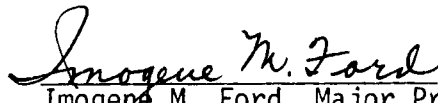
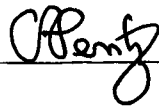


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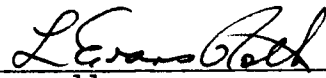
I am submitting herewith a thesis written by Teresa Braswell Robinson entitled "Clothing as it Relates to Life Satisfaction Among Elderly Females." I have examined the final copy of this thesis for form and content and recommend that it be accepted in partial fulfillment of the requirements for the degree of Master of Science, with a major in Textiles and Clothing.


Imogene M. Ford, Major Professor

We have read this thesis
and recommend its acceptance:




Accepted for the Council:


Vice Chancellor
Graduate Studies and Research

CLOTHING AS IT RELATES TO LIFE SATISFACTION
AMONG ELDERLY FEMALES

A Thesis
Presented for the
Master of Science
Degree
The University of Tennessee, Knoxville

Teresa Braswell Robinson
August 1981

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ABSTRACT

The objectives of this research were to determine the differences and relationships between selected clothing preferences--attitude toward comfort, ease of care, and versatility--demographic variables, and life satisfaction.

The sample was comprised of 112 females, over the age of 65, living in the Knoxville, Tennessee area. Respondents varied in place of residence, age, income, prior occupation, education, length of retirement, and amount of volunteer work done.

The one-way analysis of variance was used to test for any differences between the specified clothing attitudes, demographic variables, and life satisfaction. The data were further analyzed to determine relationships of clothing attitudes to life satisfaction using correlation coefficients.

The analysis of data revealed that income significantly affected attitudes toward comfort, ease of care and versatility in clothing. Length of retirement also affected attitude toward ease of care in clothing. Results also indicated that place of residence, income, length of retirement, prior occupation and amount of volunteer work affected overall life satisfaction. Education was not found to be a significant factor affecting life satisfaction. Life satisfaction was not correlated with the three clothing variables.

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CHAPTER I

INTRODUCTION

Although improvements have been slow, average life expectancy of humans has been increasing since the days of the Babylonian and Roman Empires. In 1976, life expectancy for males was 69 years and that of females was 76.7 years. This represents a gain of almost 25 years over life expectancy in 1900 (U.S. Bureau of the Census, Statistical Abstract of the United States, 1978, p. 69). The elderly population in the United States has shown a dramatic increase in numbers since 1900--more than a sixfold increase. Not only have actual numbers increased, but the proportion of the total population represented by the group age 65 and over has increased also. Proportions of the elderly to the total population increased from 4.1 percent in 1900 to 10.5 percent or 22.4 million in 1975. Projections indicate that by the year 2000, up to 12.5 percent of the total United States population will be age 65 or over. In 1975, the elderly constituted 9.7 percent of the total population of the state of Tennessee, which was also similar to the national percentage for 1975 (U.S. Bureau of the Census, Current Population Reports, 1976, pp. 3-19).

The phenomenal growth of the older population seems to stem from three factors, according to Harris (1980): the high immigration rate before World War I, the high birth rate during the late nineteenth and early twentieth centuries, and the dramatic increase in life expectancy during the first half of this century.

Today's elderly face a series of problems--stereotypical, social, psychological, and economic. Elderly people constitute a large deprived group in terms of health care, income, housing, nutrition, clothing, etc.

This increasing population of elderly people in our society has spurred current growth and interest in gerontological research. There is social concern in society to provide the elderly a satisfying position in life. Several theories of aging exist which attempt to explain attitudes toward growing old. The activity theory of aging encourages social interaction and participation. It has been found that social interaction is positively associated with life satisfaction and with increased age, this association is increased (Tobin and Neugarten, 1961, pp. 344-346). Life satisfaction can be defined as an individual's psychological well-being and is usually measured by collecting information regarding individuals' attitudes toward quality of life.

Little research has been done in the area of clothing attitudes as related to life satisfaction. Studies show that appearance has a continuing effect in life and interest in clothing does not necessarily decline with age. Bader (1966) found that there was little loss of interest in clothing among older women until age 75.

Most research concerning clothing and the elderly has dealt with fit and style characteristics. Little has been done with attitudes toward comfort, ease of care, and versatility in clothing. Attitudes toward these characteristics would seem to be of importance to the elderly person. Relationships between selected clothing

characteristics and life satisfaction have not been determined. The lack of information on these attitudes regarding ease of care, comfort, and versatility characteristics in clothing as related to perceived life satisfaction among the elderly led to the development of the proposed study.

I. PURPOSE OF THE STUDY

The purpose of the study was to measure specified demographic variables such as age, income, former occupation, and educational attainment as well as length of retirement, amount of volunteer work, residence and specific clothing preferences as related to life satisfaction, among females over the age of 65. Possible relationships between the variables were investigated to ascertain significant differences existing among elderly people. Scales were developed to measure individual attitudes toward the three variables. Attitudes toward clothing investigated were: an attitude toward comfort in clothing, an attitude toward ease of care in clothing, and an attitude toward versatility in clothing. Questions were designed to tap the affective and behavioral components of attitudes.

II. OBJECTIVES

The objectives of this study were:

1. To determine any differences existing between selected clothing preferences, selected background information variables, and life satisfaction.

2. To determine the degree of relationship between attitudes toward selected clothing preferences and selected background variables.

3. To determine the degree of relationship between life satisfaction and selected background information variables.

4. To determine the degree of relationship between attitudes toward selected clothing preferences and life satisfaction.

III. HYPOTHESES

The following null hypotheses were tested in this investigation:

1. There will be no relationship between socioeconomic status and (a) attitude toward comfort in clothing, (b) attitude toward ease of care in clothing, (c) attitude toward versatility in clothing, and (d) life satisfaction.

2. There will be no relationship between length of retirement and (a) attitude toward comfort in clothing, (b) attitude toward ease of care in clothing, (c) attitude toward versatility in clothing, and (d) life satisfaction.

3. There will be no relationship between amount of volunteer work and (a) attitude toward comfort in clothing, (b) attitude toward ease of care in clothing, (c) attitude toward versatility in clothing, and (d) life satisfaction.

4. There will be no relationship between former occupation and (a) attitude toward comfort in clothing, (b) attitude toward ease of care in clothing, (c) attitude toward versatility in clothing, and (d) life satisfaction.

5. There will be no relationship between educational attainment and (a) attitude toward comfort in clothing, (b) attitude toward ease of care in clothing, (c) attitude toward versatility in clothing, and (d) life satisfaction.

6. There will be no relationship between place of residence and (a) attitude toward comfort in clothing, (b) attitude toward ease of care in clothing, (c) attitude toward versatility in clothing, and (d) life satisfaction.

7. There will be no relationship between age and (a) attitude toward comfort in clothing, (b) attitude toward ease of care in clothing, (c) attitude toward versatility in clothing, and (d) life satisfaction.

8. There will be no relationship between life satisfaction and (a) attitude toward comfort in clothing, (b) attitude toward ease of care in clothing, and (c) attitude toward versatility in clothing.

IV. DEFINITIONS OF TERMS

Aging. ". . . a complex phenomenon which appears to result from a series of processes simultaneously taking place in the body throughout the life span." The following dimensions must be considered when determining a person's age: chronological, biological, psychological, sociological, functional, and legal (Bader and Hoffman, 1966, p. 9).

Comfort. A "feeling at ease" in clothing worn (Carpenter, 1963).

Ease of care. The keeping of a fabric or garment in satisfactory condition (Carpenter, 1963).

Elderly. Those persons 65 years of age or older.

Gerontology. The scientific study of aging (Harris, 1980, p. 6).

LSIA. Life Satisfaction Index A which is a measure of life satisfaction consisting of 20 attitude items for which only an "agree" or "disagree" response is required (Neugarten, et al., 1961).

Quality of life/life satisfaction. An individual's psychological well-being: an individual's satisfaction or dissatisfaction with his or her life in general.

Retirement. The acquisition of an economically nonproductive role, which traditionally occurs around age 65 when one leaves his or her primary occupation (Harris, 1980, p. 253).

Selected clothing preferences. Comfort in clothing, ease of care in clothing, and versatility in clothing.

Versatility. Interchangeableness of garments or accessories in a wardrobe (Carpenter, 1963).

V. ASSUMPTIONS

1. Clothing preferences can be measured.
 2. Respondents will give accurate responses rather than perceived "expected" responses.
 3. Respondents have enough knowledge of the subject matter to respond competently.
 4. Life satisfaction can be measured.
 5. The life satisfaction index used is valid and reliable.
- Tests by Neugarten and associates have indicated reliability and validity (Neugarten, et al., 1961).

VI. LIMITATIONS

1. The sample consisted of those over 65 living in a specified geographical region.
2. The sample consisted of only those over 65 living in retirement complexes and those living in their homes.
3. Respondents were living in an urban area.
4. The sample was purposive.

CHAPTER II

REVIEW OF LITERATURE

Relevant literature will be reviewed in these areas: the elderly population, clothing and the elderly, and life satisfaction.

I. THE ELDERLY POPULATION

The number of persons age 65 and over in the United States has rapidly increased since the beginning of the century, at which time 4.1 percent of the nation's population was 65 years and over. By 1975, the number had reached 22.4 million elderly and at present the number stands at nearly 25 million or 11 percent of the total United States population (Harris and Cole, 1980, p. 25).

By the years 2000 to 2010, older persons are estimated to comprise more than 12 percent of the population. By 2050, the estimate is greater than 20 percent (Hefferan, 1981, p. 12). Of the elderly, the fastest growing segment is that of people ages 75 and over. In 1900, the proportion of people age 75 and over was 29 percent of the 65 and over segment. In 1975, the number had reached 38 percent. This increasing trend is predicted to continue for many years. By the year 2000, it is expected that 44 percent of those over 65 will fall within the category of age 75 and over (Current Population Reports, 1976, p. 9).

California and New York are the two states with the largest numbers of elderly. However, the state with the largest proportion -

of elderly is Florida. According to the 1970 Census, over half of the United States elderly lived in urbanized areas. Of these, approximately one-third lived in central cities (Current Population Reports, 1976, p. 24).

Life expectancy has increased progressively in the United States, also. The average life expectancy at birth in the United States in 1900 was 47 years, and by the middle of the century it had increased to 68 years. Average life expectancy in 1976 was 72.8 years (Statistical Abstract of the United States, 1978, p. 69).

As the overall life expectation has increased, the difference in expected years between the sexes has become progressively greater, also. For example, in 1900 life expectation was 46.3 years for males and 48.3 years for females, a 2 year difference. In 1940, life expectation was 60.8 years for males and 65.2 years for females, a 4.4 year difference. By 1976, life expectation for females exceeded that of males by 7.7 years; the average for males was 69.0 years and 76.7 years for females (Statistical Abstract of the United States, 1978, p. 69). In fact, according to Harris, in all of the developed countries, women have a greater life expectancy than men (Harris and Cole, 1980, p. 32).

This results in another problem which the elderly encounter. Since women live longer and marry men older than themselves, the result is a disproportionate amount of widows to widowers. According to Harris, in 1977, 52 percent of elderly females were widows, while only 14 percent of males of the same age were widowers (Harris and Cole, 1980, p. 33).

Education

Despite the educational upgrading of today's labor force, older people generally have significantly lower educational attainment than young people. Additionally, older people, generally, were trained much less recently than their younger counterparts which takes on special importance in light of recent technological changes. The average number of years of school completed is much less for the group of age 65 and over than for younger groups. This difference becomes even more significant than earlier in the century. Educational advance was less rapid in the late nineteenth century than in the twentieth century. Also as more recently trained people move into younger groups, there remains an educational gap in the labor force, although it is expected to narrow by the year 2000 (Long, 1958, pp. 419-422). In 1978, about 10 percent of our nation's elderly had less than 5 years of education. The median years of formal education completed for the elderly was 9.0 as compared to 12.3 years for the entire adult population. It is predicted, however, that by 2000, the average will have risen to approximately 12 years, the equivalent of a high school education (Current Population Reports, 1976, p. 49). Thus, as society becomes more educated, theoretically the gap should begin to narrow.

Income

A major area of concern for the elderly is that of income. According to Hoyt (1962) there are two basically different types of questions in regard to the retirement income problem. One deals with income reduction as a consequence of withdrawal from the active labor force. When thinking in these terms, it is important to recognize

the significance of income ". . . as a symbol of social status and individual worth" (Hoyt, 1962, p. 10). Therefore, the actual amount of income reduction becomes important. Such a reduction in income affects a person not only through symbolic meanings which money represents, but it also requires that the person make an adjustment in his accustomed patterns of expenditure and perhaps even a change in lifestyle (Hoyt, 1962, p. 10).

A second question arises concerning adequacy of monetary income of the retired person. That is, how adequate is the actual income of the older person in relation to an accepted, standard budget providing the necessities of life. In this context, the economic status of the elderly is viewed in terms of adequacy of material welfare rather than comparing it to previous levels of income and existence (Hoyt, 1962, p. 10).

Distribution of income among the elderly in 1976 reveals an interesting picture. While almost 32 percent of elderly couples had incomes less than \$6,000, 18.7 percent of elderly couples received incomes of \$15,000 or more. However, in looking at individual income distribution, nearly 78 percent had incomes less than \$6,000 and about 37 percent had incomes less than \$3,000 (Harris and Cole, 1980, pp. 322-324).

The poverty threshold for a two-person household with a head 65 years of age or older was approximately \$3,900 in 1978. Approximately 14 percent of persons 65 years of age or older had incomes below the poverty line in 1978. An additional 8.4 percent of the elderly population had incomes classified as near poverty levels

resulting in nearly one-fourth of all persons 65 years of age or older having poverty or near poverty level incomes (Harris and Cole, 1980, pp. 322-324).

Social Participation

Several theories of aging exist which attempt to explain the phenomenon of growing old and ways of coping with this changed situation in life. With advancing age usually comes retirement, a decrease in income, possibly a change in residence, and increased leisure time. The activity theory of aging is favored by many in the gerontological field which asserts that people should maintain the activities of middle age as long as possible and find substitute activities for those from which they are forced to retire (Havighurst, 1971, p. 68).

Although it is often concluded that participation declines with advancing age, Videbeck and Knox (1965) found that this is not the case. Their findings suggest that the activeness of a person depends on subjective factors and statuses within the life cycle. It was also found that amount of social participation is usually characterized by that of earlier years. That is, an individual who was very active socially in young and middle age years will usually be very active socially in later years. In general, such persons are not likely to show a decline in the relative level of activity as they grow older. Videbeck and Knox (1965) do point out, however, that although age may not be a direct factor in amount of social participation, it is possible that such activity can change as a result of alterations in life statuses such as employment and residential stability. Such alterations of life statuses can result as a correlation of age. It is in this

context, therefore, that caution is given in relating age to behavioral variations such as amount of social participation (Videbeck and Knox, 1965, pp. 40-48).

Several studies have been conducted to find possible variables affecting amount of social participation among the elderly. These variables include income and socioeconomic status, health, age, sex, widowhood, unemployment, marital status, and life satisfaction.

Although Videbeck and Knox suggest that age does not directly affect social participation, Rosow, (1967) found that age, sex, and marital status were strong sensitizing variables. He found that age significantly increases the local contacts of the elderly. Marital status was also found to be a factor, especially in the middle class. Other findings were concerned with the amount of social participation as related to work status. In this area, Rosow reports varying significance among the elderly. Whether they worked or not did have significance for self-supporting women as related to amount of social participation. These findings also indicate that active social life in the working class centers on the place of residence whereas that in the middle class covers a larger area with less focus on the immediate environment.

Another variable affecting amount of social participation is income. Harris and Cole (1980) report that those persons in higher social levels participate more in social activities than those persons in lower levels. Also, as income and educational attainment increase, the number of memberships in voluntary organizations increases. They also suggest, in agreement with Rosow, that older persons in the lower

Similar findings had been previously reported by Carp (1966) who found that new residents in retirement complexes showed changes toward increased activity and social interaction.

II. CLOTHING AND THE ELDERLY

Clothing plays many roles throughout the lifetime of every individual, male and female, young and old. In agreement with Hoffman (1970), clothing has always been regarded as one of the essential needs of people but it has only recently become an area of serious research. Clothing as related to the elderly has not been an area of great research in the past. Rather, much of the earlier gerontological research has been conducted in the health related fields.

Despite the small amount of research done, Bader (1963) found that interest in clothing did not necessarily decrease with an increase in age. Therefore, it would seem that the need for such research is a necessary part of the current concern with our aging population.

Clothing can have great significance for older people. It can create an image before any other variables intervene. As an expression of personality, clothing can play another significant role. According to George Dearborn (1918), an early twentieth century psychologist:

We might consider clothing as a vicarious artificial skin, almost an extension of the individual boundary, involving important relationships between the person and his environment, spiritual as well as material (p. 172).

In developing social relationships, in maintaining a positive self-image and in providing ego support, clothing has added significance for the elderly. E. L. Allen (1954) recommends that building elderly people's self-esteem is very important; he also suggests that it is

just as important for them to create a favorable impression through personal appearance as through behavior. The loss of family and friends and the resulting loneliness and feeling of uselessness can create an increased need for new social contacts, affection, and personal dignity. Loss of status generally occurs at the time of retirement, in addition to a reduction in income. This, too, can contribute to a loss of self-esteem and degradation of the ego.

According to Hoffman (1970):

Under such circumstances, effective use of clothing to create an attractive appearance can do much to provide ego support and greater assurance of social acceptance and to retain a positive self-image (p. 288).

Therefore, clothing can help in understanding and accepting the process of aging by helping to lessen some of the negative aspects of aging.

It is quite possible that clothing may be even more important for the elderly living in retirement homes than for those living in their own homes. Hoffman (1970) suggests two reasons for this increased importance. Clothing may become more important since there is more daily contact with people, and because many people experience a more active social life in the retirement complex. Both reasons can increase the importance of clothing. In addition, clothing can provide a sense of well-being through its therapeutic value. Miller's (1968) study investigated the changes which take place in behavior related to clothing when elderly women leave their own homes and move into retirement homes. Her sample consisted of 100 females living at Meth-Wick Manor in Iowa. Scores were obtained for clothes consciousness, size of wardrobe, and association with people. Among the significant relationships found were those of clothes consciousness

and association with people; greater frequency of shopping for clothes and association with people; and greater frequency of shopping for clothes and higher levels of education.

Rosencranz (1972) feels that clothing can have three influences on the elderly: it can accent or call attention to one's good points, camouflage poor points, and give a psychological lift. The loss of physical attractiveness is sometimes referred to as the "insults of aging," but Hoffman prefers to call it "beauty changing rather than beauty departing" (Hoffman, 1979, p. 43).

Most research dealing with clothing and the elderly has dealt with clothing problems related to these physical changes such as fit, style, and color. Several studies throughout the years have noted various physical changes occurring with age. Blair (1953) identified the following changes in appearance among elderly women across the United States: increased weight, thickened waist, double chin, heavier arms, sagging bust, rounding shoulders, dowager's hump, less shapely legs, ugly elbows, wrinkles, fading eyes, and graying hair. It was found that the most prevalent change among these elderly women was that of a thickened waist. Over half of the sample weighed 19 to 20 pounds over their ideal weight. This investigation suggests that if women maintained the ideal weight for age 35, they would have little trouble finding ready-to-wear clothes and patterns of satisfactory fit. Bartley and Warden's study (1962) dealing with elderly women in Manhattan, Kansas found similar physical changes as those found in the Blair study. They also found that other problems influencing clothing preferences include arthritis, rheumatism, bursitis, heart disturbance, and high blood pressure.

Research by Smathers and Horidge (1978-79) found essentially the same physical characteristics influencing clothing preferences, thus supporting prior research. Additional problems encountered include drying of the skin which also becomes thin and inelastic due to a decrease in glandular secretion. This change in the skin results in increased sensitivity to rough textures and heavy fabrics as well as changes in temperature (Hoffman, 1970). Most elderly experience a slight decrease in height, also. According to Hoffman (1970), this is probably the reason why so many elderly women wear half sizes. Hoffman asserts (1979, p. 43) "Attractive clothing cannot reverse the order of physical change nor delay the process, but it can add to good self-image and personal dignity."

Anspach (1958) found that age seemed to be significant in setting patterns of clothing choice. The change in physical characteristics could influence one's pattern of dress, even though interest in clothing may not have decreased.

Shipley (1960), in a study to determine older women's interest and preferences in clothing, found that specific clothing preferences included side openings in dresses, three-quarter length sleeves, mid-calf length, gored skirts, necklines with collars, solid colors, small prints, subdued colors such as navy and light blue, pumps with medium height heels, and foundation garments. Bartley and Warden (1962) found similar clothing preferences in their study of elderly women. Clothing design characteristics for the elderly as suggested by the AHEA Workshop on Aging (1962) include front openings, manageable closures, long sleeves, elastic hosiery, easily altered garments, and

garments with trim, comfortable lines. More recent studies by Walker (1972), Richardson (1975), and Smathers and Horidge (1978-79) support previous research while adding princess and shift dresses, convertible collars, and coat-dress ensembles to the list of desired design characteristics.

Care factors to be considered, as listed by the AHEA Workshop on Aging (1962) were clothing that is easily washable, disposable, or wash-and-wear styles allowing for figure change. Wear factors suggested were clothing that is lightweight, warm, flexible, soft garments with safety features and spot-resistant finishes. Pieper (1968), in her study of clothing needs of elderly women in Stark County, Ohio, found that women have difficulty in purchasing clothing that furnishes them with comfort and attractiveness which is easy to put on and care for. Hargett (1963) found that over half of her sample from Knoxville, Tennessee indicated that comfort was more important when purchasing clothing, followed by ease of care and ease of donning.

Other factors seem to influence clothing preferences and interests as well. Shipley and Rosencranz (1962) found that income and group membership produced statistically significant differences relating to clothing interests and preferences of older women. In a study dealing with the clothing market of older women, Moore (1968) found that social participation was related to clothing interest, satisfaction with clothing on the market, self-image, and clothing image. Walker (1972), in a study of 170 elderly women found that as amount of social activity increased, the amount spent on clothing

increased also. Ebeling and Rosencranz (1961) also found existing relationships between the amount of social participation and clothing. The amount of participation was affected by the lack of appropriate clothing to wear and whether or not the clothing had an effect on feeling at ease (psychological comfort) at a social function. They found that older women who belonged to fewer than three organizations refused more invitations to social affairs because of lack of appropriate clothing. They also more often stated that their clothing affected their feeling at ease at a social gathering. Both findings are in contrast to those women who were more socially involved by participating in more than three organizations.

Bader (1963) found that there was little loss of interest among older women, that older women were interested in clothing and that they wanted attractive clothing. These women also retained their attitudes toward clothing and behavior patterns from their middle-age years. A majority of these women considered clothing to be just as important as when they were younger; 25 percent of the women considered clothing to be more important in their later years; only a small proportion considered clothing to be less important in their later years.

Hoffman (1970), in a study dealing with the effects of the husbands' retirement on the wives' interest in clothing, found several reasons for those not losing interest in clothing. Reasons given were: (1) appearance was as important as ever, (2) they still liked clothes, (3) attractive appearance before the children was important;

(4) they were still clothes conscious, and (5) the husband's retirement did not relate to their clothes.

III. LIFE SATISFACTION

With the proportion of elderly in today's society, there is increased social concern to provide the elderly a satisfying position in life. This post-retirement period can be a traumatic experience. One is faced with a drastic change in roles and perhaps even self-image. Usually, there is a considerable change in income and in economic status. Adjustment is an important element during this time. This period of older and later adulthood, as identified by Steinmetz (1979) can be a time of challenging experience to share and enjoy, if allowed to be.

The terms life satisfaction, morale, quality of life, and adjustment have been used synonymously in research to refer to the psychological well-being of an individual. Therefore, various research studies may use different terms. Several studies have been conducted in an attempt to find correlates of life satisfaction.

Neugarten and associates (1961) established a scale called Life Satisfaction Ratings (LSR) as a result of the Kansas City Study of Adult Life. The purpose was twofold: to devise a measure of successful aging which would be relatively independent from other psychological and social variables and to devise a short, easily-administered instrument that could be used in other studies. The researchers conceived of life satisfaction as a combination of five - dimensions of psychological well-being: zest, resolution and fortitude,

congruence between desired and achieved goals, positive self-concept and mood tone.

The Life Satisfaction Ratings (LSR) consist of two parts: Life Satisfaction Index A (LSIA) and Life Satisfaction Index B (LSIB). LSIA consists of twenty statements with which subjects agree or disagree. LSIB consists of seventeen open-ended questions. Findings from the original sample (LSIA) resulted in a mean score of 12.4 and a standard deviation of 4.4.

Kutner and associates (1956) determined that morale tends to decline with age. However, those who saw themselves as young had higher morale than those seeing themselves as elderly. Their findings also indicate that those who saw themselves as young tended to have a higher socioeconomic status, were in better health, and were more often employed. It was stated, "Feeling deprived or disadvantaged is related to both the person's view of the world as well as his adjustment to it" (Kutner, et al., 1956, p. 100).

According to Gutmann (1964), greater happiness and satisfaction for females may emerge as a result of "A vigorous, intense engagement with the world" For males, he found that the sense of well-being as measured by life satisfaction is linked to the integrity of ego functioning and seems to decline as such integrity declines.

Cantril (1965) sees life satisfaction as the extent to which people's perceptions of their current lives coincide with their definitions of the best possible life. Findings from his Self-Anchoring Scale indicate that in 1959, life satisfaction among persons in the United States was rated at 6.6 on a 10 point scale.

He found that elderly persons, age 65 and older, had a life satisfaction rating of about 98 percent of the national average or 6.5. A significant difference was found in average life satisfaction of elderly non-whites as compared to elderly Caucasians. Level of life satisfaction was also found to be directly related to socioeconomic status.

Pihlblad and McNamara (1965), in a study of elderly people in small towns, found several existing characteristics of persons appearing to have a high degree of life satisfaction. Those with higher scores tended to have a youthful self-conception, good health, and higher income than did those persons with lower scores. The well-adjusted were more frequently married than widowed or single. The better adjusted had a higher degree of social participation, as well.

In a study of retired men in Wisconsin, Bultena (1969) obtained similar results to those of Pihlblad and McNamara. It was found that morale was related positively to socioeconomic status and that decremental changes were associated with a low level of morale.

More recent research has been done by Edwards (1973) and Medley (1976). Edwards (1973) attempted to examine the effect of a broad range of variables on life satisfaction. Results showed that the primary determinant of life satisfaction was socioeconomic status. This is in contrast to Medley (1976), however, who found that financial situation had no direct relationship with life satisfaction for either sex. He found that satisfaction with family life was the greatest impact on satisfaction with life, for both sexes.

The quality of life or life satisfaction is an important aspect of every person's life, especially in old age. This is probably best stated by George and Bearon (1980):

The Declaration of Independence proclaims "the pursuit of happiness" one of the inalienable rights of all people. Thus, from the beginning, our society has viewed a subjective sense of well-being as an important personal and social goal (p. 37).

Bader (1963), Ebeling and Rosencranz (1961), Shipley and Rosencranz (1962), Moore (1968), Miller (1968), Hoffman (1970), and Walker (1972) have shown the importance of clothing in the lives of elderly females. In their research, it was indicated that factors such as income, occupation, social participation, and residence have various effects on individual clothing attitudes. Overall life satisfaction is influenced by several variables such as income, length of retirement, social participation, and age as indicated by Kutner (1956), Gutmann (1964), Cantril (1965), Pihlblad and McNamara (1965), Bultena (1969), and Edwards (1973). Thus, the need exists for additional research delineating the role of the kind of residence, income, prior occupation, length of retirement, and social participation as related to the elderly and their attitudes toward specified clothing preferences such as comfort, ease of care, and versatility.

CHAPTER III

METHODS AND PROCEDURES

The objectives of the study were to investigate relationships between selected clothing preferences, background information variables, and life satisfaction. Procedures pursued in the research are discussed under the following subheadings: (1) Selection and Development of Instruments; (2) The Pretest; (3) Selection of the Sample; (4) Collection of the Data; and (5) Statistical Treatment of the Data.

I. SELECTION AND DEVELOPMENT OF INSTRUMENTS

The questionnaire was chosen as the means of collecting data for economy and efficiency. The instruments used for this study were: (1) Background Information which identified specific demographical and background data, (2) The Clothing Preferences Scale, developed to measure the respondent's attitude toward comfort, ease of care, and versatility in clothing, and (3) The Neugarten and associates (1961) Life Satisfaction Ratings--Life Satisfaction Index A, which is a measure of successful aging.

Background Information

Demographic variables chosen were: age, income, educational attainment, and prior occupation. Other variables were length of retirement, residence, and amount of volunteer work. These variables were chosen because of possible significance in relation to the clothing variables and life satisfaction.

Clothing Preferences Scale

Thirty-three items were developed to comprise the clothing preferences questionnaire for this study. Statements 3, 7, 10, 11, 14, 16, 17, 19-28, and 33, originally written by Carpenter (1966), were modified to become a part of the measure.

The variables selected were attitude toward comfort, ease of care, and versatility in clothing. These three variables were chosen due to the possible significance which they could hold in the lives of the elderly as related to clothing.

Subjects were asked to indicate their personal degree of commitment to the 33 statements according to a five-point Likert-type scale. The scale was scored as (5) strongly agree, (4) agree, (3) neutral, (2) disagree, and (1) strongly disagree. Some questions were designed specifically to obtain negative responses. Therefore, scoring for those questions was reversed which signifies the following scoring procedures: (1) strongly agree, (2) agree, (3) neutral, (4) disagree, and (5) strongly disagree. A positive attitude toward the three clothing variables, as a whole, was indicated by a high score, while a low score indicated a negative attitude toward the clothing variables. The total clothing score had a possible range of 33 to 165.

Comfort. Statements 1, 4, 5, 8, 10, 12, 17, 19, 22, 25, 30, and 32 of the Clothing Preferences Scale pertained to the respondent's attitude toward comfort in clothing. Twelve of the statements (1, 4, 5, 8, 10, 12, 19, 22, 25, 28, 30, and 32) were stated positively, while statement 17 was stated negatively. To obtain a total score for comfort, the scoring was reversed for statement 17. The total comfort score

had a possible range of 13 to 65, with 65 representing the most positive attitude toward comfort in clothing.

Ease of Care. Statements 2, 6, 9, 13, 15, 18, 20, 23, 26, 29, 31, and 33 of the Clothing Preferences Scale pertained to the respondent's attitude toward ease of care in clothing. Nine of the statements (2, 6, 9, 15, 20, 23, 29, 31, and 33) were stated positively, while statements 13, 18, and 26 were stated negatively. To obtain the total score for ease of care, the scoring was reversed for statements 13, 18, and 26. The total ease of care score had a possible range of 12 to 60, with 60 representing the most positive attitude toward ease of care in clothing.

Versatility. Statements 3, 7, 11, 14, 16, 21, 24, and 27 of the Clothing Preferences Scale pertained to the respondent's attitude toward versatility in clothing. Seven of the statements (3, 7, 11, 14, 21, 24, and 27) were stated negatively. To obtain the total score for versatility, the scoring was reversed for statement 16. The total versatility score had a possible range of 8 to 40, with 40 representing the most positive attitude toward versatility in clothing.

Life Satisfaction Scale

The scale used to measure life satisfaction was devised by Neugarten, Havighurst, and Tobin (1961). In an attempt to measure the psychological well-being of older people, the investigators sought to develop a measure which would use an individual's own attitudes as the point of reference. Life Satisfaction Index A (LSIA) was used in this study. LSIA consists of 20 attitude items for which only an

"agree," "disagree," or "undecided" response is required. One point is scored for each correct response and a score of zero is given for each incorrect and undecided response. The sum of these response ratings form the life satisfaction score. The total range of scores is 0 to 20. The initial investigators obtained a mean score of 12.4 and a standard deviation of 4.4 on LSIA.

II. THE PRETEST

Prior to administering the questionnaire for this study, a pretest was given to 30 elderly females from Middle and East Tennessee. The purpose of the pretest was to ascertain the amount of time needed to complete the questionnaire, to examine the clarity of instructions and statements, and to establish discriminating power of the statements and measures. After administration of the pretest, necessary revisions were made and submitted for approval to a panel of five expert judges. Additional revisions were made for clarity prior to utilizing the questionnaire for the research project.

III. SELECTION OF THE SAMPLE

The criteria employed to select subjects for this research project were sex, age, and residence. The sample consisted of 112 females, age 65 or over, from the Knoxville, Tennessee area. The subjects consisted of females living in retirement homes, Townview Towers, Shannondale and Summit Towers, and females maintaining their own residences who were members of the American Association of Retired Persons (AARP). The sample was a non-probability, purposive sample.

IV. COLLECTION OF THE DATA

The period of Winter quarter of 1981 was used for collection of data for this research project. Contacts were made and permission obtained to enter the retirement complexes and to attend local AARP meetings to collect data.

A questionnaire consisting of three pages, a background information sheet, and a form indicating subjects' willingness to participate was given to each subject (Appendices, page 62).

V. STATISTICAL TREATMENT OF THE DATA

The one-way analysis of variance procedure was used to test for significant differences between the three clothing variables, background information variables, and life satisfaction. For all data analysis, F values were considered significant at the .05 probability level ($p < 0.05$). After significant differences were determined, the Duncan multiple range procedure was used for post hoc analysis to determine the nature of the existing differences among the variables. Correlation coefficients were chosen to test for any relationships between attitude toward comfort, attitude toward ease of care, attitude toward versatility, and life satisfaction.

CHAPTER IV

RESULTS AND DISCUSSION

The purpose of this study was to measure specified background information variables and clothing preferences as related to life satisfaction, among females over the age of 65. Differences which existed between the variables were investigated. After significant differences were determined, Duncan multiple range tests were used to locate the differences among the variables. The presentation of the findings are as follows: (1) Background Information; (2) Clothing Preferences Scale; (3) Life Satisfaction Scale; (4) Results; and (5) Discussion.

I. BACKGROUND INFORMATION

A total of 140 subjects were given the questionnaire. Those respondents who did not meet the specification standards in the research design were eliminated, as well as those failing to complete the questionnaire. Therefore, data were analyzed for 112 female subjects. A distribution of subjects by age can be found in Table 1.

Respondents were also asked to indicate their monthly income within one of the following ranges: (1) less than \$400; (2) \$400-800; (3) \$800-1,200; (4) \$1,200-1,600; and (5) greater than \$1,600. A distribution of subjects by monthly income can be found in Table 1.

Another variable was length of retirement. The breakdown of years retired was: (1) not retired; (2) less than 10 years; (3) 11-20 years (4) more than 20 years. Of the total respondents, 22.32 percent

indicated that they were not retired (i.e., "Housewives" did not consider themselves retired), 42.85 percent had been retired less than 10 years, while those retired 11-20 years totaled 26.79 percent, and those retired more than 20 years comprised 8.04 percent of the total.

The amount of voluntary organization work done weekly was divided into the following categories: (1) none; (2) up to 10 hours; (3) 11-20 hours; and (4) over 20 hours. In this sample, 56.25 percent indicated no participation at all, 32.14 percent participated up to 10 hours, 8.93 percent indicated they participated 11-20 hours, while 2.68 percent indicated greater than 20 hours of volunteer work weekly.

Five categorical divisions comprised the occupational group. They were as follows: (1) professional; (2) skilled; (3) semi-skilled; (4) unskilled; and (5) "housewife." A distribution of subjects by occupation can be found in Table 1.

Educational attainment was divided into four categories: (1) elementary school; (2) high school; (3) college; and (4) graduate school. Those completing elementary school totaled 9.91 percent, while 41.44 percent had finished high school, 29.73 percent had finished college, and 18.92 percent had completed graduate school.

Place of residence was used as a criteria for analysis. Only subjects whose responses indicated residence in (1) their homes, or (2) retirement complexes were used for this study. Of the 112 subjects, 52.68 percent lived in their own homes, and 47.32 percent lived in retirement complexes.

TABLE 1
DISTRIBUTION OF BACKGROUND INFORMATION OF SUBJECTS

Variables	Number	Percent (100)
Income (Per Month)		
Less than \$400	25	22.32
\$400-800	31	27.68
\$800-1,200	22	19.64
\$1,200-1,600	22	19.64
Over \$1,600	12	10.72
Length of Retirement		
Not Retired	25	22.32
Up to 10 Years	48	42.85
11-20 Years	30	26.79
Over 20 Years	9	8.04
Volunteer Work (Per Week)		
None	63	56.25
Up to 10 Hours	36	32.14
11-20 Hours	10	8.93
Over 20 Hours	3	2.68
Occupation		
Professional	48	44.04
Skilled	15	13.76
Semi-Skilled	7	6.42
Unskilled	11	10.09
"Housewife"	28	25.69
Education		
Elementary School	11	9.91
High School	46	41.44
College	33	29.73
Graduate School	21	18.92
Residence		
In their Home	59	52.68
Retirement Complex	53	47.32
Age		
65-74 Years	59	52.68
75-84 Years	44	39.29 -
85 Years and Older	9	8.04

II. CLOTHING PREFERENCES SCALE

The Clothing Preferences Scale consisted of 33 statements with a range of scores from 33 to 165. In this study, actual scores ranged from 100 to 154. The total clothing score had a mean of 125.90 and a standard deviation of 11.40 (Table 2). The total comfort score had a possible range of scores from 13 to 65. Actual scores ranged from 39 to 62. The mean for total comfort was 49.45 with a standard deviation of 5.00. Total ease of care had a possible range of scores from 12 to 60. A range from 30 to 57 was found in this study with a mean score of 45.24 and a standard deviation of 4.51. The total versatility score had a possible range from 8 to 40. Actual scores ranged from 13 to 40 with a mean score of 31.51 and a standard deviation of 4.54 (Table 2).

III. LIFE SATISFACTION SCALE

Neugarten, Havighurst, and Tobin (1961) devised the Life Satisfaction Ratings (LSR) measure. The LSR consisted of two parts: Life Satisfaction Index A (LSIA) and Life Satisfaction Index B (LSIB). Only LSIA was used in this study, which has a possible range of scores from 0 to 20. The original researchers obtained a mean score of 12.4 and a standard deviation of 4.4. In this study, a mean score of 12.91 and a standard deviation of 3.91 was obtained. (Table 2).

IV. RESULTS

The statistical analyses used for this study were the one-way analysis of variance, correlation coefficients, and the Duncan multiple

TABLE 2
MEAN SCORES AND STANDARD DEVIATIONS OF CLOTHING
PREFERENCES AND LIFE SATISFACTION

Source	N = 112	
	Mean	Standard Deviation
Total Clothing Preferences	125.90	11.40
Total Comfort	49.45	5.00
Total Ease of Care	45.24	4.53
Total Versatility	31.51	4.54
Life Satisfaction	12.91	3.91

range procedure as a post hoc analysis. Findings based on the data were drawn relative to the formal null hypotheses.

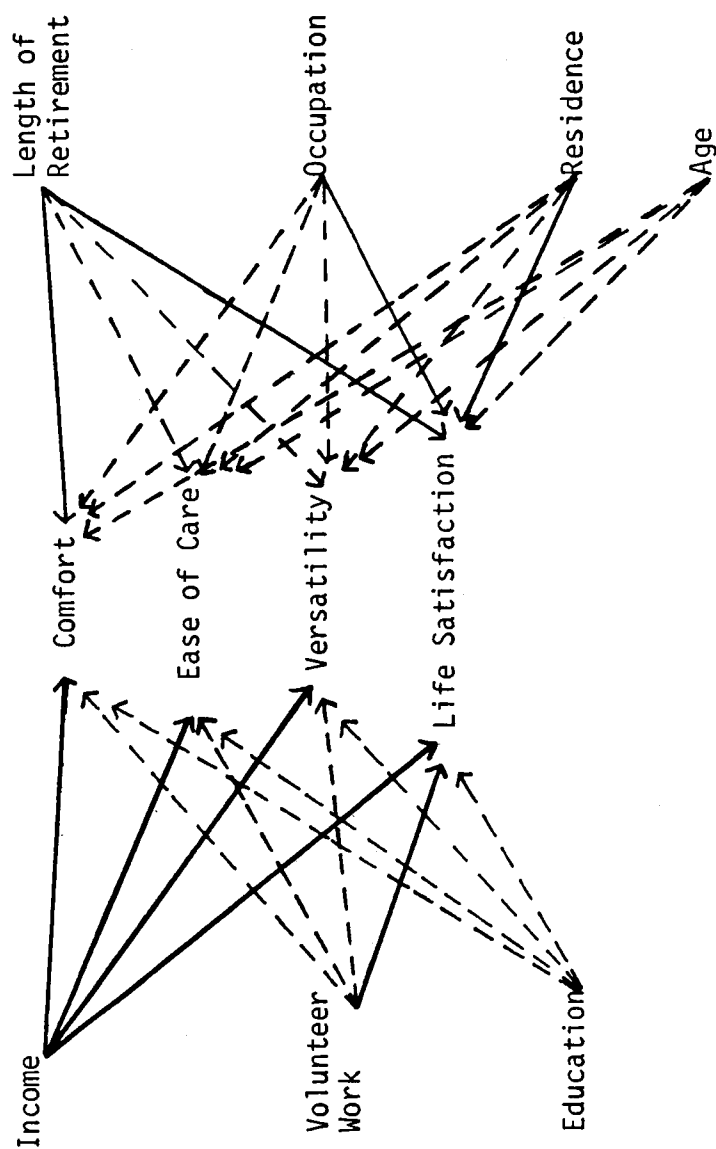
Hypothesis 1

There will be no relationship between socioeconomic status and (a) attitude toward comfort in clothing, (b) attitude toward ease of care in clothing, (c) attitude toward versatility in clothing, and (d) life satisfaction (Figure 1).

(a) An F value of 5.37 was significant, thus leading to the rejection of this hypothesis (Table 3). Further post hoc analysis using the Duncan multiple range test (Table 4) found that those persons with incomes greater than \$1,600 per month were less concerned with comfort than all other income groups.

(b) An F value of 3.52 was significant, thus leading to the rejection of this hypothesis (Table 3). The Duncan multiple range test (Table 4) showed that those persons with a monthly income less than \$400 had more positive attitudes toward ease of care than any of the other income groups. All other income groups did not differ significantly in attitude toward ease of care.

(c) An F value of 3.48 was significant, thus leading to the rejection of this hypothesis (Table 3). The Duncan multiple range test (Table 4) showed that those persons with incomes greater than \$1,600 monthly were less concerned with versatility in clothing than those persons with incomes of \$800 or less



— Indicates significant relationships.

---- Indicates nonsignificant relationships.

FIGURE 1. Diagram of Significant and Nonsignificant Relationships.

TABLE 3

ANALYSIS OF VARIANCE SUMMARIES

Source	df	Means			
		Comfort	Ease of Care	Versatility	Life Satisfaction
Income Within	4 107	115.85*** 21.57	66.19** 18.78	65.76* 18.89	38.10* 14.44
Length of Retirement Within	3 108	70.14* 23.72	12.02 20.73	13.84 20.76	47.28* 14.40
Volunteer Work Within	3 108	41.76 24.50	11.30 20.75	9.59 20.88	53.26* 14.24
Occupation Within	4 104	20.53 25.71	17.02 21.05	26.54 20.61	56.96* 13.23
Education Within	3 107	4.14 25.10	18.37 19.65	27.02 20.40	27.02 20.40
Residence Within	1 110	46.07 24.78	37.19 20.34	7.05 20.70	293.95**** 12.74
Age Within	2 109	60.13 24.33	2.45 20.82	14.32 20.69	12.37 15.35

*p < .05
 **p < .01
 ***p < .001
 ****p < .0001

TABLE 4
MEANS OF MONTHLY INCOME

Source	N	Means*			
		Comfort	Ease of Care	Versatility	Life Satisfaction
Income					
< \$400	25	51.92 ^a	47.60 ^a	33.76 ^a	11.04 ^a
\$400-800	31	49.26 ^a	44.93 ^b	31.87 ^{a,b}	13.32 ^b
\$800-1,200	22	49.23 ^a	45.00 ^b	30.27 ^{b,c}	12.45 ^{a,b}
\$1,200-1,600	22	49.91 ^a	44.95 ^b	31.23 ^{a,b,c}	13.82 ^b
< \$1,600	12	44.20 ^b	42.08 ^b	28.67 ^c	14.75 ^b

*Differences tested with Duncan multiple range test as modified by Kramer. Means with the same superscript within a column are not significantly different.

per month. Attitudes toward versatility did not differ significantly among the middle income groups.

(d) An F value of 2.64 was significant, thus leading to the rejection of this hypothesis (Table 3). Further analysis using the Duncan multiple range test (Table 4) showed that those persons with a monthly income less than \$400 had significantly lower life satisfaction scores than other income groups. Other income groups did not differ significantly in their life satisfaction scores.

Hypothesis 2

There will be no relationship between length of retirement and (a) attitude toward comfort in clothing, (b) attitude toward ease of care in clothing, (c) attitude toward versatility in clothing, and (d) life satisfaction (Figure 1).

(a) An F value of 2.96 was significant, thus resulting in the rejection of this null hypothesis (Table 3). Further analysis using the Duncan multiple range test (Table 5) showed that those who had been retired 11-20 years had more positive attitudes toward comfort than those not retired or those retired up to 10 years.

(b) A nonsignificant F value of .58 was found, thus leading to the acceptance of this null hypothesis (Table 3). Therefore, it can be assumed that no significant relationship existed between length of retirement and attitude toward ease of care in clothing.

TABLE 5
MEANS OF COMFORT AND LIFE SATISFACTION
FOR LENGTH OF RETIREMENT

Source	N	Means*	
		Comfort	Life Satisfaction
Not Retired	25	48.24 ^a	13.16 ^a
0-10 Years	48	48.71 ^a	13.32 ^a
11-20 Years	30	51.67 ^a	13.20 ^a
> 20 Years	9	49.44 ^{a,b}	9.11 ^b

*Differences tested with Duncan multiple range test as modified by Kramer. Means with the same superscript within a column are not significantly different.

(c) A nonsignificant F value of .67 was found, thus leading to the acceptance of this null hypothesis (Table 3, page 37). It can be assumed, therefore, that no significant relationship existed between length of retirement and attitude toward versatility in clothing.

(d) A significant F value of 3.28 was found, thus resulting in the rejection of this null hypothesis (Table 3, page 37). Further analysis using the Duncan multiple range test (Table 5) indicated that those retired greater than 20 years had significantly lower life satisfaction scores than those not retired or those retired up to 20 years.

Hypothesis 3

There will be no relationship between amount of volunteer work and (a) attitude toward comfort in clothing, (b) attitude toward ease of care in clothing, (c) attitude toward versatility in clothing, and (d) life satisfaction (Figure 1, page 36).

(a) A nonsignificant F value of 1.70 was found, thus leading to the acceptance of this null hypothesis (Table 3, page 37). It can be concluded that no significant relationship existed between amount of volunteer work and attitude toward comfort in clothing.

(b) A nonsignificant F value of .54 was found, thus leading to the rejection of this null hypothesis (Table 3, page 37). No significant relationship existed between amount of volunteer work and attitude toward ease of care in clothing.

(c) A nonsignificant F value of .46 was found, thus leading to the acceptance of this null hypothesis (Table 3, page 37). It can be concluded, therefore, that no significant relationship existed between amount of volunteer work and attitude toward versatility in clothing.

(d) A significant F value of 3.74 was found, thus leading to the rejection of this null hypothesis (Table 3, page 37). Further analysis using Duncan multiple range test (Table 6) indicated that those persons participating in volunteer work up to 10 hours weekly had significantly higher life satisfaction scores than those participating none at all or those participating more than 20 hours weekly. Those participating in volunteer activities between 11 and 20 hours per week could not be distinguished from any of the other categories.

Hypothesis 4

There will be no relationship between former occupation and (a) attitude toward comfort in clothing, (b) attitude toward ease of care in clothing, (c) attitude toward versatility in clothing, and (d) life satisfaction (Figure 1, page 36).

(a) A nonsignificant F value of .81 was found, thus leading to the acceptance of this null hypothesis (Table 3, page 37). It can be concluded, therefore, that no significant relationship existed between former occupation and attitude toward comfort in clothing.

(b) A nonsignificant F value of .81 was obtained, thus leading to the acceptance of this null hypothesis (Table 3,

TABLE 6
MEANS OF LIFE SATISFACTION FOR VOLUNTEER WORK

Source	N	Means* Life Satisfaction
Volunteer Work Weekly		
None	63	12.23 ^a
Up to 10 Hours	36	14.44 ^b
11-20 Hours	10	12.80 ^{a,b}
> 20 Hours	3	9.00 ^a

*Differences tested with Duncan multiple range test as modified by Kramer. Means with the same superscript within a column are not significantly different.

page 37). Therefore, it can be said that no significant relationship existed between former occupation and attitude toward ease of care in clothing.

(c) A nonsignificant F value of 1.29 was obtained, thus leading to the acceptance of this null hypothesis (Table 3, page 37). It can be concluded that no significant relationship existed between prior occupation and attitude toward versatility in clothing.

(d) An F value of 4.31 was significant, thus leading to the rejection of this null hypothesis (Table 3, page 37). Further analysis using the Duncan multiple range test (Table 7) indicated that those in the professional occupations had significantly higher life satisfaction scores than the skilled, unskilled or "housewife" occupational groups. The group consisting of semi-skilled occupations was undistinguishable from the other occupations.

Hypothesis 5

There will be no relationship between educational attainment and (a) attitude toward comfort in clothing, (b) attitude toward ease of care in clothing, (c) attitude toward versatility in clothing, and (d) life satisfaction (Figure 1, page 36).

(a) A nonsignificant F value of .16 was found, thus leading to the acceptance of this null hypothesis (Table 3, page 37). Therefore, no significant relationship existed between educational attainment and attitude toward ease of care in clothing.

TABLE 7
MEANS OF LIFE SATISFACTION FOR OCCUPATION

Source	N	Means [*]
		Life Satisfaction
Occupation		
Professional	48	14.29 ^b
Skilled	15	11.53 ^a
Semi-skilled	7	14.00 ^{a,b}
Unskilled	11	10.91 ^a
"Housewife"	28	12.25 ^a

*Differences tested with Duncan multiple range test as modified by Kramer. Means with the same superscript within a column are not significantly different.

(b) A nonsignificant F value of .94 was found, thus leading to the acceptance of this null hypothesis (Table 3, page 37). Therefore, no significant relationship existed between educational attainment and attitude toward ease of care in clothing.

(c) A nonsignificant F value of 1.32 was found, thus leading to the acceptance of this null hypothesis (Table 3, page 37). It can be concluded that no significant relationship existed between educational attainment and attitude toward versatility in clothing.

(d) A nonsignificant F value of 2.10 was obtained, thus leading to the acceptance of this null hypothesis (Table 3, page 37). Therefore, it was concluded that no significant relationship existed between educational attainment and life satisfaction.

Hypothesis 6

There will be no relationship between place of residence and (a) attitude toward comfort in clothing, (b) attitude toward ease of care in clothing, (c) attitude toward versatility in clothing, and (d) life satisfaction (Figure 1, page 36).

(a) A nonsignificant F value of 1.86 was obtained, thus leading to the acceptance of this null hypothesis (Table 3, page 37). It can be concluded, therefore, that no significant relationship existed between residence and attitude toward comfort in clothing.

(b) A nonsignificant F value of 1.83 was found, thus leading to acceptance of this null hypothesis (Table 3, page 37). Therefore, no significant relationship existed between residence and attitude toward ease of care in clothing.

(c) A nonsignificant F value of .34 was obtained, thus leading to acceptance of this null hypothesis (Table 3, page 37). It can be concluded that no significant relationship existed between residence and attitude toward versatility in clothing.

(d) An F value of 23.06 was significant, thus leading to rejection of this null hypothesis (Table 3, page 37). Use of Duncan multiple range post hoc procedure (Table 8) indicated that those persons living in their own homes had significantly higher life satisfaction scores than those living in retirement complexes.

Hypothesis 7

There will be no relationship between age of respondent and (a) attitude toward comfort in clothing, (b) attitude toward ease of care in clothing, (c) attitude toward versatility in clothing, and (d) life satisfaction (Figure 1, page 36).

(a) A nonsignificant F value of 2.47 was found, thus leading to acceptance of this null hypothesis (Table 3, page 37). Therefore, it can be concluded that no significant relationship existed between age and attitude toward comfort in clothing.

(b) A nonsignificant F value of .12 was found, thus leading to acceptance of this null hypothesis (Table 3, page 37).

TABLE 8
MEANS OF LIFE SATISFACTION FOR RESIDENCE

Source	N	Means*
		Life Satisfaction
Place of Residence		
In their Home	53	11.21 ^a
Retirement Complex	59	14.47 ^b

*Differences tested with Duncan multiple range test as modified by Kramer. Means with the same superscript within a column are not significantly different.

Therefore, it can be concluded that no significant relationship existed between age and attitude toward ease of care in clothing.

(c) A nonsignificant F value of .69 was found, thus leading to acceptance of this null hypothesis (Table 3, page 37). Therefore, it can be concluded that no significant relationship existed between age and attitude toward versatility in clothing.

(d) A nonsignificant F value of .81 was found, thus leading to acceptance of this null hypothesis (Table 3, page 37). Therefore, no significant relationship existed between age of respondent and life satisfaction.

Hypothesis 8

There will be no relationship between life satisfaction and (a) attitude toward comfort in clothing, (b) attitude toward ease of care in clothing, and (c) attitude toward versatility in clothing.

(a) The acceptance of this null hypothesis was determined by a nonsignificant correlation coefficient ($r = -.07$) (Table 9). Therefore, it can be concluded that no association existed between attitude toward comfort in clothing and life satisfaction.

(b) The acceptance of this null hypothesis was determined by a nonsignificant correlation coefficient ($r = -.02$) (Table 9). It can be assumed that no association existed between attitude toward ease of care in clothing and life satisfaction.

(c) The acceptance of this null hypothesis was determined by a nonsignificant correlation coefficient ($r = -.02$) (Table 9). It can be concluded, therefore, that no association existed

TABLE 9
COEFFICIENTS OF CORRELATION OF COMFORT, EASE OF CARE,
VERSATILITY AND LIFE SATISFACTION

Variables	1	2	3	4
Comfort (1)	--	0.50	0.52	-0.07
Ease of Care (2)		--	0.47	-0.02
Versatility (3)			--	0.02
Life Satisfaction (4)				--

between attitude toward versatility in clothing and life satisfaction.

V. DISCUSSION

The findings of this study supported much of the information in the literature. However, additional relevant results were obtained.

In a study of elderly women, Pieper (1968) found that women look for clothing which provides comfort and ease of care. Hargett (1963) also had found that comfort and ease of care were identified as the two most important determinants in purchasing clothing.

The results of this study indicated that attitudes toward comfort and ease of care are inversely related to income. Specifically, as incomes increased (greater than \$1,600 per month), attitudes toward comfort decreased. These persons also had less positive attitudes toward versatility in clothing. The findings may reflect that those people with greater incomes are willing to sacrifice comfort for fashion and are not concerned with versatility in their wardrobes due to their greater financial flexibility.

Similarly, the lowest income groups had significantly higher scores concerning attitude toward ease of care, thus indicating a greater interest in the ease of caring for their clothing. This could reflect a greater concern with time, cost, and type of care required because of limited financial resources. These results supported the findings of Shipley and Rosencranz (1962) who found that income produced statistically significant differences relating to clothing interests and preferences of older women.

In addition, length of retirement was found to influence one's attitude toward comfort in clothing. Those women who had been retired 11 to 20 years had more positive attitudes toward comfort than those who had been retired a lesser amount of time or were not retired at all. This greater concern with comfort could be a reflection of several variables--possibly temperature and/or skin sensitivity.

A review of relevant literature suggested that several factors can contribute to one's overall life satisfaction. The Life Satisfaction Scale used in this study produced similar expected results. When using occupation and income as proxy variables for socioeconomic status, it was found that both contributed directly to life satisfaction. Those persons with the lowest incomes were the least satisfied. Persons in the professional occupations were significantly greater satisfied than those in other occupations. These findings paralleled those of Kutner (1956), Pihlblad and McNamara (1965), Bultena (1969), and Edwards (1973) who reported that as socioeconomic status increases, life satisfaction also increases.

In addition three other variables contributed significantly to overall life satisfaction. Place of residence significantly influenced life satisfaction. Those living in their own homes were more satisfied ($\mu = 14.67$) than those living in retirement complexes ($\mu = 11.21$). Perhaps this is reflective of a feeling of independence versus a feeling of dependence.

The length of one's retirement influenced life satisfaction also. As length of retirement increased, life satisfaction decreased, with those persons retired greater than 20 years having the lowest degree of life satisfaction ($\mu = 9.11$).

Those participating in voluntary organizations up to 10 hours weekly also had higher life satisfaction scores than others. This is in contrast to those who participated none at all or those who participated more than 20 hours weekly. This supports results reported by Gutmann (1964), Pihlblad and McNamara (1965), and Edwards (1973) who found that social participation and activity with the world results in increased life satisfaction.

Life satisfaction was not found to be correlated with any of the three clothing variables. However, this is probably because life satisfaction is a symbol of numerous variables and cannot be attributed, singly, to attitudes toward comfort, ease of care, or versatility in clothing.

CHAPTER V

SUMMARY, CONCLUSIONS, AND RECOMMENDATIONS

I. SUMMARY AND CONCLUSIONS

The objectives of this research were to determine the relationships between selected clothing preferences, background information variables, and life satisfaction.

The sample was comprised of 112 females, over the age of 65, living in the Knoxville, Tennessee area. Respondents varied in place of residence, age, income, prior occupation, education, length of retirement, and amount of volunteer work done.

Data were collected at local retirement complexes as well as local American Association of Retired Persons (AARP) meetings. The questionnaire which was administered was divided into these instruments: (1) Background Information; (2) Clothing Preferences Scale; and (3) Life Satisfaction Scale.

The one-way analysis of variance was used to test for significant differences for hypotheses 1 through 7. The Duncan multiple range test was utilized to determine the nature of significant differences among the variables. The correlation coefficient was used in the analysis of hypothesis 8.

Data revealed that income significantly affected one's attitude toward comfort, ease of care, and versatility in clothing. It is inferred that as income increases, attitudes (scores) are less positive toward these three clothing variables. This indicates that the clothing variables are less meaningful to those with larger incomes. -

Length of retirement also affected attitude toward ease of care in clothing. The implication here is that as length of retirement increases (to an extent), concern with ease of care becomes more important.

The results of the study also indicated that place of residence, income, length of retirement, prior occupation, and amount of volunteer work affected overall life satisfaction. Education was not found to be a significant factor affecting life satisfaction. Life satisfaction was not correlated with the three clothing variables--attitude toward comfort, attitude toward ease of care, and attitude toward versatility.

II. RECOMMENDATIONS FOR FURTHER STUDY

1. The sample should be randomly selected.
2. The sample should encompass a wider geographical area.
3. Research could include males as well as females.
4. An extensive research project could be designed for all age groups, cross sectionally, to distinguish any differences between the groups in regard to life satisfaction and attitudes toward specific clothing variables.
5. Additional background information is needed in establishing proxy variables. For example, other areas of activity, in addition to amount of volunteer work, are needed to establish a proxy variable for social participation.
6. The Clothing Preferences Scale could be revised to study - additional attitudinal clothing variables.

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APPENDICES

APPENDIX A

CONSENT FORM (The University of Tennessee, Knoxville)

This is a research project conducted by the Textiles, Merchandising, and Design Department of The University of Tennessee, Knoxville. Dr. Imogene Ford, Associate Professor, is the research coordinator. Teresa B. Robinson is the graduate student researcher.

The purpose of the project is to determine clothing preferences of the elderly. Respondents are asked to fill out questionnaires. Their privacy is assured in that no names are required so that all information is completely anonymous. The responses will be used to determine averages for the groups and will never be identified by individual respondents.

Participation in the research project is voluntary and can cease at any time without pressure from the researchers.

I understand the above and am willing to participate in this project.

Signature _____ Date _____

APPENDIX B

BACKGROUND INFORMATION

This questionnaire has been constructed in an attempt to find out how you feel about yourself and your clothing. The information gained will be used for a research study at The University of Tennessee, Knoxville.

DIRECTIONS:

1. Do not write your name on this questionnaire. All information given by you will be completely anonymous.
2. Please answer every question.
3. Choose the answer that is best for you. There are no right or wrong answers.

I. DEMOGRAPHICS

1. Sex: ☐ Male ☐ Female
2. Race: ☐ White American ☐ Black American
☐ Other (Please specify) _____
3. In which of the following categories is your age?
☐ Under 65 ☐ 65-74 ☐ 75-84 ☐ 85 or over
4. Which is the highest level of education completed?
☐ Elementary School ☐ Graduate School
☐ High School ☐ Other (Please specify) _____
☐ College
5. Which of the following is your present marital status?
☐ Single ☐ Divorced ☐ Married ☐ Widowed
6. What is your present income monthly?
☐ Under \$400 ☐ \$400-800 ☐ \$800-1,200
☐ \$1,200-1,600 ☐ Above \$1,600
7. How long have you been retired?
☐ Am not retired ☐ 11-20 years
☐ 0-10 years ☐ Over 20 years
8. What was your employment or occupation in the 20 years before your retirement?

9. Which of the following describes your present work status?
☐ Do not work ☐ Work part-time ☐ Work full-time
10. How much time do you spend per week with voluntary organization work?
☐ None ☐ Up to 10 hours
☐ 11-20 hours ☐ Over 20 hours
11. Where is your place of residence?
☐ In my home ☐ Retirement complex ☐ Other
(Please specify) _____

APPENDIX C

CLOTHING PREFERENCES

Please read each statement on the list, and indicate your personal degree of commitment to the questions with a check mark. Base your answer on your clothing preferences for social/group situations. PLEASE BE SURE TO ANSWER EVERY QUESTION ON THE LIST.

	STRONGLY AGREE	AGREE	NEUTRAL	DISAGREE	STRONGLY DISAGREE
1. I prefer soft fabrics rather than any others because they are comfortable and do not bother my skin.					
2. I choose no-iron fabrics over other kinds because of easy care.					
3. Because of my fixed income, I prefer clothes that I can mix and match.					
4. I prefer to buy a dress/jacket combination because it is more comfortable.					
5. I buy sweaters to be worn with dresses or pants for comfort.					
6. I buy clothes that can be worn with many accessories.					
8. I buy clothes with roomy arm-holes for ease in movement.					
9. I prefer figured fabrics to plain fabrics because they do not show soil.					
10. The comfort of clothing is more important to me than fashion.					
11. I save money when buying mix and match clothing.					
12. I prefer a lightweight fabric rather than a heavyweight fabric for clothing, regardless of season.					
13. I feel that woven fabrics are as easy to care for as knit fabrics.					
14. I select colors for clothing which will mix and match.					
15. When I buy clothes, it makes a difference if the label says dry clean only.					
16. I do not feel well dressed when wearing mix and match clothing.					

APPENDIX D

LIFE SATISFACTION

Here are some statements about life in general that people feel differently about. Would you read each statement on the list, and if you agree with it, put a check mark in the space under "AGREE." If you do not agree with a statement, put a check mark in the space under "DISAGREE." If you are not sure one way or the other, put a check mark in the space under "?." PLEASE BE SURE TO ANSWER EVERY QUESTION ON THE LIST.

	AGREE	DISAGREE	"?"
1. As I grow older, things seem better than I thought they would be.			
2. I have gotten more of the breaks in life than most people I know.			
3. This is the dreariest time of my life.			
4. I am just as happy as when I was younger.			
5. My life could be happier than it is now.			
6. These are the best years of my life.			
7. Most of the things I do are boring or monotonous.			
8. I expect some interesting and pleasant things to happen to me in the future.			
9. The things I do are as interesting to me as they ever were.			
10. I feel old and somewhat tired.			
11. I feel my age, but it does not bother me.			
12. As I look back on my life, I am fairly well satisfied.			
13. I would not change my past life even if I could.			
14. Compared to other people my age, I have made a lot of foolish decisions in my life.			
15. Compared to other people my age, I make a good appearance.			
16. I have made plans for things I will be doing a month or a year from now.			
17. When I think back over my life, I did not get most of the important things I wanted.			
18. Compared to other people, I get down in the dumps too often.			
19. I have gotten pretty much what I expected out of life.			
20. In spite of what people say, the lot of the average man is getting worse.			

VITA

Teresa Braswell Robinson, the daughter of Mr. and Mrs. Maurice E. Braswell, was born in Smithville, Tennessee, on June 20, 1957. She graduated from DeKalb County High School, Smithville, Tennessee in 1975. Undergraduate studies were completed at Middle Tennessee State University, Murfreesboro, Tennessee. She received her Bachelor of Science degree in Home Economics with a major in Fashion Merchandising in December 1978.

In September of 1979, she entered Graduate School at The University of Tennessee, Knoxville, in the Department of Textiles and Clothing of the College of Home Economics. In the fall of 1980, she was awarded a Graduate Teaching Assistantship. In August of 1981, she received her Master of Science degree with a major in Textiles and Clothing.

Teresa is married to Kenneth B. Robinson of Rivera, Uruguay.