of military families, highlighting how deployment affects marital relationships in the Nigerian context.

Influence of Military Spouse Deployment on Marriage Stability

The findings demonstrate that military spouse deployment has a significant negative impact on marriage stability, supporting our first hypothesis. This aligns with both the ABC-X model and the economic theory of marital instability. From the perspective of the ABC-X model, deployment represents a significant stressor (A) that challenges the family's resources (B) and perceptions (C), leading to decreased marital stability (X). Similarly, the economic theory suggests that deployment lowers the expected utility of marriage, increasing the risk of instability.

Wives of currently deployed personnel reported significantly lower marriage stability compared to those whose spouses were not deployed. These results corroborate existing literature on military families, which has long identified spousal separation due to deployment as a major source of marital strain (Karney & Trail, 2017; Peter et al., 2020; Smith et al., 2017). Deployments introduce unique stressors, such as prolonged separation, limited communication, and emotional distance, all of which disrupt the

marital bond and increase the risk of marital dissatisfaction and instability (Er & Gokcearslan, 2023; Peter et al., 2020; Sigelman et al., 2019).

The results align with previous studies on military families, which have shown that the uncertainty and anxiety surrounding deployments, combined with the emotional and physical burden placed on the non-deployed spouse, contribute to increased marital stress (Ormeno et al., 2020). In the Nigerian context, where deployments often involve long durations and limited communication options, these effects may be even more pronounced. The findings suggest the need for enhanced support systems, such as counselling and social services, to mitigate the negative effects of deployment on marriage stability.

Influence of Children on Marriage Stability during Deployment

Contrary to our second alternate hypothesis and the predictions of both theoretical frameworks, the presence of children positively influenced marriage stability during spousal deployment. Wives with children reported higher marriage stability than those without children. This finding challenges the assumption that added childcare responsibilities exacerbate deployment stress (Misra, 2019). It also contradicts the economic theory's prediction that increased childcare burden would lower marital utility for non-deployed spouses.

This unexpected result may be explained by cultural factors specific to the Nigerian context. In Nigerian society, children are highly valued and often seen as a source of strength and social support (Aderinto, 2015; Chapdelaine, 2021; Omobowale et al., 2019). The presence of children might serve as a stabilizing factor, providing emotional support and a sense of purpose for the non-deployed spouse. Furthermore, extended family networks may help to share the burden of childcare, reducing the stress on the non-deployed spouse and contributing to greater marital stability.

This finding highlights the importance of considering cultural context when applying Western-developed theories to non-Western populations. It suggests that the ABC-X model and economic theory of marital instability may need to be adapted to account for cultural variations in family dynamics and values. Furthermore, this cultural context needs to be taken into consideration when designing family support programs for Nigerian military families.

Influence of Marriage Duration on Marriage Stability during Deployment

The study found that the duration of marriage was negatively correlated with marriage stability during deployment, supporting our third alternate hypothesis. This finding aligns with the economic theory of marital instability, which suggests that younger couples are more responsive to changes in marital utility. However, it contradicts the prediction derived from the ABC-X model that older couples with longer shared histories would be more resilient to deployment stress. This finding also contrasts with studies

that suggest longer marriages are more stable due to the couple's accumulated experience and resilience (Karney & Trail, 2017).

One possible explanation for this finding could be that over time, the cumulative effects of repeated deployments may wear down the resilience of the marriage. Military couples who have been married for longer periods may have experienced multiple deployments, leading to emotional fatigue and increased stress over time. Furthermore, couples in longer marriages may face additional challenges related to the reintegration process, where the service member’s return home after deployment disrupts established routines and creates new sources of marital tension (Bommarito et al., 2017). This suggests that the ABC-X model may need to be refined to account for the long-term, cumulative effects of recurring stressors in military families.

Implications for Counselling

The findings from this study have implications for counseling. Marriage counselors and therapists need to be prominent and available in the Nigerian Navy. It would appear that there is a lack of marital guidance and counseling service in the Nigerian Navy. The official avenue for dealing with marital disputes is through the Naval Police attached to the various Barrack Maintenance Offices. Couples in the Nigerian Navy also seek help informally from close friends, family members, local religious leaders, or the Nigerian Navy Officers Wives Association. These options are likely to be lacking in the professional expertise necessary for handling marital maladjustment of non-deployed spouse which may arise due to military deployment. The military authority needs to understand the challenges military couples face while preparing for, during, and after the return of the military spouse from deployment (Hall & Moore, 2016). It seems marriage counselors have not been playing prominent roles in the Nigerian Navy unlike in other settings; where marriage counseling is easily accessible to couples. Attending to marriage issue should not be exclusively reserved for family members, friends or religious leaders although some religious leaders may be exposed to skills in counseling psychology.

The results obtained in this study have demonstrated the realities of marriage instability among couples in the Nigerian Navy. The findings from the study have great multi-dimensional implications for marriage counselors, spinsters and bachelors, married couples as well as the government. This is because the problems that confront marriages are direct concern of the entire society. It therefore means that, to ensure marital stability, couples should be encouraged to make a deliberate decision of meeting a marriage counselor for their marriage assessment. The findings also corroborate the fact that marital instability among military couples experiencing spousal deployment is influenced by several factors and that previous experience is not sufficient to shield these couples from marriage instability. The main implication of the study for the nation is that, if the causes of marriage instability were addressed at the appropriate levels and quarters, it would not be too difficult for the government to achieve her initiated war against terrorism which the navy personnel have key roles to play. The war would be won with little or no stress since deployed military men would be better able to focus on their assigned roles and responsibilities instead of being bugged down by the stress of unstable marriages. Thus, the

government and the military authority need to understand the challenges military couples face while preparing for, during, and after the return of the military spouse from deployment.

Findings from this study imply that professional guidance and counseling services should be rendered to military couples and even military personnel who are yet to marry. Military couples will need professional guidance and counseling to resolve the stress resulting from the separation which occurs when military spouses are deployed. Marriage counselling for military couples could start with individual counselling for each spouse that will be followed by group sessions.

The implication for counselors and marriage therapist is for the adoption of different approaches to counseling so as to ensure marriage stability in the presence of military spouse deployment. A few of such approaches include; discussion, mediation and accommodation. Furthermore, marital counselling should aim at strengthening resilience, coping and posttraumatic-growth in the context of military spouse deployment.

While the military authorities have the primary role of providing marital guidance and counselling to military couples, the civilian community of marital counsellors also have a role to play in providing care for the ever-growing population of couples impacted by military deployment. Delivering interventions to the military community requires both counselling skill and a robust understanding of military culture. Sensitivity to the unique context and pressures is pivotal.

Conclusion

This study investigated the influence of military spouse deployment on marriage stability among Nigerian Navy couples, highlighting the moderating roles of children and marriage duration. Findings showed that deployment significantly undermines marital stability, particularly for currently or recently deployed spouses. Contrary to expectations, the presence of children enhanced stability, while longer marriage duration correlated with greater instability during deployment. These results carry important theoretical and practical implications. They challenge conventional assumptions that longer marriages are inherently more resilient and underscore the culturally specific stabilizing role of children in Nigerian families. The findings suggest a need to adapt Western family stress models to reflect local values and contexts.

Organizationally, the lack of structured marital support within the Nigerian Navy points to an urgent need for professional counselling services before, during, and after deployment. Such interventions could strengthen marital resilience and enhance the operational focus of deployed personnel. Ultimately, this study contributes to a nuanced understanding of military family dynamics in Nigeria and advocates for culturally informed policies to support marital stability amid operational demands.

Recommendations

Based on the findings, the following recommendations are made:

1. The Nigerian Navy authority should ensure the availability of counselling centres and clinics in military barracks for handling cases of marital instability among military couples.
2. The Nigerian Navy authority should ensure the provision of marriage counselling services for military couples before, during and after military spouse deployments.
3. Counselling centres in the Nigerian Navy should offer premarital counseling to unmarried naval personnel.
4. The civilian community of professional counsellors in Nigeria should develop interest in marriage counseling for military couples.
5. The civilian community of professional counsellors in Nigeria should offer marriage counselling services for military couples before, during and after military spouse deployments.

Declarations

Clinical Trial Number

Not applicable.

Ethics Approval and Consent to Participate:

Ethical approval for this study was obtained from the Nigerian Navy Reference Hospital Lagos Health Research Ethics Committee (Approval Number: NRHL/HREC/0029/07/2024). The study was conducted in accordance with the National Code of Health Research Ethics issued by the National Health Research Ethics Committee (NHREC) of Nigeria and in compliance with the guidelines and regulations of the Nigerian Navy Reference Hospital Lagos Health Research Ethics Committee. Written informed consent was obtained from all participants prior to data collection. Participation was voluntary, and confidentiality and anonymity were maintained throughout the study.

Consent for Publication:

Not applicable.

Funding:

This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

Author Contribution

S.W.A and A.S.M wrote the main manuscript text.All authors reviewed the manuscript.

Data Availability

The data that support the findings of this study are not openly available due to reasons of sensitivity and are available from the corresponding author upon reasonable request.

References

1. Aderinto S. Children and childhood in colonial Nigerian histories. Springer; 2015.
2. Averett S, Hoffman SD. The Oxford handbook of women and the economy. Oxford University Press; 2018.
3. Bommarito RK, Sherman MD, Rudi JH, Mikal JP, Borden LM. Challenges facing military spouses during postdeployment reintegration: A review of the literature and current supports. Military Behav Health. 2017;5(1):51–63.
4. Caddick N, Fossey M. Should we give military families a break? A call for research on military family holidays. BMJ Military Health. 2023;169(3):269. https://doi.org/10.1136/bmjmilitary-2021-001844.
5. Chapdelaine RP. He remains a second person no matter the age: Historical and Contemporary Perceptions of Childlessness and Adoption in Nigeria. J West Afr History. 2021;7(1):73–100.
6. Elegbede CB, Abidogun MA, Mumuni MA, Kuponiyi YA. Effectiveness of Marital Conflict Resolution Mechanisms in Fostering Marriage Stability among Couples in Lagos State, Nigeria. Fac Nat Appl Sci J Health Sports Sci Recreation. 2024;2(1):130–6.
7. Er F, Gokcearslan E. Assessment of marital satisfaction among spouses of soldiers: the example of turkey. Mil Med. 2023;188(9–10):e3160–6.
8. Hall LK, Moore BA. Counseling military families: What mental health professionals need to know. Routledge; 2016.
9. Ledberg K, S., Ruffa C. (2020). Military families: Topography of a field. Handb military Sci, 1–16.
10. Karimi R, Bakhtiyari M, Arani AM. (2019). Protective factors of marital stability in long-term marriage globally: a systematic review. *Epidemiology and health*, *41*.
11. Karney BR, Trail TE. Associations Between Prior Deployments and Marital Satisfaction Among Army Couples. J Marriage Family. 2017;79(1):147–60. https://doi.org/https://doi.org/10.1111/jomf.12329.
12. Khezri Z, Hassan SA, Nordin MHM. Factors affecting marital satisfaction and marital communication among marital women: Literature of review. Int J Acad Res Bus social Sci. 2020;10(16):220–36.
13. Kieslich U, Steins G. Long-term couple relationships-stress, problems and coping processes in couple counseling: Insights based on five case studies with five long-term couples. Front Psychol. 2022;13:866580.
14. Kim J, Jang M. Stress, social support, and sexual adjustment in married female patients with breast cancer in Korea. Asia-Pacific J Oncol Nurs. 2020;7(1):28–35.

15. Misra P. (2019). Exploring the Challenges Faced By Indian Military Wives during Spousal Deployment/Field Area Posting. Int J Indian Psychȯlogy, *7*(3).
16. Mitchell KS, Plauche H. (2016). Marital Stability. *Encyclopedia of Family Studies*, 1–2. https://doi.org/https://doi.org/10.1002/9781119085621.wbefs276
17. Nzewuji AU, Uche IB, Uche OA. Psychosocial Variables That Enhance Marital Stability Among Couples in Southeast Nigeria. J Social Service Res. 2024;50(4):594–608. https://doi.org/10.1080/01488376.2024.2352155.
18. Omobowale AO, Omobowale MO, Falase OS. The context of children in Yoruba popular culture. Global Stud Child. 2019;9(1):18–28. https://doi.org/10.1177/2043610618815381.
19. Ormeno MD, Roh Y, Heller M, Shields E, Flores-Carrera A, Greve M, Hagan J, Kostrubala A, Onasanya N. Special concerns in military families. Curr Psychiatry Rep. 2020;22:1–7.
20. Peter OO, Tade O, Davies OB. Military Deployment and Family Strains in Nigeria. Ib J Sociol. 2020;11(1):23–23.
21. Randall AK, Donato S, Neff LA, Totenhagen CJ, Bodenmann G, Falconier M. A scoping review on couples' stress and coping literature: Recognizing the need for inclusivity. J Social Personal Relationships. 2022;40(3):812–55. https://doi.org/10.1177/02654075221101904.
22. Ribeiro S, Renshaw KD, Allen ES. Military-related relocation stress and psychological distress in military partners. J Fam Psychol. 2023;37(1):45.
23. Rosino M. (2016). ABC-X model of family stress and coping. Encyclopedia Family Stud, 1–6.
24. Rusu PP, Nussbeck FW, Leuchtmann L, Bodenmann G. (2020). Stress, dyadic coping, and relationship satisfaction: A longitudinal study disentangling timely stable from yearly fluctuations. PLoS ONE, 15(4), e0231133.
25. Sigelman CK, Friedman SL, Kildon J. Communication, context, and well-being among military couples. Military Behav Health. 2019;7(4):363–75.
26. Smith BM, Brown AR, Varnado T, Stewart-Spencer SE. Deployments and Marital Satisfaction of Civilian Male Spouses. Military Government Couns. 2017;5(1):70.
27. Strader E, Smith M. Some Parents Survive and Some Don't: The Army and the Family as Greedy Institutions. Public Adm Rev. 2022;82(3):446–58.
28. Woodall KA, Richardson SM, Pflieger JC, Hawkins SA, Stander VA. Influence of work and life stressors on marital quality among dual and nondual military couples. J Fam Issues. 2020;41(11):2045–64.