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Date Feb. 24, 1986

RELATIONSHIPS BETWEEN STRESS MANAGEMENT IN FAMILY LIVING AND CHARACTERISTICS OF TENNESSEE HOMEMAKERS

A Thesis

Presented for the

Master of Science

Degree

The University of Tennessee, Knoxville

Joan V. Billings

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ABSTRACT

The purpose of this study was to gain knowledge concerning the relationships of personal and family characteristics to Tennessee Homemakers' stress management. Five areas of stress management were identified for study. These were selected sources of stress, worry, guilt, satisfaction and dissatisfaction. Personal and family characteristics studied included extension audience, family structure, educational level, age and employment. Number and types of extension contacts and their relationships to stress management were also studied. Data were obtained from 2789 Tennessee homemakers randomly selected and interviewed by County Extension Home Economists. The one-way analysis of variance F-test and Chi Square were the statistical tests used to determine strength of relationships between variables. A probability level of .05 was considered as being statistically significant.

Major findings included:

1. The largest percentages of survey participants were Home Demonstration Club Members, were married with children at home, had attended high school, were age 50-over, were married and only the husband was employed.

2. Meetings were the most frequent type of contact homemakers had with extension, this was followed by newsletters and telephone calls; while the least frequent type of extension contact was visits to the office.

3. A larger percentage of homemakers reported receiving information from extension agents on handling stress and tension than any other selected topic.

4. Findings indicated that the homemakers' most frequent source of stress was the need for more time to relax; the most frequent source of worry was rearing children; the most frequent source of guilt was not developing own talents; the most frequent source of satisfaction was the need to improve spiritual life; and the most frequent source of dissatisfaction was extent spouse helped with household chores.

5. A higher proportion of homemakers who were married with children, who had attended college, were 30-39 years old and employed (both married and single) indicated they needed more time to relax.

6. A higher proportion of homemakers who were 30-39 years old indicated they needed more time to relax, worried about rearing children, felt guilty about not spending enough time with spouse and felt they needed to improve family relationships than homemakers in any other age group.

7. Findings regarding extension audiences indicated that homemakers who were young non-club members had more stress and worry; EFNEP homemakers had more guilt feelings and a higher level of dissatisfaction.

8. Findings regarding family structures showed that homemakers who were married with no children had more stress; homemakers who were single with children had more worry and a low level of satisfaction; homemakers who were single, no children at home had more guilt.

9. Homemakers with lower levels of education tended to have more guilt, lower levels of satisfaction and higher levels of dissatisfaction than homemakers completing more grades of school.

10. Homemakers who were 30-39 years old indicated more stress, worry, guilt and the lowest level of satisfaction while homemakers age 50-over indicated the least amount of stress, worry, and guilt than any other age group studied.

11. Single, employed homemakers indicated more stress and worry; single, unemployed homemakers had more guilt and a lower level of satisfaction.

12. Homemakers having higher numbers of extension contacts tended to have lower scores on stress, worry, guilt, a higher level of satisfaction and a lower level of dissatisfaction.

Implications were given and recommendations for extension programs and further studies were included.

TABLE OF CONTENTS

CHAPTER		PAGE
I.	BACKGROUND AND PROBLEM.	1
	Introduction	1
	Need for the Study	2
	Purposes and Objectives of the Study	3
	Limitations of the Study	4
	Methods and Procedures	4
II.	RELATED STUDIES	9
	Introduction	9
	Selected Findings.	9
III.	CHARACTERISTICS AND STRESS MANAGEMENT RESPONSES OF PARTICIPATING HOMEMAKERS.	16
	Personal and Family Characteristics of Selected Tennessee Homemakers	16
	Number and Type of Extension Contacts Homemakers Reported Having with Extension Agents Over a 12-Month Period	19
	Types of Family Living Information Homemakers Received During the Past 12 Months from Extension and Other Sources Used for Family Living Information	22
	Frequencies Which Homemakers Reported Feelings Regarding Selected Sources of Stress, Worry, Guilt, Satisfaction and Dissatisfaction	27
IV.	RELATIONSHIPS BETWEEN HOMEMAKERS' CHARACTERISTICS AND STRESS MANAGEMENT	40
	Relationships Between Homemakers' Family Structure and Stress Management	41
	Relationships Between Homemakers' Educational Level and Stress Management	52
	Relationships Between Homemakers' Age and Stress Management	64
	Relationships Between Homemakers' Employment and Stress Management	73
V.	RELATIONSHIPS BETWEEN SCORES ON STRESS MANAGEMENT VARIABLES TO CHARACTERISTICS OF HOMEMAKERS AND NUMBERS OF CONTACTS WITH EXTENSION.	87
	Relationships Between Homemakers' Scores on Sources of Stress to Their Characteristics and Contacts With Extension	88
	Relationships Between Homemakers' Scores on Sources of Worry to Their Characteristics and Contacts With Extension	91

CHAPTER PAGE

V. (Continued)
Relationships Between Homemakers' Scores on Sources of Guilt to Their Characteristics and Contacts With Extension 95
Relationships Between Homemakers' Scores on Sources of Satisfaction to Their Characteristics and Contacts With Extension 98
Relationships Between Homemakers' Scores on Sources of Dissatisfaction to Their Characteristics and Contacts with Extension 102

VI. SUMMARY OF MAJOR FINDINGS 107
Purposes and Objectives of the Study 107
Methods and Procedures 108
Major Findings Regarding Characteristics and Stress Management Responses of Participating Homemakers. 109
Major Findings Regarding Relationships Between Homemakers' Characteristics and Stress Management. 111
Major Findings Regarding Relationships Between Scores on Stress Management Variables to Characteristics of Homemakers and Numbers of Contacts With Extension. 113
Implications and Recommendations 118
Recommendations for Further Studies. 121

BIBLIOGRAPHY. 123

APPENDIX. 125

VITA. 130

LIST OF TABLES

TABLE		PAGE
I.	Personal and Family Characteristics of Selected Tennessee Homemakers.	17
II.	Number and Type of Extension Contacts Homemakers Reported Having with Extension Agents Over a 12-Month Period.	20
III.	Types of Family Living Information Homemakers Received During the Past 12 Months from Extension and Other Sources Used for Family Living Information.	23
IV.	Frequencies Which Homemakers Reported Feelings Regarding Selected Sources of Stress, Worry, Guilt, Satisfaction and Dissatisfaction.	28
V.	Relationships Between Homemakers' Family Structure and Stress Management	42
VI.	Relationships Between Homemakers' Educational Level and Stress Management	53
VII.	Relationships Between Homemakers' Age and Stress Management	65
VIII.	Relationships Between Homemakers' Employment and Stress Management	74
IX.	Relationships Between Homemakers' Scores on Sources of Stress to Their Characteristics and Contacts with Extension.	89
X.	Relationships Between Homemakers' Scores on Sources of Worry to Their Characteristics and Contacts with Extension.	92
XI.	Relationships Between Homemakers' Scores on Sources of Guilt to Their Characteristics and Contacts with Extension.	96
XII.	Relationships Between Homemakers' Scores on Sources of Satisfaction to Their Characteristics and Contacts with Extension.	99
XIII.	Relationships Between Homemakers' Scores on Sources of Dissatisfaction to Their Characteristics and Contacts with Extension.	103

CHAPTER I

BACKGROUND AND PROBLEM

I. INTRODUCTION

The American family profoundly affects all aspects of our society. Recognizing this fact, the Cooperative Extension Service includes as part of its basic mission, to "strengthen American families" (9:1).* Included as one of the eight Extension Service goals is "to strengthen the family and home through the attainment of knowledge, human skills, and technology needed to create a satisfying quality of life within available resources" (9:15). To accomplish this through an objective of program development in the area of family strengths, the Tennessee Agricultural Extension Service created a Family Life Department and employed a specialist in 1973.

It has been stated that healthy families recognize that stresses are a means of identifying family strengths (4:2). Stress, a favorite term in the eighties, has received much attention in executive and medical circles. Only recently has the term "family stress" come into being. Curran points out that because of the interrelationships involved, family stress is different from other forms of stress (4:10). She also believes family and society are interdependent and that family stress is now receiving attention because it is spilling over into society (4:9).

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*Numbers in parentheses refer to alphabetically listed sources in the Bibliography.

Eliot and Breo consider stress to be only a burden when persons respond to it by feeling they have lost control (6:20). It is very important to families which Extension has pledged to strengthen and to society in general that research be done to determine causes of stress becoming a burden to families. This will enable programs to be developed wherein families learn to control their stress instead of allowing stress to control their family life.

II. NEED FOR THE STUDY

To filfill its mission, the Agricultural Extension Service has long been involved with planning and decision-making processes in developing its programs. These processes have been refined into an accountability and evaluation system which revolves around a four-year program and evaluation cycle. Part of the evaluation of extension home economics programs in 1984 included the family life area.

This study is needed to assist in understanding stress in Tennessee households. In order for extension agents to better plan and conduct their educational programs more effectively, this study was designed to show relationships between homemakers' personal characteristics and selected variables regarding stress, worry, guilt, satisfaction and dissatisfaction. To further assist extension agents, number and type of contacts homemakers had with extension agents were included and their relationships to stress management were studied. It is hoped that this study will give agents a better perspective of stress in family life and will aid in future planning and teaching.

III. PURPOSES AND OBJECTIVES OF THE STUDY

The purpose of this study was to gain knowledge concerning the relationships of personal and family characteristics to Tennessee Homemakers' stress management. Five areas of stress management were identified for study. These were selected sources of stress, worry, guilt, satisfaction and dissatisfaction. Personal and family characteristics studied included extension audience, family structure, educational level, age and employment outside the home.

Specific objectives were:

1. To describe the personal and family characteristics of homemakers, the number and type of contacts they had with extension, types of family living information they received from extension and use of other sources for family living information.

2. To determine the levels of homemakers' stress, worry, guilt, satisfaction and dissatisfaction.

3. To determine relationships between homemakers' family structures, educational levels, ages and employment outside the home to their levels of stress, worry, guilt, satisfaction and dissatisfaction.

4. To determine relationships between homemakers' scores on five stress management variables to selected personal and family characteristics.

5. To determine relationships between homemakers' scores on the five stress management variables to their contacts with extension.

IV. LIMITATIONS OF THE STUDY

This study was limited to data obtained from the 1984 Family Living Survey conducted by the Tennessee Agricultural Extension Service in all counties except Lake County. Sources of stress, worry, dissatisfaction, guilt and satisfaction were limited to those selected by the Family Life Specialist.

V. METHODS AND PROCEDURES

In this section, the methods and procedures used to obtain and analyze survey data and how the study was organized are discussed.

Population and Sample Studied

The population for this study consisted of homemakers from 94 Tennessee counties. Thirty homemakers from one or more of the seven potential audiences: (1) Home Demonstration Club Member, (2) young non-club member, (3) EFNEP, (4) 4-H parent or leader, (5) housing program homemaker, (6) special interest homemaker, or (7) general public were randomly selected and interviewed by Extension Home Economists. A total of 2789 homemakers were surveyed across Tennessee.

Survey Instrument

The instrument (see Appendix) was developed by Marion Mariner, Tennessee Agricultural Extension Service Family Life Specialist. The survey covered a 12-month time period and was designed to reveal personal and family characteristics of the homemakers and their feelings about stress management, parenting and family practices. Sources of Family

Living information, and information received from extension as well as number of extension contacts were requested.

This study was centered on part I of the survey, Stress Management and Parenting. Participants responded with almost never, rarely, frequently, or almost always to selected sources of stress, worry, dissatisfaction, guilt and satisfaction.

Part III of the survey was also studied which asked the homemakers to indicate the frequency of use of the following sources of information, help, or advice about family living: friends, relatives, church, schools, extension agents and other professionals.

Number and type of extension contacts were studied in part IV of the survey. Participants were first asked to answer no, yes, or does not apply as to whether they had received information from extension on the following topics: Parenting and child development; marital relations and family communications; handling stress and tension; handling depression; personal growth and life planning; mid-life/mid-career decision making and family reading. Participants were then asked the actual (estimate) number of contacts they had with extension through each of the following methods: Attendance at extension meetings; visits made to the extension office; telephone calls made to the extension office; and newsletters received from extension agents.

Part V was titled identification and requested the homemakers to indicate the best description of personal and family characteristics related to extension audience, family structure, educational level, age and employment outside the home.

Analysis of Data

The completed survey instruments were mailed by the Extension Home Economists to their Associate District Supervisors, Home Economics, and were then forwarded to the Tennessee Agricultural Extension Education office, University of Tennessee, Knoxville. Statistical analysis was done by computer. The one-way analysis of variance F-test was used to determine the significance of relationships between homemakers' scores on stress management and two independent variables (personal and family characteristics and the number of contacts with Extension). A probability level of .05 was considered as being statistically significant. The Chi Square statistical test was used to determine relationships between homemakers' characteristics and stress management variables.

Study Organization

The study was organized into three chapters of findings. The first chapter (i.e., Chapter III) was designed to give a profile of the homemakers participating in the survey. This chapter was divided into four sections for reporting and analysis. The first section consists of personal and family characteristic data. The second section presents data on number and type of contacts homemakers reported having with extension agents. The third section consists of data regarding types of family living information homemakers received from extension and other sources used for family living information. The fourth section is an analysis of frequencies which the homemakers reported stress management regarding selected sources of stress, worry, guilt, satisfaction and dissatisfaction.

The second chapter of findings (i.e., Chapter IV) was designed to determine the influence of homemakers' characteristics and their responses to stress management variables. This chapter was divided into four sections. The first section consists of an analysis of the relationships between the homemakers' family structures to stress management variables. The second section is an analysis of the relationships between homemakers' educational levels to stress management variables. The third section consists of an analysis of relationships between homemakers' ages to stress management variables. The fourth section is an analysis of the relationships between homemakers' employment outside the home to stress management variables.

The third chapter of findings (i.e., Chapter V) was designed to determine the relationships between scores on each of the selected areas of stress management to the characteristics of homemakers and numbers of contacts with extension. Each of the five areas were scored as to the homemakers' response regarding frequency of the variable. A response of almost never received a score of 1; rarely, 2; frequently, 3; and almost always, 4 (i.e., if a homemaker responded almost always to each of the five sources of worry, 20 would be the homemaker's score on sources of worry). This chapter was divided into five sections. The first consisted of an analysis of the relationships between the homemakers' scores on stress to their characteristics and contacts with extension. The second section is an analysis of the relationships between homemakers' scores on worry to their characteristics and contacts with extension. The third section gives an analysis of the relationships

between homemakers' scores on satisfaction to their characteristics and contacts with extension. The fifth section consists of an analysis of the relationships between homemakers' scores on dissatisfaction to their characteristics and contacts with extension.

CHAPTER II

RELATED STUDIES

I. INTRODUCTION

A vast amount of literature has been written on stress, what it means, its history, how it affects the body and mind and what to do about it--ways to fight it, reduce it, control it or manage it. Books on any or all of these subjects fill the "how-to" shelves of book stores and libraries. Literature on family stress is just beginning to become available as studies are being completed linking stress to the health of more than individuals, to the health of families. The term health used here encompassing more than the physical and mental status of family members; more as a description of how the unit functions in relation to the families' quality of life.

II. SELECTED FINDINGS

Rossman states that families are in danger due to tensions brought on by urbanization, industrialization and the transition into a new post industrial age (8:142).

A study of stress among Washington families revealed that their most prevalent sources of stress were family relationships, time pressures, work or school pressures, financial problems and global concerns. A number of variations in sources of stress were found based on age, sex, education and income of respondents (10:2). Respondents age 40-49 reported facing the greatest stress while those older

reported the least (10:14). Those under age 50 felt the most pressured by time. Time caused greater stress more often for families with children at home (10:9). Women more than men tended to report concern about children and about an aging parent as sources of great stress. Men more than women tended to feel more stress about job security (10:8). Respondents with higher levels of education reported having more stress than those with lower levels of education. However, respondents with lower levels of income and education reported feeling more stress from finances and all its attendant problems. Respondents with lower levels of education were more likely to report family relationships as the single most stressful source in their lives (10:15). Results of the Washington study suggested that stress is indeed a significant problem among families in that state. Two-thirds of the random sample of the 603 households said they faced either great or moderate stress in their daily lives with one-half saying they faced more stress today than five years ago.

The University of California Cooperative Extension Service life-style mail survey involved over 1900 Californians. Twenty-two to 27 percent reported severe tension, and frequently or very frequently having too little time to relax or pursue projects just for their own enjoyment (3:9). There was no significant difference between responses of women and men regarding the amount of tension, lack of time for personal projects or to lack of time to spend with children. It was indicated that overall life satisfaction was not affected by employment as there was no significant difference between men employed over 40 hours a week or between the employed and unemployed women in reported

life satisfaction (3:6). Women's employment tended to cause time pressure. Mothers employed full-time outside the home tended significantly to feel guilty more frequently for not having more time to spend with children than non-working mothers (3:10). A significantly greater proportion of women than men who were employed outside the home over 40 hours a week reported experiencing too little time to relax and too little help from spouse with household chores, child rearing and career development (3:5). There was no significant difference between working and non-working women regarding tension or the extent to which they experienced too little help from their spouse with chores and child rearing. It was significant in comparing employed and unemployed women that those employed tended to be dissatisfied with husband's support for their own career development (3:8). Forty-five percent of respondents age 41-50 requested information or education on "mid-life/mid-career decision making." Thirty-four percent of all respondents requested help in "handling stress and tension" (3:9).

Internal family stress is specific to the stage of life cycle and family configuration (1:457). It has been described as having three levels. The "intrapsychic" is the first level and influences all members of the family as individuals. "Interpersonal," the second level, involves physical resources such as time and money. "Systemic" is the final level of stress and represents the family's composite stress. All family members are influenced by conflict or tension between any two members. This is unavoidable and continuous (1:456). This study of normative stress in young families further stated that all

three of the stress levels may be simultaneous with the family and that each level feeds into the next (1:456).

Results of Keith and Schafer's study of role strain and depression in two-job families showed that women in two-job families experienced significantly more strain than men being especially bothered that their job interfered with family and amount of their work interfered with how well it was done. The most important variable explaining work-family strain in this study was hours per week spent at work. Men and women who had higher strain spent more time at work. Although younger men and women and those who had more children at home experienced more work-family strain than older men and women with fewer or no children at home, it was not all due to the children (7:486). Data suggested that age also influenced the role strain (7:487). Women expressed an increased level of strain as their husbands spent more time at work. The amount of time the wife spent at work was not significant to the strain of the husbands (7:486). Time demands and family life cycle stage were factors which fostered role strain in two-job families (7:487).

Curran believes that one of the family's most frustrating problems is its loss of control of its time. Parents need to learn to control family life by prioritizing, evaluating, and carefully selecting family activities. Our institutions, i.e., schools, churches, have all kinds of activities keeping family members apart. Organized sports and national youth groups such as scouts and 4-H "have professed goals of bringing the family closer together by paradoxically taking it away from home to attend meetings, go on trips, and do projects" (5:123). She attributes all of this activity and fragmentation of families to

the concept started in the fifties that the more involved a family, the healthier it was. Curran's survey of 551 family professionals contradicted this fifties thinking by saying that the healthy family spends more time together (5:125).

Bryan's study of Tennessee homemakers revealed that the highest percent of the respondents often worried about family finances. The next highest percent often worried about rearing children (2:17). It was also found that homemakers who worried about family finances, rearing children, family relationships and being overworked made fewer contacts with Extension (2:20). Responding to selected common guilt feelings, the highest percent of homemakers responded as sometimes feeling guilty from not developing talents (2:22). These homemakers made significantly fewer total Extension contacts than those who did not indicate this as a cause of guilt (2:21). "Handling stress and tension" was the topic on which more information or training was desired by the highest percentage of homemakers (2:40). These homemakers and those who wanted information on marital and family relations, handling depression, personal life planning and mid-life/mid-career decision making were found to have made more Extension contacts (2:43). In studying the relationships between employment and common causes of worry, Bryan found that a greater percentage of employed than unemployed homemakers worried about family finances, rearing children, family relationships and overwork (2:48). She noted that a slightly higher percentage of employed homemakers than unemployed homemakers felt guilty about not developing talents (2:52). Her study of dissatisfaction causes showed employed compared to unemployed homemakers had less time

for relaxation and special projects, more dissatisfactions and more frequent periods of discouragement, depression and unhappiness (2:58). Friends, relatives and the church were the most popular choices for sources of advice or help on family relationship problems of both employed and unemployed homemakers according to Bryan (2:60). More employed than unemployed homemakers desired information on parenting and child development, marital relations and family, handling stress and tension, personal growth and life planning and mid-life/mid-career decision making (2:66). It was interesting to note that "Handling Stress and Tension was the topic on which the highest percentage of both employed and unemployed homemakers responded as desiring information (2:64).

In Curran's two-year study of family stress, she found it outstanding that healthy families recognized stresses as a means of identifying family strengths. When stress was experienced, the family was tested as a unit and learned to use its strengths and resources (4:2). Her study involved 660 respondents and identified the ten most common causes of family stress (4:4). She found that many of the stresses which families face are "rooted in work patterns, school policies, church attitudes and community expectations" (4:8). Even though all families live with stress and may share the same everyday stressors, Curran was surprised to learn from her research that members of the same family may not agree as to causes of stress to their family (4:15). Her survey was distributed to respondents in four geographically scattered areas who were asked to rank stresses in their family life. She found that with the selection of the stresses,

three groups emerged: married men, married women and single mothers (4:16). Her study showed that husbands perceive different stresses than their wives and that single mothers tended to combine stresses of both married mothers and fathers (4:22). "Finances were chosen as a top stress by 58 percent of married men, 66 percent of married women and 87 percent of single mothers" (4:62). The survey showed that single mothers' compared to married couples' financial stress tended to deal with amount rather than use of money. The total group Curran surveyed ranked stress related to children's behavior as the second most common (4:99). Of the top 10 family stresses, 4 have to do with lack of time. "Insufficient couple time" was named by over half of the married women (58 percent) and married men (52 percent). "Insufficient 'me' time" was a top stress reported by 66 percent single mothers, 40 percent married women and 29 percent of married men (4:157). "Insufficient family play time" was ranked as number 9 of the top 10 stresses of the total survey sample with "Over-scheduled family calendar" ranking number 10 (4:20). Among Curran's conclusions which seemed to be most pertinent to Extension programs was that enjoyable volunteer activity reduces while unenjoyable volunteer activity increases a person's stress (4:216).

CHAPTER III

CHARACTERISTICS AND STRESS MANAGEMENT RESPONSES OF PARTICIPATING HOMEMAKERS

The purpose of this chapter is to present findings regarding characteristics of the homemakers involved in the study and their responses to stress management variables. These findings are presented in four sections.

Section I presents findings regarding personal and family characteristics of the homemakers.

Section II presents the number and type of extension contacts homemakers reported having with Extension over a 12-month period.

Section III deals with both the types of family living information homemakers received during the past 12 months from Extension and other sources used for family living information.

Section IV presents frequencies which homemakers reported stress management regarding selected sources of stress, worry, guilt, satisfaction and dissatisfaction.

I. PERSONAL AND FAMILY CHARACTERISTICS OF SELECTED TENNESSEE HOMEMAKERS

The purpose of data presented in Table I is to present findings regarding the personal and family characteristics of homemakers involved in this study. These characteristics include: (1) extension audience, (2) family structure, (3) educational level, (4) age, and (5) employment outside the home.

TABLE I. Personal and Family Characteristics of Selected Tennessee Homemakers

Homemaker Characteristics	Number of Respondents	Percent
Extension Audience		
HDC Member	1912	70.5
Young, Non-Club Member	107	3.9
EFNEP	21	0.8
4-H Parent or Leader	151	5.6
Housing Program Homemaker	26	1.0
Special Interest Homemaker	267	9.8
General Public	227	8.4
TOTAL	2711	100.0
Family Structure		
Married, No Children	226	8.2
Married, Children at Home	1396	50.6
Married, No Children at Home	756	27.4
Single, No Children	113	4.1
Single, Children at Home	97	3.5
Single, No Children at Home	170	6.2
TOTAL	2758	100.0
Educational Level		
Elementary School	186	6.8
High School	1477	54.3
Vocational School	188	6.9
College	872	32.0
TOTAL	2723	100.0
Age of Homemaker		
20-29	288	10.4
30-39	746	27.0
40-49	538	19.4
50-Over	1196	43.2
TOTAL	2768	100.0
Employment Outside Home		
Married, Husband and Wife Both Employed	856	31.1
Married, Only Husband Employed	951	34.6
Single, Employed	157	5.7
Single, Unemployed	53	1.9
Retired	731	26.7
TOTAL	2748	100.0

Extension Audience

Of the following seven categories of extension audiences: HDC Member; young, non-club member; EFNEP; 4-H parent or leader; housing program homemaker; special interest homemaker; and general public, the largest percent 70.5 percent (1912 of the 2711) homemakers responding were Home Demonstration Club (HDC) Members.

Family Structure

Characteristics included in the study were married, no children; married, children at home; married, no children at home; single, no children; single, children at home; single, no children at home. Married with children at home comprised the largest group of respondents with 1396 of the total of 2758 or 50.6 percent. The next largest group according to family structure was married with no children at home (27.4 percent or 756 homemakers).

Educational Level

Four levels of education were studied: Elementary school, high school, vocational school, and college. Over one-half (54.3 percent) of the homemakers had attended high school. Eight hundred seventy-two or 32 percent indicated college attendance as their level of education.

Age of Homemaker

Of the 2768 respondents, most of the homemakers were 50 years old or over (43.2 percent). The next largest group according to age was those 30-39 years old (27.0 percent). Other age categories included were 20-29 years old, (10.4 percent) and 40-49, (19.4 percent).

Employment Outside Home

Five categories were used as characteristics describing employment outside the home: Married, husband and wife both employed; married, only husband employed; single, employed; single, unemployed; and retired. Nine hundred fifty-one or 34.6 percent of the homemakers were married, only husband employed; 856 (31.1 percent) were married, husband and wife both employed; and 731 (26.7 percent) were retired.

Table Summary

Table I presented a profile of the homemakers participating in the study. The largest percents were Home Demonstration Club Members, were married with children at home, had attended high school and were 50 years old or older. A little less than one-third of the homemakers were married, husband and wife both employed, and a little more than one-third of the homemakers responded as married, only husband employed. Over one-fourth of the homemakers were retired.

II. NUMBER AND TYPE OF EXTENSION CONTACTS HOMEMAKERS REPORTED HAVING WITH EXTENSION AGENTS OVER A 12-MONTH PERIOD

Section II and Table II present the number, percent and mean of the following four types of contacts with extension agents by the homemakers involved in the study: (1) all types of extension meetings, (2) visits to the extension office, (3) telephone calls to the extension office, and (4) newsletters received from extension agents.

TABLE II. Number and Type of Extension Contacts Homemakers Reported Having with Extension Agents Over a 12-Month Period

Number and Type of Extension Contacts (past 12 months)	Number of Respondents	Percent	Mean Value*
Extension Meetings-All Types			
Not Any	309	11.4	
1-8	809	29.8	
9-12	847	31.2	
13-Over	752	27.6	
TOTAL	2717	100.0	9.9
Visits to Extension Office			
Not Any	873	32.5	
1-2	700	26.1	
3-5	545	20.3	
6-Over	568	21.1	
TOTAL	2686	100.0	3.9
Telephone Calls to Extension Office			
Not Any	719	26.8	
1-3	787	29.2	
4-9	663	24.6	
10-Over	522	19.4	
TOTAL	2691	100.0	5.4
Newsletters Received from Extension Agents			
Not Any	287	10.5	
1-6	673	24.7	
7-12	1499	54.9	
13-Over	269	9.9	
TOTAL	2728	100.0	9.2

*Mean values include respondents having no extension contacts.

Extension Meetings--All Types

Of the 2717 homemakers responding, 27.6 percent (752) reported attending 13 or more extension meetings while 11.4 percent (309) reported not having attended any extension meetings in the past 12 months. Attending from 1-8 meetings were 29.8 percent (809) of the respondents and the largest percent 31.2 percent (847) reported attending 9-12 meetings. The mean attendance at extension meetings was 9.9.

Visits of Extension Office

Of the 2686 homemakers responding, 21.1 percent (752) reported 6 or more visits to the extension office while 32.5 percent (873) reported no visits in the past 12 months. Visiting 1-2 times were 26.1 percent (700) and 20.3 percent (545) reported 3-5 visits to the extension office. The mean number of visits was 3.9.

Telephone Calls to Extension Office

Of the 2691 homemakers responding, 19.4 percent (522) reported calling 10 or more times, while 26.8 percent (719) reported no calls to the extension office in the past 12 months. The largest percent 29.2 percent (787) reported placing from 1-3 calls, and 24.6 percent (663) called the extension from 4-9 times. The mean number of telephone calls was 5.4.

Newsletters Received from Extension Agents

Of the 2728 homemakers responding, 9.9 percent (269) reported receiving 13 or more newsletters, while 10.5 percent (287) reported having no newsletters from extension agents. The largest percent

54.9 percent (1499) reported receiving from 9-12 newsletters and 24.7 percent (673) reported 1-6 newsletters received from extension agents over the past 12 months. The mean number of newsletters homemakers received was 9.2.

Table Summary

Extension meetings were the most frequent contact that homemakers had with a mean of 9.9 meetings attended. Newsletters were the next most frequent method of contact with extension having a mean of 9.2. Contact with extension through telephone calls to the extension office had a mean of 5.4. The method of contact homemakers used the least was visits to the extension office which had a mean of 3.9.

III. TYPES OF FAMILY LIVING INFORMATION HOMEMAKERS RECEIVED DURING THE PAST 12 MONTHS FROM EXTENSION AND OTHER SOURCES USED FOR FAMILY LIVING INFORMATION

This section and Table III contain data on the type of information homemakers received from extension regarding family living. Also included is the frequency homemakers used other sources of information to receive help or advice about family living.

Types of Family Living Information Received from Extension

Homemakers responded with Yes or No as to whether or not they had received information from extension on each of the following types of family living information: (1) parenting and child development, (2) marital relations and family communications, (3) handling stress

TABLE III. Types of Family Living Information Homemakers Received During the Past 12 Months from Extension and Other Sources Used for Family Living Information

Types of Information and Other Sources	Number of Respondents	Percent
Types of Information		
Parenting and Child Development		
No	979	42.9
Yes	1301	57.1
TOTAL	2280	100.0
Marital Relations and Family Communications		
No	1165	46.6
Yes	1333	53.4
TOTAL	2498	100.0
Handling Stress and Tension		
No	802	30.4
Yes	1839	69.6
TOTAL	2641	100.0
Handling Depression		
No	1236	47.2
Yes	1385	52.8
TOTAL	2621	100.0
Personal Growth and Life Planning		
No	1091	42.1
Yes	1503	57.9
TOTAL	2594	100.0
Mid-Life/Mid-Career Decision Making		
No	1617	65.2
Yes	862	34.8
TOTAL	2479	100.0
Family Reading		
No	889	33.8
Yes	1741	66.2
TOTAL	2630	100.0

TABLE III (Continued)

Types of Information and Other Sources	Number of Respondents	Percent
Information Sources		
Extension Agents		
Almost Never	462	17.3
Rarely	719	26.9
Frequently	1115	41.7
Almost Always	377	14.1
TOTAL	2673	100.0
Friends		
Almost Never	350	12.8
Rarely	746	27.3
Frequently	1311	48.0
Almost Always	324	11.9
TOTAL	2731	100.0
Relatives		
Almost Never	321	11.8
Rarely	787	28.8
Frequently	1171	42.9
Almost Always	450	16.5
TOTAL	2729	100.0
Church		
Almost Never	287	10.5
Rarely	551	20.3
Frequently	1166	42.7
Almost Always	724	26.5
TOTAL	2728	100.0
Schools		
Almost Never	761	34.7
Rarely	732	33.4
Frequently	566	25.8
Almost Always	133	6.1
TOTAL	2192	100.0
Other Professionals		
Almost Never	1021	40.6
Rarely	786	31.2
Frequently	555	22.1
Almost Always	153	6.1
TOTAL	2515	100.0

and tension, (4) handling depression, (5) personal growth and life planning, (6) mid-life/mid-career decision making, and (7) family reading.

Parenting and child development. Of the 2280 homemakers responding, 57.1 percent had and 42.9 percent had not received information from extension on parenting and child development.

Marital relations and family communications. Of the 2498 homemakers responding, 53.4 percent had and 46.6 percent had not received information from extension on marital relations and family communications.

Handling stress and tension. Of the 2641 homemakers responding, 69.6 percent had and 30.4 percent had not received information from extension on handling stress and tension.

Handling depression. Of the 2621 homemakers responding, 52.8 percent had and 47.2 percent had not received information from extension on handling depression.

Personal growth and life planning. Of the 2594 homemakers responding, 57.9 percent had and 42.1 percent had not received information from extension on personal growth and life planning.

Mid-life/mid-career decision making. Of the 2479 homemakers responding, 34.8 percent had and 65.2 percent had not received information from extension on mid-life/mid-career decision making.

Family reading. Of the 2630 homemakers responding, 66.2 percent had and 33.8 percent had not received information from extension on family reading.

Sources for Family Living Information

Homemakers responded as to the frequency the following family living information sources were used: (1) extension agents, (2) friends, (3) relatives, (4) church, (5) schools, and (6) other professionals.

Extension agents. Of the 2673 homemakers, the largest percent (41.7 percent) responded as frequently using extension agents. The smallest percent (17.3 percent) responded as almost never using extension agents as sources for family living.

Friends. Of the 2731 homemakers, the largest percent (48 percent) responded as frequently using friends. The smallest percent (11.9 percent) responded as almost always using friends as sources for family living information.

Relatives. Of the 2729 homemakers, the largest percent (42.9 percent) responded as frequently using relatives. The smallest percent (11.8 percent) responded as almost never using relatives as sources for family living information.

Church. Of the 2728 homemakers, the largest percent (42.7 percent) responded as frequently using the church. The smallest percent (10.5 percent) responded as almost never using the church as a source for family living information.

Schools. Of the 2192 homemakers, the largest percent (34.7 percent) responded as almost never using schools. The smallest percent

(6.1 percent) responded as almost always using schools as a source for family living information.

Other professionals. Of the 2515 homemakers, the largest percent (40.6 percent) responded as almost never using other professionals. The smallest percent (6.1 percent) responded as almost always using other professionals as sources for family living information.

Table Summary

Table III presents data regarding the type of family living information homemakers received from extension. The table also presented other sources for family living information and the frequency of their use by homemakers. Of the selected topics, more homemakers reported receiving information on handling stress and tension than any other topic studied. The smallest percent of homemakers reported receiving information on mid-life/mid-career decision making.

Regarding use of other sources for family living information, the church, friends, relatives and extension agents were almost always or frequently used as sources for family living information by high percentages of the homemakers.

IV. FREQUENCIES WHICH HOMEMAKERS REPORTED FEELINGS REGARDING SELECTED SOURCES OF STRESS, WORRY, GUILT, SATISFACTION AND DISSATISFACTION

The purpose of this section and data presented in Table IV is to present frequencies which homemakers responded to selected variables in the following five areas of stress management: (1) sources of stress,

TABLE IV. Frequencies Which Homemakers Reported Feelings Regarding Selected Sources of Stress, Worry, Guilt, Satisfaction and Dissatisfaction

Homemakers' Feelings	Number of Respondents	Percent	Mean Score
Sources of Stress			
Need More Time With Children			
Almost Never	277	13.1	
Rarely	535	25.2	
Frequently	955	45.2	
Almost Always	348	16.5	
TOTAL	2115	100.0	2.65
Need More Time to Relax			
Almost Never	285	10.5	
Rarely	618	22.7	
Frequently	1216	44.5	
Almost Always	608	22.3	
TOTAL	2727	100.0	2.79
Need More Time for Special Projects			
Almost Never	267	9.8	
Rarely	660	24.1	
Frequently	1249	45.6	
Almost Always	560	20.5	
TOTAL	2736	100.0	2.77
Feel Discouraged, Unhappy and/or Depressed			
Almost Never	921	34.0	
Rarely	1151	42.5	
Frequently	524	19.4	
Almost Always	110	4.1	
TOTAL	2706	100.0	1.93
Score on Stress (16 possible)			
4-9	739	35.9	
10-12	992	48.3	
13-16	325	15.8	
TOTAL	2056	100.0	10.2
Sources of Worry			
Family Finances			
Almost Never	673	24.6	
Rarely	1097	40.2	
Frequently	590	21.6	
Almost Always	372	13.6	
TOTAL	2732	100.0	2.24
Rearing Children			
Almost Never	344	17.7	
Rarely	615	31.6	
Frequently	585	30.1	
Almost Always	401	20.6	
TOTAL	1945	100.0	2.54
Family Relationships			
Almost Never	657	24.5	
Rarely	1078	40.2	
Frequently	650	24.2	
Almost Always	298	11.1	
TOTAL	2683	100.0	2.22

TABLE IV (Continued)

Homemakers' Feelings	Number of Respondents	Percent	Mean Score
Sources of Worry (Continued)			
Overwork			
Almost Never	931	34.4	
Rarely	974	36.0	
Frequently	520	19.2	
Almost Always	280	10.4	
TOTAL	2705	100.0	2.06
Growing Older			
Almost Never	1177	43.2	
Rarely	960	35.2	
Frequently	373	13.7	
Almost Always	215	7.9	
TOTAL	2725	100.0	1.86
Score on Worry (20 possible)			
5-9	634	33.3	
10-13	840	44.2	
14-20	429	22.5	
TOTAL	1903	100.0	11.1
Sources of Guilt			
Not Spending Enough Time With Spouse			
Almost Never	590	25.7	
Rarely	795	34.6	
Frequently	716	31.1	
Almost Always	198	8.6	
TOTAL	2299	100.0	2.23
Not Developing Own Talents			
Almost Never	434	16.1	
Rarely	984	36.4	
Frequently	983	36.4	
Almost Always	302	11.1	
TOTAL	2703	100.0	2.43
Not Making Own Money			
Almost Never	1022	41.5	
Rarely	689	28.0	
Frequently	458	18.6	
Almost Always	294	11.9	
TOTAL	2463	100.0	2.01
Not Spending Enough Time on Self			
Almost Never	523	19.1	
Rarely	969	35.4	
Frequently	914	33.4	
Almost Always	329	12.1	
TOTAL	2735	100.0	2.38
Score on Guilt (16 possible)			
4-7	568	26.7	
8-10	950	44.6	
11-16	612	28.7	
TOTAL	2130	100.0	9.1
Sources of Satisfaction			
Need to Improve Security			
Almost Never	539	19.6	
Rarely	874	31.8	
Frequently	895	32.5	
Almost Always	443	16.1	
TOTAL	2751	100.0	2.45

TABLE IV (Continued)

Homemakers' Feelings	Number of Respondents	Percent	Mean Score
Sources of Satisfaction (Continued)			
Need to Improve Health			
Almost Never	254	9.2	
Rarely	803	29.1	
Frequently	1097	39.7	
Almost Always	608	22.0	
TOTAL	2762	100.0	2.75
Need to Improve Spiritual Life			
Almost Never	216	7.8	
Rarely	494	17.9	
Frequently	1170	42.5	
Almost Always	876	31.8	
TOTAL	2756	100.0	2.98
Need to Improve Goal Achievements			
Almost Never	311	11.5	
Rarely	855	31.6	
Frequently	1059	39.2	
Almost Always	480	17.7	
TOTAL	2705	100.0	2.63
Need to Improve Family Relationships			
Almost Never	401	14.8	
Rarely	844	31.2	
Frequently	965	35.6	
Almost Always	499	18.4	
TOTAL	2709	100.0	2.58
Score on Satisfaction (20 possible)			
5-11	762	29.0	
12-15	1214	46.2	
16-20	652	24.8	
TOTAL	2628	100.0	13.3
Sources of Dissatisfaction			
Feel Satisfied with Extent Spouse Helps with:			
Personal Development			
Almost Never	358	15.5	
Rarely	577	25.0	
Frequently	771	33.3	
Almost Always	606	26.2	
TOTAL	2312	100.0	2.70
Household Chores			
Almost Never	441	18.9	
Rarely	682	29.2	
Frequently	705	30.2	
Almost Always	510	21.7	
TOTAL	2338	100.0	2.55
The Children			
Almost Never	237	13.6	
Rarely	354	20.4	
Frequently	602	34.6	
Almost Always	546	31.4	
TOTAL	1739	100.0	2.84
Score on Dissatisfaction (12 possible)			
3-6	479	28.0	
7-9	747	43.7	
10-12	484	28.3	
TOTAL	1710	100.0	8.02

(2) sources of worry, (3) sources of guilt, (4) sources of satisfaction, and (5) sources of dissatisfaction. The percentages of respondents have been rounded to the nearest whole number.

Sources of Stress

Homemakers responded as to the frequency they felt the following were sources of stress: (1) need more time with children, (2) need more time to relax, (3) need more time for special projects, and (4) feel discouraged, unhappy and/or depressed.

Need more time with children. Of the 2115 homemakers responding, the largest percent (45 percent) felt that needing more time with children was frequently a source of stress. About 13 percent of the homemakers almost never and about 17 percent almost always thought this was a source of stress. The homemakers' mean score on needing more time with children was 2.65 out of a possible score of 4.0.

Need more time to relax. Of the 2727 homemakers responding, the largest percent felt that needing more time to relax was frequently a source of stress. About 11 percent of the homemakers almost never and 2.2 percent almost always thought this was a source of stress. The homemakers' mean score on needing more time to relax was 2.79 (4.0 possible score).

Need more time for special projects. Of the 2736 homemakers responding, the largest percent (46 percent) felt that needing more time for special projects was frequently a source of stress. About 10 percent of the homemakers almost never and about 21 percent almost

always thought this was a source of stress. The homemakers' mean score on needing more time for special projects was 2.77.

Feel discouraged, unhappy and/or depressed. Of the 2706 homemakers responding, the largest percent (43 percent) rarely felt discouraged, unhappy and/or depressed. Thirty-four percent of the homemakers almost never and only about 4 percent almost always thought this was a source of stress. The homemakers' mean score on feeling discouraged, unhappy and/or depressed as a source of stress was 1.93.

Score on stress. With 16 as the possible score on the four stress items, the mean score was 10.2 for the 2056 homemakers who responded. Almost 36 percent had a score between 4-9, just over 48 percent scored between 10-12 and almost 16 percent scored between 13-16.

Source of Worry

Homemakers responded as to the frequency they felt the following were sources of worry: (1) family finances; (2) rearing children; (3) family relationships; (4) overwork, and (5) growing older.

Family finances. Of the 2732 homemakers responding, the largest percent (40 percent) rarely worried about family finances. About 25 percent of the homemakers almost never and about 14 percent almost always thought this was a source of worry. The homemakers' mean score on family finances as a source of worry was 2.24 out of a possible score of 4.0.

Rearing children. Of the 1945 homemakers responding, the largest percent (32 percent) rarely and 30 percent frequently worried about

rearing children. About 18 percent almost never and about 21 percent almost always thought this was a source of worry. The homemakers' mean score on rearing children as a source of worry was 2.54.

Family relationships. Of the 2683 homemakers responding, the largest percent (40 percent) rarely worried about family relationships. About 25 percent of the homemakers almost never and 24 percent frequently worried about family relationships. About 11 percent almost always thought this was a source of worry. The homemakers' mean score on family relationships as a source of worry was 2.22.

Overwork. Of the 2705 homemakers responding, the largest percent (36 percent) rarely worried about overwork. Over 34 percent of the homemakers almost never and over 10 percent almost always thought this was a source of worry. The homemakers' mean score on overwork as a source of worry was 2.06.

Growing older. Of the 2725 homemakers responding, the largest percent (43 percent) almost never worried about growing older. About 35 percent of the homemakers rarely and only about 8 percent almost always thought this was a source of worry. The homemakers' mean score on growing older as a source of worry was 1.86.

Score on worry. With 20 as the possible score on the 5 scores of worry items, the mean score was 11.1 for the 1903 homemakers responding. About 44 percent had a score between 10-13, one third or 33 percent scored between 5-9, and about 23 percent scored between 14-20.

Sources of Guilt

Homemakers responded as to the frequency they felt the following were sources of guilt: (1) not spending enough time with spouse; (2) not developing own talents; (3) not making own money, and (4) not spending enough time on self.

Not spending enough time with spouse. Of the 2299 homemakers responding, the largest percent (35 percent) rarely felt guilty about not spending enough time with spouse. About 26 percent of the homemakers almost never and about 9 percent almost always thought this was a source of guilt. The homemakers' mean score on not spending enough time with spouse as a source of guilt was 2.23 out of a possible score of 4.0.

Not developing own talents. Of the 2703 homemakers responding, about 36 percent rarely and 36 percent frequently felt guilty about not developing own talents. About 16 percent almost never and about 11 percent almost always thought this was a source of guilt. The homemakers' mean score on not developing own talents as a source of guilt was 2.43.

Not making own money. Of the 2463 homemakers responding, the largest percent (42 percent) almost never felt guilty about not making own money. Twenty-eight percent rarely and about 13 percent almost always thought this was a source of guilt. The homemakers' mean score on not making own money as a source of guilt was 2.01.

Not spending enough time on self. Of the 2735 homemakers responding, the largest percent (35 percent) rarely and about 33 percent frequently felt guilty about not spending enough time on self. About

19 percent almost never and about 12 percent almost always thought this was a source of guilt. The homemakers' mean score on not spending enough time on self as a source of guilt was 2.38.

Score on guilt. With 16 as the possible score on the four guilt items, the mean score was 9.1 for the 2130 homemakers responding. About 45 percent had a score between 8-10, about 27 percent scored between 4-7 and 29 percent scored between 11-16.

Sources of Satisfaction

Homemakers responded as to the frequency they felt the need to improve the following sources of satisfaction: (1) security; (2) health; (3) spiritual life; (4) goal achievements, and (5) family relationships.

Need to improve security. Of the 2751 homemakers responding, the largest percent (33 percent) frequently and about 32 percent rarely felt the need to improve security while about 20 percent almost never and about 16 percent almost always felt the need to improve security. The homemakers' mean score on need to improve security as a source of satisfaction was 2.45 out of a possible score of 4.0.

Need to improve health. Of the 2762 homemakers responding, the largest percent (40 percent) frequently felt the need to improve health while about 9 percent almost never and 22 percent almost always felt the need to improve health. The homemakers' mean score on need to improve health as a score of satisfaction was 2.75 out of a possible score of 4.0.

Need to improve spiritual life. Of the 2756 homemakers responding, the largest percent (43 percent) frequently felt the need to improve spiritual life while about 8 percent almost never and about 32 percent almost always felt the need to improve spiritual life. The homemakers' mean score on need to improve spiritual life as a source of satisfaction was 2.98 out of a possible score of 4.0.

Need to improve goal achievements. Of the 2705 homemakers responding, the largest percent (39 percent) frequently felt the need to improve goal achievements while about 12 percent almost never and about 18 percent almost always felt the need to improve goal achievements. The homemakers' mean score on need to improve goal achievements as a source of satisfaction was 2.63 out of a possible score of 4.0.

Need to improve family relationships. Of the 2709 homemakers responding, the largest percent (36 percent) frequently felt the need to improve family relationships while about 15 percent almost never and about 18 percent almost always felt this need. The homemakers' mean score on need to improve family relationships as a source of satisfaction was 2.58.

Score on satisfaction. With 20 as the possible score for the 5 items, the mean score was 13.3 for the 2628 homemakers responding, about 46 percent had a score between 12-15, 29 percent scored between 5-11 and 25 percent scored between 16-20.

Scores of Dissatisfaction

Homemakers responded as to the frequency they felt satisfied with the extent to which their spouse helped with the following: (1) their personal development; (2) household chores, and (3) the children.

Personal development. Of the 2312 homemakers responding, the largest percent (33 percent) frequently felt satisfied with extent spouse helped with personal development while about 16 percent almost never and about 26 percent almost always felt satisfied with help received from spouse on personal development. The homemakers' mean score on satisfaction with extent spouse helped with personal development was 2.70 out of a possible score of 4.0.

Household chores. Of the 2338 homemakers responding, the largest percent (30 percent) frequently and 29 percent rarely felt satisfied with extent spouse helped with household chores. About 19 percent almost never and about 22 percent almost always felt satisfied. The homemakers' mean score on satisfaction with extent spouse helped with household chores was 2.55 out of a possible score of 4.0.

The children. Of the 1739 homemakers responding, the largest percent (35 percent) frequently felt satisfied with extent spouse helped with the children while about 14 percent almost never and about 31 percent almost always felt satisfied. The homemakers' mean score on satisfaction with extent spouse helped with the children was 2.84 out of a possible score of 4.0.

Score on dissatisfaction. With 12 as the possible score on the 3 sources of dissatisfaction items, the mean score was 8.02 for the 1710 homemakers responding. About 44 percent had a score between 7-9, 28 percent scored between 3-6 and 28 percent scored between 10-12.

Table Summary

Using the homemakers' mean scores, comparisons may be made among the selected sources of stress, worry, guilt, satisfaction and dissatisfaction. "Need more time to relax" had the highest mean score (2.79) indicating homemakers thought it was the most frequent source of stress. "Feel discouraged, unhappy, and/or depressed" had the lowest mean score (1.93) indicating homemakers thought it was the least frequent source of stress.

"Rearing children" had the highest mean score (2.54) indicating homemakers thought it was the most frequent source of worry. "Growing older" had the lowest mean score (1.86) indicating homemakers thought this was the least frequent source of worry.

"Not developing own talents" had the highest mean score (2.43) indicating homemakers thought it was the most frequent source of guilt. "Not making own money" had the lowest mean score (2.01) indicating homemakers thought this was the least frequent source of guilt.

"Need to improve spiritual life" had the highest mean score (2.98) indicating homemakers thought it was the most frequent source of satisfaction. "Need to improve security" had the lowest mean score (2.45) indicating homemakers thought it was the least frequent source of satisfaction.

Feel satisfied with extent spouse helps with "household chores" had the lowest mean score (2.55) indicating homemakers felt it was the most frequent source of dissatisfaction. Feel satisfied with extent spouse helps with "the children" had the highest mean score (2.84) indicating homemakers felt it was the least frequent score of dissatisfaction.

Chapter Summary

Analysis of the characteristics of the homemakers involved in this study showed the largest percentages of the homemakers were HDC members; married with children at home; had attended high school; were 50 years old or older; and were not employed outside the home. The most frequent contacts with extension were through meetings and newsletters from extension agents. Sources for family living information most frequently used included church, friends, relatives, and extension agents. Of the selected topics, more homemakers reported receiving information from extension on handling stress and tension and family reading than any other topic.

Analysis of the responses of the homemakers to selected stress management variables showed that the most frequent source of stress was the need for more time to relax. The most frequent source of worry was rearing children. Not developing own talents was the most frequent source of guilt. The most frequent source of satisfaction was the need to improve spiritual life. The most frequent source of dissatisfaction was the extent spouse helped with household chores.

CHAPTER IV

RELATIONSHIPS BETWEEN HOMEMAKERS' CHARACTERISTICS AND STRESS MANAGEMENT

The purpose of this chapter is to present findings regarding the relationships between homemakers' characteristics and their responses to stress management variables. These variables include selected sources of stress, worry, guilt, satisfaction and dissatisfaction. Study findings are presented in the following sections, organized according to the independent variables or homemaker characteristics. These variables are family structure, educational level, age, and employment outside home. Homemakers responded to selected sources of stress management with almost never, rarely, frequently, or almost always.

Section I presents findings regarding relationships between homemakers' family structures and stress management.

Section II presents findings regarding relationships between homemakers' educational levels and stress management.

Section III presents findings regarding relationships between homemakers' ages and stress management.

Section IV presents findings regarding relationships between homemakers' employment outside the home and stress management.

I. RELATIONSHIPS BETWEEN HOMEMAKERS' FAMILY STRUCTURE AND STRESS MANAGEMENT

The purpose of data presented in Table V is to summarize findings regarding relationships between homemakers' family structures and their responses to selected sources of stress, worry, guilt, satisfaction and dissatisfaction. Six categories were used to describe the homemakers' family structure: (1) married, no children; (2) married with children; (3) married, no children at home; (4) single, no children; (5) single with children; (6) single, no children at home.

Relationships Between Homemakers' Family Structure and Sources of Stress

The highest percent of homemakers in each family structure category responded as frequently needing more time with children. A higher percent of married homemakers with children responded as rarely needing more time with children in comparison to the single homemaker with children who answered rarely. A higher percent of singles with children responded as almost always needing more time with children in comparison to the married homemakers with children answering almost always.

Frequently needing more time to relax was the response of the highest percents of homemakers regardless of family structure category. The highest percent of homemakers responding as almost always needing more time to relax were those married with children (26.6 percent) in comparison to the lowest percent (12.6 percent) responding with almost always were those who were single with no children at home.

TABLE V. Relationships Between Homemakers' Family Structure and Stress Management

Stress Management	Family Structure: Married, No Children — Number of Respondents	Married, No Children — Percent	Married, Children — Number of Respondents	Married, Children — Percent	Married, No Children At Home — Number of Respondents	Married, No Children At Home — Percent	Single, No Children — Number of Respondents	Single, No Children — Percent	Single, Children — Number of Respondents	Single, Children — Percent	Single, No Children At Home — Number of Respondents	Single, No Children At Home — Percent
Sources of Stress												
Need More Time With Children												
Almost Never	5	13.5	144	10.6	85	17.2	2	15.4	11	12.5	27	25.5
Rarely	5	13.5	363	26.8	128	26.0	2	15.4	17	19.3	18	17.0
Frequently	22	59.5	605	44.6	223	45.2	6	46.1	41	46.6	48	45.2
Almost Always	5	13.5	244	18.0	57	11.6	3	23.1	19	21.6	13	12.3
TOTAL	37	100.0	1356	100.0	493	100.0	13	100.0	88	100.0	106	100.0
CHI SQUARE	$X^2 = 47.3$	df = 15	p = 0.001									
Need More Time To Relax												
Almost Never	23	10.6	88	6.4	109	14.9	14	13.1	13	13.5	35	22.0
Rarely	44	20.1	283	20.4	195	26.6	28	26.1	22	22.9	43	27.0
Frequently	110	50.5	646	46.6	304	41.3	42	39.3	38	39.6	61	38.4
Almost Always	41	18.8	368	26.6	126	17.2	23	21.5	23	24.0	20	12.6
TOTAL	218	100.0	1385	100.0	734	100.0	107	100.0	96	100.0	159	100.0
CHI SQUARE	$X^2 = 103.6$	df = 15	p = 0.001									
Need More Time for Special Projects												
Almost Never	17	7.8	92	6.6	99	13.4	11	10.3	13	13.7	33	20.1
Rarely	39	17.8	365	26.4	166	22.5	20	18.9	21	22.1	47	28.7
Frequently	119	54.3	646	46.5	321	43.4	50	47.2	44	46.3	60	36.6
Almost Always	44	20.1	285	20.5	153	20.7	25	23.6	17	17.9	24	14.6
TOTAL	219	100.0	1388	100.0	739	100.0	106	100.0	95	100.0	164	100.0
CHI SQUARE	$X^2 = 65.4$	df = 15	p = 0.001									
Feel Discouraged, Unhappy, Depressed												
Almost Never	85	39.0	394	28.7	317	43.5	37	34.3	20	21.4	57	36.3
Rarely	90	41.3	624	45.5	283	38.9	44	40.7	43	45.7	61	37.9
Frequently	35	16.1	304	22.2	103	14.2	19	17.6	24	25.5	31	19.3
Almost Always	8	3.6	49	3.6	25	3.4	8	7.4	7	7.4	12	7.5
TOTAL	218	100.0	1371	100.0	728	100.0	108	100.0	94	100.0	161	100.0
CHI SQUARE	$X^2 = 74.1$	df = 15	p = 0.001									

TABLE V (Continued)

Stress Management	Family Structure: Married, No Children — Number of Respondents	Married, No Children — Percent	Married, Children — Number of Respondents	Married, Children — Percent	Married, No Children At Home — Number of Respondents	Married, No Children At Home — Percent	Single, No Children — Number of Respondents	Single, No Children — Percent	Single, Children — Number of Respondents	Single, Children — Percent	Single, No Children At Home — Number of Respondents	Single, No Children At Home — Percent
Sources of Worry												
Family Finances												
Almost Never	65	29.8	213	15.3	297	40.4	29	27.1	13	13.3	51	31.7
Rarely	92	42.2	565	40.8	294	39.9	48	44.9	22	22.7	67	41.6
Frequently	37	17.0	374	27.0	101	13.7	19	17.8	31	32.0	24	14.9
Almost Always	24	11.0	234	16.9	44	6.0	11	10.2	31	32.0	19	11.8
TOTAL	218	100.0	1386	100.0	736	100.0	107	100.0	97	100.0	161	100.0
CHI SQUARE	$X^2 = 261.3$	df = 15	p = 0.001									
Rearing Children												
Almost Never	18	38.3	99	7.4	166	44.7	7	43.8	13	14.9	36	52.9
Rarely	19	40.4	440	32.8	105	28.3	6	37.5	24	27.7	18	26.5
Frequently	7	14.9	474	35.3	62	16.7	3	18.7	25	28.7	11	16.2
Almost Always	3	6.4	329	24.5	38	10.3	0	0.0	25	28.7	3	4.4
TOTAL	47	100.0	1342	100.0	371	100.0	16	100.0	87	100.0	68	100.0
CHI SQUARE	$X^2 = 397.8$	df = 15	p = 0.001									
Family Relationships												
Almost Never	73	33.5	261	18.9	228	31.5	26	29.5	18	18.8	43	28.7
Rarely	84	38.5	558	40.4	297	41.0	37	42.0	39	40.6	58	38.7
Frequently	46	21.1	392	28.3	129	17.8	19	21.7	24	25.0	35	23.3
Almost Always	15	6.9	172	12.4	70	9.7	6	6.8	15	15.6	14	9.3
TOTAL	218	100.0	1383	100.0	724	100.0	88	100.0	96	100.0	150	100.0
CHI SQUARE	$X^2 = 77.3$	df = 15	p = 0.001									
Overwork												
Almost Never	67	30.9	375	27.2	321	44.2	38	35.8	27	28.7	90	58.1
Rarely	84	38.7	557	40.4	226	31.1	26	24.5	40	42.6	34	21.9
Frequently	40	18.4	298	21.6	127	17.5	23	21.8	14	14.9	15	9.7
Almost Always	26	12.0	149	10.8	53	7.2	19	17.9	13	13.8	16	10.3
TOTAL	217	100.0	1379	100.0	727	100.0	106	100.0	94	100.0	155	100.0
CHI SQUARE	$X^2 = 122.5$	df = 15	p = 0.001									
Growing Older												
Almost Never	95	43.0	612	44.3	307	42.1	45	41.7	42	43.3	64	40.0
Rarely	82	37.1	517	37.4	241	33.0	33	30.6	29	29.9	54	33.8
Frequently	21	9.5	177	12.8	117	16.0	14	13.0	16	16.5	21	13.1
Almost Always	23	10.4	76	5.5	65	8.9	16	14.8	10	10.3	21	13.1
TOTAL	221	100.0	1382	100.0	730	100.0	108	100.0	97	100.0	160	100.0
CHI SQUARE	$X^2 = 38.6$	df = 15	p = 0.001									

TABLE V (Continued)

Stress Management	Family Structure: Married, No Children — Number of Respondents	Married, No Children — Percent	Married, Children — Number of Respondents	Married, Children — Percent	Married, No Children At Home — Number of Respondents	Married, No Children At Home — Percent	Single, No Children — Number of Respondents	Single, No Children — Percent	Single, Children — Number of Respondents	Single, Children — Percent	Single, No Children At Home — Number of Respondents	Single, No Children At Home — Percent
Sources of Guilt												
Not Spending Enough Time With Spouse												
Almost Never	65	31.6	233	17.0	279	40.7	1	25.0	3	23.1	4	36.3
Rarely	60	29.1	487	35.6	239	34.9	1	25.0	3	23.1	3	27.3
Frequently	59	28.6	520	38.0	126	18.4	2	50.0	5	38.5	1	9.1
Almost Always	22	10.7	127	9.4	41	6.0	0	0.0	2	15.3	3	27.3
TOTAL	206	100.0	1367	100.0	685	100.0	4	100.0	13	100.0	11	100.0
CHI SQUARE	$X^2 = 178.9$		df = 15		p = 0.001							
Not Developing Own Talents												
Almost Never	40	18.3	174	12.6	137	18.8	21	20.0	17	18.1	40	27.4
Rarely	68	31.1	527	38.0	272	37.3	37	35.2	30	31.9	47	32.2
Frequently	83	37.9	543	39.2	223	30.6	36	34.3	38	40.4	50	34.2
Almost Always	28	12.7	142	10.2	97	13.3	11	10.5	9	9.6	9	6.2
TOTAL	219	100.0	1386	100.0	729	100.0	105	100.0	94	100.0	146	100.0
CHI SQUARE	$X^2 = 50.5$		df = 15		p = 0.001							
Not Making Own Money												
Almost Never	99	51.6	437	32.7	339	51.8	46	57.5	42	56.0	54	48.6
Rarely	37	19.3	435	32.6	156	23.9	15	18.8	11	14.7	31	27.9
Frequently	37	19.3	293	21.9	87	13.3	10	12.5	13	17.3	12	10.8
Almost Always	19	9.9	170	12.7	72	11.0	9	11.3	9	12.0	14	12.6
TOTAL	192	100.0	1335	100.0	654	100.0	80	100.0	75	100.0	111	100.0
CHI SQUARE	$X^2 = 108.0$		df = 15		p = 0.001							
Not Spending Enough Time on Self												
Almost Never	42	18.7	188	13.6	187	25.2	30	27.5	17	18.5	52	33.5
Rarely	81	36.0	496	35.8	261	35.3	39	35.8	29	31.5	51	32.9
Frequently	70	31.1	540	39.0	201	27.2	26	23.9	38	41.3	33	21.3
Almost Always	32	14.2	162	11.6	91	12.3	14	12.8	8	8.7	19	12.3
TOTAL	225	100.0	1386	100.0	740	100.0	109	100.0	92	100.0	155	100.0
CHI SQUARE	$X^2 = 94.0$		df = 15		p = 0.001							

TABLE V (Continued)

Stress Management	Family Structure: Married, No Children — Number of Respondents	Married, No Children — Percent	Married, Children — Number of Respondents	Married, Children — Percent	Married, No Children At Home — Number of Respondents	Married, No Children At Home — Percent	Single, No Children — Number of Respondents	Single, No Children — Percent	Single, Children — Number of Respondents	Single, Children — Percent	Single, No Children At Home — Number of Respondents	Single, No Children At Home — Percent
Sources of Satisfaction												
Need to Improve Security												
Almost Never	58	26.0	219	15.8	193	26.0	19	17.4	7	7.2	39	23.9
Rarely	72	32.3	477	34.3	228	30.7	36	33.0	22	22.7	33	20.3
Frequently	63	28.2	497	35.8	211	28.4	37	38.9	37	38.1	45	27.6
Almost Always	30	13.5	196	14.1	111	14.9	17	15.7	31	32.0	46	28.2
TOTAL	223	100.0	1389	100.0	743	100.0	109	100.0	97	100.0	163	100.0
CHI SQUARE	$X^2 = 99.7$	df = 15	p = 0.001									
Need to Improve Health												
Almost Never	21	9.3	121	8.7	74	9.9	12	10.7	1	1.1	24	14.4
Rarely	68	30.4	461	33.2	181	24.2	33	29.5	25	26.2	31	18.6
Frequently	82	36.6	548	39.5	318	42.5	39	34.8	41	43.2	58	34.7
Almost Always	53	23.7	258	18.6	175	23.4	28	25.0	28	29.5	54	32.3
TOTAL	224	100.0	1388	100.0	748	100.0	112	100.0	95	100.0	167	100.0
CHI SQUARE	$X^2 = 56.9$	df = 15	p = 0.001									
Need to Improve Spiritual Life												
Almost Never	19	8.7	93	6.7	65	8.7	13	11.8	5	5.2	20	12.0
Rarely	37	16.8	301	21.7	96	12.9	17	15.5	17	17.5	23	13.8
Frequently	90	40.9	612	44.1	311	41.6	48	43.6	45	46.4	52	31.1
Almost Always	74	33.6	382	27.5	275	36.8	32	29.1	30	30.9	72	43.1
TOTAL	220	100.0	1388	100.0	747	100.0	110	100.0	97	100.0	167	100.0
CHI SQUARE	$X^2 = 61.3$	df = 15	p = 0.001									
Need to Improve Goal Achievements												
Almost Never	24	11.1	110	7.9	118	16.2	18	16.7	8	8.6	30	19.7
Rarely	70	32.3	453	32.7	227	31.1	25	23.1	25	26.9	49	32.2
Frequently	88	40.6	601	43.4	232	31.8	46	42.6	39	41.9	44	28.9
Almost Always	35	16.1	221	16.0	152	20.9	19	17.6	21	22.6	29	19.1
TOTAL	217	100.0	1385	100.0	729	100.0	108	100.0	93	100.0	152	100.0
CHI SQUARE	$X^2 = 74.4$	df = 15	p = 0.001									
Need to Improve Family Relationships												
Almost Never	36	16.4	138	9.9	153	20.9	21	21.6	10	10.5	39	25.3
Rarely	77	35.0	446	32.1	226	30.9	34	35.1	24	25.3	34	22.1
Frequently	71	32.2	557	40.1	216	29.5	30	30.9	35	36.8	49	31.8
Almost Always	36	16.4	249	17.9	137	18.7	12	12.4	26	27.4	32	20.8
TOTAL	220	100.0	1390	100.0	732	100.0	97	100.0	95	100.0	154	100.0
CHI SQUARE	$X^2 = 88.6$	df = 15	p = 0.001									

TABLE V (Continued)

Stress Management	Family Structure: Married, No Children — Number of Respondents	Married, No Children — Percent	Married, Children — Number of Respondents	Married, Children — Percent	Married, No Children At Home — Number of Respondents	Married, No Children At Home — Percent	Single, No Children — Number of Respondents	Single, No Children — Percent	Single, Children — Number of Respondents	Single, Children — Percent	Single, No Children At Home — Number of Respondents	Single, No Children At Home — Percent
Sources of Dissatisfaction												
Feel Satisfied with Extent Spouse Helps with Personal Development												
Almost Never	24	11.5	191	13.9	130	19.1	1	12.5	7	38.9	2	20.0
Rarely	47	22.5	382	27.8	135	19.8	2	25.0	6	33.3	2	20.0
Frequently	70	33.5	485	35.4	200	29.4	2	25.0	5	27.8	5	50.0
Almost Always	68	32.5	314	22.9	216	31.7	3	37.5	0	0.0	1	10.0
TOTAL	209	100.0	1372	100.0	681	100.0	8	100.0	18	100.0	10	100.0
CHI SQUARE	$X^2 = 58.5$	df = 15	p = 0.001									
Feel Satisfied with Extent Spouse Helps with Household Chores												
Almost Never	35	16.6	243	17.7	148	21.2	5	50.0	6	33.3	2	18.2
Rarely	48	22.7	445	32.4	176	25.1	0	0.0	4	22.2	5	45.6
Frequently	65	30.8	442	32.3	179	25.5	3	30.0	6	33.3	2	18.2
Almost Always	63	29.9	242	17.6	198	28.2	2	20.0	2	11.2	2	18.2
TOTAL	211	100.0	1372	100.0	701	100.0	10	100.0	18	100.0	11	100.0
CHI SQUARE	$X^2 = 65.6$	df = 15	p = 0.001									
Feel Satisfied with Extent Spouse Helps with the Children												
Almost Never	10	40.0	129	9.7	87	25.7	1	100.0	6	28.6	2	16.7
Rarely	2	8.0	269	20.2	73	21.6	0	0.0	5	23.8	3	25.0
Frequently	7	28.0	515	38.7	70	20.7	0	0.0	5	23.8	1	8.3
Almost Always	6	24.0	418	31.4	108	32.0	0	0.0	5	23.8	6	50.0
TOTAL	25	100.0	1331	100.0	338	100.0	1	100.0	21	100.0	12	100.0
CHI SQUARE	$X^2 = 107.6$	df = 15	p = 0.001									

In each family structure category, the largest percent of homemakers responded as frequently needing more time for special projects. Rarely feel discouraged, unhappy, depressed was the response of the highest percent of homemakers in each family structure category. Married homemakers with or without children tended to feel discouraged, unhappy, depressed less frequently than single homemakers with or without children.

When tested by the Chi-Square test, each of the four sources of stress was found significantly related to the homemakers' family structures. The Chi-Square value indicated that the need for more time to relax had the strongest relationship to family structure. Overall, the data seemed to indicate that homemakers with the least stress were those with no children at home regardless of whether or not the homemakers were married or single.

Relationships Between Homemakers' Family Structure and Sources of Worry

Higher percentages of homemakers in all family structures except single with children responded as rarely worrying about family finances. Family finances were frequently to almost always a worry for a high percent (64 percent) of the single homemakers with children. Responses to rearing children as a source of worry varied with family structure. Higher percentages of homemakers, both married and single with children, responded as frequently or almost always worrying about rearing children and worrying about family relationships. The highest percentages of homemakers in all family structure categories responded as rarely worrying about family relationships. More homemakers,

regardless of family structure tended to almost never or rarely worry about overwork. The single homemaker without children seemed to worry most frequently about overwork. Over 70 percent of the homemakers in each family structure category almost never or rarely worried about getting older; however, it was the single homemakers who worried most frequently about growing older.

Each of the sources of worry was related significantly to the homemakers' family structures at the .001 level. The Chi-Square value indicated worry about rearing children had the strongest relationship to family structure. Worry about family finances had the next strongest relationship to family structure according to the Chi-Square values.

Relationships Between Homemakers' Family Structure and Sources of Guilt

The highest percents of homemakers who were married, no children; married, no children at home; and single, no children at home responded almost never feeling guilty from not spending enough time with spouse. Higher percentages of the homemakers who were married with children, single, no children; and single with children responded as frequently feeling they were not spending enough time with spouse.

Higher percentages of homemakers in all family structures except married, no children at home and single, no children frequently felt they were not developing their talents. More homemakers in those categories rarely felt this was a source of guilt. Over 50 percent of the homemakers in each of the following family structures responded as almost never feeling guilty from not making own money: married,

no children; married, no children at home; single, no children; and single, children. Almost 49 percent of single homemakers with no children at home responded almost never to this source of guilt. Almost the same percent of homemakers who were married with children responded almost never (32.7 percent) as responded rarely (32.6 percent) to feeling guilt from not making own money. Higher percentages of homemakers in both the married and the single with children categories than the other family structures responded as frequently feeling guilt from not spending enough time on self.

The four selected sources of guilt were found to be significantly related to family structure. Of the four sources of guilt studied, not spending enough time with spouse had the strongest relationship (X^2 = 179) to family structure according to the Chi-Square value.

Relationships Between Homemakers' Family Structure and Sources of Satisfaction

Family structures in which higher percentages of homemakers felt they rarely needed to improve security were married, no children and married, no children at home. Frequently need to improve security was the response by higher percentages of homemakers who were married with children, single with no children and those who were single with children. The highest percent of homemakers who were single with no children at home answered almost always to the need to improve security.

The highest percentages of homemakers in all family structure categories frequently felt they needed to improve health. A higher proportion of homemakers in each category except single with no

children at home frequently felt they needed to improve their spiritual life. Single homemakers with no children almost always felt they needed to improve spiritual life. The highest percent of homemakers in each category except single with no children at home responded frequently to the need to improve goal achievements. A larger percentage of homemakers in that category rarely felt the need to improve goal achievements. Higher percentages of homemakers in both the married and single with children categories and also those who were single with no children at home frequently felt the needed to improve family relationships.

Each of the selected sources of satisfaction was significantly related to the homemakers' family structures at the .001 level. The Chi-Square value indicated the need to improve security had the strongest relationship to family structure.

Relationships Between Homemakers' Family Structure and Sources of Dissatisfaction

Higher percentages of homemakers in the following family structure categories frequently felt satisfied with the extent spouse helped with personal development: married, no children; married with children; and single, no children at home. A higher percentage of those who were married, no children at home and those who were single with no children almost always felt satisfied. The highest percent of single homemakers who had children almost never felt satisfied with extent spouse helped with personal development. Comparing the three married categories, the highest percent of homemakers who were married

with no children were frequently satisfied with extent spouse helped with household chores. The percentages were almost the same as those who were rarely satisfied and those who were frequently satisfied in both the married with children category and the married, no children at home category. Among the single homemakers' family structures, a higher percentage of those who were single with no children were almost never satisfied; whereas, a higher proportion of those who were single with no children at home were rarely satisfied. Among the single homemakers with children, the same percent almost never felt satisfied as frequently felt satisfied with extent spouse helped with household chores. Regarding help with children, a higher percentage of homemakers in the married with children category were frequently satisfied. Higher percentages of homemakers in both the married and single no children at home categories were almost always satisfied in comparison to the higher percentage of homemakers who were single with children who were almost never satisfied with extent spouse helped with the children.

Each of the selected sources of dissatisfaction was significantly related to the homemakers' family structure. The Chi-Square value indicated dissatisfaction with extent spouse helped with the children had the strongest relationship to family structure.

Table Summary

All of the selected stress management variables were significantly related to the homemakers' family structures. Chi-Square values indicated strongest relationships were between family structures and

the need for more time to relax, worry about rearing children, feelings of guilt from not spending enough time with spouse, the need to improve security and dissatisfaction with extent spouse helps with the children. Of the family structures studied (i.e., married, no children; married with children; married, no children at home; single, no children; single with children; single, no children at home), higher proportions of homemakers who were married with children needed more time to relax, worried more about rearing children, felt guilt about not spending enough time with spouse and were more frequently satisfied with spousal help with the children. Higher proportions of single homemakers than of married homemakers needed to improve security.

II. RELATIONSHIPS BETWEEN HOMEMAKERS' EDUCATIONAL LEVEL AND STRESS MANAGEMENT

The purpose of this section and data presented in Table VI is to show findings regarding the relationships of homemakers' educational levels and their responses to selected sources of stress, worry, guilt, satisfaction and dissatisfaction. Levels of education studied included: elementary school, high school, vocational school and college.

Relationships Between Homemakers' Educational Level and Sources of Stress

The largest percent of homemakers in each of the four levels of education responded as frequently needing more time with children. Almost twice the percent of homemakers who had attended elementary school (22.2 percent) as those who had attended college (11.3 percent)

TABLE VI. Relationships Between Homemakers' Educational Level and Stress Management

Stress Management	Educational Level: Elementary School Number of Respondents	Elementary School Percent	High School Number of Respondents	High School Percent	Vocational School Number of Respondents	Vocational School Percent	College Number of Respondents	College Percent
Sources of Stress								
Need More Time with Children								
Almost Never	28	22.2	154	13.2	22	14.6	71	11.3
Rarely	31	24.6	295	25.3	39	25.8	161	25.6
Frequently	39	31.0	531	45.5	66	43.7	300	47.8
Almost Always	28	22.2	187	16.0	24	15.9	96	15.3
TOTAL	126	100.0	1167	100.0	151	100.0	628	100.0
CHI SQUARE	$X^2 = 19.6$	df = 9	p = 0.021					
Need More Time to Relax								
Almost Never	35	20.1	155	10.8	14	7.6	74	8.6
Rarely	34	19.5	336	23.3	47	25.5	189	21.9
Frequently	63	36.2	639	44.3	84	45.7	399	46.3
Almost Always	42	24.2	311	21.6	39	21.2	200	23.2
TOTAL	174	100.0	1441	100.0	184	100.0	862	100.0
CHI SQUARE	$X^2 = 26.2$	df = 9	p = 0.002					
Need More Time for Special Projects								
Almost never	23	13.5	150	10.2	19	10.3	69	8.0
Rarely	40	23.4	360	24.8	57	30.6	190	22.1
Frequently	68	39.7	645	44.4	77	41.4	433	50.3
Almost Always	40	23.4	299	20.6	33	17.7	169	19.6
TOTAL	171	100.0	1454	100.0	186	100.0	861	100.0
CHI SQUARE	$X^2 = 18.9$	df = 9	p = 0.026					
Feel Discouraged, Unhappy, Depressed								
Almost Never	54	32.1	489	34.0	60	32.6	299	35.1
Rarely	68	40.5	594	41.2	78	42.4	386	45.3
Frequently	30	17.9	299	20.8	40	21.7	140	16.5
Almost Always	16	9.5	57	4.0	6	3.3	26	3.1
TOTAL	168	100.0	1439	100.0	184	100.0	851	100.0
CHI SQUARE	$X^2 = 23.9$	df = 9	p = 0.005					

TABLE VI (Continued)

Stress Management	Educational Level: Elementary School Number of Respondents	Elementary School Percent	High School Number of Respondents	High School Percent	Vocational School Number of Respondents	Vocational School Percent	College Number of Respondents	College Percent
Sources of Worry								
Family Finances								
Almost Never	43	24.6	363	25.1	37	20.0	218	25.3
Rarely	61	34.8	567	39.1	74	40.0	372	43.3
Frequently	36	20.6	316	21.8	44	23.8	177	20.6
Almost Always	35	20.0	203	14.0	30	16.2	93	10.8
TOTAL	175	100.0	1449	100.0	185	100.0	860	100.0
CHI SQUARE	$X^2 = 17.8$	df = 9	p = 0.038					
Rearing Children								
Almost Never	30	31.6	194	18.5	19	13.6	97	15.4
Rarely	28	29.5	320	30.5	45	32.1	209	33.3
Frequently	21	22.1	309	29.4	48	34.3	201	32.0
Almost Always	16	16.8	227	21.6	28	20.0	121	19.3
TOTAL	95	100.0	1050	100.0	140	100.0	628	100.0
CHI SQUARE	$X^2 = 20.4$	df = 9	p = 0.016					
Family Relationships								
Almost Never	46	27.4	359	25.2	30	16.1	210	24.8
Rarely	56	33.3	559	39.2	86	46.2	360	42.5
Frequently	36	21.4	354	24.8	50	26.9	193	22.8
Almost Always	30	17.9	155	10.9	20	10.8	84	9.9
TOTAL	168	100.0	1427	100.0	186	100.0	847	100.0
CHI SQUARE	$X^2 = 21.4$	df = 9	p = 0.011					
Overwork								
Almost Never	63	37.1	511	35.6	49	26.5	291	34.1
Rarely	56	32.9	496	34.6	76	41.1	322	37.7
Frequently	24	14.1	273	19.0	43	23.2	172	20.1
Almost Always	27	15.9	155	10.8	17	9.2	69	8.1
TOTAL	170	100.0	1435	100.0	185	100.0	854	100.0
CHI SQUARE	$X^2 = 21.7$	df = 9	p = 0.010					
Growing Older								
Almost Never	88	49.7	599	41.4	71	38.8	403	47.1
Rarely	46	26.0	512	35.4	71	38.8	309	36.1
Frequently	19	10.7	222	15.3	25	13.7	93	10.8
Almost Always	24	13.6	114	7.9	16	8.7	51	6.0
TOTAL	177	100.0	1447	100.0	183	100.0	856	100.0
CHI SQUARE	$X^2 = 32.3$	df = 9	p = 0.002					

TABLE VI (Continued)

Stress Management	Educational Level: Elementary School — Number of Respondents	Elementary School — Percent	High School — Number of Respondents	High School — Percent	Vocational School — Number of Respondents	Vocational School — Percent	College — Number of Respondents	College — Percent
Sources of Guilt								
Not Spending Enough Time with Spouse								
Almost Never	47	40.5	330	26.4	36	21.7	169	23.3
Rarely	28	24.1	439	35.1	63	38.0	247	34.1
Frequently	27	23.3	371	29.7	53	31.9	253	34.9
Almost Always	14	12.1	110	8.8	14	8.4	56	7.7
TOTAL	116	100.0	1250	100.0	166	100.0	725	100.0
CHI SQUARE	$X^2 = 25.9$	df = 9	p = 0.002					
Not Developing Own Talents								
Almost Never	39	23.9	212	14.7	31	16.7	143	16.7
Rarely	59	36.2	541	37.6	59	31.7	307	35.8
Frequently	38	23.3	504	35.0	83	44.6	333	38.8
Almost Always	27	16.6	182	12.7	13	7.0	75	8.7
TOTAL	163	100.0	1439	100.0	186	100.0	858	100.0
CHI SQUARE	$X^2 = 37.6$	df = 9	p = 0.001					
Not Making Own Money								
Almost Never	56	39.7	506	37.9	65	36.7	379	49.5
Rarely	35	24.8	386	28.9	56	31.6	200	26.1
Frequently	21	14.9	265	19.8	32	18.1	130	17.0
Almost Always	29	20.6	179	13.4	24	13.6	57	7.4
TOTAL	141	100.0	1336	100.0	177	100.0	766	100.0
CHI SQUARE	$X^2 = 47.5$	df = 9	p = 0.001					
Not Spending Enough Time on Self								
Almost Never	46	26.0	261	18.0	35	18.7	170	19.7
Rarely	54	30.5	501	34.6	64	34.2	329	38.2
Frequently	43	24.3	497	34.3	70	37.4	288	33.4
Almost Always	34	19.2	191	13.1	18	9.7	75	8.7
TOTAL	177	100.0	1450	100.0	187	100.0	862	100.0
CHI SQUARE	$X^2 = 32.7$	df = 9	p = 0.002					

TABLE VI (Continued)

Stress Management	Educational Level: Elementary School Number of Respondents	Elementary School Percent	High School Number of Respondents	High School Percent	Vocational School Number of Respondents	Vocational School Percent	College Number of Respondents	College Percent
Sources of Satisfaction								
Need to Improve Security								
Almost Never	42	23.6	265	18.2	34	18.2	189	21.8
Rarely	40	22.5	445	30.5	56	29.9	317	36.6
Frequently	49	27.5	495	33.9	68	36.4	264	30.5
Almost Always	47	26.4	254	17.4	29	15.5	96	11.1
TOTAL	178	100.0	1459	100.0	187	100.0	866	100.0
CHI SQUARE	$X^2 = 48.8$	df = 9	p = 0.001					
Need to Improve Health								
Almost Never	19	10.4	124	8.5	17	9.0	88	10.2
Rarely	39	21.4	407	27.8	58	30.9	287	33.1
Frequently	58	31.9	595	40.7	73	38.8	352	40.6
Almost Always	66	36.3	337	23.0	40	21.3	139	16.1
TOTAL	182	100.0	1463	100.0	188	100.0	866	100.0
CHI SQUARE	$X^2 = 46.7$	df = 9	p = 0.001					
Need to Improve Spiritual Life								
Almost Never	19	10.5	108	7.4	23	12.3	64	7.4
Rarely	26	14.4	243	16.7	34	18.2	185	21.3
Frequently	52	28.7	607	41.6	69	36.9	419	48.3
Almost Always	84	46.4	501	34.3	61	32.6	199	23.0
TOTAL	181	100.0	1459	100.0	187	100.0	867	100.0
CHI SQUARE	$X^2 = 68.4$	df = 9	p = 0.001					
Need to Improve Goal Achievements								
Almost Never	33	20.2	165	11.5	18	9.6	89	10.4
Rarely	49	30.1	441	30.6	66	35.3	286	33.2
Frequently	42	25.8	552	38.4	72	38.5	369	43.0
Almost Always	39	23.9	281	19.5	31	16.6	115	13.4
TOTAL	163	100.0	1439	100.0	187	100.0	859	100.0
CHI SQUARE	$X^2 = 40.9$	df = 9	p = 0.001					
Need to Improve Family Relationships								
Almost Never	35	20.3	215	14.9	18	9.7	128	15.0
Rarely	45	26.0	417	28.9	71	38.2	299	35.1
Frequently	40	23.1	526	36.4	59	31.7	321	37.7
Almost Always	53	30.6	286	19.8	38	20.4	104	12.2
TOTAL	173	100.0	1444	100.0	186	100.0	852	100.0
CHI SQUARE	$X^2 = 61.5$	df = 9	p = 0.001					

TABLE VI (Continued)

Stress Management	Educational Level: Elementary School Number of Respondents	Elementary School Percent	High School Number of Respondents	High School Percent	Vocational School Number of Respondents	Vocational School Percent	College Number of Respondents	College Percent
Sources of Dissatisfaction								
Feel Satisfied with Extent Spouse Helps with Personal Development								
Almost Never	20	18.3	209	16.5	30	18.2	92	12.7
Rarely	27	24.8	325	25.7	42	25.5	172	23.7
Frequently	27	24.8	418	33.0	53	32.1	255	35.1
Almost Always	35	32.1	314	24.8	40	24.2	207	28.5
TOTAL	109	100.0	1266	100.0	165	100.0	726	100.0
CHI SQUARE	$X^2 = 13.9$	df = 9	p = 0.124					
Feel Satisfied with Extent Spouse Helps with Household Chores								
Almost Never	24	21.1	256	20.0	30	17.9	119	16.3
Rarely	27	23.7	369	28.8	55	32.7	218	29.9
Frequently	28	24.6	383	29.9	45	26.8	237	32.5
Almost Always	35	30.6	272	21.3	38	22.6	155	21.3
TOTAL	114	100.0	1280	100.0	168	100.0	729	100.0
CHI SQUARE	$X^2 = 13.5$	df = 9	p = 0.142					
Feel Satisfied with Extent Spouse Helps with the Children								
Almost Never	16	21.3	143	15.2	19	14.8	54	9.8
Rarely	12	16.0	193	20.4	27	21.2	108	19.5
Frequently	21	28.0	329	34.8	41	32.0	203	36.7
Almost Always	26	34.7	280	29.6	41	32.0	188	34.0
TOTAL	75	100.0	945	100.0	128	100.0	553	100.0
CHI SQUARE	$X^2 = 16.1$	df = 9	p = 0.065					

responded as almost never needing more time with children. The largest percent of homemakers in each level of education responded as frequently needing more time to relax. More differences among educational levels was to the almost never response to need more time to relax. A larger percent of homemakers who had attended elementary school responded almost never to this source of stress than homemakers in any of the other three educational levels. Even though a higher percent of homemakers in each educational level responded as frequently needing more time for special projects, about one-half of the homemakers who had attended college had this response which was the largest percentage among the different educational levels. The largest percent of homemakers in each educational level responded as rarely feeling discouraged, unhappy, depressed. To the response of almost always feeling discouraged, unhappy, depressed, it was found that as the level of education increased, the percent of homemakers making this response decreased.

When tested, all of the sources of stress were found to be significant to the homemakers' level of education. The Chi-Square value indicated need more time to relax had the strongest relationship to educational level.

Relationships Between Homemakers' Educational Level and Sources of Worry

The largest percentages of homemakers, in each level of education, responded as rarely worrying about family finances. Twenty percent of those who attended elementary school almost always worried about

family finances. This was a larger percent than in any other educational level and about twice the percent (10.8 percent) of those who had attended college who made this response. The largest percent of homemakers who attended elementary school almost never worried about rearing children. Larger percentages of the homemakers who attended high school and who attended college rarely worried about rearing children, while more of those who attended vocational school responded frequently to this source of worry. The largest percent of homemakers in each educational level rarely worried about family relationships. Larger percentages of those homemakers who had attended elementary school and those who had attended high school almost never worried about overwork. The largest percentages of those who attended vocational school and those who attended college rarely worried about overwork. Almost never worry about growing older was the response of the largest percentage of the homemakers who had attended elementary school, high school and college. Of those who had attended vocational school, the same number almost never worried as rarely worried about growing older. More than twice the percent of those who attended elementary school (13.6 percent) than those who attended college (6.0 percent) responded as almost always worrying about growing older.

All of the sources of worry were found to be significantly related to the homemakers' level of education. Worry about growing older had the strongest relationship to educational level according to the Chi Square value.

Relationships Between Homemakers' Educational Level and Sources of Guilt

Almost never feel guilty about not spending enough time with spouse was the response of the largest percent of homemakers who attended elementary school. Rarely was the response to this source of guilt by larger percentages of homemakers who attended high school and those who attended vocational school. Slightly more homemakers who attended college responded frequently than the number who responded rarely to feeling guilt from not spending enough time with spouse. Rarely feeling guilt from not developing own talents was the response of the largest percentages of homemakers who had attended elementary schools and who had attended high school. Larger percentages of the homemakers who attended vocational school and who attended college responded frequently to this source of guilt. About twice the percent of homemakers who attended elementary school (16.6 percent) than those who had attended college (8.7 percent) almost always felt guilty about not developing their own talents. Over a third of the homemakers in each educational level except college almost never felt guilty from not making own money. Almost one-half of the homemakers who attended college gave that response. The biggest difference was found to the response of almost always feeling guilt from not making own money. Over 20 percent of homemakers who had attended elementary school to 7.4 percent of those who had attended college gave the almost always response to this source of guilt. A larger percentage of the homemakers who had attended elementary school, who had attended college and who had attended high school responded as rarely feeling guilt from not

spending enough time on self. Frequently was the response to that source of guilt from the largest percent of homemakers who had attended vocational school.

Each of the four selected sources of guilt was significantly related to the homemakers' educational level. Not making own money was the source of guilt which the Chi-Square value indicated had the strongest relationship to educational level.

Relationships Between Homemakers' Educational Level and Sources of Satisfaction

In three of the four levels of education, larger percentages of homemakers frequently felt they needed to improve security. A larger percent of those who had attended college rarely needed to improve security. Those who had attended elementary school were almost equally divided among the four responses to need to improve security. In response to need to improve health, a larger percentage of homemakers who attended elementary school answered almost always; while larger percentages of homemakers who attended high school, who attended vocational school and who attended college answered frequently. The largest percent of homemakers in all educational levels except elementary school frequently felt they needed to improve spiritual life. The largest percent of homemakers who attended elementary almost always felt they needed to improve spiritual life. The largest percent of homemakers in each educational level except elementary school frequently felt they needed to improve goal achievements. About twice the percent of homemakers in the elementary school level (20.2 percent) as

in the vocational (9.6 percent) or college (10.4 percent) levels responded almost never, while the largest percent (30.1 percent) in the elementary school group rarely felt they needed to improve goal achievements. Frequently need to improve family relationships was the response to the largest percent of homemakers who attended high school and who attended college. The largest percent of homemakers who attended vocational school responded as rarely needing to improve family relationships while the largest percent in the elementary school level almost always felt they needed to improve this source of satisfaction.

Each of the five selected sources of satisfaction was significantly related to the homemakers educational level. The Chi-Square value indicated the need to improve spiritual life had the strongest relationship to the homemakers' level of education.

Relationships Between Homemakers' Educational Level and Sources of Dissatisfaction

Higher percentages of homemakers in all levels of education, except elementary school, frequently felt satisfied with the extent their spouse helped with personal development. Almost always was the response of the largest percent of homemakers in the elementary school level to this source of dissatisfaction. The largest percents of homemakers in the high school and in the college levels of education frequently felt satisfied with the extent their spouse helped with household chores. The largest percent of homemakers in the elementary school level were almost always, while in the vocational school level,

the largest percent were rarely satisfied with spousal help with household chores. The largest percentage of homemakers in the high school level and in the college level were frequently satisfied with extent spouse helped with the children. The same percent of homemakers who attended vocational school responded frequently as responded almost always while the largest percent of those who attended elementary school almost always were satisfied with spousal help with the children.

Even though the Chi-Square value indicated a stronger relationship between educational level and dissatisfaction with extent spouse helped with the children, none of the sources of dissatisfaction were found to be significantly related to the homemakers' level of education.

Table Summary

All of the selected stress management variables except the sources of dissatisfaction were significantly related to the homemakers' educational level. Chi-Square values indicated stronger relationships were between level of education and the need for more time to relax, worry over growing older, guilt from not making own money and the need to improve spiritual life. Of the four levels of education (i.e., elementary school, high school, vocational school, college) studied, a higher proportion of homemakers who had attended college needed more time to relax, worried less about growing older, felt less guilty from not making own money, while a higher proportion of homemakers who had attended high school felt they needed to improve their spiritual life.

III. RELATIONSHIPS BETWEEN HOMEMAKERS' AGE AND STRESS MANAGEMENT

The purpose of this section and data presented in Table VII is to present findings regarding relationships between the homemakers' ages and their responses to selected sources of stress, worry, guilt, satisfaction and dissatisfaction. Ages were classified as follows: 20-29; 30-39; 40-49; 50 and Over.

Relationships Between Homemakers' Age and Sources of Stress

The largest percent of homemakers in each age group frequently needed more time with children; more time to relax; and more time for special projects. The largest percent of homemakers age 50 and older responded as almost never feeling discouraged, unhappy, depressed. The largest percentages in each of the other three age groups rarely felt discouraged, unhappy, depressed.

Each of the selected sources of stress was significantly related to the ages of the homemakers at the .001 level. The Chi-Square value indicated the need for more time to relax had the strongest relationship to the homemakers' ages.

Relationships Between Homemakers' Age and Sources of Worry

Rarely worry about family finances was the response of the largest percentage of the homemakers in each of the four age groups. In the 50-Over group, almost as many homemakers responded almost never as rarely to the source of worry of family finances. The largest percent of homemakers age 50 and over almost never worried about rearing children. The same number of homemakers age 40-49 responded rarely

TABLE VII. Relationships Between Homemakers' Age and Stress Management

Stress Management	Age of Homemaker 20-29 Number of Respondents	20-29 Percent	30-39 Number of Respondents	30-39 Percent	40-49 Number of Respondents	40-49 Percent	50-Over Number of Respondents	50-Over Percent
Sources of Stress								
Need More Time with Children								
Almost Never	30	14.0	51	7.4	59	12.4	136	18.6
Rarely	55	25.6	185	27.0	118	24.9	176	24.1
Frequently	91	42.3	321	46.8	221	46.6	319	43.7
Almost Always	39	18.1	129	18.8	76	16.0	99	13.6
TOTAL	215	100.0	686	100.0	474	100.0	730	100.0
CHI SQUARE	$X^2 = 43.1$	df = 9	p = 0.001					
Need More Time to Relax								
Almost Never	18	6.3	40	5.4	43	8.1	182	15.9
Rarely	64	22.5	136	18.3	128	24.1	288	25.1
Frequently	136	47.7	360	48.5	234	44.0	475	41.4
Almost Always	67	23.5	207	27.9	127	23.9	202	17.6
TOTAL	285	100.0	743	100.0	532	100.0	1147	100.0
CHI SQUARE	$X^2 = 95.8$	df = 9	p = 0.001					
Need More Time for Special Projects								
Almost Never	13	4.5	52	7.0	38	7.1	162	14.1
Rarely	84	29.3	184	24.8	132	24.7	258	22.4
Frequently	133	46.3	341	45.9	275	51.5	493	42.8
Almost Always	57	19.9	166	22.3	89	16.7	240	20.8
TOTAL	287	100.0	743	100.0	534	100.0	1153	100.0
CHI SQUARE	$X^2 = 55.5$	df = 9	p = 0.001					
Feel Discouraged, Unhappy, Depressed								
Almost Never	77	27.2	182	24.7	163	30.6	491	43.3
Rarely	133	47.0	364	49.4	231	43.4	416	36.7
Frequently	62	21.9	161	21.8	118	22.2	180	15.9
Almost Always	11	3.9	30	4.1	20	3.8	48	4.1
TOTAL	283	100.0	737	100.0	532	100.0	1135	100.0
CHI SQUARE	$X^2 = 84.7$	df = 9	p = 0.001					

TABLE VII (Continued)

Stress Management	Age of Homemaker 20-29 Number of Respondents	20-29 Percent	30-39 Number of Respondents	30-39 Percent	40-49 Number of Respondents	40-49 Percent	50-Over Number of Respondents	50-Over Percent
Sources of Worry								
Family Finances								
Almost Never	27	9.4	85	11.5	113	21.1	443	38.6
Rarely	124	43.1	299	40.2	209	39.1	458	39.9
Frequently	81	28.1	218	29.4	136	25.4	152	13.2
Almost Always	56	19.4	140	18.9	77	14.4	95	8.3
TOTAL	288	100.0	742	100.0	535	100.0	1148	100.0
CHI SQUARE	$X^2 = 287.6$	df = 9	p = 0.001					
Rearing Children								
Almost Never	15	6.6	35	5.1	58	12.4	231	42.1
Rarely	88	38.4	212	30.7	151	32.4	162	29.5
Frequently	68	29.7	263	38.1	151	32.4	101	18.4
Almost Always	58	25.3	180	26.1	106	22.8	55	10.0
TOTAL	229	100.0	690	100.0	466	100.0	549	100.0
CHI SQUARE	$X^2 = 360.7$	df = 9	p = 0.001					
Family Relationships								
Almost Never	66	23.1	119	16.2	116	21.9	350	31.6
Rarely	116	40.4	308	41.7	215	40.6	435	39.3
Frequently	71	24.7	226	30.6	130	24.5	219	19.7
Almost Always	34	11.8	85	11.5	69	13.0	104	9.4
TOTAL	287	100.0	738	100.0	530	100.0	1108	100.0
CHI SQUARE	$X^2 = 72.9$	df = 9	p = 0.001					
Overwork								
Almost Never	75	26.4	174	23.5	148	27.8	527	46.7
Rarely	117	41.2	318	42.9	197	37.1	338	29.9
Frequently	55	19.4	180	24.3	122	22.9	161	14.3
Almost Always	37	13.0	69	9.3	65	12.2	103	9.1
TOTAL	284	100.0	741	100.0	532	100.0	1129	100.0
CHI SQUARE	$X^2 = 145.0$	df = 9	p = 0.001					
Growing Older								
Almost Never	147	51.4	318	42.7	226	42.4	477	41.7
Rarely	96	33.6	301	40.5	190	35.6	368	32.2
Frequently	30	10.5	91	12.2	77	14.4	173	15.1
Almost Always	13	4.5	34	4.6	40	7.6	126	11.0
TOTAL	286	100.0	744	100.0	533	100.0	1144	100.0
CHI SQUARE	$X^2 = 48.2$	df = 9	p = 0.001					

TABLE VII (Continued)

Stress Management	Age of Homemaker 20-29 Number of Respondents	20-29 Percent	30-39 Number of Respondents	30-39 Percent	40-49 Number of Respondents	40-49 Percent	50-Over Number of Respondents	50-Over Percent
Sources of Guilt								
Not Spending Enough Time with Spouse								
Almost Never	41	15.8	84	12.2	107	22.0	355	41.6
Rarely	99	38.2	243	35.3	182	37.4	269	31.5
Frequently	90	34.7	282	40.9	163	33.5	179	21.0
Almost Always	29	11.3	80	11.6	35	7.1	50	5.9
TOTAL	259	100.0	689	100.0	487	100.0	853	100.0
CHI SQUARE	$X^2 = 219.5$	df = 9	p = 0.001					
Not Developing Own Talents								
Almost Never	29	10.1	88	11.8	77	14.5	237	21.0
Rarely	102	35.7	271	36.5	192	36.1	415	36.9
Frequently	126	44.1	308	41.5	206	38.7	338	30.0
Almost Always	29	10.1	76	10.2	57	10.7	136	12.1
TOTAL	286	100.0	743	100.0	532	100.0	1126	100.0
CHI SQUARE	$X^2 = 57.9$	df = 9	p = 0.001					
Not Making Own Money								
Almost Never	95	35.4	237	33.7	179	35.6	505	51.7
Rarely	67	25.1	237	33.7	155	30.8	229	23.4
Frequently	62	23.1	154	21.9	110	21.9	129	13.2
Almost Always	44	16.4	75	10.7	59	11.7	114	11.7
TOTAL	268	100.0	703	100.0	503	100.0	977	100.0
CHI SQUARE	$X^2 = 90.0$	df = 9	p = 0.001					
Not Spending Enough Time on Self								
Almost Never	35	12.3	85	11.5	87	16.3	316	27.3
Rarely	116	40.7	268	36.1	188	35.3	391	33.8
Frequently	98	34.4	297	40.1	196	36.8	317	27.4
Almost Always	36	12.6	91	12.3	62	11.6	133	11.5
TOTAL	285	100.0	741	100.0	533	100.0	1157	100.0
CHI SQUARE	$X^2 = 99.8$	df = 9	p = 0.001					

TABLE VII (Continued)

Stress Management	Age of Homemaker 20-29 Number of Respondents	20-29 Percent	30-39 Number of Respondents	30-39 Percent	40-49 Number of Respondents	40-49 Percent	50-Over Number of Respondents	50-Over Percent
Sources of Satisfaction								
Need to Improve Security								
Almost Never	52	18.1	93	12.6	94	17.6	295	25.3
Rarely	107	37.3	251	33.7	175	32.6	339	29.1
Frequently	93	32.4	280	37.6	198	36.9	320	27.5
Almost Always	35	12.2	120	16.1	69	12.9	211	18.1
TOTAL	287	100.0	744	100.0	536	100.0	1165	100.0
CHI SQUARE	$X^2 = 74.0$	df = 9	p = 0.001					
Need to Improve Health								
Almost Never	39	13.6	55	7.4	40	7.5	119	10.1
Rarely	106	36.8	255	34.3	165	30.9	276	23.4
Frequently	96	33.3	297	40.0	217	40.6	479	40.7
Almost Always	47	16.3	136	18.3	112	21.0	304	25.8
TOTAL	288	100.0	743	100.0	534	100.0	1178	100.0
CHI SQUARE	$X^2 = 57.8$	df = 9	p = 0.001					
Need to Improve Spiritual Life								
Almost Never	25	8.8	50	6.7	32	6.0	109	9.3
Rarely	58	20.4	162	21.8	107	20.0	166	14.1
Frequently	139	48.7	352	47.3	222	41.5	451	38.4
Almost Always	63	22.1	180	24.2	174	32.5	449	38.2
TOTAL	285	100.0	744	100.0	535	100.0	1175	100.0
CHI SQUARE	$X^2 = 73.6$	df = 9	p = 0.001					
Need to Improve Goal Achievements								
Almost Never	16	5.6	57	7.7	37	7.0	200	17.8
Rarely	101	35.3	224	30.1	178	33.5	350	31.0
Frequently	125	43.7	342	46.0	226	42.6	358	31.7
Almost Always	44	15.4	120	16.2	90	16.9	220	19.5
TOTAL	286	100.0	743	100.0	531	100.0	1128	100.0
CHI SQUARE	$X^2 = 100.0$	df = 9	p = 0.001					
Need to Improve Family Relationships								
Almost Never	32	11.1	57	7.7	60	11.3	252	22.3
Rarely	104	36.4	245	33.0	168	31.6	326	28.8
Frequently	106	37.1	317	42.7	209	39.2	326	28.8
Almost Always	44	15.4	123	16.6	95	17.9	228	20.1
TOTAL	286	100.0	742	100.0	532	100.0	1132	100.0
CHI SQUARE	$X^2 = 112.0$	df = 9	p = 0.001					

TABLE VII (Continued)

Stress Management	Age of Homemaker: 20-29 Number of Respondents	20-29 Percent	30-39 Number of Respondents	30-39 Percent	40-49 Number of Respondents	40-49 Percent	50-Over Number of Respondents	50-Over Percent
Sources of Dissatisfaction								
Feel Satisfied with Extent Spouse Helps with Personal Development								
Almost Never	33	12.6	94	13.6	66	13.3	163	19.1
Rarely	66	25.4	214	30.9	116	23.4	178	20.9
Frequently	94	36.2	247	35.7	182	36.8	245	28.7
Almost Always	67	25.8	137	19.8	131	26.5	267	31.3
TOTAL	260	100.0	692	100.0	495	100.0	853	100.0
CHI SQUARE	$X^2 = 56.0$	df = 9	p = 0.001					
Feel Satisfied with Extent Spouse Helps with Household Chores								
Almost Never	52	19.8	127	18.4	92	18.6	168	19.1
Rarely	79	30.3	223	32.3	162	32.7	215	24.4
Frequently	80	30.7	228	33.1	141	28.5	251	28.6
Almost Always	50	19.2	112	16.2	100	20.2	245	27.9
TOTAL	261	100.0	690	100.0	495	100.0	879	100.0
CHI SQUARE	$X^2 = 40.8$	df = 9	p = 0.001					
Feel Satisfied with Extent Spouse Helps with the Children								
Almost Never	19	9.4	58	8.8	53	12.2	105	24.0
Rarely	36	17.8	145	22.1	84	19.4	87	19.9
Frequently	84	41.6	258	39.4	153	35.3	104	23.7
Almost Always	63	31.2	195	29.7	143	33.1	142	32.4
TOTAL	202	100.0	656	100.0	433	100.0	438	100.0
CHI SQUARE	$X^2 = 73.8$	df = 9	p = 0.001					

as responded frequently worring about rearing children. The largest percent of those 30-39 years old frequently worried about this while the largest percent of 20-29 year old homemakers rarely worried about rearing children. Rarely was the response given to worry about family relationships by the largest percent of homemakers in each age group. The largest percent of the homemakers in each age group except those 50-over responded as rarely worrying about overwork. The largest percent of those 50 and over almost never worried about overwork. Growing older was not so much a source of worry as the largest percentages in each age group responded as almost never worrying about it.

It was found that each of the sources of worry was significantly related to the homemakers' ages at the .001 level. The Chi-Square value indicated that rearing children was the source of worry which had the strongest relationship to the homemakers' ages.

Relationships Between Homemakers' Age and Sources of Guilt

The largest percent of the homemakers age 50-over almost never felt guilt from not spending enough time with spouse. The largest percentages of those age 40-49 and those 20-29 responded as rarely feeling guilty from this while those 30-39 years old frequently felt guilty from not spending enough time with their spouses. Frequently feeling guilty from not developing own talents was the response of the largest percentages of the homemakers ages 20-29, 30-39 and 40-49. The largest percent of those 50-over rarely felt guilty from this source. Almost never feeling guilty from not making own money was the response of the largest percentages of homemakers in all age groups except those age

30-39. In this age group the same number responded almost never as those who responded rarely to feeling guilty from not making own money. The largest percents of the homemakers age 20-29 and 50-over rarely felt guilt from not spending enough time on self. The largest percents of those 30-39 and 40-49 frequently felt guilt from this source.

Each of the selected sources of guilt was found to be significantly related to the homemakers' age at the .001 level. The Chi-Square value indicated that of the four sources of guilt, not spending enough time with spouse had the strongest relationship with homemakers' age.

Relationships Between Homemakers' Age and Sources of Satisfaction

The largest percentages of the homemakers age 20-29 and 50-over responded as rarely needing to improve security while the largest percentages of those age 30-39 and 40-49 frequently felt they needed to improve security. Frequently was the response of the largest percentages of the homemakers in each age group except those age 20-29 who responded rarely to the need to improve health. The largest percentages of homemakers in each age group responded as frequently needing to improve spiritual life. Almost as many in the 50-over age group responded as almost always as responded frequently needing to improve this source of satisfaction. Regardless of age, largest percentages of homemakers frequently felt the need to improve goal achievements. Almost as many homemakers age 50-over responded as rarely needing to improve goal achievements. The same number of homemakers age 50-over responded as rarely as those who responded

frequently needing to improve family relationships. In all other age groups, the largest percentage of the homemakers frequently felt they needed to improve family relationships.

Each of the sources of satisfaction was found to be significantly related to the age of the homemakers at the .001 level. The Chi-Square value indicated the need to improve family relationships had the strongest relationship to homemakers' age.

Relationships Between Homemakers' Age and Sources of Dissatisfaction

The largest percentage of the homemakers age 50-over were almost always satisfied with extent spouse helped with personal development. The largest percentages of homemakers in the three other age groups responded as frequently feeling satisfied with spousal help with personal development. Almost as many homemakers ages 20-29 and 30-39 rarely were satisfied as were frequently satisfied with extent spouse helped with household chores. The largest percent of homemakers age 40-49 rarely felt satisfied with spousal help with household chores. Almost as many homemakers age 50-over were almost always satisfied as were frequently satisfied with extent spouse helped with household chores. The largest percent of homemakers age 50-over were almost always satisifed with extent spouse helped with the children. The largest percent of the homemakers in each of the other three age categories were frequently satisfied with spousal help with the children.

Each of the sources of dissatisfaction was found to be significantly related to the age of the homemakers at the .001 level. The Chi-Square value indicates the extent spouse helped with the

children as the source of dissatisfaction with the strongest relationship to the homemakers' age.

Table Summary

All of the selected stress management variables were significantly related to the homemakers' ages at the .001 level. Chi-Square values indicated strongest relationships were between age and the need for more time to relax, worry over rearing children, guilt from not spending enough time with spouse, the need to improve family relationships and dissatisfaction with extent spouse helped with the children. Of the age classifications (i.e., 20-29, 30-39, 40-49, 50-over) studied, homemakers who were 30-39 years old needed more time to relax, worried more about rearing children, felt more guilt from not spending enough time with spouse, and felt they needed to improve family relationships. Homemakers 20-29 years old had a higher level of satisfaction with spousal help with the children than homemakers in the other age classifications.

IV. RELATIONSHIPS BETWEEN HOMEMAKERS' EMPLOYMENT AND STRESS MANAGEMENT

The purpose of this section and data presented in Table VIII is to present findings regarding the relationships of homemakers' employment and their responses to selected sources of stress, worry, guilt, satisfaction and dissatisfaction. Homemakers were grouped into the following categories related to employment: Married, Husband and Wife Employed; Married, only Husband Employed; Single, Employed; Single, Unemployed; Retired.

TABLE VIII. Relationships Between Homemakers' Employment and Stress Management

Stress Management	Employment Outside Home: Married, Husband and Wife Employed — Number of Respondents	Percent	Married, Only Husband Employed — Number of Respondents	Percent	Single, Employed — Number of Respondents	Percent	Single, Unemployed — Number of Respondents	Percent	Retired — Number of Respondents	Percent
Sources of Stress										
Need More Time with Children										
Almost Never	46	6.4	133	16.0	8	8.2	7	22.6	79	19.4
Rarely	164	22.7	249	29.9	18	18.6	6	19.4	92	22.5
Frequently	375	51.9	332	39.9	49	50.5	11	35.4	180	44.1
Almost Always	137	19.0	118	14.2	22	22.7	7	22.6	57	14.0
TOTAL	722	100.0	832	100.0	97	100.0	31	100.0	408	100.0
CHI SQUARE	$X^2 = 82.5$	df = 12	p = 0.001							
Need More Time to Relax										
Almost Never	40	4.7	92	9.8	12	7.8	12	24.5	129	18.5
Rarely	153	18.0	223	23.7	26	17.0	14	28.6	197	28.1
Frequently	416	48.9	423	45.0	72	47.1	17	34.7	265	37.9
Almost Always	242	28.4	202	21.5	43	28.1	6	12.2	108	15.5
TOTAL	851	100.0	940	100.0	153	100.0	49	100.0	699	100.0
CHI SQUARE	$X^2 = 146.0$	df = 12	p = 0.001							
Need More Time for Special Projects										
Almost Never	48	5.6	80	8.5	11	7.2	9	18.3	115	16.4
Rarely	207	24.3	240	25.5	29	18.8	16	32.7	162	23.1
Frequently	410	48.2	442	46.9	82	53.2	16	32.7	282	40.1
Almost Always	187	21.9	181	19.1	32	20.8	8	16.3	143	20.4
TOTAL	852	100.0	943	100.0	154	100.0	49	100.0	702	100.0
CHI SQUARE	$X^2 = 69.1$	df = 12	p = 0.001							
Feel Discouraged, Unhappy, Depressed										
Almost Never	239	28.3	318	34.1	29	19.0	13	26.0	310	45.1
Rarely	394	46.7	403	43.1	72	47.1	18	36.0	250	36.4
Frequently	181	21.4	186	19.9	42	27.5	14	28.0	92	13.4
Almost Always	30	3.6	27	2.9	10	6.4	5	10.0	35	5.1
TOTAL	844	100.0	934	100.0	153	100.0	50	100.0	687	100.0
CHI SQUARE	$X^2 = 89.0$	df = 12	p = 0.001							

TABLE VIII (Continued)

Stress Management	Employment Outside Home: Married, Husband and Wife Employed — Number of Respondents	Percent	Married, Only Husband Employed — Number of Respondents	Percent	Single, Employed — Number of Respondents	Percent	Single, Unemployed — Number of Respondents	Percent	Retired — Number of Respondents	Percent
Sources of Worry										
Family Finances										
Almost Never	118	13.8	203	21.5	15	9.7	11	21.6	318	46.0
Rarely	346	40.5	416	44.2	54	35.1	13	25.5	256	37.0
Frequently	243	28.5	207	22.0	48	31.2	12	23.5	66	9.5
Almost Always	147	17.2	116	12.3	37	24.0	15	29.4	52	7.5
TOTAL	854	100.0	942	100.0	154	100.0	51	100.0	692	100.0
CHI SQUARE	$X^2 = 317.0$	df = 12	p = 0.001							
Rearing Children										
Almost Never	65	9.0	99	12.5	15	16.0	8	34.8	152	51.3
Rarely	216	30.0	279	35.2	31	33.0	4	17.4	77	26.0
Frequently	268	37.2	242	30.6	26	27.7	4	17.4	41	13.9
Almost Always	171	23.8	172	21.7	22	23.3	7	30.4	26	8.8
TOTAL	720	100.0	792	100.0	94	100.0	23	100.0	296	100.0
CHI SQUARE	$X^2 = 310.4$	df = 12	p = 0.001							
Family Relationships										
Almost Never	179	21.1	196	20.9	30	20.5	9	18.8	233	35.0
Rarely	353	41.6	376	40.1	57	39.0	23	47.9	253	38.0
Frequently	215	25.3	253	26.9	43	29.5	10	20.8	124	18.6
Almost Always	102	12.0	114	12.1	16	11.0	6	12.5	55	8.4
TOTAL	849	100.0	939	100.0	146	100.0	48	100.0	665	100.0
CHI SQUARE	$X^2 = 62.9$	df = 12	p = 0.001							
Overwork										
Almost Never	185	21.8	329	35.0	33	21.1	21	42.8	351	52.2
Rarely	347	40.9	351	37.4	49	31.2	20	40.8	196	29.2
Frequently	216	25.4	175	18.6	39	24.8	4	8.2	78	11.6
Almost Always	101	11.9	85	9.0	36	22.9	4	8.2	47	7.0
TOTAL	849	100.0	940	100.0	157	100.0	49	100.0	672	100.0
CHI SQUARE	$X^2 = 205.2$	df = 12	p = 0.001							
Growing Older										
Almost Never	371	43.6	407	43.4	61	39.4	17	32.7	307	44.4
Rarely	313	36.8	353	37.6	53	34.2	19	36.5	211	30.4
Frequently	110	12.9	129	13.7	26	16.8	7	13.5	94	13.6
Almost Always	57	6.7	50	5.3	15	9.6	9	17.3	80	11.6
TOTAL	851	100.0	939	100.0	155	100.0	52	100.0	692	100.0
CHI SQUARE	$X^2 = 37.9$	df = 12	p = 0.002							

TABLE VIII (Continued)

Stress Management	Employment Outside Home: Married, Husband and Wife Employed — Number of Respondents	Percent	Married, Only Husband Employed — Number of Respondents	Percent	Single, Employed — Number of Respondents	Percent	Single, Unemployed — Number of Respondents	Percent	Retired — Number of Respondents	Percent
Sources of Guilt										
Not Spending Enough Time with Spouse										
Almost Never	147	17.4	199	21.2	4	22.2	0	0.0	235	49.5
Rarely	284	33.7	349	37.2	4	22.2	1	100.0	152	32.0
Frequently	326	38.7	303	32.3	5	27.8	0	0.0	73	15.3
Almost Always	86	10.2	87	9.3	5	27.8	0	0.0	15	3.2
TOTAL	843	100.0	938	100.0	18	100.0	1	100.0	475	100.0
CHI SQUARE	$X^2 = 221.1$	df = 12	p = 0.001							
Not Developing Own Talents										
Almost Never	116	13.6	137	14.6	17	11.2	10	20.0	147	21.9
Rarely	316	37.1	348	36.9	47	30.9	18	36.0	245	36.5
Frequently	342	40.1	339	35.9	71	46.7	14	28.0	205	30.6
Almost Always	78	9.2	119	12.6	17	11.2	8	16.0	74	11.0
TOTAL	852	100.0	943	100.0	152	100.0	50	100.0	671	100.0
CHI SQUARE	$X^2 = 44.1$	df = 12	p = 0.001							
Not Making Own Money										
Almost Never	367	46.5	247	26.8	64	56.1	15	31.9	317	56.3
Rarely	241	30.5	289	31.3	19	16.7	12	25.5	124	22.1
Frequently	130	16.5	231	25.1	17	14.9	12	25.5	61	10.8
Almost Always	52	6.5	155	16.8	14	12.3	8	17.1	61	10.8
TOTAL	790	100.0	922	100.0	114	100.0	47	100.0	563	100.0
CHI SQUARE	$X^2 = 189.5$	df = 12	p = 0.001							
Not Spending Enough Time on Self										
Almost Never	128	15.1	156	16.5	24	15.8	9	18.4	198	28.3
Rarely	304	35.8	345	36.5	52	34.2	19	38.7	239	34.1
Frequently	319	37.5	340	35.9	56	36.8	12	24.5	175	25.0
Almost Always	99	11.6	105	11.1	20	13.2	9	18.4	88	12.6
TOTAL	850	100.0	946	100.0	152	100.0	49	100.0	700	100.0
CHI SQUARE	$X^2 = 68.7$	df = 12	p = 0.001							

TABLE VIII (Continued)

Stress Management	Employment Outside Home: Married, Husband and Wife Employed — Number of Respondents	Percent	Married, Only Husband Employed — Number of Respondents	Percent	Single, Employed — Number of Respondents	Percent	Single, Unemployed — Number of Respondents	Percent	Retired — Number of Respondents	Percent
Sources of Satisfaction										
Need to Improve Security										
Almost Never	144	16.9	167	17.7	13	8.3	8	15.4	204	28.7
Rarely	263	30.9	343	36.3	35	22.4	10	19.2	215	30.3
Frequently	318	37.4	307	32.5	70	44.9	16	30.8	172	24.2
Almost Always	126	14.8	128	13.5	38	24.4	18	34.6	119	11.8
TOTAL	851	100.0	945	100.0	156	100.0	52	100.0	710	100.0
CHI SQUARE	$X^2 = 110.3$	df = 12	p = 0.001							
Need to Improve Health										
Almost Never	73	8.5	93	9.8	9	5.8	5	9.6	72	10.1
Rarely	299	35.1	277	29.3	47	30.3	8	15.4	165	23.1
Frequently	339	39.7	378	39.9	64	41.3	14	26.9	288	40.2
Almost Always	143	16.7	199	21.0	35	22.6	25	48.1	190	26.6
TOTAL	854	100.0	947	100.0	155	100.0	52	100.0	715	100.0
CHI SQUARE	$X^2 = 62.5$	df = 12	p = 0.001							
Need to Improve Spiritual Life										
Almost Never	60	7.1	67	7.1	16	10.3	3	5.8	68	9.5
Rarely	181	21.3	187	19.8	27	17.4	5	9.6	89	12.4
Frequently	383	45.1	414	43.8	68	43.9	18	34.6	272	38.0
Almost Always	225	26.5	278	29.3	44	28.4	26	50.0	287	40.1
TOTAL	849	100.0	946	100.0	155	100.0	52	100.0	716	100.0
CHI SQUARE	$X^2 = 63.3$	df = 12	p = 0.001							
Need to Improve Goal Achievements										
Almost Never	71	8.3	83	8.8	9	5.9	6	12.5	136	20.0
Rarely	277	32.5	305	32.5	34	22.4	9	18.8	223	32.8
Frequently	377	44.2	377	40.3	76	50.0	19	39.5	197	29.0
Almost Always	128	15.0	173	18.4	33	21.7	14	29.2	124	18.2
TOTAL	853	100.0	938	100.0	152	100.0	48	100.0	680	100.0
CHI SQUARE	$X^2 = 105.1$	df = 12	p = 0.001							
Need to Improve Family Relationships										
Almost Never	99	11.6	114	12.1	20	13.3	6	12.0	157	23.0
Rarely	269	31.6	310	32.9	42	28.0	10	20.0	204	29.8
Frequently	342	40.3	351	37.3	61	40.7	16	32.0	182	26.6
Almost Always	140	16.5	167	17.7	27	18.0	18	36.0	141	20.6
TOTAL	850	100.0	942	100.0	150	100.0	50	100.0	684	100.0
CHI SQUARE	$X^2 = 80.3$	df = 12	p = 0.001							

TABLE VIII (Continued)

Stress Management	Employment Outside Home: Married, Husband and Wife Employed — Number of Respondents	Percent	Married, Only Husband Employed — Number of Respondents	Percent	Single, Employed — Number of Respondents	Percent	Single, Unemployed — Number of Respondents	Percent	Retired — Number of Respondents	Percent
Sources of Dissatisfaction										
Feel Satisfied with Extent Spouse Helps with Personal Development										
Almost Never	130	15.3	118	12.6	8	33.3	0	0.0	98	20.5
Rarely	231	27.2	235	25.2	6	25.0	1	50.0	97	20.3
Frequently	280	33.0	336	36.0	6	25.0	1	50.0	138	28.9
Almost Always	208	24.5	244	26.2	4	16.7	0	0.0	145	30.3
TOTAL	849	100.0	933	100.0	24	100.0	2	100.0	478	100.0
CHI SQUARE	$X^2 = 35.3$	df = 12	p = 0.004							
Feel Satisfied with Extent Spouse Helps with Household Chores										
Almost Never	162	19.1	168	17.9	8	33.3	1	33.3	95	19.2
Rarely	264	31.1	286	30.4	5	20.8	1	33.3	119	24.1
Frequently	248	29.1	305	32.4	8	33.3	1	33.3	133	26.9
Almost Always	176	20.7	181	19.3	3	12.6	0	0.0	147	29.8
TOTAL	850	100.0	940	100.0	24	100.0	3	100.0	494	100.0
CHI SQUARE	$X^2 = 32.8$	df = 12	p = 0.001							
Feel Satisfied with Extent Spouse Helps with the Children										
Almost Never	81	11.6	93	11.9	7	30.4	0	0.0	53	25.2
Rarely	151	21.6	142	18.1	5	21.7	1	100.0	49	23.2
Frequently	244	34.8	301	38.4	5	21.7	0	0.0	45	21.3
Almost Always	224	32.0	248	31.6	6	26.2	0	0.0	64	30.3
TOTAL	700	100.0	784	100.0	23	100.0	1	100.0	211	100.0
CHI SQUARE	$X^2 = 51.9$	df = 12	p = 0.001							

Relationships Between Homemakers' Employment and Sources of Stress

The largest percent of homemakers in each employment category, over one-half of those who were employed (either single or married), responded as frequently needing more time with children. Largest percentages of homemakers in each group frequently needed more time to relax. Larger percentages of those married and single homemakers who were employed responded as almost always needing more time to relax than homemakers in the other groups. In the single unemployed group, the same number of homemakers responded rarely as responded frequently needing more time for special projects. In the other categories, the largest percentages of homemakers responded as frequently needing more time for special projects. The largest percent of retired homemakers almost never felt discouraged, unhappy or depressed. The largest percentages of homemakers in each of the other categories rarely felt discouraged, unhappy or depressed.

Each of the selected sources of stress was significantly related to the employment of the homemakers at the .001 level. The Chi-Square value indicated the need for more time to relax had the strongest relationship to the homemakers' employment.

Relationships Between Homemakers' Employment and Sources of Worry

The largest percentages of married homemakers rarely worried about family finances with a larger percent of those married but only husband employed making that response than those married with both husband and wife employed. The largest percent of homemakers who were single and employed rarely worried but the largest percent of single

unemployed homemakers almost always worried about family finances. Family finances were almost never worried about by the largest percent of the retired homemakers. As many of the single unemployed homemakers rarely worried as those who frequently worried about rearing children. The largest percent of the homemakers who were married with both husband and wife employed frequently worried about rearing children. Rarely was the response to this source of worry by the largest percent of homemakers who were married with only husband employed and those who were single and employed. Over half of the retired homemakers almost never worried about rearing children. The largest percentages of the homemakers in each employment category responded as rarely worrying about family relationships. Over half of the retired homemakers and a larger percent of single unemployed homemakers almost never worried about overwork while the largest percentages of the homemakers in each of the other employment categories responded as rarely worrying about overwork. A larger percent of single unemployed homemakers rarely worried about growing older while the largest percentages of homemakers in the other employment categories responded as almost never worrying about growing older.

Each of the sources of worry was significantly related to the employment of the homemakers. The Chi-Square value indicated that worry about family finances had the strongest relationship to the homemakers' employment.

Relationships Between Homemakers' Employment and Sources of Guilt

Frequently was the response to feeling guilty about not spending enough time with spouse by the largest percent of homemakers who were

married, both husband and wife employed. Equal numbers of single employed homemakers responded frequently as responded rarely feeling guilty about not spending enough time with spouse. The largest percents of the homemakers who were married with only husband employed and unemployed singles rarely felt guilt related to this source. Almost one-half of the retired homemakers almost never felt guilty about not spending enough time with spouse. The largest percentages of the homemakers who were employed both the married and the single group frequently felt guilty about not developing their talents. Rarely feeling guilt about this source were the largest percentages of homemakers in three employment groups: married, only husband employed; single, unemployed; and retired. The largest percent of the homemakers who were married, only husband employed responded as rarely feeling guilty about not making own money. The largest percentages of homemakers in each of the other four employment categories responded as almost never feeling guilt about not making own money. The largest percent of the employed homemakers, married or single frequently felt guilt about not spending enough time on self. Rarely was the response to this source of guilt by the largest percentages of homemakers who were married, only husband employed; single, employed; single, unemployed; and retired.

Each of the selected sources of guilt was significantly related to the employment of the homemakers at the .001 level. The Chi-Square value indicated that guilt about not spending enough time with spouse had the strongest relationship to the homemakers' employment.

Relationships Between Homemakers' Employment and Sources of Satisfaction

The largest percent of the single unemployed homemakers almost always felt they needed to improve security. The largest percentages of homemakers who were married with both husband and wife employed, and who were single and employed responded as frequently needing to improve security. Rarely was the response to this source of satisfaction by the largest percentages of homemakers who were married with only the husband employed and homemakers who were retired. The largest percent of the single unemployed homemakers almost always felt they needed to improve health. Frequently was the response of the largest percents of homemakers in each of the other four employment categories to this source of satisfaction. The largest percentages of single unemployed and retired homemakers felt they almost always needed to improve spiritual life. Frequently was the response to this source of satisfaction by the largest percents of homemakers in each of the other three employment categories. The largest percentages of homemakers in each of the groups except those retired responded as frequently needing to improve goal achievements. Rarely was the response of the largest percent of retired homemakers to this source of satisfaction. The largest percent of single, unemployed homemakers almost always felt they needed to improve family relationships. The largest percentages of those who were married with both husband and wife employed, married with only husband employed and who were single and employed frequently felt they needed to do so. The largest percent of retired homemakers responded as rarely needing to improve family relationships.

Each of the selected sources of satisfaction was significantly related to the employment of the homemakers at the .001 level. The Chi-Square value indicated that the need to improve security closely followed by the need to improve goal achievements had the strongest relationships to the homemakers' employment.

Relationships Between Homemakers' Employment and Sources of Dissatisfaction

Equal numbers of single unemployed homemakers responded as rarely as responded frequently satisfied with extent spouse helped with personal development. The largest percentages of married homemakers, regardless of employment, were frequently satisfied with this source. The largest percent of those homemakers who were single and unemployed responded as almost never while the largest percent of the retired homemakers were almost always satisfied with the extent spouse helped with personal development. Equal numbers of single unemployed homemakers responded almost never, rarely and frequently satisfied with extent spouse helped with household chores. Equal numbers of single employed homemakers responded almost never as frequently to this source of dissatisfaction. The largest percent of the married, only husband employed homemakers were frequently satisfied. The largest percent of homemakers who were married, both husband and wife employed responded as rarely being satisfied. The largest percent of retired homemakers were almost always satisfied with the extent spouse helped with household chores. Frequently satisfied with extent spouse helped with the children was the response of the largest percentages of

homemakers who were married with both husband and wife employed and who were married, only husband employed. The largest percent of homemakers who were retired were almost always satisfied. Single unemployed homemakers responded as rarely while the largest percent of single employed homemakers were almost never satisfied with extent spouse helped with the children.

Each of the sources of dissatisfaction was significantly related to the employment of the homemakers. The Chi-Square value indicated that dissatisfaction with extent spouse helped with the children had the strongest relationship to homemakers' employment.

Table Summary

All of the selected stress management variables were significantly related to the homemakers' employment. Chi-Square values indicated strongest relationships were between employment and the need for more time to relax, worry over family finances, guilt from not spending enough time with spouse, the need to improve security and dissatisfaction with extent spouse helped with the children.

Chapter Summary

In studying the relationships between the homemakers' characteristics and their responses to stress management variables, it was found that all of the relationships were significant with the exception of the homemakers' level of education to sources of dissatisfaction. Need more time to relax was the source of stress which had the strongest relationship according to Chi-Square values to each of the four homemakers' characteristics studied: family structure, educational level,

age and employment. Higher percentages of the homemakers who were married with children; who had attended college; were 30-39 years old; were married with husband and wife both employed responded as frequently or almost always to need more time to relax.

Rearing children was the source of worry which had the strongest relationships to family structure and age of homemaker. Higher percentages of married homemakers with children and who were 30-39 years old frequently or almost always worried about rearing children. Growing older was the source of worry having the strongest relationship to educational level. Over 75 percent of homemakers in each of the levels of education rarely or almost never worried about growing older. The source of worry more strongly related to homemakers' employment was family finances. Higher percentages of homemakers who were single and employed responded as frequently or almost always worrying about family finances.

Not spending enough time with spouse was the source of guilt which had the strongest relationships to family structure, age and employment. Higher percentages of homemakers who had children (married or single), were 30-39 years old and were single and employed frequently or almost always felt guilty about not spending enough time with spouse. Not making own money was the source of guilt which had the strongest relationship to the homemakers' educational level. Higher percentages of homemakers who attended elementary school frequently or almost always felt guilt about not making own money.

Need to improve security was the source of satisfaction which had the strongest relationships to the homemakers' family structure

and employment. Higher percentages of homemakers who were single with children and who were single and employed felt they frequently or almost always needed to improve security. The need to improve spiritual life was the source of satisfaction most strongly related to the homemakers' educational level. Higher percentages of homemakers who attended high school frequently or almost always felt the need to improve their spiritual life. The need to improve family relationships was the source of satisfaction most strongly related to the age of the homemakers. Higher percentages of homemakers who were 30-39 years old frequently or almost always felt they needed to improve family relationships.

The extent spouse helped with the children was the source of dissatisfaction which had the strongest relationships to the homemakers' family structure, age and employment. Higher percentages of homemakers who were married with children, were 20-29 years old and were married with only husband employed responded as frequently or almost always feeling satisfied with extent spouse helped with the children.

CHAPTER V

RELATIONSHIPS BETWEEN SCORES ON STRESS MANAGEMENT VARIABLES TO CHARACTERISTICS OF HOMEMAKERS AND NUMBERS OF CONTACTS WITH EXTENSION

The purpose of this chapter is to present findings regarding the relationships between scores on each of the five stress management variables to nine selected characteristics of homemakers. Study findings are presented in five sections which are organized according to the dependent variables (i.e., stress management). Each section contains data regarding one dependent variable, five independent variables regarding homemakers' personal and family characteristics and four independent variables regarding number of contacts homemakers had over a 12-month period with extension agents.

Section I presents findings regarding relationships between homemakers' scores on stress to their characteristics and contacts with extension.

Section II presents findings regarding homemakers' scores on worry to their characteristics and contacts with extension.

Section III deals with relationships between homemakers' scores on guilt to their characteristics and contacts with extension.

Section IV presents data concerning relationships between homemakers' scores on satisfaction to their characteristics and contacts with extension.

Section V presents findings regarding relationships between homemakers' scores on dissatisfaction to their characteristics and contacts with extension.

Each of the five areas were scored as to the homemakers' response regarding frequency of the variable. A response of almost never received a score of 1; rarely, 2; frequently, 3; and almost always, 4 (i.e., if a homemaker responded almost always to each of the five sources of worry, 20 would be the homemaker's score on worry).

I. RELATIONSHIPS BETWEEN HOMEMAKERS' SCORES ON SOURCES OF STRESS TO THEIR CHARACTERISTICS AND CONTACTS WITH EXTENSION

The purpose of data presented in Table IX was to present findings regarding relationships between homemakers' scores on four sources of stress to the following personal and family characteristics: extension audience, family structure, educational level, age, and employment outside the home, and their contacts with extension through meetings, office visits, phone calls, and newsletters. The four sources of stress (dependent variables) included: need more time with children; need more time to relax; need more time for special projects; are discouraged, unhappy and/or depressed.

Homemaker Characteristics

Of the five characteristics studied, only the level of education was not significantly related to the homemakers' scores on stress (Table IX). Family structure, age of homemaker and employment outside home were all significantly related to stress scores. When studying

TABLE IX. Relationships Between Homemakers' Scores on Sources of Stress to Their Characteristics and Contacts with Extension

Homemaker Characteristics and Extension Contacts	Score on Stress (16 Possible) Number of Respondents	Mean Score	Variance Ratio	p
Homemaker Characteristics				
Extension Audiences				
HDC Members	1362	10.1		
Young Non-Club Homemakers	81	11.2		
EFNEP	16	10.4		
4-H Parent or Leader	141	10.2		
Housing Program Homemaker	17	9.6		
Special Interest Homemaker	191	10.1		
General Public	189	10.5		
TOTAL	1997	10.2	F=3.31	p=0.003
Family Structure				
Married, No Children	36	10.8		
Married, Children	1335	10.5		
Married, No Children At Home	473	9.6		
Single, No Children	11	10.3		
Single, Children	87	10.5		
Single, No Children At Home	97	9.3		
TOTAL	2039	10.2	F=12.51	p=0.001
Educational Level				
Elementary School	113	10.0		
High School	1139	10.2		
Vocational School	147	10.1		
College	616	10.3		
TOTAL	2015	10.2	F=0.97	p=0.405
Age of Homemaker				
20-29	713	10.3		
30-39	679	10.6		
40-49	468	10.3		
50-Over	692	9.7		
TOTAL	2048	10.2	F=19.92	p=0.001
Employment Outside Home				
Married, Husband and Wife Emp.	713	10.8		
Married, Only Husband Employed	817	10.0		
Single, Employed	94	10.9		
Single, Unemployed	29	9.6		
Retired	383	9.5		
TOTAL	2036	10.2	F=23.63	p=0.001
Extension Contacts				
Extension Meetings-All Types				
Not Any	240	10.5		
1-5	394	10.6		
6-Over	1422	10.1		
TOTAL	2056	10.2	F=10.47	p=0.001
Visits to Extension Office				
Not Any	652	10.2		
1-3	716	10.3		
4-Over	688	10.2		
TOTAL	2056	10.2	F=0.15	p=0.864
Telephone Calls to Extension Office				
Not Any	520	10.2		
1-5	870	10.2		
6-Over	666	10.3		
TOTAL	2056	10.2	F=0.63	p=0.531
Newsletters Received from Extension Agents				
Not Any	227	10.6		
1-9	592	10.3		
10-12	997	10.1		
13-Over	240	10.2		
TOTAL	2056	10.2	F=2.99	p=0.029

family structure, homemakers who were married with no children, married with children and those who were single with children had higher mean scores on stress. Homemakers who were single with no children at home had the lowest stress score. Among the age groups, the 30-39 group had a higher mean score than those age 20-29 and 40-49 who had the same mean score. Homemakers who were 50 years old and older had the lowest stress score. With employment, homemakers who were single and employed had the highest mean score on stress. Having a slightly lower score were homemakers who were married, with both husband and wife employed. Homemakers who were single and unemployed and those who were retired tended to have lower stress scores. Extension audience and scores on stress were related at the .003 level. Young non-club homemakers had the highest mean score on stress. General public homemakers and those in the EFNEP program had higher stress scores than other audiences. Housing program homemakers had the lowest mean score on sources of stress.

Extension Contacts

Two of the four extension contact variables, the number of meetings attended and newsletters received from extension agents were significantly related to homemakers' scores on sources of stress. Homemakers who attended more than five meetings tended to have lower scores on stress than those who attended fewer meetings. Homemakers who had no contacts with extension through newsletters tended to have higher scores on stress. Neither the numbers of visits nor the

number of telephone calls made to the extension office were significantly related to homemakers' mean scores on sources of stress.

Table Summary

Significant relationships were found between homemakers' mean scores on sources of stress and extension audience, family structure, age and employment outside the home. Characteristics of homemakers who had the highest mean scores on stress included: young non-club homemakers; those who were married with no children, were 30-39 years old; were single and employed outside the home. Housing program homemakers, those who were single with no children at home, were age 50 or over, and retired had the lowest mean scores on sources of stress.

The number of extension meetings and newsletters from extension agents were the only types of extension contacts found to be significantly related to the homemakers' scores on stress. The highest mean scores on stress belonged to homemakers who attended 1-5 extension meetings, and to those who did not receive any newsletters from extension agents. It was found the homemakers attending 6 or more extension meetings, and those receiving from 10-12 extension agents' newsletters had the lowest mean scores on sources of stress.

II. RELATIONSHIPS BETWEEN HOMEMAKERS' SCORES ON SOURCES OF WORRY TO THEIR CHARACTERISTICS AND CONTACTS WITH EXTENSION

The purpose of the data presented in this section and Table X was to summarize relationships between homemakers' scores on five sources of worry to the following personal and family characteristics:

TABLE X. Relationships Between Homemakers' Scores on Sources of Worry to Their Characteristics and Contacts with Extension

Homemaker Characteristics and Extension Contacts	Score on Worry (20 Possible) Number of Respondents	Mean Score	Variance Ratio	p
Homemaker Characteristics				
Extension Audiences				
HDC Members	1237	10.9		
Young Non-Club Homemakers	86	12.0		
EFNEP	14	11.9		
4-H Parent or Leader	141	11.5		
Housing Program Homemaker	20	10.1		
Special Interest Homemaker	179	11.1		
General Public	167	11.8		
TOTAL	1844	11.1	F=3.91	p=0.001
Family Structure				
Married, No Children	45	10.5		
Married, Children	1321	11.5		
Married, No Children at Home	359	9.6		
Single, No Children	16	10.3		
Single, Children	86	12.3		
Single, No Children at Home	64	10.0		
TOTAL	1891	11.1	F=27.43	p=0.001
Educational Level				
Elementary School	90	11.0		
High School	1024	11.1		
Vocational School	138	11.6		
College	619	10.9		
TOTAL	1817	11.1	F=1.67	p=0.172
Age of Homemaker				
20-29	225	11.6		
30-39	682	11.8		
40-49	460	11.4		
50-Over	526	9.8		
TOTAL	1893	11.1	F=45.97	p=0.001
Employment Outside Home				
Married, Husband and Wife Emp.	710	11.7		
Married, Only Husband Employed	778	11.1		
Single, Employed	93	12.4		
Single, Unemployed	21	10.9		
Retired	282	9.2		
TOTAL	1884	11.1	F=36.88	p=0.001
Extension Contacts				
Extension Meetings-All Types				
Not Any	225	11.9		
1-5	368	11.6		
6-Over	1310	10.8		
TOTAL	1903	11.1	F=15.51	p=0.001
Visits to Extension Office				
Not Any	579	11.2		
1-3	658	11.2		
4-Over	666	10.9		
TOTAL	1903	11.1	F=1.74	p=0.175
Telephone Calls to Extension Office				
Not Any	472	11.2		
1-5	792	11.1		
6-Over	639	11.1		
TOTAL	1903	11.1	F=0.099	p=0.906
Newsletters Received from Extension Agents				
Not Any	217	11.6		
1-9	547	11.1		
10-12	897	11.1		
13-Over	242	10.7		
TOTAL	1903	11.1	F=2.93	p=0.033

extension audience, family structure, educational level, age, and employment outside home, and their contacts with extension through meetings, office visits, phone calls, and newsletters. The five sources of worry (dependent variables) included: family finances; rearing children; family relationships; overwork; and growing older.

Homemaker Characteristics

All but one of the five personal and family characteristics were significantly related at the .001 level to the homemakers' scores on sources of worry. Level of Education was found not to have a significant relationship. The extension audiences of young non-club homemakers, those in the EFNEP program and general public homemakers tended to have higher scores on worry. Housing program homemakers had the lowest mean score on sources of worry. Considering family structure, homemakers, either single or married, who had children had higher scores on worry. Those who were either single or married with no children had lower scores. Homemakers who had the lowest scores on sources of worry were either single or married having no children at home. When studying the relationship of age, it was found that homemakers 30-39 years old had the highest mean score with those 20-29 and 40-49 having lower scores. Older homemakers age 50 or older had the lowest mean score on sources of worry. Regarding employment and scores on worry, homemakers who were employed tended to have higher scores. Single, employed homemakers had the higher mean score while those who were retired had the lowest score on sources of worry.

Extension Contacts

Of the four extension contact variables, two were significantly related to the homemakers' scores on sources of worry. They were the numbers of extension meetings attended and the numbers of newsletters received from extension agents. Those homemakers who did not attend extension meetings and who did not receive extension newsletters had the highest mean scores on worry. Homemakers who attended 6 or more extension meetings and received 13 or more extension agents' newsletters had the lowest mean scores on the 5 sources of worry. Neither the numbers of visits nor the number of telephone calls made to the extension office were significantly related to homemakers' scores on sources of worry.

Table Summary

Significant relationships were found between homemakers' mean scores on worry and these characteristics: extension audience, family structure, age, and employment outside the home. Educational level was not significant. Characteristics of homemakers who had the highest mean scores on sources of worry included: young non-club homemakers, those who were single with children, were 30-39 years old, were single and employed outside the home. Housing program homemakers, those who were married with no children at home, who were 50 years old or older and retired homemakers had the lowest mean scores on sources of worry.

The number of extension meetings and newsletters received were the only types of extension contacts found to have significant

relationships to the homemakers' scores on worry. Visits or telephone calls made to the extension office were found not to be significantly related. Homemakers who had no extension contacts tended to have higher scores on sources of worry.

III. RELATIONSHIPS BETWEEN HOMEMAKERS' SCORES ON SOURCES OF GUILT TO THEIR CHARACTERISTICS AND CONTACTS WITH EXTENSION

The data presented in this section and Table XI deal with relationships between homemakers' scores on four sources of guilt to the following personal and family characteristics: extension audience, family structure, educational level, age and employment outside home and their contacts with extension through meetings, office visits, telephone calls and newsletters. The four sources of guilt (dependent variables) included: not spending enough time with spouse; not developing own talents; not making own money; and not spending enough time on self.

Homemaker Characteristics

All of the five personal and family characteristics of the homemakers were found to be significantly related to their mean scores on sources of guilt. The extension audiences of EFNEP homemakers, 4-H parents or leaders, and young non-club homemakers had higher scores while general public and special interest homemakers had the lowest mean scores on sources of guilt. Considering family structure, those homemakers who were single with no children at home and single with no children had higher scores on guilt. Homemakers who were married,

TABLE XI. Relationships Between Homemakers' Scores on Sources of Guilt to Their Characteristics and Contacts with Extension

Homemaker Characteristics and Extension Contacts	Score on Guilt (16 Possible) Number of Respondents	Mean Score	Variance Ratio	p
Homemaker Characteristics				
Extension Audiences				
HDC Members	1441	9.1		
Young Non-Club Homemakers	85	9.5		
EFNEP	15	10.3		
4-H Parent or leader	132	9.8		
Housing Program Homemaker	21	9.1		
Special Interest Homemaker	205	8.7		
General Public	174	8.8		
TOTAL	2076	9.1	F=3.75	p=0.001
Family Structure				
Married, No Children	180	8.9		
Married, Children	1307	9.5		
Married, No Children at Home	608	8.3		
Single, No Children	3	10.3		
Single, Children	12	8.9		
Single, No Children at Home	9	11.3		
TOTAL	2119	9.1	F=21.43	p=0.001
Educational Level				
Elementary School	98	9.3		
High School	1169	9.2		
Vocational School	159	9.1		
College	670	8.8		
TOTAL	2096	9.1	F=3.74	p=0.011
Age of Homemaker				
20-29	245	9.5		
30-39	662	9.7		
40-49	465	9.3		
50-Over	750	8.4		
TOTAL	2122	9.1	F=34.98	p=0.001
Employment Outside Home				
Married, Husband and Wife Emp.	780	9.2		
Married, Only Husband Employed	906	9.5		
Single, Employed	16	10.4		
Single, Unemployed	1	12.0		
Retired	404	8.1		
TOTAL	2107	9.1	F=22.85	p=0.001
Extension Contacts				
Extension Meetings-All Types				
Not Any	220	9.0		
1-5	400	9.5		
6-Over	1510	9.0		
TOTAL	2130	9.1	F=5.83	p=0.003
Visits to Extension Office				
Not Any	636	9.2		
1-3	741	9.2		
4-Over	753	9.0		
TOTAL	2130	9.1	F=1.32	p=0.267
Telephone Calls to Extension Office				
Not Any	502	8.9		
1-5	907	9.3		
6-Over	721	9.0		
TOTAL	2130	9.1	F=3.17	p=0.042
Newsletters Received from Extension Agents				
Not Any	218	9.1		
1-9	626	9.3		
10-12	1023	9.0		
13-Over	263	9.1		
TOTAL	2130	9.1	F=1.19	p=0.312

no children; single with children; and married with no children at home tended to have lower scores on guilt. Mean scores on sources of guilt decreased as level of education increased with homemakers attending elementary school having the highest mean score and those attending college, the lowest. In studying the relation of age to the mean scores on sources of guilt, it was found that homemakers age 30-39 had the highest mean score, those 40-49 years old had lower scores and those 50 years old or older had the lowest mean score on guilt. Regarding employment, homemakers who were single and unemployed had the highest mean score and those who were married regardless of whether or not both spouses were employed had lower scores than the single, employed homemaker. Homemakers who were retired had the lowest mean score on sources of guilt.

Extension Contacts

Among the four extension contact variables, the numbers of extension meetings attended and number of telephone calls made to the extension office were found to be significantly related to homemakers' scores on sources of guilt. Those who attended 1-5 meetings and those who placed 1-5 telephone calls had the highest mean scores. Homemakers who did not attend meetings, those who attended 6 or more meetings and homemakers who did not place any phone calls to the extension office had the lowest mean score. It was found that neither visits to the extension office nor extension agents' newsletters were significantly related to homemakers mean scores on sources of guilt.

Table Summary

Significant relationships were found between homemakers' mean scores on guilt and these characteristics: extension audience, family structure, educational level, age and employment outside home. Characteristics of homemakers who had the highest mean scores on sources of guilt included: EFNEP homemakers, were single with no children at home, attended elementary school, were 30-39 years old, were single and unemployed. Special interest homemakers, those who were married with no children at home, homemakers who had attended college, were 50 years old or older and retired homemakers had the lowest mean scores on sources of guilt.

The number of extension meetings and telephone calls to the extension office were the only types of extension contacts found to have significant relationships to the homemakers' scores on guilt. Homemakers who had no contacts with extension through these methods tended to have lower scores on guilt. Visits to the extension office and newsletters received from extension agents were found not to be significantly related.

IV. RELATIONSHIPS BETWEEN HOMEMAKERS' SCORES ON SOURCES OF SATISFACTION TO THEIR CHARACTERISTICS AND CONTACTS WITH EXTENSION

The purpose of data presented in this section and Table XII was to present findings concerning relationships between homemakers' scores on five sources of satisfaction to the following personal and family characteristics: extension audience, family structure, educational

TABLE XII. Relationships Between Homemakers' Scores on Sources of Satisfaction to Their Characteristics and Contacts with Extension

Homemaker Characteristics and Extension Contacts	Score on Satisfaction (20 Possible) Number of Respondents	Mean Score	Variance Ratio	p
Homemaker Characeristics				
Extension Audiences				
HDC Members	1794	13.3		
Young Non-Club Homemakers	102	13.8		
EFNEP	21	13.7		
4-H Parent or Leader	144	13.1		
Housing Program Homemaker	23	12.3		
Special Interest Homemaker	255	13.5		
General Public	221	13.3		
TOTAL	2560	13.3	F=0.99	p=0.430
Family Structure				
Married, No Children	207	13.0		
Married, Children	1364	13.4		
Married, No Children at Home	707	13.2		
Single, No Children	92	13.1		
Single, Children	91	14.5		
Single, No Children at Home	148	13.3		
TOTAL	2609	13.3	F=3.27	p=0.006
Educational Level				
Elementary School	159	13.7		
High School	1393	13.6		
Vocational School	184	13.3		
College	842	12.9		
TOTAL	2578	13.3	F=8.08	p=0.001
Age of Homemaker				
20-29	282	13.0		
30-39	734	13.5		
40-49	524	13.5		
50-Over	1071	13.2		
TOTAL	2611	13.3	F=3.16	p=0.024
Employment Outside Home				
Married, Husband and Wife Emp.	840	13.3		
Married, Only Husband Employed	928	13.4		
Single, Employed	144	14.0		
Single, Unemployed	47	14.8		
Retired	638	13.0		
TOTAL	2597	13.3	F=5.49	p=0.002
Extension Contacts				
Extension Meetings-All Types				
Not Any	290	13.7		
1-5	484	13.8		
6-Over	1854	13.2		
TOTAL	2628	13.3	F=8.78	p=0.002
Visits to Extension Office				
Not Any	812	13.4		
1-3	898	13.3		
4-Over	918	13.1		
TOTAL	2628	13.3	F=0.18	p=0.839
Telephone Calls to Extension Office				
Not Any	665	13.3		
1-5	1100	13.3		
6-Over	863	13.4		
TOTAL	2628	13.3	F=0.33	p=0.721
Newsletters Received from Extension Agents				
Not Any	269	13.5		
1-9	760	13.3		
10-12	1287	13.3		
13-Over	312	13.6		
TOTAL	2628	13.3	F=0.88	p=0.452

level, age and employment outside home, and their contacts with extension through meetings, office visits, telephone calls, and newsletters. Due to the nature of questions asked, higher mean scores indicate lower levels of satisfaction. The five sources of satisfaction (dependent variables) included: need to improve security; need to improve health; need to improve spiritual life; need to improve goal achievements; and need to improve family relationships.

Homemaker Characteristics

Four of the five personal and family characteristic variables were significantly related to the homemakers' mean scores on sources of satisfaction. Considering family structure, homemakers who were single with children had the highest mean score indicating the lowest level of satisfaction while those who were married with no children had the lowest mean score indicating the highest level of satisfaction. Mean scores decreased as the educational level increased with those attending elementary school having the highest score and those attending college having the lowest mean score on satisfaction. It was found that two age groups, those 30-39 and those 40-49 had the same high mean score. Those 50 and over had a lower score and homemakers who were 20-29 years old had the lowest mean score on sources of satisfaction. Regarding employment outside home, single unemployed homemakers had the highest mean score indicating the lowest level of satisfaction and those who were retired had the lowest score indicating the highest level of satisfaction. The extension audience was not significantly related to homemakers' mean scores on sources of satisfaction.

Extension Contacts

The only extension contact variable significantly related to homemakers' mean scores on sources of satisfaction was the number of extension meetings attended. Homemakers who attended more than 5 meetings had lower scores indicating a higher level of satisfaction. The number of visits to the extension office, telephone calls to the extension office and newsletters received from extension agents were not significantly related to the homemakers scores on sources of satisfaction.

Table Summary

Significant relationships were found between homemakers' mean scores on satisfaction and these characteristics: family structure, educational level, age, and employment outside home. Extension audience was not significantly related to the homemakers' satisfaction score. Characteristics of homemakers who had the lowest mean scores indicating the highest level of satisfaction included: Homemakers who were married with no children, who had attended college, were 20-29 years old and were retired. Homemakers who were single with children, who had attended elementary school, those who were 30-49 years old, and who were single and unemployed had the highest mean scores indicating the lowest levels of satisfaction.

Analysis of Extension contacts showed that only the number of extension meetings attended by homemakers was significantly related to their scores on satisfaction. Visits to the Extension office, telephone calls and newsletters were not significantly related to

scores on satisfaction. Homemakers who attended more than 5 extension meetings tended to have lower scores indicating higher levels of satisfaction.

V. RELATIONSHIPS BETWEEN HOMEMAKERS' SCORES ON SOURCES OF DISSATISFACTION TO THEIR CHARACTERISTICS AND CONTACTS WITH EXTENSION

The purpose of data presented in this section and Table XIII was to present findings regarding relationships between homemakers' scores on dissatisfaction to the following personal and family characteristics: extension audience, family structure, educational levels, age, and employment outside the home, and their contacts with extension through meetings, office visits, telephone calls and newsletters. Questions were in regard to extent of satisfaction with spousal help. Higher scores indicate a lower level of dissatisfaction. The three sources of dissatisfaction (dependent variables) included: feel satisfied with extent spouse helps with personal development; feel satisfied with extent spouse helps with household chores; and feel satisfied with extent spouse helps with the children.

Homemaker Characteristics

Only two of the five personal and family characteristic variables, extension audience and educational level, were significantly related to the homemakers' scores on sources of dissatisfaction. The extension audience of housing program homemakers had the highest mean score indicating a lower level of dissatisfaction. EFNEP homemakers had the

TABLE XIII. Relationships Between Homemakers' Scores on Sources of Dissatisfaction to Their Characteristics and Contacts with Extension

Homemaker Characteristics and Extension Contacts	Score on Dissatisfaction (12 Possible) Number of Respondents	Mean Score	Variance Ratio	p
Homemaker Characteristics				
Extension Audiences				
HDC Members	1114	8.1		
Young Non-Club Homemakers	71	7.8		
EFNEP	12	6.5		
4-H Parent or leader	130	7.8		
Housing Program Homemaker	19	8.8		
Special Interest Homemaker	168	7.6		
General Public	141	8.0		
TOTAL	1655	8.0	F=2.22	p=0.039
Family Structure				
Married, No Children	25	7.8		
Married, Children	1323	8.1		
Married, No Children at Home	325	7.8		
Single, No Children	1	6.0		
Single, Children	16	6.5		
Single, No Children at Home	9	7.7		
TOTAL	1699	8.0	F=2.11	p=0.062
Educational Level				
Elementary School	70	7.8		
High School	932	7.9		
Vocational School	126	7.9		
College	547	8.3		
TOTAL	1675	8.0	F=3.81	p=0.010
Age of Homemaker				
20-29	201	8.2		
30-39	649	8.0		
40-49	430	8.1		
50-Over	423	7.9		
TOTAL	1703	8.0	F=0.64	p=0.588
Employment Outside Home				
Married, Husband and Wife Emp.	698	8.0		
Married, Only Husband Employed	776	8.1		
Single, Employed	18	6.8		
Single, Unemployed	1	7.0		
Retired	198	7.7		
TOTAL	1691	8.0	F=2.31	p=0.055
Extension Contacts				
Extension Meetings--All Types				
Not Any	194	7.9		
1-5	333	7.8		
6-Over	1183	8.1		
TOTAL	1710	8.0	F=1.59	p=0.204
Visits to Extension Office				
Not Any	518	7.9		
1-3	592	8.0		
4-Over	600	8.1		
TOTAL	1710	8.0	F=1.23	p=0.293
Telephone Calls to Extension Office				
Not Any	423	7.8		
1-5	716	8.0		
6-Over	571	8.2		
TOTAL	1710	8.0	F=2.61	p=0.074
Newsletters Received from Extension Agents				
Not Any	188	7.9		
1-9	502	8.4		
10-12	808	7.9		
13-Over	212	7.9		
TOTAL	1710	8.0	F=4.21	p=0.006

lowest mean score indicating the highest level of dissatisfaction. Considering the level of education, mean scores on dissatisfaction increased as level of education increased. Homemakers who had attended college had the highest mean score indicating the lowest level of dissatisfaction and those who attended elementary school had the lowest mean score indicating the highest level of dissatisfaction. Family structure, age and employment outside the home were not found significantly related to scores on sources of dissatisfaction.

Extension Contacts

Among the four extension contact variables, only newsletters received from extension agents was found significantly related to homemakers' scores on sources of dissatisfaction. Homemakers who received 1-9 newsletters had the highest mean score indicating a lower level of dissatisfaction. The numbers of extension meetings, visits to the extension office and telephone calls to the extension office were not significantly related to homemakers' mean scores on sources of dissatisfaction.

Table Summary

Significant relationships were found between homemakers' mean scores on dissatisfaction and extension audience and educational level. Characteristics which were found not significantly related were family structure, employment outside the home and age. Characteristics of homemakers who had the lowest mean scores indicating the highest level of dissatisfaction included: EFNEP homemakers and those who had attended elementary school. Housing program homemakers and those who

had attended college had the highest mean scores indicating the lowest level of dissatisfaction. Levels of dissatisfaction decreased as education increased.

It was found that only the number of extension newsletters homemakers received was significantly related to their scores on dissatisfaction. Extension meetings, visits to the extension office and telephone calls were not significantly related to scores. Homemakers receiving 1-9 newsletters tended to have higher scores indicating lower level of dissatisfaction.

Chapter Summary

Analysis of the homemakers' scores on stress management variables which were significantly related to their personal and family characteristics showed that young non-club homemakers had more stress and worry. EFNEP homemakers had more guilt and the highest level of dissatisfaction. Housing program homemakers reported the least amount of stress, worry and dissatisfaction. Special interest homemakers had the lowest score on guilt than any other of the extension audiences. Homemakers who were married, no children, had the highest level of stress and highest level of satisfaction. Single homemakers with children had more worry and the lowest level of satisfaction. Single homemakers with no children at home had the highest level of guilt, but the lowest level of stress. Married homemakers with no children at home had lower levels of worry and guilt than did other family structures. Homemakers who completed only elementary school had the highest amount of guilt and lowest level of satisfaction and the highest level of dissatisfaction.

Those who attended college had the lowest amount of guilt, highest level of satisfaction and the lowest level of dissatisfaction. The relation of age showed that homemakers who were 30-39 years old had more stress, worry, guilt and the lowest level of satisfaction than any other age group while older homemakers (50-over) had the least amount of stress, worry, guilt. Those 20-29 year old homemakers had the highest level of satisfaction. Single, employed homemakers had more stress and worry; single, unemployed homemakers had more guilt and the lowest level of satisfaction. Retired homemakers had the least amount of stress, worry, guilt and the highest level of satisfaction.

The number of extension meetings attended was significantly related to the homemakers' scores on stress, worry, guilt and satisfaction. Newsletters from extension agents were significant to homemakers' scores on stress, worry and dissatisfaction. The number of telephone calls made to the extension office was significantly related to homemakers' scores on guilt. Visits to the extension office were not significantly related to any of the stress management variables. Homemakers having higher numbers of extension contacts tended to have lower scores on stress, worry, guilt, a higher level of satisfaction and a lower level of dissatisfaction.

CHAPTER IV

SUMMARY OF MAJOR FINDINGS

I. PURPOSES AND OBJECTIVES OF THE STUDY

The purpose of this study was to gain knowledge concerning the nature of relationships between personal and family characteristics of Tennessee homemakers and stress management.

The specific objectives were:

1. To describe the personal and family characteristics of homemakers, the number and type of contacts they had with extension, types of family living information they received from extension and use of other sources for family living information.

2. To determine the levels of homemakers' stress, worry, guilt, satisfaction and dissatisfaction.

3. To determine relationships between homemakers' family structures, educational levels, ages and employment outside the home to their levels of stress, worry, guilt, satisfaction, and dissatisfaction.

4. To determine relationships between homemakers' scores on five stress management variables to selected personal and family characteristics.

5. To determine relationships between homemakers' scores on the five stress management variables to their contacts with extension.

II. METHODS AND PROCEDURES

Population and Sample Studied

The population for this study consisted of homemakers from 94 Tennessee counties. Thirty homemakers from one or more of the seven extension audiences (i.e., Home Demonstration Club Member, young non-club member, EFNEP, 4-H parent or leader, housing program homemaker, special interest homemaker, or general public) were randomly selected and interviewed by Extension Home Economists. Data were obtained from 2789 homemakers across Tennessee.

Survey Instrument

The interview schedule was developed by Marion Mariner, Tennessee Agricultural Extension Service Family Life Specialist. Designed to cover a 12-month time period, homemakers were asked their feelings about stress management, parenting and family practices. Only data regarding Stress Management and Parenting were analyzed in this study. In addition to questions seeking data on sources of family living information and extension contacts, questions also were asked regarding homemakers' personal and family characteristics.

Analysis of Data

Surveys were mailed by the Extension Home Economists to their Associate District Home Economics Supervisors, then forwarded to the Tennessee Agricultural Extension Education office, The University of Tennessee, Knoxville. Statistical analysis was done by computer The relationships between variables were tested using the one-way analysis

of variance F-test and Chi-Square test. A probability level of .05 was used to determine significance of observed relationships.

III. MAJOR FINDINGS REGARDING CHARACTERISTICS AND STRESS MANAGEMENT RESPONSES OF PARTICIPATING HOMEMAKERS

Personal and Family Characteristics of Selected Tennessee Homemakers

1. The largest percentage of survey participants were Home Demonstration Club Members (70.5 percent).

2. Regarding family structure, the largest percent of participants were married with children at home (50.6 percent)

3. High school was the educational level indicated by the largest percent of the homemaker participants (54.3 percent).

4. The highest percent of homemakers involved in this study were age 50 and over (43.2 percent).

5. Regarding employment outside the home, the largest percent of homemakers were married, only husband employed (34.6 percent) followed closely by those who were married, both spouses employed (31.1 percent). Over one-fourth (26.7 percent) of the homemakers involved in the study were retired.

Number and Type of Extension Contacts Homemakers Reported Having with Extension Agents Over a 12-Month Period

1. Extension meetings were the most frequent contact that homemakers had with extension followed by newsletters and telephone calls to the extension office.

2. The method of contact homemakers used the least was visits to the extension office.

Types of Family Living Information Homemakers Received During the Past 12-Months from Extension and Other Sources Used for Family Living Information

1. Of the selected topics, a higher percent of homemakers reported receiving information on handling stress and tension than any other family living subject. The smallest percent of homemakers reported receiving information on mid-life/mid-career decision making.

2. Of the selected other sources of family living information, higher percentages of homemakers reported almost always or frequently using church, friends, relatives and extension agents as compared to other professionals and schools.

Frequencies Which Homemakers Reported Feelings Regarding Selected Sources of Stress, Worry, Guilt, Satisfaction, and Dissatisfaction

1. Using the mean scores, homemakers felt that the need for more time to relax was the most frequent source of stress.

2. Homemakers' most frequent source of worry, according to mean scores, was rearing children.

3. Mean scores indicated that not developing own talents was the most frequent source of guilt of the homemakers.

4. The most frequent source of satisfaction, according to the homemakers' mean scores, was need to improve spiritual life.

5. The homemakers' mean scores showed that spousal help with household chores was the most frequent source of dissatisfaction.

IV. MAJOR FINDINGS REGARDING RELATIONSHIPS BETWEEN HOMEMAKERS' CHARACTERISTICS AND STRESS MANAGEMENT

Relationships Between Homemakers' Family Structure and Stress Management

1. A higher proportion of homemakers who were married with children indicated they needed more time to relax and were more frequently satisfied with extent spouse helped with the children as compared to homemakers who were married, no children; married, no children at home; single, no children; single with children; and single, no children at home.

2. Homemakers with children, both married and single, worried more frequently about rearing children than did homemakers who were either married or single with no children at home.

3. A higher proportion of homemakers with children, both married and single, responded as feeling guilt from not spending enough time with spouse than homemakers who were married no children; married, no children at home; single, no children; and single no children at home.

4. Higher proportions of single homemakers than of married homemakers indicated they needed to improve security.

Relationships Between Homemakers' Educational Level and Stress Management

1. A higher proportion of homemakers who had attended college indicated they needed more time to relax, worried less about growing older and felt guilt less frequently from not making own money than

homemakers who attended vocational school, high school or elementary school.

2. A higher proportion of homemakers who attended high school felt they needed to improve spiritual life as compared to those who had attended college, vocational school or elementary school.

3. None of the selected sources of dissatisfaction with spousal help were significantly related to the homemakers' level of education.

Relationships Between Homemakers' Age and Stress Management

1. A higher proportion of homemakers who were 30-39 years old indicated they needed more time to relax, worried about rearing children, felt guilty about not spending enough time with spouse and felt they needed to improve family relationships than those homemakers who were ages 20-29, 40-49 or 50-over.

2. A higher proportion of homemakers 20-29 years old were more frequently satisfied with extent spouse helped with the children compared to homemakers whose ages were 30-39, 40-49, 50-over.

Relationships Between Homemakers Employment and Stress Management

1. Higher proportions of employed homemakers, both the married and the single, needed more time to relax as compared to homemakers who were married, with only the husband employed; single, unemployed, or retired.

2. A higher proportion of single, employed homemakers worried more frequently about family finances, felt guilty about not spending enough time with spouse and felt they needed to improve security more frequently than homemakers who were married, husband and wife

employed, married, only husband employed; single, unemployed; or retired.

3. A higher proportion of homemakers who were married with only the husband employed were more frequently satisifed with the extent spouse helped with the children.

V. MAJOR FINDINGS REGARDING RELATIONSHIPS BETWEEN SCORES ON STRESS MANAGEMENT VARIABLES TO CHARACTERISTICS OF HOMEMAKERS AND NUMBERS OF CONTACTS WITH EXTENSION

Relationships Between Homemakers' Scores on Sources of Stress to Their Characteristics and Contacts with Extension

Characteristics.

1. Among the selected extension audiences, young non-club homemakers had the highest mean score on stress.

2. Homemakers who were married with no children had a higher stress score than homemakers who were married with children; single with children; single, no children; married, no children at home; or single, no children at home.

3. Homemakers who were 30-39 years old had a higher stress score than homemakers who were ages 20-29, 40-49 or 50-over.

4. Single, employed homemakers had a higher stress score than homemakers who were married, husband and wife employed; married, only husband employed; single, unemployed; or retired.

5. The educational level of homemakers was not significantly related to scores on stress.

Extension contacts.

1. Homemakers who attended more extension meetings and received more newsletters from extension agents had lower stress scores.

2. Neither the numbers of visits nor the numbers of telephone calls made to the extension office were significantly related to homemakers' mean scores on stress.

Relationships Between Homemakers' Scores on Sources of Worry to Their Characteristics and Contacts with Extension

Characteristics.

1. Of the selected extension audiences, young non-club homemakers had the highest mean score on worry.

2. Homemakers who were single with children had a higher worry score than homemakers who were married with children; married, no children; single, no children; single with no children at home; or married, no children at home.

3. Homemakers who were 30-39 years old had a higher worry score than homemakers who were ages 20-29, 40-49, or 50-over.

4. Single, employed homemakers had a higher worry score than homemakers who were married, husband and wife employed; married, only husband employed; single, unemployed; or retired.

5. The educational level of homemakers was not significantly related to scores on worry.

Extension contacts.

1. Homemakers who attended more extension meetings and received more newsletters from extension agents had lower worry scores.

2. Neither the numbers of visits nor the numbers of telephone calls homemakers made to the extension office were significantly related to their mean scores on worry.

Relationships Between Homemakers' Scores on Sources of Guilt to Their Characteristics and Contacts with Extension

Characteristics.

1. Of the selected extension audiences EFNEP homemakers had a higher mean score on guilt.

2. Homemakers who were single, no children at home had a higher guilt score than homemakers who were single, no children; married, children; married, no children; single with children; or married, no children at home.

3. Homemakers who attended elementary school had a higher guilt score than homemakers who attended high school, vocational school or college.

4. Homemakers who were 30-39 years old had a higher guilt score than homemakers who were ages 20-29, 40-49 or 50-over.

5. Single, unemployed homemakers had a higher guilt score than homemakers who were single, employed; married, with only husband employed; married, both husband and wife employed; or retired.

Extension contacts.

1. Of the homemakers who attended extension meetings and made telephone calls to the extension office, those who attended fewer extension meetings and made fewer telephone calls to the extension office had higher guilt scores.

2. Neither the numbers of visits homemakers made to the extension office nor the numbers of extension agents' newsletters received were significantly related to homemakers' mean scores on guilt.

Relationships Between Homemakers' Scores on Sources of Satisfaction to Their Characteristics and Contacts with Extension

Characteristics.

1. Of the selected family structures, homemakers who were single with children had a lower level of satisfaction.

2. Homemakers who attended elementary school had a lower level of satisfaction than homemakers who attended high school, vocational school or college.

3. Identical mean scores indicated that homemakers in two age groups, 30-39 and 40-49 had lower levels of satisfaction than homemakers age 50 and over or 20-29.

4. Single, unemployed homemakers had a lower level of satisfaction than homemakers who were single, employed; married, with only husband employed; married, both husband and wife employed; or retired.

5. The extension audience characteristic was not significantly related to homemakers' scores on satisfaction.

Extension contacts.

1. Homemakers who attended more extension meetings had a higher level of satisfaction.

2. Neither the numbers of visits nor the numbers of telephone calls made to the extension office, nor the numbers of extension agents' newsletters were significantly related to homemakers' mean scores on satisfaction.

Relationships Between Homemakers' Scores on Sources of Dissatisfaction to Their Characteristics and Contacts with Extension

Characteristics.

1. Of the selected extension audiences, EFNEP homemakers had a higher level of dissatisfaction.

2. Homemakers who attended elementary school had a higher level of dissatisfaction than homemakers who attended high school, vocational school or college.

3. The characteristics of homemakers' family structures, ages, and employment outside the home were not significantly related to mean scores on dissatisfaction.

Extension contacts.

1. Of the homemakers receiving newsletters from extension agents, those who received from 1-9 newsletters had a lower level of dissatisfaction than those homemakers who received a higher number of extension agents' newsletters.

2. The numbers of extension meetings, visits and telephone calls made to the extension office were not significantly related to the homemakers' mean scores on sources of dissatisfaction.

VI. IMPLICATIONS AND RECOMMENDATIONS

Homemakers having higher numbers of extension contacts tended to have lower scores on stress, worry, guilt, a higher level of satisfaction and a lower level of dissatisfaction. This may imply that extension family life programs are helping families to create a more satisfying quality of life, thereby strengthening them. More homemakers reported receiving information from extension agents on handling stress and tension implying that specialists and extension home economists have realized the importance of the problem of family stress. This also implies that Extension has responded to previous surveys and studies which have shown a desire for this information by high percentages of homemakers. It is recommended that this continue and that as more information becomes available on family stress, that programs and teaching materials be developed for the specific audiences identified as having particular stresses.

The need for more time to relax was the most frequent source of stress of the total survey sample, particularly homemakers who were married with children, college educated, between 30-39 years of age and employed. This implies that the "Super Homemaker" who is trying to "have it all" in the eighties needs help with time management in order to cope with family stress. It is recommended that family life programs be developed by specialists and agents to help these specific

audiences learn how to not "overschedule" their family activities, instead to evaluate and select activities so as to not feel a loss of control.

Homemakers who were young non-club members had the highest levels of stress and worry. The most frequent source of worry of the total survey sample was rearing children. Expectedly, higher proportions of homemakers with children worried more frequently about this source. The implication is that parenting is important for current and future parents. It is recommended that parenting be a subject for teaching these target audiences and that parenting programs be developed for teens, both male and female which could be used in 4-H clubs. It is also recommended that extension home economists attempt to involve young non-club members, both males and females in special interest programs. Mass media should be used to publicize as well as teach parenting techniques. To be able to involve more of this audience and new audiences, it is further recommended that meetings be conducted at different times other than during regular work hours and at different places such as places of employment.

Comparisons of audiences showed that EFNEP homemakers had more guilt and the highest level of dissatisfaction; comparisons of employment showed that single, unemployed homemakers had more guilt and the lowest level of satisfaction. The implication for Extension Home Economists is that low income families should become a prime target for extension family life programs. Extension agents should cooperate with other public and private agencies who work with low income people to plan and conduct programs dealing with family stress.

Homemakers who were single and employed had the highest mean score on stress and worry, particularly family finances which may contradict a common belief of being "single and worry-free" referring to finances. Also higher proportions of homemakers in all single family structures frequently wanted to improve security. This implies that singles as well as married couples have stress related to finances and money management. It is recommended that agents plan programs concerning not only budgeting and money-saving techniques aimed at financial problems dealing with the amount of money available; but also, investment and financial planning programs which would deal with the use of available money. It is further recommended that consideration be given to the fact that these single homemakers are employed and in order to involve them, programs should be conducted at hours other than traditional work-day hours, i.e., "lunch and learn" sessions.

The 30-39 year old homemakers surveyed had more stress, worry, guilt and the lowest level of satisfaction than any other age group. Homemakers 50 years old and over had the least amount of stress, worry or guilt; retired homemakers had the least amount of stress, worry, guilt and the highest level of satisfaction of the employment groups. The implication is that middle-aged homemakers need more assistance with family stress. Only slightly over one-third (35 percent) of the homemakers surveyed had received information on mid-life/mid-career decision making. The recommendation is that specialists develop teaching materials for county extension home economists to use in conducting programs on mid-life/mid-career decision making and family

stress associated with this age group. Since this seems to be such an "over-loaded" stage of the family life cycle, mass media should be utilized as a major teaching tool.

The most frequent source of dissatisfaction was the extent spouse helped with household chores. This implies that couples need help with family communication skills. Family life programs should involve more than just the homemaker, they should involve the whole family as family stress affects each member of the family. It is recommended that meetings on communication and stress in the family be conducted for the entire family. County Extension Staffs could involve other resource people to conduct meetings on family stress for the whole family with separate sessions for husbands and wives, single mothers, single fathers, single singles, "extended" family members, step-parents, and children; the meetings should end by bringing the family back together for the conclusion. Extension programs should bring the family together to strengthen it, not add to the problems of fragmentation by overscheduling the family with separate activities for each member at different times and different places. Extension programs should help families learn to cope with stress, not be a cause of it.

VII. RECOMMENDATIONS FOR FURTHER STUDIES

1. Survey husband and wife separately to determine differences in their perception of sources of family stress.

2. Strive to secure more equal numbers of different age groups and more equal numbers of various audiences.

3. Include income as a personal and family characteristic in order to study its relationship as an independent variable to stress management.

4. Investigate ways families cope with family stress.

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APPENDIX

AEE INFO-17 TENNESSEE AGRICULTURAL EXTENSION SERVICE

1984 FAMILY LIVING SURVEY



County TEMIS Code No. (1) (2) (3) Name of County _____

I. STRESS MANAGEMENT & PARENTING
(See Instructions on Last Page)

A. Sources of Stress — Circle the Most Appropriate Response

	Almost Never	Rarely	Frequently	Almost Always	DNA	How frequently do you feel you:
(4)	1	2	3	4	9	Need to spend more time with your children?
(5)	1	2	3	4	9	Need more time to relax quietly at home?
(6)	1	2	3	4	9	Need to devote more time to special projects for your own enjoyment?
(7)	1	2	3	4	9	Are descouraged, unhappy and/or depressed?

B. Sources of Worry

	Almost Never	Sometimes	Frequently	Almost Always	DNA	How frequently do you worry about:
(8)	1	2	3	4	9	Family finances?
(9)	1	2	3	4	9	Rearing children?
(10)	1	2	3	4	9	Family relationships?
(11)	1	2	3	4	9	Over-work?
(12)	1	2	3	4	9	Growing older?

C. Sources of Dissatisfaction

	Almost Never	Rarely	Frequently	Almost Always	DNA	How frequently do you feel satisfied with the extent to which your spouse helps you with:
(13)	1	2	3	4	9	Your personal development?
(14)	1	2	3	4	9	The household chores?
(15)	1	2	3	4	9	The children?

D. Sources of Guilt

	Almost Never	Rarely	Frequently	Almost Always	DNA	How frequently do you feel you are not:
(16)	1	2	3	4	9	Spending enough time with spouse?
(17)	1	2	3	4	9	Developing your talents?
(18)	1	2	3	4	9	Making your own money?
(19)	1	2	3	4	9	Spending enough time on self?

E. Sources of Satisfaction

	Almost Never	Rarely	Frequently	Almost Always	DNA	How frequently do you feel the need to improve your:
(20)	1	2	3	4	9	Security?
(21)	1	2	3	4	9	Health?
(22)	1	2	3	4	9	Spiritual life?
(23)	1	2	3	4	9	Goal achievements?
(24)	1	2	3	4	9	Family relationships?

II. FAMILY PRACTICES

A. Communication

	Almost Never	Rarely	Frequently	Almost Always	DNA	How often do family members:
(25)	1	2	3	4	9	Communicate effectively, openly and understandingly?
(26)	1	2	3	4	9	Interact in trusting, considerate and loving ways?
(27)	1	2	3	4	9	Show respect, self confidence and self-esteem?
(28)	1	2	3	4	9	Follow established family rules based upon your values?
(29)	1	2	3	4	9	Participate effectively in community activities?
(30)	1	2	3	4	9	Communicate effectively with friends and neighbors?

B. Leisure Time

	Almost Never	Rarely	Frequently	Almost Always	DNA	How frequently does your family:
(31)	1	2	3	4	9	Watch T.V. together?
(32)	1	2	3	4	9	Play games together?
(33)	1	2	3	4	9	Travel together?

III. SOURCES OF INFORMATION

	Almost Never	Rarely	Frequently	Almost Always	DNA	How frequently do you use each of the following sources of information help or advice about family living:
(34)	1	2	3	4	9	Friends?
(35)	1	2	3	4	9	Relatives?
(36)	1	2	3	4	9	Church?
(37)	1	2	3	4	9	Schools?
(38)	1	2	3	4	9	Extension agents?
(39)	1	2	3	4	9	Other professionals?

IV. EXTENSION CONTACTS

A. Information Received

	No	Yes	DNA	During the past 12-months, have you received information from Extension (any method including home demonstration clubs) about each of the following family living subjects:
(40)	1	2	9	Parenting and child development?
(41)	1	2	9	Marital relations and family communications?
(42)	1	2	9	Handling stress and tension?
(43)	1	2	9	Handling depression?
(44)	1	2	9	Personal growth and life planning?
(45)	1	2	9	Mid-life/mid-career decision making?
(46)	1	2	9	Family reading?

B. Number of Extension Contacts

	Actual Number	(Note: Agent and/or homemaker should estimate the number of contacts the homemaker had with Extension over the past 12-months) Record number of contacts for each method in the blanks provided:
(47-48)	___	Extension meetings of all types attended?
(49-50)	___	Visits made to the Extension office?
(51-52)	___	Telephone calls made to the Extension office?
(53-54)	___	Newsletters received from Extension agents?

V. IDENTIFICATION

A. Extension Audience

Which of the following Extension audiences best describe the homemaker: (circle only one)

(55)
1 HDC member
2 Young non-club homemaker
3 EFNEP
4 4-H parent or leader
5 Housing program homemaker
6 Special interest homemaker
7 General public

B. Family Structure (circle only one)

(56)
1 Married, no children
2 Married, children at home
3 Married, no children at home
4 Single, no children
5 Single, children at home
6 Single, no children at home

C. Educational Level (circle one, agent may estimate)

(57)
1 Elementary school
2 High school
3 Vocational school
4 College

D. Age of Homemaker (circle one, agent may estimate)

(58)
1 20-29
2 30-39
3 40-49
4 50-over

E. Employment Outside Home (circle one, agent may estimate)

(59) 1 Married, husband and wife both employed

2 Married, only husband employed

3 Single, employed

4 Single, unemployed

5 Retired

VI. SURVEY INSTRUCTIONS TO AGENTS

Date due: November 15, 1984.

Disposition: Mail completed survey instruments to your Associate District Supervisor, Home Economics.

Survey Population: (Who is to be interviewed)?: One or more of the Extension audiences listed in Section V, Part A. Selection of the audience(s) should be made with the approval of the Associate Supervisor, Home Economics.

Sample Size: 30 homemakers from each audience to be surveyed.

Sampling Procedures: Use a listing of all homemakers in audience(s) selected for surveying. Apply the Nth number technique to identify 35 homemakers. The last five (5) homemakers should be used only to replace those who for some good reason cannot be interviewed.

Survey Method: The interview schedule is designed for your use as you personally interview randomly selected members of the audience(s) in keeping with Civil Rights (1964) and Accountability/Evaluation (1979) requirements at the National level.

Suggested Statement by Agent at the Start of Each Interview:
Would you please take a few minutes of your time to answer some questions regarding Family Living? Your answers will be confidential and will be confidential and will be included with those from others in the county to help us find out what we in Extension should include in our educational program. We'd like to thank you in advance for your help.

The Agricultural Extension Service offers its programs
to all eligible persons regardless of race, color, national origin,
sex or handicap and is an Equal Opportunity Employer.
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COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
The University of Tennessee Institute of Agriculture, U.S. Department of
Agriculture, and county governments cooperating in furtherance
of Acts of May 8 and June 30, 1914.
Agricultural Extension Service
M. Lloyd Downen, Dean

VITA

Joan V. Billings, daughter of Mr. and Mrs. J. R. Billings, was born in Sparta, Tennessee on December 11, 1946. Upon graduating from White County High School in 1964, she entered Tennessee Technological University, receiving a Bachelor of Science Degree in General Home Economics in 1967.

She was employed November 16, 1967, with the Agricultural Extension Service in Robertson County with the responsibility of the 4-H Home Economics program.

She is a member of Epsilon Sigma Phi, the honorary society for Extension professionals, Tennessee and National Associations of 4-H Agents and Tennessee and National Associations of Extension Home Economists.