The Influence of Family Interaction, Social Support, and Coping Strategies on Family Resilience After Retirement

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Abstract: The end of a person's working life presents a new challenge as they enter old age. The issues faced by retirees can affect family resilience. This study aims to analyze the influence of family interaction, social support, and coping strategies on family resilience after retirement. The research used a quantitative approach with a cross-sectional study design and purposive sampling method. The study involved 40 families with husbands who had retired within the past three years, were married, and had children, all residing in Cibinong District, Bogor Regency. The results showed that family interaction, social support, and coping strategies were at a moderate level, while family resilience was at a high level. Correlation tests revealed a significant positive relationship between the wife's age and family interaction, a significant negative relationship between the husband's education and social support, and a significant positive relationship between family interaction and social support. Multiple linear regression analysis showed a significant positive influence of the wife's age on family resilience. The husband's age and education had a significant negative influence on family resilience, while family income had a significant positive influence. Nuclear family support and the self-control dimension had a positive effect on family resilience. Meanwhile, the escape-avoidance and planful problem-solving dimensions had a significant negative effect on family resilience. Therefore, efforts are needed by families to maintain effective communication, enhance social support, and practice good emotional management in post-retirement family life.

Keywords: coping strategies, family interaction, family resilience, social support

1. INTRODUCTION

Based on the 2023 projection by Statistics Indonesia (BPS), Indonesia's population is expected to reach 328.93 million by 2050, with the elderly population projected to dominate up to 80.91 percent. Entering retirement and old age marks the beginning of various challenges, as retirees often experience a loss of roles and economic support that once served as their main source of livelihood (Hendrawanto, 2016). Retirement represents a significant life transition, in which individuals shift from being employed to unemployed, face decreased income, reduced social interaction, and increased free time (Hurlock, 1991). Family interaction plays a vital role in helping individuals adapt to these changes (Nonaka et al., 2020). Through positive and attentive interactions, the family can serve as a safe and supportive environment that fosters personal growth and well-being. Strong support from family members can keep retirees motivated and help them continue to feel appreciated.

Social support refers to the participation and assistance provided by family, friends, neighbors, or other parties such as the government, which may come in the form of material, physical, emotional, or informational support (Ayu et al., 2024). Research by Hidayat et al. (2020) found that 51 individuals (51%) received inadequate support from their families. This support includes emotional, appraisal, instrumental, and informational assistance provided by those in the surrounding environment (Wahyudin, 2022). These three factors collectively influence family resilience. The higher the levels of social support, religiosity, and individual coping strategies, the stronger the family resilience. A study by Ningsih et al. (2023) also showed that coping strategies have a positive impact on family-related problems, with social support serving as a key factor.

Coping strategies are known as methods for managing anxiety. They play a crucial role in post-retirement life, helping individuals navigate the significant changes that accompany the end of their working years. A study by Rustini et al.

(2021) found that the majority of older adults (70.6%) employed emotion-focused coping strategies, while only 29.4% used problem-focused approaches. This indicates a tendency among the elderly to prioritize emotional regulation in their coping strategies. Furthermore, Suseno et al. (2023) stated that the better the family support, coping strategies, and resilience, the greater the motivation to recover from problems conversely, poor support and coping reduce that motivation. According to Sunarti et al. (2005), coping mechanisms used by families, along with their physical and psychological resilience, influence their ability to manage economic resources effectively to meet family needs. Sunarti (2015) further confirmed that the family resilience of elderly families as the final stage in the family life cycle is significantly influenced by how families manage their resources and the vulnerabilities experienced during previous developmental stages.

Dewi and Tohari (2022) stated that a family considered resilient is one that is strong and persistent, with sufficient physical and material resources, living in both physical and emotional well-being. In their study, Herawati et al. (2017) found that most families had a moderate level of family resilience, regardless of whether they had been married for less or more than ten years. Based on the previous studies mentioned, many researchers have focused on economic conditions and financial management in facing and navigating retirement, which are part of economic resilience. However, psychological resilience also plays an important role in family resilience, indicating that the better the parents' psychological resilience, the stronger the family's overall resilience. Therefore, it is necessary to conduct a comprehensive study that integrates family interaction, social support, and coping strategies among post-retirement families to improve their quality of life and family resilience in old age. This study aims to analyze the influence of family characteristics, family interaction, social support, and coping strategies on family resilience after retirement..

2. METHODOLOGY
2.1 Research Design
This study employed a cross-sectional study design, which is an observational research type that analyzes data from variables collected at a single point in time. The research location was determined purposively, specifically in Cibinong District, which has an elderly population of 18,638, focusing on Karadenan and Sukahati sub-districts in Bogor Regency.

2.2 Sampling Technique
This study used a non-probability sampling technique. The population consisted of post-retirement families, with a sample of 40 wives whose husbands had retired within the past three years, were currently married, and had children. The sample size was determined based on the Central Limit Theorem, which states that the sampling distribution of the sample mean will approach a normal distribution when the sample size is sufficiently large, with a minimum of 30 respondents considered acceptable (Alwi, 2012).

2.3 Variable Measurement
The variables in this study include: (1) family characteristics; (2) family interaction; (3) social support; (4) coping strategies; and (5) family resilience. Family characteristics consist of the husband's and wife's age, years of education, the husband's post-retirement occupation, the wife's occupation, number of family members, medical history, and monthly income. The measurement of each main variable is explained in Table 1.

Table 1. Variables, Operational Definitions, and Dimensions

Variables	Operational Definitions	Dimensions
Family Interaction (Chuang, 2005). Cronbach's Alpha = 0.778	The reciprocal relationships between mother and father, mother and child, father and child, as well as among siblings, which influence one another and create mutually interactive connections.	1. Husband–Wife Interaction 2. Parent–Child Interaction
The Multidimensional Scale of Perceived Social Support (Zimet et al., 1988). Cronbach's Alpha = 0.710	The involvement and attention received from family, friends, neighbors, or institutions that help meet emotional, physical, material, or informational needs.	1. Nuclear Family Support 2. Extended Family Support 3. Neighbor Support 4. Government Support
Ways of Coping Scales (Lazarus & Folkman, 1988). Cronbach's Alpha = 0.862	Efforts made by the family to face and overcome stress or pressure	1. Distancing 2. Self-control 3. Accepting responsibility 4. Escape-Avoidance 5. Positive reappraisal 6. Confrontative coping 7. Seeking social support 8. Plainful problem-solving
Family Resilience (Sunarti, 2021). Cronbach's Alpha = 0.502	The family's ability to utilize available resources to solve problems in order to meet the physical and non-physical needs of its members	1. Physical–Economic Resilience 2. Social Resilience 3. Psychological Resilience

2.4 Data Collection Techniques

The types of data used in this study consist of primary and secondary data. Primary data were collected through structured and relevant questionnaire-based interviews. The primary data obtained using questionnaires include family characteristics, individual interactions within the family, received social support, coping strategies used, and the family's resilience capacity. Secondary data were obtained from publications such as books, documents, journals, and other sources. Data collection was carried out from January to February 2025.

2.5 Data Analysis

The data were processed using Microsoft Office Excel and the Statistical Package for Social Science (SPSS). Data processing included:
1. Descriptive analysis, covering the mean, standard deviation, maximum value, and minimum value.
2. Pearson correlation test to determine the direction of relationships between variables.
3. Multiple linear regression test to analyze the influence of independent variables on the dependent variable.

Each questionnaire item was assigned a score. The total scores were then transformed into index scores. The categorization of the variables — family interaction, social support, and coping strategies — was based on Bloom's Cut Off. The categorization of the Family Resilience variable followed the classification proposed by Sunarti (2021).

3. RESULTS

3.1 Family Characteristics

The study showed that the majority of wives and husbands were in the middle adulthood age group (41–60 years), with an average age of 55.35 years. The wives had an average of 13.20 years of education, generally equivalent to senior high school (10–12 years), while most husbands (62.5%) had more than 12 years of education, with an average of 14.78 years. The majority of wives (87.5%) were housewives, and most husbands (85%) were no longer employed. Post-retirement families were mostly categorized as small families (67.5%). About 67.5% of respondents had a history of illness such as uric acid, high cholesterol, cancer, gastric acid, and asthma, with hypertension being the most common (17.5%). Most families (62.5%) had a monthly income ranging from IDR 3,000,001 to 5,000,000, with an average monthly income of IDR 4,606,250. The per capita income of most families (92.5%) was above the 2024 Bogor Regency poverty line, which was IDR 513,512.

3.2 Family Interaction

The results of this study show that the average family interaction index was 77.29, indicating a moderate level of family interaction (55%). However, some families were categorized as having high interaction levels (40%). The highest percentage (47.5%) was found in husband–wife interaction, with an average index of 77.32. This condition is reflected in respondents' statements: 47.5% always offered advice when their husbands needed it, and the husbands accepted it; 67.5% of respondents always tried to make time to interact with their husbands and felt happy doing so. In the face of problems with their husbands, only 10% of respondents said they always avoided their husbands and were also avoided in return. Most respondents (77.5%) stated they never treated their husbands as enemies during family conflicts, and 82.5% never retaliated when their husbands did something upsetting. Additionally, 45% of respondents rarely chose to remain silent when criticized or corrected by their husbands. Furthermore, 57.5% of respondents reported consulting with their husbands for advice, and their husbands were happy to help. Half of the respondents (50%) said they always praised their husbands, which made the husbands feel happy.

In the parent–child dimension, the average interaction index was 77.25, which falls into the moderate category (50%). This interaction is reflected by 67.5% of respondents who always provided advice when their children needed it, and the children accepted it. A total of 77.5% of parents felt happy to help their children complete tasks or solve problems. Additionally, 55% of parents reported that they always made important decisions for their children, and the children accepted those decisions. During discussions, 62.5% of parents said they always expressed their opinions. When children criticized or corrected them, 60% of parents respected and agreed with the decisions made by their children, and the children felt happy. Furthermore, 62.5% of parents stated that they always praised their children, and the children were pleased by it.

Table 2. Distribution of Respondents Based on Category, Minimum and Maximum Values, Mean, and Standard Deviation of the Family Interaction Variable

Category	Family Interaction		Husband–Wife Interaction		Parent–Child Interaction	
	n	%	n	%	n	%
Low (<60)	2	5.0	4	10.0	3	7.5
Moderate (60-80)	22	55.0	17	42.5	20	50.0
High (>80)	16	40.0	19	47.5	17	42.5
Total	40	100.0	40	100.0	40	100.0
Mean ± SD	77.29 ± 8.88		77.32 ± 10.76		77.25 ± 9.27	

Note : SD= standard deviation

3.3 Social Support

The results of the study on social support showed an overall average index of 62.85, with the largest percentage falling into the moderate category (47.5%). In the nuclear family support dimension, the average index was 85.21, categorized as high (70%), where families received emotional support and felt comfortable sharing their problems with their spouses and children. In the extended family support dimension, the average index was 71.87, with 57.5% of respondents reporting that their extended family was always present. Families also felt that their extended family was there to share both joys and sorrows. In the neighbor support dimension, the average index was 48.12, with most responses falling into the low category (72.5%), as reflected in items showing that 30% of families rarely relied on neighbors during problems, and 62.5% were unable to share their problems with them. In the government support dimension, the highest percentage was in the low category (97.5%), with an average index of 10.83, indicating that most families never received food or financial assistance (85%), nor had access to government-provided facilities for addressing their problems (67.5%).

Table 3. Distribution of Respondents Based on Category, Minimum and Maximum Values, Mean, and Standard Deviation of the Social Support Variable

Category	Social Support		Nuclear Family Support		Extended Family Support		Neighbor Support		Government Support	
	n	%	n	%	n	%	n	%	n	%
Low (<60)	18	45.0	2	5.0	13	32.5	29	72.5	39	97.5
Moderate (60-80)	19	47.5	10	25.0	8	20.0	8	20.0	1	2.5
High (>80)	3	7.5	28	70.0	19	47.5	3	7.5	0	0.0
Total	40	100.0	40	100.0	40	100.0	40	100.0	40	100.0
Mean ± SD	62.85 ± 11.02		85.21 ± 13.10		71.87 ± 27.58		48.12 ± 22.91		10.83 ± 17.52	

Note : SD= standard deviation

3.4 Coping Strategies

The results of the study show that most families (72.5%) fell into the moderate category in terms of coping strategies, particularly in the emotion-focused dimension, which had an index score of 66.72. This was evident from the low tendency to use distancing strategies, such as downplaying problems or showing indifference. In the self-control strategy, some families held back their emotions (40%) and hid their problems from others (32.5%). Meanwhile, the accepting responsibility strategy showed relatively high results (47.5%), as reflected in self-reflective behaviors such as self-criticism (65%) and offering apologies (60%).

The escape-avoidance dimension was categorized as low (62.5%), although the majority of families hoped their problems would end soon (87.5%) and refrained from venting their anger (80%). The positive reappraisal strategy was categorized as high (82.5%), with families demonstrating positive changes, increased spirituality (97.5%), and creative inspiration (57.5%). In terms of problem-focused strategies, confrontive coping was categorized as low (index score of 50.17; 87.5%), although some families still fought for their desires (72.5%). The seeking social support strategy tended to fall in the moderate-to-low category (index score of 67.08), as indicated by the low percentage of families seeking professional help (20%). Meanwhile, the planful problem-solving strategy was categorized as high (index score of 78.57), with many families focusing on solutions, making plans, and learning from past experiences (85%).

Table 4. Distribution of Respondents Based on Category, Minimum and Maximum Values, Mean, and Standard Deviation of the Coping Strategies Variable

Category	Coping Strategies		Emotion Focused		Problem Focused	
	n	%	n	%	n	%
Low (<60)	8	20.0	9	22.5	11	27.5
Moderate (60-80)	29	72.5	26	65.0	23	57.5
High (>80)	3	7.5	5	12.5	6	15.0
Total	40	100.0	40	100.0	40	100.0
Mean ± SD	66.76 ± 8.96		66.72 ± 9.10		66.85 ± 13.37	

Note : SD= standard deviation

3.5 Family Resilience

The overall percentage of family resilience showed an average index of 91.79, with the dimensions of physical-economic resilience (80%), social resilience (95%), and psychological resilience (87.5%) falling into the high category. High physical resilience was indicated by nearly all families (95%) having an adult member with a relatively stable job (not easily laid off, not running an unstable business, or working irregular jobs), 57.5% earning an income above the decent living standard, and 80% having savings sufficient for six months of family needs. However, not all families developed skills to increase income (20%), although most managed household items well (97.5%) to ensure functionality without unused goods, lived in decent housing (65%), were able to fund their children's education, and cover healthcare expenses (100%). Additionally, 97.5% of families set aside funds for old age. High social resilience was reflected in all families (100%) understanding the purpose of family life, although only 87.5% consistently planned family activities. Around 95% regularly contributed to social funds (infaq, sadaqah, donations), and 97.5% felt they could be relied on by extended family, neighbors, or the surrounding community. High psychological resilience was indicated by 90% of families having mutually understood and agreed-upon rules, 85% fairly dividing responsibilities between husband and wife, and 95% successfully preventing conflicts among family members. In addition, 90% of families expressed satisfaction with their economic situation, and 92.5% were satisfied with their interactions within the family (with both children and spouses). However, 70% often felt guilty (in parenting, relationships, or other roles), and more than half (52.5%) admitted to frequently feeling powerless, devastated, or emotionally drained.

Table 5. Distribution of Respondents Based on Category, Minimum and Maximum Values, Mean, and Standard Deviation of the Family Resilience Variable

Category	Family Resilience		Physical–Economic Resilience		Social Resilience		Psychological Resilience	
	n	%	n	%	n	%	n	%
Very Low (<0.39)	0	0.0	0	0.0	0	0.0	0	0.0
Low (0.40-0.59)	0	0.0	0	0.0	0	0.0	0	0.0
Moderate (0.60-0.79)	1	2.5	8	20.0	2	5.0	5	12.5
High (>0.80)	39	97.5	32	80.0	38	95.0	35	87.5
Total	40	100.0	40	100.0	40	100.0	40	100.0
Mean ± SD	91.79 ± 5.06		89.04 ± 9.83		97.31 ± 5.92		89.04 ± 8.33	

Note : SD= standard deviation

3.6 Relationship Between Family Characteristics, Family Interaction, Social Support, Coping Strategies, and Family Resilience

The results of the correlation test showed that the wife's age had a significant positive relationship with family interaction ($r = 0.341$, $p < 0.05$), indicating that the

older the wife, the higher the level of family interaction. The husband's years of education had a significant negative relationship with social support (r = –0.356, p < 0.05), suggesting that the higher the husband's education level, the lower the perceived social support. There was also a significant positive relationship between family interaction and social support (r = 0.502, p < 0.01), meaning that higher levels of family interaction were associated with higher levels of social support.

Table 6. Correlation Coefficients of Family Characteristics, Family Interaction, Social Support, Coping Strategies, and Family Resilience

Variable	Family Interaction	Social Support	Coping Strategies	Family Resilience
Wife's Age (years)	0.341*	0.179	-0.090	0.157
Husband's Age (years)	0.284	0.087	-0.153	-0.024
Wife's Education (years)	0.034	-0.010	-0.014	-0.065
Husband's Education (years)	-0.157	-0.356*	-0.208	-0.178
Family Size (persons)	-0.196	-0.183	-0.275	-0.212
Monthly Income (IDR)	0.066	-0.168	-0.074	0.180
Family Interaction (index)	1	0.502**	0.108	0.289
Social Support (index)	0.502**	1	0.242	0.303
Coping Strategies (index)	0.108	0.242	1	0.019
Family Resilience (index)	0.289	0.303	0.019	1

Notes: *=signifikan p<0.05; **=signifikan p<0.01

3.7 The Influence of Family Characteristics, Family Interaction, Social Support, Coping Strategies, and Family Resilience

The results of the multiple linear regression analysis showed that the Adjusted R^2 value for the family resilience variable was 0.270. This indicates that family resilience is influenced by the examined factors by 27%, while the remaining 73% is affected by other factors outside the scope of the study. The wife's age ($\beta = 0.756$, p = 0.033) had a significant positive effect on family resilience, meaning that each increase in the wife's age contributes to an increase of 0.756 points in family resilience. In contrast, the husband's age showed a significant negative relationship with family resilience ($\beta = –0.905$, p = 0.088), indicating that each increase in the husband's age reduces family resilience by 0.008 points. Additionally, the escape-avoidance and planful problem-solving dimensions were found to have a significant negative effect on family resilience. This means that each one-unit increase in escape-avoidance and planful problem-solving is associated with a decrease in family resilience by 0.012 and 0.008 points, respectively.

Table 7. Regression Coefficients of Family Characteristics, Family Interaction, Social Support, Coping Strategies, and Family Resilience

Variabel	Unstandardized coefficients		Standardized Coefficients (β)	Sig.
	β	Std. Error		
Constant	159.924	26.541		0.000
Wife's Age (years)	1.033	0.450	0.756	0.033*
Husband's Age (years)	-1.621	0.545	-0.905	0.008**
Wife's Education (years)	-0.174	0.401	-0.092	0.669
Husband's Education (years)	-0.794	0.431	-0.397	0.082
Family Size (persons)	-1.956	1.170	-0.318	0.111
Monthly Income (IDR)	1.003E-6	0.000	0.454	0.052
Husband–Wife Interaction (index)	-0.138	0.134	-0.292	0.318
Parent–Child Interaction (index)	0.050	0.145	0.091	0.736
Nuclear Family Support (index)	0.155	0.089	0.402	0.098
Extended Family Support (index)	0.001	0.035	0.006	0.977
Neighbor Support (index)	0.023	0.044	0.104	0.608
Government Support (index)	0.022	0.055	0.075	0.694
Distancing	0.026	0.047	0.105	0.582
Self-control	0.119	0.061	0.400	0.065
Accepting responsibility	-0.057	0.075	-0.170	0.457
Escape-avoidance	-0.241	0.087	-0.578	0.012**
Positive reappraisal	0.164	0.122	0.401	0.194
Confrontative coping	0.033	0.087	0.088	0.711
Seeking social support	0.026	0.056	0.107	0.655
Planful problem solving	-0.327	0.110	-0.889	0.008**
Adj, R^2			0,270	
F			1,719	
Sig.			121[b]	

Notes: *=signifikan p<0.05 (2-tailed)

4. DISCUSSION

Based on the research findings, most wives and husbands are in the middle adulthood age group (41–60 years), with the majority having completed 10–12 years of education, equivalent to senior high school. Higher education levels tend to correlate with higher income, as supported by Julianto and Utari (2013), and this study shows that families with better-educated spouses generally earn more. More than half of the families had an average monthly income of IDR 4,606,250, with nearly all per capita incomes exceeding the 2024 Bogor Regency poverty line of IDR513,512. However, a few families still fell below this line, which could lead to lower family

resilience, especially in economic aspects, as emphasized by Amalia and Samputra (2020). The families were mostly small in size (≤4 members), which is associated with lower financial burdens (Firdaus & Sunarti, 2009). Most wives were housewives, and most husbands were not working post-retirement, although some were re-employed or sought new jobs. The male role as the primary breadwinner is strongly tied to identity, and its loss may affect self-perception (Juniarta & Lentari, 2020). Health issues such as gout, cholesterol, cancer, acid reflux, asthma, and hypertension were reported, aligning with Widiandari et al. (2018), who noted that health becomes a key concern for families during the retirement phase.

Overall, family interaction falls into the moderate category. However, husband-wife interaction is in the high category, while parent-child interaction remains moderate. The difference in status between parents and children affects interaction patterns, where parents tend to give directions and children are more inclined to follow (Chuang, 2005). According to Puspitawati (2012), husband-wife interaction is crucial for family balance, especially in the distribution of roles and responsibilities. A close relationship between parents and children reduces misunderstandings and fosters a harmonious family atmosphere (Yigibalom, 2013).

Social support in this study falls into the moderate category, with the nuclear family dimension classified as high. This aligns with Novendra et al. (2021), who stated that social support as a form of care can include emotional support for individuals facing difficulties. Support from the family helps reduce anxiety during retirement (Syafitri, 2015). The study also found strong extended family support for post-retirement families, where the extended family is consistently present to share both joy and sorrow. This is in line with research by Hidayah and Rahmanindar (2018), which explained that extended family support may include advice, suggestions, guidance, and useful information. Neighbor support in this study is categorized as low. Herawati and Rizkillah (2022) noted that families tend to rely more on their nuclear family to share problems rather than discussing them with neighbors. Government support in the study also falls into the low category. According to Suryati et al. (2023), some families do not receive government assistance because they do not wish to live in dependence, preferring instead to increase their income to meet their needs and feel they are already well-off through the support of their spouses.

Coping strategies in this study were generally in the moderate category, indicating that many respondents have not yet optimally applied either emotion-focused or problem-focused coping strategies. The findings show that problem-focused coping among post-retirement families was more prevalent than emotion-focused coping. Dalimunthe and Daulay (2024) stated that individuals who use emotion-focused strategies tend to rely on logic to immediately resolve the problems they face. Among emotion-focused strategies, positive reappraisal scored the highest, indicating that families are capable of reframing situations and releasing negative emotions. Within the problem-focused dimension, planful problem solving was the highest-scoring aspect, reflecting a tendency among families to address challenges carefully, gradually, and in a planned manner. According to Wanti et al. (2016), families applying planful problem solving strive to change their circumstances methodically. Sofia and Irzalinda (2020) emphasized that each family adopts different coping strategies depending on their available resources and the nature of the problems they face.

The results of the study show that overall family resilience falls into the high category. According to Apriliani and Nurwati (2020), a stable condition of family resilience can improve the standard of living through the fulfillment of physical-economic, social, and psychological resilience. Musfiroh et al. (2019) also state that families with strong resilience are able to function optimally in developing and realizing their full potential.

The correlation test results showed that the wife's age was positively related to family interaction, indicating that the older the wife, the better the family interaction.

Rohmah (2016) stated that women in middle adulthood tend to have a high level of independence in taking responsibility for family resilience. The findings also revealed that the husband's education was negatively correlated with social support. According to Lindawati (2019), the level of education is a social factor that can influence human behavior, including how individuals respond to their surrounding environment. Furthermore, the results showed a significant positive relationship between social support and family interaction. This aligns with Herawati et al. (2018), who found that higher levels of social support provided to families lead to stronger family interactions and positively contribute to maintaining close relationships through meaningful communication.

The results of the multiple linear regression analysis showed that the wife's age had a significant positive effect on family resilience. As age increases, wives tend to become wiser and exhibit better self-control in managing the family. Conversely, the husband's age had a negative effect on family resilience. Jannah et al. (2021) stated that as husbands grow older, they may experience boredom with daily routines and thus need to adjust to vocational or occupational changes. Firdaus & Sunarti (2009) explained that older husbands tend to use less dynamic coping strategies due to increasing family responsibilities or stable economic conditions. According to Juniarta & Lentari (2020), retired husbands may struggle with their identity as they are no longer the main breadwinner, which can lead to feelings of being unappreciated or disregarded by others. Krisnatuti and Latifah (2021) also noted that age influences the level of stress experienced, with older individuals tending to face higher stress levels than younger elderly individuals. This increased vulnerability to stress can reduce family resilience. Sugiharto et al. (2016) supported this by stating that each additional year in a husband's age can lower the family's quality of life. Similarly, Elmanora et al. (2012) found that families with middle-aged fathers tend to have a lower quality of life compared to those with younger fathers.

Further regression results revealed that the escape avoidance and planful problem solving dimensions had a negative effect on family resilience. In this study, greater use of planful problem solving was associated with higher family resilience. According to Folkman (1984), escape avoidance involves individuals distancing themselves from problems they are facing. This is consistent with Usman et al. (2019), who stated that elderly individuals or post-retirement families experiencing psychological changes tend to gradually withdraw from social interactions. Meanwhile, planful problem solving refers to an individual's effort to deliberately address and alter problematic situations. However, Blanchard-Fields et al. (2007) found that while older adults tend to use planful problem solving for personal issues, this strategy is less effective for social problems involving others. Burton et al. (2006) also noted that cognitive decline among the elderly may reduce the effectiveness of planful problem solving. Wahyudin (2022) emphasized that improving family resilience through adaptive coping strategies is essential to manage arising issues. A resilient family is capable of meeting both food and non-food needs; thus, when income decreases after retirement, the family can rely on its available resources to adapt (Rosidah et al., 2012). By transforming negative pressures into positive outcomes through effective coping strategies, family resilience can be significantly enhanced (Pasudewi, 2013).

This study has several limitations. First, the data were collected solely from the wives' perspectives, which means it does not reflect the viewpoints of husbands or other family members. Another limitation lies in the sample coverage, which may not fully represent the broader population of post-retirement families with diverse social, economic, and cultural backgrounds.

5. Conclusion and Suggestion

Most of the wives and husbands were in the middle adulthood age group (41–60 years). The majority of wives had completed 10–12 years of education, while most husbands had more than 12 years of education. Most wives were housewives, and the majority of husbands were unemployed after retirement. The size of post-retirement families was categorized as small. More than half of the respondents had a history of illness, with hypertension being the most common condition. All family incomes were above the 2024 poverty line for Bogor Regency, which is IDR 513,512. Family interaction, social support, and coping strategies were all at a moderate level, while family resilience was categorized as high.

The results of the Pearson correlation test showed that the wife's age had a significant positive correlation with family interaction. The husband's length of education had a significant negative correlation with social support. The results also indicated a significant positive correlation between family interaction and social support.

The results of the multiple linear regression analysis showed a significant positive effect of the wife's age on family resilience. The husband's age had a significant negative effect on family resilience. Additionally, the escape avoidance and planful problem solving dimensions had a significant negative effect on family resilience.

This study found that family interaction was at a moderate level. Therefore, it is recommended that post-retirement families improve their family interactions by communicating effectively for instance, by reminding each other of responsibilities, expressing opinions respectfully during discussions, avoiding raising their voices when upset, and respecting each other's decisions. Families are also encouraged to manage their anger toward those causing conflict, remain persistent even when efforts fail, plan actions carefully, and strive harder to ensure things run smoothly. Hence, education and training initiatives are needed from various stakeholders (NGOs, universities, government, and corporate CSR programs), such as positive coping strategy education, emotional management training, effective family communication workshops, and social support enhancement programs for elderly couples especially those who have recently retired. Future research is advised to include retirees with more than three years post-retirement and explore additional variables such as economic pressure, stress symptoms, marital quality, or the differences between urban and rural retirement experiences. It is also recommended to examine other influencing factors on post-retirement family resilience, such as cultural aspects, mental health conditions, or the role of children in supporting their retired parents..

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