

Family Resilience Model of Early Marriage Couples in Preventing Domestic Violence and Child Violence

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Abstract

Early marriage is linked to high stress due to the developmental immaturity of young couples, which hinders conflict resolution and future planning. This often leads to divorce and, when combined with parenting stress, may increase the risk of domestic violence and child abuse. The Office of Women's Empowerment and Child Protection (DP3A) of Central Sulawesi Province in 2023 recorded 144 cases of violence against women and children. This study aims to determine the Family Quality Index (FQI) in early married couples and analyze the effect of individual resilience on family resilience, by predicting it through parenting stress. This type of research is a quantitative analytic survey with SEMPLS analysis. The research sample was 210 early married couples who have children, who directly care for children, selected using probability proportionate size technique. The results of the Family Quality Index research of early marriage couples show that the quality dimension of structural legality is in the very high category, the socio-cultural quality dimension is in the medium category, while the dimensions of physical, economic and socio-psychological resilience are in the very low category, while the results of SEMPLS analysis show that there is a positive and significant effect of husband's resilience and wife's resilience on parenting stress, as well as parenting stress on family resilience, but there is no positive and significant effect of husband's resilience or wife's resilience on family resilience. These results suggest that the relationship between individual resilience and family resilience is fully mediated by parenting stress. The family resilience model shows valid and reliable results and a fit model. Conclusions: The findings confirm the important role of parenting stress as a mediator in the relationship between individual resilience and family resilience in early marriage couples. The model developed is not only valid and reliable, but can also be the basis for family-based interventions. The urgency of strengthening integrated premarital counseling services for adolescents to improve parenting role readiness and prevent the risk of family violence is emphasized.

Keywords: early marriage, family resilience, parenting stress

Abstrak

Pernikahan dini dikaitkan dengan stres yang tinggi karena ketidakdewasaan perkembangan pasangan muda, yang menghambat penyelesaian konflik dan perencanaan masa depan. Hal ini sering kali berujung pada perceraian dan, jika dikombinasikan dengan stres sebagai orang tua, dapat meningkatkan risiko kekerasan dalam rumah tangga dan pelecehan terhadap anak. Dinas Pemberdayaan Perempuan dan Perlindungan Anak (DP3A) Provinsi Sulawesi Tengah tahun 2023 mencatat sebanyak 144 kasus kekerasan perempuan dan anak. Penelitian ini bertujuan untuk

mengetahui Indeks Kualitas Keluarga (IKK) pada pasangan menikah dini dan menganalisis pengaruh resiliensi individu terhadap resiliensi keluarga, dengan memprediksikannya melalui parenting stres. Jenis penelitian ini adalah kuantitatif survei analitik dengan analisis SEMPLS. Sampel penelitian sebanyak 210 pasangan menikah dini yang memiliki anak, yang secara langsung mengasuh anak, dipilih dengan menggunakan teknik probability proportionate size. Hasil penelitian Indeks Kualitas Keluarga pasangan nikah dini menunjukkan dimensi Kualitas legalitas struktur berada pada kategori sangat tinggi, dimensi kualitas sosial budaya dengan kategori sedang, sedangkan dimensi ketahanan fisik, ekonomi dan sosial psikologis berada pada kategori sangat rendah, adapun hasil analisis SEMPLS menunjukkan terdapat pengaruh positif dan signifikan resiliensi suami dan resiliensi istri terhadap parenting stres, demikian pula parenting stres terhadap ketahanan keluarga, namun tidak terdapat pengaruh positif dan signifikan resiliensi suami maupun resiliensi istri terhadap ketahanan keluarga. Hasil ini menunjukkan bahwa hubungan antara resiliensi individu dan ketahanan keluarga dimediasi secara penuh oleh stres pengasuhan. Model resiliensi keluarga menunjukkan hasil yang valid dan reliabel serta model yang fit. Kesimpulan: Temuan ini menegaskan pentingnya peran stres pengasuhan sebagai mediator dalam hubungan antara resiliensi individu dan ketahanan keluarga pada pasangan nikah dini. Model yang dikembangkan tidak hanya valid dan reliabel, tetapi juga dapat menjadi dasar intervensi berbasis keluarga. Ditekankan pula urgensi penguatan layanan konseling pranikah terpadu bagi remaja untuk meningkatkan kesiapan peran pengasuhan dan mencegah risiko kekerasan dalam keluarga.

Kata kunci: ketahanan keluarga, nikah dini, stres pengasuhan

Introduction

Target 5.3 of the Sustainable Development Goals (SDGs) mandates the elimination of harmful practices, including child marriage, by 2030. The Indonesian government has responded through various policy breakthroughs, including revising the minimum legal age of marriage for females, prioritizing child marriage prevention in the 2020–2024 National Medium-Term Development Plan RPJMN (*Rencana Pembangunan Jangka Panjang Nasional*), and launching national campaigns. In addition, government partner agencies have developed several intervention programs, such as the National Campaign to End Child Marriage, Child-Friendly Cities, Community-Based Integrated Child Protection (PATBM), and reproductive health education.

Child marriage, known in Indonesia as early marriage, remains a critical social issue requiring government intervention. According to UNICEF data from 2020, approximately 1,220,900 women aged 20 to 24 in Indonesia were married before the age of 18. This places Indonesia among the countries with the highest prevalence of child marriage among females globally. Among ASEAN countries, Indonesia is the second-highest contributor in absolute numbers after Cambodia. Over a decade, the prevalence of child marriage in rural areas declined by 5.76 percentage points, while in urban areas it fell by less than 1 percent (*child-marriage-report-2020.pdf*, t.t.).

According to the Central Statistics Agency (BPS, 2020), 33.30% of youth in Indonesia were first married between the ages of 19–21, 26.83% between 22–24 years, and 19.68% between 16–18 years. Child marriage is also closely linked to health outcomes. Among women aged 20–24, 28.76% of those who married after the age of 18 initiated early breastfeeding, compared to only 18.83% among those married before 18. Additionally, 34.13% of those who married after 18 gave birth in health facilities assisted by health professionals, 12 percentage points higher than those married before 18 (22.13%).

Early marriage can result in various physical, psychological, and social consequences. Individuals who marry young tend to experience economic dependence on their parents. They often lack adequate knowledge of their rights and responsibilities as husband and wife, as well as their roles as father and mother in raising and educating children. A study by (Yoosefi Lebni et al., 2023) found that women who married early often lacked sufficient understanding of their roles and responsibilities as wives and mothers. This lack of preparedness in facing family life challenges can negatively affect overall family well-being. Their limited understanding of what is now referred to as parenting science can undermine

family resilience. Behavioral unpreparedness and poor decision-making in the face of household challenges often lead to divorce.

Family resilience refers to the ability of a family to face, manage, and recover from internal pressures (such as spousal conflict or economic hardship) and external crises (such as natural disasters or social pressure). In the context of early marriage, resilience becomes especially critical as couples are generally still developing emotionally, economically, and socially. Low family resilience among early marriage couples results in poor conflict management, miscommunication, economic stress, and parenting stress—exacerbated by poor emotional regulation, ineffective coping, and lack of support. Low individual resilience in early marriage couples contributes to increased parenting stress, which in turn weakens family resilience. Poor family resilience is a major risk factor for prolonged conflict and divorce.

A study by [Syalis & Nurwati \(2020\)](#) found that couples who married early exhibited psychological symptoms such as anxiety during the early to mid-years of marriage due to high economic instability, which adversely affected their physical health in adulthood. In addition to individual stress, early marriage couples also experience stress in their roles as parents and in building their spousal relationships ([Jang & Hong, 2024](#)). Poorly managed parenting stress, characterized by a lack of emotional warmth and the application of conditional respect, negatively impacts children's emotional development and the overall family atmosphere. This leads to weak emotion regulation within the family, increases the risk of internal conflict, and ultimately decreases family resilience. Strengthening family resilience requires warm, supportive parenting and parents' ability to manage parenting stress in a healthy manner ([Moormann et al., 2024](#)). The concept of family resilience initially focused on individual capacity and coping patterns (Connor and Davidson, 2003). Fathers' resilience in the face of parenting stress contributes to family resilience through increased father involvement in childcare. Marital satisfaction reinforces this involvement, so that fathers who are resilient and have a satisfying marital relationship tend to play a more active role in child development, which in turn strengthens family resilience. While workplace flexibility does not play a major role, internal family factors are key ([Somantri et al., 2024](#)), but has since shifted toward a more systemic perspective, especially through longitudinal studies conducted by family resilience experts ([Walsh, 2012](#)).

Although various policies have been implemented to reduce child marriage in Indonesia—such as raising the minimum age of marriage, national campaigns, and reproductive health education—most interventions remain preventive in nature and do not address the psychological dynamics of couples who are already married at a young age. In fact, early marriage presents significant challenges, especially in terms of emotional readiness and parenting capacity, which can potentially undermine family resilience. Previous studies have typically focused on socio-economic or health aspects, with few exploring the relationship between individual resilience and family resilience through the mediating role of parenting stress in a systemic manner. This study addresses this gap by developing and testing a family resilience model based on individual resilience (husband and wife) and parenting stress among early marriage couples. The model was built using a quantitative approach through SEMPLS analysis and Family Quality Index (IKK) data, and applied contextually in Palu City—an area with a high prevalence of domestic and child violence. This model offers a new theoretical contribution that has not yet been applied in the local context of early marriage couples in Indonesia and provides a scientific basis for the development of more effective and contextual interventions.

Based on this background, this study aims to provide an overview of the family resilience model among early marriage couples by integrating the [Family Quality Index \(IKK\)](#) from BPS (2021), predicting the model, and measuring the influence of individual resilience (husband and wife) in their roles as parents on overall family resilience.

Methods

This study employed a quantitative approach with a cross-sectional study design and an analytical survey method. The research was conducted in eight sub-districts within the administrative area of Palu City. The study population comprised individuals who had entered into early marriage between 2018 and 2020, based on data from the Population and Civil Registry Office of Palu City. A total of 590 individuals were recorded during this period, including 162 cases in 2018, 214 cases in 2019, and 214 cases in 2020.

The sampling technique used was probability proportionate to size (PPS), conducted in two stages. The first stage involved selecting clusters based on the number of *kelurahan* (urban villages) in each sub-district of Palu City. The second stage utilized the C-Survey 2.0 application to determine the number of respondents from each selected *kelurahan*, resulting in a total sample of 210 respondents.

Data collection was conducted through interviews using three types of instruments:

1. Resilience of husband and wife was measured using the Connor-Davidson Resilience Scale (CD-RISC, 2003), consisting of 25 items encompassing parameters such as *hardiness*, *persistence*, *social support*, *self-control*, and *faith*. This instrument demonstrates strong psychometric properties, with high internal consistency (Cronbach's $\alpha \approx .89$), solid construct validity, and the ability to distinguish resilience levels across different groups. The scale has also been translated into various languages, making it applicable for global use.
2. Parental stress was measured using the Parental Stress Scale developed by [Berry & Jones \(1995\)](#), comprising 35 items. This instrument shows good psychometric strength with internal consistency (average Cronbach's $\alpha = .83$) and validated construct reliability in both its positive dimensions (joy of parenting) and negative dimensions (burden and stress of parenting). It has been widely used in various research contexts, including among parents of children with special needs and challenging caregiving situations.
3. Family resilience was measured using the Family Resilience Assessment Scale (FRAS) by Froma [Walsh \(2006\)](#), with 66 items measuring parameters such as family communication and problem-solving, emotional openness, utilization of social and economic resources, positive outlook, family connectedness, meaning-making in adversity, flexibility, and spirituality. The instrument has been adapted and localized, with acceptable to strong internal consistency (Cronbach's $\alpha > .70$) and has demonstrated theoretical and empirical validity across cross-cultural studies and crisis contexts, including expert validation.

The combination of these three instruments provides strong psychometric support: the CD-RISC represents individual resilience, the Parental Stress Scale reflects the stress experienced in parenting roles, and Walsh's framework captures systemic family resilience.

The inclusion criteria for participants were: individuals who had entered into early marriage (defined as both spouses being under the age of 19 at the time of marriage, or either the husband or wife was married under the age of 19), residing in Palu City, married in 2018, 2019, or 2020, still legally married at the time of data collection, and having children who were being directly cared for by their biological parents. The exclusion criteria included: respondents who were widowed from early marriage unions, had children who were not directly cared for by the parents but instead by babysitters/caregivers, or children entrusted to daycare centers or extended family members.

The study was assisted by trained *Puskesmas* (community health center) cadres, particularly to reach respondents in the field. The interview and questionnaire process began with an explanation of the study's purpose and assurance of respondent confidentiality, followed by the signing of informed consent and permission for documentation. Data analysis included univariate analysis, which provided an overview of the respondents' Family Quality Index (FQI) based on standards from Statistics Indonesia (BPS) and the Ministry of Women's Empowerment and Child Protection Regulation No. 6 of 2021, as well as

inferential statistical analysis using Structural Equation Modeling - Partial Least Square (SEM-PLS) method

Results and Discussion

Results

This study involved 210 samples spread across 25 urban villages in Palu City with a description of the characteristics of respondents. Based on **Table 1.**, the majority of wives are not employed (79%), while most husbands work as laborers (59.5%) and have a junior high school education (70%). Wives also predominantly have junior high school education (71.9%). Most families have one child (55.7%). Only a small portion of both husbands and wives are high school graduates. The data reflects a lower-middle socioeconomic and educational profile within this population.

Table 1. Characteristics of Respondents of Early Married Couples

Variable	n	%
Husband's employment:		
-Laborer	125	59.5
-Self Employed	42	20
- Other (ASN, trader, honorer)	43	20.5
Total	210	100
Wife's employment status:		
Not Working	166	79
Working	44	21
Total	210	100
Number of children owned		
- 1(one) person	117	55.7
- 2(two) people	24	30.5
- 3(three) people	69	13.8
Total	210	100
Husband's Education:		
- High school graduate	22	10.5
- Junior high school graduate	147	70
- Elementary school graduate	41	19.5
Total	210	100
Wife's Education:		
- High school graduate	12	5.7
- Junior high school graduate	151	71.9
- Elementary school graduate	47	22.3
Total	210	100

The description of the Family Quality of early marriage couples after accumulating the various indicators obtained the following results:

Table 2: Overview of Respondents' Family Quality Indeks

Dimension	Standar Deviation	Category
Structure Legality Quality	88.80	Very High
Quality of Physical Resilience	30.71	Very Low
Quality of Economic Resilienc	35.00	Very Low
Quality of Social Psychological Resilience	47.23	Very Low
Socio-cultural Resilience Quality	70.15	Fair

Table 2. shows that there are still several indicators that show very low quality, namely physical, economic and socio-psychological resilience.

The SEM analysis results show the following results:

Outer Model test results

The following figure is a Structural Model of Reflective Constructs of the influence of husband's resilience and wife's resilience through parenting stress on family resilience with instrument indicators, namely for husband's resilience and wife's resilience by looking at the dimensions of Hardiness, persistence, Social Support, Self Control and Fait, for parenting stress including the dimensions of Personal distress, Dysfunctional parent-Child interaction, Perception of child characteristics. Family resilience is composed of the dimensions of family communication and problem solving, open emotional experience, utilizing social and economic resources, maintaining a positive outlook, family connectedness, ability to interpret difficulties, flexibility and spirituality.

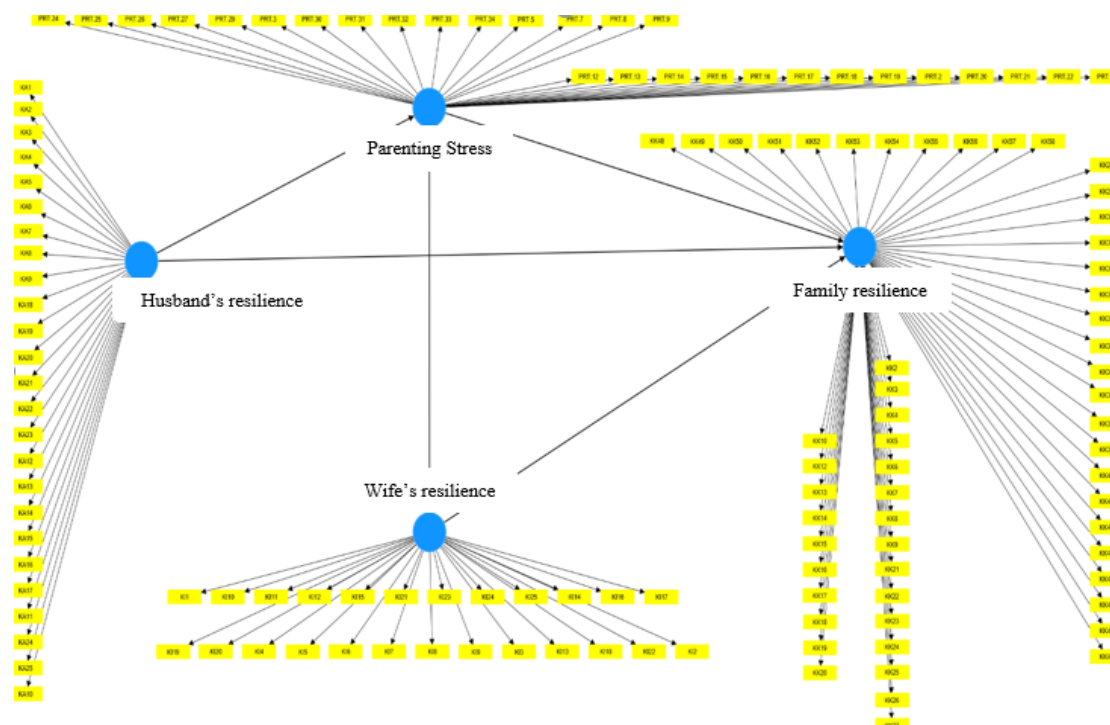


Figure 1. Reflective measurement model, the influence of spousal resilience through parenting stress on family resilience

Table.3 Results of Respondents' Reflective Measurement Analysis

Construct/factors	Cronbach's Alpha	rho_A	Composite Reliability	Average Variance Extracted (AVE)
Husband Resilience	.978	.979	.979	.658
Wife Resilience	.971	.977	.974	.604
Parenting Stress	.964	.967	.966	.508
Family Resilience	.980	.983	.981	.477

Table 3. shows that the outer loading value for each item or construct indicator from the respondents' assessment results is above the minimum value of .40 (Hair et al., 2017). The Cronbach's alpha values of all measures range from .80 to .96, exceeding the acceptable level of .70 and the composite reliability values range from .79 to .95, which meets the acceptable level of .60 suggested by (Fornell & Larcker, 1981). These indicators indicate that the measurement items have a high level of internal reliability.

In addition, the AVE (Average Variance Extracted) value should be higher than .5, but if the value reaches .4, it is also acceptable (Hair et al., 2017). Lam, (2012) asserts that although the Average Variance Extracted (AVE) is below the threshold of .5, the convergent validity of a construct may still be deemed acceptable if the composite reliability exceeds .6. Consequently, in empirical research, a construct can be considered reliable even when its AVE value falls short of .5, provided that its composite reliability meets the established criterion

Furthermore, the discriminant validity of the constructs is presented in tables 4 and table 5. Discriminant validity uses the criteria of Fornell and Larcker (1981). and Cross loading by comparing all item loadings. The Fornell Larckel criterion is based on AVE, the most popular validity measurement used in PLS-SEM. For reflective models, the AVE must be greater than the squared correlation to investigate the discriminant validity of the model (Supriyati, 2021).

Table 4. Fornell Larckell Table (Correlation Between Factors and Root AVE)

	Husband Resilience	Wife Resilience	Parenting Stress	Family Resilience
Husband Resilience	.811			
Wife Resilience	.353	.777		
Parenting Stress	.270	.253	.713	
Family Resilience	.140	.182	.221	.691

This **Table 4.** explains the importance of each construct in relation to its own indicators compared to other constructs, and supports the reliability and validity of the research model. These results strengthen the understanding of the relationship between resilience in families and parenting stress, as well as the importance of each construct in the context of this study. **Table 4** Fornell Larckell criteria shows all constructs in the model have good discriminant validity (all construct values with their own indicators >.5).

Table 5. Ratio Heterotrait-Monotrait (HTMT) Matriks

	Husband Resilience	Wife Resilience	Parenting Stress	Family Resilience
Husband Resilience				
Wife Resilience	.358			
Parenting Stress	.276	.271		
Family Resilience	.133	.185	.228	

Table 5. presents the discriminant validity test based on the Heterotrait-monotrait ratio (HTMT) approach. This table displays the Heterotrait-monotrait Ratio (HTMT) matrix, which is used to assess discriminant validity between constructs with constructs in this study. This matrix shows the HTMT value between the constructs of Husband Resilience and Wife Resilience; Husband Resilience and Parenting Stress; Husband Resilience and Family Resilience; Wife Resilience and Parenting Stress and Family Resilience constructs. The results of testing the HTMT value between all constructs show good discriminant validity because the value is below .9.(Hair et al., 2017). This means that each construct in this model is different from each other, thus strengthening the reliability and validity of the research model. Good discriminant validity is important to ensure that each construct uniquely captures different aspects of the phenomenon under study, which in turn supports more accurate and reliable interpretation of the research results.

Table 6. Q Square and R Square

	Q Square	R Square
Family Resiliece	.008	.068
Parenting Stress	.070	.101

Table 6. the Q Square (Q2) value shows how well the path model predicts variables and data. the results of the smartPLS Blindfolding output analysis Q2 value is greater than 0 (>0), this means that the model

has relevant predictive values for endogenous construct variables (Family Resilience and Parenting Stress variables) and the data can predict the model well, although it is relatively small ($.02 \leq Q^2 < .15$) (Cohen, 2009).

Table 6 also show that the R Square (R^2) value which serves to see the amount of variance in endogenous variables (Family Resilience, Parenting Stress) that can be explained by exogenous variables (Husband Resilience, Wife Resilience), because the R Square (R^2) value for the parenting stress variable is only .101 (10.1%), Where (Hair et al., 2017) states that if $R^2 = 1$ means that the exogenous variables explain 100% of the variance in the endogenous variables. meaning that it is categorized as very weak if the R^2 value $< .25$ (25%) as less strong, meaning that in this study any change in exogenous variables (husband's resilience and wife's resilience) is only able to predict the strength of the endogenous variable parenting stress by 10.1% and the family resilience variable by only 6.8%. This means that the model has weak predictive ability, or there are still many other factors outside the model that affect family resilience.

Table 7. Standardized Root Mean Square (SRMR)

	Saturated model	Estimated model
SRMR	.071	.071

Table 7. the feasibility of the model, shows the SRMR value $< .1$, which means the model has a fit (Cohen, 2009).

Inner Model Testing Stage

Testing at this stage is intended to test the significance of the influence of exogenous variables on endogenous variables.

Table 8. shows the results of hypothesis testing regarding the relationship between husband and wife resilience, parenting stress, and family resilience. Hypotheses (H1-H5) tested the impact of husband and wife resilience on parenting stress and family resilience, as well as the effect of parenting stress on family resilience. Hypothesis (H1) with a p value $< .05$ means that the husband's resilience has a positive and significant influence on parenting stress (Original Sample = .207, p-Value = .001). Hypothesis (H2) with a value of $p < .05$ indicates that the wife's resilience significantly affects parenting stress, also supported (Original Sample = .180, p-Value = .021). Hypothesis (H3) with a p-value of $< .05$, which examined the effect of parenting stress on family resilience, was confirmed with a positive and significant relationship (Original Sample = .198, p-Value = .044). Hypothesis (H4) with a value of $p > .05$, which means that husband's resilience does not significantly affect family resilience, was found to be positive but not significant (Original Sample = .050, p-Value = .297). Hypothesis H5, which states that wife's resilience affects family resilience, was also positive but not significant (Original Sample = .178, p-Value = .160). This shows that both husband's resilience and wife's resilience are protective factors against parenting stress, which in turn strengthens family resilience.

Table 8. Hypothesis Test Results

Path	Hypothesis	Original Sample (O)	p-Value	Decision
Husband Resilience > Parenting Stress	H1	.207	.001	Positive significant and
Wife Resilience > Parenting Stress	H2	.180	.021	Positive significant and
Parenting Stress > Family Resilience	H3	.198	.044	Positive significant and
Husband Resilience > Family Resilience	H4	.050	.297	Positive insignificant and
Wife Resilience > Family Resilience	H5	.178	.160	Positive insignificant and

The PLS estimation results of structural equation modeling, path coefficient values, and item loadings for the research constructs are presented in Figure 2:

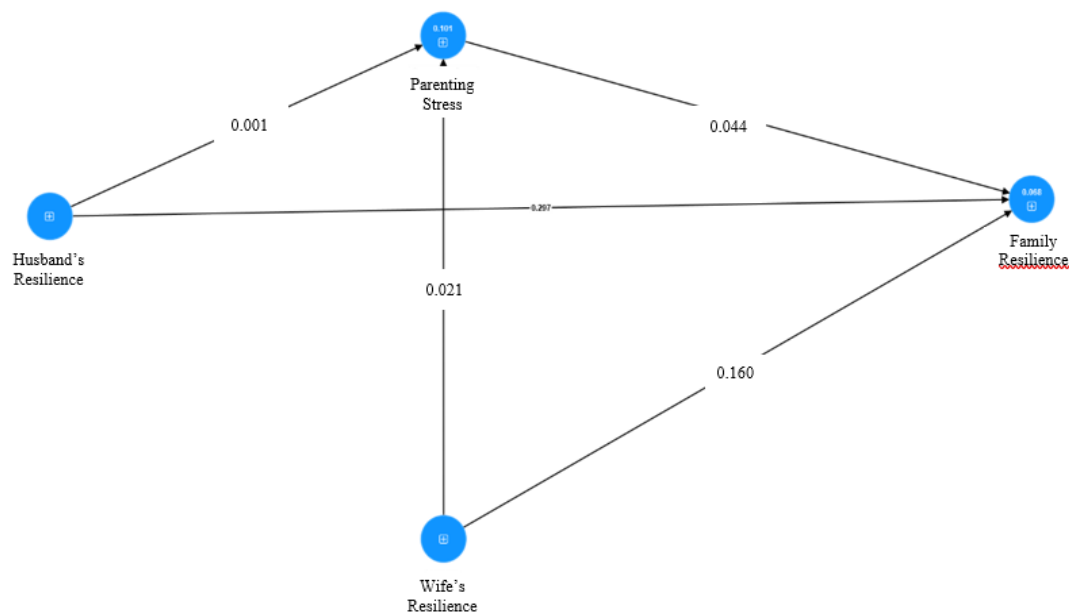


Figure 2. SEM Analysis Result Model

These results emphasize the important role of husband and wife resilience in reducing parenting stress, which in turn significantly contributes to family resilience. Although the direct effect of husband and wife resilience on family resilience was positive, it was not statistically significant. This finding suggests that interventions aimed at reducing parenting stress may be more effective in improving overall family resilience than focusing solely on improving the resilience of individual family members. This highlights the interconnectedness of family roles and emphasizes the importance of a holistic approach in family support programs.

Table 9. F Square

	Husband Resilience	Wife Resilience	Family Resilience	Parenting Stress
Husband Resilience			.002	.042
Wife Resilience			.013	.031
Parenting Stress			.030	

Table 9. F^2 measures how much the R-square of a dependent variable changes if one independent variable is removed from the model, Table 9 shows the value of exogenous variables against the omitted endogenous variables, in table 9 all show F^2 values $\leq .15$, (Cohen, 2009) and this indicates that their direct contribution in the model is relatively small. The results of hypothesis testing regarding the relationship between parental resilience, parenting stress and family resilience revealed interesting insights. Hypotheses H1 and H2, which focused on the impact of husband and wife resilience on parenting stress, were both supported. Findings indicated that husbands' resilience had a greater impact on parenting stress, with a positive and significant relationship. Similarly, wives' resilience significantly influenced parenting stress, as evidenced by a positive and significant relationship. These results are in line with previous research that has highlighted the important role of parental resilience in reducing stress in families. In addition, Hypothesis H3, which explored the influence of parenting stress on family resilience, was confirmed with a positive and significant relationship. This suggests that higher levels of parenting stress may impact on overall family resilience. While Hypotheses H4 and H5, which examined the influence of husband and wife resilience on family resilience, showed a positive but insignificant

relationship. This suggests that although there is a trend towards an effect, it is not statistically significant in this study ([Zhu et al., 2024](#)).

The results of this study indicate that husband's and wife's resilience significantly influence parenting stress, and parenting stress, in turn, significantly affects family resilience. However, neither the husband's nor the wife's resilience directly influences family resilience. These findings demonstrate that parenting stress serves as a full mediator in the relationship between individual resilience and family resilience. This suggests that family resilience is not built solely from individual strength but through healthy and well-managed parenting processes.

This result aligns with ([Zhu et al., 2024](#)) who emphasize that parenting stress is a major predictor of children's problematic behaviors, with family resilience playing a moderating role. Among early-married couples, parenting stress often increases due to emotional immaturity, lack of parenting skills, and economic pressures, as also highlighted in the study by [Porter & Loveland \(2019\)](#) on mothers of children with special needs. Moreover, this study reinforces the notion that family resilience results from interactive processes among family members, not merely from individual capacities. As ([Silva et al., 2020](#)) noted, the ability to manage stress within conditions of poverty and heavy parenting burdens significantly contributes to a family's adaptive functioning. Other research emphasizes the link between family resilience and psychosocial adjustment of children with chronic illnesses, indicating the potential for tailored family strengths-based interventions to promote better outcomes for children facing health challenges. This research addresses the importance of family resilience in supporting children with chronic illnesses and the need for targeted interventions utilizing family strengths to improve psychosocial well-being ([Andrés-Romero et al., 2021](#)).

In the local context of Palu City, early-married couples face considerable economic and socio-psychological challenges, as reflected in the low scores of the Family Quality Index in the physical, economic, and socio-psychological dimensions. Without effective stress management interventions in parenting, low family resilience can increase the risk of domestic violence, marital conflict, and divorce. Therefore, this study provides a crucial contribution by developing a family resilience model tailored to the specific needs of early-married couples in a localized context. The model developed using SEM-PLS highlights that interventions focusing on parenting stress management are more strategic than those solely targeting individual resilience enhancement. This finding is consistent with ([Andrés-Romero et al., 2021](#)) who found that the psychosocial adjustment of families during crises is highly influenced by parents' ability to jointly manage stress.

This research identified specific family resilience factors that significantly contribute to parental stress in families of children with autism, including family communication, social and economic resources, family connectedness, spirituality, and the ability to make meaning of adversity. This research provides a comprehensive understanding of the components that make up family resilience in the context of caring for children with special needs ([Walsh, 2012](#)). The findings of this study offer valuable insights into the interplay between individual and family-level factors in promoting well-being within the family system. By synthesizing these findings with existing literature, a more nuanced understanding of how family resilience operates and its role in buffering the impact of parental stress on child outcomes can be gained. These studies collectively advance our knowledge of family resilience and highlight the importance of fostering supportive and resilient family environments for positive outcomes for parents and children. Theoretically, this study strengthens the framework proposed by ([Walsh, 2012](#)), emphasizing that family resilience involves not just individual toughness but the family's collective ability to adapt flexibly, find shared meaning in crises, and maintain strong emotional connections.

Conclusion

The results of this study have important implications for family support policies and programs. The finding that in early marriage couples, husband and wife resilience can significantly affect parenting stress as it is commonly experienced without good family knowledge and planning. As the impact of weak husband and wife resilience due to unpreparedness to parent and care for children has a direct impact on domestic violence and child abuse, weak family resilience highlights the need for comprehensive interventions. Programs designed to increase the resilience of individuals within families, particularly in the face of parenting challenges, can have far-reaching benefits for overall family resilience. In addition, these results can also be used by policymakers to develop more effective strategies in supporting families, especially in the context of improving their physical, economic and socio-psychological well-being. As such, this study provides a strong empirical basis for designing and implementing more targeted and effective programs in strengthening family structure and resilience. It is hoped that the results of this study can contribute to reducing domestic violence including child abuse, as a result of parental stress both towards spouses and towards children with a holistic approach, families really feel strong relationships between family members which can be the basis for the strength of family resilience which has a positive impact on the productivity of families and countries. Future research is expected to be conducted in diverse populations to ensure the generalizability of findings, by including participants from various backgrounds, cultures, and contexts, future research may provide a more comprehensive understanding of how parental resilience, parenting stress, and family resilience interact across different populations.

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