



RESEARCH ARTICLE

STRUCTURAL EQUATION MODEL ON WAYS OF COPING OF DETAINEES SPOUSES

*Junvil A. Insong, PhD and Rinante L. Genuba, EdD

University of Mindanao

ARTICLE INFO

Article History:

Received 24th December, 2019

Received in revised form

17th December, 2019

Accepted 05th January, 2020

Published online 28th February, 2020

Keywords:

Criminal justice,
Ways of Coping,
Spouses' Detainees,
Philippines.

ABSTRACT

The purpose of this study was to determine the best fit model of ways of coping of detainees' spouses. Specifically, it explored the interrelationship among variables including level of social support, psychological well-being and distress tolerance on ways of coping on detainees' spouses. This study utilized quantitative research design and structural equation modeling. Data were sourced from 400 detainees' spouses in Misamis Occidental Region X. The questionnaire was divided into four sections including social support, psychological well-being, distress tolerance and ways of coping. Results showed that the level of social support of the respondents are very high, high for psychological well-being and high for distress tolerance. High level was also resulted for ways of coping of detainees' spouses. Moreover, results showed that the relationships between social support, psychological well-being and distress tolerance to ways of coping of detainees' spouses are all significant. This means that an increase in the level of psychological well-being is an increase in the level of social support and also an increase in the level of ways of coping of spouses' detainees. Furthermore, an increase in the level of psychological well-being is an increase in the level of distress tolerance and an increase in the level of ways of coping of the respondents. Conclusive statement drawn include that the very high level of social support, high levels of psychological well-being and distress tolerance and ways of coping of detainees' spouses are significantly related.

INTRODUCTION

Pending or actual separation from a husband or a wife due to imprisonment is indeed a "taxing" circumstance that requires coping. However, Skinner and Beers (2016) as well as Wadsworth (2015) revealed that there are maladaptive coping such as acting out, withdrawal, or denial. This type of coping is covering-up feelings of inadequacy, frustrations, stress, and low self-esteem (Alvy, Hughes, Kristjanson, & Wilsnack, 2013; Mechanic, Weaver, & Resick, 2008). Spouses who are experiencing difficulties who do not use appropriate mechanism on coping will encounter psychologically than spouses who did (Fink & Shapiro, 2013; Green, Nurius, & Lester, 2013; Lazarus, 1993). This study on ways of coping is significant because coping thoughts and actions under stress must be measured (Dardas & Ahmad, 2015; Lazarus, 1993). As detected, ways of coping among spouses are directly associated with methods that are unconscious ones, others are skills that are consciously mastered in reducing stress, others are learned behavior, or other intense emotions such as depression to deal with minor to major stress (Slovák & Fitzpatrick, 2015). Numerous studies have examined the impact ways of coping on health and well-being but not with spouses of the inmates. Also, there are countless studies on coping that link with different factors.

As presented in the literature, social support is associated with coping since it acts as a buffer and protective factors against adverse concerns of disruptive associations. Coping influence on psychological aspect of well-being for it manages a person to be contented and happy despite of difficulties (Donoso, Demerouti, Garrosa Hernández, Moreno-Jiménez, & Carmona Cobo, 2015; Singleton, Abeles, & Smith, 2016). However, distress tolerance is associated to coping since it can make one to be positive (Bonn-Miller, Farris, Kahler, Zvolensky, & Metrik, 2016; Çivitci, 2015). Further, social support and psychological well-being resulted to a promising mediator of stress, especially under the category on high perceived of stress (Calayeg & Turallo, 2015). It can help improve the life's quality, promote mental status, and cope with the health's conditional abusive situation (Naslund, Aschbrenner, Marsch, & Bartels, 2016; Thomas, Jenkins, Burch, Nasir, Fisher, Giotaki, 2016). This 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 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). Thus, the challenge that this matter brings has been directed globally to find out most suited ways of coping for the detainees' spouses who are not given attention in criminological research. Therefore, an essential 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 spouses of detainees regarding their ways of coping in their society's traditional standards in Misamis Occidental.

Research Objective: This study aimed to determine the structural equation model on ways of coping of detainees' spouses. Specifically, this study sought to attain with the following objectives: To assess the level of social support; to ascertain the level of mental well-being; to find out the level of distress tolerance of detainees' spouses in relation to; to evaluate the level of ways of coping; to determine the significant relationships between: social support and ways of coping; psychological Well-being and ways of coping and distress tolerance and ways of coping. Finally, to discover the best fit model on the ways of coping of detainees' spouses.

Hypotheses: The following hypotheses are devised based on the above objectives: there are no significant relationships between: social support and ways of coping; psychological Well-being and ways of coping; and distress tolerance and ways of coping. There is no model that best fit son the ways of coping of detainees' spouses.

Research Model

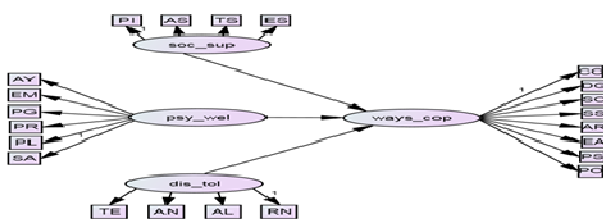


Figure 1. Shows the relationship between the independent variables: Social Support, Psychological Well-being, Distress Tolerance, to the dependent variables Ways of Coping

Research Design

In this study, the researcher utilized quantitative non-experimental design research method. In the generation of the best fit model, structural equation model (SEM) was used. This utilized descriptive-correlational research method where variables are measured with its associations on various level of measurements. Ward & Wolf-Wendel (2014) explained that the descriptive-correlational or descriptive comparative research method allows a broader vision on social relations than the cross sectional research which is limited only to one research location. Secondly, this study used a structural equation model (SEM). 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 appropriateness of research method 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 social support, psychological well-being, and distress tolerance among detainees' spouses of jail facilities in the Province of Misamis Occidental.

Research Subjects: Since this study aimed to assess the ways of coping among the 400 detainees' spouses of selected jails in Misamis Occidental, the researcher utilized stratified random sampling. There are four jails located in Misamis Occidental were the subject of the study with the total number of 400 respondents. These 400 detainees' spouses were carefully selected in the jail. Several studies that with a decent model and multivariate ordinary information a sensible example size is around 400 cases (Hoyle & Gottfredson, 2015), despite the fact that there are models in the writing that utilize small sample size.

Research Instrument: This study adapted downloaded questionnaires from web sources. The survey was altered to incorporate just the 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 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, social support, psychological well - being, 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).

Level of Social Support of Detainees' Spouses: Presented in Table 1 is the level of social support of detainees' spouses which as measured by four indicators, namely: *Emotional Support*, *Tangible Support*, *Affectionate Support*, and *Positive Social Interaction*. *High* to *very high* ratings are reflected in the 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 Detainees' Spouses. All the indicators have very favorable ratings. All these have been appreciated by detainees' 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 detainees' spouses while facing challenges.

Level of Psychological Well-being of Detainees' Spouses: General presentation on the Level of Psychological Well-being of Detainees' 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 in terms of Self-Acceptance with a mean of 4.05 and standard deviation of 0.65.

Table 1. Level of Social Support of Detainees' 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

Table 2. Level of Psychological Well-being of Detainees' 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

Table 3. Level of Distress Tolerance of Detainees' 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

Table 4. Level of Ways of Coping of Detainees' 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

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

Social Support	Ways of Coping								Overall
	CC	DG	SC	SS	AR	EA	PS	PO	
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)

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

Psycho-logical Well-being	Ways of Coping								Overall
	CC	DG	SC	SS	AR	EA	PS	PO	
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)

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

Distress Tolerance	Ways of Coping								Overall
	CC	DG	SC	SS	AR	EA	PS	PO	
Tol	.500** (.000)	.378** (.000)	.467** (.000)	.419** (.000)	.496** (.000)	.414** (.000)	.292** (.000)	.342** (.000)	.543** (.000)
Absorp	.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)

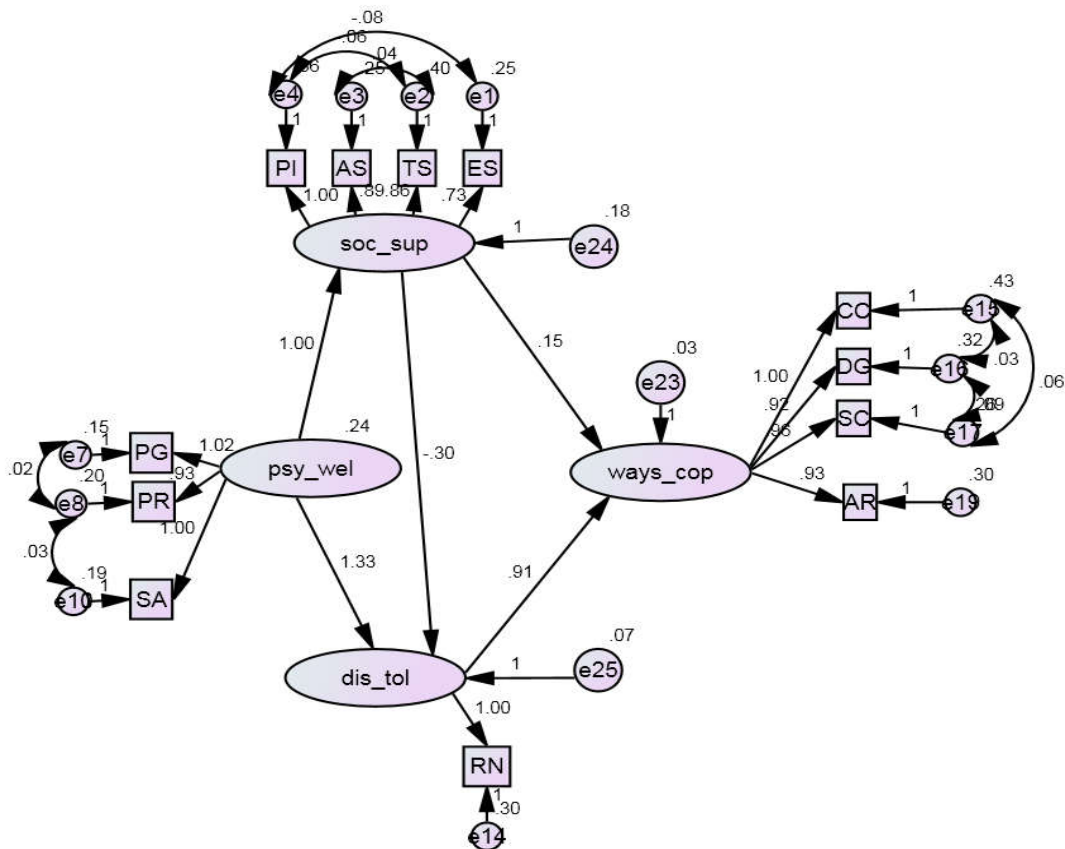


Figure 2. Best Fit Model for Ways of Coping of Detainees Spouses

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

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

On the average, the Level of Psychological Well-being of Detainees' Spouses is high with a mean of 4.01 and the standard deviation of 0.53. All these have been appreciated by the detainees' 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 best performance during stress. Displayed in Table 3 is the level of Distress Tolerance of Detainees' 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 the average, the Level of Distress Tolerance of Detainees' Spouses is *high* with a mean of 3.86 and the standard deviation of 0.71. All these have been appreciated by the detainees' spouses hence their high rating for distress tolerance, a substantiation of the declaration 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 the distress tolerance may be more indulge to maladaptive response.

Level of Ways of Coping of Detainees Spouses: General presentation on the Level of Ways of Coping of Detainees' 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 also in 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 the average, the Level of Ways of Coping of Detainees' Spouses is *high* with a mean of 4.02 and the standard deviation of 0.60. All these have been appreciated by the detainees' 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.

Social Support and Ways of Coping of Detainees' Spouses: Exhibited in Table 5.1 is the significant relationship between social support and ways of coping of detainee's 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 detainees' Spouses. This means that higher the social support, the higher the ways of coping of detainees' 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.

The respondents of this study assessed correlation between the level of social supports and the ways of coping the detainees' spouses as oftentimes manifested, a description of the significant relationship for these particular variables is determined. The significant relationship between detainees' spouse level of social support and the ways of coping, is an actualization of the statement by Lee, Pomeroy, & Bohman, (2007) showing the effect of mediating the social support and the coping mechanisms as an aid to help stressful events. Therefore, the higher the level of social support of the detainees' spouses, the higher the level of ways of coping. However, result of the study of Calayeg and Turallo (2015) negates the existing finding in which it revealed that social, emotional, behavioral and mental levels have no correlation with coping mechanisms. In addition, 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 the mental health, and aid to coping with the conditional abusive situations.

Psychological Well-being and Ways of Coping of Detainees' Spouses: Table 5.2 shows the significant relationship between psychological wellbeing and ways of coping of detainee's 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 psychological wellbeing and ways of coping of

detainee's spouses. This means that the higher the psychological wellbeing, the higher the ways of coping of detainees' 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 correlation between level of psychological well - being and ways of coping of the detainees' spouses as oftentimes 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 detainees employ different strategies to overcome their vulnerability, accept reality, and manage their new situation as their partners are incarcerated. In fact, some authors asserted same idea (Ayduk & Kross, 2010; Kross & Ayduk, 2008; Penner *et al.*, 2016; Verduyn *et al.*, 2012) discussing the good

point in realizing that high level of coping mechanism is linked towards psychological well - being.

Distress Tolerance and Ways of Coping of Detainees' Spouses: Illustrated in Table 5.3 is the significant relationship between distress tolerance and ways of coping of detainee's spouses with the overall computed r-value of .668 and equivalent probability value which is less than .05 level of significance. Thus, the null hypothesis is rejected, and the alternative is accepted showing a significant relationship distress tolerance and ways of coping of detainee's spouses. This means that the higher level of distress tolerance is, the higher the ways of coping of detainees' 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 correlation between level of distress tolerance and ways of coping of the detainees' spouses as oftentimes manifested, a description of the significant relationship for these particular variables is determined. Results also showed the significant relationship amongst 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 individual with a lower level of the distress tolerance are more expose to maladaptively responses on distress and the distress-eliciting contexts. This is also in actualization to the findings of some sources (Boelen & Reijntjes, 2009; Telch *et al.*, 2003; Timpano *et al.*, 2009) discussing that the higher levels of perceived distress tolerance for 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.

Establishing the Best Structural Model: This section presents the result of the analysis on the interrelationships among the set variables. The exogenous include, social support, psychological well-being and distress tolerance of detainees' spouses to ways of coping. There are five alternative models tested to achieve the best fit model of ways of coping of detainees' spouses. Each of the identified model 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 baseline for accepting and rejecting the model. Contextually, the researcher establishes the relationship of the causality relationship of the latent variable toward the different latent variables. Furthermore, it institutes the relationship between endogenous and exogenous variables. The moment that structured model exhibits with suitable fit, it underscores that there is 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 given variables.

Model Development: The generated structural model is presented in Figure . The figure shows the mediating effects of social support and distress tolerance to the relationship of psychological well-being to ways of coping of detainees' spouses. The total effect of psychological well-being to ways of coping of detainees' 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' detainees positively. Pathways 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 detainees' spouses social support and distress tolerance and will also an increase in 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 study by Fredrickson (1998, 2001) ; Lyubomirsky *et al.*, (2005) is 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 incarcerated. 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. In addition, several studies confirmed that coping mechanism is affected by different ranges 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 is 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 mental 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. And thus, will enhance ways of 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 on the absence of diseases or several infirmities. To date, the WHO gives impact on the mental health a person realizing one's abilities is able to 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 detainees 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 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 engagement, 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 deep sense of life's purpose, and experiences the positive relations. Recent years are exploring on 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. But, it also caught the attention of some scholars namely the economists, epidemiologists, the social scientists, and policy makers (Huppert, 2005; Layard, 2005; Marks & Shah, 2005; Mulgan, 2006). Thus, empowerment for spouses of detainees to utilize different kinds and ways of coping is needed.

REFERENCES

- Addicks, S. H., McNeil, D. W., Randall, C. L., Goddard, A., Romito, L. M., Sirbu, C. Weaver, B. D. 2017. Dental care-related fear and anxiety: Distress tolerance as a possible mechanism. *JDR Clinical and Translational Research*, 2(3), 304–311. <https://doi.org/10.1177/2380084417691962>
- Akinyode, B. F. 2016. *The Use of Structural Equation Modeling (SEM) in Built Environment Disciplines*. 6(6), 2225–0484. Retrieved from www.iiste.org
- Alvy, L. M., Hughes, T. L., Kristjanson, A. F. and Wilsnack, S. C. 2013. Sexual Identity Group Differences in Child Abuse and Neglect. *Journal of Interpersonal Violence*, 28(10), 2088–2111. <https://doi.org/10.1177/0886260512471081>
- Bonn-Miller, M. O., Farris, S. G., Kahler, C. W., Zvolensky, M. J. and Metrik, J. 2016. Anxiety Sensitivity and Distress Intolerance as Predictors of Cannabis Dependence Symptoms, Problems, and Craving: The Mediating Role of Coping Motives. *Journal of Studies on Alcohol and Drugs*, 77(6), 889–897. <https://doi.org/10.15288/jsad.2016.77.889>
- Calayeg, K. J. P. and Turallo, S. J. O. 2015. *A Correlation Study Between Problems Encountered And Coping Mechanisms Of Detainees' Spouses At Bureau Of Jail*

- Management And Penology City Jail Calamba , Laguna. 2(2), 74–94.
- Chui, W. H. 2016. Incarceration and family stress as understood through the family process theory: Evidence from Hong Kong. *Frontiers in Psychology*, 7(JUN), 1–10. <https://doi.org/10.3389/fpsyg.2016.00881>
- Çivitci, A. 2015. The moderating role of positive and negative affect on the relationship between perceived social support and stress in college students. *Kuram ve Uygulamada Eğitim Bilimleri*, 15(3), 565–573. <https://doi.org/10.12738/estp.2015.3.2553>
- Dardas, L. A. and Ahmad, M. M. 2015. Coping strategies as mediators and moderators between stress and quality of life among parents of children with autistic disorder. *Stress and Health*, 31(1), 5–12. <https://doi.org/10.1002/smi.2513>
- Donoso, L. M. B., Demerouti, E., Garrosa Hernández, E., Moreno-Jiménez, B. and Carmona Cobo, I. 2015. Positive benefits of caring on nurses' motivation and well-being: A diary study about the role of emotional regulation abilities at work. *International Journal of Nursing Studies*, 52(4), 804–816. <https://doi.org/10.1016/j.ijnurstu.2015.01.002>
- Fink, B. C. and Shapiro, A. F. 2013. Coping mediates the association between marital instability and depression, but not marital satisfaction and depression. *Couple and Family Psychology: Research and Practice*, 2(1), 1–13. <https://doi.org/10.1037/a0031763>
- Fredrickson, B. 2011. The Role of Positive Emotions in Positive Psychology. *The American Psychologist*, Vol. 56, pp. 218–226.
- Goodman, L., Dutton, M. A., Vankos, N. and Weinfurt, K. 2005. Women's resources and use of strategies as risk and protective factors for reabuse over time. *Violence Against Women*, 11(3), 311–336. <https://doi.org/10.1177/1077801204273297>
- Green, S., Nurius, P. S. and Lester, P. 2013. Spouse Psychological Well-Being: A Keystone to Military Family Health. *Journal of Human Behavior in the Social Environment*, 23(6), 753–768. <https://doi.org/10.1080/10911359.2013.795068>
- Henn, C. M., Hill, C. and Jorgensen, L. I. 2016. An investigation into the factor structure of the Ryff Scales of Psychological Well-Being. *SA Journal of Industrial Psychology*, 42(1), 1–12. <https://doi.org/10.4102/sajip.v42i1.1275>
- Hoyle, R. H. and Gottfredson, N. C. 2015. Sample Size Considerations in Prevention Research Applications of Multilevel Modeling and Structural Equation Modeling. *Prevention Science*, 16(7), 987–996. <https://doi.org/10.1007/s11121-014-0489-8>
- Huppert, F. 2014. The State of Wellbeing Science: Concepts, Measures, Interventions, and Policies. In *Wellbeing: A complete reference guide, volume VI, interventions and policies to enhance wellbeing*. <https://doi.org/10.1002/9781118539415.wbwell01>
- Johnson, J. E., Schonbrun, Y. C., Peabody, M. E., Shefner, R. T., Fernandes, K. M., Rosen, R. K. and Zlotnick, C. 2017. Provider Experiences with Prison Care and Aftercare for Women with Co-occurring Mental Health and Substance Use Disorders: Treatment, Resource, and Systems Integration Challenges. *Journal of Behavioral Health Services and Research*, 42(4), 417–436. <https://doi.org/10.1007/s11414-014-9397-8>
- Kross, E. and Ayduk, O. 2008. Self-Distancing: Theory, Research, and Current Directions. In *Advances in Experimental Social Psychology* (1st ed., Vol. 55). <https://doi.org/10.1016/bs.aesp.2016.10.002>
- Kumar, R., Lal, R. and Bhuchar, V. 2014. Impact of social support in relation to self-esteem and aggression among adolescents. *International Journal of Scientific and Research Publications*, 4(12), 1–5.
- Lazarus, R. S. 1993. Coping theory and research: Past, present, and future. Fifty years of the research and theory of RS Lazarus: An analysis of historical and perennial issues. *Psychosomatic Medicine*, 55, 366–388. [https://doi.org/0033-3174/93/5503-0234\\$03.00/0](https://doi.org/0033-3174/93/5503-0234$03.00/0)
- Lazarus, R. S., and Folkman, S. (1988). *Stress, Appraisal, and Coping*. New York, NY:Springer.
- Meyers, T. J., Wright, K. A., Young, J. T. N. and Tasca, M. 2017. Social support from outside the walls: Examining the role of relationship dynamics among inmates and visitors. *Journal of Criminal Justice*, 52(December), 57–67. <https://doi.org/10.1016/j.jcrimjus.2017.07.012>
- Naslund, J. A., Aschbrenner, K. A., Marsch, L. A. and Bartels, S. J. 2016. The future of mental health care: Peer-To-peer support and social media. *Epidemiology and Psychiatric Sciences*, 25(2), 113–122. <https://doi.org/10.1017/S2045796015001067>
- Ozkan, S. and Kutlu, Y. 2010. Evaluation of coping strategies, social support, and depressive symptoms in spouses of patients with hematological cancer. *Turkish Journal of Medical Sciences*, 40(6), 925–936. <https://doi.org/10.3906/sag-0904-6>
- Panaghi, L., Ahmadabadi, Z., Ghahari, S. and Mohammadi, S. 2013. *Social Support, Coping Mechanisms and Mental Health of Women Suffering From Spouse Abuse*. 1(1), 9–15.
- Rojas, E. C. 2017. *Development and Validation of the Distress Tolerance Questionnaire (DTQ)*. (July).
- Ryff, C. D. 2014. Self-realisation and meaning making in the face of adversity: a eudaimonic approach to human resilience. *Journal of Psychology in Africa*, 24(1), 1–12. <https://doi.org/10.1080/14330237.2014.904098>
- Singleton, A., Abeles, P. and Smith, I. C. 2016. Online social networking and psychological experiences: The perceptions of young people with mental health difficulties. *Computers in Human Behavior*, 61, 394–403. <https://doi.org/10.1016/j.chb.2016.03.011>
- Skinner, E. and Beers, J. 2016. *Mindfulness and Teachers' Coping in the Classroom: A Developmental Model of Teacher Stress, Coping, and Everyday Resilience*. (503), 99–118. https://doi.org/10.1007/978-1-4939-3506-2_7
- Slovák, P. and Fitzpatrick, G. 2015. Teaching and Developing Social and Emotional Skills with Technology. *ACM Transactions on Computer-Human Interaction*, 22(4), 1–34. <https://doi.org/10.1145/2744195>
- Thomas, S., Jenkins, R., Burch, T., Nasir, L. C., Fisher, B., Giotaki, G., Wright, F. 2016. Promoting mental health and preventing mental illness in general practice. *London Journal of Primary Care*, 8(1), 3–9. <https://doi.org/10.1080/17571472.2015.1135659>
- Venkatesh, V. , Brown, S. & Sullivan, Y. 2016. Guidelines for Conducting Mixed-methods Research: An Extension and Illustration. *Journal of the Association for Information Systems*, 17(7), 435–494. <https://doi.org/10.17705/1jais.00433>
- Verduyn, P., Van Mechelen, I., Kross, E., Chezzi, C. and Van Bever, F. 2012. The relationship between self-distancing and the duration of negative and positive emotional

- experiences in daily life. *Emotion*, 12(6), 1248–1263. <https://doi.org/10.1037/a0028289>
- Wadsworth, M. E. 2015. Development of Maladaptive Coping: A Functional Adaptation to Chronic, Uncontrollable Stress. *Child Development Perspectives*, 9(2), 96–100. <https://doi.org/10.1111/cdep.12112>
- Ward, K. and Wolf-Wendel, L. 2014. The Influence of Fraternity and Sorority Involvement: A Critical Analysis of Research (1996-2013). *ASHE Higher Education Report*, 39(6), 1–156. <https://doi.org/10.1002/aehe.20012>
