Creating Home: The Art of Being a Military Wife

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Abstract
The purpose of this capstone is to document and analyze the ways in which military spouses sustain family culture in the face of constant change. When one’s housing location changes every three to five years, maintaining a sense of home can be hard. It becomes the most difficult burden carried by a military wife. Previous studies have been conducted on military service members returning from deployment.1 However, few studies have been done on Military Wives. Therefore the selected target population for this study is wives of United States military members, although this study included one male interviewee. The study concludes that spouses use coping tools to help sustain the family unit during times of struggle. Tools discussed are: family rituals, communication, holidays, religion, faith, support groups, and self-care, as well as others that became apparent through interviews. This study was conducted by directly interviewing individuals, unlike most such studies which rely on second hand information. The ultimate goal of this capstone is thus to provide the reader with an understanding of the experiences and difficulties of Military Wives and the tools they use to recreate a home environment due to deployment and relocation; to provide information to other military wives that will help them to successfully deal with deployment and relocation; and to suggest ways that the public can be made more aware of the needs and experiences of military families.
Confessions of a Military Wife is an honest, witty, and often hilarious look at the life of the new generation military wife. Mollie Gross learned the hard way to laugh instead of cry at what she could not control as a military spouse—and as she quickly discovered, nearly everything was out of her control! Think of it as heartfelt humor for the home front.” — Military Spouse magazine. “Mollie’s no-holds-barred account of what it was like during her first four years of being married to a Marine, dealing with the moves, wartime deployments, and life on the home front, will leave you laughing, crying, and shaking your head in disbelief asking, ‘Did she really just say that!?‘” — Kristine Schellhaas, founder USMC Life. Download (20MB). The Bremer Detail. Most surprising things about being a military wife. Great read for military spouses and significant others. Everything I learned from the past eight years. This is life. It’s filled with unexpected surprises each and every step of the way. Before becoming a military wife, these are 47 things I never thought about… The first deployment is a brutal shock to the system. Each subsequent deployment or separation will turn you into a bag of nerves, despite adequate planning, prep and support. Being a military wife is not all it’s cracked up to be. I am honored and blessed to have the title of “military wife” however, a lot of emotions come with that title. There is no introductory course for being a military wife and there is no guide book to reference. When I was a newlywed I would search military spouse pages on Facebook, Instagram, and Twitter hoping to connect with a wife near me who was in the same boat. Reading through these pages and blogs made being a military wife seem awful. These pages were created as a personal venting chat room and I just couldn’t read them anymore. I have always been a firm believer in girlfriends and girl time.