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Spouses behind the Badge: Exploring the Lived Experiences of Police Wives

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Bachelor of Science in Criminology

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The Researchers

DEDICATION

This research is dedicated to the Almighty God, whose divine guidance, wisdom, and unwavering support have been our source of strength throughout this journey.

To Data Center College of the Philippines of Laoag, for providing an inspiring environment that nurtures growth, fosters academic excellence, and encourages the pursuit of knowledge. To all the participants, whose invaluable contributions and commitment to this study have made this work possible. Your involvement has been crucial to the success of this research.



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ABSTRACT

This research examines the lived experience of wives of retired police officers, that is, the operational stress experienced by their husbands during active duty, the coping mechanisms of the wives, and the family condition upon retirement. Utilizing a qualitative, phenomenological research design, the researchers interviewed four participants, all wives of retired police officers in Ilocos Norte, using semi-structured interviews to elicit rich descriptions of their experiences.

The results showed that wives carried a huge emotional load of chronic anxiety, secondary trauma, and doing most of the household work almost single-handedly. The uncertainty of police work, the long hours of absence, and the threat to their husbands' lives at all times led to chronic stress and altered family functioning. Though this was difficult, the wives had developed coping strategies like emotional restraint, dependence on religion, and shielding their children at all costs. Extended family, the community, and religious practices came forward as sources of emotional resilience. With retirement, family life was likely to be more united, with wives reassured about their husbands' safety and valuing more good quality time with them. A few officers also found it hard to adjust to civilian life, sometimes regretting or missing the regimentation of police life at times. The study suggests support groups, and community programs specifically aimed at law enforcement families to assist them in a better way with the intricacies of active duty and retirement.

Keywords: Police wives, operational stress, coping mechanisms, family dynamics, retirement, law enforcement families.

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CHAPTER I

THE PROBLEM AND ITS SETTINGS

Introduction

A "wife" is generally defined as a woman in a marital relationship. The term "police wife" specifically refers to a woman married to a police officer. These women play a crucial yet often underrecognized role within law enforcement communities, where their lives are marked by a complex interplay of pride, anxiety, and resilience as they support their spouses during active service and after retirement.

Police wives face distinct challenges due to the nature of their partners' work. They often grapple with issues such as managing their spouse's job-related stress, coping with irregular schedules, and addressing the emotional toll that a law enforcement career can take on family life.

Life as a police wife requires a continuous balancing act and significant emotional strength. The inherent dangers of policing lead to constant worry about their spouse's safety, exacerbated by long hours and unpredictable shifts. This uncertainty creates a unique type of stress that can be difficult for those outside the law enforcement community to fully comprehend. Furthermore, as underscored by Heels and Holster (2024), police wives may feel isolated, as they frequently assume additional responsibilities at home, managing daily life largely on their own.

In addition to daily stressors, police wives endure emotional burdens such as chronic worry, secondary trauma, public scrutiny, and the challenge of balancing multiple roles – wife, mother, and household manager. These responsibilities can be

overwhelming, as they strive to manage their own concerns while simultaneously supporting spouses who may also be battling job-related stress and trauma.

The National Police Wives Association, a non-profit organization in the United States, reported that many police wives find solace and community in support groups specifically designed for them. These groups provide a safe environment to share experiences, offer advice, and foster mutual support. They serve as essential lifelines for navigating the complexities of their unique roles.

Given these circumstances, this study aimed to explore the experiences of police wives by examining the operational stress that their spouses encounter during active service. Specifically, this research focused on identifying the strategies these wives employ to manage their husbands' stress, as well as understanding the family dynamics that exist during the husband's active service and after retirement. Through this exploration, the goal is to foster greater awareness of the unique realities faced by police wives.

The researchers of this study have identified a significant lack of comprehensive resources dedicated to addressing the lives of police wives. In addition to enhancing understanding, this research seeks to serve as a valuable resource for readers who wish to better manage these experiences and improve the overall quality of life for police wives. Therefore, this study endeavors to highlight the substantial challenges these women face on a daily basis due to their spouses' careers in law enforcement, ultimately raising public awareness of their struggles.

Ultimately, this study seeks to shed light on the challenges faced by police wives and leverage these insights to enhance support services, policies, and interventions for

law enforcement families. By sharing their experiences, the objective is to recognize the invaluable contributions of police wives and strengthen the support systems within the law enforcement community.

Background of the Study

Living in the shadow of a profession fraught with inherent risks and societal scrutiny, police wives often find themselves in a state of constant vigilance. This dual existence not only involves concern for their partner's safety but also requires them to manage a household that serves as an emotional refuge, particularly during and after the active-duty period. As a result, these women frequently assume the roles of primary caregivers, emotional anchors, and household managers, responsibilities that become even more pronounced when their husbands experience operational stress.

The wives of police officers bear witness to the operational stresses their partners endure, encountering the aftereffects that manifest within their homes. This study aims to explore the ways in which these wives identify and cope with their husbands' stress.

Understanding their strategies for maintaining emotional equilibrium amidst such challenging circumstances will provide valuable insights into how families adapt during active service and after retirement.

Braun-Silva (2021) and Rousseau (2021) emphasize that trauma experienced by law enforcement professionals creates a "domino effect," impacting their spouses significantly. Despite these challenges, many police couples demonstrate strong bonds as they cope with the aftermath of trauma. However, there remains a gap in local studies that address the lived experiences of police wives, particularly regarding their roles as silent repositories of stress and their coping strategies during their partners' active duty.

Given this context, there is a pressing need to conduct research focused on the experiences of police wives. These women play a critical yet often invisible role in supporting law enforcement officers, yet their challenges remain underexplored. The high levels of operational stress faced by police officers frequently spill over into their home lives, affecting not only the officers themselves but also their spouses and families. Police wives are often tasked with managing household responsibilities, supporting their husbands through physical and emotional exhaustion, and coping with the constant fear for their spouse's safety. Despite these complex dynamics, the unique challenges faced by police wives and the impact of such stress on family life during both active service and retirement have not been adequately addressed in existing research or policy.

Thus, this study aims to fill that gap, shedding light on the experiences of police wives and highlighting the need for targeted support and resources for these essential partners in the law enforcement community.

Statement of the Problem

This study aimed to explore the unspoken stories of the wives of retired police officers associated with their spouse's duties and responsibilities.

The specific problems addressed by this research include:

1. What is the operational stress encountered by husband during his active service to be identified by the wife?
2. What is/are the approaches the wife takes to address the stress encountered by her husband?
3. What is the life situation of the family during his active service and after husband's retirement?

Theoretical framework

This section presents the theories relevant to this study, serving as a foundational framework for the researchers' exploration of the experiences of police wives.

Stress and Coping Theory

Developed by psychologists Richard S. Lazarus and Susan Folkman in the 1980s, the Stress and Coping Theory focuses on the relationship between stress and individual responses to stressors. It posits that stress arises from an individual's perception of an event and their assessment of their ability to cope with it.

Applying this theory to the study of police wives allows for a structured examination of the specific stressors they face, as well as the coping strategies they employ. This framework provides valuable insights into how police wives perceive the challenges associated with their husbands' law enforcement careers, the resources they draw upon to cope, and the impact of these stressors on their emotional and psychological well-being.

Demand-Control-Resources (DCR) Theory

Introduced by Robert Karasek, the Job Demand-Control (JDC) Model is a vital framework that examines how specific job characteristics influence employee stress and overall well-being. The model posits that two primary dimensions—job demands and job control—interact to affect psychological strain and health outcomes in the workplace.

Utilizing this model to explore the stresses faced by police officers extends to understanding the experiences of their wives, who encounter similar stressors. The DCR model can help identify critical areas where both internal support systems (such as open communication within the relationship) and external resources (such as community

networks and support programs for families of law enforcement officers) can play a vital role in alleviating the stress experienced by police wives.

Spill-Over Theory

Proposed by Audretsch (1995), the Spillover Theory examines the interconnectedness of various life domains, particularly how experiences in one area can influence another. This theory is significant in the fields of psychology, sociology, and organizational behavior, where understanding the dynamics between work and family life is crucial.

In the context of police wives, spillover theory explains how the professional stress and demands associated with being married to a police officer affect their personal, emotional, and social lives. It illustrates how experiences in one domain (police work) can spill over into other domains (family and personal life), impacting the overall well-being of police wives.

Conceptual Framework

This study adopted the IPOO Model to delve into the experiences of police wives. IPOO stands for Input, Process, Output, and Outcome, and this model is employed to understand the various stages of a process or project. In the context of research, the input encompasses the data and resources necessary to carry out the study; the process involves the methodology used; the output refers to the findings and results; and the outcome pertains to the impact or application of the research.

In this study, the input includes the operational stress encountered by police officers during their active service, the strategies that their wives employ to address this stress, and the family dynamics during the officer's active service and after retirement.

The process involved the researchers collecting, interpreting, and analyzing the gathered data. This comprehensive approach allowed for an in-depth understanding of the experiences and challenges faced by police wives.

The output of the research is an appreciation video titled "Silent Strength: Honoring the Courage of Police Wives," which aims to acknowledge and celebrate the sacrifices made by the wives of police officers, highlighting their resilience and support.

Finally, the outcome of this study is to raise awareness of the challenges faced by police wives, promote public support for their experiences, and foster a greater appreciation for their vital role within law enforcement families.



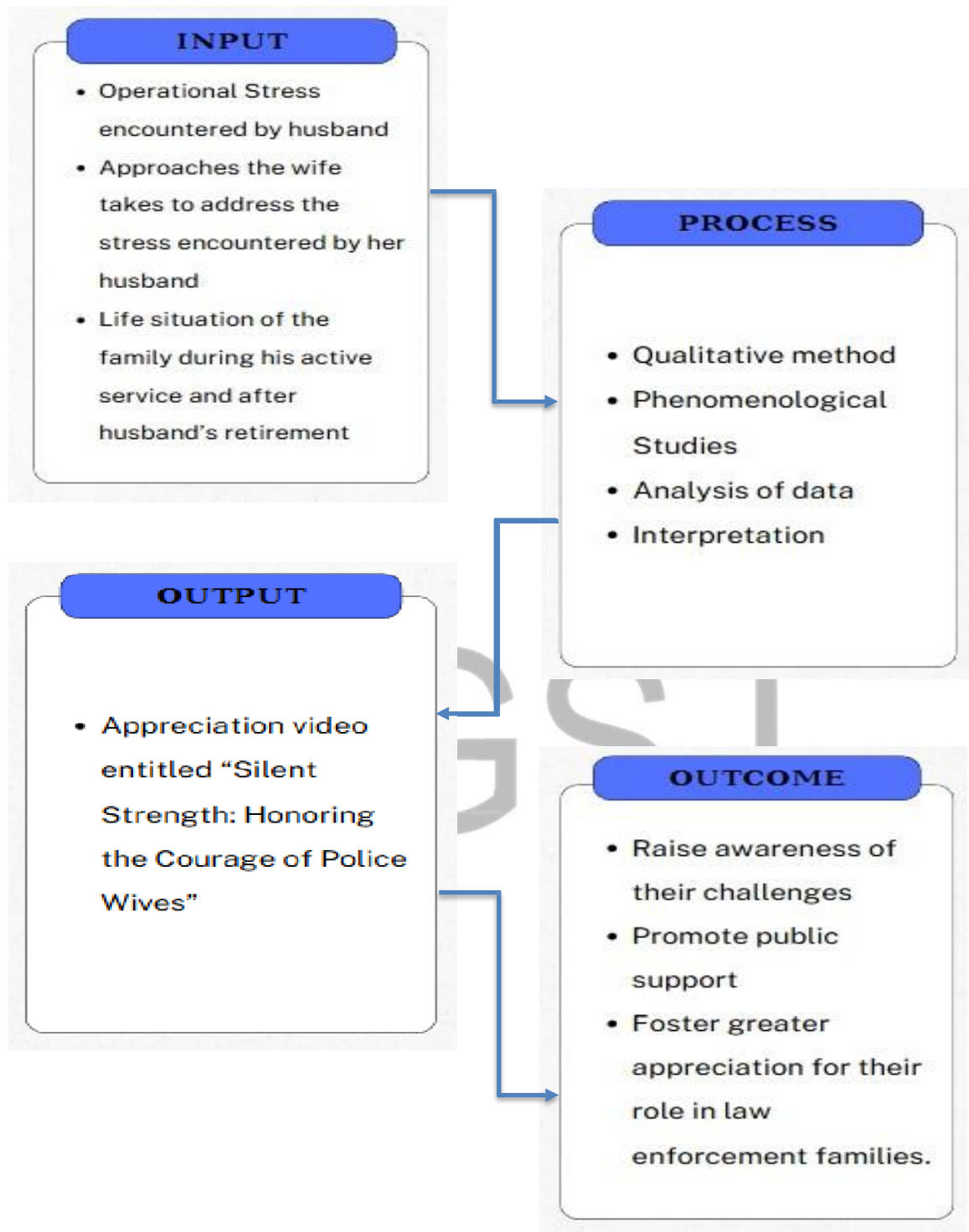


Figure 1. Paradigm of the Study.

Significance of the Study

The result of the study will give an advantage to the following sectors:

Police Wives. This study could provide police wives with valuable insights into the specific challenges and stressors their husbands face, enabling them to better understand their behavior and emotional responses. Moreover, it could offer effective coping strategies, helping them manage their own stress while supporting their husbands and families.

Families. Families could gain a deeper understanding of the specific stresses their loved ones encounter, which could enable them to empathize more and respond in a more supportive and effective manner.

Police Officers. This research could assist officers in recognizing the stressors they face and the impact of their job on family life. By doing so, it could prompt them to seek help or communicate more openly with their family members, fostering healthier relationships.

Police Organizations. The results of this study could provide valuable data to help police organizations develop policies that better address the mental health needs of officers and their families. This information could lead to improved support systems and resources within the organization.

Community. Through this study, community members could gain a greater understanding of the challenges faced by police officers and their families. This understanding could foster increased empathy and lead to a more supportive environment for law enforcement personnel within the community.

Researchers. The study could enhance the researchers' knowledge of the operational stress encountered by police officers during their active duty, the approaches wives take to address this stress, and the family dynamics during the officer's active service and after retirement. Further, it could help fulfill their academic requirements for the course.

Scope and Delimitations of the Study

This study sought to understand the challenges faced by police wives, with a particular emphasis on the impact of their spouse's profession on their daily lives and overall well-being. Specifically, the research aimed to identify the operational stress encountered by their husbands during active service, the approaches that wives took to address this stress, and the family dynamics during the husband's active service and after retirement.

The study's delimitation included specific participant criteria, focusing exclusively on legally married wives of retired police officers. The research was conducted in Ilocos Norte, utilizing a sample size of four (4) participants who had been married to retired police officers for at least 15 years. Interviews were primarily conducted in English; however, alternatives were made available for participants who preferred to communicate in a different dialect. Only those who consented to participate in interviews about their experiences as police wives were included in the study.

By establishing these parameters, the study aimed to provide a focused examination of the unique experiences and challenges faced by police wives while acknowledging the specific context and limitations of the research.

Definition of Terms

The following terms are technically and operationally defined based on their usage in this study:

Approach. This refers to a strategy, method, or action that police wives utilize to support their husbands in coping with the operational stress they experience due to their work.

Life Situation. This refers to the specific circumstances and conditions that a person or family experiences at a particular time. It encompasses factors such as emotions, relationships, financial status, and overall well-being, which together shape their daily life and experiences.

Operational Stress. This refers to the physical and psychological strain experienced by police officers, particularly in high-pressure environments such as police operations and emergency services. It can arise from factors such as long hours, intense workloads, exposure to traumatic events, and the constant need for vigilance. This type of stress can impact performance, decision-making, and overall well-being, potentially leading to burnout or mental health issues if not managed effectively.

Police Wife (PW). This refers to a spouse of a police officer who provides support and assistance to her husband from the time of his entry into police service until his retirement.

CHAPTER II

REVIEW OF RELATED LITERATURES AND STUDIES

This chapter presents relevant and related literature studies that have been considered by the researchers, which could strengthen the significance of conducting this study. Also, it offers valuable information to fully comprehend the research for a better understanding.

Philippine National Police (PNP)

The Philippine National Police (PNP) was established under Republic Act No. 6975, also known as the “Department of the Interior and Local Government Act of 1990.” This law marked a significant shift from the defunct Philippine Constabulary-Integrated National Police (PC-INP) by providing a civilian-led police force tasked with upholding peace and order, enforcing laws, and protecting citizens' rights. The implementation of this law set the foundation for modern police functions in the Philippines, separating the PNP from military influence and establishing a structured, community-focused approach to law enforcement (RA 6975, 1990).

The PNP was further defined under Republic Act No. 8551, or the “Philippine National Police Reform and Reorganization Act of 1998,” which clarified the responsibilities and structure of the police organization. These functions included crime prevention, law enforcement, and maintaining public order and safety. The PNP’s role encompassed activities such as traffic enforcement, counterterrorism, investigation of crimes, and public assistance during emergencies. Each police officer was expected to uphold these duties while adhering to ethical standards and respecting citizens' rights (RA 8551, 1998).

According to Mendoza and Hernandez (2021), these operational responsibilities were supported by specialized units within the PNP, such as the Criminal Investigation and Detection Group (CIDG), which handled organized crime investigations, and the Special Action Force (SAF), which addressed high-risk operations and counterterrorism.

Personal Characteristics of Wives of Law Enforcement Officers as Predictors of the Psychological Climate in the Family System

This research investigated how the personal characteristics of the wives of law enforcement officers could predict the psychological climate within the family system. It examined the broader context of challenges faced by law enforcement officers, such as emotional burnout, psychological maladaptation, and work-family balance. Research by Vieira et al. (2015) and Wayne et al. (2016) underscored the importance of a balanced work-family life, linking it to improved physical and psychological well-being, emotional stability, and self-efficacy. Similarly, studies by Heras and Rofcanin (2020) highlighted how satisfaction with work-family balance contributed to a positive family climate and improved public administration efficiency.

In the Russian context, studies focused on the emotional toll on the wives of law enforcement officers, identifying factors such as emotional coldness and spiritual alienation as significant contributors to family stress (Domashova et al., 2018). The study specifically explored how certain personal characteristics of the wives—such as rigidity, responsibility, internal locus of control, and extroversion—served as predictors of the psychological climate in the family. The results indicated that rigidity in a partner predicted lower marital satisfaction and understanding, while responsibility and an internal locus of control were linked to better emotional intimacy, understanding, and lower family anxiety.

Sensitivity, extroversion, and spontaneity also played a role in family dynamics; extroversion fostered better emotional connection, while increased spontaneity and aggressiveness were associated with higher family anxiety and reduced satisfaction (Domashova et al., 2018).

Based on the findings, the authors recommended improving the personal characteristics of law enforcement officers' wives to enhance family emotional climates, which, in turn, might positively influence both family well-being and professional effectiveness. In addition, they recommend conducting research studies aimed to further investigate the content characteristics of these personal traits and their influence on marital satisfaction and the broader impact on law enforcement officers' work success.

The Crazy Lives of Police Wives

Whiting and LaRoche's (2015) book examined the unique challenges faced by spouses of law enforcement officers, sharing personal stories and anecdotes to illustrate the emotional and psychological impacts of police work on family life. Key themes include the struggles with anxiety and isolation that many police wives experienced due to their partners' unpredictable schedules and the inherent dangers of their jobs. Their book also emphasizes the importance of building strong support networks, effective communication, and healthy coping strategies to manage stress and foster resilience.

Moreover, the book provides insights into the dynamics of police families, discussing how these experiences could shape relationships and family dynamics. It also offers practical advice for navigating the complexities of life as a police spouse, aiming to empower women through shared experiences and community support.

Overall, the book serves as a vital resource for understanding the emotional landscape of police families, promoting awareness and empathy in the wider community regarding the sacrifices and challenges these families endured.

Police Wife: The Secret Epidemic of Police Domestic Violence

The issue of domestic violence within law enforcement families, particularly among police wives, remained a largely overlooked and under-researched problem. Doe and Smith (2015) aimed to explore the prevalence, nature, psychological effects, and barriers to seeking help for police wives experiencing domestic violence, contributing to the broader conversation on domestic violence and accountability in law enforcement.

A mixed-methods approach was employed for their study, combining both quantitative and qualitative data collection. A sample of 150 police wives from various U.S. law enforcement agencies participated. Quantitative data were collected through a structured questionnaire, including the Conflict Tactics Scale (CTS) to assess the incidence and severity of domestic violence. Qualitative data were gathered via in-depth interviews with 30 participants, exploring personal narratives, emotional impacts, and coping strategies. Data were analyzed using descriptive statistics, chi-square tests for quantitative data, and thematic analysis for qualitative data.

The study found that 40% of police wives reported experiencing some form of domestic violence, with emotional abuse being the most common (32%) and physical abuse reported by 18%. Major barriers to seeking help were identified, including fear of retaliation (63%), stigma surrounding police domestic violence (71%), and lack of trust in the justice system (58%). Qualitative interviews revealed significant psychological effects

on participants, including feelings of isolation, anxiety, and depression. Police wives often felt betrayed and helpless, exacerbating their mental health challenges.

The findings highlighted a critical yet hidden issue of domestic violence within police families, with far-reaching psychological and social consequences. Barriers to reporting, such as fear of retaliation and distrust in the justice system, significantly prevented police wives from seeking support. The study called for targeted intervention strategies, including mental health services, legal aid, and peer support groups, to better address the needs of police wives. Additionally, the stigma surrounding police domestic violence suggested a need for cultural change within law enforcement agencies. The research advocated for future efforts to develop and evaluate support programs for police families and address the systemic issues that enabled abuse within these communities.

An Investigation of Secondary Trauma in Police Wives

The concept of secondary trauma, or vicarious trauma, refers to the psychological distress experienced by individuals who are indirectly exposed to traumatic events through close relationships. Dwyer's study focused on police wives, who, although not directly involved in their husbands' traumatic experiences, were affected by the emotional aftermath. While much research centered on the trauma experienced by police officers, the emotional toll on their spouses remained underexplored (Dwyer, 2019).

The study used a qualitative research design, specifically semi-structured interviews, to collect data from police wives. Participants were selected based on their husbands' long-term involvement in law enforcement and their exposure to job-related trauma. The interviews aimed to understand any trauma-related symptoms they might have experienced as a result of their husbands' stress.

The study found that police wives frequently experienced symptoms of secondary trauma, including anxiety, depression, and stress, often linked to their husbands' recounting of traumatic events or their behavioral changes. Many wives reported feeling emotionally isolated and burdened by the responsibility of supporting their husbands, sometimes at the expense of their own well-being. Some participants exhibited PTSD-like symptoms, including hypervigilance and emotional numbness, despite not directly witnessing the traumatic events. The study highlighted the significant emotional and psychological toll of law enforcement careers on the families of officers, particularly spouses.

Dwyer argued that secondary trauma among police wives is a serious, under-researched issue that warrants more attention in both academic research and practical support systems. The study emphasized the need for mental health resources not only for officers but also for their families. The emotional strain on police wives affects family dynamics, marital satisfaction, and overall mental health. Dwyer advocated for the development of support programs and counseling services to help police families cope with secondary trauma, suggesting that the mental health of police families should be an integral part of trauma-related research and intervention.

CHAPTER III

RESEARCH METHODOLOGY

This chapter presents the methods employed and procedures followed during the study. It specifically includes the research method, participants, sampling procedures, instruments, and validation of the instruments. Furthermore, it outlines the data gathering procedures and the treatment of the data.

Research Method and Design

A qualitative research method was utilized in this study. Qualitative research examines real problems and provides in-depth explanations of participants' experiences, viewpoints, and actions. One of the advantages of qualitative research is its ability to understand human behavior patterns and processes that are difficult to quantify. While measuring aspects such as feelings, attitudes, and behaviors can be challenging, the qualitative method allows participants to describe how, why, or what they felt, thought, and experienced at a specific time or during an event of relevance (Tenny & Brannan, 2022).

Under this method, the study employed phenomenological research, which helped to explore and understand the experiences of women married to police officers. This approach focused on exploring the subjective perspectives, meanings, and essence of human experiences through systematic and in-depth exploration (Meyer, 2022).

Population and Locale of the Study

The participants in this study included three (3) individuals from Solsona and one (1) from Laoag, who accepted the researchers' invitation in the province of Ilocos Norte.

To qualify participants, the researchers used purposeful sampling to gather in-

depth knowledge and detailed information about their experiences as wives of retired police officers.

In this study, the term 'PW' refers to participants as police wives. PW.1, a government-employed teacher, has been married for 21 years to a retired police chief master sergeant from Solsona, Ilocos Norte. Meanwhile, PW.2, also a government-employed teacher, has been married to a retired police executive master sergeant for 25 years, also from Solsona. PW.3, on the other hand, a worker at a pharmacy in Solsona, has been married to a retired police master sergeant for 17 years. Lastly, PW.4, a barangay official, has been married to a retired police officer for 22 years.

Data Gathering Tool

A semi-structured interview guide was used as the data gathering tool. According to Gajaweera and Johnson (2020), interview guide questions with concrete queries are typical in semi-structured interviews. Further, an interview is generally a face-to-face conversation between a researcher and a participant, involving a transfer of information to the interviewer (Creswell, 2017).

The semi-structured format allowed for flexibility in probing deeper into specific areas of interest while ensuring consistency across interviews. It also provided an opportunity for participants to express themselves freely and share their unique perspectives and insights.

The researchers constructed an interview guide comprising a series of questions about the experiences of police wives, the challenges they encountered due to their spouses' profession, and their coping mechanisms to manage the adverse effects of being married to a police officer. This guide was validated by their adviser. Informed consent

and waivers were prepared for the reliability and validity tests. A letter for the adviser was also prepared for the validation of the interview guide.

Data Gathering Procedure

The following procedures were followed in gathering data after the instrument was approved:

Upon final validation of the tools, the researchers prepared a consent letter for the participants, which was approved by their research adviser. Once the participants were selected for interviews, each received a consent form beforehand. This form served as an agreement to participate in the interview and included a summary of the study, along with details regarding confidentiality and the use of their names. After signing the consent form, the interviewer commenced the interview and began recording.

The confidentiality of the data collected was explained to the participants. After data collection, the researchers proceeded with the treatment of the data, analyzing it through narrative analysis.

Ethical Considerations

The researchers obtained consent from their research instructor for the data collection and instruments used, adhering to ethical standards to ensure that the support was certified. They protected and informed the participants of their rights and avoided causing harm. The researchers notified the participants that the interview was entirely voluntary and that their responses could be withdrawn at any time. Furthermore, the researchers ensured that the data collected was treated with the strictest confidentiality and anonymity.

Moreover, the data-gathering tool included consent forms outlining the purpose of the study, confidentiality measures, and participant rights. These forms aimed to establish trust between the researchers and the participants while ensuring that ethical standards were upheld throughout the data collection process. Voice and video recorders were utilized to accurately transcribe the responses of the participants to the questions posed.

Treatment of Data

The data collected were analyzed using a narrative approach, a method for studying and interpreting stories or narratives to comprehend underlying meanings, structures, and themes. "Narrative Identity: What, Why, and How?" explores the concept of narrative identity and examines its significance in understanding individuals' life stories and how they construct meaning from their experiences (McAdams, 2018). This approach allowed for a comprehensive analysis of the participants' experiences, contributing to a deeper understanding of the challenges faced by police wives.

CHAPTER IV

PRESENTATION, INTERPRETATION, AND ANALYSIS OF DATA

This chapter centers on the presentation, interpretation, and analysis of the data gathered from the participants' narratives regarding their experiences as police wives.

Operational Stress Encountered by Husband during Active Service

Operational stress refers to the physical and psychological strain experienced by police officers, particularly in high-pressure environments such as police operations and emergency services. This stress can arise from various factors, including long hours, intense workloads, exposure to traumatic events, and the constant need for vigilance.

PW.1, a government-employed teacher married to a retired police chief master sergeant for 21 years, shared insights about the changes in her husband's mood and behavior following stressful days at work. She described her experiences, stating:

*“napungtot suna ah talaga nga tay—ngem haan met nga
most of the time kasdiay. Kanyak ket parang inaw-awat
ko.”*

(“He really gets mad sometimes—although it was not all of the time. On my part, all I did was to bear with it.”)

When asked to describe the stress her husband faced while working as a police officer, she mentioned:

*“Kaniina ngamin ket haan unay nga agibagbaga kasi ti
yanna ngamin suna idi ket intelligence, basta tilang*

ibagbaga na kaniami idi ket nu adda daytay agdamdamag, never pay nga ibaga na nu nudtuy isuna, nu nudtuy ayanna. Isu nga nu idi damdamo mi pelaeng, tay nabiit kami pelang nga nagkasar, tay agtetext nak kuma kasdiay kasi haan pelang uso dagitay messenger idi, nu agtext nak kaniana tapos damagek nu ayanna, haan nga agsungsungbat kasdiay, kasdiay ti orientation na kaniak idi. Tapos haan nga agis-istorya nu ana dagidiay maipanggep ti trabaho na, basta ti lang ibagbaga na nukua ket tay nu adda agdamdamag nu nudtoy ayanna, wennu saan adda dagidiay um-umay dituy balay nga tay haan kuma am-amo, never nga agibagbaga suna nu nudtuy ti location na kasi bakalang ta trabaho na ket risky, aglalo nu haan ko am-amo didiay tao. Didiay ti orientation na kanyami idi, nu sinno man ti umay dituy balay tapos agdamag-damag, nu saan ket, tay adda masapol na ket sapulen na isuna, haan agibagbaga isuna nu nudtuy ti location kasdiay, baka adda lang didiay amak na nga nu kaspagarigan mailaw-an kami laeng nga mangibaga nudtuy yanna kasdiay kuma”

("On his part, he barely opened up since he was involved in intelligence work back then. The only thing he reminded us about was that if someone came looking for him, he would never disclose his location. When we were just starting out and recently married,

there were times when I tried to reach out to him via text messages, especially since messenger was not yet popular at that time. He wouldn't respond, and that was a part of his orientation to me from the beginning. He didn't talk much about his job. The only thing he emphasized was that if anyone asked where he was or if there were unfamiliar faces at our door, we must not disclose any information. He never told me his exact location because he felt it could be risky, especially when we didn't know the person asking. That was his approach to keeping us safe; if anyone came to the house looking for him or seemed to need something, I was instructed to say that I didn't know where he was. He was just anxious that revealing his whereabouts could lead to potential risks, especially if we unintentionally disclosed information to the wrong person. I could see how this orientation affected him—it created a barrier between us. It made him feel like he had to keep so much to himself, which sometimes left me feeling isolated and concerned.")

PW.2, also a government-employed teacher married to a retired police executive master sergeant for 25 years, narrated her experience:

***“Never na iyopen, adda met pinangi-isistorya na met ngem
nu didiay kaso nga talagan ket haan nga agibaga kaniak.
Kasi confidential latta kaniana, nga haan na iyopen.
Siyempre mabuteng ngata met ah nga nu aglallalo
dagidiay kaso kuma nga kukwaen da ket, ammo yo lattan
dagidiay tattao nga madaldalapos na ket narigat nga
kwaen. Secret, confidential latta amin-amin. Haan ko met
kayat agdamag nu haan isuna mismo agistorya”***

(He never really opens up. There were times when he would speak up or tell stories, but when it came to serious cases, he would refuse to share any details. For him, it was confidential, and he didn't want to discuss it, especially if the individuals involved were difficult to confront. I didn't want to push him to talk about it if he wasn't willing to do so voluntarily.")

When asked if she noticed any changes in her husband's mood or behavior after a stressful day at work, she responded:

“Wen adda nga talaga. Maapektaran diay behavior na ken aglalo koma nu adda daytay haan na nga nailippas koma nga trabahoda. Aglalo dayta adda napasamak nga dagidiay incident idiay istasyon da, madlaw mo latta nga agchange diay behaviorna kasi haan maununi, sa moody kunam pay ketdi ata haanna met mai-concentrate iti trabaho na ti balay nukua kasi isu metlang panpanunutenna nukua didiay pinanawan na nukua nga trabao idiayen, iyawid na”

("Yes, definitely. His behavior gets affected, especially if he has unfinished work. Mainly, if something happened at the station, you would notice a deviation in his behavior, wherein he barely speaks and isn't in a good mood. You can really tell he's moody because he can't concentrate on his chores at home due to the thoughts on his mind from work at the station. He brings it home.")

PW.3, who currently works at a pharmacy in Solsona and has been married to a retired police master sergeant for 17 years, shared her observations about her husband's mood and behavior after a stressful day at work:

“Adda didiay kasla warshock nukua, siempre haan na siguro nga makontrol didiay. Tay paiba-iba mood na. Ma-stress met siguro idiay pagobraanna, tapos daytay anuna met dita pamilyana”

("Yes, he runs amok. He probably can't handle it by himself; his mood swings can be quite unpredictable. He's likely stressed from work while also dealing with the responsibilities he has within the family.")

PW.4, a barangay official who has been married to a retired police officer for 22 years, shared her observations about her husband's mood and behavior after a stressful day at work:

“Nu maminsan ket stress isuna, ngem gapu kadakami kinaya na, ken ibaga na met kaniak nga adu ubrada lalo nu ag-duty isuna”

("Sometimes he is stressed, but because of us, he is able to manage it. He often tells me that they have a lot of work to do, especially when he's on duty.")

When asked if she ever encountered her husband being angry or irritated, she replied:

***“Sometimes, ngem maawatak, gapu ta ammok a narigat ti
trabahona”***

(“Sometimes, but I understand, because I know that his work is hard.”)

Approaches The Wives Take to Address the Stress Encountered by Their Husbands

The wives of retired police officers employ various strategies to manage the stress experienced by their husbands due to their duties and responsibilities. To provide a more detailed insight into the results, we transcribed each of the participants’ responses.

PW.1 shared her experience on how she handles the stress encountered by her husband:

***“Ti kua mi latta idi kuan, agkarkararag kasdiay, nu adda
met tay time nga adda koma tay okasyon tapos awan isuna,
tapos agdamag da kanyam nu apay haan mo inayaban ni
lakay mo kasdiay kuma, wenno apay awan suna kaslang
kakasdiay kuma, though nasakit para kenka nga awan
isuna, aw-awatem kasi ana ngarud ket isu iti sinapataanda
a trabaho kasdiay”***

(“Our only way before was to pray. During times when there were occasions he couldn't attend, people would start asking questions like, 'Why didn't you convince your husband to come?' or 'Why is he not present?' All you have to do is bear with it, considering the fact that he took an oath before assuming the duties of his office.”)

When asked how she coped with her husband's mood or behavior after his stressful day at work, she replied:

“Haan ko nga tay kaslang ipapauneg kasdiay. Tay kaslang haan mo dibdibben, nu ana man didiay makitam kaniana koma, parang alalayam lang kase nu once nga isabay mo met, kaslang agpolkokka met aya. Gapu ta haan mo makita suna or ad-adda nga ik-ikkan na met iti time iti trabaho na. Sikat maperdi, ata siempre adda trabahok tapos agworri ka pay panggep kadidiay behaviorna, nu dim awatenen, narigat diay sitwasionmo kasi agtrabaho ka met, nu kayat mo nga paapektaran didiay makitkitam kaniana, ket nu sumangpeten ket, nagpuyat kuma, paranasan na kuma diay pinaginana, intuno agtuggugaw kuma tapos makaturog tu lattan, iturog nanto latta idiay yannan kasdiay, maawatam met latta tay sumangpet ket umay lang aginana. Isu met ti kuak met lang kaniana idi ket, haanko nga parang nu adda stress na man, haan mo nga naynayunan pay.”

("I'm not taking it too personally. It's important not to mind everything you see or observe in him. I try to guide him through it and make an effort not to get angry. I've learned that if I react with frustration, it often leads to undesirable outcomes. If I focus on the fact that he spends more time on his job and start to feel resentful, I'll end up frustrated myself. I also have my own job to manage, and I still need to deal with his behavior. When he comes home late or just sits around and falls asleep, I remind myself that he's likely just looking to rest after a long day. Understanding that he needs that

downtime helps me not to take his actions personally. If there's something bothering him, I prefer not to be another source of stress for him. Instead, I focus on being supportive and creating a calming environment at home, so he feels comfortable unwinding when he arrives.")

When asked how she handles the stress from her husband's job, she answered:

“Siempre dayta barok kaslang umanay nga pangitkkat ti stress’n. Nu makitak deta barok nu masangpetak kasdiay koma. Didiay bondingmi nga agina nukuan tapos nu makitam met nga sumangpet, dakkel ah pagyamanakon. Tas sumangpet a nasalun-at kasdiay nga awan daytay makuam nga kasla kuma agpupungtot nu ana.”

("Definitely, our child seems sufficient enough to help alleviate stress. When I see him as I arrive home, the bonding we share is incredibly uplifting. And when I see my husband come home, I feel grateful, especially knowing that he arrives safe and sound. Moreover, it's a relief that he isn't angry when he comes home.")

When asked if she calls for support from family, friends, or groups, she answered:

“Kaslang kuma idiy eskuela aya, haan ko met tipo nga daytay iop-open dagitay ana kasi nu habang ngamin nga adda koma problemam met aya, nu i-open ti sabali, madi mo met ammo nu didiay pangi-openam ket right person, isu nga mas ad-adda nga ti ububraek idi kua ket agri-read

***nak iti bible, kasi haan ngamin nga siak didiay tipo nga
agir-iruar.”***

("For instance, when I am at school, I don't usually open up about these things—I don't share whenever I have a problem. I can't be certain if I'm telling it to the right person or not. So, what I often did back then was read the Bible because I'm not used to relaying my problems to others.")

When asked how she manages it alone, she responded:

***“Tay pammati ken Apo Dios, diay trust mo, nu adda
pannamatim ken Apo Dios ket dakkel nga proteksionmo
didiay ken didiay kankanayon ka nga ag-pray, tanu
dadduma talaga nga naunget ni lakay. Adda diay time nga
agis-struggle ka koma a bukod mo stress tapos isu na ket
tay napungtot met, ket haanmo maibaga nga kastuy-kastuy
kunam kaniya, haan mo lang sabsabatenen, tay ag-pray
ka lattan ken uray met ta bagbagim, masapol nga agbalin
ka nga strong nga kankanayon ata nu pasakop ka ti stress
mo ket sika metlang maperdi.”***

("Your faith in God and your trust are essential. If you have faith in God and you always pray, it serves as a significant protection for you. Sometimes, he gets mad, and there are instances when you are already dealing with your own stress, and he gets angry at the same time. In those moments, it can be challenging to communicate how things should be. What I've learned is to avoid confronting the peak of his anger. Instead, I just pray.

It's important to remain strong because if you let his anger affect you, it will only become a burden for yourself.")

PW.2 narrated her experience on how she handles the stress encountered by her husband:her experience on how she handles the stress encountered by his husband:

*“Nu dagita annakna, aw-awatenda met lattan ah ket ata
ana ngarud isu iti trabahona, trabahon papada,
agkikinnaawatan kam lattan nukuan, aw-awaten da met
latta nukuan, isu a narigat a talaga ti agbalin a police wife,
dapat nalawa pannakaawat mo iti trabahona, awatem.”*

("When it comes to the children, they tend to accept the fact that this is their father's work. We try to understand each other. That's why it's really hard to be a police wife; you need to have a broad understanding of his work.")

When asked how she coped with her husband's mood or behavior after his stressful day at work, she replied:

*“Aw-awatek lattan. Baybay-ak latta nukuan a haanna nga
i-open kaniak didiay problemana. Haanko latta a
kukuaenen siempre ma-stress met nu sidirim man isunan,
nu nayonakman didiay anunan, baybay-ak latta isunan.
Pannakaawat, dapat ah ket nalawa iti pannaka-awatmo nu
sika ket asawa iti maysa nga pulis.”*

("I just accept it. I don't convince him to open up about what the problem is. I can't force him because it will just stress him out more if he's having a hard time. I let him keep it to himself. Understanding is essential for someone married to a police officer.")

When asked how she handles the stress encountered by her husband, uttered:

***"Basta baybay-ak latta suna, nu kapaspagarigan koma tay
haan suna agun-uni kasdiay, haannak met latta agun-uni
ata madimo met ammo nu anat agtartaray idiyay
panunotna, nu sabali papanunuten na. Suportarak lattan
ah nu anat ubrana".***

("For those instances when he's not speaking up, I also tend to keep quiet since I am not certain of the things running through his mind. If it's something else, I just provide support in whatever way I can.")

When asked how she managed it alone, she asserted:

***"Naimbag la ketdin ata adda iti pangididivertak didiay
riknak, adda didiay inaldawko a mapanak idiyay eskuela,
diay pinangisuromon kaslang maidivert didiay riknam, nu
anaman iti problemam koma kenni family'm wenno ana,
idivertko yanti trabahok idiyay eskuela nukua, tapno
mailiwliwag ko."***

("Luckily, I have some ways to divert my emotions, including my daily routine of going to school. Teaching really helps shift my focus. Whatever problems I have with my family, I try to set them aside and immerse myself in my work at school so I can maintain a clear mind.")

When asked if she calls for support from family, friends, or groups, she answered:

*“Nu problemami kuma nga agasawa, haan ko a mabalin
iopen ah ket dakami met lang a dua ti makasungbat didiay
probema. Haanmo nga ipalubos a malawagan ni Apo init
didiay problemam ken masipngetan kasdiay, kasdiay ti
pinanghandle ko, haan ko kayat detay iop-open ko latta ti
uray asinno man didiay problemak”*

("If it's a problem between us as husband and wife, I won't disclose it to anyone else since the solution to the problem is also up to us. I believe in not letting arguments linger for a prolonged period of time. I try to provide solutions by the end of the day instead of putting it off for another day. That's how I handle it; I don't want to speak up about my hurdles to anybody else.")

PW.3 narrated her experience on how she handles the stress encountered by her husband:

*“Baybay-an mi lattan. Addan tu latta time nga humupa tu
lattan. Pag-once nga sumalobong ka met, awan, isu nga
kalma lang”*

("We just let it be. There will be a time when things will calm down because if you go against him in the heat of the moment, nothing good will come of it. So, what you need to do is keep calm.")

When asked how she managed it alone, she pointed out:

“Daytay ubbing lattan kasdiay”

(“Just our kid.”)

When asked if she had talked to a fellow police wife and how that helped her, she answered:

“Haan, mostly ti makasarsarita ko ket diay motherna ken didiay kabsatna a dati met a police. Dakkel met nga tulong kasi once a maibagam kaniada didiay marikriknam ket alistoda met a tumawag kaniana”

(“No, mostly the ones I talk to are his mother and his brother, who was also a former police officer. It's a big help because once I vent out my feelings, they immediately call him.”)

PW.4 narrated her experience on how she handles the stress encountered by her husband:

“Haan ko nukua sabsabayan, ken aw-awatek latta kasi ammok nga stress isuna iti trabaho”

(“I don’t dwell on it, and I just try to understand him because I know he is stressed at work.”)

She further stated that:

“Basta ti panunotmi ket para kaniami ti ar-aramidenna, isu aw-awatenmi latta nukua nu ammo mi nga nabannog ken stress isuna”

(“We just think he is doing it for us, so we still understand him when we know he is tired and stressed.”)

Life Situation of the Family during the Husband's Active Service and after His Retirement

Participants reflected on their experiences during their husbands' active duty and following their retirement, detailing how the demands of their partners' careers influenced family dynamics, relationships, and the overall functioning of the household. To provide a more comprehensive understanding of the findings, we transcribed each participant's response.

During husband's active service:

PW.1 narrated her experience during his husband's active service:

“Nu irugita, idi suna ngamin ket idi agasawa kami iti naka destinuan naket Piddig, Piddig Police Station. Su idi tiempo nga adda idta Piddig isu ti nakaranasanmi a permi ti struggle, kasi ubing pay deta anakmi idi, bale tay haan nga magna? Manmanu a makita suna dito balay. Nu man agpakita, umay lang mangala iti pagsukatanna, umay maturog biit. Nu adda tawagnan, mapan a mapan kasdiay. Adda pay diay time idi nga tay ubing mi, tay month of celebration koma tay ubingmi aya, adda didiay mangmangan kamin, adda tawagnan nga adda shooting incident kuman idia Piddig ket didiay lattan ah uray ub-ubbaen na diay baromin. Adda didiay time a tay agtartaray latta isunan gapu ta tinawagan da kasdiay”

("If we start from way back when we got married, he was assigned to the Piddig Police Station. During that time, we felt the struggle the most because our child was still very young and unable to walk. It was rare for us to see him at home. If he received a call, he was required to leave immediately. There was one particular moment that stands out in my mind. It was our child's month celebration, and we were all eating together when, out of nowhere, he received a call about a shooting incident that had occurred in Piddig. He had to rush out, even though he was in the middle of bonding with our child. It was heartbreaking to see him leave like that, especially during such a special moment.")

When asked what the hardest parts of being a police wife were while he was working, she answered:

"Siempre ket nu makitkitam met dagituy dadduma a makapagkukuyog da latta kasdiay koma, kase available ti time latta kasdiay, as a police wife gamin ket aglalo nu isuna ti kaslang direkta latta a makaamo kadidiay trabaho, narigat ah ta nagbassit ti timeyo nga tay agkakadua kasla kasdiay kuma, ket kaag-agaw mo latta diay trabahona, isu nu haanmo a maawatan trabaho ti maysa a police ken haanmo nga ammo tay kunak nga agkararag ken Apo Dios, nagrigatmo nga awaten."

("Of course, if you see the others who can get together all the time because they always have available time, it can be hard. As a police wife, especially since he is the only one who truly knows about his job, it feels difficult because we have limited time together. It often seems like he spends more time at work than he does with me. If you don't

understand the nature of a police officer's job and how it impacts family life, you may find it challenging to cope with those feelings of loneliness and frustration. Additionally, if you don't know how to pray to God for strength and guidance, you will struggle to understand this lifestyle.”)

PW.2 also narrated her experience during his husband's active service:

“Nakarigrigat, narigat nga spellingen kunak koma, a talaga nga adu strugglemo nu asawam ket police, aglalo nu police, nagrigatmo nga awaten ti trabahona ngem acceptarem ken talaga nga aw-awatem ata ana ngarud, isu iti trabahona. Narigat ah ta aglalalo ket siak ket addaak met yanti gobierno, mangisursuroak met idia Bagbago itatta, narigat ah nu kastoy kasi nu kaniak ket diak agmaneho kasdiay koma ket siempre kasapulak latta isuna nga mangidrive kaniak, isu pay ddiay struggle ko nga inal daw a mapan idia eskuela, nu awan suna agararkila nak ti serviceko a mapan idia, nu detay off na, suna iti manghatid-sundo kaniak a mapan idia skwela, narigatmo nga ianam iti orasmo kase ti kalabanmo nu aglalo police didia asawam, kalaban mo dia oras kasi haanmo mabukodan didia orasna, kasi anytime ket nakaactiveda diuray man ibagada nga off, family time kunada koma ket ngem awan makuna a family time nu adda yanti serbisyo, kasi tay call of duty nga kunada”

("Oh, it was tough. No words can fully explain the struggles that come with having a spouse who is a police officer. It's hard to accept his work, but you have to, and you really need to understand that it's his job. It's difficult because he is always out there, and I also have my own job in the government. I'm currently teaching at Bagbago, and it's challenging for me to get to school, especially when he's not there to drive me. If he's unavailable, I have to hire someone to drop me off and pick me up after school. That's my daily struggle. When he is off duty, he would pick me up and drop me off at school, which helps a lot. However, managing time becomes complicated, especially when your husband is a police officer. Your biggest opponent is time because you can't control his hours. He is considered active at any moment, and even when they say they are off duty, there's really no guarantee of family time because of the call of duty. These challenges are all hard for a police wife.")

When asked how her husband's job affected their relationship and family life, she shared:

"Kas met yanti family, tay kunakon nga ti haanyo pagkasunduan talaga ket oras, diay quality time. Diuray ikkannakam koma ti time, kaslang koma adda pay diay instances a napan kam kuma nagpasyar aya? As a family, ata family bonding koma ngarud ti weekend, isu metlang didiay ti pinagmeetmi nga addakam koma amin a sangapamilya, tay haan ag-duty koma Sabado ken Domingo ket, Sabado ken Domingo laeng met ti available day ko ken available time ko, manmano laeng nga agmeet

*didia'y off na ken dia'y orasko Sabado ken Domingo, ket
adda time ah a nakaplano dia'y lakad yo kuma, nga "intay
agpasyar ti kastoy" kunana, uray adda ka idia'yen kasla
koma adda ka idia'y Robinson's, nu tinawaganda,
naawanman tay orasmon."*

("Oh, the family time is a significant issue, as I mentioned. The main problem is quality time. There are instances when we plan to go out together as a family, like for family bonding on weekends. That's the only time we can all be together because he's off duty on Saturdays and Sundays, and it's also when I'm available. However, coordinating our schedules on those days can be difficult. Sometimes we plan outings, thinking, 'Let's go out,' but then if he receives a call while we're at Robinson's, our time together can quickly get redirected to another purpose. It's frustrating when that happens, especially when we've made an effort to spend time together as a family.")

When asked what the hardest parts of being a police wife were while he was working, she answered:

*"Once a mapan ag duty'n, didia'y ti karirigatanna. Siempre
nu once a napan nagduty'n, haan mo nga ammo nu ana ti
mapasamak a dumteng di ba? It's either nga ana ngata
mapasangpetmo pelang ngata nu kastoy a sisibiag o nu
haan. Addaka latta met nga agkarkararag ken Apo Dios'n
ata once a rimwar ditoy balayen, detan mangrugika met
nga agkararag ken Apo Dios'n a sapay ta iliklikna iti dakes
isuna. Didia'y talaga ti number one nga kuak."*

Agdandanagka a kinanayon nu naka-duty, agkiriring lang ta cellphonemo nu detay naka-duty koma, agnerbios kan ata dimo met ammo nu ana didiay, ni Apo Dios latta pagkamkamangak idin, agdawdawatak latta iti pinangtarabayna kaniana, sapay ta awan ti mapasamak a madi. Kasdiay ti inaldaw nga kuami.”

("For me, the hardest part is when he goes on duty. That's when the anxiety kicks in the most; you never know what may happen. You're left with two possibilities: either he comes home safe, or something bad could occur. Every time he leaves the house, I start with a prayer, asking God to keep him safe. That's my number one concern. I worry every day when he's on duty. Even the sound of my cellphone ringing while he's out can trigger my anxiety. I immediately wonder if it's something serious or if he's in trouble. The uncertainty adds to the stress; you just don't know what's going on. I constantly pray to God to help him and hope that nothing happens to him. That's my daily concern.")

PW.3 likewise shared her experience during his husband's active service:

“Nu adda emergency koma a kailangan nga adda suna, halimbawa detay adda sakit diay ubing, awan nukua. Ken lalo nu madaling araw nukua, siempre adda dagidiay NPA kada kua, haanmo ammo nu patambanganda o ana, siempre sika nga nabati dituy balay, adda latta met kabam idi. Makapa-stress nga panunoten nukua.”

("If there is an emergency where he needs to be there, like when our kid gets sick, he often isn't available. Especially in the early morning, when there are reports of NPA activities and other threats, you never know if there's gunfire or what might happen. You're left here feeling anxious, constantly worrying about his safety and the situation. It's incredibly stressful to think about.")

Furthermore, she underscored:

***"Detay time, Kase aglalo kadetay ubing ket need na met ti
ama"***

("The time apart is especially tough for our child, who needs the presence of his father.")

When asked how she handles those moments when her husband is not around, she replied:

***"Kaya met latta nukua. Tay adda met jay karruba
kasdiay."***

("It was bearable back then. We had our neighbors who served as companions. If there was an emergency where he needed to be there, like when our child got sick, he often wasn't available. Especially in the early morning, when there were reports of NPAs and other threats, you never know if there's shooting or what might happen. You're left here feeling anxious all the time. It's stressful to think about it.")

When asked what the hardest parts of being a police wife while he was working were, she answered:

*“Awan ti kaduam nga agalaga nukua iti ubing ken didiay
worry mo met kania, nu adda ti mapasamak kasdiay”*

("You've got no one to help you in taking care of the child, including your worry for him if any undesirable events occur.")

PW.4 narrated her experience during her husband's active service:

*“Nu maminsan haanna kami maasikaso, gapu ta
trabahona ngem aw-awatenmi latta gapu ta isu ti
sinapataanna nga trabaho ken isu ti kasapulan ti
pinagbiagmi”*

("Sometimes he doesn't have time to spend with us because of his job, but we still accept him because it's his sworn duty and essential for our livelihood.")

When asked what the hardest parts of being a police wife were while he was working, she answered:

*“Ti karirigatan ket diay madandanagan ka lalo narisgo ti
trabahona”*

("The hardest is when you are nervous because his job is risky.")

After husband's retirement:

PW.1 discusses her experience after his husband's retirement:

*“Didiay safety na siempre mas ana tattan a nakaretire'n.
Ngem nu maipanggep met ti bondingmi, nagsubli met a
napan nangisuro. Part time suna a mangisursuro idiy*

Northwestern iti Crim met lang idiy, narigat met siguro sigud nga gulpien ah tey agsardeng isunan dapat pagbalinenna met pela a busy ti kuana ah ket kaactive pelang bagina. Nu kanyami, mas accessible sunan ken isu na ti—bale yanti communitymi ngamin isuna ti mangpundar didiay MBB. Su bale inurnos na met dagiti news idtuy tapnu tumulong da yanti community tapos suna met nangsukat ket katugangak nga lupon ti barangay, isu haanmo makita nga bored met. Ken madama itatta a mangisursuro, agpada kami met a busy, dikadi nu ana diay ubra na, ubra na met latta, nu ana diay ubrak met, ubrak met latta. Ngem tatta ah ket siempre mas as-asideg didiay gap min ah haan a kasla idi nga nu adda trabahonan, haan mo dapat a pagunyanen kasla kasdiay koma or wag ka ng umasa kasla kasdiay koma, isu a nu ana iti maubrana, hayaan mo lang kung ano yung ginagawa niya.”

("Definitely his safety is a priority. He is less exposed to risks now that he is no longer in service. As for our bonding, he returned to teaching and is now a part-time instructor at Northwestern for criminology. It might have been hard for him to instantly stop working and adjust to being busy again since his body is still active. For us, he is more accessible these days. In our community, he is the founder of MBB, and he has organized initiatives to help our neighborhood. He also took over for my father-in-law and acts as a member of the barangay council, so you can't see him bored. We are both busy, and he focuses on

what keeps him engaged while I also manage my own responsibilities. However, the gap between us has narrowed compared to the times when he was still on duty. Back then, if he had a task, I knew I couldn't insist on talking to him or expect anything from him; I had to let him do what he needed to do.")

When asked what qualities must be present in a police wife, she answered:

***“Naanus, mannakaawat ken dapat haan mo pukpukawen
tay strong faith in God”***

("Patient, understanding, and you must not lose faith in God.")

When asked what advice she could give to other women who are also married to police officers, especially those whose husbands are still working, she answered:

***“Kas police wife, masapol nga andengayen tayo dagiti
asawatayo iti trabahoda, awaten tayo nu ana didiay
trabaho nga sinapataanda, nu kasapolan a haan tayo
agdemand ti attention or time para kadakuada since nga
adda da iti serbisio, masapol a datayo pay ti mangsuporta
kaniada tapnu ad-adda met a matrabaho da didiay
trabahoda a haan tay pagpadagsenen pay kasi sabali diay
kinadagsenna didiay trabaho nga sangsangwenda.”***

("As a police wife, we need to understand their job and the nature of the duties they've sworn to uphold. We must not demand attention or time from them while they are in service. Instead, we should serve as their steadfast companions, allowing them to strive

harder in their work rather than being an additional burden to them, especially considering the intensity of the job they face.")

When we asked her what she feels after her husband's retirement, she mentioned:

"Mixture of joy and sadness. Apay nga sadness? Siempre awan diay monthly a sueldonan nga it-ted na kaniyam di ba? Naragsak kasi mabukudam didiay orasnan, kukuam isunan, "bagi kan kukua kan" kunam koma, kasi awan iti kainnagawmo a detay oras na a mapan naigugul didiay orasna a mapan pinagtrabaho. Adado didiay orasnan iti family-nan."

("Oh, it was a mixture of joy and sadness. Why sadness? Of course, there's no more monthly salary coming in from him. On the other hand, it's also joyful because you can spend more time with him. You can tell him, 'You're mine, and I'm yours,' because you don't have to worry about his schedule anymore; he has more time for family.")

When asked how her husband's retirement affected their relationship and family life, she answered:

"Nagdakkel iti epekto na ah. Nakaragragasak kami didiay a pinagretirena. Diak ma-imagine iti rikna, aglalo nu sika ket maysa nga asawa, kasi number one, didiay fearmo nu rumwar isuna ditoy balay, naikkat didiayen. Kasi adda ngarud a makitkitam latta nga agpolpoligus latta yanti uneg balay, isu idiay ti number one a naikkat, didiay fear

ko nu rumuar isuna. Ti number two, adaddo didiay time na'n na maited na kaniamin a pamiliana, a mabalin kami a diuray nudtoy papananmin, a mabalin mi a mapanen kasi awan kaagawna a trabahona a panunotennan. Didiay bonding mi ket 100% percent kunamon. Ken mas close didiay bondingmin a kas agasawa. Kasi awan tay kunakon nga awan iti kaininnagaw kon kasi didiay ngarud ti number one nga kaagawko kaniaan didiay time. Oras a talaga iti pagkinkinnastaan mi idi, dimi pagkinkinnaawatan, diay orasna, kayatko idi kua ket nu, nu adda papanantayo kunak, diuray nakapinpintas koma didiay rubuatmi a mapan koma agpasiar, addaka pelang yanta dalan adda tumawagen, a mapan man agreport idia istasyon'n, didiay iti nagmadi, parang maKJ ka, makill joy ka ata awan idia plano nga lakadyon."

("Oh, it had a big impact... we became happier when he retired. I can't describe the feeling, especially as a wife, because the number one fear you have is when he leaves the house; that fear is now gone. You can see him just inside the house; that's the biggest relief when he goes out. The second positive change is that he has a lot of time to dedicate to the family. We can go anywhere together, and we can do whatever we want because he's no longer on duty. Our bonding is now 100%. We've developed a closer connection because I don't have to share his time with his job anymore. His work used to consume most of his hours, which often led to arguments between us. Before, if I wanted

to go somewhere, even if I had planned a nice trip, it felt like everything could change in an instant if he received a call requiring him to report to the station. Those interruptions were incredibly frustrating and made it hard to find joy in our plans since they were constantly disrupted.")

When we asked her what she noticed about her husband after his retirement, she answered:

“Idi adda time a kasla agbababawin kasdiay. Ta siempre naruam suna aya, “nasapsapanak unay a nagretire” kunkunana. Adda detay time nga didiay panunotna ket “hmp! Diak kuma pela nagrereire idi”— “uray koma innalak iti 56 years old” kunkunana. Adda met didiay time a “mayat gayam detuy desision ko a nagretire’n” siempre en-enjoyek ti oras kon kasdiay, awan ti panpanunutekon a dagita kaskaso, aglalo isuna ket suna investigador idi kua, adda latta didiay sumangpet dituy deta latta panunotna, nu ana nabati a problema koma, isangsangpet na ditoy. Adu ti kastana nga agbabawi a haan, nu dadduma, “timing detoy pinagretire ko ta ubingnak pay, maenjoyak” kunana. Tunukua manen, addan tu man didiay agsubli man didiay panunotnan ah ta siempre naruam met nga adda latta yanti ruar. Adda detay time a kaslang nagbabawi a nagretire ata “ubingnak pay” kunana “ubing nakpay ah nagretire dapat 56” kunkunana ah ngem kunak met deta a

*time, within that time, “ammom ngarod nu ana met
napasamak kenka” kunak met kaniiana “itattan free kan,
awan pagdandanagamon ken awan met
pagdandanagakon” kunukunak “naikkat didiay a
stressmon, stresskon” kunak. Kaduam a kinanayon dagita
kabagiamon kunak.”*

("Well, there was a time when it seemed like he was regretting his decision to retire. Since he was so used to the routine, there were moments when he thought, 'Hmm! I didn't really want to retire. I should have made it to 56 years old,' he would say. Then, there were also times when he reflected, 'Maybe this was a good decision to retire,' and he enjoyed the freedom that came with it. He wouldn't have to think about the responsibilities he had before, especially when he was working as an investigator. However, there were still times when he came home thinking about certain issues, like what problems might arise, and he would bring those concerns up. He felt this internal struggle that he didn't always want to share. For some moments, he would say, 'The timing of my retirement is good because I'm still young; I can enjoy.' But there were still times when he would go back to contemplating his decision because he felt like there was still something for him to do. He would insist, 'I should have retired at 56,' but I reminded him during those discussions, 'You never know what could have happened to you if you had stayed.' I would reassure him, 'Now you're free; you don't have to worry about anything, and I don't have to worry either.' I emphasized that it relieved him of his stress, and it relieved my stress as well. Plus, now he gets to spend more time with family.")

When asked what qualities must be present in a police wife, she answered:

“Dapat number one ket mannakaawatka. Adu kayatna sawen ngamin deta nu mannakaawatka, diay klase diay trabahona, dapat awatem didiay klase ti trabahona. Before kayo nagasawa dapat panunotemon a ti asawa ti police, haan a maikkat didiay danagmo every second, every minute, agdandanagka latta kinanayon. Understanding and patience, didiay ti agkuykuyog.”

("First and foremost, you must be understanding. It means a lot when we say that; it means you understand his work and know the nature of his job. Before you get married, you should consider that being married to a police officer is not easy. You may never fully rid yourself of that fear; if you're married to a police officer, you'll be worried at all times. Understanding and patience are essential qualities you should possess.")

When asked what advice she could give to other women who are also married to police officers, especially those whose husbands are still working, she answered:

“Ti lang mai-advicoko kadagitay nu ti tu maasawada ket pupulis, masapol a sika ti number one ket makaawatka. Kasi didiay oras talaga ti kalabanmo eh nu asawam ti pulis kase tay kunak awan oorasen na mapan ag-duty, naka call of duty ngarud a kunada. Isu laeng ti kuaek idiy, mannakaawatka, number one nga ikaskastak didiay.”

“Understanding, kasi haan ko met nga pinangikua, addada met ngamin dagidiay agasawa a haan successful iti

marriage life da kasi adda siguro kaniada didiay haan a pannakaawat. Didiay ti number one nga ipakpakastak yanti panunotko. Didiay 25 years yanda ti serbisyo, didiay latta ti adda yanti panunot ko. Ilawlawam ni pannakaawat a kunada, a kas kalawa iti taaw, awan patinggana.”

("The only advice I can give them, if their husband is a policeman, is that you must be understanding. Time really is your enemy because, when your husband is a police officer, there's little time for him to go out and enjoy himself; he's always on call of duty. That's the most important point for me. You need to understand—this is what I'd emphasize. I don't want to belittle others, but there are police officers' wives and couples who aren't successful in their marriages. Their relationships struggle because there may be a lack of understanding between them. Understanding is the number one quality I can express and emphasize because after 25 years of service, that's still what I keep in mind. It's a long journey, and it never truly ends.")

Meanwhile, when asked what it feels like now that her husband has retired, **PW.3** shared:

“Siguro maragsakanka met a kasdiay kasi unang-una didiay safetyna nga adda isuna ditoy balayen. Didiay rest ti biagna ken detay maanona iti panunotmo nga awan iti panonotemon nga mapasamak kaniana. Mas secure sunan, mas safety sunan kasdiay.”

("Perhaps you'll be happy, especially knowing that he is safe at home. You no longer have to endure the constant worry about the risks he faced on the job, which helps eliminate those negative thoughts about what could happen. He is now more secure and safe.")

Then we asked her what her husband feels after his retirement, and she replied:

*"Siguro didiay ngamin 20 years of service na ket, detay
everydayna nga ub-ubraen ket, sapsapulenna latta, bale
tay everyday nga adda papananda kasdiay, haan mo nga
al-alisto a mapukaw kaniada didiay nga ubraenna
inaldaw, makitkitam met latta a mamiss na ti ububraenna"*

("Probably because of those 20 years he spent in service, his body still longs for that daily routine. Every time he has to go out, you can see that he can't easily shake off the habits he developed during his time as a police officer. He often shows a desire to reenact aspects of his job, which can be a bit challenging to navigate.")

When asked how her husband's retirement affected their relationship and their family life, she answered:

*"Mas na ano 'yong bond, tay pamilyam. Lalo detoy
ubingmi, tay bondda nga agama ken tay hatid sundo ta
ubing kasdiay."*

("The bond became better, especially within our family. Our child's relationship with his father has strengthened, particularly because he now has the opportunity to drop him off

and pick him up from school after class. This simple routine has allowed them to connect more, and it's heartwarming to see their bond grow.")

When asked what qualities must be present in a police wife, she answered:

“Number one didiay understandingmo sa trabaho niya. Before mo ngamin pinasok, ammom ti ubra ti mesa nga sercive man. Kumbaga yong pagkapulis niya, ‘yon ‘yong number one nga asawana, so kasla pangalawa kalang. So importante na maunderstandmo ‘yong trabaho niya. Pangalawa didiay adda caremo, kasi a kas ama iti pamilyam, kamustaem, love and care kasdiay.”

("First and foremost, your understanding of his job is essential. Before you became his wife, you should have been aware of the nature of his work as a service man, especially as a police officer. His job comes first, and you must recognize that. It's important to understand the demands of his work. Secondly, you must show care. As a father and husband, it's crucial to check in on him and project your love and support. This care creates a safe space for him to express himself and helps strengthen your bond as a family.")

When asked what advice she could give to other women who are also married to police officers, especially those whose husbands are still working, she answered:

“Mai-advice ko ket, siyempre suda adayo da yanti pamilyada, kanayonda a tawagan. Number one a talaga ket diay understanding, isu nga dagidiay dadduma ket

*kaslang awan agcare kaniada, kailangam talaga nga
update mo. Ken mostly nu didiay agasawa ket adda dediy
selos, isu nga need met ti assurance”*

("The thing that I can advise is that, considering they are far away from their families, they must call often. The first thing is really understanding because it often seems like others don't care about them in the same way. So, you really need to keep them updated on how things are going, and it's important to provide assurance, especially since there can be feelings of jealousy or insecurity.")

When asked about her experience after her husband's retirement, **PW.4** replied:

*“Iti maibagak ita nga nagretiro ni lakayko, ket nagbalin
isuna a para lutomi balay, isu agasikaso dagiti anakmi. Isu
iti tagibalaymin. Maubra na dagijay haan na maubra idi
pulis isuna”*

("The thing that I can tell now that my husband is retired is that he has become our house cook; he takes care of our children. He is like our housekeeper now, able to do things he couldn't do when he was still a police officer.")

When asked how retirement affected her husband and her family, she responded:

*“Para ken lakayko nakaanges isuna ti nawaya, gapu ta
awan isuna stress a trabaho. Ita ket haannak a
madandanaganen, haan nga kasla idi. Naragsaknak gapu
ta ada kanayon isuna balay”*

("For my husband, he breathed freely because he didn't have a stressful job anymore. Now I'm not worried, not like I used to be. I feel happy because he is always at home.")

When asked what changes she noticed in their relationship when her husband retired, she answered:

"Mas lalo kami a nagbalin a naragsak gapu ta ada suna inaldaw"

("We became even happier because he is here every day.")

Operational Stress Encountered by the Husband during Active Service

During their husbands' active service, the participants experienced operational stress due to the high demands of their jobs, intense workloads, and the inherent dangers associated with police work. These stresses often manifested when the husbands returned home, a phenomenon identified by their wives.

One significant type of operational stress recognized by the wives is mood swings. The participants noted this stress in their husbands upon their return from work through various signs, such as irritability or anger. The police officers often experienced mood swings due to frequent exposure to dangerous situations, long shifts, and disrupted sleep patterns, which led to feelings of frustration and irritability when interacting with their families after a demanding day.

Another type of operational stress identified by the wives is secretive behavior. The participants observed that their husbands exhibited signs of stress through their reluctance to engage in conversation, limited sharing of information about their work, and

periods of silence. PWs 1 and 2 specifically noted that their husbands appeared preoccupied or lost in thought, making it difficult for them to connect emotionally.

According to Lazarus and Folkman (1984), their groundbreaking Stress and Coping Theory proposes a transactional model that explains stress as an ongoing interaction between the individual and their environment. This theory fundamentally transformed the understanding of stress by emphasizing cognitive appraisals and coping mechanisms. Stress is not merely an event or physiological reaction; rather, it is a dynamic process—a relationship between a person and their environment, where demands are perceived as exceeding the individual's resources, thus threatening their well-being.

The Demand-Control-Resources Theory further provides a framework for understanding how workplace stress develops and its effects on employees' health and well-being. This theory highlights the interplay between job demands, the level of control workers have, and the resources available to them in determining their stress levels and job satisfaction. Workplace stress arises from an imbalance between job demands, control, and resources. High demands are not inherently harmful, but when combined with low control and insufficient resources, they create a toxic environment that can negatively impact employees' mental and physical health (Karasek, 1979).

Approaches Taken by Wives to Address Their Husband's Stress

The wives of retired police officers employed various strategies to manage the stress experienced by their husbands due to their duties and responsibilities. These approaches often involved open communication, emotional support, and encouraging their spouses to engage in activities that promote relaxation and well-being. The

participants shared insights into their coping mechanisms, highlighting the importance of understanding and addressing the unique challenges their partners face.

Most PWs emphasized the significance of understanding in coping with the stress their husbands brought home from work. The wives expressed a commitment to being empathetic and refraining from confronting their husbands when they noticed mood changes, fatigue, or frustration, which they attributed to the pressures of the job. By demonstrating understanding, the wives believed they created a supportive environment where their husbands could decompress from their stressful duties without feeling burdened by family issues.

Moreover, several participants found solace in their faith as a coping mechanism. They turned to prayer and religious practices to help manage their emotional burdens and the constant fear for their husbands' safety. Faith provided an emotional anchor for the wives, offering a sense of control in situations where they otherwise felt helpless.

The Stress and Coping Theory emphasizes the importance of how individuals perceive and respond to stress, as well as how they manage it through various coping mechanisms. According to this theory, stress occurs when an individual perceives a situation as threatening or overwhelming, and their ability to cope with that stress depends on their evaluation of the situation and the resources available to address it. Understanding the nature of stress and the available coping resources, including faith in God, is crucial for effective stress relief. Faith can influence how individuals appraise stressful situations and how they utilize coping mechanisms to deal with stress. It can provide a sense of security, meaning, and support, which are essential in reducing the

negative effects of stress and promoting psychological well-being (Lazarus & Folkman, 1984).

Life Situation of the Family during the Husband's Active Service and after His Retirement

A police wife's life often undergoes significant changes. During her spouse's career, she may have lived with constant worry about his safety while taking on many household responsibilities, balancing family life and supporting him through the stress of the job. After retirement, the immediate concern for his safety may decrease, but new challenges can arise as both adjust to a new routine and lifestyle. The family dynamic may shift as her husband becomes more involved at home, and they may need to navigate changes in their relationship. Financially, the household might have to adapt to a fixed income or the uncertainty of a new job for her husband. Socially, she may experience a change in her identity as she distances herself from the police community and the role of "police wife." The transition to post-retirement life, while offering relief from some stress, often requires adjustments in emotional, financial, and family aspects.

During Husbands' Active Service:

The participants shared that while their husbands were actively serving in the police force, they experienced minimal to no quality time with them. The husbands frequently missed important family events, such as birthdays and school performances, which created significant emotional distance and gaps in their relationships with their families. Due to their husbands' demanding work schedules, long shifts, emergencies, and unexpected office calls to respond to incidents, their families often struggled to spend quality time together and had limited interactions with one another.

Additionally, the participants experienced constant worry regarding their husbands' safety in the line of duty. Each time their partners left for a shift, anxiety set in as they worried about the risks of violence and unpredictable situations their husbands faced on the job. The long hours and irregular schedules compounded their unease, leaving them in a constant state of uncertainty about when they would see their husbands again. This ongoing worry caused emotional strain and negatively impacted their overall well-being, resulting in prolonged stress. The wives also feared that the dangers associated with their husbands' work could potentially involve their families, making them anxious whenever their husbands went to work, leaving them alone at home.

The Spillover Theory builds on the border theory of work and family life, which views work and family as separate domains that nonetheless interact with one another. According to this theory, experiences from one domain (work or family) can spill over into the other, creating either a harmonious or conflicting relationship (Audretsch, 1995). Spillover theory also aligns with work-family conflict theory, which examines how work and family demands can conflict with one another, leading to stress and negative outcomes. This conflict often occurs when the demands of one domain (such as long work hours) interfere with the other (such as family time), resulting in negative spillover effects.

After Husbands' Retirement:

After their husbands retired, families found they had more time to spend together. With increased opportunities for interaction, they could gather around the dinner table more frequently and enjoy family outings without the worry of sudden calls or the need to report to the office. Husbands became more available and were no longer bound by

irregular shifts and unpredictable hours, allowing them to be present at home, family gatherings, and other important events.

Moreover, when their husbands retired, the participants felt a great sense of relief because they no longer had to worry about their husbands' safety on the job. The anxiety that came with being married to a police officer dissipated, allowing their families to feel more at ease. With their husbands safe at home, the overall well-being of the family improved, as they no longer had to think about the dangers associated with their husbands' work.

The study examined the multifaceted effects of retirement on police officers, highlighting a crucial transition period not only for the officers but also for their families, particularly their spouses. The study identified key factors influencing retirees' well-being, including social networks, emotional health, family dynamics, and financial stability. Many officers reported feelings of loss and loneliness due to the abrupt change in their social interactions, as they missed the camaraderie and community found within the police force.

However, some retirees also experienced an improvement in emotional well-being post-retirement, as they could devote time to hobbies and friendships that were previously sidelined due to their demanding careers. For police wives, the retirement of their spouses can bring a sense of relief from worry associated with the dangers and stresses of active duty. With retirement, they often observe a shift in family dynamics as their partners take on more active roles at home, leading to improved relationships. The emotional burdens tied to the unpredictable nature of police work—concerns about

safety, mental strain, and long hours—are alleviated, allowing for a more stable family environment (Hardy et al., 2019).

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APPRECIATION VIDEO

TITLED, “SILENT

STRENGTH: HONORING THE

COURAGE OF POLICE WIVES”

Appreciation Video Titled, “Silent strength: Honoring the Courage of Police Wives”

Rationale

The role of a police wife is often unnoticed, yet it requires incredible strength, resilience, and sacrifice. While police officers receive public praise for their bravery, their spouses, who provide essential support during tough times, frequently go unrecognized. The video "*Silent Strength: Honoring the Courage of Police Wives*" aims to highlight these unsung heroes and the vital role they play in keeping their families strong.

Police wives grapple with constant worry about their husbands' safety, long absences, and the emotional aftermath of their partners' traumatic experiences. Despite these challenges, they offer love and stability at home, often taking on additional responsibilities without receiving much recognition.

This video seeks to appreciate their resilience and dedication while raising awareness about the emotional struggles they face. By sharing their stories, "*Silent Strength*" aims to foster empathy and respect for these women, reminding us that the support behind the badge is often found at home, where they continue to uplift their partners in law enforcement.

Objectives

- To highlight the challenges and sacrifices that police wives face in supporting their spouses
- To honor the resilience and emotional strength of police wives in maintaining family stability

- To encourage greater empathy and public recognition of the vital role police wives play.

Strategy

The researchers of this study created this video to appreciate the challenges experienced by police wives and to spread awareness. The primary audience for the video includes police wives, their family members, and law enforcement communities. The researchers will gather footage illustrating the daily lives of police wives, showcasing their experiences and contributions. Once the video is completed, the researchers will post it on social media platforms to reach a wider audience and promote understanding and support for these essential figures in law enforcement families.



CHAPTER V

SUMMARY, CONCLUSION AND RECOMMENDATION

This chapter presents the summary of the gathered data from the participants' narratives, the conclusions drawn from it, and the recommendations offered as a result of this study regarding the experiences of police wives.

Summary of the Findings

The highlights of the data gathered in this study are as follows:

The operational stress encountered by husbands during their active service was frequently identified by their wives, who shared how their husbands' unpredictable work hours and the stress from their jobs significantly impacted family life. The uncertainty surrounding their husbands' safety and the limited communication about their work led to feelings of worry and isolation among the wives. To address the stress their husbands experienced, the wives displayed strength and flexibility, employing various coping strategies. They provided emotional support, communicated openly whenever possible, and frequently turned to their faith for comfort. By being understanding and supportive, they helped their husbands relax after difficult days at work.

The demands of police work also took a toll on family relationships, particularly between fathers and children. During retirement, families faced both positive changes and challenges as they adjusted to new roles and routines while managing the financial implications of reduced income.

Conclusion

The operational stresses encountered by the husbands included mood swings and secretive behavior due to exhaustion from work, anxiety, and constant exposure to dangerous environments. The participants addressed these stresses by being understanding when their husbands became irritated, angry, silent, or tired. They turned to prayer, seeking God's guidance and protection for their husbands' well-being and safety. During their husbands' active service, the participants faced a challenging life, as the demands of the job affected their family situation, creating feelings of insecurity and a sense of missing out for both spouses and their children. After their husbands retired, there was a sense of relief, though the transition to their new life brought some struggles for the retired police officers and their families as they worked to adjust to changed roles and routines.

Recommendations

Based on the data gathered and the conclusions of the study, the researcher recommends the following:

Police Husbands and Wives – Police husbands and wives are encouraged to prioritize open communication about job stress and its impact on family life. Recognizing the effects of operational stress on themselves and their families can foster a supportive home environment. It is further recommended that wives listen patiently, while husbands share their work challenges and emotions, expressing gratitude and making time for family matters.

PNP Organization – It is proposed that the Philippine National Police (PNP) educate officers and their families about operational stress and mutual support.

Additionally, creating appreciation videos recognizing the role of police wives can raise awareness and show gratitude for their support, fostering a sense of community and encouragement.

Family – It is suggested that the family of the police officer appreciate his or her efforts to be present at home and spend quality time together whenever possible. Acknowledging his or her hard work can forge a sense of support and understanding. Spending quality time together can strengthen emotional bonds and provides opportunities for relaxation and connection.

Community – Finally, it is recommended that the community show its gratitude and support to police officers, as their work involves significant personal sacrifices and impacts public safety. Supporting officers through expressions of gratitude, assistance, and involvement in crime prevention programs can reinforce the relationship between law enforcement and the public. Moreover, advocating for and supporting appreciation videos like the "*Silent Strength: Honoring the Courage of Police Wives*" can encourage and uplift police wives, offering them recognition, strength, and solidarity for the sacrifices they make in their roles. These videos can serve as a powerful reminder that their contributions are valued, helping to foster a community of support and gratitude.

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APPENDICES

APPENDIX "A"

INTERVIEW GUIDE



COLLEGE OF CRIMINAL JUSTICE EDUCATION
Data Center College of the Philippines
Laoag City



INTERVIEW GUIDE

The following questions will serve as the interview guide that will be used by the researchers to gather information to the participants:

1. Can you tell me a little about yourself and your family?
(Mabalin kadi nga ibagam bassit ti maipapan kenka ken iti pamilyam?)
2. How long have you been married to a police officer?
(Kasano kabayag ti panagasawayo iti maysa a polis?)
3. How has your husband's job affected your everyday life?
(Kasano nga inapektaran ti trabaho ni lakaymo ti inaldaw a panagbiagmo?)
4. Can you describe the stress your husband faced while working as a police officer?
(Mailadawanmo kadi ti stress a naipasango ni lakaymo bayat ti panagtrabahona kas opisial ti polisia?)
5. How did his job affect your relationship and family life?
(Kasano nga inapektaran ti trabahona ti relasion ken biag ti pamilyayo?)
6. What were the hardest parts of being a police wife while he was working?
(Ania dagiti karirigatan a paset ti panagbalinna nga asawa a polis bayat ti panagtrabahona?)
7. Did you notice any changes in his mood or behavior after stressful days at work? How did you deal with that?
(Nadlawmo kadi ti aniaman a panagbalbaliw ti rikna wenno kababalinna kalpasan dagiti stressful nga aldaw iti trabaho? Kasano nga inaramidna tamingem dayta?)
8. How did you handle the stress from your husband's job?
(Kasano a tinamingmo ti stress manipud iti trabaho ni lakaymo?)
9. Did you turn to others for support, like family, friends, or a group? How helpful was that?
(Nagpatulongka kadi kadagiti dadduma, kas iti pamilya, gagayyem, wenno grupo? Kasano a nakatulog dayta?)
10. What strategies or things helped you the most in managing stress?
(Ania dagiti estratehia wenno banag a nakatulog unay kenka iti panagtaming iti stress?)
11. Did you talk with other police wives? If so, how did they help or guide you?
(Nakisaritaka kadi kadagiti dadduma nga assawa ti polis? No wen, kasano a tinulongan daka wenno naiwanwandaka?)
12. Can you tell me what it was like when your husband retired from the police force?
(Mabalin kadi nga ibagam no kasano idi nagretiro ni lakaymo iti puersa ti polisia?)
13. How did retirement affect him and your family life?
(Kasano nga inapektaran ti panagretiro kenkuana ken ti biag ti pamilyam?)
14. What changes, good or bad, did you notice in your relationship after he retired?
(Ania dagiti nadlawyo a panagbalbaliw, nasayaat man wenno dakes, iti relasionyo kalpasan ti panagretirona?)
15. What do you think are the most important qualities for a police wife to have?
(Ania ti pagarupyo a kapatgan a galad nga adda iti asawa a polis?)

APPENDIX “B”

LETTER TO PARTICIPANTS



COLLEGE OF CRIMINAL JUSTICE EDUCATION
Data Center College of the Philippines
Laoag City



Letter to the Participants

Dear Participant:

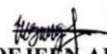
Greetings!


We, the BS Criminology 4th year students of Data Center College of the Philippines of Laoag City are currently conducting research entitled “A Police Wife Story” in fulfillment of the requirements in the course Research II. This research aims to discover the lived experiences of retired police officers’ wives in the locality of Laoag City, Ilocos Norte. Ascertaining their struggles, reactions, feelings and what they had suffer in their relationship, and their realizations are.


In this regard, may we request you to answer the questions which will be asked verbally to you. We do not intend to force you in dissecting information hence, we are asking for your utmost consideration and participation. Your answers will greatly contribute to the fulfillment and success of this research. We assure you that the data gathered as well as your personal information will be kept confidential and shall be used for research purposes only.

We deeply anticipate your cooperation in this request. Thank you!

Respectfully Yours,



WOEJEEN ALCON
Researcher

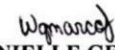

MARK IRISH JASPER RUIZ
Researcher


EDILYN ABUCAY
Researcher

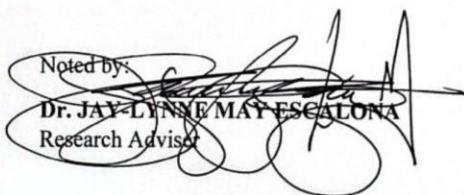

NICHOLE DOMINIQUE SALUD
Researcher


JAMAICA CATAGUE
Researcher


ANGELO A. TAGALICUD
Researcher


WINIELLE GEM MARCOS
Researcher


JAYLORD VIADO
Researcher


Noted by:
Dr. JAY-LYNNE MAY ESCALONA
Research Advisor

APPENDIX “C”

LETTER OF CONSENT



COLLEGE OF CRIMINAL JUSTICE EDUCATION

Data Center College of the Philippines
Laoag City



LETTER OF CONSENT

“A Police Wife Story”

I, Annabel H. Ruam, the undersigned, hereby inform you that all means of data gathering including the use of video camera and recording machines are hereby allowed during the duration of the interview. I also give my consent for the gathering of data using my intellect and other experiences I might extract and that all pieces of information that I'll be saying are valid.

Everything underlying the research including its objectives and importance has been explained well. I have had the opportunity to ask questions about this research and I have received satisfactory answers. I understand the general purposes, risks and methods of this research.

I consent to participate in the research project and the following has been explained to me:

- the research may not be of direct benefit to me.
- my participation is completely voluntary.
- my right to withdraw from the study at any time without any implications to me.
- the risks including any possible inconvenience, discomfort, or harm as a consequence of my participation in the research project.
- the steps that have been taken to minimize any possible risks.
- what I am expected and required to do
- whom I should contact for any complaints with the research or the conduct of the research.
- I am able to request a copy of the research findings and reports.
- security and confidentiality of my personal information.

Sincerely yours,

Annabel H. Ruam

APPENDIX "D"

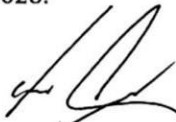
CERTIFICATION OF ILOCO CRITIQUE

CERTIFICATION OF RESEARCH CRITIQUE

This is to certify that the undersigned has read, reviewed and edited the research paper of Angelo Tagalicud, Mark Irish Ruiz, Nicole Dominique Salud, Jaylord Viado, Woejeen Alcon, Edilyn Abucay, Jamaica Catague and Winielle Gem Marcos entitled **"SPOUSES BEHIND THE BADGE: EXPLORING THE LIVED EXPERIENCES OF POLICE WIVES"** in partial fulfillment of the requirement for the degree of Bachelor of Science in Criminology.

This certification is issued to the aforementioned authors for Research Critic requirements.

Issued this 11th day of February 2025.


NIKOLAI M. AGNO

APPENDIX “E”

CERTIFICATION OF ENGLISH CRITIQUE

CERTIFICATION

This is to certify that the thesis titled, **“Spouses behind the Badge: Exploring the Lived Experiences of Police Wives,”** prepared and submitted by Tagalicud, Angelo; Ruiz, Mark Irish; Salud, Nicole Dominique; Viado, Jaylord; Alcon, Woejeen; Abucay, Edilyn; Catague, Jamaica; and Marcos, Winielle Gem in partial fulfillment of the requirements for the course, Criminological Research II (Thesis Writing and Presentation), underwent checking, proofreading, and editing as attested by the undersigned editor.



WINICEL MAY C. ANCHETA, PhD
Editor

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CURRICULUM VITAE

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Tertiary: Data Center College of the Philippines
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Senior High School: Bangui National High School
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2008-2014
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NAME OF PARENTS

Father's Name: Ronie R. Tagalicud

Mother's Name: Sylvia F. Aguiran



PERSONAL INFORMATION

Name: Angelo Tagalicud

Sex: Male

Address : Brgy. San Lorenzo, Bangui, Ilocos Norte

Birth Date : May 23, 2002

Birth Place : Bangui, Ilocos Norte

Citizenship: Filipino

Religion: Roman Catholic

Motto in Life: *"Success is not final; failure is not fatal; it is the courage to continue that counts. "*

Age : 22 years old

Civil Status: Single

CURRICULUM VITAE

EDUCATIONAL BACKGROUND

Tertiary: Data Center College of the Philippines
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Brgy. 5 San Pedro, Laoag City, Ilocos Norte

Elementary School: Don Galicano R. Raffles Memorial Elementary School
2008-2014
Brgy. 59-A Dibua South, Laoag, Ilocos Norte



PERSONAL INFORMATION

Name: Jamaica Catague
: Female
Address : Brgy. 59-A. Dibua South, Laoag
Sex City Ilocos Norte

Birth Date : August 18, 2002
Birth Place : Batac City, Ilocos Norte
Citizenship: Filipino
Religion: Roman Catholic
Motto in Life: *"Don't let others define who you are, you are the who will create your future."*

Age : 22 years old

Civil Status: Single

CONTACT

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Facebook: Jamaica Catague

NAME OF PARENTS

Father's Name: Joel P. Catague Sr.
Mother's Name: Nora B. Catague

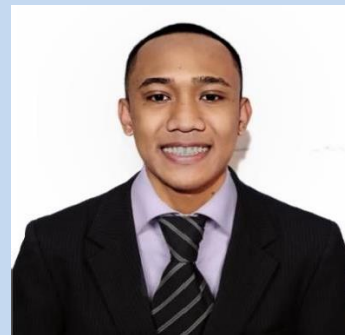
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Junior High School: Immaculate Conception Academy
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PERSONAL INFORMATION

Name: Mark Irish Jasper Ruiz
Sex: Male
Address : Brgy.27 Naguirangan, Batac City
Ilocos Norte
Birth Date : May 21,2003
Birth Place : Batac City
Citizenship: Filipino
Religion: Roman Catholic
Motto in Life: *“Don’t sail the seas for someone who won’t even jump a puddle for you”*
Age : 21 years old
Civil Status: Single

CONTACT

Contact No.: 09164907761
Email Address: aluagprincessjannine@gmail.com
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NAME OF PARENTS

Father’s Name: Michael Agno Aluag
Mother’s Name: Marivic Hamoyo Cimat

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Tertiary: Data Center College of the Philippines
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Poblacion
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Brgy. Pias, Currimao, Ilocos Norte

Elementary School: Pias-Gaang National High School
2009-2015
Brgy. Pias, Currimao, Ilocos Norte



PERSONAL INFORMATION

Name: Edilyn Abucay
Sex: Female
Address : Brgy. 05 Salugan, Currimao, Ilocos Norte
Birth Date : March 24, 2003
Birth Place : Batac City
Citizenship: Filipino
Religion: Roman Catholic
Motto in Life: *"Never settle for anything less than what you deserve . It's not pride, it's self-respect."*
Age : 21 years old
Civil Status: Single

CONTACT

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NAME OF PARENTS

Father's Name: Eduardo P. Abucay Jr.
Mother's Name: Maricel S. Abucay

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EDUCATIONAL BACKGROUND

Tertiary: Data Center College of the Philippines
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Senior High School: Ilocos Norte National High School
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Junior High School: Ilocos Norte National High School
2015-2019
Brgy. 3 Ablan Avenue, Laoag Cit, Ilocos Norte

Elementary School: Salet Elementary School
2008-2015
Brgy. 7 Baduang, Pagudpud, Ilocos



PERSONAL INFORMATION

Name: Winnielle Gem Marcos

Sex: Female

Address : Brgy. 55-B Bulangon, Laoag City Ilocos Norte

Birth Date : August 25, 2003

Birth Place : Laoag City, Ilocos Norte

Citizenship: Filipino

Religion: Roman Catholic

Motto in Life: *"Start where you are, use what you have, do what you can."*

Age : 21 years old

Civil Status: Single

CONTACT

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NAME OF PARENTS

Father's Name: Willie A. Maarcos

Mother's Name: Nieves L. Marcos

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Junior High School: Paoay National High School
2015-2019
Brgy. 20 Paratong, Paoay, Ilocos Norte

Elementary School: Paoay Central Elementary School
2008-2015
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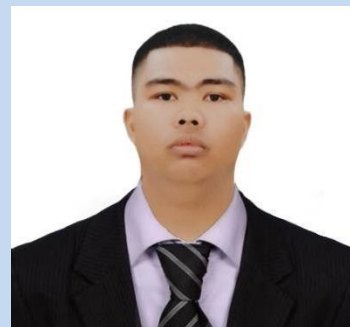
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Facebook: Jaylord Nanca Viado

NAME OF PARENTS

Father's Name: Lormel B. Viado

Mother's Name: Helen N. Viado



PERSONAL INFORMATION

Name: Jay Lord Viado

Sex: Male

Address : Brgy. 2 San Roque, Paoay, Ilocos Norte

Birth Date : May 12, 2003

Birth Place : Batac City

Citizenship: Filipino

Religion: Iglesia Filipina Independiente

Motto in Life: "Time is Gold"

Age : 21 years old

Civil Status: Single

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EDUCATIONAL BACKGROUND

Tertiary: Data Center College of the Philippines
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2021-Present
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Junior High School: Bagbag Solsona National High School
2015-2019
Brgy. 11 Bulbulala, Vintar, Ilocos Norte

Elementary School: Namoroc-Mabanbanag Elementary School
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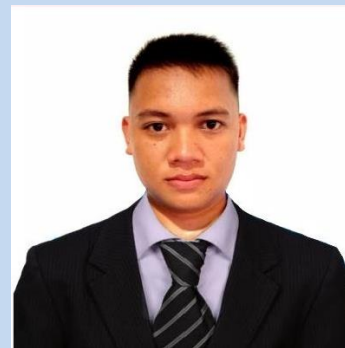
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NAME OF PARENTS

Father's Name: Julio S. Salud

Mother's Name: Marilyn A. Salud



PERSONAL INFORMATION

Name: Nichole Dominique Salud

Sex: Male

Address : Brgy. 13 Mabanbanag, Vintar, Ilocos Norte

Birth Date : October 25, 2002

Birth Place : Vintar

Citizenship: Filipino

Religion: Iglesia Filipina Independiente

Motto in Life: *"With just one life to live, embrace every moment and leave no room for regret"*

Age : 22 years old

Civil Status: Single

CURRICULUM VITAE

EDUCATIONAL BACKGROUND

Tertiary: Data Center College of the Philippines
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Senior High School: Bagbag Solsona National High School
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Junior High School: Bagbag Solsona National Highschool
2015-2019
Solsona, Ilocos Norte



PERSONAL INFORMATION

Name: Woejeen Dumlao Alcon

Sex: Male

Address : Brgy. 21 Bubuos, Solsona,
Ilocos Norte

Birth Date : July 30, 2002

Birth Place : Laoag City

Citizenship: Filipino

Religion: Roman Catholic

Motto in Life: *“Live with purpose, love without limits”*

Age : 22 years old

Civil Status: Single

CONTACT

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NAME OF PARENTS

Father's Name: Willybert B. Alcon

Mother's Name: Evarose D. Alcon