

Interpersonal Communication and Household Resilience: The Dynamics of Husband-Wife Interaction in the Digital Era

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Abstract. *This study aims to analyze the role of interpersonal communication in building marital resilience in married couples within the context of socio-cultural change in the digital era. This study employed a qualitative approach through a literature review, reviewing articles from reputable national and international journals published between 2023 and 2025. Data analysis was conducted thematically to identify patterns in the concepts of communication, conflict, and marital resilience. The results indicate that openness, empathy, dialogic communication, and emotional regulation are key elements in maintaining harmonious marital relationships. This study also indicates that work pressure and digital distractions contribute to a decrease in the intensity of face-to-face communication and a decrease in the quality of emotional closeness between partners. Conceptually, this study confirms that interpersonal communication in the household is a dynamic, reflective, and contextual social process. The implications of this study emphasize the importance of interpersonal communication for husbands and wives as a social process that shapes household resilience in the face of the dynamics of contemporary social change.*

Keywords: *Interpersonal Communication, Household, Family Resilience, Husband-Wife Relationship*

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INTRODUCTION

The family occupies a strategic position as the most fundamental social institution in society because it is the first space for individuals to build relationships, values, and social identity (Kusumawati et al., 2024; Khasanah, 2025; Sartika et al., 2026). Relationships within the family are determined not only by biological ties but also by the ongoing interaction process between family members (Baker, 2007; Umberson & Thomeer, 2020; Rhodes, 1998). This interaction process forms relationship patterns that can create harmony or give rise to conflict when not managed appropriately. This situation indicates that the quality of relationships within a household is greatly influenced by how individuals express their thoughts, feelings, and hopes in daily life.

Interpersonal communication is the foundation of social interaction within the family, especially between husband and wife, who are the spearhead of household relations (Novianti et al., 2017; Nurislamiah, 2021; Herni et al., 2024; Susiana & Susanti, 2023; Yulianti & Putri, 2022). From a sociological perspective, the household is seen as a primary social unit that requires effective communication mechanisms to maintain its social resilience, as the dynamics of modern and digital culture often suppress the quality of interactions between couples. In this modern and digital era, family communication patterns are crucial for building household relationships, household resilience, and family function in facing various social challenges in the future (Marlina, et al., 2024).

Anandita et al. (2025) said that, communication breakdowns within the household can arise from role conflict, work pressure, and the use of technology that reduces the intensity of face-to-face interaction. From a communication science perspective, husband-wife interaction is a complex process of exchanging meaning that determines the quality of the relationship and the emotional resilience of the household (Halim et al., 2024; Ariansyah, 2021; Nurhasan et al., 2025; Mustofa & Wuryan, 2025). Failure to convey expectations and feelings through effective communication is a major factor in the emergence of marital conflict (Roviany, 2025).

Numerous empirical studies demonstrate the importance of the relationship between family communication and marital resilience (Zulkarnaen et al., 2025; Azkiya, 2024; Ali & Aziz, 2022). For example, interpersonal communication plays a role in improving relationship quality and reducing conflict, especially when families face new social and cultural pressures, including those growing up in the digital age (Sawitri, 2024).

The constantly changing social conditions of society also influence the dynamics of relationships within households, particularly in how husbands and wives communicate daily. Changing social roles, economic demands, and the rhythm of modern life present new situations that require adaptability in interactions (Awad, 2021). A couple's inability to adapt their communication patterns to these changes has the potential to weaken the quality of their household relationships. This situation emphasizes that interpersonal communication cannot be separated from the social context surrounding family life.

The phenomenon of digital technology development has also had a significant impact on communication patterns within households (Tadpatrikar et al., 2021; Nwobodo, 2024; Anisti et al., 2023). The intense use of digital media often displaces the space for direct dialogue between husbands and wives. This shift impacts the process of exchanging meaning, building empathy, and managing conflict within household relationships. This reality demonstrates the importance of in-depth study of interpersonal communication within families as part of efforts to understand household resilience from a sociological and communication science perspective.

METHODS

This study employed a qualitative approach using a literature review design to analyze the role of interpersonal communication in building household resilience among married couples in the context of socio cultural change in the digital era. This design was selected because the study aimed to understand and synthesize conceptual and empirical findings from recent scholarly works discussing communication patterns between husband and wife, family resilience, conflict management, and the influence of digital technology on household interaction. The data source of this study consisted of scientific articles published in reputable national and international journals between 2023 and 2025. The selection of this period was intended to ensure that the analysis reflected recent discussions and contemporary social conditions related to family communication in the digital era. The articles were selected based on their relevance to the main focus of the study, namely interpersonal communication in marital relationships, emotional interaction between spouses, household conflict, and family resilience. Articles that did not directly address communication within the context of married life or household dynamics were excluded from the analysis.

Data collection was conducted through document review by identifying, reading, and examining relevant scholarly publications that discussed the issue under study. The researcher focused on journal articles that provided conceptual explanations, empirical findings, and contextual insights into husband and wife communication patterns in everyday family life. Each selected article was examined carefully in order to identify key ideas, recurring issues, and patterns of meaning related to communication practices and household resilience.

The data were analyzed using thematic analysis. In the first stage, the researcher read all selected articles repeatedly to gain a comprehensive understanding of their contents. In the second stage, important ideas and recurring issues related to interpersonal communication in household life were identified and coded. In the third stage, these codes were grouped into broader themes based on conceptual similarity and contextual relevance. From this process, several major themes were constructed, including openness and empathy, work pressure and digital distractions, and the role of communication in dealing with conflict. These themes were then interpreted to explain how interpersonal communication functions as a social process that shapes household resilience in contemporary life. To maintain the credibility of the analysis, the researcher ensured that the interpretation remained closely connected to the main arguments and findings presented in the selected literature. The analysis emphasized coherence across sources and focused on identifying patterns that consistently appeared in discussions of marital interaction and family resilience. Through this approach, the study sought to provide a systematic and contextually grounded understanding of the dynamics of husband and wife communication in the digital era.

RESULTS AND DISCUSSION

Openness and Empathy

Married couples who openly express their feelings and hopes can manage marital conflict more effectively (Abedi et al., 2024; Christensen & Pasch, 1993). This openness fosters a strong sense of shared understanding, thereby strengthening household resilience through healthy interpersonal dynamics. Openness in household communication is reflected in the ability of husband and wife to express their thoughts and feelings honestly and responsibly. This practice of openness enables couples to understand each other's emotional needs more deeply. This understanding strengthens mutual trust, which is the foundation of a stable household relationship (Marlina, et al., 2024). Open communication improves the quality of family relationships through the honest and constructive expression of feelings and hopes.

This communication pattern strengthens shared understanding and family resilience in dealing with everyday conflict. Empathy also plays a role in helping married couples understand the perspective and emotional state of the other partner without judgment. Empathy fosters a safe and supportive communication atmosphere in the household. This helps couples respond to conflict with a dialogical rather than confrontational approach. Researchers assume that empathy in interpersonal communication functions as a social mechanism that reduces conflict intensity and strengthens the couple's emotional bond.

Communication interactions based on openness and empathy create relationship patterns that are adaptive to social pressures and cultural changes (Alteren & Tudoran, 2019). Couples who are able to build empathetic communication tend to have more constructive problem-solving strategies. This strategy demonstrates how interpersonal communication functions as a tool for negotiating meaning in married life (Sawitri, 2024). The absence of openness and empathy in domestic communication often gives rise to repeated misunderstandings and the accumulation of latent conflict. Closed communication patterns limit the process of exchanging meaning and weaken the quality of marital relationships (Fowers, 2001).

This situation demonstrates that interpersonal communication functions not only as a means of conveying messages but also as an instrument for shaping the structure of family relationships (Amalia, 2025). Openness and empathy in interpersonal communication play a

fundamental role in building the quality of marital relationships and maintaining household stability. Interpersonal communication serves as a social mechanism that shapes relationship meaning, prevents the accumulation of conflict, and strengthens the resilience of family structures.

Work Pressure and Digital Distractions

Work pressures and the use of digital technology often reduce the intensity of face-to-face communication between couples (Tammisalo & Rotkirch, 2022). This impacts the quality of interactions, particularly in building empathy and emotional closeness, which are key aspects of household resilience. This phenomenon is consistent with studies showing that the digital lifestyle of the modern generation influences cross-generational family communication (Sawitri, 2024).

Increasing work pressures on couples impact communication dynamics within the household because time for face-to-face dialogue becomes very limited (Gong et al., 2022; van et al., 2009). Furthermore, changes in work patterns and busy working hours affect the intensity of face-to-face communication among family members, including couples, as shared moments are drastically reduced. This imbalance between work demands and interpersonal communication needs results in reduced opportunities to build empathy and emotional understanding within the household. Interactions replaced by digital communication are often less effective than face-to-face interactions in fostering emotional closeness between couples (Rahmawati, et al., 2024).

Digital distractions through devices such as smartphones and instant messaging apps often reduce the quality of face-to-face interaction time between couples because communication often occurs while multitasking or is interrupted by other notifications. Research examining family communication patterns in the digital era suggests that the use of communication technology creates separate communication patterns despite being physically present in the same space, which subsequently reduces the intensity of personal dialogue and impacts the quality of empathy formation between family members (Koem, 2024). Researchers assume that face-to-face communication tends to be replaced by instant messaging, which is faster but lacks emotional depth in the family context.

The dominant digital communication interactions in modern families create psychological stress in the form of technofence, namely technological interference with interpersonal communication, which has the potential to weaken the relationship between husband and wife (Syahril, et al., 2024). Researchers believe that current digital technology can increase the frequency of communication, but it does not always contribute to relationship quality due to the lack of direct emotional engagement. This condition has implications for an increase in small, unresolved conflicts, thus affecting the emotional resilience of couples in their married life.

Changes in communication patterns triggered by work pressures and the dominance of digital interactions are also related to family dynamics in setting effective communication priorities (Zamralita, et al., 2025). Fragmented communication due to technological distractions can create emotional distance between family members, including married couples, requiring families to develop new communication strategies to maintain harmonious relationships amidst work demands and technology use. The findings of this study highlight the importance of managing technology use to avoid disrupting quality communication time between family members (Rieuwpassa & Festiyanti, 2025; Syahril et al., 2024).

The Role of Communication in Dealing with Conflict

Dialogic communication based on empathy has been shown to help couples resolve internal conflicts (Holmström, 2023). Active listening skills and constructive language use are acquired through a dialogue process oriented toward shared understanding (Sawitri, 2024). Empathy-based dialogic communication strengthens couples' ability to manage conflict constructively and

sustainably. This process of mutual understanding fosters more stable and resilient household relationships against social pressures.

Dialogic communication based on empathy helps couples manage internal conflict more rationally and in a controlled manner. This dialogue process oriented toward shared understanding allows couples to express their feelings without excessive emotional stress. This communication pattern encourages an atmosphere of mutual respect and open interaction (Sawitri et al., 2024). Active listening skills play a crucial role in the process of resolving marital conflict. Couples who pay full attention to their partner's verbal and nonverbal messages tend to be able to more deeply understand the root of the problem (Koerner & Anne, 2002; Schrage et al., 2020). This understanding minimizes the potential for misunderstandings that often prolong conflict (Marlina et al., 2024).

The use of constructive language in conflict communication reflects a couple's emotional maturity in dealing with differences. Non-judgmental and non-personally offensive language helps maintain self-esteem and a sense of security in the interaction. This supports collaborative conflict resolution (Amalia et al., 2025). Therefore, dialogic communication serves as a primary tool for couples to manage marital conflict healthily. Interactions that emphasize an equal exchange of meaning allow partners to express their feelings without feeling threatened. This communication pattern fosters a sense of psychological safety in the relationship.

The ability to express opinions openly and listen to each other creates a constructive communication dynamic in conflict situations. Couples who practice reflective communication tend to understand differences as part of the relational process (Fishel et al., 2020). This understanding helps couples avoid defensive communication patterns that exacerbate conflict. Recent empirical studies have shown that reflective communication has a positive effect on the quality of marital relationships.

Conflict management through interpersonal communication is also influenced by a couple's ability to control their emotions during interactions (Sathyamurthy et al., 2020; Mongrain & Vettese, 2003; Navidian et al., 2014). Communication accompanied by emotional control allows for rational and purposeful dialogue. This makes it easier for couples to reach agreements without causing lasting emotional pain. The communication process in dealing with conflict serves as a social learning space for couples to build relational maturity. Problem-solving-oriented dialogue helps couples reorganize expectations and roles within the household. This pattern strengthens the relationship's resilience in the face of social pressures and life changes.

CONCLUSION

Household resilience is closely related to interpersonal communication patterns developed during interactions between husband and wife. Openness, empathy, and dialogic communication serve as social mechanisms that enable couples to manage differences, interpret conflict, and maintain relationship stability amidst social and digital change. Openness and empathy play a role in minimizing misunderstandings and sustainably managing conflict, while work pressures and digital distractions can impact the intensity and quality of communication between partners. Interpersonal communication serves as a social process that shapes the meaning and structure of relationships within the household. Household resilience is understood as a relational construct generated through everyday communication practices within the social and cultural context of the digital era.

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