To the Graduate Council:

I am submitting herewith a dissertation written by Phyllis Bowman Conklin entitled "Comparison of Food-related Behavior of College and Post-college Young Married Couples." I have examined the final copy of this dissertation for form and content and recommend that it be accepted in partial fulfillment of the requirements for the degree of Doctor of Philosophy, with a major in Home Economics.

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COMPARISON OF FOOD-RELATED BEHAVIOR OF COLLEGE AND POST-COLLEGE YOUNG MARRIED COUPLES

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ABSTRACT

The study was an ex post facto exploratory field study designed to investigate the food-related behavior of husbands and wives of college and post-college married, childless couples ages 18 to 31. Respondents were or had been students at the University of Northern Iowa. The major purpose was to examine food-related behavior in social episodes.

The investigation was conducted in 2 phases. In Phase I, husbands and wives of 10 college and 10 post-college couples were interviewed individually to elicit food-related episodes and appropriate types of foods for those episodes. That information then was used to develop questionnaires to be administered to a different sample.

In Phase II, 25 college and 25 post-college couples completed questionnaires developed to explore socio-cultural characteristics and the couples' perceived behaviors related to procurement, preparation, consumption and storage of food. Differences were observed between husbands and wives ratings for 24 food-related episodes investigated. Where differences were noted, they involved situations at home with spouse, alone, or with relatives or friends; eating away from home with spouse; shopping for groceries alone or with spouse and eating with children. Respondents evaluated the appropriateness foods for 20 of the episodes studied. They differed in their perceptions of appropriateness for 42 of the 63 foods investigated.

Fewer differences were observed between college and post-college couples than between husbands and wives. Where differences in food appropriateness ratings by college and post-college couples were observed, the college couples perceived the food as more appropriate for the episode. More differences for the appropriateness of a food for the episode were found between college wives and post-college wives than among the other groups. Many differences among couples within groups were noted, which would seem to reinforce the individual as unique.

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CHAPTER I

INTRODUCTION

The need to understand how humans utilize and function with their food has grown in contemporary times. It began when individuals became aware of human nutritional needs and has led to concern for adequate diets and the avoidance of those factors contributing to malnutrition. The result has been the acquisition of a large and growing body of food and dietary information. In addition scholars such as Burk (1970), Sims et al. (1972), Todhunter (1973), Khan (1981) and Jerome (1982) showed concern for the relationship of food to larger dimensions of human behavior.

Food-related Behavior

Food-related behavior has been described by Gifft et al. (1972) as a way that a society conducts food-related activities. More specifically, food-related behavior of the individual involves not only the manner of selection, acquisition, distribution, preparation, storage, consumption and disposal of food, but also how the individual utilizes food in interpersonal and social relationships and the meanings individuals associate with their food (Evans and Hall, 1978).

Fewster et al. (1973) studied the connotative or implied meanings that people associate with food. She determined that certain meanings of food could be measured and that underlying dimensions of meaning

common to various sub-cultures could be identified. A somewhat different approach was taken by Mills (1977) when she elicited information from subjects in the form of short essays and in-depth interviews. She advocated these approaches as methods for exploring the psychosocial aspects of food habits and for studying idiosyncratic habits regarding food selection and eating patterns. A similar framework was advanced by Bubolz et al. (1979) for producing a holistic approach to viewing individuals and groups. Their human ecosystem model was based on concepts from the natural and social sciences as well as the humanities. This model, they suggested, offered a more comprehensive framework for analyzing food-related human behavior than did the narrowly-bound traditional approach that attempts to analyze discreet variables. The study reported herein grew out of the concepts reflected in the work of these scholars.

Young Married Couples

Food and nutrition scholars have devoted attention to a variety of groups of people ranging from early childhood to the elderly. Few researchers, however, have investigated young married couples, particularly those living on a college campus.

Marriage brings together, from potentially differing family "cultures," individuals who form a third "culture." The new culture is not simply the result of adding together the antecedent cultures even when the members may enjoy a similar background. Rather, it grows out of the constructs which the partners establish for coordinating their relationship. Harris and Cronen (1979) described these

constructs as the "Master Contract" which defines the collective "we" and guides the partners in their relationship.

The "Master Contract" is modeled in 3 parts (Harris and Cronen, 1979). (1) Essentially, the "Master Contract" is a system of mutually held beliefs and goals that define the relationship of the partners. (2) The "Master Contract" is organized through rules that help the partners to know how to behave in various situations. (3) The rules guide the partners in the performance of the acts that form their social episodes.

Lannamann (1981) suggested that the partners establish the structure of their "Master Contract" through interpersonal negotiation processes. The processes culminate in a tacit though dynamic contract which particularizes the meanings and actions inherent in their relationship. As the contract develops through further interaction, the partners tailor their style and expectations to produce coordination of behaviors with their partner, ultimately producing shared constructs, beliefs and rules of conduct for their mutual episodes.

Among the actions inherent in the "Master Contract" of young married couples are those related to food consumption. Food-related acts are enmeshed in a variety of interpersonal and social episodes. By examining foods-related behaviors of young married couples that pattern their food-related episodes, we can better understand their social structure.

Collegiate Couples--A Sub-culture

Young married couples in college pose a specific analytical case. The mates not only need to develop their mutual interpersonal relations, they must do so with one or both functioning in an academic setting. In contrast to the experience of other young marrieds, this context is somewhat abnormal. The college tenure is temporary, lasting from one to four years for the undergraduate degree and possibly from two to five years more if a graduate degree is earned, after which the couple expects to establish residency elsewhere. In most cases, academic demands and a limited range of personal contacts restrict collegiate couples' opportunities for entertainment and socializing outside the college community. Income of college married couples often is limited unless one or both partners hold part- or full-time employment. The income from these jobs maintains the family; the jobs do not lead to professional advancement. The business of going to school poses significantly different pressures, responsibilities and challenges than will be experienced in postgraduation professional life. In many instances, young married couples in college maintain some dependency on their families to assist in completing their educational programs. The college atmosphere often causes the young adult to focus on academics to the neglect of other personal and social dimensions (Jakobovits et al., 1977). While these factors individually do not exclusively identify young married couples in college, they tend in combination to mark these couples as a particular sub-culture. Moreover, young married couples appear to constitute a sizeable

portion of college enrollment and thus warrant being studied as a specific sub-culture.

Episodes

A holistic approach to the study of human behavior has been suggested by Bubolz et al. (1979) and Sims et al. (1972). Their concept was utilized in the present study by investigating the responses of college and post-college married couples to questions about various food-related episodes. The use of episodes as analytical units has been advocated by a number of social scientists (Harré and Secord, 1972; Pearce and Cronen, 1980; Forgas, 1976, 1979). Episodes are described as natural and regularized units of behavior that possess entry and exit points as well as an internal structure. Social episodes have been defined as cognitive representations of stereotypical interaction sequences which are representative of a given cultural environment and which constitute natural units in the stream of behavior (Harré and Secord, 1972). An episode may be identifiable on the basis of symbolic, temporal and often physical boundaries (Forgas, 1979). Pearce and Conklin (1979) reported that an episode subsumes and defines the acts and/or sub-episodes that combine to constitute the episode. For instance, "having lunch together" may only be an act or sub-episode in the entity of a couple's courtship. It is the courtship that gives meaning to the "lunch." When viewed in another way, "having the boss over for dinner" may constitute an entire episode for cultivating a superior's favor and the behaviors (acts) within must be analyzed accordingly. Since many social episodes include food-related

behaviors, it is believed that food-related behaviors can be analyzed best by inspecting them in the episodic context in which they occur.

It is conceptualized that young married couples will experience a change in economic resources and social relationships as a result of making the transition between college life and entering their post-college professional careers. The question arises, then, what change in the couple's perception of food-related behaviors will occur as a result of the transition? The episode provides an analytical structure for responding to this question.

Research Problem

Traditionally research has treated factors related to food such as purchasing, preparation and consumption as independent activities unrelated to other human behaviors. In this study food-related behavior is conceptualized, however, as intrinsically entwined with other factors that form a social structure. It is argued that food-related behavior can best be explained only in relation to the social structure in which it enmeshed. In this study the structure of food-related episodes was utilized as the analytical unit.

The population selected for examination was college and post-college married couples. It was believed that the study of these respondents would yield important information. First, researchers have devoted little attention to young married couples even though they constitute an important unit in society; as a result, little information about their group behavior is known. Second, the college setting is a temporary context for young couples, and therefore, permitted the

researcher to inspect the effects of transition on their food-related behavior. Third, young married couples face the problem of developing an in-depth relationship with their mate during the early phase of their union, a part of which involved the negotiation of their mutual food-related behaviors. For these reasons young married college and post-college couples became the focus of this study.

Objectives

The sparseness of studies related to young married couples compelled the investigator to gather information that would describe them in relation to their food-related activity. The objectives of this study were: (1) to identify the food-related episodes of college and post-college young married couples; (2) to determine how the episodes were perceived by the respondents; and (3) to assess the appropriateness of various foods for specific episodes.

Overview

The remainder of this study is composed of four parts. Chapter two is a review of the literature related to this study and is divided into three parts: (1) young adults and their food-related behavior; (2) methods used to study food habits, attitudes and behaviors; and (3) theoretical and methodological considerations for conducting behavioral research employed in the study. Chapter three is devoted to a description of the research procedures employed in the study. Chapter four is a report of the data generated through the study with discussion and comparison of reported literature and is presented in

three parts: (1) description of the young married college and post-college couples who participated in the study; (2) an analysis of how the respondents perceived the food-related episodes in which they engaged; and (3) an analysis of the perceived appropriateness of various foods to specific episodes. Chapter five is devoted to the summary, conclusions and implications drawn from the data analyses. The limitations and recommendations for further work are included in this chapter.

CHAPTER II

LITERATURE REVIEW

An increasing number of Americans are living alone or in two-person households, and this trend is expected to continue through 1990 (Kahn, 1976; LeBovit, 1976). Salathe (1979) reported that the numbers of teenagers, young adults and senior citizens have sharply increased in recent years. In the United States, college students are an important part of both single and two-person households and of the young adult group (Kahn, 1976).

Young Adults and Food-related Behavior

The period of the life cycle that is termed the young adult may be viewed as somewhat uniform physiologically, fairly free from both the earlier stresses of growth and the later problems of growing old. In the time between the years of 20 and 30, young adults are expected to settle down, choose a career, have children and make most of the major decisions that will determine the remaining part of their lives (Runyan, 1976).

It appears that most young adults value most of their parents' goals relating to education, careers, marriage, home purchase and financial security. However, many young people do not wish to follow the same path as their parents did in pursuit of these goals. Material goals may be important especially after marriage, but freedom is more important (Mork, 1974). The single young adult and young couple want

the liberty to move in order to take advantage of educational or job opportunities as they may arise. An increasing number of young wives find they can pursue an education and career and, therefore, may postpone or elect not to have children (Mork, 1974).

Small households tend to purchase more food per capita than do large households (Kahn, 1976). Kahn further noted that the younger, smaller household sets directions for later changes in eating patterns and buying behavior. Some of the predicted changes will be associated with food-related attitudes and may be associated with cost of food (Kammer and Shawhan, 1970; Sherch, 1971; Seoane, 1971; Granger and Bellson, 1972; Tinklin et al., 1972; Christon, 1977; Paarlberg, 1977).

Jakobovits et al. (1977) and Kahn (1976) reported that in the lifestyle of young adults, the American tradition of three meals a day is being replaced by one substantial or two lighter meals. As the number of meals decreases, the number of snacks consumed tends to increase for the American population (Crocetti and Guthrie, 1981). Jakobovits et al. (1977) were concerned that because college students usually are involved with the rigors of academic work or other extracurricular activities, they may not be aware of how well they can eat on a limited budget. Their study indicated that the young women of their sample managed to eat a high nutrient, calorie-ratio diet despite limited funds and time-related constraints, and on the average the young women ate more than five times a day. Steelman (1976) suggested that people who have been reared in families where mealtime and other food-related social interactions were stressed, may place the same emphasis on food in their home. She further suggested that the opposite

may be true of the offspring of families who did not interact at mealtime nor perceive food to be a major part of social interaction. There also appears to be a tendency of women who have been employed outside the home to place less importance on usual meal patterns. Ortiz et al. (1981) researched Wisconsin families to determine the effects of homemakers' employment on meal preparation time and meals eaten at home by the family as well as the percentage of meals consumed away from home. The frequency of homemaker employment was found to be greater in low income families and families in which the homemaker had a college education. The data indicated that the time spent in food preparation was related to the time spent working outside the home, for both the part-time employed homemaker and full-time worker. Education was not a factor in the amount of time the homemaker spent in food preparation, but was found to be related to the number of meals the family ate home together. The more highly educated homemaker appeared to be more able to have her family at home for more meals she prepared than was the homemaker with less education. The family of the full-time employed homemaker tended to eat more meals away from home than did the part-time or non-employed homemaker. The authors suggested the less time spent in food preparation and the greater percentage of meals eaten away from home would probably increase the consumption of processed foods and therefore might cause nutritional problems for the family.

Hacklander (1978) reported that the family with the employed wife ate more often in fast-food restaurants and less often ate in places where the main entree cost over $5.00 than did the family with a

non-employed wife. Eating in a restaurant with entrees over $5.00 was considered to be a special occasion.

Kahn (1976) reported that the young adult tended to place little emphasis on the consumption of food as a daily habit but became more aware of this process when someone from outside the family unit was either invited to eat or when one came to visit around mealtime. Schafer (1978) found a number of factors that influenced the type of food served at the family table. The single most important influence for both husband and wife was his or her personal preference. Husbands ranked taste as the factor most important while wives indicated nutrition to be uppermost of importance with the taste of food a close second; both husbands and wives ranked the cost of food to be third in importance. Cross et al. (1975) found a major concern of young couples to be the need to economize. Seventy-five percent of their respondents set mental limits on the amount of money they would spend when shopping for food and most looked for bargains and specials. Schafer (1978) reported that the cost of food was related to the quality of the wife's diet. The more that the wives considered the cost of the food, the more calories they ate and the lower the overall nutritional quality of the family meals.

Yetley (1974) studied personal and spousal factors that influenced the eating behavior of young husbands and wives. She found that maintaining or improving the quality of the diet was ranked lowest by both the husbands and the wives. The author also noted that the husband's nutrition knowledge exerted a positive effect on the variety of nutritious foods consumed by the wife, but the wife's knowledge of

nutrition did not affect the husband's eating behavior. Center et al. (1971), Coughenour (1972) and Cosper and Wakefield (1975) indicated that in the family setting the wife is the one who makes the final decisions concerning menu planning as well as the purchase of food. Center et al. (1971), Schafer and Bohlen (1977) and Lovingood and Firebaugh (1978), however, suggested that the husband influenced the wife in food purchased and the preparation by his positive or negative reaction to the food served.

Lovingood and Firebaugh (1978) studied the patterns of husband-wife perceived responsibility for household tasks. These responsibilities included not only the making of the decision concerning a task but the implementing of the decision. Data indicated a shared role for the husband-wife in decision-making, but there were certain tasks for which each husband and wife felt primarily responsible. It appeared that the wife was more often responsible when implementing a decision especially concerning food-related behavior than was the husband.

Pearson (1973) reported the homemaker was responsible for the kind and amount of food the family consumes. The author related that the homemakers reported that a wide variety of foods were served in their homes. However, not all of the types of foods reported by the homemaker appeared in the daily food intake diaries of the family members' meals. It seems that homemakers were not fully aware of the limitations in the diets they were preparing as to types and quantity of foods eaten by family members. Many of the homemakers were aware of the problem but did nothing to remedy the situation.

Kandel (1971) interviewed 100 American homemakers residing in the married student quarters on the Louisiana State University campus. As a group, the homemakers had low comprehension of the basic elements of human nutrition. The three factors that influenced them in choosing the foods for their family were personal and family preference, the convenience and cost of the preparation and the cost of the food. Formal and informal education, income per year, food expense per month, age, employment status of the wife and the family background were found to be related to their nutritional practices. A similar study by Davis et al. (1969) indicated that there was a need for consumer education in both the secondary school and college curricula and through Cooperative Extension Service programs.

Schafer (1979) studied self-concept as a factor in diet selection and the quality of the diet of young married women. He found that the higher the woman's self-concept the better her diet. Self-concept was not related to acceptance of nutrition information from other people but was related to acceptance of nutrition information from the media and education courses.

A limited number of studies have been conducted about the food consumed by students in the college cafeteria and their preference for various foods. Johnson and Vaden (1979) studied item selection by students in a college cafeteria. Item selection in the hot-sandwich category showed that hamburgers, barbecued beef on a bun and bacon-lettuce and tomato sandwiches were favored by the students. Data on intended food choices seemed to reflect the general pattern of actual selection behavior. However, the authors did not feel the data were sufficiently accurate for precise forecasting.

Gallup (1973a,b) surveyed the consumption of vegetables and beverages preferred by college students. A random sample from the six million full-time college students revealed that variety was vital to vegetable selection by college students. The six favorite vegetables among college students were corn, French-cut green beans, broccoli, peas in butter sauce, carrots and asparagus with Hollandaise sauce. More women than men preferred broccoli, green beans with almonds, cauliflower with cheese sauce, spinach souffle and eggplant parmesan. They tended to choose "dressed up" vegetables whereas the men preferred more plain food such as corn and Italian-cut green beans. Potato products and rice were not included in the survey because their popularity was assumed.

The mid-morning, mid-afternoon and late evening beverage preferences of college students were surveyed by the Gallup (1973b) Organization. Coffee, followed by milk was the most popular morning drink except in the South, where carbonated beverages were preferred. More women than men chose tea. Hot chocolate was the favorite in the East. Carbonated beverages were preferred in mid-afternoon, with milk and coffee placed second. The women were more concerned about weight and chose low-calorie beverages more often than did men. For late evening, carbonated beverages were ranked first; milk and beer were chosen second, and beer was more popular with men than women.

Einstein and Hornstein (1970) analyzed data from 50,000 college students to ascertain their food preferences. The study was conducted during 1966-67. Responses were collected on a regional basis, subdivided by gender and reported as national totals. The survey

included 207 foods. The most popular foods among college students were milk, beef steak, hot biscuits and orange juice. The most disliked foods included sauteed chicken livers and vegetables that had the word stewed attached. Turnips, cabbage and beets were reported as disliked foods. The third class of foods was the "Do Not Know" group. It was surmised by the authors that the unfamiliarity with either the food or the name may have prompted the response for such foods as kale, grits, grilled reuben sandwiches, chicken cacciatore, veal scaloppine and veal fricassee. Of all of the food classes, breads were the most popular with beverages a close second. Soft-cooked eggs were most disliked. There were no foods for which men indicated a decided preference. Women indicated a preference for vegetables and salads. Einstein and Hornstein (1970) suggested that the patterns of food dislikes exhibited by these college students may well be related to the foods served in the home during childhood and adolescence.

Stasch et al. (1970) wanted to know if the food habits learned at home would carry over to college life. They also wanted to know if food preferences would be altered when the young adult left home. Their sample consisted of 394 students, 171 males and 223 females. The investigators requested information about the consumption of breakfast, and milk, use of, and preference for, foods containing ascorbic acid, snacks, and foods eaten for health reasons. There was a significant relationship between when the student got up in the morning and skipping breakfast. Earlier risers were more likely to eat breakfast. There was also a significant relationship between the mother's preparation of breakfast at home and whether or not the student ate breakfast

after leaving the home environment. More college students from rural areas reported they enjoyed breakfast than did students from urban areas. No relationship was found between the students' desire to eat breakfast and their nutrition knowledge. Most of the students consumed milk but less than 2/3 of all respondents did not drink it at every meal. Most students liked and consumed foods containing ascorbic acid. Only 5% of the men and 2% of the women did not like foods containing ascorbic acid. All students listed soft drinks as a favorite snack at home and at school. The authors noted that the students reported using more coffee, candy and hamburgers and less milk, ice tea, fruit, cake and cheese at college than they did at home. The main reasons given for the change were the availability and keeping quality of the foods. Peer group influence also was noted. The food records obtained suggested that the students possessed some knowledge about adequate nutrition. More women than men used vitamin supplements. Students did show preference for certain foods at breakfast and for those foods thought to be appropriate for lunch and dinner meals. The authors concluded that the students seemed to know how to choose an adequate diet, but at college they did not always do so.

Coatney (1974) analyzed data concerning dietary practices and food habits of young adults. The data indicated that age, gender, religious background, ethnic group and occupation were related to consumption of adequate numbers of meals. Males tended to consume an inadequate number of meals while females were vulnerable to the acceptance of nutrition quackery. Sherch (1971) found a growing concern among young adults with health and health foods. Calkins (1979) studied the

food-related behavior of "conformists" and "non-conformists." The author reported that the "non-conformists" tended to rate foods they avoided as less healthful or nutritious and less preferred or accepted than did the "conformists."

Larson-Brown (1978) conducted a preliminary investigation to determine if nutrition information posted on vending machines on a college campus would affect consumer food purchases. Because the research was not well controlled, the findings were reported cautiously. The author reported the greatest benefit of the study was to learn that young adults may have misconceptions about the number of calories in a food in comparison to nutrient content. The students appeared to have limited knowledge concerning their personal caloric needs.

In summary, this portion of the review of the literature has been a report on the food-related behavior of young adults. Food-related behavior has been described by Gifft et al. (1972) as a way that society has of conducting activities connected with food. Gifft et al. (1972) further suggested that an intimate relationship exists between people's lifestyle and the food they choose to eat. Therefore, food-related acts are most effectively studied in the context in which they occur.

Methods Used to Study Food-related Behavior

The study of food habits has been in progress since the early 1940's. These early studies (Lewin, 1943; Joffe, 1943) included actual consumption data and information on food patterns of individuals and families. From these works, the attempt to improve diets focused

on changing the diet of individuals and educating the person who was responsible for the food-related behavior of individual families. Comprehensive study of attitudes and the individual's perceptions of reasons for eating food has been a more recent endeavor. Yetley and Roderuck (1980) included elements of an individual's social structure in the analysis of their research as well as incorporating Sherif and Sherif's (1969) suggestions that internal and external influences are essential in understanding food-related behavior.

Food habits and various characteristics related to food patterns have been described in a number of studies. Lewin (1943) and Mead (1964) described food habits as a way in which an individual or group responds to social and cultural pressures and how they select and consume as well as utilize portions of available food. Lewin (1943) described "a food habit" to be a cultural standardized set of behaviors related to food use by individuals who have been raised within a given culture. Khan (1981) supported the idea that once a food habit is formed and accepted, it becomes a part of an individual. Jerome (1982) suggested that food-related behavior should not be studied as if dietary patterns are stable or static but viewed as a dynamic continuous process corresponding to changes in the food system, the physical, social, cultural, economic and technological environment. She further suggested that food selection and consumption be studied in relation to changes in consumer perceptions and behaviors.

Grivetti and Pangborn (1973) reviewed the advantages and limitations of seven major approaches that have been used in food habits research. They concluded that no single approach is satisfactory but

several in combination would yield more usable data for food habits research. Many studies and reviews have been conducted to describe food habits (Wilson, 1973), but Hertzler and Owen (1976a) reported that investigators have not been successful in explaining how or why food habits change. The authors, in a later review (Hertzler and Owen, 1976b) contended that the study of food habits is especially important since food habits are formed within the matrix of human relationships, therefore food patterns become an inherent part of family life. Lowenberg (1974) suggested that food placed on the table early in life may teach what is considered appropriate for consumption.

Food imparts symbolic meaning and has psychological importance beyond nutritive value to most people (Pyke, 1968; Todhunter, 1973; Khan, 1981). Food acceptance has been reported to be based on food habits and defined as the consumption of food (Pilgrim, 1957). Schuh et al. (1967) proposed that food acceptance by an individual should be considered as a complex reaction involving all aspects of the person from the physiological, emotional, biochemical, social as well as the educational level. The authors further suggested that these factors must be analyzed in the context of the cultural system in which the individual is found. Khan (1981) outlined seven factors that are related to a person's food preferences. The first component was termed the intrinsic factor or those characteristics that can be attributed directly to food by way of the senses. The second factor involved external influences such as environment at home, away from home and during stress. The author included with the extrinsic or external factor such influences as the food one might expect in a given situation, as

for a holiday, social, ritual or religious occasion. Khan (1981) included with part of the second factor, the influence of advertisements, time and seasonal variation on individuals' food preferences. Biological, physiological and psychological factors made up the third category that influences food preferences. The author reported the fourth factor to be individual and personal attributes. The last three factors were called socioeconomic, regional and educational categories. Khan (1981) reported that preferred foods are selected from food items available among acceptable foods. Food preferences may be defined further on the basis of appropriateness for an occasion. A person may like and find a certain food acceptable but does not perceive it as appropriate for a particular meal (Khan, 1981). Also, a person may prefer steak but will purchase hot dogs at the market because of the cost and ease of preparation (Foley et al., 1979). Calkins (1979) defined food preference as the food a person would choose to eat if it were available and no constraints existed. Axelson (1979), like Calkins (1979), defined food acceptance as the actual types and amounts of foods selected and consumed.

Khan (1981) suggested that an individual's attitude may not be influential in changing food habits in the family setting. An attitude is the cognitive process which causes an individual to behave in a specific way under specific conditions and can be viewed as preferences, likes or dislikes and as feelings (Pilgrim, 1957; Pilgrim and Kamen, 1959; Dickens, 1965). Foley et al. (1979) wrote that when attitudes are viewed as social phenomena, the feelings toward food can only be recognized through observable behavior. Young and Young (1968)

also had dealt with this concept and suggested that actual food habits were indicators of the family system and would account for values and beliefs of that system.

Gifft et al. (1972) reported that an attitude can be viewed as a propensity toward objects, situations, ideas, action or other stimuli. This tendency can be positive or negative or of varying degrees between the two positions. Researchers have reported the use of food preferences as indicators of attitudes about food acceptance (Foley et al., 1979). The problem with this approach is that people's food selection and consumption do not remain constant over time (Jerome, 1982).

Baird and Schutz (1980) studied adult women to obtain data concerning their lifestyle, attitudes and food-related behavior. The authors recommended that ones' food-related behavior should be studied on both the micro and macro level. The micro level included all aspects directly involved with an individual, while the macro level pertained to the broader areas needed for the betterment of the overall quality of life in society.

A micro approach to the study of attitudes was assumed by Carruth and Anderson (1977). They believed attitude statements were better predictors of behavior when the items investigated were unidimensional or represented a single concept. The authors reported that the researcher should determine what the dimension represented.

Traver (1982) tended toward the micro approach when she explored socio-cultural, cognitive-affective and situational variables affecting food-related behavior of young, childless couples. She presented 89

attitude statements to husbands and wives. Ten attitude factors emerged and husbands' index scores differed from the wives' on aesthetics-pleasure, utility and food preparation skills.

Schutz et al. (1975) reviewed the food and nutrition literature to find that most research has been designed to meet the specific needs of the researcher rather than to reflect the way food was actually used by the individual. He used the macro level approach when he proposed to allow the consumer to make assessments regarding the food rather than a researcher reporting what the consumer might have thought or what they should think.

Fewster et al. (1973) studied the connotative or implied meanings people associate with food. The authors determined that certain implied meanings of food could be measured and common underlying dimensions of meaning could be identified.

A different approach was taken by Mills (1977) when she elicited information from her students in the form of short essays, in-depth interviews and independent student interviews as a means of studying psychosocial aspects of food habits. She wanted to focus attention on personal habits regarding food selection and eating patterns of the individual.

A similar framework has been suggested by Bubolz et al. (1979) as a holistic view of individuals and groups in society. Their human ecosystem model used concepts from natural and social science and the humanities. The authors contend that this method of research offers a more comprehensive framework for analyzing human behavior than does a more narrowly bound approach.

Theoretical and Methodological Considerations in Conducting Behavioral Research

Food and nutrition scholars have expanded their research concerns in recent years to include the scientific examination of human behavior. The empirical study of behavior, however, began over half a century ago and reached a significant level with the Hovland studies at Yale during the 1940's (Hovland et al., 1953). From this base, investigators in psychology, communications, social psychology and others launched studies that focused on attitudes as the cognitive process that leads to human behavior. Attitude research efforts reached their zenith in the 1960's both in quantity of and paradigmatic divergency. Because other disciplines pioneered attitude study, it was natural for food and nutrition investigators to adopt the predominating approaches of these disciplines to guide their food-related attitude research in both methodology and concept.

While attitude study became a major focus for behavioral scientists in a number of disciplines, other scholars became dissatisfied with it as an explanation for human behavior. Food and nutrition researchers, with a few exceptions (Mills, 1977; Schutz et al., 1975; Fewster et al., 1973; Sims, 1981; Carruth and Anderson, 1977; Schafer and Yetley, 1975; Yetley and Roderuck, 1980) have not discussed the conceptualization offered by dissenting scholars. The following is a review of some of these criticisms and an inspection of alternative criteria for conducting behavioral research.

The root of some dissatisfaction with attitude concepts perhaps is found in the inability of attitude study proponents to effectively translate laboratory findings into consistent measurable persuasive public campaigns. McGuire (1969), a prominent scholar of attitude study, noted that applications of attitude findings in mass media campaigns have evidenced little public attitude change or modification of gross buying or voting behavior. Moreover, he admitted there is some evidence that media campaigns to alter behavior through attitude appeals produce persuasive effects opposite to that intended.

Additional dissatisfaction with attitude theory may stem from the lack of concensus as to the relationship between attitudes and behavior. Several positions have been reported. McGuire (1976) maintained that attitudes give rise to behavior. In contrast, Bem (1972) contended that situationally determined behaviors cause attitudes. A third position was advocated by Kelman (1974) when he reported that attitudes and behavior reciprocally affect each other. Some researchers have argued that attitude research would become more consistent and viable in theory if more adequate measures and measurement were adopted (Sims, 1981; Carruth and Anderson, 1977). McGuire (1969), when reviewing the relation of attitudes and message learning, pointed to the inadequacy argument by reflecting, that even when scholars take utmost caution in constructing their instruments, they do not produce more valid results than did previous researchers.

Despite the lack of consistency in approach to attitude theory, its most serious criticism arose from the work of Wicker (1969). He inspected a number of studies which involved diverse subject

populations, a range of verbal attitude measures, divergent overt behavior measures and a variety of attitude objects. He concluded that product-moment correlation coefficients rarely exceeded .30 and were often near zero. He also reported that rarely was 10% of the variance in attitude data accounted for by overt behavior. He concluded that it is more probable that attitudes will not be or will be only slightly related to actions. His studies were not related to food.

Some studies in food and nutrition apparently contradict Wicker's (1969) conclusion. Jellinek (1973) accounted for 90% of the variance in three out of four scales when respondents rated the appropriateness of flavors in relation to eating time, eating situations and types of people. Pilgrim and Kamen (1959) conducted two surveys relative to the preference of Army personnel for 54 foods. These data intercorrelated with a measure of untried foods. The rating scales utilized in these surveys yielded 10 variables which accounted for 36% of the variance in the food preference. Fewster et al. (1973) conducted research to find a reliable method for measuring the connotative meaning of food. They used a semantic differential scale and the items selected had potential for obtaining varied responses and therefore large variances from respondents of different attitudes toward the foods studied. There were 12 categories with meanings associated with food and food habits. After factor analysis of the data from the study, four major factors, accounting for 41% of the variance, were observed. Schutz et al. (1975) constructed an appropriateness questionnaire including a matrix of 56 foods and 48 food uses, which was administered to 50 women in each of four cities. Analysis of these data produced four

factors of food uses which were reported to account for approximately 79% of the variance in appropriateness of the 56 foods and 76% of the food use variance.

It would be inadequate to dismiss these food studies as mere exceptions to Wicker's (1969) conclusions. A more plausible explanation is offered in a theory advanced by Thayer (1963). He suggested that humans perceive stimuli at three levels: (1) physiological, where the stimuli are treated as patterns of sensory signals; (2) psychological, where the signal and its transmissions are of minimal importance but the interpretation (meaning) of the stimuli becomes significant; and (3) sociological, where the concern is not for signals or their interpretation, but, rather, it focuses on the implication(s) produced by the stimuli. The researchers whose food studies have just been described above appear to have inspected aspects of food-related behavior that belong to both physiological and psychological levels. Eadie and Pearce (1982) proposed that perception at these levels is composed of three interrelated but relatively elementary components: (1) an organization of sensory data which is understood by the recipients, (2) repetition which permits the recipients to recognize the organization and (3) predictability, which allows recipients to anticipate the organization. Moreover, Farb and Armelagos (1980) suggested that cultural and economic factors provide a limited range of food-related behavior, which individuals or groups can exhibit. Taken together, these factors should contribute to accounting for a large amount of variance. It would seem that the studies Wicker (1969) reviewed likely involved a

wide and diverse range of subject variance and operated at complex psychological and sociological levels of perceptions.

To the extent that the previous assessments are valid, one must look to an alternative perspective to explain human behavior--an alternative that differs in kind rather than in degree from the fundamental perception that underlies attitude study. One major approach is found in human systems perspective. This approach can be contrasted to traditional behavioral concepts through which attitude study moves. Generally, the two perspectives are contrasted on four grounds: (1) in how humans are modeled; (2) in the analytic logic utilized to describe and explain human behavior; (3) in the scope of the unit analyzed, and (4) the sphere in which the study is conducted.

Model of Humans

Traditionally attitude studies modeled humans mechanistically whereas the human system perspective models humans as behaving intentionally (Pearce et al., 1980). While a variety of definitions have been offered (Himelfarb and Eagly, 1974), attitudes are perceived to be the human predisposition to behave in particular ways toward self or other objects when confronted by a set of external stimuli (Fishbein and Ajzen, 1975). Such descriptions grow out of traditional stimulus/response psychology, and suggest that individuals passively react to sensory data. It appears that one possesses little capacity for actions other than that dictated by specific and immediate stimuli. Therefore, researchers following this tradition attempt to discover

laws of human action wherein a specific stimuli can be predicted to produce a particular response (Berger, 1977).

In contrast to the mechanistic model, the human systems perspective contends that man chooses his behavior from the many options formed through his culturing (Pearce et al., 1980). This concept suggests that one develops systems of meaning and order, one's meanings are organized hierarchically and temporally, one's systems are to a degree idiosyncratic and individual behavior is uninterpretable outside the perspectives of larger human systems (Pearce et al., 1981; Kelly, 1963). Proponents of the concept claim that it allows one to explain the human's inconsistent behavior from one context to another, identifies the uniqueness of the individual and permits the individual to develop new behaviors while discarding others. Rather than look for laws governing behavior, the human systems researcher attempts to discern the consequently shared meanings, which unfold human action over time.

Analytic Logic

The systems perspective differs from the traditional approach in the ways it assigns meaning to the statistical associations generated by its observations (Cronen and Harris, 1979). Most attitude studies follow the scientific causal logic as exemplified by Newtonian physics (Hempel, 1966). This approach suggests that the stronger the correlation in a contemporary statistical sense between two events, the greater the probability that one could be predicted from the other. Indeed, this thinking is at the core of traditional behavioralism,

which places the highest value in reporting quantitative results in "Law-like" statements, and grows out of logical positivism (Cronen and Harris, 1979; Pearce and Cronen, 1980).

The human systems perspective is more interested in qualitative analysis and comes closer to contemporary biological sciences and Einstein's principles than does Newtonian causality. Behavioralists follow the thinking of von Wright's (1971) practical syllogism: Major premise: "A" wants "X." Minor premise: "A" thinks that "Y" will produce "X." Therefore: "A" does "Y." The major analytical concern goes directly to "A's" intention as a descriptor of the relationship between "A" and "Y." Thus, the statistical relationships generated by this logic are not presumed to be surrogates for laws of nature. Rather, it is used to support or deny the structures of the researcher's model by determining what certain roles or behaviors "count-for" in a particular context (Cronen and Harris, 1979).

Unit of Analysis

A major contrast between attitude study and systems explanation of behavior rests in the scope of the unit that is analyzed. Attitude study usually takes on a microscopic inspection, where the systems approach employs a macroscopic view. The microscopic method involves selection of a variable and manipulation of it in a manner that produces data. The data are analyzed in terms of an initial hypothesis. Critics of this approach argue that the approach often ignores the theory undergirding the method (Pearce, 1977). As a result, highly predictable but usually meaningless theoretically artifacts are

produced. To the extent that the researchers fail to develop fresh theoretical concepts, Coser (1975) argued, the field slowly decays.

Episode Structure and Naturalistic Inquiry

A number of scholars have become dissatisfied with the microscopic approach for studying human behavior (Argyle, 1969; Armistead, 1974; Harré and Secord, 1972; Mills, 1977; Bubolz et al., 1979; Sims, 1981). Harré and Secord (1972) suggested that the proper unit for study of human behavior is an episode. Episodes are defined as sequences of behavior that have starting and exiting points and possess internal structures. The episode is viewed as meaningful because it contextualizes and defines the act(s) that compose it (Pearce and Conklin, 1979). For example, a kiss between a dating couple is not defined the same as a kiss in a Mafia meeting. While the analysis is more integrative, units may be at a lower level and the significance of the findings, it is argued, is considerably more viable. The ultimate justification for studying social episodes is that this understanding may aid in explanations of natural, everyday, social behavior (Forgas, 1979).

Harré and Secord (1972) suggested that the structure of episodes has two levels. The first is the overt or observable behavior level that involves the act-action sequence and occurs in the particular episode. The covert or concealed level consists of the personal constructs that stem from one's culture, experience and feelings. Meaning in the episode is perceived at this covert level. Structure comes through meaning because people operate through these meanings.

Pearce and Conklin (1979) and Eadie and Pearce (1982) theorized that people tend to organize their meanings hierarchically and that meanings may consist of 6 levels. They contended that at the lowest level, people assign meanings to individuals' words or actions. At the next level, meaning is associated with a group of actions that are not concerned with the spoken word but how one acts or has acted. The third level involved episodes. These episodes were composed of one or more act(s) with a beginning, middle and an end. The fourth level was termed relationships. A relationship was defined by the authors as patterns of episodes that people enact. Pearce and Conklin (1979) and Eadie and Pearce (1982) suggested that over time these patterns enable the researcher to interpret both routine and unusual episodes. The process through which people as individuals classify these patterns changes also over time. The fifth level reported was called the "life script." The experiences of one's life form expectations about the kind of episodes that will or have been enacted in a given relationship or situation. The final level reported was called the cultural patterns that are patterns of episodes that have shared meaning for large groups and are developed over time.

Pearce and Cronen (1980) pointed out that the internal structure of episodes comes from a group of rules that people perceive as guiding their behavior. Rules, the authors contend, are simple agreements about which meanings and messages not only are allowed but are expected.

Naturalistic inquiry is marked not only as a method of field study but also by the subject matter which is inspected (Pearce, 1977). Methods for getting respondents to generate the measure by which they

would be evaluated were urged by Kelly (1955), Bannister and Mair (1968), Schutz et al. (1975) and Mills (1977). They suggested that field researchers need to adopt methodology in which the subjects identify the factors upon which they evaluate their own behavior and relationships. Moreover, Pearce (1977) contended that naturalistic inquiry had to account for the actors' meanings as well as a description of their behavior. He suggested that while naturalistic inquiry can be used to explore when little is known about a phenomenon and to investigate when a minimum of observational intrusion is desired, its most distinguishing advantage occurs when applied to define situations and to identify the meaning of social events and institutions. Not only does naturalistic inquirer record the observable acts which are performed, he/she also explores actors' agreements about their consentually established meanings for their facts.

Conclusion

The young adult appears to be a cultural portion of the American population that has received little attention in the food-related behavior literature. There is a need to explore how the young married, childless couples living on a college campus handle food and food-related situations in their daily lives. Because these people will be among the leaders of the coming generation and influence the food-related behavior of others, knowledge of their behavior is needed. In addition, evidence presented in this review points to the need for an alternative to the traditional mode for conducting the scientific study of human behavior. It appears that the proponents of the

traditional approach, represented by attitude study, have not translated these theories into effective practical techniques for affecting human behavior in the population. While the evidence does not invalidate attitude theory, it does suggest that other perspectives may produce viable explanation of behavior. A viable approach to the study of food-related behavior may be that of human systems perspective.

CHAPTER III

METHODS

The investigation was an ex post facto exploratory field study. It was designed to inspect the food-related behavior of college and post-college young married couples. The respondents' ages ranged from 18 to 31 years. The fundamental objective of this study was to examine how food is enmeshed in the social structure of young married couples. In order to study the social structure of college and post-college couples' food-related behavior in an integrative manner, episode elicitation was utilized. This is a technique of using open-ended questions to obtain data from individuals. An episode, and the technique by which it is derived, has been described by Harré and Secord (1973) and Forgas (1976). An episode can be considered as any natural or normal division of social life that contains a beginning, middle and end (Harré and Secord, 1973 and Eadie and Pearce, 1982). The structure of the episode is framed by actions and meanings that the participants bring with them (Pearce and Cronen, 1980). In the present investigation, the episodes involved food-related behavior of young married couples and food associated with the episodes.

Several research questions were postulated: (1) What kinds of social structures do young married couples use in handling food-related episodes? (2) Do husbands differ from their wives in structuring food-related episodes? (3) Does the transition from collegiate

life-style to a work or professional life-style affect how individuals structure food-related episodes? (4) How do young married couples perceive the appropriateness of various foods for various food-related episodes? (5) How do young married couples perceive and function with the purchase, preparation and consumption of food? The first question was addressed in Phase I through episode elicitation, and the remaining questions were addressed in Phase II as college and post-college couples responded to specific episodes, rated foods as appropriate or not appropriate for the episodes generated in Phase I, and provided the profile data.

Respondents

Two groups of young married couples were identified. One group (College Couples) consisted of young married couples who had at least one member attending college. The second group (Post-College) was composed of post-college married couples who had at least one member who graduated during the last five years (1975-1980) and who were married while attending the University of Northern Iowa.

Three criteria were established for choosing couples to participate in the study: (1) The couple had to be childless and the wife non-pregnant at the time of the interview; (2) The couple had to be residents of, or had to have lived in married student housing at the University of Northern Iowa (UNI); and (3) The couple must not have divorced since their residency at UNI. Qualification for residency in UNI Married Student Housing requires that the couple be legally married and one or both members of the family be a regularly enrolled

student at the University. Both the Housing Office and the Alumni Office at UNI cooperated with the investigator in compiling lists of prospective couples. A list of 265 current residents of married students was obtained from the Housing Office. This list was used to obtain the 10 college couples in Phase I and then updated for the 25 college couples in Phase II. A systematic sampling method was used to select the respondents for college and post-college groups. The first sample element was chosen randomly and subsequent couples were chosen at every fifth interval.

The Alumni Office supplied a list of students who were graduated from UNI for the years of 1975-1980. This record then was cross-indexed with the file of previous residents of Married Student Housing in order to obtain a list of post-college couples who lived in the Cedar Falls/Waterloo metropolitan area at the time of data collection. A total of 112 couples were identified as potential post-college couples for the study. A systematic sampling method was used to select the post-college couples from the 112; 10 couples in Phase I and 25 in Phase II. However, in order to obtain the needed number of respondents who met the criteria for selection in Phase II, the entire list of potential post-college couples was used.

The couples on the prospect list were contacted by telephone to ascertain their eligibility for the study, and if so, to solicit their participation. All individual participants were informed about the purpose and procedures of the study, and their rights. Each person signed an informed consent form (Appendix A) prior to participation.

This procedure was utilized in soliciting respondents for both Phase I and Phase II of the study.

Ten college couples and 10 post-college couples were selected by means of systematic sampling from the lists of prospective respondents to participate in Phase I of the study. Upon completion of Phase I, 25 different college couples and 25 different post-college couples were selected, in the same manner, from the prospect list to participate in Phase II of the study.

Procedure

The procedures utilized in this study were reviewed and approved by Human Research Committees at the University of Tennessee, Knoxville and the University of Northern Iowa. Essentially the procedures were adapted from those developed by Forgas (1976).

The study was divided into two phases. In the first phase the 10 college and 10 post-college couples were asked to identify relevant food-related episodes for the study and to specify appropriate types of foods for the episodes. This information then was used as a basis for development of instruments to be administered to a different sample in Phase II. It was believed that such a process would reduce experimenter bias and thus yield more valid findings. Moreover, this process is an integrative approach which was strived for in this study.

Phase I

The first phase of the study was conducted in the Spring of 1981. Each spouse of the 10 college and the 10 post-college couples was

interviewed individually. Consultation between spouses was avoided by scheduling individual sessions in consecutive time periods. One researcher conducted all interviews.

An episode structure is used to describe a perceived patterned relationship (Forgas, 1976) in terms of acts and actions (Harré and Secord, 1972). The episode elicitation procedure used in this study refers to the technique of using open-ended questions (prompts) to elicit a unit of social interaction associated with food-related behavior of young adults. The interviews were conducted in conference rooms at UNI. Each interview, which lasted from 45 to 60 minutes, was taped with the respondent's permission (Appendix A). These recordings permitted the investigator the opportunity to review the responses at a later time and to make a more accurate assessment of them. This assessment was validated through another independent assessment conducted by a senior professor at The University of Tennessee, Knoxville (UTK).

Prompts were adapted to apply to food-related episodes from the prompts used in a research program sponsored by a National Mental Health Institute Research Grant and reported by Lesch et al. (1981). The prompts (Appendix B) used in this study were refined after administration to undergraduate and graduate students at UNI and UTK. Essentially, these open-ended prompts were used to encourage the respondents to recall food-related episodes, to describe the details of the individual episode and to identify the foods associated with those episodes. The respondents also were asked to describe how they felt about the episode and the food by supplying an adjective for each.

Instrument Development

Profile of the young couples. A questionnaire adapted from those of Burgoyne (1981) and Traver (1982) was generated in which each couple was asked standard demographic and background questions (Appendix C). Moreover, data were obtained about the couples' perceived food-related behaviors such as procurement, preparation, consumption and other related behaviors. Some of the questionnaire items pertained to either the husband or the wife; other items related to their joint activities.

Episodes. The tape recordings generated in Phase I were transcribed and analyzed. The 10 college and 10 post-college couples identified 162 episodes in which food was involved. For organization these episodes then were classified into 15 categories from which the final episodes were selected for investigation (Appendix D).

From the last of 162 episodes 24 were selected for further study. The episodes are listed in Table 1. All episodes chosen for investigation appeared at least 5 times during the interviews in Phase I, except "Eating A Meal With Children" and "Having Breakfast Served To Me In Bed By My Spouse." It seemed appropriate to include the former since the couples were of a biological childbearing age. The latter was included because its unusual nature appeared to add another dimension to the study. The study was limited to 24 episodes because it appeared that this was a manageable number to investigate for this study.

The transcription yielded 272 different terms that were used to describe the episodes, some of which were not adjectives (Appendix E).

Table 1--Episodes selected from those listed in Phase I by husbands and wives of 10 college and 10 post-college couples and analyzed in Phase II

Episode	Times Mentioned
Eating at home with spouse	35
Eating at home alone	14
Eating at home with friends	20
Eating away from home with associates other than friends	25
Eating at home to celebrate an anniversary	5
Eating at home with my parents	9
Eating at the home of my spouse's parents	10
Eating with my spouse at the home of friends	12
Eating with my spouse at the home of business associates	12
Eating with my spouse away from home to celebrate our anniversary	16
Eating away from home with my spouse to celebrate something special that just happened	9
Eating at a fast food restaurant	17
Eating at an expensive restaurant	10
Shopping for groceries alone[a]	15
Shopping for groceries with spouse[a]	20
Eating at home with spouse when food was not good[a]	12
Eating with friends away from home	14
Eating breakfast at home	10
Preparing a holiday meal for us at home	8
Preparing a meal for a relative in our home	7
Eating a meal while watching television	5
Eating in a restaurant when food was of poor quality[a]	5
Eating a meal with children	3
Having breakfast served to me in bed by my spouse	2

[a]Food appropriateness was not tested for these episodes

Because many of these resembled the terms generated by Forgas (1976), the investigator chose to utilize his scales to study the structure of each episode. In addition, because of the nature of the food-related episodes and their potential infrequency, three additional scales were included: "I never do this-I frequently do this," "expensive-inexpensive" and "ordinary-extraordinary." The instrument used to obtain the respondents' perceptions about the episodes is found in Appendix F. All scales were given to every respondent to measure each episode. The order of episodes was randomized in the specific instrument given each respondent.

Food appropriateness. Transcriptions of the interviews yielded 281 different foods or food combinations that were mentioned by the 20 couples interviewed in Phase I (Appendix G). A food item was included for study if it was mentioned at least 5 times or was of special interest to the investigators. For example, liver was included because of nutrient density; TV dinners were included because they were reported in Phase I with the episode "eating a meal while watching television." Each food item was evaluated by each respondent on a 7-point "appropriate-inappropriate" scale (Appendix H) for each of 20 episodes. It was believed that measurement of food appropriateness would be invalid for the episodes "shopping for groceries alone," "shopping for groceries with spouse," "eating at home with spouse when food was not good," and "eating in a restaurant when food was of poor quality." The order of the foods on the instrument remained the same for all episodes but the order of episodes was randomized for each respondent.

Phase II

In November-January 1981-82, the 3 instruments previously described above were administered to 25 college and 25 post-college married couples. Data were collected in the homes of each of the 50 couples at a specified time. The husband and wife completed the profile data questionnaire jointly, but the instruments for evaluation of the episodes and the perceived appropriateness of foods for the episodes were completed independently by each respondent. The administration of the 3 instruments required almost 2 hours. To reduce fatigue, the instruments were divided into 4 parts: profile, episode scales, first half of the foods-appropriate-to-episodes and second half of the foods-appropriate-to-episodes. Each instrument was checked immediately for missing responses and completions of occasional omissions were requested.

Data Analysis

Frequency distributions of the descriptive data were obtained in order to generate a profile of the sample population. Analyses of variance were applied to the food-related episodes data and to the food appropriateness data to inspect the perceptual differences between husbands and wives and collegiate and post-college groups and the interaction between group and spouse and differences among couples with each group. When significant interactions were found, Tukey's (HSD) test was applied for mean separation as well as the interaction between group and spouse (Sokal and Rohlf, 1969).

A significance level of .05 was chosen as the criterion for use with all analyses. Data transformation and analyses were performed using Statistical Analysis System (SAS, 1982a,b).

CHAPTER IV

RESULTS AND DISCUSSION

Characteristics of the Respondents

General Characteristics

All collegiate couples interviewed were enrolled in the University of Northern Iowa during the 1981-82 academic year. Of the post-college couples, one was last enrolled in college in 1979-80 while all other couples in the group had finished their studies between 1975 and 1979. Socio-cultural characteristics of the sample population are presented in Table 2. The age of the collegiate respondents ranged from 19 to 29 while the age of the post-college respondents ranged from 23 to 31. All males and most females had resided in Iowa prior to marriage. Generally, the participants reported that they had fewer than 3 brothers and 3 sisters and 2/3 indicated that no individuals outside their immediate family (father, mother, brother and sister) lived in their household when they were growing up. The majority of respondents (93%) reported a religious affiliation. Moreover, 80% of the collegiate couples had been married 1 year or less and none over 4 years (Table 3). The length of marriage for post-college couples ranged from 1 to 8 years; 84% had been married 3 years or longer.

Education

All respondents had completed high school and 95% had undertaken college level study (Table 2). The post-college group, as expected

Table 2--Socio-cultural characteristics of husbands and wives of college and post-college couples

	College[a]		Post-college[a]	
	Husbands	Wives	Husbands	Wives
	%			
Age				
19-22	36	56	0	0
23-25	40	32	36	40
26-29	24	12	36	56
30-31	0	0	28	4
Residence before marriage				
Iowa	100	88	100	88
Minn., Wisc., Ill., Mo., Neb., S.D.	0	4	0	12
Mich., Ind., Ark., Kas., Colo., Wyo., N.D.	0	4	0	0
Other	0	4	0	0
Brothers				
0	28	16	8	52
1	36	32	44	24
2	32	32	28	16
3	0	8	12	4
4	0	8	8	0
5	4	0	0	4
Sisters				
0	12	8	24	32
1	72	32	28	24
2	12	24	36	24
3	4	16	12	8
4	0	8	0	8
5	0	12	0	0
6	0	0	0	4
Others in the home while growing up				
0	64	64	72	72
1	4	4	4	4
2	8	8	4	4
3	0	8	0	12
4	8	4	12	0
5	8	12	4	4
6	4	0	0	4
7	4	0	0	0
8	4	0	4	0
Religion				
Catholic	8	36	24	24
Protestant	80	52	72	76
Jewish	0	0	0	0
None	12	12	4	0
Other	0	0	0	0
Highest level of education attained				
Completed high school	0	16	4	0
Some college	68	44	8	16
Some tech. school	0	8	4	4
Completed college	28	32	64	68
Graduate/professional training	4	0	20	12
Hours employed per week				
Not employed	20	24	0	4
< 10	4	4	0	4
10-20	36	24	0	4
21-30	16	8	4	4
31-40	4	28	32	52
41-50	16	12	48	20
> 50	4	0	16	12

[a] N = 25 couples

Table 3--Length of marriage of college and post-college couples

Length of marriage	College[a]	Post-college[a]
	%	
0-8 months	36	0
1 year	44	8
2 years	12	8
3 years	4	20
4 years	4	12
5 years	0	12
6 years	0	20
7 years	0	16
8 years	0	4

[a]N = 25 couples.

from the sample selection, included more college graduates than were found in the collegiate group. Some individuals in the collegiate group (7 husbands and 8 wives) however, possessed a college degree. They were classed in their respective groups because they still lived in university housing and either were undertaking an advanced degree or their spouse was pursuing an academic program. The respondents' degree programs included a broad range of disciplines (Table 4). Thirty disciplines were represented by the respondents; collegiate males, collegiate females, post-college males, and post-college females were in 15, 12, 16, and 13 different programs, respectively. Of the 30 programs, Elementary and Middle School Education, Industrial Technology and Management each were listed by 10 participants.

Family Occupation

The employment of the respondent's father and mother covered a broad range of the occupations listed by Marshall and Green (1977). The fathers' occupations represented 30 categories (Table 39, Appendix I). Managers, with 15% of the total, formed the largest group followed by farmers (14%). No other classifications exceeded 7%. Mothers were classified in 19 occupations (Table 39, Appendix I). The largest class was housewife, which constituted 47% of the total with secretary being the next largest (10%). No other title for mothers' occupations exceeded 7%.

Like that of their parents, the employment of the respondents covered a broad range of occupations. Within the total sample 27 occupations were represented (Table 40, Appendix J); the collegiate

Table 4--Major area of study of husbands and wives of college and post-college couples

Area of study	College[a]		Post-college[a]	
	Husbands	Wives	Husbands	Wives
	---------- % ----------			
Accounting	4	0	8	12
Administration management	4	0	4	8
Art	0	0	0	4
Biology	0	0	4	0
Business education	0	4	0	4
Chemistry	4	0	0	0
Communicative disorders	4	0	0	0
Communication and theatre arts	8	4	4	0
Earth sciences	0	4	0	0
Economics	4	0	0	0
Educational psychology	0	4	0	0
Elementary and middle school	4	16	8	12
Home economics	0	16	0	16
Individual studies	4	0	0	0
Industrial technology	16	0	20	4
Interdisciplinary	0	16	0	0
Language	0	0	0	4
Library science	0	0	0	4
Management	12	8	12	8
Marketing	8	0	0	0
Math	0	0	4	0
Philosophy	0	0	4	0
Physical education	8	0	4	0
Political science	8	0	4	0
Psychology	0	4	4	0
Social science	4	0	0	0
Social work	0	0	4	0
Sociology	4	4	4	4
Special education	0	8	4	8
Other	0	12	4	4
None	4	0	4	8

[a]N = 25 couples.

husbands, collegiate wives, post-college husbands, post-college wives were classified in 10, 7, 14, and 11 occupations, respectively. Education occupations, sales and food service predominated among the collegiate group while collegiate wives also held secretarial positions. Among the post-college group, education, office management and administrative specialties dominated the employment picture. The occupations of the respondents differed from those of their parents. None of the respondents held positions in farming or as housewives and they tended in greater degree to enter education, technological and administrative positions. Since most of the jobs held by the collegiates were part-time and used to finance a college degree, jobs held by them probably do not validly reflect many professional or occupational goals.

Employment

The number of hours of employment varied between groups (Table 2, page 46). Apparently academic responsibilities and/or other factors prevented 76% of collegiate husbands and 60% of collegiate wives from working more than 30 hours weekly. In the post-college group, both members of each couple except one were employed full- or part-time outside the home. This condition perhaps reflects one of the characteristics emerging among contemporary young married couples in that more wives now work.

Family Income

Data in Table 5 reflect a difference in family income between the collegiate and post-college couples. The difference was expected since

Table 5--Income in dollars per month of college and post-college couples

Income	College[a]	Post-college[a]
	---------- % ----------	
Less than $500	16	0
$501-1,000	44	4
$1,001-1,500	28	16
$1,501-2,000	12	12
$2,001-2,500	0	28
More than $2,500	0	40

[a]N = 25 couples.

collegiate couples worked fewer hours and often held only part-time jobs. The difference becomes more pronounced when the family income is projected on an annual basis. Sixty percent of the college couples reported an annual income of below $12,000, while only 8% of the post-college couples were below that level. In contrast, only 12% of the collegiate couples earned an income about $18,000 while 76% of the post-college couples had an income above that level. Forty percent of the post-college couples reported an annual income of above $30,000. The difference between the groups might not be as great as that reflected in total income figures. Several post-college couples informally reported that they were using their increased income to reduce the debts incurred through student loans, to acquire household and personal items postponed from their college days and/or to purchase a home. These are expenses that collegiate couples as a group are unlikely to face during their tenure at the university.

Food-related Activities

A series of questions was posed to the couples to identify some of their food-related activities. The questionnaire called for joint responses by each couple rather than for individual answers. This approach, it was believed, would elicit better the couple's coordinated food activities than could individuals' responses. The questions were categorized into six areas: food shopping activities, grocery expenditures, factors affecting selection of a grocery store, food preservation and storage practices, meal patterns and time alloted to food-related activities.

Food Shopping Activity

Tables 6 and 7 include food shopping information about the young married couples involved in this study. Inspection of the number of food shopping occasions (Table 6) indicated that both the collegiate and post-collegiate couples generally shopped from 2 times per week to bi-weekly. The predominant pattern in both groups was a weekly trip to the grocery store. These data tended to agree with the 1979-80 National Study of Supermarket Shoppers Census Profile (Burgoyne, 1981) where among the total sample, the number of shopping trips per week was approximately 1.4. Only 26.7% of the 1979-80 Shoppers Census Profile respondents shopped more than once a week in a supermarket.

Food purchasing activities of college and post-college couples are reported in Table 7. It is interesting to note that many collegiate wives did not make food choices alone or have the sole responsibility to purchase food, a pattern that apparently carried over into post-college years. Twenty percent of the college husbands and 32% of the post-college husbands usually chose food to be purchased while only 8% of the wives from both groups usually chose the food to buy. Forty-four percent of the college couples and 72% of the post-college couples made food choices together.

Like the selection of food choices, it appeared that the actual purchase of the food was a joint activity for young married couples (Table 7). This tended to agree with Traver's (1982) findings about young married couples but tended to disagree with earlier reports that the task of grocery shopping was the wife's responsibility (Center et al., 1971; Lovingood and Firebaugh, 1978; Wheeler and Arvey, 1981).

Table 6--Food shopping occasions and dollars spent for food per week at home and away by college and post-college couples

	College[a]	Post-college[a]
	%	
Occasions		
4 times per week	4	0
3 times per week	4	8
2 times per week	28	28
Weekly	40	48
Bi-weekly	20	16
Monthly	4	0
Dollars spent at grocery store per week		
10-19	8	0
20-29	28	16
30-39	36	44
40-49	12	24
50-59	8	8
60-69	4	8
70-over	4	0
Dollars spent away from home for food per week		
0	12	0
1-5	28	0
6-10	40	24
11-15	16	32
16-20	0	24
21-25	0	8
26-30	0	4
31-35	0	4
36-40	4	4

[a]N = 25 couples.

Table 7--Food purchasing activities of college and post-college couples

	College[a]			Post-college[a]		
	Husband alone %	Wife alone %	Together %	Husband alone %	Wife alone %	Together %
	---------- Chooses food to be purchased ----------					
Usually	20	8	0	32	8	4
Sometimes	80	52	44	64	32	68
Never	0	40	56	4	60	28
	---------- Food purchasing responsibility ----------					
Usually	8	16	0	24	16	4
Sometimes	88	52	40	72	36	56
Never	4	32	60	4	48	40
	---------- Purchases food at convenience stores ----------					
Usually	28	44	36	36	64	28
Sometimes	64	56	64	64	36	60
Never	8	0	0	0	0	12

[a]N = 25 couples.

Eight percent of the college husbands reported that they usually purchased food alone whereas 24% of the post-college husbands usually did this activity. Sixteen percent of the wives of each group reported that they usually were responsible for purchasing food alone. Eighty-eight percent of the college husbands and 72% of the post-college husbands bought groceries alone sometimes. Sixty percent of the college couples never went to the market together while 40% of the post-college group reported they never shopped together. Food purchasing, it appears, is an area in which husbands do contribute time and efforts.

Husbands and wives in both groups made occasional purchases from convenience food stores (Table 7). While prices at these stores tend to be appreciably higher (Stafford, 1979), this factor apparently did not deter the respondents from making purchases at them. Location may have contributed to the respondents' use of convenience stores, particularly when their shopping list included only a few items. In addition, these were the only grocery stores open 24 hours a day. The National Study of Supermarket Shoppers 1979-80 (Burgoyne, 1981) revealed that over half of the respondents never shopped at convenience stores, and those who reported shopping at these stores tended to be younger and had higher incomes and larger families. Sixty-four percent of the post-college wives and 44% of the college wives reported that they usually shopped at convenience stores alone. Fewer post-college wives (36%) sometimes purchased food alone at these stores than did the college and post-college husbands, college wives or as couples. The husbands of both groups demonstrated similar behavior as to the frequency of purchasing food at a convenience store.

Grocery Expenditures

A distribution of the couples' estimated weekly grocery expenditures is presented in Table 6, page 54. A projection of these estimates indicated that the collegiate couples spent an average of $31.80 per week for groceries. The post-college couples reported that they spent an average of $39.80 per week or 25% more than the college couples. Traver (1982) reported that young couples in east Tennessee spent an average of $30.67 for all items and $26.74 for food. In the present study, the perceived estimates of dollars spent at the grocery store were recorded but no attempt was made to differentiate between food and non-food items as was done in the Traver (1982) study.

Further evidence of a differential in spending for food between the groups appeared in the dollars spent away from home (Table 6). The distribution of estimated amounts spent revealed that post-college couples spent more food dollars away from home than did college couples. One reason for this may be that collegiate couples lived near the campus and one or both members could return home for meals. It is not clear from these data whether the post-college couples purchased a greater number of meals away from home or whether they purchased more expensive meals than did the collegiate couples.

The participants were asked if their food expenditures were affected by practices such as the use of food stamps, use of "cents off" coupons, price comparisons and purchases at meat "lockers" (Table 8). No couple from either group reported the use of food stamps. Likely, income levels disqualified most, if not all, respondents from using food stamps. No inquiry was made of post-college couples as to their

Table 8--Food purchasing practices of college and post-college couples

Practices	College[a]	Post-college[a]
	%	
Use of "cents-off" coupons		
Frequently	8	20
Occasionally	84	68
Never	8	12
Price comparison		
Frequently	28	20
Occasionally	56	60
Never	16	20
Purchase meat at "locker"		
Yes	8	16
No	92	84

[a]N = 25 couples.

use of food stamps while attending the University which was during a time when qualifications were more lenient. Participants' responses in both groups revealed that they occasionally made use of "cents-off" coupons and occasionally made price comparisons between grocery stores. The National Study of Supermarket Shoppers 1979-80 Census Profile (Burgoyne, 1981) indicated that more than 50% of the shoppers surveyed redeemed manufacturers' coupons and 74.4% of the respondents compared prices between supermarkets. The chief method used to compare prices by the respondents in the national census was by checking newspaper advertisements.

Only 8% of the college group and 16% of the post-college group reported that they purchased meat at a "locker," a regionally-popular retail meat outlet. Both groups may find that purchasing meat in quantity from a "locker" requires an investment beyond that which they are willing to make.

Attributes Affecting Choice of Food Stores

Food-related behavior of young married couples is revealed in part by the attributes of the grocery they choose to patronize. These attributes range from the service provided by the store to its appearance and location in the community. The importance of several of these attributes of stores was measured. Couples were asked to rate each of the attributes on a seven-point scale ranging from important to very important. The means for the college and post-college group and for all couples appear in Table 9. The data suggested that those grocery store attributes perceived to be important by the collegiate couples

Table 9--Importance of attributes[a] considered by college and post-college couples when selecting a grocery at which to shop

	$\bar{X}$ all couples[b]	$\bar{X}$ college couples[c]	$\bar{X}$ post-college couples[c]
In-store deli	2.44	2.36	2.52
In-store bakery	2.46	2.24	2.68
Near shopping center	2.92	3.16	2.68
Offers redemption stamps	3.28	3.44	3.12
Offers generic products	3.36	3.44	3.28
Carry-out service	3.52	3.32	3.72
Attractiveness of store	3.98	3.52	4.44
Store arrangement for ease in shopping	4.40	3.92	4.88
Ample parking	4.42	4.20	4.64
Advertised specials	4.60	4.36	4.84
Fast check-out service	4.82	4.56	5.08
Courteous and helpful employees	4.98	4.60	5.36
Check cashing privilege	5.50	5.48	5.52
Price of fruits and vegetables	5.68	5.20	6.16
Close to my home	5.76	5.88	5.64
Cleanliness of store	5.90	5.52	6.28
Price of meat	5.92	5.44	6.60
Variety of selection of grocery merchandise	6.12	6.00	6.24
Quality and freshness of fruits and vegetables	6.20	6.12	6.28
Quality and freshness of meat	6.22	6.04	6.40
Freshness of dairy products	6.26	6.20	6.32
Overall price of groceries	6.40	6.52	6.28

[a]Scale: 1 = Not important, 7 = Very important.

[b]N = 50; [c]N = 25.

generally were rated as important by the post-college couples. Attributes rated to be unimportant by the post-college couples also were rated unimportant by the college group.

Food Preservation and Storage

It was thought that young married couples might extend their food budget through home food preservation and quantity meat purchases. Questions were designed to determine the extent that preservation and meat storage affected the food procurement of the respondents. Twenty percent of the collegiate and 40% of the post-college couples indicated they preserved some foods. Over 80% of both groups reported that they used less than 1 pint of home preserved fruits per week. Eighty percent of the collegiate couples and 64% of the post-college group revealed they consumed less than 1 pint of home preserved vegetables weekly. Ninety-two percent of all respondents stated they ate less than 1 pint of other types of home preserved food during a week.

A similar pattern emerged in storage and consumption of meat. Only 25% of the couples reported having over 1 month's supply of meat in their freezing unit. Eighty-eight percent of the college couples and 66% of the post-college group reported that they ate between 3 and 6 pounds of meat per week.

Meal Patterns

One purpose of this study was to identify some of the eating patterns of the respondents. Specifically, the respondents were asked how often they ate daily meals with their spouse, when they planned

their meals and how often they consumed meals away from home. Summaries to these questions appear in Tables 10 and 11.

About 2/3 of the couples studied indicated that they ate only 1 meal a day together (Table 10). Conversely, only 1 collegiate couple and none of the post-college group indicated they ate 3 meals a day together. Those who responded that they ate only 1 meal together were asked the reason for this pattern. A few reported that 1 or both spouses skipped meals. Seventy-two percent of the collegiate and 84% of the post-college couples gave conflict in schedule as the reason. These findings are not surprising. Both members of virtually all couples either attended classes or worked away from home. Several worked at night or on late evening jobs. As the marriage partners tended to follow personal schedules for school and/or work, it would be difficult to be at home for 3 meals a day.

Table 10 provides a summary of meal planning patterns of respondents. Approximately 2/3 of the college couples and 1/2 of the post-college couples either planned the meals immediately before a meal or the day before a meal was to be consumed. Forty percent of the post-college couples reported they planned the meals several days in advance compared with 24% of the college group.

The patterns of meals consumed away from home weekly appears in Table 11. The data reveal that 27% of the respondents regularly ate no meals away from home with their spouse. In contrast, almost 1/4 of the post-college husbands and wives consumed 5 meals per week apart from their spouse although none of the collegiate couples reached this level of meal consumption away from home. The predominant pattern for husbands and

Table 10--Meal practices of college and post-college couples

	College[a]	Post-college[a]
	--------- % ----------	
Daily meals together		
None	0	12
1	72	64
2	24	24
3	4	0
Meal planning		
Plan meals right before preparation	32	32
Plan meals about a day before preparation	32	24
Plan meals after groceries are purchased	12	4
Plan meals several days ahead and before groceries are purchased	24	40

[a]N = 25 couples.

Table 11--Meals eaten away from home weekly by husbands and wives of college and post-college couples

Meals per week	College[a]	Post-college[a]
	%	
Husband without wife		
0	28	16
1	24	28
2	36	24
3	4	4
4	8	4
5	0	24
Wife without husband		
0	36	28
1	36	28
2	12	4
3	12	16
4	4	0
5	0	24
Together		
0	8	0
1	16	60
2	48	28
3	20	8
4	8	4
5	0	0

[a]N = 25 couples.

and wives of both groups was to eat 1 or 2 meals away from home weekly without their partners. It appeared, also, that all but 2 collegiate couples consumed at least 1 or 2 meals away from home with their spouse per week.

Time Allocated to Food-related Activities

One method for inspecting the young married couples' food patterns involved an examination of time allocated to various food-related activities. The amount of time couples spent planning meals appears in Table 12. Most college and all of the post-college husbands spent less than 1 hour per week in menu planning while 2 college husbands reported allotting more than 1 hour to this activity. Thirteen college wives spent less than 1 hour while the remaining 12 reported 1 hour or more planning what the family would eat. Seventeen of the 25 post-college wives were involved 1 hour or more in menu planning. Even though men are taking some responsibility for the food the family consumed, it is the women who assume the greater responsibility (Pearson, 1973). This appears to be true in this study. The college husband seemed to take more responsibility for menu planning than did the post-college husbands, but it was the wives who reported spending more time in this activity. The post-college wives allotted more of their time to planning menus probably because the husband may not have had the available time.

The data in Table 12 suggest that husbands and wives in both groups generally share the food shopping responsibilities. This tends to agree with the number of perceived shopping occasions reported in

Table 12--Time allocated in hours per week to food-related activities by college and post-college couples

Activity	Time (hr)	College[a]		Post-college[a]	
		Husbands	Wives	Husbands	Wives
		%			
Meal planning	0	48	8	36	4
	<1/2	24	28	40	28
	<1	0	16	24	0
	1	20	28	0	32
	>1	8	20	0	36
Shopping for food	0	12	0	20	4
	<1/2	12	8	20	4
	<1	12	8	4	4
	1	48	56	56	60
	>1	16	28	0	28
Food preparation	0	4	24	20	0
	<1/2	0	12	12	0
	1	48	20	24	8
	2	24	24	20	4
	3	0	4	16	20
	4	16	8	4	20
	>4	8	8	4	48
Eating at home	<1	0	0	4	4
	1	0	0	4	4
	2	0	0	4	4
	3	4	8	20	16
	4	8	4	8	8
	5	0	16	16	20
	6	20	8	12	12
	>6	68	64	32	32
Clean up after meal	<1	4	0	8	0
	1	36	4	32	8
	2	28	16	32	20
	3	20	8	16	36
	4	4	16	4	4
	5	4	16	4	12
	>5	4	40	4	20
Eating away from home	0	20	24	4	4
	<1/2	0	12	0	0
	<1	0	0	0	0
	1	32	20	16	20
	2	20	24	28	24
	3	16	4	16	28
	4	0	8	4	4
	>4	12	8	32	20

[a]N = 25 couples.

Table 6, page 54. The majority of the respondents estimated that they spent 1 hour weekly shopping for food.

Several trends emerged in the data concerning the time the respondents spent preparing food (Table 12). First, the majority of college husbands devoted 1-2 hours weekly to food preparation. Second, the majority of post-college wives allocated 4 or more hours per week to food preparation. Third, 42% of the college wives and 32% of the post-college husbands spent little or no time preparing meals. The latter 2 characteristics may be attributed to the involvement of young married couples in academic study and professional work. While the couples are in college, most wives are gainfully employed (Table 2, page 46) and some husbands may feel it necessary to contribute to the family by assuming some of the meal preparation responsibilities. After college, this condition changes and some wives take over the food preparation activities.

Thirty-two percent of the college husbands and 36% of the college wives spent less than 6 hours eating at home while 68% of the post-college husbands and 64% of the post-college wives reported spending 6 hours or more consuming food at home.

The distribution of responses relative to the time spent cleaning up after meals is presented in Table 12. In varying degrees husbands and wives of both groups participated in these activities, although wives seemed to spend more time in cleaning up. A majority of the respondents reported they devoted 1-5 hours weekly to clean-up responsibilities.

The data summarized in Table 12 describe the time spent by the respondents eating away from home. Collegiate respondents spent little or no time eating outside their home and post-college respondents tended to allocate more time to meals away from home. This may account for the amount of dollars spent away from home for food by the post-college couples (Table 5, page 51).

Socializing at home frequently involves some food-related activity. The pattern of these activities by the respondents is presented in Table 13. While some respondents gave little or no time to socializing at home, the majority devoted from 1-3 hours weekly to these activities. There appeared to be little distinction between husbands and wives in time given to socializing at home. Most socializing is probably a joint activity of the couples.

The last time allocation pattern examined was socializing away from home (Table 13). A few respondents in all groups were involved in little or no activities outside their home. The majority, however, spent from 1-5 hours weekly in outside socializing. A few respondents spent more than 7 hours in outside social affairs. Overall there appeared to be little difference between husbands and wives in the time given to socializing away from home. However one can not assume that both husbands and wives were involved in the same activities. While they may socialize together, the data only indicate that they individually allocated a similar amount of time to socializing away from home.

Table 13--Percentage of time spent socializing at home and away from home by college and post-college couples (in hours per week)

Location of socializing	Time (hr)	College[a]		Post-college[a]	
		Husbands	Wives	Husbands	Wives
		%			
Home	0	12	4	12	12
	1	28	20	28	28
	2	28	28	8	8
	3	8	4	28	28
	4	0	8	12	0
	5	12	20	8	16
	6	0	12	0	4
	7	0	4	0	0
	>7	12	0	4	4
Away from home	0	4	4	4	4
	1	12	20	8	4
	2	28	24	16	20
	3	12	8	24	20
	4	0	8	16	12
	5	20	20	4	12
	6	8	12	0	0
	7	0	4	4	4
	>7	16	0	24	24

[a]N = 25 couples.

Food-related Episodes and Food Perceived Appropriate for Each Episode

Analyses of variance were applied to the food-related episodes and the food appropriateness data in order to observe the perceptual differences between husbands and wives, college and post-college groups, the differences among couples within groups, and the interaction between groups and spouse. When significant interactions were noted, Tukey's (HSD) test was applied for mean separation as well (Sokal and Rohlf, 1969). A significance level of .05 was chosen as the criterion for use with all analyses.

A summary of values assigned to the bipolar scales by all respondents for the 24 food-related episodes is found in Table 41, Appendix K. Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for each of the 24 food-related episodes will be discussed individually. The appropriateness values assigned to selected foods for each episode by all respondents are given in Tables 42-48, respectively, Appendix L. Only data for the foods that were found to differ in appropriateness with respect to various independent variables are reported in Tables 49, 50 and 51, Appendixes M, N and O respectively.

Eating At Home With Spouse

It has been reported that once one discovers where, when and with whom food is consumed, then many things can be inferred about a society or a group of people (Farb and Armelagos, 1980). The episode of "eating at home with spouse" was reported 35 times by the young married

couples in Phase I (Appendix D). It was assumed that this episode and subsequent ones were natural units of behavior and part of the life-style of the young married couples who participated in the second phase of this study.

It was the perception of the 100 respondents in Phase II (Table 41, Appendix K) that "eating at home with spouse" happened frequently and was an episode in which one could relax and find friendship, but this episode was viewed as somewhat extraordinary. The college couples perceived they participated in the episode more frequently and were involved more than did the post-college couples (Table 14). Data from respondents did support this perception (Table 13, page 69). College husbands and wives reported that they spent more hours per week eating at home than did the post-college husbands and wives. A majority of the respondents reported that they ate only 1 meal together daily (Table 10, page 63) which may account for the perception that "eating at home with spouse" was extraordinary. Reasons for eating only 1 meal a day at home, together, were school and/or work, and not liking to eat at a particular time, such as breakfast.

"Eating at home with spouse" seemed to be more involved for the wives than for husbands and for the college than for the post-college couples. The episode seemed to be more simple and less active for the husbands than for the wives (Table 13). The husbands may not be responsible for the preparation of the meal when they are together and therefore not perceive the episode to be as involved, complex, or active as do the wives. Although the college husbands did involve

Table 14--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Eating at home with spouse

Variables[c]	All[a] husbands	All[a] wives	Couples[a]		College[b]		Post-college[b]	
			College	Post-college	Husbands	Wives	Husbands	Wives
I frequently do this-I never do this	6.3 ±1.2	6.4 ±1.2	6.7[d] ±0.8	6.0[e] ±1.4	6.7 ±0.8	6.6 ±0.8	5.9 ±1.3	6.2 ±1.5
I know how to behave-I do not know how to behave	6.8 ±0.8	6.9 ±0.5	6.9 ±0.5	6.8 ±0.8	6.9 ±0.3	6.8 ±0.6	6.6 ±1.0	7.0 ±0.2
Feel very much at ease-Feel very ill at ease	6.9 ±0.3	6.9 ±0.3	6.9 ±0.3	6.9 ±0.3	6.9 ±0.3	6.9 ±0.3	6.8 ±0.4	6.9 ±0.3
Doing this seems to me to be:								
Involved-uninvolved	3.7[d] ±2.0	4.5[e] ±2.0	4.7[d] ±1.9	3.5[e] ±2.0	4.3 ±1.8	5.0 ±2.0	3.0 ±2.0	3.9 ±1.8
Simple-complex	6.2[d] ±1.1	5.5[e] ±1.6	5.8 ±1.5	6.0 ±1.4	6.0 ±1.2	5.6 ±1.7	6.5 ±1.0	5.5 ±1.6
Active-passive	4.8[d] ±1.9	5.5[e] ±1.7	5.4 ±1.6	4.8 ±1.9	5.2 ±1.5	5.6 ±1.8	4.3 ±2.1	5.4 ±1.6
Pleasant-unpleasant	6.7 ±0.6	6.6 ±0.8	6.7 ±0.8	6.6 ±0.7	6.7 ±0.7	6.7 ±0.8	6.7 ±0.5	6.5 ±0.9
Intimate-nonintimate	5.5 ±1.6	5.6 ±1.4	5.7 ±1.3	5.4 ±1.6	5.7 ±1.3	5.8 ±1.4	5.3 ±1.7	5.4 ±1.4

Table 14--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	6.6 ±0.7	6.6 ±0.7	6.7 ±0.7	6.6 ±0.7	6.6 ±0.8	6.7 ±0.7	6.6 ±0.6	6.6 ±0.8
Occasional-regular	2.3 ±2.0	2.1 ±1.9	1.9 ±1.8	2.5 ±2.0	1.8 ±1.6	2.1 ±2.0	2.9 ±2.1	2.2 ±1.9
Organized-disorganized	5.2 ±1.3	5.5 ±1.4	5.6 ±1.3	5.1 ±1.4	5.3 ±1.2	5.9 ±1.3	5.1 ±1.4	5.1 ±1.4
Cooperative-competitive	6.1 ±1.0	6.0 ±1.1	6.2 ±1.1	6.0 ±1.0	6.0 ±1.1	6.3 ±1.1	6.1 ±0.9	5.8 ±1.1
Formal-informal	2.1 ±1.2	1.8 ±1.1	2.1 ±1.2	1.8 ±1.1	2.0 ±1.1	2.1 ±1.3	2.1 ±1.3	1.5 ±0.8
Expensive-inexpensive	3.0 ±1.2	2.9 ±1.3	3.1 ±1.3	2.9 ±1.2	3.2 ±1.3	3.0 ±1.3	2.9 ±1.2	2.8 ±1.3
Ordinary-extraordinary	5.9 ±1.3	5.7 ±1.8	5.8 ±1.5	5.7 ±1.6	6.0 ±1.3	5.6 ±1.8	5.8 ±1.3	5.7 ±2.0

[a] N = 50.
[b] N = 25 couples.
[c] Scale: First term = 7; second term = 1.
[d,e] Means for spouse or for group within a row followed by different superscripts differ ($p < 0.05$).

themselves with meal preparation, the post-college husbands did not participate to the same extent (Table 12, page 66).

College and post-college couples perceived most foods to be appropriate for the episode of "eating at home with spouse" (Tables 42-48, Appendix L). All foods were rated 4 or above on a 7-point scale with the exception of cranberry sauce, liver, lobster, and TV dinners. Some foods were found to be significantly different between college and post-college couples (Table 49, Appendix M) and between husbands and wives (Table 50, Appendix N) for the episode of "eating at home with spouse." College couples rated a luncheon meat sandwich and Jello to be more appropriate for the episode than did the post-college. Married student housing is within walking distance of the University and since the college respondents perceived they ate more frequently at home with their spouse than did the post-college respondents, the luncheon meat sandwich and Jello would be a quick, simple and inexpensive meal for lunch or supper. Husbands perceived that peanut butter sandwich, TV dinner and lobster were more appropriate than did the wives. The wives reported that they thought a baked potato, tomato, cheese and lettuce salad to be more appropriate than did the husbands when "eating at home with spouse." Schutz et al. (1975) suggested that wives may perceive foods lower in calories to be more appropriate while husbands think of substantially filling foods or foods that are considered main dish items to be appropriate.

Eating At Home Alone

The respondents perceived they ate at home alone infrequently (Table 41, Appendix L). The episode of "eating at home alone" was viewed as uninvolved, nonintimate, informal, inexpensive and tended toward being disorganized, passive and complex.

Significant differences were noted between husbands and wives for descriptors involved-uninvolved, simple-complex, active-passive, pleasant-unpleasant, formal, informal and expensive-inexpensive for "eating at home alone" (Table 15,). Wives perceived "eating at home alone" to be less involved and more simple, passive and unpleasant than did the husbands. Husbands and wives perceived the episode to be informal, although a significant difference was noted with wives feeling the episode to be less formal. Neither husbands nor wives thought the episode to be expensive, but a significant difference was noted with husbands feeling eating at home along to be more expensive than did the wives.

Post-college wives perceived they know more how to behave when "eating at home alone" than did the post-college husbands. Since the post-college couples have been married longer, the likelihood of this episode happening more often to the wife may have helped her adjust to the situation. Also, the post-college husband reported that he spent very little time in food preparation (Table 13, page 69), therefore he may not have been accustomed to caring for his needs at meal time.

A significant difference was noted between college and post-college couples (Table 49, Appendix M) and husbands and wives (Table 50, Appendix N) for food thought to be appropriate when "eating at home alone." Jello and TV dinners were perceived to be more appropriate

Table 15--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Eating at home alone

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
I frequently do this-I Never do this	4.6 ±1.9	4.3 ±1.8	4.8 ±1.8	4.0 ±1.9	5.1 ±1.7	4.5 ±1.9	4.0 ±2.0	4.0 ±1.8
I know how to behave-I do not know how to behave	6.5 ±0.9	6.6 ±1.0	6.6 ±1.1	6.6 ±0.9	6.7[de] ±0.7	6.4[de] ±1.4	6.3[d] ±1.1	6.9[e] ±0.4
Feel very much at ease-Feel very ill at ease	6.1 ±1.4	6.2 ±1.7	6.2 ±1.6	6.1 ±1.6	6.3 ±1.3	6.0 ±1.9	5.9 ±1.6	6.3 ±1.6
Doing this seems to me to be:								
Involved-uninvolved	3.6[d] ±2.1	2.0[e] ±1.7	3.1 ±2.2	2.6 ±2.0	3.6 ±2.2	2.6 ±2.1	3.6 ±2.1	1.5 ±1.0
Simple-complex	5.5[d] ±1.6	6.7[e] ±0.8	6.0 ±1.4	6.2 ±1.4	5.5 ±1.6	6.5 ±1.0	5.6 ±1.7	6.8 ±0.5
Active-passive	4.7[d] ±2.1	3.1[e] ±2.1	4.1 ±2.1	3.7 ±2.3	4.9 ±1.9	3.3 ±2.1	4.5 ±2.3	2.8 ±2.0
Pleasant-unpleasant	4.7[d] ±1.9	4.0[e] ±1.8	4.5 ±2.0	4.3 ±1.8	4.9 ±1.9	4.0 ±1.9	4.5 ±2.0	4.0 ±1.6
Intimate-nonintimate	2.3 ±1.5	2.0 ±1.6	2.4 ±1.8	1.8 ±1.3	2.4 ±1.8	2.4 ±1.8	2.1 ±1.3	1.5 ±1.3

Table 15--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	4.2 ±1.9	3.9 ±1.3	4.1 ±1.7	3.9 ±1.4	4.4 ±1.9	3.8 ±1.6	3.9 ±1.8	3.9 ±0.8
Occasional-regular	4.5 ±2.0	4.8 ±2.1	4.4 ±2.0	4.9 ±2.0	4.0 ±2.0	4.8 ±2.0	5.0 ±2.0	4.8 ±2.1
Organized-disorganized	3.8 ±1.9	4.0 ±1.7	3.9 ±1.8	3.9 ±1.8	3.7 ±1.9	4.1 ±1.7	3.8 ±1.8	3.9 ±1.8
Cooperative-competitive	4.7 ±1.5	4.7 ±1.3	4.7 ±1.5	4.7 ±1.2	4.6 ±1.7	4.8 ±1.4	4.8 ±1.2	4.6 ±1.1
Formal-informal	1.5[d] ±0.8	1.2[e] ±0.5	1.3 ±0.7	1.3 ±0.7	1.3[de] ±0.7	1.3[de] ±0.6	1.6[e] ±0.9	1.0[d] ±0.0
Expensive-inexpensive	1.8[d] ±0.9	1.4[e] ±0.7	1.6 ±0.9	1.6 ±0.9	1.6[de] ±0.8	1.6[de] ±0.9	2.0[e] ±1.0	1.2[d] ±0.4
Ordinary-extraordinary	4.9 ±1.9	5.0 ±2.0	5.4 ±1.6	4.6 ±2.1	5.5 ±1.5	5.2 ±1.8	4.3 ±2.0	4.8 ±2.2

[a] N = 50.
[b] N = 25 couples.
[c] Scale: First term = 7; Second term = 1
[d,e] Means for spouse or for group or for group x spouse within a row followed by different superscripts differ ($p < 0.05$).

by the college than by the post-college group for "eating at home alone." The college couples reported Jello to be appropriate when "eating at home with spouse" as well as "eating at home alone." Schutz et al. (1975) found Jello to be appropriate for guests, when eating with friends and for special holidays, whereas TV dinners were perceived appropriate when someone was unhappy.

Husbands and wives perceived corn, bread, dry cereal, roast beef, lettuce salad, soup and melon to be appropriate when "eating at home alone," although husbands reported they felt corn, bread and roast beef to be more appropriate than did the wives. The wives perceived lettuce salad, soup, dry cereal and melon to be more appropriate for "eating at home alone" than did the husbands. Husbands were more prone to think beer and steak were appropriate for this episode. Gallup (1973b) reported that college men chose beer more often than did college women as a beverage to drink with a meal or as a snack. Although significant group and gender interaction for tuna in relationship to the episode of "eating at home alone" was found, means were not found to differ with Tukey's test (Table 51, Appendix O).

Eating At Home With Friends

"Eating at home with friends" was not an episode that college and post-college couples did frequently nor was it a situation that never happened (Table 41, Appendix K). The perceptions of the husbands and wives and college and post-college couples for the episode of "eating at home with friends" are reported in Table 16. A difference was noted between the college and post-college couples for the descriptor

Table 16--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode; Eating at home with friends

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
I frequently do this-I never do this	4.1 ±1.5	4.4 ±1.5	4.2 ±1.6	4.2 ±1.5	4.2 ±1.7	4.2 ±1.6	4.0 ±1.4	4.5 ±1.5
I know how to behave-I do not know how to behave	6.3 ±1.2	6.4 ±1.1	6.2 ±1.2	6.4 ±1.2	6.4 ±0.9	6.0 ±1.4	6.2 ±1.5	6.7 ±0.7
Feel very much at ease-Feel very ill at ease	6.1 ±1.3	6.0 ±1.1	6.0 ±1.3	6.1 ±1.1	6.2 ±1.3	5.8 ±1.3	6.0 ±1.4	6.2 ±0.9
Doing this seems to me to be:								
Involved-uninvolved	5.0 ±1.9	5.4 ±1.4	5.5 ±1.5	5.0 ±1.8	5.2 ±1.8	5.9 ±1.2	4.9 ±2.0	5.0 ±1.5
Simple-complex	4.6[d] ±1.7	3.8[e] ±1.8	4.0 ±1.7	4.4 ±1.8	4.6 ±1.5	3.4 ±1.8	4.6 ±2.0	4.2 ±1.7
Active-passive	5.8 ±1.2	6.0 ±1.2	5.9 ±1.2	5.9 ±1.2	5.7 ±1.1	6.0 ±1.4	5.8 ±1.3	6.0 ±1.1
Pleasant-unpleasant	6.2 ±1.0	6.2 ±1.1	6.1 ±1.1	6.3 ±0.9	6.3 ±0.9	6.0 ±1.2	6.1 ±1.0	6.5 ±0.8
Intimate-nonintimate	4.3 ±1.7	4.9 ±1.5	4.6 ±1.5	4.5 ±1.8	4.4 ±1.6	4.8 ±1.4	4.1 ±1.9	5.0 ±1.6

Table 16--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	6.4[d] ±0.8	6.6[e] ±0.5	6.6 ±0.6	6.4 ±0.7	6.5 ±0.8	6.7 ±0.5	6.3 ±0.8	6.6 ±0.6
Occasional-regular	5.3 ±1.5	5.2 ±1.8	5.2 ±1.6	5.4 ±1.8	5.1 ±1.6	5.3 ±1.6	5.6 ±1.4	5.1 ±2.0
Organized-disorganized	5.5 ±1.2	5.7 ±1.3	5.5 ±1.4	5.7 ±1.0	5.3 ±1.3	5.8 ±1.6	5.7 ±1.1	5.6 ±1.0
Cooperative-competitive	5.7 ±1.2	5.5 ±1.4	5.5 ±1.5	5.8 ±1.1	5.8 ±1.2	5.2 ±1.7	5.7 ±1.3	5.8 ±0.9
Formal-informal	2.9 ±1.6	3.2 ±1.6	3.1 ±1.5	3.0 ±1.8	2.4[e] ±1.1	3.8[d] ±1.5	3.4[df] ±1.9	2.6[ef] ±1.6
Expensive-inexpensive	4.1 ±1.3	4.3 ±1.3	4.5[d] ±1.1	3.8[e] ±1.4	4.4 ±1.0	4.6 ±1.2	3.7 ±1.4	4.0 ±1.4
Ordinary-extraordinary	4.0 ±1.7	4.2 ±1.5	4.1 ±1.4	4.1 ±1.8	4.2 ±1.5	4.1 ±1.3	3.8 ±1.8	4.3 ±1.7

[a] N = 50.
[b] N = 25 couples.
[c] Scale: First term = 7; second term = 1.
[d,e,f] Means for spouse or for group or for group x spouse within a row followed by different letters differ ($p < 0.05$).

expensive-inexpensive. College couples perceived having company for dinner to be more expensive than did the post-college couples. Since the post-college group had a higher monthly income (Table 5, page 51), they probably would not feel the effect of the added expense of an extra person or persons as would the college group who might be on a more limited food budget. Wives perceived the episode of "eating at home with friends" to be more complex and friendly than did the husbands. If the husband did not involve himself in the preparation for friends at a meal, he might find the situation simple and less friendly. One significant interaction was noted between group and spouse for the episode of "eating at home with friends." College wives perceived the episode to be more formal than did the college husbands and post-college wives while the post-college husbands perceived the episode to be more formal than did the college husbands. The college wives spent less time in meal preparation than did any of the other groups except the post-college husbands (Table 12, page 66). This may be why they perceived having a meal in their home to be more formal because the food preparation was not an everyday task for them. The college husbands and the post-college wives perceived the episode to be less formal because the task of preparing food may have been an everyday task.

Most of the 63 foods studied in this investigation were perceived appropriate by the college and post-college couples to serve to friends at home. Exceptions were liver, TV dinners, luncheon meat sandwich and peanut butter sandwich (Tables 42-48, Appendix L). Schutz et al. (1975) reported that peanut butter was not appropriate when one wanted

to feel creative. They further reported that TV dinners were not appropriate for parties, with friends or for guests. No differences were noted for foods thought to be appropriate between college and post-college couples for the episode of "eating at home with friends" (Table 49, Appendix M). Differences were noted between husbands and wives for tuna, baked potato, cranberry sauce, pop (soft drink) and tea as to appropriateness for the episode of "eating at home with friends" (Table 49, Appendix O). Husbands perceived that tuna and cranberry sauce were more appropriate when "eating at home with friends" while wives thought baked potato, pop (soft drink) and tea were more appropriate. An interaction between group and spouse was noted for baked potato (Table 51, Appendix O). College wives perceived the baked potato to be more appropriate than did college husbands while no other differences were noted when Tukey's (HSD) test was applied. Ease of preparation and popularity (Table 38, Appendix G) may have accounted for the difference for the baked potato being perceived as appropriate by the college wives for the episode of "eating at home with friends."

Eating Away From Home With Associates Other Than Friends

Means and standard deviations for descriptors assigned to this episode for husbands and wives of college and post-college couples are found in Table 41, Appendix K). "Eating away from home with associates other than friends" was not an episode that was done frequently by either group although post-college couples perceived that they "ate away from home with associates other than friends" more often than did the college group (Table 17). The post-college couples perceived they

Table 17--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Eating away from home with associates other than friends

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
I frequently do this-I never do this	2.7 ±1.6	2.9 ±1.9	2.4[d] ±1.7	3.2[e] ±1.7	2.2 ±1.5	2.6 ±2.0	3.2 ±1.6	3.2 ±1.9
I know how to behave-I do not know how to behave	5.8 ±1.5	5.8 ±1.6	5.4[d] ±1.7	6.1[e] ±1.3	5.5 ±1.6	5.4 ±1.8	6.1 ±1.3	6.2 ±1.3
Feel very much at ease-Feel very ill at ease	4.6 ±1.5	4.7 ±1.8	4.5 ±1.7	4.9 ±1.5	4.4 ±1.5	4.5 ±2.0	4.9 ±1.5	4.9 ±1.6
Doing this seems to me to be:								
Involved-uninvolved	5.2 ±1.6	5.7 ±1.4	5.7 ±1.3	5.2 ±1.7	5.4 ±1.4	6.0 ±1.2	5.0 ±1.8	5.4 ±1.6
Simple-complex	3.8 ±1.5	3.3 ±1.5	3.3 ±1.5	3.8 ±1.5	3.6 ±1.4	3.1 ±1.7	4.1 ±1.6	3.5 ±1.3
Active-passive	5.0 ±1.5	5.3 ±1.4	5.2 ±1.4	5.2 ±1.5	5.0 ±1.3	5.4 ±1.5	5.0 ±1.6	5.3 ±1.3
Pleasant-unpleasant	4.8 ±1.4	4.8 ±1.6	4.4[d] ±1.4	5.1[e] ±1.5	4.4 ±1.4	4.4 ±1.5	5.2 ±1.4	5.1 ±1.6
Intimate-nonintimate	2.7 1.5	3.1 1.6	2.9 1.3	2.9 1.8	2.8 1.4	3.0 1.2	2.6 1.7	3.2 1.9

Table 17--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	5.2 ±1.3	5.5 ±1.2	5.3 ±1.3	5.4 ±1.2	5.0 ±1.2	5.5 ±1.3	5.3 ±1.3	5.5 ±1.1
Occasional-regular	5.7 ±1.9	5.9 ±1.4	6.0 ±1.4	5.6 ±1.9	6.0 ±1.6	6.0 ±1.2	5.3 ±2.1	5.8 ±1.6
Organized-disorganized	5.2 ±1.4	5.4 ±1.2	5.3 ±1.1	5.4 ±1.5	5.2 ±1.2	5.3 ±1.0	5.2 ±1.6	5.5 ±1.4
Cooperative-competitive	4.5 ±1.6	4.8 ±1.5	4.5 ±1.6	4.8 ±1.5	4.4 ±1.6	4.7 ±1.6	4.7 ±1.6	5.0 ±1.4
Formal-informal	4.8 ±1.5	5.2 ±1.4	5.1 ±1.4	4.9 ±1.4	4.9 ±1.4	5.2 ±1.4	4.6 ±1.5	5.2 ±1.3
Expensive-inexpensive	4.7 ±1.6	5.3 ±1.3	5.2 ±1.3	4.8 ±1.6	5.0 ±1.2	5.4 ±1.4	4.4 ±1.9	5.3 ±1.2
Ordinary-extraordinary	3.7 ±1.7	3.1 ±1.6	3.3 ±1.8	3.9 ±1.6	3.6 ±1.8	3.0 ±1.8	3.8 ±1.6	3.1 ±1.5

[a]N = 50.
[b]N = 25 couples.
[c]Scale: First term = 7; second term = 1.
[d,e]Means for group within a row followed by different superscripts differ ($p < 0.05$).

knew more how to act and found the situation more pleasant than did the college couples. It is logical that the post-college couples would have opportunity to "eat away from home with associates other than friends" since their professional life might demand such a social interaction. The situation might be viewed as less threatening for the older group and therefore more pleasant.

Peanut butter sandwich, macaroni and cheese, TV dinners, dry cereal, popcorn and luncheon meat sandwich were not considered appropriate by the respondents for "eating away from home with associates other than friends" (Tables 42-48, Appendix L). There were significant differences between college and post-college couples in their attitude toward mashed potatoes and milk (Table 49, Appendix M). Both of these foods were perceived to be appropriate for "eating away from home with associates other than friends" although college couples perceived them to be more appropriate. These two foods were mentioned often by both groups in Phase I (Table 38, Appendix G). Wives perceived cauliflower, tomatoes, tea and broccoli to be more appropriate than did their husbands for the episode of "eating away from home with associates other than friends" (Table 50, Appendix N). Cauliflower, tomatoes and broccoli may be perceived as more appropriate by women because of the low caloric content and for the aesthetic qualities. Cauliflower, tomatoes, broccoli and tea were not mentioned as foods consumed for many episodes in Phase I (Table 38, Appendix G). Schafer (1978) found that husbands ranked taste as the factor most important while wives indicated nutrition to be of the uppermost importance in food choices.

Gallup (1973b) reported that tea was a beverage chosen more often by women than men. Two significant interactions were noted between group and spouse for this episode (Table 51, Appendix O). Post-college wives perceived baked beans and eggs to be more appropriate for "eating away from home with associates other than friends" than did the college wives. Because the post-college wives participated in the meal preparation at home more than did their husbands, they may have found many uses for eggs other than the usually fried or soft-cooked form. Einstein and Hornstein (1970) did not find eggs a favorite of college students.

Eating At Home To Celebrate An Anniversary

"Eating at home to celebrate an anniversary" did not happen often in the life of the respondents (Table 41, Appendix K). College couples perceived it to happen more frequently than the post-college couples (Table 18). College couples may have felt the need to eat at home to celebrate an anniversary because of limited income. No differences were noted for this episode.

Most foods found in Tables 42-48, Appendix L, were perceived to be appropriate for the episode of "eating at home to celebrate an anniversary" except dry cereal, hot dogs, luncheon meat sandwich, macaroni and cheese, peanut butter sandwich and TV dinners. College couples perceived lasagna to be more appropriate for celebrating an anniversary at home than did the post-college couples (Table 49, Appendix M). Since the college wives perceived they did not spend as many hours in food preparation (Table 12, page 66) as did their

Table 18--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Eating at home to celebrate an anniversary

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
I frequently do this-I never do this	2.9 ±1.5	3.2 ±2.0	3.5[d] ±1.8	2.6[e] ±1.6	3.2 ±1.6	3.7 ±2.1	2.6 ±1.5	2.6 ±1.7
I know how to behave-I do not know how to behave	6.6 ±0.8	6.6 ±1.1	6.4 ±1.2	6.8 ±0.6	6.5 ±1.0	6.3 ±1.4	6.6 ±0.6	6.9 ±0.6
Feel very much at ease-Feel very ill at ease	6.4 ±1.0	6.5 ±1.2	6.4 ±1.2	6.5 ±1.1	6.5 ±1.0	6.2 ±1.3	6.2 ±1.1	6.7 ±1.0
Doing this seems to me to be:								
Involved-uninvolved	5.1 ±1.7	5.5 ±1.8	5.4 ±1.7	5.2 ±1.9	5.0 ±1.7	5.9 ±1.6	5.3 ±1.7	5.1 ±2.0
Simple-complex	5.0 ±1.7	4.3 ±2.1	4.7 ±2.0	4.7 ±1.8	4.8 ±1.7	4.5 ±2.3	5.2 ±1.7	4.2 ±1.8
Active-passive	4.9 ±1.7	5.5 ±1.7	5.4 ±1.4	5.0 ±2.0	5.1 ±1.2	5.8 ±1.4	4.8 ±2.1	5.2 ±2.0
Pleasant-unpleasant	6.3 ±0.9	6.1 ±1.7	6.3 ±1.1	6.0 ±1.5	6.4 ±0.8	6.3 ±1.3	6.2 ±1.0	5.9 ±2.0
Intimate-nonintimate	6.1 ±1.3	6.5 ±1.2	6.5 ±1.0	6.1 ±1.5	6.3 ±1.0	6.6 ±0.9	6.0 ±1.5	6.3 ±1.5

Table 18--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	6.3 ±1.1	6.5 ±1.1	6.5 ±1.2	6.4 ±1.1	6.4 ±1.3	6.6 ±0.9	6.3 ±0.9	6.5 ±1.4
Occasional-regular	5.4 ±1.7	6.0 ±1.5	5.5 ±1.7	6.0 ±1.5	5.1 ±1.8	5.9 ±1.5	5.8 ±1.6	6.1 ±1.5
Organized-disorganized	5.7 ±1.1	5.5 ±1.4	5.6 ±1.3	5.7 ±1.2	5.6 ±1.1	5.6 ±1.6	5.9 ±1.1	5.5 ±1.3
Cooperative-competitive	6.1 ±1.1	6.1 ±1.2	6.1 ±1.1	6.1 ±1.2	6.1 ±1.2	6.2 ±1.0	6.0 ±1.1	6.1 ±1.3
Formal-informal	4.0 ±2.0	4.2 ±2.1	4.2 ±2.2	4.0 ±1.9	4.0 ±2.1	4.4 ±2.3	4.0 ±1.9	4.0 ±2.0
Expensive-inexpensive	4.3 ±1.7	4.6 ±1.9	4.7 ±1.6	4.3 ±1.9	4.6 ±1.6	4.8 ±1.7	4.1 ±1.8	4.5 ±2.0
Ordinary-extraordinary	3.3 ±1.9	2.9 ±1.9	3.2 ±1.8	3.0 ±2.0	3.1 ±1.8	3.2 ±1.8	3.5 ±2.0	2.6 ±1.9

[a]N = 50.
[b]N = 25 couples.
[c]Scale: First term = 7; second term = 1.
[d,e]Means for group within a row followed by different superscripts differ ($p < 0.05$).

husbands, it is possible that lasagna was either a favorite food (Table 38, Appendix G) or could be prepared ahead of time. Time and limited food-preparation skills may be an important factor for the college couple when "eating at home to celebrate an anniversary." Hamburger casserole was given low values by both groups although college couples perceived this food to be more appropriate when "eating at home to celebrate an anniversary" than did the post-college couples. Husbands perceived corn, bread, baked beans, milk, tuna and potato salad to be more appropriate for this episode than did the wives while the wives perceived baked potato to be more appropriate (Table 50, Appendix N). An interaction was noted for the perceived appropriateness of a luncheon meat sandwich (Table 51, Appendix O). College wives perceived that a luncheon meat sandwich was more appropriate to have when "eating at home to celebrate an anniversary" than did the post-college husbands and wives. Some college wives may perceive a luncheon meat sandwich to be appropriate for this episode because of the ease of preparation and low cost. If the anniversary were on a school day or at a time when exams or other pressures of school were uppermost in importance, the luncheon meat sandwich might well provide the meal necessary at that time.

Eating At Home With My Parents

Wives perceived they knew more how to behave and found "eating at home with my parents" to be more active than did the husbands. The wives thought that "eating at home with my parents" happened with more

regularity than did the husbands (Table 19). No other differences were noted for this episode.

Having the parents in the couple's home for a meal appeared to be a time of feeling at ease and pleasantness. The respondents reported the episode to be informal and inexpensive but tended more toward the extraordinary than the ordinary (Table 41, Appendix K). The relationship of parents to children has changed over time but the cultural patterning of these individuals continues to have shared meanings (Eadie and Pearce, 1982) and result in overt and covert levels of the episode structure (Harré and Secord, 1972) which gives meaning to the episode of "eating at home with my parents."

"Eating at home with my parents" was an episode in which most foods studied were perceived to be appropriate (Tables 42-48, Appendix L). Differences were observed between college and post-college couples (Table 49, Appendix M) and husbands and wives (Table 50, Appendix N). College couples perceived peanut butter sandwich, macaroni and cheese, orange, dry cereal, lasagna, milk, steak, apple, luncheon meat sandwich and hot dogs to be more appropriate than did the post-college couples for the episode of "eating at home with my parents." TV dinners were assigned a low value by both groups; however, college couples perceived them to be more appropriate than did the post-college group for "eating at home with my parents." Most of the foods viewed appropriate by the college couples were foods low in cost, except steak, and were easy to prepare. These foods would not require appliances other than the basic ones found in a small kitchen. The kitchens and eating areas in married student housing were adequate for two

Table 19--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Eating at home with my parents

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
I frequently do this-I never do this	4.0 ±1.6	4.7 ±1.6	4.4 ±1.6	4.4 ±1.7	4.0 ±1.3	4.8 ±1.7	4.1 ±2.0	4.7 ±1.5
I know how to behave-I do not know how to behave	6.7[d] ±0.6	6.9[e] ±0.4	6.8 ±0.4	6.7 ±0.6	6.7 ±0.5	7.0 ±0.2	6.6 ±0.6	6.8 ±0.5
Feel very much at ease-Feel very ill at ease	6.6 ±0.6	6.6 ±0.9	6.6 ±0.7	6.6 ±0.8	6.6 ±0.6	6.6 ±0.8	6.6 ±0.6	6.6 ±1.0
Doing this seems to me to be:								
Involved-uninvolved	3.9 ±2.0	4.3 ±2.0	4.2 ±2.1	3.9 ±2.0	4.1 ±2.0	4.3 ±2.3	3.6 ±2.1	4.2 ±1.8
Simple-complex	6.0 ±1.3	5.5 ±1.8	5.9 ±1.5	5.6 ±1.6	6.1 ±1.1	5.7 ±1.8	5.8 ±1.5	5.3 ±1.7
Active-passive	4.8[d] ±1.9	5.6[e] ±1.5	5.3 ±1.8	5.1 ±1.8	4.8 ±1.7	5.8 ±1.7	4.7 ±2.1	5.5 ±1.4
Pleasant-unpleasant	6.4 ±0.8	6.3 ±1.1	6.3 ±1.1	6.4 ±0.9	6.4 ±0.9	6.2 ±1.2	6.4 ±0.7	6.4 ±1.0
Intimate-nonintimate	4.7 ±1.8	4.9 ±1.5	4.9 ±1.5	4.7 ±1.8	5.0 ±1.7	4.9 ±1.3	4.4 ±1.9	4.9 ±1.8

Table 19--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	6.4 ±0.8	6.4 ±0.9	6.5 ±0.8	6.3 ±0.9	6.6 ±0.7	6.4 ±1.0	6.3 ±0.9	6.4 ±0.9
Occasional-regular	5.7[d] ±1.5	4.9[e] ±1.9	5.2 ±1.6	5.3 ±1.8	5.6 ±1.3	4.8 ±1.8	5.8 ±1.6	4.9 ±1.9
Organized-disorganized	5.2 ±1.5	5.4 ±1.5	5.2 ±1.6	5.4 ±1.3	5.2 ±1.5	5.1 ±1.8	5.2 ±1.5	5.6 ±1.1
Cooperative-competitive	6.0 ±1.0	5.9 ±1.2	5.8 ±1.1	6.1 ±1.1	5.8 ±1.0	5.9 ±1.2	6.2 ±1.0	6.0 ±1.2
Formal-informal	2.4 ±1.5	2.8 ±1.9	2.8 ±1.8	2.4 ±1.6	2.6 ±1.7	3.0 ±2.0	2.1 ±1.2	2.7 ±1.8
Expensive-inexpensive	3.0 ±1.7	3.3 ±1.8	3.4 ±1.9	2.9 ±1.6	3.2 ±1.7	3.6 ±2.1	2.7 ±1.6	3.0 ±1.6
Ordinary-extraordinary	4.5 ±1.8	5.1 ±1.9	4.9 ±1.8	4.7 ±1.9	4.8 ±1.7	5.0 ±2.0	4.3 ±1.8	5.2 ±1.8

[a]N = 50.
[b]N = 25 couples.
[c]Scale: First term = 7; second term = 1.
[d,e]Means for spouse within a row followed by different superscripts differ ($p < 0.05$).

people but not conducive to elaborate entertaining. Husbands perceived that rolls were more appropriate and tomatoes less appropriate for "eating at home with my parents" than did the wives. No other differences were noted for the episode of "eating at home with my parents."

Eating At The Home Of My Spouse's Parents

Only one difference was noted for this episode between husbands and wives and none between college and post-college couples (Table 20). Husbands perceived the episode of "eating at the home of my spouse's parents" to be more formal than did the wives although both felt the episode was informal.

Means and standard deviations of appropriateness values assigned to the 63 foods for the episode "eating at the home of my spouse's parents" by husbands and wives of college and post-college couples are reported in Tables 42-48, Appendix L. The foods thought to be appropriate for "eating at home with my parents" are almost identical to those reported appropriate for "eating at the home of my spouse's parents." Data reported by Stasch et al. (1970) seem to be in agreement with the present study. Foods eaten as children were found to be those preferred as adults and possibly perceived as appropriate to be served in their homes.

Appropriateness of three foods were found to be significantly different between college and post-college couples for "eating at the home of my spouse's parents" (Table 49, Appendix N). College couples reported that mashed potatoes, bread and pizza were more appropriate than did the post-college couples. Data in Table 50, Appendix N, indicate that the

Table 20--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Eating at the home of my spouse's parents

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
I frequently do this-I never do this	5.5 ±1.3	5.0 ±1.6	5.2 ±1.5	5.3 ±1.5	5.4 ±1.3	5.0 ±1.6	5.5 ±1.3	5.0 ±1.6
I know how to behave-I do not know how to behave	6.3 ±1.2	6.4 ±1.3	6.1 ±1.5	6.5 ±1.0	6.3 ±1.2	6.0 ±1.7	6.3 ±1.3	6.8 ±0.5
Feel very much at ease-Feel very ill at ease	5.9 ±1.4	5.5 ±1.9	5.4 ±1.7	6.0 ±1.5	5.8 ±1.3	5.0 ±2.0	6.0 ±1.4	6.0 ±1.6
Doing this seems to me to be:								
Involved-uninvolved	4.3 ±2.0	4.7 ±2.1	4.9 ±2.0	4.1 ±2.1	4.6 ±1.8	5.2 ±2.2	4.0 ±2.2	4.3 ±2.0
Simple-complex	5.5 ±1.6	4.7 ±2.1	4.9 ±2.1	5.4 ±1.7	5.4 ±1.6	4.3 ±2.3	5.6 ±1.6	5.2 ±1.9
Active-passive	4.9 ±1.8	5.2 ±1.8	4.9 ±1.9	5.1 ±1.8	4.7 ±1.7	5.2 ±2.0	5.0 ±2.0	5.2 ±1.7
Pleasant-unpleasant	5.9 ±1.3	5.4 ±1.8	5.4 ±1.7	5.9 ±1.5	5.7 ±1.4	5.1 ±1.9	6.1 ±1.3	5.7 ±1.6
Intimate-nonintimate	4.2 ±1.8	3.8 ±1.8	4.1 ±1.8	3.9 ±1.8	4.4 ±1.7	3.8 ±1.9	4.1 ±2.0	3.8 ±1.7

Table 20--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	6.2 ±1.3	6.0 ±1.3	6.2 ±1.3	6.0 ±1.3	6.2 ±1.3	6.1 ±1.3	6.1 ±1.3	6.0 ±1.4
Occasional-regular	4.6 ±1.8	4.2 ±2.1	4.3 ±2.0	4.5 ±1.9	4.4 ±1.7	4.1 ±2.3	4.7 ±1.9	4.3 ±2.0
Organized-disorganized	5.1 ±1.6	4.7 ±2.0	5.0 ±1.9	4.9 ±1.7	5.1 ±1.5	4.8 ±2.1	5.2 ±1.6	4.6 ±1.8
Cooperative-competitive	5.4 ±1.5	5.4 ±1.8	5.2 ±1.6	5.5 ±1.6	5.2 ±1.5	5.2 ±1.8	5.5 ±1.5	5.5 ±1.7
Formal-informal	2.9[d] ±1.7	2.2[e] ±1.4	2.8 ±1.7	2.4 ±1.4	3.0 ±1.8	2.5 ±1.7	2.9 ±1.6	1.8 ±0.9
Expensive-inexpensive	2.4 ±1.4	2.7 ±1.5	2.8 ±1.5	2.4 ±1.5	2.5 ±1.4	3.0 ±1.5	2.4 ±1.5	2.4 ±1.5
Ordinary-extraordinary	4.7 ±1.7	5.1 ±1.7	4.8 ±1.8	5.1 ±1.7	4.4 ±1.9	5.2 ±1.6	5.1 ±1.5	5.0 ±1.8

[a]N = 50.
[b]N = 25 couples.
[c]Scale: First term = 7; second term = 1.
[d,e]Means for spouse within a row followed by different superscripts differ ($p < 0.05$).

wives perceived hamburger, tomatoes, roast beef, lettuce salad and baked ham to be more appropriate for "eating at the home of my spouse's parents" than did the husbands. Schutz et al. (1975) reported beef to be a common meal item and it was considered to be appropriate for guests. In the present study, two significant interactions were noted between group and spouse for food perceived appropriate for this episode (Table 51, Appendix O). Cottage cheese was considered to be more appropriate by college wives than by the college husbands. Schutz et al. (1975) found cottage cheese to be considered a refreshing, healthy food but not a main dish item. Soup was considered to be more appropriate when "eating at the home of my spouse's parents" by the college wives than by the post-college wives.

Eating With My Spouse At The Home Of Friends

Data reported in Table 21 indicate that the post-college couples thought they knew more how to behave than did the college couples when "eating with my spouse at the home of friends." The post-college wives perceived they knew more how to behave with this episode than did the college wives. No difference was observed between husbands for this descriptor. When "eating with my spouse at the home of friends," the wives may be involved with helping the host or hostess. The post-college wives may have participated in the episode more often since they have been married longer than the college wives and therefore have learned what is expected of them by the host or hostess. There appeared to be an interaction for the descriptors pleasant-unpleasant for the episode of "eating with my spouse at the home of

Table 21--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Eating with my spouse at the home of friends

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
I frequently do this-I never do this	4.0 ±1.6	4.3 ±1.6	3.9 ±1.5	4.4 ±1.6	3.8 ±1.5	3.9 ±1.6	4.1 ±1.6	4.6 ±1.6
I know how to behave-I do not know how to behave	6.4 ±1.1	6.2 ±1.2	6.1[d] ±1.4	6.6[e] ±0.8	6.4[de] ±1.1	5.7[e] ±1.5	6.4[de] ±1.1	6.8[d] ±0.4
Feel very much at ease-Feel very ill at ease	6.0 ±1.1	6.0 ±1.3	5.8 ±1.1	6.2 ±1.3	6.0 ±0.9	5.6 ±1.3	6.0 ±1.4	6.5 ±1.2
Doing this seems to me to be:								
Involved-uninvolved	4.7 ±1.7	4.7 ±1.7	4.9 ±1.6	4.5 ±1.8	4.8 ±1.4	4.9 ±1.9	4.5 ±2.0	4.6 ±1.6
Simple-complex	5.0 ±1.6	5.1 ±1.7	4.9 ±1.7	5.2 ±1.5	4.9 ±1.5	4.8 ±1.9	5.0 ±1.6	5.3 ±1.4
Active-passive	5.4 ±1.2	5.4 ±1.6	5.3 ±1.4	5.5 ±1.4	5.4 ±1.2	5.2 ±1.7	5.4 ±1.4	5.6 ±1.5
Pleasant-unpleasant	6.0 ±1.1	6.3 ±1.1	6.1 ±1.1	6.2 ±1.1	6.2[d] ±1.0	6.0[d] ±1.2	5.8[d] ±1.2	6.6[d] ±0.9
Intimate-nonintimate	4.3 ±1.7	4.8 ±1.6	4.5 ±1.5	4.6 ±1.8	4.4 ±1.6	4.5 ±1.4	4.2 ±1.8	5.1 ±1.7

Table 21--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	6.4 ±0.8	6.6 ±0.7	6.5 ±0.8	6.5 ±0.8	6.9 ±0.9	6.6 ±0.8	6.4 ±0.8	6.6 ±0.8
Occasional-regular	5.7 ±1.3	5.3 ±1.7	5.6 ±1.3	5.4 ±1.7	5.8 ±1.1	5.4 ±1.6	5.6 ±1.5	5.1 ±1.9
Organized-disorganized	5.2 ±1.4	5.3 ±1.3	5.2 ±1.4	5.3 ±1.2	5.0 ±1.5	5.4 ±1.3	5.4 ±1.3	5.2 ±1.2
Cooperative-competitive	5.6 ±1.2	5.9 ±1.1	5.7 ±1.2	5.9 ±1.1	5.5 ±1.2	5.8 ±1.2	5.7 ±1.2	6.0 ±1.0
Formal-informal	3.1 ±1.4	2.9 ±1.6	3.2 ±1.5	2.9 ±1.5	3.0 ±1.4	3.3 ±1.6	3.3 ±1.4	2.5 ±1.5
Expensive-inexpensive	3.0 ±1.4	2.9 ±1.4	3.0 ±1.5	2.9 ±1.3	3.1 ±1.5	2.8 ±1.5	2.8 ±1.3	2.9 ±1.4
Ordinary-extraordinary	4.3 ±1.7	4.5 ±1.6	4.2 ±1.6	4.5 ±1.7	4.3 ±1.5	4.2 ±1.7	4.3 ±1.8	4.8 ±1.5

[a]N = 50.
[b]N = 25 couples.
[c]Scale: First term = 7; second term = 1.
[d,e,f]Means for group or for group x spouse within a row followed by different superscripts differ ($p < 0.05$).

friends," but when Tukey's (HSD) test was applied, no differences were observed.

Means and standard deviations of differences as to appropriateness values assigned to the 63 foods in this study and the episode of "eating with my spouse at the home of friends" by respondents are presented in Tables 42-48, Appendix L. A comparison of the data indicated that the college and post-college couples perceived the foods appropriate for "eating at home with friends" and "eating with my spouse at the home of friends" to be the same. College couples (Table 49, Appendix M) perceived Jello to be more appropriate when "eating with my spouse at the home of friends" than did post-college couples. The high value for this food is in agreement with earlier research for Jello being appropriate for company and with friends (Schutz et al., 1975). Wives perceived tomatoes and lettuce salad to be more appropriate for this episode than did their husbands. Wives may consider lettuce salad and tomatoes an easy, low-cost food to serve in their home for a meal with friends (Table 50, Appendix N). No other differences were observed for this episode.

Eating With My Spouse At The Home Of Business Associates

This is an episode that did not occur with any frequency for the college and post-college groups, but the post-college couples perceived they experienced "eating with my spouse at the home of business associates" more frequently than did the college couples (Table 22). No other differences were noted for this episode.

Table 22--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Eating with my spouse at the home of business associates

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
I frequently do this-I never do this	2.0 ±1.5	1.7 ±1.1	1.5[d] ±1.0	2.2[e] ±1.4	1.6 ±1.3	1.4 ±0.8	2.4 ±1.6	2.0 ±1.2
I know how to behave-I do not know how to behave	5.5 ±1.6	5.8 ±1.8	5.3 ±1.9	6.0 ±1.5	5.4 ±1.6	5.3 ±2.1	5.7 ±1.5	6.2 ±1.4
Feel very much at ease-Feel very ill at ease	4.8 ±1.5	4.2 ±1.9	4.3 ±1.8	4.6 ±1.6	4.8 ±1.4	3.9 ±2.1	4.8 ±1.6	4.5 ±1.7
Doing this seems to me to be:								
Involved-uninvolved	5.5 ±1.6	5.6 ±1.5	5.6 ±1.4	5.5 ±1.6	5.7 ±1.1	5.5 ±1.7	5.4 ±1.9	5.7 ±1.2
Simple-complex	3.2 ±1.6	3.2 ±1.5	3.3 ±1.4	3.1 ±1.7	3.4 ±1.3	3.2 ±1.6	3.0 ±1.8	3.2 ±1.5
Active-passive	5.3 ±1.5	5.1 ±1.7	5.2 ±1.4	5.2 ±1.8	5.4 ±1.0	5.0 ±1.7	5.1 ±1.8	5.2 ±1.8
Pleasant-unpleasant	4.9 ±1.2	4.8 ±1.5	4.6 ±1.4	5.0 ±1.3	4.9 ±0.9	4.4 ±1.8	4.8 ±1.4	5.2 ±1.1
Intimate-nonintimate	3.0 ±1.4	3.5 ±1.3	3.2 ±1.3	3.3 ±1.5	3.2 ±1.2	3.3 ±1.3	2.8 ±1.5	3.7 ±1.5

Table 22--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	5.5 ±1.1	5.5 ±1.3	5.4 ±1.3	5.6 ±1.1	5.5 ±1.2	5.3 ±1.5	5.5 ±1.2	5.6 ±1.1
Occasional-regular	6.3 ±1.1	6.2 ±1.2	6.1 ±1.3	6.4 ±0.9	6.2 ±1.2	6.0 ±1.4	6.4 ±0.9	6.4 ±1.0
Organized-disorganized	5.6 ±1.4	5.9 ±1.2	5.6 ±1.3	5.8 ±1.3	5.5 ±1.4	5.7 ±1.2	5.7 ±1.3	6.0 ±1.2
Cooperative-competitive	4.9 ±1.5	4.9 ±1.6	5.0 ±1.5	4.8 ±1.5	5.1 ±1.3	4.8 ±1.7	4.6 ±1.6	5.0 ±1.5
Formal-informal	5.3 ±1.4	5.2 ±1.4	5.3 ±1.3	5.2 ±1.5	5.2 ±1.4	5.4 ±1.3	5.4 ±1.4	5.0 ±1.5
Expensive-inexpensive	3.6 ±1.9	4.3 ±1.9	4.2 ±1.9	3.7 ±1.9	3.9 ±2.0	4.4 ±1.8	3.4 ±1.8	4.1 ±1.9
Ordinary-extraordinary	2.9 ±1.7	2.5 ±1.5	2.8 ±1.6	2.6 ±1.6	3.0 ±1.6	2.6 ±1.6	2.8 ±1.8	2.4 ±1.4

[a]N = 50.
[b]N = 25 couples.
[c]Scale: First term = 7; second term = 1.
[d,e]Means for group within a row followed by different superscripts differ ($p < 0.05$).

Foods perceived to be appropriate for "eating away from home with associates other than friends" and "eating with my spouse at the home of business associates" were the same. College couples (Table 49, Appendix M) perceived rolls, mashed potatoes, corn, milk and coffee to be more appropriate than did the post-college group for the episode of "eating with my spouse at the home of business associates." Except for coffee these foods were reported in Phase I (Table 38, Appendix G) by both groups. Coffee was mentioned more often by the post-college group as a beverage than the college group, in Phase I.

Husbands (Table 50, Appendix N) perceived baked beans, tuna and hamburger casserole to be more appropriate for "eating with my spouse at the home of business associates" than did their wives. These foods were mentioned by college and post-college respondents in Phase I (Table 38, Appendix G). The husbands may feel more comfortable with foods they like when "eating with my spouse at the home of business associates," whereas the wives perceive, as well as prefer, something different from foods prepared at home. Wives thought cheese and tea to be more appropriate for this episode than did the husbands. A peanut butter sandwich received low values for appropriateness from all groups, but post-college husbands considered the food more appropriate than did the post-college wives (Table 51, Appendix O).

Eating Away From Home To Celebrate Our Anniversary

No differences were observed between college and post-college couples for the episode of "eating away from home to celebrate our anniversary" (Table 23). The descriptors occasional-regular appeared to

Table 23--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Eating with spouse away from home to celebrate our anniversary

Variables[c]	All[a] husbands	All[a] wives	Couples[a]		College[b]		Post-college[b]	
			College	Post-college	Husbands	Wives	Husbands	Wives
I frequently do this-I never do this	5.6 ±1.7	5.6 ±1.8	5.3 ±1.9	5.9 ±1.5	5.5 ±1.8	5.1 ±2.0	5.6 ±1.7	6.1 ±1.4
I know how to behave-I do not know how to behave	6.6 ±0.7	6.7 ±0.6	6.6 ±0.7	6.7 ±0.6	6.7 ±0.5	6.6 ±0.8	6.6 ±0.8	6.9 ±0.3
Feel very much at ease-Feel very ill at ease	6.5 ±0.8	6.7 ±0.7	6.5 ±0.8	6.6 ±0.7	6.5 ±0.7	6.5 ±0.9	6.5 ±0.9	6.8 ±0.4
Doing this seems to me to be:								
Involved-uninvolved	5.4 ±1.6	5.2 ±1.8	5.5 ±1.5	5.0 ±1.8	5.5 ±1.4	5.5 ±1.7	5.2 ±1.8	4.8 ±1.8
Simple-complex	4.6 ±1.7	4.8 ±1.9	4.6 ±1.9	4.9 ±1.7	4.6 ±1.6	4.6 ±2.2	4.7 ±1.9	5.0 ±1.5
Active-passive	5.9 ±1.1	5.9 ±1.4	5.9 ±1.4	5.9 ±1.1	5.9 ±1.1	5.8 ±1.7	5.9 ±1.2	6.0 ±1.1
Pleasant-unpleasant	6.5 ±0.7	6.8 ±0.7	6.6 ±0.8	6.7 ±0.7	6.6 ±0.7	6.7 ±0.9	6.4 ±0.8	6.8 ±0.4
Intimate-nonintimate	6.6 ±0.7	6.6 ±1.3	6.5 ±1.2	6.7 ±0.8	6.7 ±0.7	6.4 ±1.6	6.6 ±0.7	6.8 ±0.8

Table 23--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	6.6 ±0.8	6.8 ±0.5	6.7 ±0.9	6.8 ±0.5	6.6 ±1.0	6.7 ±0.7	6.7 ±0.6	6.8 ±0.4
Occasional-regular	4.4 ±2.1	4.3 ±2.5	4.5 ±2.2	4.2 ±2.5	4.0[d] ±2.1	4.9[d] ±2.2	4.7[d] ±2.1	3.7[d] ±2.7
Organized-disorganized	5.8 ±1.0	5.8 ±1.3	5.6 ±1.3	5.9 ±1.0	5.8 ±1.0	5.5 ±1.6	5.8 ±1.1	6.0 ±1.0
Cooperative-competitive	6.2 ±1.1	6.3 ±1.1	6.1 ±1.2	6.4 ±0.9	6.3 ±1.0	6.0 ±1.3	6.2 ±1.1	6.6 ±0.6
Formal-informal	5.6 ±1.4	5.9 ±1.1	5.8 ±1.1	5.7 ±1.3	5.7 ±1.2	6.0 ±1.0	5.6 ±1.5	5.8 ±1.2
Expensive-inexpensive	5.8 ±1.0	6.0 ±0.9	6.0 ±0.9	5.8 ±1.0	5.8 ±0.9	6.1 ±0.9	5.8 ±1.1	5.8 ±0.9
Ordinary-extraordinary	3.6 ±2.1	3.2 ±1.9	3.4 ±2.0	3.4 ±2.1	3.2 ±2.0	3.5 ±2.0	3.9 ±2.2	2.9 ±1.9

[a]N = 50.
[b]N = 25 couples.
[c]Scale: First term = 7; second term = 1.
[d]Means for group x spouse within a row followed by different letters differ ($p < 0.05$).

show an interaction between group and spouse for the episode of "eating away from home to celebrate our anniversary" although, when Tukey's (HSD) test was applied no differences were observed.

Most of the 63 foods (Tables 42-48, Appendix L) used in this study were perceived to be appropriate for "eating away from home to celebrate our anniversary" except bacon, dry cereal, hot dogs, luncheon meat sandwich, macaroni and cheese, peanut butter sandwich, popcorn and TV dinners. College couples perceived mashed potatoes, lasagna, tea, potato salad, Jello as more appropriate than did the post-college couples for the episode of "eating away from home to celebrate an anniversary" (Table 49, Appendix M). Lasagna was perceived as being more appropriate by the college couples than by the post-college couples when celebrating an anniversary at home and away from home. This may indicate that the food is well-liked or is one that is set aside for special occasions. Husbands reported they thought tuna and liver to be more appropriate for this episode than did the wives while wives perceived broccoli to be more appropriate for the occasion than did the husbands (Table 50, Appendix N). Schutz et al. (1975) reported liver to be a specialty meal item. No interactions were observed between group and spouse.

Eating Away From Home To Celebrate Something Special That Just Happened

"Eating away from home to celebrate something special that just happened" was not a frequent episode for the college or post-college couples. The means and standard deviations of the values assigned to the frequency descriptor indicated that the college and post-college

couples did eat away from home to celebrate when something special happened (Table 24). It may have been a planned episode or unplanned, depending on how "special" the situation. Wives perceived "eating away from home to celebrate something special that just happened" to be more intimate and organized than did the husbands. No differences among means were found for the significant group and spouse interaction for the descriptors, cooperative-competitive.

Foods perceived appropriate for an anniversary at home and away from home were considered appropriate when "eating away from home to celebrate something special that just happened" (Tables 42-48, Appendix L). A difference, however, was noted between college and post-college couples. College couples perceived mashed potatoes, lasagna, milk, potato chips, French fries, melon, eggs and hamburger to be more appropriate when "eating away from home to celebrate something special that just happened" than did the post-college group (Table 49, Appendix M). Husbands thought milk and liver more appropriate than did the wives for this episode. Wives considered asparagus and lettuce salad better choices when "eating away from home to celebrate something special that just happened" than did the husbands. Asparagus is a more expensive food and less commonly available than French fries and mashed potatoes, which may account for the wives feeling it more appropriate for a celebration.

Differences among means for group and spouse were observed for milk, turkey, chicken and Jello for the episode of "eating away from home to celebrate something special that just happened" (Table 51, Appendix O). Milk was perceived to be more appropriate for this

Table 24--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Eating away from home with my spouse to celebrate something special that just happened

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
I frequently do this-I never do this	4.9 ±1.5	4.7 ±1.8	4.6 ±1.7	4.9 ±1.6	4.6 ±1.4	4.6 ±2.0	5.2 ±1.4	4.7 ±1.7
I know how to behave-I do not know how to behave	6.5 ±1.0	6.8 ±0.5	6.7 ±0.7	6.6 ±0.9	6.6 ±0.6	6.7 ±0.7	6.4 ±1.3	6.9 ±0.3
Feel very much at ease-Feel very ill at ease	6.5 ±0.9	6.7 ±0.6	6.6 ±0.8	6.6 ±0.7	6.5 ±0.8	6.6 ±0.8	6.4 ±1.0	6.8 ±0.4
Doing this seems to me to be:								
Involved-uninvolved	4.7 ±1.9	4.7 ±2.0	4.8 ±2.0	4.6 ±1.9	4.7 ±1.7	4.8 ±2.2	4.6 ±2.0	4.6 ±1.8
Simple-complex	5.2 ±1.5	5.3 ±1.7	5.4 ±1.6	5.0 ±1.6	5.4 ±1.4	5.5 ±1.7	5.0 ±1.6	5.1 ±1.7
Active-passive	5.6 ±1.3	5.8 ±1.4	5.6 ±1.5	5.8 ±1.2	5.5 ±1.3	5.7 ±1.7	5.7 ±1.3	6.0 ±1.0
Pleasant-unpleasant	6.5 ±0.7	6.7 ±0.7	6.6 ±0.7	6.6 ±0.8	6.5 ±0.7	6.6 ±0.8	6.4 ±0.8	6.8 ±0.7
Intimate-nonintimate	6.1[d] ±1.2	6.6[e] ±0.8	6.4 ±0.9	6.2 ±1.1	6.3 ±0.9	6.6 ±0.9	5.9 ±1.4	6.6 ±0.6

Table 24--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	6.6 ±0.9	6.8 ±0.6	6.6 ±0.9	6.7 ±0.6	6.6 ±1.0	6.7 ±0.7	6.6 ±0.7	6.8 ±0.4
Occasional-regular	5.3 ±1.7	5.4 ±1.8	5.5 ±1.6	5.3 ±1.9	5.2 ±1.7	5.8 ±1.4	5.5 ±1.6	5.1 ±2.1
Organized-disorganized	5.0[d] ±1.4	5.6[e] ±1.3	5.2 ±1.4	5.4 ±1.4	4.9 ±1.5	5.5 ±1.4	5.1 ±1.4	5.7 ±1.3
Cooperative-competitive	6.1 ±1.0	5.9 ±1.1	6.0 ±1.0	6.1 ±1.0	6.3[d] ±0.9	5.7[d] ±1.1	6.0[d] ±1.0	6.1[d] ±1.0
Formal-informal	4.8 ±1.7	4.5 ±1.7	4.6 ±1.6	4.8 ±1.7	4.6 ±2.7	4.6 ±1.6	5.0 ±1.6	4.5 ±1.8
Expensive-inexpensive	5.0 ±1.4	5.1 ±1.3	4.9 ±1.3	5.2 ±1.4	5.0 ±1.2	4.8 ±1.3	5.0 ±1.6	5.4 ±1.2
Ordinary-extraordinary	3.6 ±1.6	3.6 ±1.8	3.7 ±1.6	3.5 ±1.8	3.6 ± 1.6	3.7 ±1.7	3.6 ±1.7	3.4 ±1.8

[a]N = 50.
[b]N = 25 couples.
[c]Scale: First term = 7; second term = 1.
[d,e]Means for spouse and group x spouse within a row followed by different superscripts differ ($p < 0.05$).

episode by college husbands and wives, and post-college husbands than by the post-college wives. College wives considered turkey more appropriate than did the post-college wives with no difference being observed among the post-college husbands and wives and college husbands. College husbands and wives thought chicken and peanut butter sandwich to be more appropriate for this episode than than did the post-college husbands and wives. The wives of the post-college group considered Jello less appropriate when "eating away from home to celebrate something special that just happened" than did the college husbands and wives and post-college husbands. No differences among means were noted for the significant group and spouse interaction for bacon in relationship to this episode when Tukey's (HSD) test was applied.

Schutz et al. (1975) reported chicken to be appropriate for a main dish item and Jello and milk to be nutritious, refreshing health foods and easy to digest. Post-college wives may feel because poultry, Jello and milk are common foods to prepare at home, therefore foods with more sophistication would be appropriate when "eating away from home to celebrate something special that just happened."

Eating At A Fast Food Restaurant

No differences were noted as to frequency of "eating at a fast food restaurant" for the college and the post-college couples, however two descriptors were found to differ significantly for this episode (Table 25). Although both husbands and wives did not consider "eating at a fast food restaurant" to be intimate nor friendly, wives perceived the episode to be more intimate and friendly than did their

Table 25--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Eating at a fast food restaurant

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
I frequently do this-I never do this	5.0 ±1.6	4.7 ±1.7	4.8 ±1.8	4.9 ±1.5	5.2[d] ±1.7	4.4[d] ±1.8	4.8[d] ±1.5	5.1[d] ±1.5
I know how to behave-I do not know how to behave	6.8 ±0.6	6.8 ±0.9	6.8 ±0.9	6.8 ±0.6	6.9 ±0.3	6.6 ±1.2	6.6 ±0.8	6.9 ±0.3
Feel very much at ease-Feel ill at ease	6.4 ±1.0	6.6 ±1.2	6.4 ±1.3	6.6 ±0.8	6.5 ±0.9	6.3 ±1.7	6.3 ±1.0	6.9 ±0.3
Doing this seems to me to be:								
Involved-uninvolved	2.8 ±1.9	2.5 ±1.9	2.6 ±1.9	2.6 ±1.8	2.7 ±1.7	2.6 ±2.1	2.9 ±2.0	2.4 ±1.7
Simple-complex	6.2 ±1.1	6.4 ±1.1	6.3 ±1.1	6.4 ±1.0	6.2 ±1.0	6.4 ±1.2	6.3 ±1.2	6.5 ±0.9
Active-passive	3.8 ±2.0	3.7 ±2.2	3.7 ±2.1	3.8 ±2.2	4.0 ±2.0	3.5 ±2.3	3.7 ±2.1	3.9 ±2.3
Pleasant-unpleasant	4.7 ±1.4	5.2 ±1.8	5.0 ±1.7	4.9 ±1.5	4.9 ±1.2	5.1 ±2.1	4.5 ±1.6	5.3 ±1.4
Intimate-nonintimate	2.1[d] ±1.1	2.6[e] ±1.6	2.4 ±1.3	2.3 ±1.5	2.1 ±1.0	2.7 ±1.4	2.0 ±1.2	2.5 ±1.7

Table 25--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	4.6[d] ±1.6	5.4[e] ±1.3	4.8 ±1.5	5.2 ±1.5	4.5 ±1.5	5.1 ±1.5	4.6 ±1.7	5.8 ±1.1
Occasional-regular	4.6 ±1.8	4.4 ±1.9	4.9 ±1.7	4.1 ±1.9	4.8 ±1.7	4.9 ±1.8	4.3 ±2.0	4.0 ±1.9
Organized-disorganized	4.4 ±1.5	4.3 ±1.6	4.4 ±1.4	4.4 ±1.7	4.6 ±1.3	4.2 ±1.5	4.3 ±1.8	4.5 ±1.6
Cooperative-competitive	4.5 ±1.6	5.1 ±1.2	4.7 ±1.3	4.9 ±1.6	4.5 ±1.4	5.0 ±1.2	4.6 ±1.8	5.2 ±1.2
Formal-informal	1.6 ±0.6	1.5 ±0.9	1.6 ±0.8	1.5 ±0.8	1.6 ±0.7	1.6 ±1.0	1.6 ±0.7	1.4 ±0.9
Expensive-inexpensive	3.5 ±1.6	3.1 ±1.7	3.5 ±1.7	3.1 ±1.6	3.5 ±1.6	3.6 ±1.9	3.5 ±1.7	2.6 ±1.4
Ordinary-extraordinary	4.9 ±1.5	5.4 ±1.8	5.3 ±1.5	5.1 ±1.8	5.2 ±1.4	5.3 ±1.6	4.6 ±1.5	5.6 ±1.9

[a]N = 50.
[b]N = 25 couples.
[c]Scale: First term = 7; second term = 1.
[d,e]Means for spouse and group x spouse within a row followed by different superscripts differ ($p < 0.05$).

husbands. The idea of not having to prepare food at home, but being able to spend some time with their spouse without the responsibility of the food preparation may account for the more intimate and friendly perception among wives. If the wives did not eat in a fast food restaurant often, their feelings about the atmosphere would probably be more positive than if "eating at a fast food restaurant" happened every day. No differences among means were noted for the significant group and spouse interaction for frequency of "eating at a fast food restaurant" when Tukey's (HSD) test was applied.

Means and standard deviations for appropriateness values assigned to 63 foods for this episode by husbands and wives of college and post-college couples are reported in Tables 42-48, Appendix L. The respondents perceived that hamburgers, lettuce salad, pop (soft drink), milk, potato chips, French fries, pizza, and hot dogs were appropriate when "eating at a fast food restaurant." It seems that the college and post-college couples perceive foods that do not take long to prepare and often are served in a fast food restaurant to be appropriate for this episode. College couples considered mashed potatoes more appropriate for "eating at a fast food restaurant" than did the post-college couples (Table 49, Appendix M), which may be attributed to the type of fast food restaurant frequented by college couples. Wives reported milk, hamburgers, lettuce salad, melon and pop (soft drink) to be more appropriate for this episode than did the husbands (Table 50, Appendix N). A significant interaction was found for group and spouse for potato chips (Table 51, Appendix O). Post-college husbands

perceived potato chips to be less appropriate when eating at a fast food restaurant then did post-college wives and college husbands and wives.

Eating At An Expensive Restaurant

Respondents did not perceive eating at an expensive restaurant to happen frequently (Table 41, Appendix K). Wives felt they knew more how to behave than did the husbands and found the episode of "eating at an expensive restaurant" to be more pleasant, intimate and occasional than did the husbands (Table 26). Wives perceived "eating at an expensive restaurant" to be more friendly and cooperative than did the husbands. No other differences were noted for descriptors assigned by husbands and wives and college and post-college couples to this episode.

Most foods were perceived to be appropriate for "eating at an expensive restaurant" with the exception of dry cereal, hot dogs, luncheon meat sandwich, peanut butter sandwich and TV dinners (Tables 42-48, Appendix L). Schutz et al. (1975) reported dry cereal inappropriate as a main dish food or for dinner, although they suggested peanut butter to be an inexpensive filling food.

College couples perceived that bacon, mashed potatoes, oranges, lasagna, milk, hamburger, turkey, potato salad, baked ham and Jello were more appropriate when "eating at an expensive restaurant" than did the post-college couples. Mashed potatoes, lasagna, milk, turkey and baked ham were given higher values than the other foods mentioned (Table 49, Appendix M). These foods were mentioned in Phase I as foods eaten often (Table 38, Appendix G). Husbands believed baked

Table 26--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Eating at an expensive restaurant

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
I frequently do this-I never do this	3.4 ±1.6	3.4 ±1.8	3.1 ±1.6	3.8 ±1.7	3.3 ±1.4	2.9 ±1.7	3.6 ±1.7	4.0 ±1.7
I know how to behave-I do not know how to behave	6.0[d] ±1.4	6.4[e] ±1.0	6.2 ±1.3	6.2 ±1.3	6.0 ±1.4	6.4 ±1.1	5.9 ±1.5	6.5 ±1.0
Feel very much at ease-Feel very ill at ease	5.4 ±1.4	5.8 ±1.3	5.4 ±1.4	5.8 ±1.3	5.3 ±1.4	5.5 ±1.5	5.5 ±1.4	6.2 ±1.0
Doing this seems to me to be:								
Involved-uninvolved	5.4 ±1.5	5.3 ±1.6	5.3 ±1.4	5.4 ±1.7	5.4 ±1.2	5.2 ±1.5	5.4 ±1.8	5.5 ±1.6
Simple-complex	3.6 ±1.7	3.6 ±1.9	3.5 ±1.7	3.6 ±1.9	3.6 ±1.5	3.5 ±1.9	3.6 ±1.9	3.7 ±1.9
Active-passive	5.2 ±1.6	5.4 ±1.6	5.2 ±1.6	5.4 ±1.6	5.1 ±1.5	5.4 ±1.7	5.3 ±1.7	5.4 ±1.6
Pleasant-unpleasant	5.7[d] ±1.1	6.4[e] ±0.9	6.1 ±1.1	6.1 ±1.1	5.8 ±1.0	6.3 ±1.1	5.6 ±1.2	6.5 ±0.8
Intimate-nonintimate	5.4[d] ±1.6	6.2[e] ±1.0	5.9 ±1.2	5.7 ±1.5	5.6 ±1.4	6.2 ±0.9	5.2 ±1.7	6.2 ±1.2

Table 26--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	5.6[d] ±1.3	6.3[e] ±1.0	6.0 ±1.2	5.9 ±1.2	5.7 ±1.4	6.4 ±0.8	5.5 ±1.1	6.3 ±1.1
Occasional-regular	5.5[d] ±1.7	6.2[e] ±1.4	6.1 ±1.4	5.6 ±1.8	5.6 ±1.6	6.6 ±1.0	5.4 ±1.8	5.9 ±1.7
Organized-disorganized	5.8 ±1.3	6.0 ±1.1	5.9 ±1.2	5.9 ±1.2	5.6 ±1.4	6.1 ±1.0	5.9 ±1.1	5.9 ±1.2
Cooperative-competitive	5.2[d] ±1.4	5.7[e] ±1.2	5.4 ±1.5	5.5 ±1.2	5.0 ±1.5	5.8 ±1.4	5.4 ±1.2	5.6 ±1.1
Formal-informal	6.4 ±1.0	6.5 ±1.0	6.5 ±0.6	6.4 ±1.2	6.4 ±0.7	6.6 ±0.6	6.4 ±1.3	6.4 ±1.3
Expensive-inexpensive	6.5 ±0.6	6.6 ±1.0	6.6 ±0.7	6.5 ±1.0	6.5 ±0.6	6.6 ±0.8	6.5 ±0.7	6.6 ±1.2
Ordinary-extraordinary	2.9 ±1.7	2.4 ±1.7	2.6 ±1.6	2.7 ±1.8	2.7 ±1.5	2.5 ±1.6	3.1 ±1.8	2.3 ±1.7

[a]N = 50.
[b]N = 25 couples.
[c]Scale: First term = 7; second term = 1.
[d,e]Means for spouse within a row followed by different superscripts differ ($p < 0.05$).

beans, tuna and hamburger casserole to be more appropriate than did the wives while the wives perceived asparagus, cauliflower and coffee to be more appropriate for "eating in an expensive restaurant" than did the husbands. Again, the foods reported as appropriate by the husbands were foods reported frequently in Phase I (Table 38, Appendix G). The foods perceived appropriate by the wives for "eating at an expensive restaurant" were not reported as often in Phase I. The husbands thought the more filling main dish items appropriate while the wives found the less filling vegetables and coffee to be appropriate foods for this episode (Table 50, Appendix N).

Interaction between group and spouse were found for Jello and dry cereal (Table 51, Appendix O). Post-college wives perceived Jello to be less appropriate than did the college husbands, wives and post-college husbands when "eating at an expensive restaurant." No differences among means were identified for dry cereal, for this episode.

Shopping For Groceries Alone

Means and standard deviations for descriptors assigned by husbands and wives and college and post-college couples to the episode of "shopping for groceries alone" are presented in Table 27. College couples reported they felt more at ease when "shopping for groceries alone" than the post-college couples. Husbands perceived the episode to be less frequent and more disorganized and occasional than did the wives. Interactions were found for descriptors frequently-I never, expensive-inexpensive, and ordinary-extraordinary. The post-college wives perceived the episode to be more frequent and ordinary than did the

Table 27--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Shopping for groceries alone

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
I frequently do this-I never do this	3.6[d] ±1.9	4.6[e] ±2.2	4.2 ±2.0	4.0 ±2.2	4.3[de] ±1.8	4.1[de] ±2.2	2.9[e] ±1.7	5.0[d] ±2.2
I know how to behave-I do not know how to behave	6.4 ±1.2	6.6 ±1.1	6.5 ±1.1	6.5 ±1.2	6.5 ±0.9	6.5 ±1.3	6.3 ±1.4	6.6 ±0.9
Feel very much at ease-Feel very ill at ease	5.7 ±1.9	6.1 ±1.5	6.2[d] ±1.5	5.6[e] ±1.9	6.3 ±1.3	6.2 ±1.6	5.2 ±2.1	6.0 ±1.5
Doing this seems to me to be:								
Involved-uninvolved	5.0 ±1.8	4.9 ±2.2	4.9 ±2.1	5.0 ±1.8	4.7 ±1.9	5.1 ±2.3	5.2 ±1.6	4.8 ±2.1
Simple-complex	4.9 ±1.7	4.3 ±2.2	4.9 ±1.9	4.3 ±2.0	5.4 ±1.3	4.3 ±2.3	4.3 ±1.9	4.2 ±2.1
Active-passive	5.7 ±1.3	5.8 ±1.5	5.5 ±1.6	6.0 ±1.2	5.4 ±1.5	5.6 ±1.7	6.0 ±1.0	5.9 ±1.3
Pleasant-unpleasant	4.6 ±1.5	4.2 ±1.9	4.7 ±1.7	4.1 ±1.7	5.1 ±1.3	4.3 ±1.9	4.1 ±1.6	4.1 ±1.9
Intimate-nonintimate	2.2 ±1.3	2.4 ±1.7	2.3 ±1.6	2.3 ±1.4	2.2 ±1.3	2.4 ±1.8	2.2 ±1.4	2.4 ±1.5

Table 27--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	4.6 ±1.5	4.5 ±1.5	4.7 ±1.5	4.5 ±1.5	5.0 ±1.3	4.4 ±1.6	4.3 ±1.6	4.6 ±1.5
Occasional-regular	5.4[d] ±1.8	3.5[e] ±2.4	4.4 ±2.3	4.5 ±2.5	5.0 ±1.9	3.9 ±2.5	5.9 ±1.6	3.1 ±2.3
Organized-disorganized	4.6[d] ±1.7	5.9[e] ±1.2	5.2 ±1.5	5.3 ±1.7	4.7 ±1.5	5.8 ±1.4	4.5 ±1.9	6.0 ±1.1
Cooperative-competitive	4.6 ±1.5	5.0 ±2.5	5.0 ±1.4	4.7 ±1.6	4.8 ±1.2	5.2 ±1.5	4.5 ±1.7	4.8 ±1.5
Formal-informal	2.1 ±1.3	2.0 ±1.4	2.2 ±1.4	1.9 ±1.3	2.3 ±1.3	2.2 ±1.5	2.0 ±1.4	1.7 ±1.1
Expensive-inexpensive	4.6 ±1.7	4.9 ±1.6	4.7 ±1.5	4.8 ±1.8	5.0[d] ±1.4	4.5[d] ±1.6	4.3[d] ±1.9	5.4[d] ±1.6
Ordinary-extraordinary	4.3[d] ±1.9	5.4[e] ±1.7	5.0 ±1.7	4.8 ±2.0	4.8[de] ±1.6	5.2[de] ±1.7	3.9[d] ±2.0	5.7[e] ±1.6

[a]N = 50.
[b]N = 25 couples.
[c]Scale: First term = 7; second term = 1.
[d,e]Means for spouse or for group or for group x spouse within a row followed by different superscripts differ ($p < 0.05$).

post-college husbands. This agrees with the post-college husbands' reported time for shopping for groceries (Table 12, page 66). College wives perceived the episode of shopping alone to be more ordinary than did the post-college husbands. No differences among means were identified with expensive-inexpensive for the episode "shopping for groceries alone."

No data were gathered for the appropriateness of food for the episode of shopping alone. It was believed the type of information collected for this study would not be valid for the episode.

Shopping For Groceries With Spouse

Data are reported in Table 28 for college and post-college couples and for husbands and wives for the episode "shopping for groceries with spouse." Husbands felt they shopped with their spouse for groceries more frequently than did the wives. Wives perceived the episode to be more pleasant, friendly and organized than did the husbands. College and post-college couples perceived the episode to be informal, although, the post-college couples thought the episode of "shopping for groceries with spouse" to be more informal than did the college couples. Significant interactions were not observed for group and spouse for this episode.

No data were gathered for the appropriateness of food for the episode of "shopping for groceries with spouse." It was believed the information would not be valid for the episode.

Table 28--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Shopping for groceries with spouse

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
I frequently do this-I never do this	5.5[d] ±1.8	5.0[e] ±2.2	5.8 ±1.7	4.7 ±2.2	6.1 ±1.4	5.4 ±1.9	5.0 ±2.0	4.5 ±2.4
I know how to behave-I do not know how to behave	6.5 ±1.2	6.7 ±1.0	6.5 ±1.1	6.6 ±1.1	6.6[d] ±0.8	6.4[d] ±1.3	6.3[d] ±1.5	6.9[d] ±0.3
Feel very much at ease-Feel very ill at ease	6.1 ±1.6	6.5 ±1.0	6.1 ±1.5	6.5 ±1.1	5.9 ±1.8	6.3 ±1.1	6.4 ±1.3	6.6 ±0.9
Doing this seems to me to be:								
Involved-uninvolved	5.3 ±1.9	5.2 ±2.0	5.6 ±1.8	5.0 ±2.0	5.6 ±1.6	5.5 ±2.1	5.0 ±2.2	4.9 ±1.9
Simple-complex	4.9 ±1.9	5.0 ±2.0	5.1 ±2.0	4.8 ±1.9	5.3 ±1.9	4.9 ±2.1	4.5 ±1.9	5.2 ±1.9
Active-passive	5.7 ±1.3	6.1 ±1.3	5.9 ±1.4	5.9 ±1.2	5.7 ±1.3	6.1 ±1.4	5.8 ±1.3	6.1 ±1.2
Pleasant-unpleasant	5.0[d] ±1.6	5.8[e] ±1.5	5.5 ±1.4	5.3 ±1.7	5.2 ±1.4	5.8 ±1.4	4.8 ±1.7	5.7 ±1.7
Intimate-nonintimate	3.3 ±1.7	3.8 ±2.0	3.7 ±2.0	3.5 ±1.8	3.4 ±1.9	3.9 ±2.0	3.2 ±1.5	3.8 ±2.0

Table 28--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	5.1[d] ±1.5	6.0[e] ±1.2	5.7 ±1.3	5.3 ±1.6	5.4 ±1.3	6.0 ±1.2	4.8 ±1.7	5.9 ±1.2
Occasional-regular	3.3 ±2.2	3.4 ±2.5	2.8 ±2.1	3.9 ±2.5	2.9 ±2.1	2.7 ±2.2	3.8 ±2.3	4.0 ±2.6
Organized-disorganized	4.9[d] ±1.7	5.5[e] ±1.5	5.3 ±1.6	5.1 ±1.7	4.9 ±1.7	5.7 ±1.4	4.9 ±1.8	5.3 ±1.6
Cooperative-competitive	5.6 ±1.5	5.9 ±1.4	5.8 ±1.5	5.7 ±1.4	5.7 ±1.4	5.9 ±1.6	5.6 ±1.6	5.9 ±1.2
Formal-informal	1.9 ±1.3	1.9 ±1.3	2.2[d] ±1.5	1.7[e] ±1.0	2.2 ±1.5	2.1 ±1.6	1.7 ±0.9	1.6 ±1.0
Expensive-inexpensive	5.0 ±1.7	5.2 ±1.4	5.2 ±1.6	5.1 ±1.5	5.2 ±1.6	5.1 ±1.7	4.9 ±1.7	5.3 ±1.2
Ordinary-extraordinary	5.3 ±1.6	4.7 ±2.1	5.0 ±1.8	5.0 ±2.0	5.2 ±1.6	4.8 ±1.9	5.4 ±1.7	4.6 ±2.2

[a]N = 50.
[b]N = 25 couples.
[c]Scale: First term = 7; second term = 1.
[d,e]Means for spouse or for group or for group x spouse within a row followed by different superscripts differ ($p < 0.05$).

Eating At Home With Spouse When Food Was Not Good

Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode, "eating at home with spouse when food was not good," are reported in Table 29. College couples perceived they ate more often at home with spouse when food was not good and found the episode to be more intimate than did the post-college couples. Money available for food, for college couples, may have been related to increased frequency of "eating at home with spouse when food was not good." College husbands and wives may take more chances with food specials and inexpensive cuts of meat. In general, the use of foods of lower quality may have attributed to the higher frequency of this episode occurring in the life of the college couple than in that of the post-college couples. Another reason may have been that the rules of behavior may not be well established, as yet, for the college couples; the husbands and wives of this group may not communicate as well when food is not good as do the post-college couple, who have been married longer. The post-college couples may have established rules by which they govern the relationship that would allow for the "eating at home with spouse when food was not good" to be more of an inconvenience, rather than a problem. The wives considered the episode to be more active than did the husbands who perceived the situation as passive.

The college couples may start the relationship with fewer food preparation skills and therefore experience "eating at home with spouse when food was not good" more often than the longer-married post-college couples. The amount of time allocated in food preparation by each

Table 29--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Eating at home with spouse when food was not good

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
I frequently do this-I never do this	2.5 ±1.2	2.8 ±1.2	2.9[d] ±1.2	2.3[e] ±1.2	2.8 ±1.1	3.0 ±1.3	2.2 ±1.3	2.5 ±1.0
I know how to behave-I do not know how to behave	5.8 ±1.6	5.8 ±1.6	5.7 ±1.7	5.9 ±1.5	5.9 ±1.7	5.4 ±1.6	5.8 ±1.5	6.1 ±1.6
Feel very much at ease-Feel very ill at ease	5.0 ±1.9	4.8 ±2.0	4.8 ±2.1	5.0 ±1.9	5.3 ±1.9	4.3 ±2.1	4.8 ±1.9	5.2 ±1.8
Doing this seems to me to be:								
Involved-uninvolved	4.1 ±2.0	4.8 ±1.6	4.6 ±1.9	4.3 ±1.8	4.3 ±2.1	4.8 ±1.7	3.8 ±2.0	4.7 ±1.5
Simple-complex	4.3 ±2.1	4.4 ±1.9	4.4 ±2.0	4.4 ±2.0	4.4 ±2.1	4.3 ±1.9	4.2 ±2.1	4.5 ±1.9
Active-passive	4.3[d] ±1.9	5.0[e] ±1.5	4.7 ±1.7	4.6 ±1.8	4.6 ±1.6	4.8 ±1.7	4.0 ±2.1	5.2 ±1.2
Pleasant-unpleasant	3.6 ±1.8	3.1 ±1.7	3.6 ±1.8	3.2 ±1.6	3.8 ±1.8	3.3 ±1.9	3.4 ±1.8	2.9 ±1.5
Intimate-nonintimate	3.4 ±1.8	3.1 ±1.5	3.7[d] ±1.7	2.8[e] ±1.5	3.9 ±1.7	3.4 ±1.7	2.8 ±1.6	2.9 ±1.4

Table 29--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	5.0 ±1.5	4.5 ±1.7	5.0 ±1.7	4.6 ±1.5	5.3 ±1.4	4.6 ±1.9	4.8 ±1.5	4.5 ±1.6
Occasional-regular	6.2 ±1.5	6.5 ±0.9	6.1 ±1.5	6.5 ±0.9	5.8 ±1.9	6.4 ±0.9	6.6 ±0.8	6.5 ±1.0
Organized-disorganized	3.7 ±1.8	3.6 ±1.5	3.9 ±1.6	3.5 ±1.6	3.9 ±1.8	3.9 ±1.5	3.5 ±1.7	3.4 ±1.5
Cooperative-competitive	4.6 ±1.9	4.7 ±1.3	4.8 ±1.7	4.5 ±1.5	4.8 ±2.0	4.7 ±1.4	4.3 ±1.7	4.6 ±1.3
Formal-informal	2.2 ±1.3	2.4 ±1.4	2.5 ±1.4	2.1 ±1.2	2.3 ±1.3	2.8 ±1.5	2.2 ±1.3	2.0 ±1.2
Expensive-inexpensive	3.2 ±1.5	3.5 ±1.8	3.4 ±1.4	3.3 ±2.0	3.3 ±1.1	3.5 ±1.6	3.0 ±1.8	3.6 ±2.1
Ordinary-extraordinary	3.2 ±2.2	3.0 ±1.8	3.3 ±1.9	2.9 ±2.0	3.3 ±2.1	3.2 ±1.7	3.0 ±2.2	2.8 ±1.9

[a] N = 50.
[b] N = 25 couples.
[c] Scale: First term = 7; second term = 1.
[d,e] Means for spouse or for group within a row followed by different superscripts differ ($p < 0.05$).

group could possibly be a factor in this episode happening to the college group more frequently than to the post-college group (Table 12, page 66).

No data were collected for the appropriateness of food for the episode, "eating at home with spouse when food was not good." It was believed the information would not be valid for the episode.

Eating With Friends Away From Home

No differences were noted for descriptors assigned by husbands and wives and college and post-college couples to the episode of "eating with friends away from home" (Table 30). This episode appeared to happen for both the college and post-college couples but not frequently (Table 41, Appendix K).

All foods investigated appear to have been perceived as appropriate for the episode of "eating with friends away from home" with the exception of TV dinners (Tables 42-48, Appendix L). College couples perceived that corn and milk were appropriate for this episode while the post-college couples did not (Table 49, Appendix M). No other differences were found for the college and post-college couples. Differences were observed for husbands and wives (Table 50, Appendix N). Husbands perceived peanut butter sandwich, macaroni and cheese, TV dinners and dry cereal to be more appropriate for the episode of "eating with friends away from home" than did the wives. The wives found cheese, lettuce salad, and tea to be more appropriate for the episode than did the husbands. The mean values assigned for broccoli were observed to be significantly different for group x spouse for "eating with friends

Table 30--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Eating with friends away from home

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
I frequently do this-I never do this	4.2 ±1.5	4.5 ±1.7	4.1 ±1.5	4.6 ±1.6	4.0 ±1.4	4.2 ±1.7	4.4 ±1.6	4.8 ±1.7
I know how to behave-I do not know how to behave	6.5 ±0.8	6.5 ±1.0	6.5 ±0.8	6.5 ±1.0	6.6 ±0.6	6.4 ±0.9	6.4 ±1.0	6.6 ±1.0
Feel very much at ease-Feel very ill at ease	6.3 ±0.9	6.2 ±1.3	6.3 ±1.1	6.3 ±1.1	6.4 ±0.8	6.1 ±1.3	6.2 ±1.0	6.4 ±1.3
Doing this seems to me to be:								
Involved-uninvolved	4.5 ±1.7	4.7 ±1.6	4.8 ±1.5	4.4 ±1.8	4.6 ±1.4	5.0 ±1.6	4.4 ±2.0	4.4 ±1.6
Simple-complex	5.3 ±1.7	5.0 ±1.6	5.2 ±1.6	5.1 ±1.7	5.4 ±1.5	5.0 ±1.7	5.2 ±1.9	5.0 ±1.6
Active-passive	5.5 ±1.4	5.5 ±1.3	5.5 ±1.2	5.5 ±1.5	5.4 ±1.3	5.5 ±1.2	5.6 ±1.5	5.5 ±1.4
Pleasant-unpleasant	6.2 ±0.9	6.4 ±0.9	6.2 ±1.0	6.4 ±0.9	6.2 ±0.9	6.2 ±1.1	6.1 ±1.0	6.6 ±0.6
Intimate-nonintimate	4.3 ±1.7	4.7 ±1.6	4.4 ±1.6	4.7 ±1.8	4.1 ±1.7	4.6 ±1.4	4.5 ±1.8	4.8 ±1.8

Table 30--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	6.4 ±0.7	6.7 ±0.6	6.6 ±0.6	6.5 ±0.7	6.5 ±0.7	6.7 ±0.6	6.4 ±0.8	6.7 ±0.6
Occasional-regular	5.4 ±1.6	5.3 ±1.8	5.5 ±1.4	5.2 ±2.0	5.3 ±1.6	5.7 ±1.3	5.4 ±1.7	4.9 ±2.2
Organized-disorganized	5.0 ±1.2	5.1 ±1.3	4.9 ±1.3	5.2 ±1.1	4.7 ±1.3	5.0 ±1.4	5.2 ±1.2	5.2 ±1.1
Cooperative-competitive	5.7 ±1.1	5.5 ±1.2	5.4 ±1.3	5.8 ±1.1	5.6 ±1.3	5.2 ±1.3	5.8 ±1.0	5.8 ±1.2
Formal-informal	3.3 ±1.6	3.2 ±1.5	3.3 ±1.4	3.2 ±1.7	3.0 ±1.4	3.5 ±1.3	3.5 ±1.7	2.8 ±1.6
Expensive-inexpensive	4.4 ±1.5	4.4 ±1.5	4.4 ±1.4	4.4 ±1.5	4.3 ±1.5	4.4 ±1.4	4.4 ±1.4	4.4 ±1.7
Ordinary-extraordinary	4.5 ±1.7	4.4 ±1.6	4.4 ±1.5	4.5 ±1.7	4.3 ±1.7	4.4 ±1.4	4.6 ±1.7	4.3 ±1.8

[a] N = 50.
[b] N = 25 couples.
[c] Scale: First term = 7; second term = 1.

away from home" but no differences among means were found when Tukey's (HSD) test was applied (Table 51, Appendix O).

Eating Breakfast At Home

Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples to the episode of "eating breakfast at home" are found in Table 31. An interaction between group and spouse was observed with the descriptors organized-disorganized although when Tukey's (HSD) test was applied, no differences among means were noted. No other differences were found for this episode.

Foods perceived appropriate by the respondents for the episode of "eating breakfast at home" were apples, bacon, baked ham, banana, bread, cheese, tea, coffee, cottage cheese, dry cereal, eggs, melon, milk, orange, orange juice, pancakes, peanut butter sandwich, rolls and steak (Tables 42-48, Appendix L). Depending on the kind of breakfast, heavy or light, most of these foods reported to have been eaten by college students (Stasch et al., 1970; Johnson and Vaden, 1979).

College couples perceived oranges, milk and bananas to be more appropriate for "eating breakfast at home" than did the post-college couples (Table 49, Appendix N). Fruit and milk would not require preparation and could be eaten in a hurry. Differences were observed between the husbands and wives for "eating breakfast at home" (Table 50, Appendix N). The following foods were not perceived as appropriate by either the husbands or wives but a significant difference was noted: baked potato, TV dinners, potato chips, cauliflower, beer and pop

Table 31--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Eating breakfast at home

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
I frequently do this-I never do this	4.7 ±2.3	5.1 ±2.3	4.8 ±2.3	5.0 ±2.3	4.8 ±2.3	4.9 ±2.4	4.6 ±2.4	5.4 ±2.2
I know how to behave-I do not know how to behave	6.5 ±1.5	6.8 ±0.5	6.6 ±1.3	6.8 ±0.9	6.4 ±1.7	6.7 ±0.7	6.6 ±1.3	7.0 ±0.2
Feel very much at ease-Feel very ill at ease	6.5 ±1.3	6.7 ±1.1	6.4 ±1.5	6.7 ±0.9	6.4 ±1.5	6.4 ±1.5	6.5 ±1.2	6.9 ±0.3
Doing this seems to me to be:								
Involved-uninvolved	2.8 ±2.1	3.0 ±2.1	3.0 ±2.2	2.9 ±2.1	2.8 ±2.1	3.2 ±2.3	2.8 ±2.2	2.9 ±2.0
Simple-complex	6.1 ±1.4	6.0 ±1.7	6.2 ±1.4	6.0 ±1.7	6.2 ±1.0	6.1 ±1.8	6.0 ±1.7	5.9 ±1.7
Active-passive	4.0 ±2.1	4.6 ±2.0	4.2 ±2.0	4.3 ±2.1	3.7 ±2.0	4.7 ±1.9	4.3 ±2.2	4.4 ±2.1
Pleasant-unpleasant	6.0 ±1.3	5.8 ±1.3	5.9 ±1.4	5.9 ±1.2	5.9 ±1.5	5.9 ±1.4	6.0 ±1.2	5.7 ±1.2
Intimate-nonintimate	3.7 ±2.1	3.5 ±2.0	3.9 ±1.9	3.2 ±2.0	3.8 ±1.9	3.9 ±2.0	3.5 ±2.3	3.0 ±1.8

Table 31--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	5.6 ±1.6	5.3 ±1.3	5.6 ±1.5	5.4 ±1.4	5.6 ±1.7	5.5 ±1.2	5.6 ±1.5	5.2 ±1.4
Occasional-regular	4.0 ±2.6	3.5 ±2.6	3.9 ±2.6	3.6 ±2.6	3.8 ±2.5	4.0 ±2.7	4.2 ±2.6	3.0 ±2.4
Organized-disorganized	4.6 ±2.1	5.0 ±1.8	4.6 ±2.0	4.9 ±1.9	4.0[d] ±2.1	5.2[d] ±1.7	5.1[d] ±2.0	4.7[d] ±1.8
Cooperative-competitive	5.7 ±1.5	5.4 ±1.4	5.8 ±1.4	5.3 ±1.4	5.7 ±1.5	5.8 ±1.3	5.6 ±1.4	5.0 ±1.4
Formal-informal	1.4 ±0.7	1.5 ±1.1	1.5 ±1.0	1.4 ±0.8	1.3 ±0.7	1.6 ±1.2	1.4 ±0.6	1.4 ±1.0
Expensive-inexpensive	1.7 ±0.9	1.8 ±1.2	1.8 ±1.1	1.6 ±0.8	1.8 ±0.9	1.9 ±1.3	1.6 ±0.8	1.7 ±1.0
Ordinary-extraordinary	5.4 ±2.0	5.7 ±2.0	5.5 ±2.1	5.6 ±1.9	5.4 ±2.0	5.6 ±2.2	5.4 ±2.1	5.9 ±1.8

[a]N = 50.
[b]N = 25 couples.
[c]Scale: First term = 7; second term = 1.
[d]Means for group x spouse within a row followed by different superscripts differ ($p < 0.05$).

(soft drink) were considered more appropriate by the husbands than the wives. In the absence of his wife at breakfast, a husband might select these foods and perceive them appropriate for "eating breakfast at home" especially if he ate them as a child or prior to marriage. Informally, college husbands reported, during data collection, that they did not enjoy eating breakfast without their wives and would select something from the refrigerator to keep from getting hungry until the next meal. Husbands and wives perceived dry cereal, orange juice, melon and tea to be appropriate for "eating breakfast at home" but wives felt these foods to be more appropriate than did their husbands. No interactions were observed for this episode.

Preparing A Holiday Meal For Us At Home

Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode of "preparing a holiday meal for us at home" are found in Table 32. Wives perceived the episode to be more involved, active, intimate, friendly, formal and expensive than did their husbands. The wives may have purchased the food and therefore thought the episode more expensive than did their husbands. No other differences were noted for this episode.

The respondents did not feel this episode happened frequently (Table 41, Appendix L). Most foods were perceived to be appropriate for "preparing a holiday meal for us at home" with the exception of dry cereal, luncheon meat sandwich, peanut butter sandwich, popcorn, TV dinners, hot dogs, and macaroni and cheese (Tables 42-48,

Table 32--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Preparing a holiday meal for us at home

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
I frequently do this-I never do this	3.0 ±1.8	3.4 ±2.0	3.0 ±1.9	3.3 ±2.0	2.9 ±1.9	3.2 ±1.9	3.0 ±1.7	3.6 ±2.1
I know how to behave-I do not know how to behave	5.9 ±1.7	6.2 ±1.7	6.0 ±1.8	6.0 ±1.6	6.2 ±1.7	5.9 ±2.0	5.7 ±1.8	6.4 ±1.3
Feel very much at ease-Feel very ill at ease	5.7 ±1.6	5.7 ±1.7	5.7 ±1.8	5.7 ±1.6	5.8 ±1.6	5.5 ±2.0	5.6 ±1.7	5.8 ±1.4
Doing this seems to me to be:								
Involved-uninvolved	5.6[d] ±1.7	6.2[e] ±1.2	5.9 ±1.5	5.9 ±1.5	5.5 ±1.6	6.3 ±1.3	5.6 ±1.8	6.1 ±1.0
Simple-complex	3.2 ±1.8	2.8 ±1.7	2.9 ±1.8	3.2 ±1.7	3.0 ±1.9	2.8 ±1.7	3.4 ±1.8	2.9 ±1.7
Active-passive	5.9[d] ±1.2	6.5[e] ±0.8	6.2 ±1.1	6.2 ±1.0	5.8 ±1.3	6.6 ±0.7	6.0 ±1.1	6.4 ±0.9
Pleasant-unpleasant	5.4 ±1.7	5.6 ±1.7	5.4 ±1.8	5.7 ±1.5	5.4 ±1.8	5.4 ±1.9	5.5 ±1.6	5.8 ±1.4
Intimate-nonintimate	4.7[d] ±1.9	5.7[e] ±1.5	5.3 ±1.7	5.1 ±1.9	4.9 ±1.8	5.7 ±1.5	4.5 ±2.0	5.7 ±1.5

Table 32--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	5.7[d] ±1.6	6.3[e] ±1.0	6.0 ±1.4	5.9 ±1.3	5.8 ±1.6	6.2 ±1.2	5.5 ±1.5	6.4 ±0.9
Occasional-regular	5.6 ±1.6	5.4 ±1.7	5.5 ±1.7	5.6 ±1.6	5.6 ±1.7	5.4 ±1.8	5.7 ±1.6	5.4 ±1.7
Organized-disorganized	5.3 ±1.7	5.8 ±1.6	5.8 ±1.6	5.3 ±1.7	5.4 ±1.5	6.1 ±1.6	5.2 ±1.8	5.4 ±1.6
Cooperative-competitive	5.6 ±1.5	5.8 ±1.3	5.9 ±1.4	5.6 ±1.4	5.9 ±1.3	5.8 ±1.6	5.2 ±1.6	5.9 ±1.1
Formal-informal	3.6[d] ±1.8	4.6[e] ±2.0	4.3 ±2.0	4.0 ±2.0	3.6 ±1.7	5.0 ±1.9	3.7 ±1.9	4.2 ±2.0
Expensive-inexpensive	4.4[d] ±1.6	5.4[e] ±1.3	5.0 ±1.6	4.9 ±1.5	4.4 ±1.6	5.6 ±1.4	4.4 ±1.6	5.3 ±1.3
Ordinary-extraordinary	3.3 ±1.8	3.3 ±1.7	3.3 ±1.7	3.2 ±1.9	3.3 ±1.8	3.4 ±1.6	3.2 ±1.9	3.2 ±1.8

[a]N = 50.
[b]N = 25 couples.
[c]Scale: First term = 7; second term = 1.
[d,e]Means for spouse within a row followed by different superscripts differ ($p < 0.05$).

Appendix L). College couples perceived corn, mashed potato, lasagna, milk, French fries, baked potato and Jello to be more appropriate for "preparing a holiday meal for us at home" than did the post-college couples (Table 49, Appendix M). The foods have been thought to be appropriate for several other episodes and were mentioned frequently in Phase I (Table 38, Appendix G). Husbands felt tuna, hamburger, potato chips, French fries, baked beans and hamburger casserole to be more appropriate than did their wives. Wives perceived turkey and chicken to be more appropriate for this episode than did their husbands. Peanut butter sandwich and macaroni and cheese were assigned low values for appropriateness for this episode by husbands and wives although husbands felt these foods were more appropriate than did the wives.

Two significant interactions were noted between group and spouse for food perceived appropriate for this episode (Table 51, Appendix D). Post-college wives perceived peanut butter sandwich less appropriate for "preparing a holiday meal for us at home" than did the post-college husbands. College wives considered pizza more appropriate for this episode than did the post-college wives. Pizza may be a food the college wife can prepare well and knows it will be accepted, while the post-college wife might like to prepare more traditional holiday food.

Preparing A Meal For A Relative In Our Home

Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples to the episode "preparing a meal for a relative in our home" are presented in

Table 33. Wives perceived the episode to occur more frequently and regularly than did the husbands while the husbands thought of the episode as occasional. Interactions between group and spouse were observed for the descriptors, I know how to behave-I do not know how to behave, feel very much at ease-feel very ill at ease, and pleasant-unpleasant. There appeared to be an interaction for the descriptors cooperative-competitive for this episode but when Tukey's (HSD) test was applied, no differences were found. The post-college wives perceived they knew how to behave and felt more at ease than did the college wives. The post-college wives felt that doing the episode was more pleasant than did the post-college husbands. The longer-married post-college wives seemed to view the episode as less threatening than did the college wives.

All foods surveyed in the study were perceived appropriate for "preparing a meal for a relative in our home" with the exception of TV dinners (Tables 42-48, Appendix L). It seems that when a relative was invited for a meal with the college or post-college group, more time and thought would go into the planning of such an episode, therefore serving a TV dinner would not be appropriate.

No differences were noted between the college and post-college couples for the appropriateness of foods and the episode "preparing a meal for a relative in our home" (Table 49, Appendix M). Differences in appropriateness scores were observed between husbands and wives (Table 50, Appendix N). Neither the husbands or wives perceived TV dinners as being appropriate for this episode but husbands felt them more appropriate than did the wives. Husbands considered macaroni and

Table 33--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Preparing a meal for a relative in our home

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
I frequently do this-I never do this	2.9[d] ±1.5	4.0[e] ±1.8	3.6 ±1.6	3.6 ±1.9	2.8 ±1.3	3.8 ±1.7	3.0 ±1.6	4.2 ±2.0
I know how to behave-I do not know how to behave	5.8 ±1.7	6.1 ±1.5	5.6[d] ±1.8	6.3[e] ±1.3	5.7[de] ±1.8	5.4[e] ±1.9	5.8[de] ±1.7	6.8[d] ±0.4
Feel very much at ease-Feel very ill at ease	5.5 ±1.6	5.4 ±1.7	5.0[d] ±1.9	5.8[e] ±1.4	5.5[d] ±1.8	4.6[e] ±1.9	5.4[de] ±1.4	6.2[d] ±1.2
Doing this seems to me to be:								
Involved-uninvolved	5.8 ±1.3	6.0 ±1.2	6.1 ±1.1	5.7 ±1.5	5.9 ±1.1	6.2 ±1.1	5.8 ±1.6	5.7 ±1.3
Simple-complex	3.5 ±1.9	3.3 ±1.7	3.3 ±1.9	3.5 ±1.7	3.5 ±1.9	3.2 ±1.8	3.5 ±1.9	3.4 ±1.6
Active-passive	6.0 ±1.1	6.2 ±1.0	6.1 ±1.2	6.1 ±0.9	5.8 ±1.4	6.4 ±1.0	6.2 ±0.9	6.0 ±1.0
Pleasant-unpleasant	5.2 ±1.5	5.7 ±1.4	5.5 ±1.6	5.5 ±1.4	5.5[de] ±1.5	5.4[de] ±1.7	5.0[d] ±1.6	6.0[e] ±1.0
Intimate-nonintimate	4.1 ±1.8	4.1 ±1.5	4.1 ±1.6	4.2 ±1.8	4.4 ±1.7	3.8 ±1.5	3.9 1.9	4.4 ±1.6

Table 33--(continued)

Variables[c]	All[a] usbands	All[a] ives	Couples[a] College	Couples[a] Post-college	College Husbands	College Wives	Post-college Husbands	Post-college Wives
Friendly-unfriendly	5.9 ±1.2	6.1 ±1.1	6.1 ±1.1	5.9 ±1.2	6.1 ±0.8	6.1 ±1.4	5.6 ±1.5	6.2 ±0.9
Occasional-regular	6.1[d] ±1.2	5.3[e] ±1.9	5.8 ±1.3	5.6 ±1.8	6.0 ±1.1	5.7 ±1.5	6.2 ±1.3	5.0 ±2.1
Organized-disorganized	5.4 ±1.4	5.8 ±1.5	5.5 ±1.5	5.7 ±1.4	5.3 ±1.3	5.6 ±1.7	5.5 ±1.5	6.0 ±1.2
Cooperative-competitive	5.4 ±1.5	5.5 ±1.8	5.3 ±1.9	5.6 ±1.4	5.6[d] ±1.4	5.0[d] ±2.2	5.3[d] ±1.6	5.9[d] ±1.1
Formal-informal	3.3 ±1.6	3.5 ±2.0	3.6 ±1.9	3.3 ±1.7	3.2 ±1.7	3.9 ±2.0	3.4 ±1.6	3.1 ±1.8
Expensive-inexpensive	4.4 ±1.1	4.7 ±1.6	4.6 ±1.4	4.5 ±1.3	4.4 ±1.1	4.7 ±1.7	4.3 ±1.1	4.6 ±1.5
Ordinary-extraordinary	3.2 ±1.6	3.8 ±1.7	3.5 ±1.5	3.5 ±1.8	3.3 ±1.6	3.6 ±1.4	3.2 ±1.7	3.9 ±1.9

[a]N = 50.
[b]N = 25 couples.
[c]Scale: First term = 7; second term = 1.
[d,e]Means for spouse or for group or for group x spouse within a row followed by different superscripts differ ($p < 0.05$).

cheese and liver to be more appropriate when "preparing a meal for a relative in our home" than did the wives. Rolls, rice, baked potato, tomatoes, roast beef, pancakes, cheese, lettuce salad, tea and broccoli were thought by the wives to be more appropriate for this episode than did the husbands.

Interactions between group and spouse were found for wine and luncheon meat sandwich (Table 51, Appendix O). Post-college husbands considered wine more appropriate when "preparing a meal for a relative in our home" than did the college husbands. College husbands may not have, as yet, developed the social habit of having a glass of wine with a meal. If wine was not served by his father at home, the college husband may not perceive wine as being appropriate when "preparing a meal for a relative in our home." No differences among means were identified for luncheon meat sandwich for this episode.

Eating A Meal While Watching Television

Means and standard deviations for descriptors assigned by husbands and wives and college and post-college couples to the episode of "eating a meal while watching television" are presented in Table 34. College husbands perceived they experienced this episode more frequently than did the post-college husbands. The eating area in the married student housing apartments is situated in or close to the area where the television usually was located. College couples informally reported the dinner hour was a time in which they watched the news and enjoyed television, because other times were devoted to study or one or the other members of the family was away from home. Men seemed to

Table 34--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Eating a meal while watching television

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
I frequently do this-I never do this	5.4 ±1.8	5.2 ±2.0	5.7 ±1.7	4.9 ±2.1	6.0[d] ±1.4	5.4[de] ±2.0	4.7[e] ±2.1	5.1[de] ±2.1
I know how to behave-I do not know how to behave	6.6 ±0.8	6.6 ±1.1	6.6 ±1.1	6.7 ±0.8	6.6 ±0.8	6.5 ±1.3	6.6 ±0.8	6.8 ±0.8
Feel very much at ease-Feel very ill at ease	6.6 ±0.8	6.2 ±1.6	6.4 ±1.2	6.4 ±1.4	6.6 ±0.8	6.1 ±1.5	6.5 ±0.8	6.2 ±1.8
Doing this seems to me to be:								
Involved-uninvolved	2.9 ±2.0	2.9 ±2.1	3.4[d] ±2.2	2.4[e] ±1.8	3.6 ±2.1	3.3 ±2.2	2.3 ±1.7	2.5 ±1.9
Simple-complex	6.0 ±1.4	5.9 ±1.6	6.0 ±1.4	5.9 ±1.6	6.1 ±1.3	5.8 ±1.6	6.0 ±1.5	5.9 ±1.6
Active-passive	3.2 ±2.0	3.3 ±2.1	3.4 ±2.0	3.1 ±2.1	3.4 ±2.0	3.4 ±2.1	3.0 ±1.9	3.3 ±2.2
Pleasant-unpleasant	5.5 ±1.4	5.0 ±2.1	5.6 ±1.6	4.9 ±1.9	6.0 ±1.1	5.2 ±1.9	5.2 ±1.6	4.7 ±2.2
Intimate-nonintimate	2.6 ±1.7	2.7 ±1.9	3.1[d] ±1.8	2.2[e] ±1.7	3.0 ±1.9	3.3 ±1.8	2.2 ±1.6	2.1 ±1.8

Table 34--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	4.8 ±1.7	4.9 ±1.7	5.1 ±1.6	4.7 ±1.8	5.1 ±1.6	5.0 ±1.6	4.6 ±1.8	4.8 ±1.8
Occasional-regular	4.0 ±2.4	3.4 ±2.4	3.4 ±2.1	4.0 ±2.6	3.4 ±2.2	3.3 ±2.1	4.5 ±2.4	3.5 ±2.7
Organized-disorganized	3.9 ±1.6	3.8 ±1.6	4.1 ±1.7	3.6 ±1.4	4.1 ±1.7	4.1 ±1.8	3.7 ±1.5	3.5 ±1.3
Cooperative-competitive	5.0 ±1.4	4.6 ±1.8	4.9 ±1.6	4.8 ±1.7	5.1 ±1.3	4.7 ±1.8	5.0 ±1.6	4.6 ±1.9
Formal-informal	1.5 ±0.9	1.4 ±1.0	1.7 ±1.2	1.2 ±0.6	1.6 ±1.1	1.7 ±1.3	1.4 ±0.7	1.1 ±0.4
Expensive-inexpensive	2.5 ±1.2	2.6 ±1.5	2.8 ±1.3	2.3 ±1.4	2.6 ±1.2	2.9 ±1.4	2.4 ±1.3	2.3 ±1.5
Ordinary-extraordinary	5.1 ±1.8	5.2 ±2.1	5.4 ±1.7	4.9 ±2.2	5.5 ±1.4	5.3 ±1.9	4.7 ±2.1	5.1 ±2.4

[a] N = 50.
[b] N = 25 couples.
[c] Scale: First term = 7; second term = 1.
[d,e] Means for group or for group x spouse within a row followed by different superscripts differ ($p < 0.05$).

express more enjoyment with watching television while eating a meal than did their wives. This was an observation at data collection. The descriptors involved-uninvolved differed between the college and post-college couples for this episode. College couples perceived the episode of "eating a meal while watching television" to be more involved than did the post-college couples.

Respondents reported all of the 63 foods to be appropriate to eat while watching television (Tables 42-48, Appendix L). College couples perceived TV dinners to be more appropriate for this episode than did the post-college couples (Table 49, Appendix M). Husbands perceived corn, pork chops, green peas, pancakes, liver, steak, lobster, turkey, chicken, fish, cranberry sauce and baked ham to be more appropriate than did the wives (Table 50, Appendix N). The husbands reported many meats to be more appropriate for "eating a meal while watching television." They may have been so engrossed with the programs on television the only food they remembered as being appropriate were the main dish items; no interactions between group and spouse were found for the appropriateness of food for "eating a meal while watching television" (Table 51, Appendix O).

Eating In A Restaurant When Food Was Of Poor Quality

Means and standard deviations for descriptors assigned by husbands and wives and college and post-college couples to the episode of "eating in a restaurant when food was of poor quality" are presented in Table 35. This is an episode that appeared to have happened to both the college and the post-college couples but not frequently. The only

Table 35--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Eating in a restaurant when food was of poor quality

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
I frequently do this-I never do this	3.0 ±1.2	3.0 ±1.4	3.2 ±1.3	2.9 ±1.3	3.3 ±1.2	3.0 ±1.3	2.7 ±1.1	3.0 ±1.5
I know how to behave-I do not know how to behave	5.3 ±1.7	5.3 ±1.7	5.1 ±1.9	5.6 ±1.5	5.1 ±1.9	5.0 ±2.0	5.5 ±1.5	5.6 ±1.4
Feel very much at ease-Feel very ill at ease	3.4 ±1.9	3.7 ±1.7	3.6 ±1.7	3.6 ±1.9	3.7 ±1.9	3.5 ±1.7	3.2 ±2.0	4.0 ±1.8
Doing this seems to me to be:								
Involved-uninvolved	5.1 ±1.7	4.9 ±1.7	5.0 ±1.6	5.0 ±1.8	5.0 ±1.6	5.1 ±1.6	5.2 ±1.8	4.8 ±1.8
Simple-complex	3.4 ±1.6	3.4 ±1.7	3.4 ±1.6	3.3 ±1.7	3.5 ±1.5	3.3 ±1.7	3.2 ±1.8	3.4 ±1.7
Active-passive	5.0 ±1.5	4.6 ±1.8	4.6 ±1.7	5.0 ±1.6	4.9 ±1.4	4.3 ±1.9	5.2 ±1.5	4.8 ±1.7
Pleasant-unpleasant	2.0 ±1.2	1 9 ±1.2	2.1 ±1.1	1.9 ±1.3	2.0 ±0.8	2.2 ±1.3	2.1 ±1.5	1.7 ±1.1
Intimate-nonintimate	2.4 ±1.5	2.3 ±1.5	2.3 ±1.5	2.4 ±1.5	2.3 ±1.4	2.4 ±1.7	2.5 ±1.7	2.3 ±1.2

Table 35--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	2.8 ±1.6	2.7 ±1.5	2.9 ±1.6	2.5 ±1.4	3.0 ±1.6	2.8 ±1.6	2.5 ±1.6	2.5 ±1.3
Occasional-regular	5.9[d] ±1.4	6.3[e] ±1.1	6.1 ±1.4	6.1 ±1.2	5.7 ±1.6	6.4 ±0.9	6.0 ±1.1	6.2 ±1.3
Organized-disorganized	3.3 ±1.7	3.0 ±1.6	3.4 ±1.8	2.9 ±1.5	3.7 ±1.8	3.0 ±1.8	2.9 ±1.5	3.0 ±1.5
Cooperative-competitive	3.8 ±1.8	3.7 ±1.4	3.8 ±1.7	3.6 ±1.5	3.8 ±1.9	3.9 ±1.6	3.8 ±1.8	3.5 ±1.1
Formal-informal	3.0 ±1.5	3.0 ±1.5	3.0 ±1.5	3.0 ±1.5	2.9 ±1.5	3.0 ±1.5	3.1 ±1.5	3.0 ±1.5
Expensive-inexpensive	4.3 ±1.8	4.5 ±1.6	4.2 ±1.7	4.5 ±1.8	4.0 ±1.6	4.4 ±1.7	4.5 ±2.0	4.5 ±1.5
Ordinary-extraordinary	2.8 ±1.6	3.0 ±1.7	3.0 ±1.6	2.8 ±1.7	2.8 ±1.5	3.2 ±1.6	2.8 ±1.8	2.7 ±1.7

[a]N = 50.
[b]N = 25 couples.
[c]Scale: First term = 7; second term = 1.
[d,e]Means for spouse within a row followed by different superscripts differ ($p < 0.05$).

difference noted with descriptors was occasional-regular (Table 35). Husbands perceived the episode to happen more regularly than did the wives.

No data were gathered for the appropriateness of food for the episode of "eating in a restaurant when food was of poor quality." It was believed the information would not be valid for the episode.

Eating A Meal With Children

Means and standard deviations for descriptors assigned by husbands and wives and college and post-college couples to the episode of "eating a meal with children" are presented in Table 36. Wives perceived they ate more frequently with children than did the husbands. The wives may have experienced this episode more frequently because of their jobs as teachers or in their relationship with other family members as baby sitters. The wives felt doing the episode was more complex than did their husbands. No other differences were observed for "eating a meal with children" for the college or post-college husbands and wives.

The only foods perceived not appropriate for "eating a meal with children" were beer and wine (Tables 42-48, Appendix L). College couples perceived bacon, mashed potatoes, bread and orange juice to be more appropriate when "eating a meal with children" (Table 49, Appendix M) than did the post-college couples. Husbands felt lobster and steak were more appropriate for this episode than did the wives. The wives may have thought the steak or lobster too expensive or that the child might not like the food or else it might be too difficult to eat.

Table 36--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Eating a meal with children

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
I frequently do this-I never do this	2.3[d] ±1.2	2.9[e] ±1.8	2.9 ±1.8	2.3 ±1.2	2.6 ±1.3	3.3 ±2.2	2.1 ±1.1	2.6 ±1.3
I know how to behave-I do not know how to behave	6.2 ±1.2	6.1 ±1.7	6.1 ±1.6	6.2 ±1.3	6.4 ±1.2	5.9 ±1.9	6.1 ±1.2	6.3 ±1.5
Feel very much at ease-Feel very ill at ease	5.7 ±1.3	5.6 ±1.7	5.8 ±1.5	5.5 ±1.6	5.9 ±1.2	5.8 ±1.9	5.5 ±1.5	5.5 ±1.6
Doing this seems to me to be:								
Involved-uninvolved	4.9 ±2.0	5.5 ±1.5	5.3 ±1.9	5.1 ±1.7	4.8 ±2.0	5.7 ±1.7	4.9 ±2.0	5.3 ±1.4
Simple-complex	4.5[d] ±1.9	3.3[e] ±1.8	4.0 ±2.1	3.8 ±1.8	4.7 ±1.8	3.3 ±2.2	4.2 ±2.0	3.3 ±1.5
Active-passive	5.6 ±1.4	6.0 ±1.5	5.6 ±1.6	5.9 ±1.2	5.1 ±1.6	6.1 ±1.6	6.0 ±0.9	5.9 ±1.5
Pleasant-unpleasant	5.0 ±1.4	5.0 ±1.5	5.1 ±1.3	5.0 ±1.5	5.0 ±1.3	5.1 ±1.4	5.0 ±1.5	5.0 ±1.6
Intimate-nonintimate	3.1 ±1.7	3.2 ±1.4	3.1 ±1.5	3.2 ±1.6	3.0 ±1.7	3.2 ±1.3	3.1 ±1.8	3.2 ±1.4

Table 36--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	5.7 ±1.4	5.4 ±1.2	5.5 ±1.4	5.6 ±1.2	5.7 ±1.5	5.2 ±1.3	5.6 ±1.3	5.6 ±1.2
Occasional-regular	6.0 ±1.4	5.6 ±1.6	5.7 ±1.6	6.0 ±1.5	6.0 ±1.4	5.3 ±1.7	6.0 ±1.5	5.9 ±1.4
Organized-disorganized	3.7 ±1.7	3.3 ±1.5	3.7 ±1.7	3.3 ±1.6	3.8 ±1.6	3.6 ±1.8	3.6 ±1.9	2.9 ±1.1
Cooperative-competitive	4.7 ±1.8	4.7 ±1.7	4.7 ±1.8	4.7 ±1.7	4.8 ±1.7	4.6 ±1.8	4.5 ±1.8	4.8 ±1.5
Formal-informal	2.0 ±1.0	1.9 ±1.1	2.1 ±1.1	1.8 ±1.0	2.1 ±1.0	2.1 ±1.2	1.9 ±1.0	1.8 ±1.0
Expensive-inexpensive	3.0 ±1.4	3.4 ±1.5	3.4 ±1.5	3.0 ±1.4	3.2 ±1.5	3.5 ±1.5	2.7 ±1.2	3.3 ±1.4
Ordinary-extraordinary	3.8 ±1.7	3.9 ±1.9	3.9 ±1.6	3.8 ±2.0	3.7 ±1.5	4.1 ±1.8	3.9 ±2.0	3.8 ±2.1

[a]N = 50.
[b]N = 25 couples.
[c]Scale: First term = 7; second term = 1.
[d,e]Means for spouse within a row followed by different superscripts differ ($p < 0.05$).

Three interactions between group and spouse were noted for this episode (Table 51, Appendix O). College wives perceived baked beans to be more appropriate for the episode of "eating a meal with children" than did the post-college wives. No differences were found when Tukey's (HSD) test was applied to the tomato and broccoli data. Since the college and post-college couples did not have children of their own, and did not perceive the episode happening frequently, the foods perceived appropriate for "eating a meal with children" may reflect their own childhood and the foods perceived appropriate for them (Stasch et al., 1970).

Having Breakfast Served To Me In Bed By My Spouse

Table 37 includes the values assigned by husbands and wives and college and post-college couples for the episode "having breakfast served to me in bed by my spouse." This episode was reported in Phase I twice, once by a college couple and once by a post-college couple. It was thought to be an unusual situation in the food-related behavior of the young couples and for this reason was included in the instrument. During the data collection when a husband or wife would turn to this episode to evaluate, comments usually were made to indicate the episode did not happen but that it might not be unpleasant.

Wives perceived the episode of "having breakfast served to me in bed by my spouse" to be more pleasant, intimate and cooperative than did the husbands. College couples perceived the episode to be more formal than did the post-college couples. No other differences were noted.

Table 37--Means and standard deviations of values assigned to descriptors by husbands and wives and college and post-college couples for the episode: Having breakfast served to me in bed by my spouse

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
I frequently do this-I never do this	1.5 ±1.0	1.4 ±0.9	1.3 ±0.7	1.6 ±1.2	1.2 ±0.4	1.3 ±0.9	1.7 ±1.4	1.5 ±0.9
I know how to behave-I do not know how to behave	5.0 ±2.2	5.3 ±2.2	5.2 ±2.3	5.1 ±2.2	5.2 ±2.2	5.1 ±2.3	4.8 ±2.2	5.4 ±2.2
Feel very much at ease-Feel very ill at ease	4.9 ±1.9	5.6 ±1.7	5.3 ±1.7	5.2 ±1.9	5.1 ±1.7	5.4 ±1.7	4.7 ±2.1	5.7 ±1.7
Doing this seems to me to be:								
Involved-uninvolved	4.9 ±1.9	5.3 ±1.9	5.1 ±1.9	5.0 ±1.9	4.7 ±1.9	5.6 ±1.9	5.1 ±2.0	5.0 ±1.9
Simple-complex	4.1 ±2.1	4.1 ±2.1	4.1 ±2.2	4.1 ±2.0	4.3 ±2.1	3.9 ±2.3	3.9 ±2.1	4.3 ±2.0
Active-passive	4.4 ±2.0	4.3 ±2.1	4.4 ±2.1	4.4 ±2.0	4.5 ±2.0	4.3 ±2.2	4.4 ±2.1	4.4 ±1.9
Pleasant-unpleasant	5.7[d] ±1.4	6.3[e] ±1.3	5.9 ±1.4	6.0 ±1.4	5.7 ±1.2	6.1 ±1.5	5.6 ±1.6	6.4 ±1.0
Intimate-nonintimate	6.0[d] ±1.3	6.4[e] ±1.0	6.2 ±1.1	6.3 ±1.2	6.0 ±1.1	6.4 ±1.0	6.0 ±1.5	6.5 ±0.9

Table 37--(continued)

Variables[c]	All[a] husbands	All[a] wives	Couples[a] College	Couples[a] Post-college	College[b] Husbands	College[b] Wives	Post-college[b] Husbands	Post-college[b] Wives
Friendly-unfriendly	6.2 ±1.2	6.6 ±0.9	6.2 ±1.3	6.6 ±0.8	5.9 ±1.4	6.5 ±1.0	6.5 ±0.9	6.6 ±0.8
Occasional-regular	6.2 ±1.5	6.5 ±1.0	6.2 ±1.4	6.6 ±1.1	6.0 ±1.6	6.4 ±1.2	6.5 ±1.4	6.7 ±0.8
Organized-disorganized	4.9 ±1.7	5.2 ±1.5	5.2 ±1.4	4.9 ±1.8	5.1 ±1.3	5.3 ±1.6	4.8 ±2.0	5.1 ±1.5
Cooperative-competitive	5.4[d] ±1.5	6.0[e] ±1.2	5.4 ±1.5	5.9 ±1.2	5.0 ±1.6	5.8 ±1.3	5.7 ±1.4	6.2 ±1.0
Formal-informal	2.4 ±1.8	2.6 ±1.9	2.9[d] ±2.0	2.1[e] ±1.6	2.7 ±1.9	3.1 ±2.1	2.1 ±1.7	2.1 ±1.6
Expensive-inexpensive	2.7 ±1.4	2.6 ±1.4	2.7 ±1.4	2.6 ±1.5	2.6 ±1.4	2.8 ±1.3	2.7 ±1.5	2.4 ±1.5
Ordinary-extraordinary	2.1 ±1.8	1.7 ±1.2	2.0 ±1.5	1.7 ±1.6	2.2 ±1.7	1.9 ±1.4	2.0 ±2.0	1.4 ±0.9

[a] N = 50.
[b] N = 25 couples.
[c] Scale: First term = 7; second term = 1.
[d,e] Means for spouse or for group within a row followed by different superscripts differ ($p < 0.05$).

Respondents reported they thought bacon, baked ham, banana, bread, cheese, coffee, dry cereal, eggs, melon, milk, orange, orange juice, pancakes, rolls, steak and tea to be appropriate to have served as breakfast in bed by the spouse (Tables 42-48, Appendix L). The foods perceived appropriate for "breakfast at home" were also the same foods perceived as appropriate for "having breakfast served to me in bed by my spouse." Differences were observed between the college and post-college couples (Table 49, Appendix M). College couples perceived cottage cheese, liver and soup to be more appropriate than did the post-college couples although these foods were given values to indicate that they were not appropriate for this episode (Table 50, Appendix N). Wives perceived oranges and tea to be more appropriate when "having breakfast served to me in bed by my spouse" than did their husbands. Wives may have felt oranges and tea would be adequate and not over-extend the food preparation skills of their husbands. Interactions between group and spouse were observed for rolls, ice cream and orange juice. College wives perceived ice cream to be more appropriate to serve for breakfast in bed while the post-college wives perceived oranges to be more appropriate than did the other groups. No other differences were found when Tukey's (HSD) test was applied (Table 51, Appendix O).

A number of differences have been observed and discussed throughout this study concerning the college and post-college couples, husbands and wives, and the interaction between group and spouse for the episodes and the foods thought to be appropriate for the episodes. Interaction between group and spouse was found for 11 of the 20 food-related episodes and for 17 of the 63 foods studied. A number of

differences were observed also for couples within group. These differences may be the result of the individual food habits and food-related behaviors. The food habits of the individuals have been acquired throughout their life by means of association with their families, friends and acquaintances as well as informal and formal education related to food. These differences may be the result of the transmission of food-related behavior involving customs, attitudes and values transmitted from one generation to the next. Each person brings to the union of marriage customs, attitudes and values. Time and other intervening variables, such as children and personal experiences, may alter food-related behavior. Nevertheless, the original forces that make the individual unique are still present. The college and post-college couples demonstrated, through the episodes and food thought to be appropriate for the individual episodes, some similarities and differences. The number of differences among couples within group would seem to reinforce the individual as unique.

CHAPTER V

SUMMARY AND CONCLUSIONS

The study was an ex post facto exploratory field study designed to investigate the food-related behavior of husbands and wives of college and post-college married, childless couples ages 18 to 31. The major purpose was to examine food-related behavior in social episodes.

The investigation was conducted in 2 phases. In Phase I, the husbands and wives of 20 couples, 10 college and 10 post-college, were interviewed individually to elicit food-related episodes and appropriate types of foods for those episodes. The information obtained in Phase I was used to develop questionnaires to be administered to a different and larger sample in Phase II.

In Phase II, 25 college couples and 25 post-college couples completed questionnaries developed to explore socio-cultural characteristics and the couples' perceived behaviors related to procurement, preparation, consumption and storage of food. Each husband and wife rated 24 food-related episodes and the appropriateness of 63 foods for 20 of the 24 episodes.

Eighty percent of the college couples had been married 1 year or less while 84% of the post-college couples had been married 3 years or longer. The educational interests of the two groups were represented by 30 disciplines.

The occupation of the respondents differed from their parents in that none of the college or post-college couples were or planned to be

farmers or homemakers. The occupations of the respondents tended toward the areas of education, technology and administrative positions.

College husbands worked fewer hours than did the college wives. Collegiate couples worked fewer hours per week than did the post-college couples and often held part-time jobs. Sixty percent of the college couples reported an annual income below $12,000 while only 8% of the post-college couples were below this level. In contrast, 12% of the college couples earned an income above $18,000 while 76% of the post-college group had an income above this level.

The predominate food-shopping occasion for the college and post-college couples was a weekly trip to the grocery store. Twenty percent of the college husbands and 32% of the post-college husbands usually made decisions about the food to be purchased while 8% of the wives usually made the choices about what food would be purchased for the family. Forty percent of the college and 72% of the post-college couples made food choices together.

The actual purchase of the food also was a mutually involved activity for most young married couples. Some husbands and wives purchased food alone. College husbands and post-college wives tended to shop alone a greater number of times than did the college wives and post-college husbands. These college husbands and post-college wives may have had more time than the corresponding groups because of work and other responsibilities of the college wives and post-college husbands. Fewer post-college husbands and wives shopped together than did the college couples. The rules that govern the relationship of the marriage probably are established to a greater degree for the

longer-married post-college couple than the college couple. Shopping together, for the college group, may be a period of learning about each other. It can be viewed as pleasant and important, especially for the young wife who may need the support and acceptance of her husband when spending money, which may be true also for the husband if the wife is the one employed.

Husbands and wives of both groups made occasional purchases at convenience stores. More college and post-college wives usually shopped alone at the convenience stores than did the college and post-college husbands. One usually purchases a limited number of items at convenience stores because of price and selection. The shopping by wives may have been for items forgotten when doing the major marketing or for perishable items such as milk.

The post-college couples tended to spend more food-dollars at the grocery store and eating away from home than did the college couples. The post-college couples probably had more money to spend and possibly the freedom to go out to eat more often because of a more established lifestyle. The post-college couples did not have the constraints of academic work with which to contend. Even though the earning power of the college couples was more limited than the post-college couples, neither group reported the use of food stamps, but did occasionally make use of "cents-off" coupons. The attributes perceived important when choosing a grocery store in which to shop by the college couples were, in most cases, perceived important by the post-college group. The overall cost of food at a grocery store appeared to be more important for the college couples than the post-college group.

Most of the couples of both groups ate 1 meal together per day. The main reason given for only 1 meal was conflict of schedules. Time spent in food preparation has been related to time spent working outside the home, for both the part-time and full-time employed homemaker.

Approximately 2/3 of the college and 1/2 of the post-college couples reported they planned their menu for a meal immediately before the food was to be prepared or on the day preceding the meal. Forty percent of the post-college couples reported planning meals several days in advance compared to 24% of the college group. The non-traditional lifestyle and schedules of some college and post-college couples may not allow for planning meals in advance of eating. In the cases where more thought was applied to menu planning, the husbands and wives may have established rules as to the importance of the food to be consumed. The families of both groups who planned in advance may have possessed organizational skills and perceived the planning as time, money and energy saved.

College husbands seemed to take more responsibility for menu planning than did the post-college husbands. The post-college wives allotted more time to menu planning and food preparation than did the college wives. The wives in both groups reported they spent more time in "clean-up" duties than did the husbands. It would appear that the temporariness of the pre-professional phase of the college couples' lifestyle permits them to accept the role responsibilities that are recognized as less traditional. However, when the couples move into

an expected and more permanent lifestyle, the more traditional roles between husbands and wives seem assumed.

The majority of the respondents reported spending from 1-5 hours weekly, socializing away from home. More time appeared to be spent socializing away from home than at home.

The structures college and post-college young married couples used in handling food-related behavior are depicted through the frequency and the descriptors applied to the social episodes examined in this study. These episodes were units of social interactions with temporal and often physical boundaries with culturally known and accepted patterns of appropriate behavior.

Differences in descriptors were observed between husbands and wives in 16 of the 24 food-related episodes investigated. No differences were found between husbands and wives for the episodes: "eating away from home with associates other than friends"; "eating at home to celebrate an anniversary"; "eating with my spouse at the home of friends"; "eating with my spouse at the home of business associates"; "eating with my spouse away from home to celebrate our anniversary"; "eating with friends away from home"; "eating breakfast at home" and "eating a meal while watching television." It may be that when husbands and wives live together for a period of time or come from the same social and cultural background, they may have established clearly the limitations of behavior inherent in the social situations most common in their culture. In the food-related episodes for which no differences were noted, the respondents may have coalesced the rules of behavior sufficiently to coordinate the perceived dimensions of the episodes.

The episodes where one or more significant differences were noted between husbands and wives involved situations at home with spouse, home alone, at home with relatives or friends, eating away from home, shopping for groceries alone and with spouse and eating with children. "Eating at home with spouse" was considered more involved, complex and active by the wives than by the husbands. This was an episode that appeared to happen frequently for the husbands and wives with more perceived responsibility for the wives than for the husbands. The episode, "eating at home alone" however, appeared to be perceived differently by the husbands and wives in that their perceptions for this episode were somewhat reversed to the episode of "eating at home with spouse." The husbands perceived the episode of "eating at home alone" as more involved, complex and active than did the wives. The husbands considered "eating at home alone" to be more formal, expensive and pleasant than did wives. The wives may have elected to forego the usual type meal when eating alone, therefore perceiving the episode as informal, inexpensive, and passive as well as less pleasant than when she was eating with her husband.

Wives viewed "eating at a fast-food restaurant" as well as "eating at an expensive restaurant" more intimate and friendly than did the husbands. Wives perceived they knew better how to behave when "eating at an expensive restaurant" than did the husbands. They found that "eating at an expensive restaurant" was more pleasant, occasional and cooperative than did the husbands. The episode of going out to eat with spouse appeared to be more enjoyable for the wives than for the husbands, regardless of the type of restaurant. Like going out to

eat, the wives considered "having breakfast served to me in bed by my spouse" as more pleasant, intimate and cooperative than did the husbands.

Husbands perceived "eating at the home of my spouse's parents" more formal than did the wives; although the wives perceived "preparing a holiday meal for us at home" was more formal than did the husbands. The husbands may perceive other individuals' involvement in the episode, especially his in-laws, more formal, whereas the wives may consider formality in a more ritualistic sense as compared with the husbands.

The wives considered "shopping for groceries alone" as more frequent, regular, organized and ordinary than did the husbands. While the husbands viewed "shopping for groceries with spouse" as frequent, the wives perceived the episode as less frequent. This episode appeared to be more pleasant, friendly and organized for the wives than the husbands. It would seem that wives considered shopping for groceries alone as a task orientated episode, whereas when the husbands were present they seemed to consider the episode more enjoyable.

Husbands and wives tended to differ significantly in their perception as to what foods were appropriate for the episodes. Differences in food appropriateness scores between husbands and wives were observed in the 20 food-related episodes and 42 of the 63 foods studied in this investigation.

Wives, more than husbands, considered baked ham, hamburgers and roast beef as more appropriate when "Eating at the home of my spouse's parents." The husbands perceived these foods as more appropriate than

did the wives when "eating a meal while watching television," "preparing a holiday meal for us at home," and when "eating at home alone."

Husbands, more than the wives, thought chicken, fish, pork chops, steak, turkey, corn, cranberry sauce, green peas, liver, lobster, pancakes and TV dinners as appropriate when "eating a meal while watching television." Wives did not consider any of the 63 foods of this study more appropriate than the husbands did when "eating a meal while watching television." It would appear that the husbands enjoyed watching television while eating and the food was of little consequence.

Wives, more than husbands, perceived chicken and turkey as foods to have for a holiday meal at home, whereas the husbands, more than the wives, considered hamburgers, hamburger casserole and tuna appropriate for this episode.

Hamburger casserole and tuna were perceived by the husbands as more appropriate than did the wives for the episodes: "eating at the home of business associates," "eating at an expensive restaurant," and "preparing a holiday meal for us at home." If the husbands were preparing the food, as maybe in the last episode, these foods would probably be familiar, easy to prepare and well-liked by the husbands.

A significant difference between husbands and wives was noted for the appropriateness of liver for "eating with my spouse away from home to celebrate our anniversary," "eating away from home with my spouse to celebrate something special that just happened," and "preparing a meal for a relative in our home." Liver generally was considered to be inappropriate for the various episodes; where significant differences were found, husbands considered liver more appropriate than did the wives.

Wives tended to differ from the husbands as to the appropriateness of various fruits and vegetables for the food-related episodes. Wives perceived asparagus, broccoli, cauliflower, tomatoes and lettuce salad as more appropriate for the episodes for which significant differences were found. Baked potato also was considered more appropriate by the wives than by the husbands for the episodes involving being at home, away from home and with friends. Baked potato was considered inappropriate for "breakfast at home" by the husbands but was perceived significantly more appropriate for the episode by them than by the wives. Potato chips, pop (soft drinks), TV dinner, cauliflower and beer were perceived in the same manner as the baked potato by the husbands when "eating breakfast at home." No difference was observed between husbands and wives for frequency of "eating breakfast at home." The men in this study may have become accustomed to having someone prepare breakfast for them before marriage and since marriage, but when left to make a decision of what to eat, their choices include those foods already prepared and available.

Beer was considered more appropriate by the husbands than by the wives for "eating at home alone." Milk and pop (soft drinks) were perceived more appropriate by the wives for "eating in a fast-food restaurant" than by the husbands. Milk was considered more appropriate by the husbands than by the wives when "eating at home to celebrate an anniversary" and "eating away from home with my spouse to celebrate something special that just happened."

Tea was considered by the wives as appropriate for episodes at home, away from home, with friends and associates, relatives and

served with breakfast. Wives, more than husbands, thought coffee to be more appropriate when "eating in an expensive restaurant." It would appear from these data that wives tend to discriminate more when assigning appropriateness of foods to various food-related episodes than do husbands.

Differences between college and post-college couples were observed in 12 of the 24 food-related episodes. College couples perceived "eating at home with spouse," "eating at home to celebrate an anniversary," and "eating at home when food was not good" occurred more frequently than for the post-college couples. However, the post-college couples considered "eating away from home with associates other than friends" and "eating with spouse at the home of business associates" to happen more frequently than did the college group. "Eating at home with spouse" and "eating a meal while watching television" were perceived by the college group as more involved than by the post-college group. The college couples considered "eating a meal while watching television" and "eating at home when food was not good" to be more intimate than did the post-college group.

"Shopping for groceries with spouse" and "having breakfast served to me in bed by my spouse" were considered formal by the college couples, whereas the post-college group considered these episodes as informal. When "shopping for groceries alone" the college couple perceived the episode as more at ease than did the post-college group.

In the episodes where social interaction as a couple was necessary, the post-college couples perceived they knew more how to behave and found doing the episode more pleasant. The episodes where

differences between college and post-college couples occurred tended to indicate a transition from one lifestyle to another was beginning to occur or had been established. The college couples were learning the rules by which to govern the relationship between husband and wife as well as behaviors as a couple. The longer married post-college couples appeared to have established, to a degree, certain rules and boundaries governing the lifestyle which appears to be different from their college lifestyle.

Where significant differences of appropriateness of food for episodes for college and post-college couples were observed, the college couple perceived the food to be more appropriate for that episode. It is possible that in the transition period, the post-college couples, because of higher income and different lifestyle, have become more discriminating toward the appropriateness of foods for various food-related episodes. The interactions between group and spouse involved 6 episodes: "eating at home alone," "eating at home with friends," "shopping for groceries alone," "preparing a meal for a relative in our home," "eating a meal while watching television" and "eating with my spouse at the home of friends."

"Eating at home alone" was perceived by the post-college wives as less expensive than the post-college husbands. However the wives felt that they knew more how to behave than did the post-college husbands when "eating at home alone."

"Eating at home with friends" was perceived as more formal by the college wives and post-college husbands than the college husbands and post-college wives. Having friends in for a meal possibly might be a

new experience for the college wife and may be demanding for the post-college husband because of his professional commitments. The friends for the college husband may be high school or college friends with whom he feels comfortable. The same may be true for the post-college wives.

"Shopping for groceries alone" was viewed by the post-college wives as more frequent and ordinary than by the post-college husbands. The post-college husbands did not shop alone very often, therefore did not perceive the episode in the same way as the post-college wives. The post-college husbands may not perceive "shopping for groceries alone," on a regular basis, as his responsibility but his wife's.

"Preparing a meal for a relative in our home" was viewed by the post-college wives as more pleasant and they felt they knew more how to behave than did the college wives. The post-college wife may have been involved in the episode for a longer period of time and felt she knew what to expect from herself as well as from the relatives. The post-college husbands did not find the episode as pleasant as did the post-college wives.

Like "eating at home with friends" the post-college wives perceived they knew more how to behave when "eating with my spouse at the home of friends" than did the college wives. The longer-married post-college wives probably had more opportunity to be involved in these episodes, therefore had established firmer guidelines from which to act.

College husbands perceived they were more frequently involved in the episode "eating a meal while watching television" than did the post-college husbands. The college couples had more meals at home

and the post-college couples had more meals away from home, therefore the college husbands probably had greater opportunity to watch television while eating at home. The college couples may have used television as a means of entertainment that the post-college couples did not.

Interactions between group and spouse was found for 11 of the 20 food-related episodes and for 17 of the 63 foods studied. A greater number of interactions between group and spouse were found for the episode "eating away from home to celebrate something special that just happened" than any other food-related episode in this study. College wives perceived peanut butter sandwich and turkey to be more appropriate for this episode than did the post-college wives. College wives considered chicken more appropriate when celebrating something special away from home than the post-college wives and husbands. College husbands and wives thought milk was more appropriate for this episode than did the post-college wives. Jello was perceived appropriate when "eating away from home to celebrate something special that just happened" by all groups except the post-college wives.

College wives perceived baked beans, soup, Jello, luncheon meat sandwich and pizza more appropriate than did post-college wives for the episodes: "eating a meal with children," "eating at the home of my spouse's parents," "eating at an expensive restaurant," "eating at home to celebrate an anniversary" and "preparing a holiday meal for us at home," respectively.

Post-college wives found eggs and orange juice more appropriate than did college wives when "eating away from home with associates

other than friends" and "having breakfast served to me in bed by my spouse," respectively. The peanut butter sandwich was considered by the post-college husband more appropriate for "eating at the home of business associates" and "preparing a holiday meal for us at home" than by the post-college wives. Post-college husbands perceived wine more appropriate when "preparing a meal for a relative in our home" than did the college husband.

More differences for the appropriateness of food to food-related episodes were found between college wives and post-college wives than among other groups; fewer differences were observed between college husbands and post-college husbands. This may indicate that the wives' food-related behavior changed more with the transition of lifestyle than did the husbands'. The increase in income for the post-college couples may have attributed also to this change for the wives.

Limitations and Recommendations

The study was restricted to childless young married couples who were living or had lived in married-student housing at the University of Northern Iowa, Cedar Falls, and post-college couples who still lived in the Waterloo/Cedar Falls, Iowa metropolitan area. The researcher was unable to locate the desired number of post-college couples without expanding the group to include couples from a 6-year span. Childbirth, divorce and change of residence from the area severely limited the pool of available subjects. Another study with a respondent sample that would be more evenly distributed over a span

of years would permit a stronger analysis of the contextual transition which underlies this study.

The questionnaire administered to the respondents in Phase II of the study took approximately 1 hour and 40 minutes. To reduce fatigue, the instruments were submitted to the subjects in 4 parts interspersed with 5-minute breaks. Despite the precautions, one or both of the members of eighteen couples complained about the length of the food appropriateness scales. The complaints centered on the overwhelming number of responses sought (1,260) in a short period of time (approximately 1 hour). While no empirical evidence indicated that the instruments' length affected the respondents' responses in this study, future food-related studies employing this methodological technique should inspect these fatigue factors.

Some difficulty was experienced in determining to what concept the respondents were addressing themselves when completing the food appropriateness portion of the study. It was observed that some respondents viewed appropriateness as a general term in contrast to their personal preference about food. Other respondents appeared to interpret the appropriateness scale in view of personal preference. Had the term "appropriate" been made clear to the respondents, better discrimination among episodes and foods thought to be appropriate for those episodes would have resulted. Before the instrument is used again, some process needs to be developed to yield greater clarity concerning the term "appropriate" among respondents.

Twenty-four food-related episodes were identified in Phase I of the study and measured through modified Forgas (1976) scales

administered in Phase II. While this process helped to describe the respondents' perceptions of individual episodes, it failed to reveal clearly how the episodes related to each other. The relationship might emerge statistically through the use of a clustering technique. A recently produced analytical technique, FASTCLUS (SAS, 1982b), was considered for use in this study. It was rejected because it did not build a "tree" of clusters to demonstrate relationships. Also, the number of clusters is determined by the researcher rather than for them emerging naturally which would be more desirable for a descriptive study. The quantity and complexity of the episodic data (100 respondents x 24 episodes x 15 scales) prohibited the use of multidimensional scaling techniques at this time. As computers become more powerful and statistical programs become more sophisticated then research on food-related behavior of this type should employ clustering techniques to determine better how food is enmeshed in human social structures.

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APPENDIXES

APPENDIX A

Department of Nutrition
and Food Sciences

College of Home Economics
and
Agricultural Experiment Station
University of Tennessee, Knoxville 37916

Consent Form for Participation
in Project of
Food-Related Behavior of College and
Post-College Young Married Couples

We, the undersigned, agree to participate in the research project on "Food-Related Behavior of College and Post-College Young Married Couples," and provide the information required.

We understand that we may withdraw our consent at any time.

We have been informed to our satisfaction as to the nature of the projects in which we will participate and understand that we have the right to ask questions regarding each activity prior to and during our participation.

We also understand that the interviews in which we participate will be taped but that we will not in any way be identified on those tapes. We also understand that those tapes will be erased as soon as the necessary information has been derived from them.

We further understand that our identities as participants in this project will not be revealed in any way when the data from this project are published.

Signed_____
(husband)

Signed_____
(wife)

Telephone number_____

Date_____

* * * * * * * * * * * * * * * * * *

This study is being conducted in the Department of Nutrition and Food Sciences, College of Home Economics, University of Tennessee, Knoxville 37916 by Dr. Marjorie P. Penfield (615-974-5445) and Phyllis Conklin (University of Northern Iowa, Cedar Falls).

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Signed_____
(husband)

Signed_____
(wife)

Telephone number_____

Date_____

* *

This study is being conducted in the Department of Nutrition and Food Sciences, College of Home Economics, University of Tennessee, Knoxville 37916 by Dr. Marjorie P. Penfield (615-974-5445) and Phyllis Conklin (University of Northern Iowa, Cedar Falls).

APPENDIX B

PROMPTS

We are going to talk about food and episodes associated with food. I want you to recall your experiences with food. Your perception is important. There are no right or wrong answers. Your first impression will probably be your most valid impression.

Think back to a time when you ate food yesterday.
Where did this happen?
Who were you with?
What food(s) was involved?
Would you rather have eaten something else?
Why?
If you had been with someone else, would you still have had the same food?
Please complete this sentence--"To me (the food mentioned) is . . . ."
How would you describe (name the situation or episode).
What episode(s) do you think about when I say "eating away from home"?
Can you think of other episodes?
Think of the situation just mentioned. Which one would you say is the most typical of your "eating away from home"?
Where would this episode happen?
How often do you (name the situation)?
What would be a situation that would cause (name the situation) to happen?
Who are you usually with?
Describe a typical meal or groups of food eaten when (situation) occurs.
How would you describe a typical meal eaten away from home?
Since you have been married--name a "special occasion" involving food.
Where did (situation) take place?
When did this happen?
Who was with you?
Tell me about the food. (Describe)
If the same episode had occurred before you were married, would the foods described have been the same?
Why (yes) Why (no)?
Think about (this special occasion) how would you describe the episode?
How would you describe the food?
Think of "all" of the times you have "eaten at home," what comes to your thinking as a situation that best describes "eating at home"?
Can you think of others?
Think of the situation described--which one would be typical of your eating at home?
When would this occur?
Who is usually with you?
What food(s) would be involved?

Do you usually eat this food?
Why is this food consumed?
In one word how would you describe these foods?
Can you give me others?
Think of an episode that is not typical of your "eating at home."
When would this occur?
Who would be with you?
What food(s) would be involved?
How would you describe the food(s)?
Since you have been married, recall an episode that you consider the most pleasant time when food was involved.
When did it occur?
Who was involved?
What food(s) was involved?
Using adjectives, describe (this situation).
Can you think of others?
If this (most pleasant episode or situation) occurred tomorrow, would the same kind of food be involved?
Why (yes) Why (no)?
Now, name the most unpleasant situation that comes to mind that involves food. (Again this would be during your married life).
When did it occur?
Who was involved?
What food(s) was involved?
What are some words you would use to describe this episode?
What are some words you might use to describe the food?
Is there anything that you would do to make this situation a more pleasant one?
What do you consider a social occasion?
Would food be involved?
Why (yes) Why (no)?
What kind of food would you consider appropriate for "this" social occasion?
Describe with the use of adjectives food used (during) a social occasion.
Let's talk about the procurement or obtaining of food. Name an episode that you can recall last week that involved procurement of food for your home.
Is this a typical situation?
Can you think of others?
Which situation or occurrence best describes your family?
Who is usually with you when this occurs?
What foods are involved?
How would you describe this episode?

APPENDIX C

AES-TN-519-K-4
DC-MPP, 8-81 _____ 1-5

INSTRUCTIONS: Below are a number of short answer questions about you as individuals and as a couple. Please answer as completely as possible. The information given will be held in strict confidence.

How old are you? Husband _____ 7-8
Wife _____ 9-10

How long have you been married? Years _____ Months _____ 11-13

Where did you live before you got married (state)?
Husband _____ Wife _____ 14 / 15

What were the occupations of your parents or guardians (adults with whom you lived while growing up)? 16-17

	Husband	Wife	
			18-19
Father or male guardian	_____	_____	20-21
Mother or female guardian	_____	_____	22-23

How many siblings lived in your household while you were growing up? 24-25

	Husband	Wife	
			26-27
Brothers	_____	_____	28-29
Sisters	_____	_____	30-31

How many other people lived in your household while you were growing up?
Husband _____ 32-33
Wife _____ 34-35

What are your educational levels? (Check highest level completed.)

	Husband	Wife	
1-6 years	_____	_____	36
Junior high school	_____	_____	37
Some high school	_____	_____	
Completed high school	_____	_____	
Some college	_____	_____	
Some technical school	_____	_____	
Completed college or university	_____	_____	
Graduate/professional training	_____	_____	38

1-5

What is your religious affiliation?

	Husband	Wife	
Catholic	_____	_____	39
Protestant	_____	_____	40
Jewish	_____	_____	
None	_____	_____	
Other (specify)	_____	_____	

What is/was your major area of study and what is your type of employment?

Husband	major _____		41-42
	employment _____		43-44
Wife	major _____		45-46
	employment _____		47-48

How many hours per week are you employed outside the home?

Hours per week	Husband	Wife	
Not employed	_____	_____	49
less than 10	_____	_____	50
10-20	_____	_____	
21-30	_____	_____	
31-40	_____	_____	
41-50	_____	_____	
More than 50	_____	_____	

During the average week, about how much time do you spend in each of the following activities? If you do two or more things at the same time, please include the time under the activity that takes priority. (There is no specified time that the activities should add up to but should be representative of your life style.)

Activity	Hours per week: Husband		Wife	
Meal planning	_____	51-53	_____	7-9
Shopping for food	_____	54-56	_____	10-12
Eating at home	_____	57-59	_____	13-15
Eating away from home	_____	60-62	_____	16-18
Food preparation	_____	63-65	_____	19-21
Clean up	_____	66-68	_____	22-24
Socializing at home	_____	69-71	_____	25-27
Socializing away from home	_____	72-74	_____	28-30

31

1-5

How often does your family shop for food? 32

Everyday _____
Six times a week _____
Five times a week _____
Four times a week _____
Three times a week _____
Two times a week _____
Once a week _____
Every two weeks _____
Once a month _____

In general, who decides what food is to be purchased? (Place one check in each column.)

	Husband alone	Wife alone	Together	
Usually	_____	_____	_____	33
Sometimes	_____	_____	_____	34
Never	_____	_____	_____	35

Who is responsible for buying groceries for the family? (Place one check in each column.)

	Husband alone	Wife alone	Together	
Usually	_____	_____	_____	36
Sometimes	_____	_____	_____	37
Never	_____	_____	_____	38

How often do you buy food at drive-in convenience stores? (Place on check in each column.)

	Husband alone	Wife alone	Together	
Frequently	_____	_____	_____	39
Occasionally	_____	_____	_____	40
Never	_____	_____	_____	41

Which statement best describes your present meal planning behavior? (Check one) 42

Plan meals right before preparation _____
Plan meals about a day before preparation _____
Plan meals after groceries are purchased _____
Plan meals several days ahead and before groceries are purchased _____

1-5

How many meals do you usually eat together at home each day.

None _____
One _____
Two _____
Three _____

43

If the above answer was None or One, what situation(s) would cause this?

_____
_____
_____
_____

44-45

Which one sentence best describes your food preparation since marriage?

	Husband	Wife	
I purchase and prepare most of the food I eat.	_____	_____	46
I purchase and prepare some of the food I eat.	_____	_____	47
My spouse prepares most of the food I eat.	_____	_____	
Most of my food is obtained by eating out or buying ready-to-eat foods (those foods that require no preparation).	_____	_____	

Do you preserve food in the summer months to be used during the fall, winter and spring? yes _____ no _____

48

If the above answer was yes, please estimate the number of pints of these preserved foods you normally use in your family meals per week.

Fruits _____ Vegetables _____ Others _____ (Please specify)

49-50
51-52
53-54

Do you receive gifts of canned or frozen foods? yes _____ no _____

55

If the above answer was yes, please estimate the number of pints of these preserved foods you normally use in your family meals per week.

Fruits _____ Vegetables _____ Others _____ (Please specify)

56-57
58-59
60-61

Do you have more meat in your freezer than your family will normally consume in a month? yes _____ no _____

62
63

1-5

How many pounds of meat (beef, pork, poultry, fish, etc.) will you consume in a week? _____ 64

Do you buy meat from a locker? yes _____ no _____ 65

If the answer to the above question was yes, approximately how much do you spend per month? $_____ 66-68

Do you participate in the food stamp program? 69

yes _____ no _____

Approximately how much do you spend at the grocery store each week? 70-72

$_____

Do you use "cents-off" coupons? (Check the one that most represents your family) 73

Frequently _____

Occasionally _____

Never _____

Do you compare prices among grocery stores? 74

Frequently _____

Occasionally _____

Never _____

How many times per week do you purchase and consume food away from home? (Place one check in each column.) 75 76 77

	Husband alone	Wife alone	Together
None	_____	_____	_____
One	_____	_____	_____
Two	_____	_____	_____
Three	_____	_____	_____
Four	_____	_____	_____
Five	_____	_____	_____
More	_____	_____	_____

How much do you spend per week for food purchased and consumed away from home? 78-80

$_____

1-5

How do you rate each of the following items as to degree of importance when choosing a store from which to buy your food?

	Very important : : : : : : Not important	
Check cashing privilege	: : : : : :	10
Carry-out service	: : : : : :	11
Ample parking	: : : : : :	12
Attractiveness of store	: : : : : :	13
Cleanliness of store	: : : : : :	14
Near shopping center	: : : : : :	15
Close to my home	: : : : : :	16
Variety and selection of grocery merchandise	: : : : : :	17
Overall price of groceries	: : : : : :	18
Quality and freshness of meat	: : : : : :	19
Price of meat	: : : : : :	20
Store arranged for ease of shopping	: : : : : :	21
Courteous and helpful employees	: : : : : :	22
Quality and freshness of fruits and vegetables	: : : : : :	23
Price of fruits and vegetables	: : : : : :	24
Fast check-out service	: : : : : :	25
Advertised specials	: : : : : :	26
Offers redemption stamps	: : : : : :	27
Offers generic products	: : : : : :	28
In-store bakery	: : : : : :	29
In-store deli	: : : : : :	30
Freshness of dairy products	: : : : : :	31

1-5

Do you follow a special diet plan or avoid any foods or groups of food?

	Husband	Wife	
yes	_____	_____	32
no	_____	_____	33
sometimes	_____	_____	

If the answer to the above question is Yes or Sometimes, please specify as to why.

Husband _____ 34-36

_____

Wife _____ 37-39

_____

Which best describes your total gross monthly income before deductions? (Combine husband's and wife's salaries, plus income from sources other than salaries). Please check the category that best describes your total monthly income. 40

Less than $500	_____	$1501 - 1600	_____
$501 - 600	_____	$1601 - 1700	_____
$601 - 700	_____	$1701 - 1800	_____
$701 - 800	_____	$1801 - 1900	_____
$801 - 900	_____	$1901 - 2000	_____
$901 - 1000	_____	$2001 - 2100	_____
$1001 - 1100	_____	$2101 - 2200	_____
$1101 - 1200	_____	$2201 - 2300	_____
$1201 - 1300	_____	$2301 - 2400	_____
$1301 - 1400	_____	$2401 - 2500	_____
$1401 - 1500	_____	More than $2500	_____

THANK YOU FOR YOUR HELP.

APPENDIX D

SUMMARY OF ALL EPISODES REPORTED IN PHASE I BY HUSBANDS AND WIVES OF COLLEGE AND POST-COLLEGE MARRIED COUPLES[a]

EATING WITH SPOUSE AT HOME

1. Preparing an unplanned meal with husband (0[b], 1[c])
2. Having regular meals at home with wife on weekends (1, 0)
3. Preparing a big Sunday night meal (1, 0)
4. Sunday lunch after church (0, 2)
5. A rushed late evening meal (1, 0)
6. Wife starts dinner meal, husband finishes it (0, 1)
7. Evening meal at home with wife, husband (14, 20)
8. Eating cold cereal for breakfast (0, 1)
9. Eating a mid-morning breakfast (0, 2)
10. Eating a very early breakfast at home (0, 1)
11. Eating breakfast at home that I prepared (0, 1)
12. Having breakfast served to me in bed by my husband/wife (1, 1)
13. Breakfast at home with husband/wife (3, 0)
14. Breakfast at home with husband/wife on the weekends (0, 1)
15. Never preparing a big breakfast for us (3, 1)
16. Preparing special breakfast for husband on Sunday morning (1, 0)
17. A very quick breakfast at home with husband/wife (2, 0)
18. Eating a mid-afternoon lunch or supper at home (0, 1)
19. Lunch at home together (1, 3)
20. Christmas Eve dinner at home with husband (1, 0)
21. New Year's dinner at home (3, 0)
22. Eating our first Thanksgiving dinner in our home (0, 3)
23. Christmas Eve dinner with husband at home after church (0, 1)
24. Birthday celebration at home (0, 2)
25. Birthday dinner for wife prepared by husband (0, 1)
26. Candlelight dinner at home on anniversary (6, 0)
27. Preparing a special meal for husband on my day off (2, 0)
28. Eating junk food instead of a regular meal at home (0, 3)
29. Preparing lobster at home for us (0, 1)
30. Trying to prepare food like his mother used to do and failing (3, 0)
31. Preparing a meal for husband that did not turn out well (2, 1)
32. Being unhappy with spouse at meal time (2, 0)
33. Disagreement at the dinner table (0, 4)
34. Eating at home with wife when food was not good (3, 0)
35. Wife burning the food (0, 1)
36. Poor quality food prepared for husband (0, 1)
37. Made husband's favorite casserole too many times (0, 1)
38. Made gravy that we could not eat (0, 1)

---

[a] N = 40. (10 college and 10 post-college couples)
b = Number of times mentioned by college couples.
c = Number of times mentioned by post-college couples.

39. Eating a meal in front of the TV (0, 2)
40. Eating with the TV turned off and having a leisurely meal (1, 0)
41. Eating in another room other than the kitchen (0, 2)
42. Eating evening meal at home with wife while watching TV (3, 0)
43. Watching TV at home with wife--eating popcorn and drinking pop (2, 0)
44. Living and preparing meals in a motel room (1, 0)

EATING WITH SPOUSE AWAY FROM HOME

45. Eating supper out on the night we shop for food (1, 0)
46. Eating out with husband/wife (2, 10)
47. Husband and wife going out to dinner at someone else's home (0, 2)
48. Eating out for every meal (1, 0)
49. Eating at a ski resort (0, 1)
50. Going on a vacation and eating out (0, 2)
51. Going out to eat to celebrate some occasion (1, 1)
52. Anniversary dinner out of town (0, 6)
53. Anniversary dinner at a nice restaurant in town (0, 8)
54. Dinner out to celebrate an anniversary (moderately priced) (4, 0)
55. Going out to eat at a moderately priced restaurant (0, 3)
56. Dinner at Red Lobster when husband was promoted (1, 0)
57. Eating at an expensive restaurant (3, 0)
58. Eating out in a nice restaurant for birthday (moderately priced) (3, 0)
59. Birthday celebration at nice restaurant (0, 1)
60. Eating at a French restaurant (0, 1)
61. Eating at a new restaurant (0, 2)
62. Eating out on our honeymoon (0, 3)
63. Going to a wedding and then to dinner (1, 0)
64. Our wedding reception dinner (0, 1)
65. Buying food at a fast-food restaurant--bringing it home to eat (2, 0)
66. Using pizza coupon for one free pizza (3, 0)
67. Using coupon at a restaurant (0, 4)
68. Going to a fast-food restaurant for supper (9, 0)
69. Eating at a fast-food restaurant (0, 7)
70. Going out to eat pizza (0, 4)
71. Going out with husband to get pizza (2, 0)
72. Eating out on the weekends (0, 1)
73. Eating a sack lunch with wife away from home (1, 0)
74. Preparing food on a camping trip (0, 1)
75. Preparing and eating a meal when camping out (1, 0)
76. Finding a foreign object in food at restaurant (1, 0)
77. Eating out in a restaurant and becoming ill (1, 0)
78. Special dinner ruined by sad news (0, 1)
79. Ordering liver at a restaurant expecting it to be good and it was of poor quality (0, 1)
80. Finding mold on a piece of pie in a restaurant (0, 1)

MEALS EATEN ALONE WITHOUT SPOUSE

81. Husband and wife eating at different times because of work (2, 0)
82. Eating alone at home (0, 3)
83. Eating alone at work (0, 1)
84. Making favorite food when wife is away (0, 1)
85. Not preparing a meal, just "grabbing" a glass of milk (2, 0)
86. Eating alone when spouse is away (6, 0)

EATING WITH FRIENDS IN OUR HOME

87. Grilling steaks outside with friends (0, 1)
88. Covered dish or pot luck dinner with friends (3, 2)
89. Evening meal at home with wife and friends (3, 3)
90. Spur-of-the-moment inviting friends for a social occasion (0, 1)
91. Inviting close friends over for a meal (2, 0)
92. Serving guest foods that are vegetable in origin (1, 0)
93. Entertaining a large group in our home (3, 0)
94. Eating a meal in our home with people we hardly know (3, 0)
95. Terrible tuna-noodle casserole for dinner guests who were gracious (0, 1)
96. Eating a meal in our home with company who were not gracious (1, 0)
97. Preparing a special brunch for special friends (0, 1)
98. Preparing birthday dinner for girlfriend and my husband (0, 1)
99. Preparing Christmas dinner for friends and their children (1, 0)

EATING WITH FRIENDS AWAY FROM HOME

100. Going out with friends to eat pizza (3, 0)
101. Going to a movie, then to get pizza with friends (1, 0)
102. Picnic lunch with friends (0, 1)
103. Going out to dinner with friends (0, 8)
104. Honeymoon dinner with new wife and another couple (0, 1)
105. Bridegroom surprised by pre-wedding dinner by male friends (1, 0)
106. Eating with church friends at Sunday School party (0, 2)

EATING AWAY FROM HOME

107. Eating out and then becoming ill (0, 1)
108. Meal made unpleasant by unruly children at the next table in restaurant (0, 1)

EATING A MEAL WITH BUSINESS ASSOCIATES OR COLLEAGUES

109. Eating dinner at business function (with wife) (0, 2)
110. Lunch at work with co-workers (0, 11)
111. Eating at university food service with fellow students (1, 0)
112. Eating out with another graduate student (1, 0)
113. Traveling with fellow students and eating "on the road" (1, 0)
114. Eating a sack lunch with friends at work (5, 0)
115. Eating in cafeteria at work (1, 0)
116. Eating a snack at work with fellow employees (1, 0)
117. Invited to country club for dinner with wife's employer (wife also) (1, 0)
118. Eating dinner with student teacher supervisor (1, 0)
119. Preparing a meal for older co-workers (teachers) (1, 0)
120. Preparing and eating meal with small children at babysitting job (1, 0)
121. Inviting employees to our house for social occasion (0, 3)
122. Eating dinner at the boss' house (0, 1)
123. Going out to eat with colleagues (0, 1)

GOING OUT TO EAT WITH RELATIVES

124. Going to a relative's baptism--food served as part of the celebration (1, 0)
125. Going out with both parents to celebrate wife's graduation (1, 0)
126. Taking our parents out to eat (1, 0)
127. Going out to eat with parents after concert (1, 0)
128. Celebration of grandparents' 50th wedding anniversary (1, 0)

PREPARING A MEAL FOR RELATIVES IN OUR HOME

129. Preparing a meal for parents (0, 1)
130. Wife gave husband hard time in front of (her) sister before a meal was served (husband ate elsewhere) (0, 1)
131. Preparing a meal for my in-laws (1, 0)
132. Thanksgiving dinner at our home with all of the relatives (2, 2)

EATING WITH HUSBAND/WIFE AT RELATIVES' HOME

133. Being forced to eat meat and foods that have sugar in them at husband's grandparents' home (2, 0)
134. Christmas dinner at parents' when young children upset card table of food--parents angry with children--spoiled occasion (0, 1)
135. Christmas dinner with relatives (0, 2)
136. Eating at our parents' home (0, 1)
137. Family celebration at husband's mother's home (0, 1)

138. Going to in-laws for a meal (0, 3)
139. Unpleasant meal at in-laws (0, 2)
140. Eating with relatives other than parents (1, 0)
141. Christmas dinner with husband's parents (1, 0)
142. Thanksgiving dinner with husband's parents (1, 0)
143. Eating at parents' home (3, 0)
144. Eating breakfast at in-laws' home (1, 0)
145. Eating at mother's home with husband and his family (0, 3)

EATING WITH ANOTHER COUPLE IN THEIR HOME

146. Going to another couple's home for dinner (10, 3)
147. Birthday party of a friend at her house (0, 1)

PROCUREMENT OF FOOD AT THE GROCERY STORE

148. Shopping at the grocery store with spouse (17, 0)
149. Going to the grocery store to purchase food (0, 15)
150. Shopping with a friend (0, 1)
151. Husband shopping alone (3, 3)
152. Wife shopping alone (0, 4)
153. Going to the grocery store to buy only milk (1, 1)
154. Husband going to dairy store to buy milk (0, 2)

PROCUREMENT OF FOOD BY THE USE OF A GARDEN

155. Planting a garden in the summertime (1, 5)

PROCUREMENT OF FOOD BY GIFTS

156. A gift of food from a close friend (1, 0)
157. Obtaining food from parents (1, 5)
158. Food brought to our home at the death of my mother (father's house) (0, 1)

PROCUREMENT OF FOOD FROM SPECIAL STORES

159. Going to the meat locker to purchase meat (0, 7)
160. Buying grocering at the warehouse market (0, 1)
161. Shopping at a discount market (1, 0)
162. Shopping at a health food store (3, 0)

APPENDIX E

DESCRIPTIVE WORDS FOR EPISODES AND THE NUMBER[a] OF TIMES USED BY HUSBANDS AND WIVES OF COLLEGE AND POST-COLLEGE MARRIED COUPLES[b] IN PHASE I

1. enjoy (59)[a]
1a. enjoyable
2. relax (45)
2a. relaxing
3. fun (38)
4. pleasant (29)
5. good (23)
6. anticipate (15)
7. nice (15)
8. different (12)
9. expensive (12)
10. rushed (12)
11. together (12)
12. companionship (11)
13. happy (11)
14. leisure (11)
15. excited (10)
16. fast (10)
17. liked (9)
18. quiet (9)
19. hurried (8)
20. seldom (8)
21. special (8)
22. comfortable (7)
23. communicate (7)
24. planned (7)
25. sharing (7)
26. tiring (7)
27. boring (6)
28. treat (6)
29. alone (5)
30. chore (5)
31. dislike (5)
32. uncomfortable (5)
33. anger (4)
34. bad (4)
35. casual (4)
36. disppointing (4)
37. elegant (4)
38. frustrating (4)
39. involved (4)
40. less expensive (4)
41. likeable (4)
42. often (4)
43. quick (4)
44. romantic (4)
45. satisfying (4)
46. social (4)
47. surprising (4)
48. unplanned (4)
49. anxious (3)
50. appreciate (3)
51. awful (3)
52. challenge (3)
53. close (3)
54. depressing (3)
55. disgusted (3)
56. easy (3)
57. embarrassing (3)
58. great (3)
59. habit (3)
60. inexpensive (3)
61. informal (3)
62. loved it (3)
63. necessary (3)
64. private (3)
65. relieved (3)
66. restricted (3)
67. tedious (3)
68. typical (3)
69. unusual (3)
70. upset (3)
71. change of pace (2)
72. confused (2)
73. constantly (2)
74. control (2)
75. convenient (2)
76. cosy (2)
77. delighted (2)
78. discouraging (2)

[b] N = 40 (10 college and 10 post-college couples).

79. distracting (2)
80. doing (2)
81. entertaining (2)
82. extravagant (2)
83. formal (2)
84. frequent (2)
85. giving (2)
86. glad (2)
87. guilty (2)
88. hassle (2)
89. hectic (2)
90. homey (2)
91. interesting (2)
92. luxury (2)
93. maddening (2)
94. medium (2)
95. memories (2)
96. need (2)
97. nice atmosphere (2)
98. organized (2)
99. pretty (2)
100. quaint (2)
101. sad (2)
102. tension (2)
103. terrible (2)
104. thankful (2)
105. time consuming (2)
106. unenjoyable (2)
107. unhurried (2)
108. unreal (2)
109. unrelaxing (2)
110. variety (2)
111. void (2)
112. wonder (2)
113. abundant
114. adventure
115. all right
116. always
117. annual
118. approval
119. attach
120. available
121. awkward
122. bargains
123. belittle
124. best
125. better
126. bright
127. calm
128. care
129. carefree
130. careful
131. cheated
132. cheerful
133. choosy
134. common
135. competitive
136. concern
137. conversation
138. crowded
139. deserted
140. devastation
141. different
142. discomfort
143. disheartening
144. display
145. downer
146. dread
147. dressed
148. durable
149. duty
150. eatable
151. elite
152. escape
153. exasperating
154. excellent
155. exercise
156. family
157. fancy
158. festive
159. flashy
160. flat
161. forced
162. fresh
163. fuel
164. funny
165. furious
166. gift
167. good atmosphere
168. good attitude
169. good times
170. grateful
171. hated it
172. healthful
173. high class
174. hot
175. hungry
176. impulse
177. inconvenient
178. independent
179. individual
180. inflexible

181. interaction
182. job
183. large
184. last
185. late
186. left out
187. limited budget
188. lonely
189. long time
190. lots of work
191. luck
192. martyr
193. monthly
194. more economical
195. nervous
196. never
197. never ending
198. never full
199. no cares
200. noisy
201. non-private
202. no time
203. obligated
204. ordinary
205. out of place
206. over indulged
207. overwhelming
208. painful
209. party
210. peaceful
211. poor atmosphere
212. poor attitude
213. poverty stricken
214. prepared
215. pressure
216. probing
217. proud
218. pseudo-choices
219. put down
220. radiating
221. ready
222. recreation
223. reflecting
224. refuses
225. regimented
226. release
227. repeat
228. required
229. results
230. revolving
231. rich
232. same
233. scheduled
234. seclusion
235. seldom
236. sensual
237. separate
238. short changed
239. splurged
240. stale-mate
241. stiff
242. strain
243. tasty
244. traditional
245. traumatic
246. trying
247. uncertain
248. uncommon
249. uncontrolled
250. undisciplined
251. unexciting
252. unfeeling
253. unhappy
254. unimportant
255. uninteresting
256. unique
257. uninvolved
258. unmessy
259. unnecessary
260. unorganized
261. unpersonal
262. unsanitary
263. unspoken grief
264. unthinking
265. unwinding
266. visiting
267. visual
268. wasteful
269. well
270. worried
271. worst
272. worthwhile

APPENDIX F

DIRECTION FOR EVALUATING THE EPISODES

The purpose of this study is to discover how you feel about various episodes. There are no right or wrong answers.

At the top of each page you will find an episode. With each episode you will find phrases or words. Please use the phrases and words to describe how you feel about the episode printed at the top of each page.

Example: If you feel the episode at the top of the page is very closely related to one end of the scale, then you should place your mark (✓) as follows:

I never do this ✓:____:____:____:____:____:____: I frequently do this

or

I never do this ____:____:____:____:____:____:✓: I frequently do this

If you estimate your feelings to be closely related to one end of the scale, but not extremely, then place your mark (✓) as follows:

I never do this ____:✓:____:____:____:____:____: I frequently do this

or

I never do this ____:____:____:____:____:✓:____: I frequently do this

If you feel the episode seems only slightly related to one side, then check (✓) as follows:

I never do this ____:____:✓:____:____:____:____: I frequently do this

or

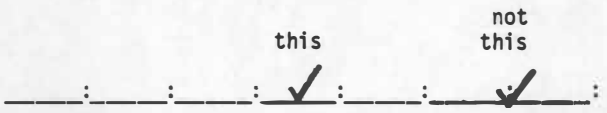
I never do this ____:____:____:____:✓:____:____: I frequently do this

If you estimate your feelings to be mid-point or neutral on the scale, then check the middle space.

I never do this ____:____:____:✓:____:____:____: I frequently do this

Please turn to the next page.

NOTES: It is very important that you place your check (✓) in the middle of the space, not between the spaces.



Please be sure to check every scale for every episode. Do not omit any.

Never place more than one check mark (✓) on a single scale.

Work as quickly as possible, do not worry or puzzle over individual items.

Remember, your first impression is probably your most valid impression. Please do not be careless because we want your true feelings about each episode.

THANK YOU VERY MUCH FOR YOUR HELP!

AES-519-K-4
PC/MPP
8-13-81

Episode EATING AT HOME WITH SPOUSE

I never do this	____	____	____	____	____	____	____	I frequently do this
When I do this I... know how to behave	____	____	____	____	____	____	____	don't know how to behave
feel very much at ease	____	____	____	____	____	____	____	feel very ill at ease

Doing this seems to me:

involved	____	____	____	____	____	____	____	uninvolved
simple	____	____	____	____	____	____	____	complex
active	____	____	____	____	____	____	____	passive
pleasant	____	____	____	____	____	____	____	unpleasant
intimate	____	____	____	____	____	____	____	nonintimate
friendly	____	____	____	____	____	____	____	unfriendly
occasional	____	____	____	____	____	____	____	regular
organized	____	____	____	____	____	____	____	disorganized
cooperative	____	____	____	____	____	____	____	competitive
formal	____	____	____	____	____	____	____	informal
expensive	____	____	____	____	____	____	____	inexpensive
ordinary	____	____	____	____	____	____	____	extraordinary

APPENDIX G

Table 38--Frequency of food and food combinations reported by husbands and wives[a] of college and post-college couples in Phase I

Foods	Frequency[b] College	Post-college
Grilled hamburger	15	21
Steak	8	16
Pork chops	9	8
Hot dogs	7	4
Baked ham	5	6
Roast beef	5	4
Bacon	4	2
Beef	2	2
Pork roast	1	3
Sirloin steak	3	0
Sausage	1	2
14 oz. New York strip steak	2	0
Beef prime rib	2	0
Veal	1	0
Minute steaks	1	0
Iowa Cut pork chop	1	0
Treet/Spam	1	0
Pizza	18	17
Hamburger lasagna	9	9
Hamburger meat and spaghetti	6	5
Macaroni and cheese	3	5
Chinese food	1	4
Canned chili	3	2
Barbecued pork	1	4
Teriyaki steak	1	5
Hamburger casserole	3	1
Meatloaf (hamburger)	1	3
Beef stew	2	2
Vegetable casserole	2	1
Tuna casserole	1	1
Tune casserole (Tuna Helper)	0	1
Tater Tot casserole	1	3
Hamburger Helper casserole	1	1
Vegetable pizza	2	1
Frozen meat pies	2	0
Chicken-rice casserole	1	1
Swiss steak with mushrooms	2	1
Meatballs with mushroom gravy	2	0
Quiche	2	0
TV dinner	1	1
Pizza loaf	0	2

Table 38--(continued)

Foods	Frequency[b] College	Post-college
Cordon bleu	1	0
Beef Stroganoff	1	0
Taco	1	0
Italian food	0	1
Mexican food	1	0
Meat pot pie	1	0
Swiss steak	1	0
Potato casserole	1	0
Meatballs	1	0
Stuffed green pepper	1	0
Beef goulash	1	0
Chicken-noodle casserole	1	0
Sloppy Joes	1	0
Sweet and sour pork	1	0
Creamed tuna on toast	1	0
Pot roast with vegetables	0	1
Beef in wine sauce	0	1
Pepper steak	0	1
Beef Wellington	0	1
Tortillas	0	1
Tuna-noodle casserole	0	1
Baked ham slice with pineapple rings	0	1
Canadian bacon pizza	0	1
Fried chicken	5	8
Turkey	2	9
Barbecued chicken	0	1
Colonel Sanders fried chicken	1	0
Turkey	1	0
Ground turkey	0	1
Chicken and noodles	0	1
Eggs	7	3
Omelet	4	0
Souffle	1	0
Scrambled eggs	2	0
Cheese omelet	0	1
Liver	0	1
Milk	23	25
Cheese	6	4
Cottage cheese	3	3
Sour cream	2	0
Malt/shake	1	2
Yogurt	0	1

Table 38--(continued)

Foods	Frequency[b] College	Post-college
Parmesan cheese	0	1
Milk shake	0	1
Chocolate milk shake	0	1
Whipped cream	0	1
Ice cream sandwich	0	1
Cheese fondue	0	1
Margarine	1	0
Butter	1	0
Unsalted butter	1	0
Green beans	7	12
Carrots	5	8
Broccoli	2	7
Green peas	3	6
Canned asparagus	6	3
Cauliflower	1	6
Tomatoes	1	5
Canned vegetables	4	0
Green vegetables	3	0
Frozen mixed vegetables	1	2
Frozen vegetables	1	1
Mushrooms	2	0
Brussels sprouts	0	2
Yellow vegetable	1	0
Breaded cauliflower	1	0
Celery sticks	1	0
Frozen Chinese-style vegetables	1	0
Spinach	1	0
Stir-fry vegetables	0	1
Lima beans	0	1
Green bean casserole	0	1
Radishes	0	1
Onion rings	0	1
Green Giant cheese cauliflower	0	1
Broccoli with cheese sauce	0	1
Green pepper	0	1
Baked potato	33	20
Corn	13	13
Mashed potatoes	11	10
French fries	7	9
Boiled potatoes	6	1
Baked beans	1	3
Scalloped potatoes	1	2
Hash brown potatoes	2	1

Table 38--(continued)

Foods	Frequency[b] College	Post-college
Sweet potatoes	0	2
Corn on the cob	2	0
Pork and beans	1	1
Stuffed potato	1	0
Au gratin potatoes	1	0
Potato with sour cream	0	1
Lettuce salad	16	16
Jello salad	4	6
Tossed salad	1	8
Potato salad	2	4
Lettuce salad with cucumbers, tomatoes	3	1
Cole slaw	3	1
Cucumber salad	1	2
Chef's salad	1	1
Dietetic Jello salad	1	0
Fruit salad	0	1
Three-bean salad	0	1
Macaroni salad	0	1
Spinach salad	0	1
Caesar salad	0	1
Sauerkraut	0	1
Italian salad dressing	1	2
Mayonnaise	1	0
Dressing	0	1
Fruit	2	5
Apple	1	5
Apple sauce	2	1
Orange	1	2
Watermelon	1	1
Banana	1	1
Cranberry sauce	1	1
Orange-cranberry sauce	2	0
Pear	0	2
Melon balls	0	2
Grapefruit	0	2
Fish	7	6
Crab legs	4	2
Lobster	2	4
Clam chowder	1	0
Fillet of sole	0	1
Homemade bread	5	5
Rolls	5	5
Loaf bread	7	1

Table 38--(continued)

Foods	Frequency[b] College	Post-college
Cold dry cereal	2	4
Rice	2	4
Toast	3	2
Crackers	3	1
French bread	1	3
Waffles	3	0
Popcorn	2	1
Blueberry muffins	2	1
Pancakes	1	2
Wild rice	0	2
Hot cereal	1	1
Biscuits	2	0
French toast	2	0
Hot dog rolls	2	0
Plain muffins	1	1
Noodles	1	1
Dry cereal Team	0	1
Post Toasties	1	0
Krispy Wheat and Raisins	1	0
Long Johns (sweet roll)	1	0
Apple break	1	0
Brown rice	1	0
Whole wheat pizza crust	1	0
Wonder bread	1	0
Texas toast	1	0
Oatmeal	1	0
Dumplings	1	0
Cornbread	0	1
Breakfast rolls	0	1
Brown bread	0	1
Garlic break	0	1
Croutons	0	1
"Poppin" fresh rolls	0	1
Peanut butter and jelly sandwich	4	0
McDonald's quarter-pounder	2	2
Peanut butter sandwich	2	1
McDonald's fish sandwich	3	0
Bologna sandwich	2	0
Thin-sliced ham sandwich	1	1
Hardy's roast beef sandwich	1	1
Luncheon meat sandwich	1	1
Tuna fish sandwich	2	0
Grilled cheese sandwich	1	1

Table 38--(continued)

Foods	Frequency[b] College	Post-college
Reuben sandwich	0	2
Tenderloin sandwich	0	2
Egg salad sandwich	1	0
McDonald's chicken sandwich	1	0
Fried egg sandwich	1	0
Hot turkey on white bread	1	0
Homemade fish sandwich	1	0
Dried beef sandwich	0	1
Salami sandwich	0	1
Ham and cheese sandwich	0	1
Cake	5	6
Pie	1	6
Dessert	1	4
Pudding	3	2
Pastry	1	2
Cream pie	2	1
Birthday cake	1	2
Cookies	1	2
Cheese cake	2	0
Pumpkin pie	0	2
Jello dessert	0	2
Chocolate mousse	0	2
Cherry sauce over ice cream	1	0
Wedding cake	1	0
Peach cobbler	1	0
Peach dessert	1	0
Christmas cookies	1	0
Pecan pie	1	0
Shortcake	1	0
Refrigerator dessert	0	1
Banana cream pie	0	1
Birthday pie	0	1
Kolacky	0	1
Wine	5	14
Beer	10	9
Pop	5	10
Coffee	4	8
Iced tea	6	3
Orange juice	4	4
Coke	5	3
Kool-aid	3	5
Pepsi	2	4
Mixed drinks	3	2

Table 38--(continued)

Foods	Frequency[b] College	Post-college
Champagne	0	4
White wine	0	3
Hot tea	0	3
Hot chocolate	1	1
Root beer	2	0
Diet Pepsi	2	0
Fresca	1	0
Lemonade	1	0
Hi-C orange drink	1	0
Mountain Dew	0	1
Potato chips	7	2
Corn Diggers	0	1
Pretzels	0	1
S'mores	1	0
Fritos	1	0
Hors d'oeuvres	0	1
Smorgasbord of munchies	0	1
French onion soup	3	1
Vegetable beef soup	1	1
Vegetable soup	0	2
Cream of chicken soup	1	0
Chunky vegetable soup	1	0
Tomato soup	1	0
Gravy	7	5
Pickles	3	0
Homemade strawberry jam	0	1

[a]N = 10. (Represents 10 college couples and 10 post-college couples)
[b]Frequency may be more than 20 because some foods were reported more than once.

APPENDIX H

DIRECTIONS FOR CHOOSING FOODS APPROPRIATE FOR THE EPISODES

Each of the following pages has an episode at the top. Look at the episode and tell how appropriate you think each of the foods listed below is for that particular episode.

Please use the same technique with this part of the study as you did in the previous part.

Example: If you feel the food would always be appropriate for an episode, then you would place a check (✓) mark as follows:

	Always Appropriate						Never Appropriate
Coffee	✓	:	:	:	:	:	:

If you feel the food would almost always be appropriate for this episode:

Coffee	:	✓	:	:	:	:	:

If you feel the food would often be appropriate for this episode:

Coffee	:	:	✓	:	:	:	:

If you have neutral feelings as to the appropriateness of this food for an episode:

Coffee	:	:	:	✓	:	:	:

If you feel the food would sometimes be appropriate for this episode:

Coffee	:	:	:	:	✓	:	:

If you feel the food would rarely be appropriate for this episode:

Coffee	:	:	:	:	:	✓	:

If you feel this food would never be appropriate for this episode:

Coffee	:	:	:	:	:	:	✓

REMEMBER: There are no right or wrong answers.

It is important that you place your check (✓) in the middle of the space as you did before.

Please do not omit any food item for an episode.

Never place more than one check (✓) mark on a single scale.

Work as quickly as possible, but take care because your first impression is probably your most valid impression.

Thank you again for your help.

1–5 6–10

EATING AT HOME WITH SPOUSE

	Always appropriate						Never appropriate	
Peanut butter sandwich								11
Macaroni and cheese								12
Bacon								13
Asparagus								14
T.V. dinners								15
Orange								16
Green beans								17
Rolls								18
Rice								19
Mashed potatoes								20
Corn								21
Bread								22
Dry cereal								23
Orange juice								24
Baked beans								25
Lasagna								26
Ice cream								27
Milk								28
Tuna								29
Hamburgers								30
Potato chips								31
French fries								32
Baked potato								33
Pork chops								34
Cauliflower								35
Tomatoes								36
Hamburger casserole								37
Beer								38
Roast beef								39
Green peas								40
Pizza								41

	Always appropriate						Never appropriate	
Coffee								
Pancakes								
Pop corn								
Cottage cheese								
Liver								
Cake								
Wine								
Cheese								
Steak								
Lobster								
Apple								
Banana								
Turkey								
Lettuce salad								
Melon								
Luncheon meat sandwich								
Carrots								
Pie								
Chicken								
Fish								
Eggs								
Cranberry sauce								
Pop								
Cole slaw								
Tea								
Potato salad								
Baked ham								
Jello								
Spinach								
Hot dogs								
Broccoli								
Soup								

APPENDIX I

Table 39--Occupations of fathers (F) and mothers (M) as listed by college and post-college husbands and wives

Occupations	College				Post-college			
	Husbands[a]		Wives[a]		Husbands[a]		Wives[a]	
	F	M	F	M	F	M	F	M
	N							
Administration	1	0	1	1	1	0	1	0
Administrative specialist	0	0	0	0	0	0	0	2
Architecture	1	0	0	0	0	0	0	0
Carpenter	0	0	0	0	1	0	1	0
Construction	1	0	0	0	1	0	1	0
Computer science	0	1	0	1	0	1	0	0
Clerical work	0	0	0	0	0	0	0	1
Doctor	1	0	1	0	0	0	0	0
Educator	2	4	1	1	2	1	0	1
Electrician	1	0	0	0	0	0	0	0
Engineer	0	0	1	0	1	1	0	0
Excavator	0	0	0	0	0	0	1	0
Factory worker	1	2	0	0	0	2	0	0
Farmer	0	0	6	1	4	1	4	0
Food processor	0	0	0	0	0	0	1	0
Food service	0	1	0	1	0	0	0	0
General repairman	1	0	0	0	0	0	0	0
Hairdresser	0	0	0	0	0	1	0	0
Housewife	0	8	0	13	0	13	0	13
Information distributor	0	0	0	0	1	0	1	0
Lawyer	1	0	0	0	1	0	0	0
Law enforcement	1	0	1	0	0	0	0	0
Librarian	0	0	0	0	0	1	0	0
Manager	4	1	2	1	4	1	5	0
Mechanic	1	0	1	0	1	0	0	0
Minister	0	0	1	0	0	0	2	0
Motor freight	0	0	2	0	2	0	0	0
Nurse	0	2	0	0	0	0	0	2
Product sales	1	0	1	0	1	0	0	0
Repair of metal	2	0	0	0	3	0	1	0
Related to farming	0	0	1	0	0	0	0	0
Road work	1	0	0	0	0	0	0	0
Sales	1	0	1	0	1	0	4	0
Salesperson	0	1	0	1	0	1	0	2
Sales of a consumable product	0	2	0	1	0	0	0	0
Seamstress	0	1	0	0	0	0	0	0
Secretary	0	2	0	3	0	1	0	4
Technician	2	0	0	0	0	0	0	0

Table 39--(continued)

Occupations	College				Post-college			
	Husbands[a]		Wives[a]		Husbands[a]		Wives[a]	
	F	M	F	M	F	M	F	M
	N							
Television/radio	0	0	1	0	0	0	1	0
Telephone operator	0	0	0	0	0	1	0	0
Transportation	0	0	1	0	1	0	2	0
Utilities	1	0	0	0	0	0	0	0
Writer	0	0	1	0	0	0	0	0
Unknown	1	0	0	0	0	0	0	0
Unemployed	0	0	2	1	0	0	0	0

[a]N = 25.

APPENDIX J

Table 40--Occupations of college and post-college husbands and wives

Occupations	College[a]		Post-college[a]	
	Husbands	Wives	Husbands	Wives
	N			
Administrative specialist	0	0	4	4
Computing accountant	0	0	0	3
Engineer	0	0	1	0
Food processor	0	0	1	0
Food service	3	2	0	0
Grocery store clerk	1	0	0	0
Information and message distributor	0	0	1	0
Lawyer	0	0	1	0
Life science	0	0	1	0
Manager-office	1	2	5	2
Mathematics-physical science	0	0	0	1
Mechanic	1	0	0	0
Medicine-public health	0	3	0	1
Metal machinist	0	0	1	0
Painter-house	2	0	0	0
Printer	1	0	0	0
Protective service	0	0	0	1
Recreation	1	0	1	0
Sales of a consumable product	0	0	0	2
Sales-service	3	3	3	1
Secretary	0	5	0	1
Structural-housing	1	0	1	1
Teacher	5	5	3	8
Technical manager	0	0	1	0
Transportation	0	0	1	0
Unemployed	6	5	0	0

[a]N = 25 couples.

APPENDIX K

Table 41--Means and standard deviations of values assigned to bipolar scales[a] by all respondents[b] for 24 food-related episodes

Episodes	I frequently-I never	I know-I do not know	Feel at ease-ill at ease	Involved-uninvolved	Simple-complex	Active-passive	Pleasant-unpleasant	Intimate-nonintimate	Friendly-unfriendly	Occasional-regular	Organized-disorganized	Cooperative-competitive	Formal-informal	Expensive-inexpensive	Ordinary-extraordinary
Home with spouse	6.4 ±0.8	6.8 ±0.6	6.9 ±0.3	4.1 ±1.9	5.9 ±1.4	5.1 ±1.5	6.6 ±0.8	5.5 ±1.4	6.6 ±0.7	2.2 ±1.4	5.3 ±1.4	6.1 ±1.0	1.9 ±1.1	3.0 ±1.4	5.8 ±1.4
Home alone	4.4 ±1.4	6.6 ±0.7	6.1 ±1.4	2.8 ±1.9	6.1 ±1.2	3.9 ±2.0	4.4 ±1.6	2.1 ±1.5	4.0 ±1.3	4.6 ±1.9	3.9 ±2.0	4.7 ±1.4	1.3 ±0.7	1.6 ±0.8	5.0 ±1.5
With friends	4.2 ±1.2	6.3 ±1.2	6.0 ±1.2	5.2 ±1.7	4.2 ±1.8	5.9 ±1.0	6.2 ±1.0	4.6 ±1.5	6.5 ±0.5	5.3 ±1.5	5.6 ±1.2	5.6 ±1.4	3.1 ±1.3	4.2 ±1.4	4.1 ±1.6
Associates other than friends	2.8 ±1.7	5.8 ±1.6	4.7 ±1.7	5.4 ±1.5	3.6 ±1.6	5.2 ±1.5	4.8 ±1.4	2.9 ±1.5	5.3 ±1.2	5.8 ±1.7	5.3 ±1.2	4.7 ±1.5	5.0 ±1.6	5.0 ±1.5	3.4 ±1.8
Home for anniversary	3.0 ±1.5	6.6 ±1.0	6.4 ±1.0	5.3 ±1.6	4.7 ±2.1	5.2 ±1.6	6.2 ±1.4	6.3 ±1.1	6.4 ±1.2	5.7 ±1.6	5.6 ±1.2	6.1 ±1.1	4.1 ±1.9	4.5 ±1.5	3.1 ±1.9
Home with my parents	4.4 ±1.8	6.8 ±0.5	6.6 ±0.8	4.1 ±2.0	5.7 ±1.5	5.2 ±1.5	6.3 ±0.9	4.8 ±1.6	6.4 ±0.7	5.3 ±1.7	5.3 ±1.6	5.9 ±1.1	2.6 ±1.6	3.1 ±1.7	4.8 ±1.8
Home of my spouse's parents	5.2 ±1.6	6.3 ±1.4	5.7 ±1.8	4.5 ±2.0	5.1 ±2.0	5.0 ±1.6	5.6 ±1.7	4.0 ±1.8	6.1 ±1.4	4.4 ±1.8	4.9 ±2.1	5.4 ±1.9	2.6 ±1.7	2.6 ±1.5	4.9 ±1.7
Home of friends	4.1 ±1.4	6.3 ±1.1	6.0 ±1.2	4.7 ±1.7	5.0 ±1.7	5.4 ±1.4	6.2 ±1.1	4.6 ±1.6	6.5 ±0.7	5.5 ±1.5	5.2 ±1.1	5.8 ±1.1	3.0 ±1.6	2.9 ±1.5	4.4 ±1.8
Home of business associates	1.8 ±1.1	5.7 ±1.7	4.5 ±1.6	5.6 ±1.4	3.2 ±1.3	5.2 ±1.6	4.8 ±1.1	3.2 ±1.3	5.6 ±1.0	6.2 ±1.2	5.7 ±1.2	4.9 ±1.4	5.3 ±1.3	4.0 ±2.0	2.7 ±1.6
Away for anniversary	5.6 ±1.5	6.7 ±0.7	6.6 ±0.8	5.3 ±1.5	4.7 ±1.7	5.9 ±1.1	6.6 ±0.7	6.6 ±1.1	6.7 ±0.6	4.3 ±2.1	5.8 ±1.2	6.3 ±1.1	5.8 ±1.2	5.9 ±0.9	3.4 ±1.8
Celebrate something special	4.8 ±1.5	6.6 ±0.8	6.6 ±0.8	4.7 ±2.0	5.2 ±1.8	5.7 ±1.4	6.6 ±0.8	6.3 ±1.0	6.7 ±0.7	5.4 ±1.6	5.3 ±1.3	6.0 ±0.9	4.7 ±1.8	5.1 ±1.4	3.6 ±1.7
Fast-food restaurant	4.8 ±1.2	6.8 ±0.7	6.5 ±1.0	2.6 ±1.8	6.3 ±1.1	3.8 ±2.0	5.0 ±1.5	2.3 ±1.3	5.0 ±1.5	4.5 ±1.7	4.4 ±1.4	4.8 ±1.4	1.5 ±0.8	3.3 ±1.4	5.2 ±1.5
Expensive restaurant	3.4 ±1.3	6.2 ±1.1	5.6 ±1.2	5.4 ±1.6	3.6 ±1.8	5.3 ±1.7	6.1 ±0.9	5.8 ±1.2	6.0 ±0.9	5.8 ±1.4	5.9 ±1.1	5.5 ±1.2	6.4 ±1.0	6.5 ±0.8	2.6 ±1.7
Groceries alone	4.1 ±2.2	6.5 ±1.3	5.9 ±1.7	4.9 ±2.1	4.6 ±1.9	5.7 ±1.3	4.4 ±1.5	2.3 ±1.6	4.6 ±1.2	4.5 ±2.4	5.2 ±1.4	4.8 ±1.3	2.0 ±1.4	4.8 ±1.6	4.9 ±1.5
Groceries with spouse	5.2 ±1.0	6.6 ±0.9	6.3 ±0.9	5.2 ±1.9	5.0 ±1.9	5.9 ±1.1	5.4 ±1.4	3.6 ±1.5	5.5 ±1.2	3.4 ±1.7	5.2 ±1.3	5.8 ±1.2	1.9 ±1.4	5.1 ±1.4	5.0 ±1.5
Home when food was not good	2.6 ±1.1	5.8 ±1.6	4.9 ±1.8	4.4 ±1.9	4.4 ±2.0	4.7 ±1.6	3.4 ±1.4	3.2 ±1.6	4.8 ±1.6	6.3 ±1.3	3.7 ±1.7	4.6 ±1.5	2.3 ±1.3	3.4 ±1.7	3.1 ±2.1
Friends away from home	4.3 ±1.2	6.5 ±1.0	6.3 ±1.1	4.6 ±1.6	5.2 ±1.8	5.5 ±1.2	6.3 ±0.9	4.5 ±1.7	6.6 ±0.6	5.3 ±1.4	5.0 ±1.3	5.6 ±1.2	3.2 ±1.5	4.4 ±1.4	4.4 ±1.3
Breakfast at home	4.9 ±2.0	6.7 ±1.2	6.6 ±1.3	2.9 ±2.2	6.1 ±1.5	4.3 ±2.2	5.9 ±1.4	3.6 ±1.9	5.5 ±1.4	3.8 ±2.2	4.8 ±1.9	5.5 ±1.2	1.4 ±0.9	1.7 ±0.9	5.6 ±2.0
Holiday meal at home	3.2 ±1.9	6.0 ±1.5	5.7 ±1.7	5.9 ±1.2	3.0 ±1.8	6.2 ±1.0	5.5 ±1.7	5.2 ±1.8	6.0 ±1.3	5.5 ±1.8	5.5 ±1.6	5.7 ±1.4	4.1 ±1.4	4.9 ±1.3	3.3 ±1.6
Relatives in our home	3.5 ±1.6	6.0 ±1.5	5.4 ±1.4	5.9 ±1.2	3.4 ±1.6	6.1 ±1.0	5.5 ±1.3	4.1 ±1.6	6.0 ±1.1	5.7 ±1.2	5.6 ±1.4	5.4 ±1.4	3.4 ±1.7	4.5 ±1.3	3.5 ±1.5
Watching television	5.3 ±1.2	6.6 ·1.0	6.4 ·1.3	2.9 ±2.0	6.0 ·1.6	3.2 ·1.9	5.2 ·1.6	2.7 ±1.8	4.9 ·1.4	3.7 ·1.7	3.8 ·1.3	4.8 ±1.4	1.4 ±0.8	2.6 ±1.4	5.1 ±1.6
Restaurant when food was of poor quality	3.0 ±1.1	5.3 ±1.7	3.6 ±1.7	5.0 ±1.5	3.4 ±1.3	4.8 ±1.6	2.0 ±1.1	2.4 ±1.3	2.7 ±1.3	6.1 ±1.0	3.1 ±1.4	3.7 ±1.6	3.0 ±1.4	4.4 ±1.7	2.9 ±1.7
Meal with children	2.6 ±1.4	6.2 ±1.3	5.7 ±1.6	5.2 ±1.8	3.9 ±1.9	5.8 ±1.4	5.0 ±1.3	3.1 ±1.5	5.5 ±1.3	5.8 ±1.6	3.5 ±1.6	4.7 ±1.7	2.0 ±1.0	3.2 ±1.4	3.9 ±2.0
Served breakfast in bed by spouse	1.4 ±0.9	5.1 ±2.1	5.2 ±1.8	5.1 ±1.8	4.1 ±1.9	4.4 ±2.2	6.0 ±1.4	6.2 ±1.1	6.4 ±1.1	6.4 ±1.1	5.1 ±1.7	5.7 ±1.3	2.5 ±1.8	2.6 ±1.6	1.9 ±1.4

[a]Scale: First term = 7; second term = 1.

[b]N = 100.

APPENDIX L

Table 42--Means and standard deviations for appropriateness[a] values assigned to selected foods by husbands and wives of college and post-college couples[b]: Apple, asparagus, bacon, baked beans, baked ham, baked potato, banana, beer, and bread

Episode	Apple	Asparagus	Bacon	Baked beans	Baked ham	Baked potato	Banana	Beer	Bread
Home with spouse	5.8 ±1.4	4.7 ±1.7	5.5 ±1.2	5.7 ±1.4	6.2 ±0.9	6.3 ±0.8	5.7 ±1.4	4.3 ±1.6	6.4 ±0.9
Home alone	6.0 ±1.3	4.0 ±2.4	5.3 ±1.6	5.0 ±1.8	4.9 ±1.9	5.1 ±1.4	6.0 ±1.3	4.0 ±2.2	6.2 ±1.3
With friends	5.1 ±1.5	4.6 ±1.6	4.4 ±1.5	5.5 ±1.3	6.2 ±0.8	6.4 ±0.6	5.0 ±1.4	4.9 ±1.1	6.4 ±0.8
Associates other than friends	4.7 ±1.5	4.9 ±1.8	3.6 ±1.9	5.1 ±1.4	6.2 ±1.2	6.4 ±0.9	4.5 ±1.6	4.1 ±1.5	6.4 ±0.8
Home for anniversary	4.4 ±1.4	4.3 ±2.2	2.3 ±1.5	4.4 ±1.7	6.2 ±0.9	6.5 ±0.9	4.2 ±1.5	4.1 ±1.5	6.2 ±1.0
Home with my parents	5.6 ±1.1	5.0 ±1.8	5.3 ±1.3	5.7 ±1.3	6.3 ±0.9	6.4 ±1.0	5.6 ±1.1	4.0 ±1.7	6.5 ±0.7
Home of my spouse's parents	5.5 ±1.4	4.7 ±1.7	5.2 ±1.5	5.7 ±1.4	6.2 ±1.0	6.3 ±0.9	5.5 ±1.5	4.0 ±1.7	6.6 ±0.5
Home of friends	5.2 ±1.4	4.7 ±1.6	4.3 ±1.7	5.5 ±1.2	6.3 ±0.8	6.4 ±0.6	5.1 ±1.3	5.0 ±1.3	6.4 ±1.0
Home of business associates	4.6 ±1.4	5.0 ±1.8	3.1 ±1.6	5.2 ±1.3	6.3 ±0.9	6.4 ±0.9	4.3 ±1.7	4.2 ±1.6	6.4 ±0.9
Away for anniversary	4.3 ±1.4	4.3 ±2.0	2.1 ±1.3	4.4 ±1.8	6.1 ±1.1	6.5 ±0.9	4.0 ±1.3	3.9 ±1.6	6.4 ±1.1
Celebrate something special	4.4 ±1.7	4.1 ±2.3	2.6 ±1.7	4.6 ±1.5	6.1 ±1.0	6.5 ±0.8	4.2 ±1.5	4.2 ±1.6	6.3 ±1.2

Table 42--(continued)

Episode	Apple	Asparagus	Bacon	Baked beans	Baked ham	Baked potato	Banana	Beer	Bread
Fast-food restaurant	3.6 ±2.0	2.0 ±1.6	3.4 ±1.9	3.2 ±1.9	3.5 ±2.0	3.0 ±1.9	3.3 ±2.1	3.8 ±2.0	5.1 ±1.5
Expensive restaurant	4.2 ±1.6	5.2 ±1.8	2.6 ±2.1	4.4 ±1.9	6.0 ±1.3	6.7 ±0.6	3.8 ±1.4	3.6 ±1.3	6.3 ±1.1
Friends away from home	5.0 ±1.4	4.6 ±1.9	4.3 ±1.8	5.2 ±1.6	6.1 ±1.2	6.3 ±0.8	4.9 ±1.4	5.1 ±1.3	6.4 ±1.0
Breakfast at home	5.0 ±1.7	1.6 ±1.2	6.1 ±1.3	1.4 ±1.0	2.8 ±2.1	1.3 ±0.7	5.8 ±1.3	1.2 ±0.5	6.0 ±1.7
Holiday meal at home	4.7 ±1.6	4.4 ±1.9	2.8 ±1.7	4.7 ±1.5	6.4 ±1.0	6.5 ±0.8	4.4 ±1.5	3.6 ±1.6	6.4 ±0.9
Relatives in our home	5.1 ±1.3	4.8 ±1.7	4.5 ±1.6	5.4 ±1.4	6.3 ±1.0	6.3 ±1.0	5.0 ±1.5	4.4 ±1.4	6.4 ±0.9
Watching television	6.0 ±1.3	3.9 ±1.8	4.8 ±1.6	4.9 ±1.8	4.9 ±1.6	5.1 ±1.7	6.0 ±1.2	5.0 ±1.7	6.1 ±1.3
Meal with children	6.2 ±0.9	4.1 ±1.8	5.2 ±1.3	5.4 ±1.3	6.0 ±1.2	5.7 ±1.3	6.2 ±0.9	1.9 ±1.3	6.4 ±1.0
Served breakfast in bed by spouse	4.8 ±1.9	1.9 ±1.7	6.4 ±1.1	1.5 ±1.3	2.9 ±2.3	1.4 ±1.1	5.6 ±1.6	1.2 ±0.9	6.0 ±1.7

[a]Scale: 7 = always appropriate; 1 = never appropriate.

[b]N = 100 respondents.

Table 43--Means and standard deviations for appropriateness[a] values assigned to selected foods by husbands and wives of college and post-college couples[b]: Broccoli, cake, carrots, cauliflower, cheese, chicken, coffee, cole slaw, and corn

Episode	Broccoli	Cake	Carrots	Cauli-flower	Cheese	Chicken	Coffee	Cole slaw	Corn
Home with spouse	5.3 ±1.8	5.3 ±1.8	5.8 ±1.2	5.3 ±1.6	6.3 ±0.9	6.4 ±0.8	4.6 ±1.5	5.4 ±1.4	6.2 ±1.1
Home alone	4.5 ±1.9	5.2 ±1.9	5.6 ±1.7	4.6 ±1.8	6.1 ±1.3	5.5 ±1.4	4.2 ±2.3	5.1 ±1.7	5.5 ±1.5
With friends	5.2 ±1.3	5.8 ±1.2	5.6 ±1.1	5.3 ±1.4	6.1 ±0.9	6.4 ±0.7	5.4 ±1.3	5.3 ±1.4	6.3 ±0.8
Associates other than friends	5.3 ±1.6	5.3 ±1.7	5.5 ±1.6	5.6 ±1.2	6.0 ±1.3	6.3 ±0.9	5.9 ±1.5	5.4 ±1.4	6.2 ±0.9
Home for anniversary	5.2 ±1.5	6.0 ±1.4	5.3 ±1.6	5.6 ±1.4	6.2 ±0.8	6.1 ±1.0	5.1 ±1.6	4.8 ±1.7	6.1 ±1.2
Home with my parents	5.4 ±1.4	5.8 ±1.4	6.1 ±0.9	5.6 ±1.4	6.2 ±1.0	6.4 ±1.0	5.8 ±1.4	5.5 ±1.4	6.4 ±0.9
Home of my spouse's parents	5.2 ±1.6	5.8 ±1.6	5.8 ±1.3	5.5 ±1.5	6.0 ±1.2	6.3 ±0.9	5.6 ±1.8	5.5 ±1.4	6.3 ±0.8
Home of friends	5.3 ±1.6	5.7 ±1.4	5.7 ±1.3	5.5 ±1.4	6.1 ±1.0	6.3 ±0.8	5.4 ±1.4	5.5 ±1.5	6.3 ±0.9
Home of business associates	5.4 ±1.5	5.7 ±1.5	5.7 ±1.4	5.7 ±1.4	6.2 ±0.9	6.2 ±1.1	6.0 ±1.2	5.3 ±1.6	6.4 ±0.9
Away for anniversary	5.1 ±1.6	5.6 ±1.8	5.3 ±1.7	5.4 ±1.4	6.1 ±1.1	6.1 ±1.0	5.2 ±1.4	5.0 ±1.6	6.2 ±1.1
Celebrate something special	5.0 ±1.7	5.6 ±2.0	5.4 ±1.5	5.5 ±1.5	6.1 ±1.0	6.3 ±0.7	5.1 ±1.7	5.0 ±1.7	6.1 ±1.1

Table 43--(continued)

Episode	Broccoli	Cake	Carrots	Cauli-flower	Cheese	Chicken	Coffee	Cole slaw	Corn
Fast-food restaurant	2.3 ±1.8	3.0 ±2.1	2.6 ±2.1	2.2 ±1.8	4.0 ±2.2	5.4 1.9	5.4 ±1.9	5.0 ±2.1	3.1 ±2.1
Expensive restaurant	5.3 ±1.8	5.4 ±1.9	5.4 ±1.6	5.7 ±1.4	6.2 ±1.0	6.1 ±1.3	6.0 ±1.5	5.0 ±1.9	6 0 ±1.3
Friends away from home	5.2 ±1.5	5.4 ±1.5	5.5 ±1.4	5.4 ±1.3	6.0 ±1.0	6.3 ±1.0	5.6 ±1.1	5.5 ±1.5	6.3 ±1.0
Breakfast at home	1.4 ±0.9	2.0 ±1.6	1.8 ±1.5	1.4 ±0.9	3.4 ±2.0	1.5 ±1.2	5.4 ±1.8	1.5 ±1.2	1.5 ±1.0
Holiday meal at home	5.0 ±1.6	5.6 ±1.5	5.5 ±1.4	5.4 ±1.6	6.0 ±1.3	6.1 ±1.2	5.2 ±1.8	5.0 ±1.8	6.4 ±0.9
Relatives in our home	5.2 ±1.5	5.8 ±1.4	5.7 ±1.2	5.7 ±1.3	6.1 ±1.0	6.4 ±0.9	6.2 ±1.2	5.5 ±1.2	6.3 ±1.0
Watching television	4.4 ±2.0	5.5 ±1.6	5.4 ±1.7	4.4 ±1.8	6.0 ±1.1	5.3 ±1.8	4.8 ±1.9	4.9 ±2.0	5.3 ±1.8
Meal with children	4.9 ±1.6	5.5 ±1.4	5.9 ±1.3	4.9 ±1.6	5.8 ±1.1	6.3 ±1.0	3.4 ±2.0	5.3 ±1.6	6.1 ±1.1
Served breakfast in bed by spouse	1.5 ±1.2	1.9 ±1.6	1.7 ±1.4	1.5 ±1.3	3.1 ±2.0	1.6 ±1.4	5.2 ±1.7	1.4 ±1.2	1.5 ±1.3

[a]Scale: 7 = always appropriate; 1 = never appropriate

[b]N = 100 respondents.

Table 44--Means and standard deviations for appropriateness[a] values assigned to selected food by husbands and wives of college and post-college couples[b]: Cottage cheese, cranberry sauce, dry cereal, eggs, fish, French fries, green beans, green peas, and hamburgers

Episode	Cottage cheese	Cranberry sauce	Dry cereal	Eggs	Fish	French fries	Green beans	Green peas	Hamburgers
Home with spouse	5.4 ±1.2	3.8 ±1.9	4.4 ±2.1	5.7 ±1.4	5.9 ±1.1	5.6 ±1.5	6.1 ±1.1	5.9 ±1.4	6.1 ±1.2
Home alone	5.4 ±1.7	3.2 ±1.8	4.9 ±2.1	5.9 ±1.3	4.9 ±1.9	5.4 ±2.0	5.5 ±1.3	5.2 ±1.8	6.2 ±1.2
With friends	4.9 ±1.4	4.0 ±1.6	2.6 ±1.7	4.8 ±1.6	5.8 ±1.3	5.5 ±1.3	6.0 ±1.3	5.9 ±1.2	5.7 ±1.0
Associates other than friends	4.9 ±1.6	4.1 ±1.8	2.1 ±1.4	4.5 ±1.5	6.0 ±1.2	4.4 ±1.7	5.9 ±1.0	6.0 ±1.4	4.5 ±1.5
Home for anniversary	4.3 ±1.5	4.1 ±1.9	1.5 ±1.1	3.2 ±1.6	5.5 ±1.4	3.1 ±1.8	5.8 ±1.5	6.1 ±1.3	3.0 ±1.7
Home with my parents	5.6 ±1.4	4.4 ±1.9	4.0 ±1.7	5.8 ±1.4	5.9 ±1.2	5.4 ±1.4	6.2 ±1.0	6.1 ±1.2	6.0 ±1.2
Home of my spouse's parents	5.3 ±1.3	4.3 ±2.0	4.0 ±2.2	5.4 ±1.5	5.7 ±1.6	5.4 ±1.4	6.1 ±1.2	6.0 ±1.3	6.0 ±1.1
Home of friends	5.0 ±1.6	4.2 ±1.9	2.7 ±1.7	4.9 ±1.6	6.1 ±1.1	5.7 ±1.3	6.0 ±0.9	6.1 ±1.0	5.9 ±1.1
Home of business associates	4.8 ±1.9	4.5 ±1.6	1.8 ±1.1	4.2 ±1.9	6.0 ±1.2	4.1 ±1.8	6.1 ±1.0	6.2 ±1.1	4.3 ±1.8
Away for anniversary	4.3 ±1.8	3.8 ±1.8	1.5 ±1.2	3.3 ±1.8	6.0 ±1.3	3.5 ±1.7	5.7 ±1.7	5.9 ±1.3	2.9 ±1.8
Celebrate something special	4.2 ±1.8	3.7 ±1.8	1.6 ±1.0	3.7 ±1.6	5.9 ±1.2	3.8 ±1.7	5.7 ±1.6	5.9 ±1.4	3.6 ±1.7

Table 44--(continued)

Episode	Cottage cheese	Cranberry sauce	Dry cereal	Eggs	Fish	French fries	Green beans	Green peas	Hamburgers
Fast-food restaurant	2.8 ±2.1	1.8 ±1.4	2.4 ±1.6	4.5 ±2.0	5.2 ±1.7	6.8 ±0.8	2.6 ±1.9	2.5 ±2.1	6.8 ±0.4
Expensive restaurant	4.4 ±1.9	4.2 ±2.0	1.5 ±0.9	3.8 ±2.1	6.0 ± .1	3.2 ±1.9	6.0 ±1.4	6.0 ±1.3	2.3 ±1.5
Friends away from home	5.0 ±1.6	4.1 ±1.8	2.5 ±1.6	5.0 ±1.8	6.0 ±1.2	5.7 ±1.3	5.8 ±1.3	5.9 ±1.3	5.8 ±1.1
Breakfast at home	2.4 ±1.8	1.7 ±1.2	6.3 ±0.9	6.3 ±1.6	1.6 ±1.2	1.3 ±0.7	1.6 ±0.9	1.4 ±1.0	1.5 ±1.1
Holiday meal at home	4.5 ±1.7	4.9 ±2.1	1.7 ±1.1	3.6 ±1.7	5.3 ±1.7	3.0 ±1.7	6.0 ±1.2	6.0 ±1 5	2.8 ±1.5
Relatives in our home	5.1 ±1.4	4.3 ±1.8	2.6 ±1.7	5.2 ±1.5	5.8 ±1.2	5.0 ±1.5	6.1 ±1.1	6.2 ±1.2	5.4 ±1.1
Watching television	4.7 ±1.9	3.5 ±1.9	4.2 ±2.4	4.7 ±2.2	4.8 ±1.9	6.0 ±1.5	5.3 ±1.7	4.9 ±1.8	6.2 ±1.3
Meal with children	5.2 ±1.6	3.9 ±2.0	5.1 ±1.7	5.8 ±1.3	5.7 ±1.4	6.1 ±1.3	5.8 ±1.4	5.8 ±1.4	6.4 ±0.8
Served breakfast in bed by spouse	2.1 ±1.7	1.7 ±1.4	5.9 ±1.6	6.2 ±2.0	1.7 ±1.7	1.4 ±0.9	1.6 ±1.4	1.4 ±1.1	1.4 ±1.1

[a]Scale: 7 = always appropriate; 1 = never appropriate.

[b]N = 100 respondents.

Table 45--Means and standard deviations for appropriateness[a] values assigned to selected foods by husbands and wives of college and post-college couples[b]: Hamburger casserole, hot dogs, ice cream, Jello, lasagna, lettuce salad, liver, lobster, and luncheon meat sandwich

Episode	Hamburger casserole	Hot dogs	Ice cream	Jello	Lasagna	Lettuce salad	Liver	Lobster	Luncheon meat sandwich
Home with spouse	5.5 ±1.6	5.0 ±1.6	5.7 ±1.6	5.6 ±1.3	6.2 ±1.2	6.4 ±0.9	3.4 ±1.7	3.7 ±1.9	4.8 ±1.7
Home alone	4.7 ±1.9	5.4 ±1.6	5.5 ±2.0	5.4 ±1.6	5.1 ±1.9	6.4 ±1.2	2.8 ±2.1	2.4 ±1.7	5.6 ±1.8
With friends	4.8 ±1.4	4.2 ±1.5	6.0 ±1.3	5.6 ±1.3	6.2 ±0.9	6.3 ±1.2	2.9 ±1.6	4.0 ±1.9	3.2 ±1.5
Associates other than friends	3.7 ±1.7	3.2 ±2.1	5.5 ±1.6	5.4 ±1.5	6.0 ±0.9	6.4 ±1.1	3.3 ±1.8	5.9 ±1.6	2.4 ±1.7
Home for anniversary	3.2 ±1.5	1.9 ±1.3	5.7 ±1.1	4.9 ±1.6	5.7 ±1.0	6.4 ±0.8	2.7 ±1.5	5.7 ±1.7	1.8 ±1.0
Home with my parents	5.3 ±1.5	4.8 ±1.7	6.0 ±1.1	5.9 ±1.2	5.9 ±1.2	6.4 ±0.9	3.6 ±2.0	3.7 ±1.9	4.4 ±1.8
Home of my spouse's parents	5.1 ±1.8	4.3 ±1.7	6.0 ±1.5	5.7 ±1.5	5.6 ±1.6	6.4 ±0.9	3.3 ±2.1	3.4 ±1.9	4.3 ±1.9
Home of my friends	5.2 ±1.5	4.4 ±1 8	6.1 ±1.0	5.8 ±1.3	6.3 ±0,8	6.3 ±0.9	3.2 ±2.0	4.5 ±2.1	3,2 ±1.7
Home of business associates	4.0 ±1.6	2.9 ±1.4	5.5 ±1.7	5.6 ±1.5	6.1 ±1.1	6.4 ±0.9	3.3 ±2.0	5.5 ±1.7	2.3 ±1.5
Away for anniversary	2.6 ±1.5	1.9 ±1.4	5.6 ±1.5	4.9 ±1.6	5.8 ±1.1	6.6 ±0.7	2.6 ±1.7	6.0 ±1.7	1.6 ±1.0
Celebrate something special	2.9 ±1.3	2.3 ±1.4	5.7 ±1.5	4.9 ±1.2	5.9 ±1.5	6.5 ±0.9	2.6 ±1.7	5.8 ±1.5	1.9 ±1.2

Table 45--(continued)

Episode	Hamburger casserole	Hot dogs	Ice cream	Jello	Lasagna	Lettuce salad	Liver	Lobster	Luncheon meat sandwich
Fast-food restaurant	2.2 ±1.7	5.9 ±1.4	5.4 ±1.7	3.0 ±2.2	2.6 ±2.0	4.6 ±1.9	1.6 ±1.3	1.6 ±1.4	3.3 ±2.1
Expensive restaurant	2.2 ±1.3	1.7 ±1.1	5.5 ±1.6	4.6 ±1.6	5.4 ±1.5	6.7 ±0.7	2.9 ±2.0	6.7 ±0.7	1.4 ±1.0
Friends away from home	4.2 ±1.5	4.2 ±1.8	5.9 ±1.4	5.5 ±1.5	6.3 ±1.0	6.4 ±0.8	3.3 ±1.7	5.3 ±1.8	3.1 ±1.7
Breakfast at home	1.4 ±1.0	1.4 ±1.0	2.0 ±1.6	1.9 ±1.3	1.5 ±1.2	1.7 ±1.3	1.4 ±1.0	1.3 ±0.9	1.7 ±1.3
Holiday meal at home	2.9 ±1.4	2.1 ±1.4	5.6 ±1.4	5.3 ±1.4	5.1 ±1.8	6.4 ±1.0	2.5 ±1.7	4.3 ±2.1	1.8 ±1.4
Relatives in our home	4.8 ±1.5	3.9 ±1.6	5.9 ±1.3	5.8 ±1.3	6.2 ±1.1	6.4 ±1.0	3.2 ±1.6	4.2 ±2.1	3.2 ±1.6
Watching television	5.3 ±1.9	5.7 ±2.0	5.8 ±1.4	5.2 ±1.8	5.1 ±1.8	5.6 ±1.8	3.2 ±1.9	2.6 ±1.7	5.7 ±2.0
Meal with children	5.8 ±1.3	5.9 ±1.4	6.3 ±1.0	6.2 ±1.2	5.3 ±1.6	5.7 ±1.4	3.4 ±2.0	2.8 ±1.8	5.4 ±1.5
Served breakfast in bed by spouse	1.4 ±1.0	1.4 ±1.0	2.2 ±1.8	1.7 ±1.2	1.4 ±1.2	1.6 ±1.6	1.4 ±1.2	1.6 ±1.5	1.5 ±1.3

[a]Scale: 7 = always appropriate; 1 = never appropriate.

[b]N = 100 respondents.

Table 46--Means and standard deviations for appropriateness[a] values assigned to selected foods by husbands and wives of college and post-college couples[b]: Macaroni and cheese, mashed potatoes, melon, milk, orange, orange juice, pancakes, peanut butter sandwich, and pie

Episode	Macaroni and cheese	Mashed potatoes	Melon	Milk	Orange	Orange juice	Pancakes	Peanut butter sandwich	Pie
Home with spouse	5.4 ±1.4	6.1 ±1.1	5.7 ±1.2	6.6 ±1.0	5.5 ±1.1	5.7 ±1.5	4.9 ±1.6	4.6 ±1.8	5.5 ±1.6
Home alone	5.3 ±1.6	4.6 ±1.9	5.8 ±1.3	6.5 ±1.0	5.9 ±1.4	5.7 ±1.5	4.2 ±2.0	5.6 ±1.4	5.2 ±2.0
With friends	3.6 ±1.1	6.2 ±0.9	5.4 ±1.2	6.4 ±0.9	4.5 ±1.5	4.9 ±1.7	3.9 ±1.8	2.8 ±1.3	5.9 ±1.2
Associates other than friends	2.4 ±1.2	6.2 ±1.1	5.4 ±1.3	6.4 ±0.9	4.0 ±1.6	4.5 ±1.5	3.7 ±1.7	1.6 ±1.0	5.8 ±1.5
Home for anniversary	1.8 ±1.1	6.0 ±1.2	5.2 ±1.4	6.2 ±1.1	3.4 ±1.5	3.2 ±1.6	2.2 ±1.6	1.3 ±0.7	6.0 ±1.1
Home with my parents	4.6 ±1.6	6.3 ±0.9	5.7 ±1.3	6.5 ±0.9	5.4 ±1.3	5.6 ±1.4	5.1 ±1.3	4.0 ±1.9	6.0 ±1.3
Home of my spouse's parents	4.3 ±1.3	6.3 ±1.0	5.7 ±1.3	6.6 ±0.8	5.1 ±1.6	5.6 ±1.5	4.7 ±2.0	3.7 ±1.6	6.0 ±1.3
Home of friends	3.9 ±1.3	6.2 ±0.8	5.6 ±1.2	6.4 ±0.6	4.5 ±1.7	4.8 ±1.6	3.8 ±2.0	2.7 ±1.5	5.9 ±1.4
Home of business associates	2.4 ±1.4	6.4 ±0.9	5.4 ±1.3	6.4 ±1.1	3.6 ±1.7	4.1 ±1.8	2.9 ±1.9	1.4 ±0.7	5.9 ±1.3
Away for anniversary	1.3 ±0.8	6.1 ±1.1	5.1 ±1.3	6.1 ±1.2	2.9 ±1.4	3.5 ±1.9	2.2 ±1.7	1.1 ±0.3	5.9 ±1.2
Celebrate something special	1.7 ±1.0	6.1 ±1.3	5.2 ±1.3	6.2 ±1.0	3.2 ±1.5	3.6 ±2.0	2.8 ±2.0	1.3 ±0.6	5.8 ±1.4

Table 46--(continued)

Episode	Macaroni and cheese	Mashed potatoes	Melon	Milk	Orange	Orange juice	Pancakes	Peanut butter sandwich	Pie
Fast-food restaurant	2.0 ±1.6	3.2 ±2.2	3.0 ±2.0	6.2 ±1.0	2.8 ±1.9	5.1 ±1.7	4.4 ±1.9	1.7 ±1.2	4.5 ±2.1
Expensive restaurant	1.4 ±0.8	6.0 ±1.6	5.2 ±1.6	6.2 ±1.2	3.1 ±1.8	3.8 ±2.3	2.6 ±1.7	1.1 ±0.4	6.0 ±1.4
Friends away from home	3.2 ±1.4	6.2 ±1.0	5.4 ±1.4	6.4 ±0.9	4.4 ±1.6	5.1 ±1.5	4.3 ±1.7	2.3 ±1.3	5.8 ±1.3
Breakfast at home	1.5 ±0.8	1.5 ±1.0	5.0 ±1.8	6.7 ±1.0	6.1 ±1.4	6.7 ±0.7	6.3 ±1.1	2.7 ±1.7	1.8 ±1.3
Holiday meal at home	2.0 ±1.2	6.4 ±0.9	5.3 ±1.5	6.5 ±1.0	3.8 ±1.6	3.8 ±2.0	2.5 ±1.7	1.3 ±0.6	6.0 ±1.4
Relatives in our home	3.4 ±1.7	6.3 ±1.1	5.6 ±1.2	6.5 ±0.9	4.6 ±1.7	5.0 ±1.7	4.2 ±1.6	2.2 ±1.4	6.0 ±1.1
Watching television	5.3 ±1.7	5.0 ±1.8	5.5 ±1.6	6.3 ±1.2	5.5 ±1.4	5.6 ±1.6	3.8 ±2.0	5.4 ±1.4	5.7 ±1.7
Meal with children	5.9 ±1.1	6.0 ±1.4	5.8 ±1.0	6.8 ±0.5	5.8 ±1.1	6.0 ±1.1	5.5 ±1.5	5.6 ±1.4	5.7 ±1.2
Served breakfast in bed by spouse	1.4 ±0.9	1.5 ±1.3	5.2 ±2.1	6.3 ±1.7	6.1 ±1.3	6.6 ±1.3	6.3 ±1.6	2.0 ±1.4	1.8 ±1.5

[a]Scale: 7 = always appropriate; 1 = never appropriate.

[b]N = 100 respondents.

Table 47--Means and standard deviations for appropriateness[a] values assigned to selected foods by husbands and wives of college and post-college couples[b]: Pizza, pop, popcorn, pork chops, potato chips, potato salad, rice, roast beef, and rolls

Episode	Pizza	Pop (Soft drink	Pop corn	Pork chops	Potato chips	Potato salad	Rice	Roast beef	Rolls
Home with spouse	6.3 ±0.9	5.4 ±1.4	5.0 ±1.7	6.3 ±0.6	5.2 ±1.3	5.4 ±1.5	5.8 ±1.0	6.3 ±0.9	6.2 ±0.8
Home alone	5.8 ±1.9	5.9 ±1.5	4.9 ±2.1	4.8 ±1.6	5.5 ±1.7	5.1 ±1.7	4.9 ±1.7	5.0 ±2.0	5.3 ±1.5
With friends	6.0 ±1.2	5.8 ±1.3	4.5 ±1.9	6.2 ±0.8	5.3 ±1.5	5.6 ±1.1	5.7 ±1.4	6.3 ±0.8	6.3 ±0.8
Associates other than friends	5.2 ±1.6	5.1 ±1.9	2.9 ±1.9	6.4 ±0.9	3.8 ±1.6	5.1 ±1.6	5.8 ±1.2	6.3 ±1.1	6.3 ±0.9
Home for anniversary	4.3 ±1.8	4.3 ±1.8	2.3 ±1.7	6.3 ±1.2	2.4 ±1.5	4.4 ±1.7	5.7 ±1.4	6.4 ±1.0	6.3 ±0.9
Home with my parents	5.6 ±1.3	5.3 ±1.8	4.7 ±1.8	6.4 ±1.0	5.2 ±1.8	5.8 ±1.2	5.7 ±1.4	6.4 ±1.0	6.4 ±0.9
Home of my spouse's parents	5.4 ±1.3	5.6 ±1.5	4.8 ±1.9	6.2 ±1.0	5.3 ±1.4	5.6 ±1.3	5.5 ±1.7	6.3 ±0.8	6.4 ±1.0
Home of friends	6.2 ±0.9	5.7 ±1.3	4.5 ±2.1	6.3 ±0.8	5.5 ±1.4	5.6 ±1.3	5.8 ±1.1	6.3 ±1.0	6.2 ±1.0
Home of business associates	4.4 ±1.8	4.8 ±1.8	3.0 ±1.8	6.4 ±1.0	3.9 ±1.8	5.1 ±1.4	6.0 ±1.3	6.4 ±0.9	6.4 ±1.0
Away for anniversary	4.6 ±2.0	4.7 ±1.8	1.9 ±1.5	6.2 ±0.9	2.4 ±1.4	4.5 ±1.7	5.9 ±1.4	6.3 ±1.0	6.3 ±1.0
Celebrate something special	5.1 ±1.7	4.6 ±1.7	2.1 ±1.3	6.2 ±1.0	2.9 ±1.4	4.5 ±1.7	5.8 ±1.4	6.4 ±1.0	6.3 ±1.1

Table 47--(continued)

Episode	Pizza	Pop (Soft drink	Pop corn	Pork chops	Potato chips	Potato salad	Rice	Roast beef	Rolls
Fast-food restaurant	6.0 ±1.6	6.6 ±0.7	2.5 ±1.9	2.4 ±1.7	5.8 ±1.7	4.8 ±2.2	2.6 ±2.0	4.3 ±2.3	4.2 ±2.0
Expensive restaurant	2.9 ±1.7	4.2 ±1.8	1.4 ±0.9	6.2 ±1.0	1.8 ±1.4	4.1 ±2.0	6.0 ±1.3	6.4 ±1.1	6.5 ±1.1
Friends away from home	6.3 ±0.9	5.9 ±1.3	4.0 ±2.2	6.2 ±1.0	5.2 ±1.9	5.4 ±1.4	5.8 ±1.3	6.3 ±1.0	6.2 ±1.0
Breakfast at home	2.1 ±1.8	1.7 ±1.1	1.8 ±1.4	1.6 ±1.0	1.3 ±0.7	1.5 ±1.0	2.2 ±1.6	1.5 ±1.1	4.6 ±2.3
Holiday meal at home	3.4 ±1.6	4.5 ±2.0	2.0 ±1.4	6.1 ±1.2	2.6 ±1.6	4.7 ±1.6	5.6 ±1.4	6.4 ±1.1	6.4 ±1.0
Relatives in our home	5.4 ±1.3	5.0 ±1.7	3.5 ±2.1	6.4 ±1.0	4.8 ±1.5	5.5 ±1.2	5.7 ±1.3	6.4 ±1.0	6.4 ±0.8
Watching television	6.4 ±1.0	6.2 ±1.3	6.1 ±1.7	4.8 ±1.9	6.1 ±1.5	5.3 ±1.8	5.0 ±1.9	5.1 ±2.0	5.6 ±1.6
Meal with children	6.2 ±1.1	4.8 ±1.5	4.6 ±2.1	5.7 ±1.2	5.8 ±1.4	5.6 ±1.3	5.3 ±1.4	6.0 ±1.2	6.0 ±1.0
Served breakfast in bed by spouse	2.0 ±1.7	1.7 ±1.5	1.6 ±1.3	1.8 ±1.5	1.4 ±1.0	1.4 ±1.0	2.0 ±1.6	1.5 ±1.2	4.8 ±2.4

[a]Scale: 7 = always appropriate; 1 = never appropriate.

[b]N = 100 respondents.

Table 48--Means and standard deviations for appropriateness[a] values assigned to selected foods by husbands and wives of college and post-college couples[b]: Soup, spinach, steak, tea, tomatoes, tuna, turkey, TV dinner, and wine

Episode	Soup	Spinach	Steak	Tea	Tomatoes	Tuna	Turkey	TV dinner	Wine
Home with spouse	6.0 ±1.1	4.4 ±2.0	6.1 ±1.2	5.4 ±1.8	5.7 ±1.2	5.4 ±1.2	5.8 ±1.2	3.1 ±1.7	5.2 ±1.7
Home alone	6.4 ±1.0	3.9 ±2.1	4.3 ±2.0	5.2 ±1.9	5.4 ±1.8	5.7 ±1.5	4.7 ±1.9	4.0 ±2.1	3.7 ±2.2
With friends	5.5 ±1.1	4.4 ±2.0	6.1 ±1.1	5.6 ±1.2	5.6 ±1.2	4.6 ±1.4	5.7 ±1.2	2.0 ±1.3	5.7 ±1.2
Associates other than friends	5.6 ±1.3	4.8 ±1.9	6.5 ±1.0	5.8 ±1.6	5.6 ±1.2	4.0 ±1.8	5.7 ±1.2	1.4 ±0.9	5.5 ±1.3
Home for anniversary	4.8 ±1.6	4.4 ±2.0	6.8 ±0.5	5.3 ±1.5	5.6 ±1.3	3.3 ±1.6	5.8 ±1.2	1.3 ±0.7	6.3 ±0.9
Home with my parents	5.7 ±1.3	4.6 ±1.8	6.3 ±1.1	5.6 ±1.7	6.0 ±1.0	5.1 ±1.7	6.1 ±1.2	2.4 ±1.6	4.7 ±1.7
Home of my spouse's parents	5.6 ±1.2	4.5 ±2.0	6.0 ±1.2	5.1 ±1.7	5.8 ±1.3	5.0 ±1.7	5.9 ±1.2	2.2 ±1.5	4.5 ±1.6
Home of friends	5.6 ±1.2	4.6 ±1.8	6.2 ±1.1	5.6 ±1.3	5.6 ±1.3	4.7 ±1.6	5.9 ±0.9	2.1 ±1.3	5.8 ±1.3
Home of business associates	5.4 ±1.4	4.9 ±1.9	6.6 ±0.8	5.8 ±1.4	5.8 ±1.4	4.0 ±2.0	6.0 ±0.9	1.5 ±0.9	5.9 ±1.2
Away for anniversary	5.4 ±1.5	4.3 ±2.0	6.7 ±0.6	5.5 ±1.4	5.3 ±1.4	3.1 ±2.0	5.4 ±1.3	1.3 ±1.0	6.3 ±1.0
Celebrate something special	5.4 ±1.5	4.4 ±2.0	6.7 ±0.6	5.4 ±1.5	5.5 ±1.2	3.4 ±1.9	5.6 ±1.2	1.3 ±0.8	6.2 ±1.1

Table 48--(continued)

Episode	Soup	Spinach	Steak	Tea	Tomatoes	Tuna	Turkey	TV dinner	Wine
Fast-food restaurant	3.8 ±2.2	2.1 ±1.8	2.4 ±1.7	5.0 ±2.1	3.7 ±2.4	2.9 ±2.1	3.0 ±2.0	1.5 ±1.1	2.1 ±1.6
Expensive restaurant	5.9 ±1.3	4.8 ±2.1	6.8 ±0.4	5.8 ±1.4	5.7 ±1.4	3.0 ±1.9	5.6 ±1.4	1.1 ±0.5	6.4 ±1.0
Friends away from home	5.5 ±1.4	4.5 ±2.0	6.4 ±1.0	5.7 ±1.4	5.6 ±1.3	4.5 ±1.5	5.7 ±1.1	2.0 ±1.4	5.7 ±1.4
Breakfast at home	1.7 ±1.2	1.4 ±0.9	2.5 ±1.9	4.4 ±2.5	2.1 ±1.7	1.7 ±1.5	1.7 ±1.3	1.3 ±0.8	1.4 ±1.1
Holiday meal at home	4.8 ±1.7	4.2 ±2.1	6.1 ±1.7	5.4 ±1.8	5.5 ±1.3	3.2 ±1.8	6.3 ±1.2	1.3 ±0.7	5.7 ±1.4
Relatives in our home	5.5 ±1.4	4.6 ±1.9	6.3 ±1.1	5.8 ±1.4	5.8 ±1.0	4.6 ±1.6	6.0 ±0.9	1.8 ±1.1	5.3 ±1.1
Watching television	5.5 ±1.8	3.9 ±2.2	4.0 ±2.0	5.6 ±1.8	5.0 ±1.9	5.2 ±1.8	4.6 ±2.0	4.6 ±2.1	5.0 ±1.9
Meal with children	6.0 ±1.3	4.5 ±2.1	4.9 ±1.5	4.3 ±1.9	5.2 ±1.4	5.4 ±1.7	5.8 ±1.0	3.3 ±1.9	2.2 ±1.3
Served breakfast in bed by spouse	1.7 ±1.4	1.4 ±1.1	2.6 ±2.0	4.5 ±2.4	2.1 ±1.8	1.7 ±1.6	1.6 ±1.5	1.4 ±0.9	1.9 ±1.8

[a]Scale: 7 = always appropriate; 1 = never appropriate.

[b]N = 100 respondents.

APPENDIX M

Table 49--Means and standard deviations of appropriateness[a] scores for which differences[b] between college and post-college couples were found

Episodes	Foods	College[c]	Post-college[c]
Home with spouse	Luncheon meat sandwich	5.3 ± 1.7	4.2 ± 2.0
	Jello	6.0 ± 1.2	5.2 ± 1.9
Home alone	TV dinner	4.7 ± 2.2	3.4 ± 2.5
	Jello	5.9 ± 1.4	4.9 ± 2.0
Associates other than friends	Mashed potatoes	6.4 ± 0.8	6.0 ± 1.3
	Milk	6.6 ± 0.7	6.1 ± 1.2
Home for anniversary	Lasagna	6.2 ± 1.1	5.2 ± 1.8
	Hamburger casserole	3.5 ± 1.8	2.8 ± 1.4
	Luncheon meat sandwich	2.1 ± 1.5	1.5 ± 0.8
Home with my parents	Peanut butter sandwich	4.7 ± 2.1	3.3 ± 2.0
	Macaroni and cheese	5.1 ± 1.8	4.1 ± 1.8
	TV dinners	3.1 ± 2.2	1.7 ± 1.2
	Orange	5.9 ± 1.4	5.0 ± 1.6
	Dry cereal	4.6 ± 2.1	3.5 ± 2.1
	Lasagna	6.3 ± 1.1	5.5 ± 1.6
	Milk	6.8 ± 0.4	6.3 ± 1.4
	Steak	6.5 ± 0.8	6.1 ± 1.2
	Apple	6.0 ± 1.1	5.3 ± 1.6
	Luncheon meat sandwich	4.8 ± 1.9	4.0 ± 1.7
	Hot dog	5.2 ± 1.8	4.4 ± 1.9
Home of my spouse's parents	Mashed potatoes	6.5 ± 0.9	6.1 ± 1.2
	Bread	6.7 ± 0.5	6.4 ± 0.6
	Pizza	6.0 ± 1.1	4.9 ± 2.0
Home of friends	Jello	6.1 ± 1.0	5.5 ± 1.7
Home of business associates	Rolls	6.6 ± 0.6	6.2 ± 1.3
	Mashed potatoes	6.6 ± 0.7	6.1 ± 1.2
	Corn	6.6 ± 0.7	6.1 ± 1.1
	Milk	6.6 ± 0.7	6.1 ± 1.5
	Coffee	6.5 ± 0.8	5.5 ± 2.0
Away for anniversary	Mashed potatoes	6.4 ± 0.9	5.8 ± 1.6
	Lasagna	6.3 ± 1.2	5.4 ± 1.6
	Tea	5.9 ± 1.5	5.0 ± 2.1
	Potato salad	5.0 ± 2.0	4.0 ± 1.9
	Jello	5.4 ± 1.6	4.4 ± 2.0

Table 49--(continued)

Episodes	Foods	College[c]	Post-college[c]
Celebrate something special	Mashed potatoes	6.4 ± 1.0	5.8 ± 1.6
	Lasagna	6.4 ± 1.1	5.5 ± 1.8
	Milk	6.6 ± 0.7	5.8.± 2.0
	Potato chips	3.6 ± 1.9	2.2 ± 1.5
	French fries	4.4 ± 1.8	3.2 ± 1.7
	Melon	5.6 ± 1.4	4.8 ± 1.8
	Eggs	4.2 ± 2.0	3.3 ± 1.8
	Hamburger	4.0 ± 1.8	3.2 ± 1.8
Fast-food restaurant	Mashed potatoes	3.7 ± 2.1	2.8 ± 2.1
	Milk	6.6 ± 0.8	5.9 ± 1.7
	Potato chips	6.1 ± 1.3	5.4 ± 2.0
Expensive restaurant	Bacon	3.1 ± 2.1	2.1 ± 1.7
	Orange	3.5 ± 2.0	2.7 ± 1.8
	Mashed potatoes	6.5 ± 1.0	5.6 ± 1.9
	Lasagna	6.0 ± 1.5	4.9 ± 2.0
	Milk	6.5 ± 0.8	5.8 ± 1.8
	Hamburger	2.6 ± 1.6	2.0 ± 1.4
	Turkey	6.1 ± 1 3	5.2 ± 1.8
	Potato salad	4.6 ± 2.1	3.6 ± 2.0
	Baked ham	6.4 ± 1.1	5.6 ± 1.7
	Jello	5.1 ± 1.7	4.0 ± 2.0
Friends away from home	Corn	6.5 ± 0.8	6.1 ± 1.2
	Milk	6.7 ± 0.7	6.1 ± 1.6
	Mashed potatoes	6.5 ± 0.8	5.9 ± 1.3
Breakfast at home	Orange	6.4 ± 1.2	5.8 ± 1.7
	Milk	6.9 ± 0.2	6.4 ± 1.4
	Banana	6.1 ± 1.2	5.5 ± 1.6
Holiday meal at home	Lasagna	5.6 ± 1.7	4.6 ± 2.1
	Milk	6.8 ± 0.5	6.1 ± 1.5
	French fries	3.4 ± 1.9	2.5 ± 1.7
	Baked potato	6.7 ± 0.5	6.3 ± 1.1
	Jello	5.9 ± 1.3	4.7 ± 2.0
	Mashed potatoes	6.7 ± 0.5	6.1 ± 1.3
Watching television	TV dinner	5.1 ± 2.1	4.0 ± 2.5

Table 49--(continued)

Episodes	Foods	College[c]	Post-college[c]
Meal with children	Bacon	5.6 ± 1.4	4.8 ± 1.7
	Mashed potatoes	6.3 ± 0.9	5.7 ± 1.6
	Bread	6.6 ± 0.7	6.1 ± 1.2
	Orange juice	6.4 ± 0.8	5.6 ± 1.6
Served breakfast in bed by spouse	Cottage cheese	2.5 ± 2.2	1.6 ± 1.3
	Liver	1.7 ± 1.7	1.2 ± 0.6
	Soup	2.0 ± 1.9	1.3 ± 0.7

[a]Scale: 7 = always appropriate; 1 = never appropriate.

b = ($p < 0.05$).

[c]N = 25 couples.

APPENDIX N

Table 50--Means and standard deviations of appropriateness[a] scores for which differences[b] between husbands and wives were found

Episodes	Foods	Husbands[c]	Wives[c]
Home with spouse	Peanut butter sandwich	5.0 ± 1.8	4.2 ± 2.2
	TV dinner	3.6 ± 2.1	2.6 ± 2.0
	Baked potato	6.1 ± 1.1	6.5 ± 0.9
	Tomatoes	5.4 ± 1.6	5.9 ± 1.5
	Cheese	6.1 ± 1.1	6.5 ± 0.8
	Lobster	4.2 ± 2.2	3.2 ± 2.4
	Lettuce salad	6.1 ± 1.0	6.6 ± 0.7
	Corn	5.8 ± 1.4	5.1 ± 2.1
Home alone	Bread	6.5 ± 0.8	5.9 ± 1.6
	Dry cereal	4.8 ± 2.1	4.9 ± 2.2
	Beer	4.7 ± 2.3	3.2 ± 2.3
	Roast beef	5.5 ± 1.7	4.5 ± 2.1
	Steak	4.9 ± 2.1	3.6 ± 2.2
	Lettuce salad	6.0 ± 1.5	6.7 ± 0.6
	Soup	6.2 ± 1.1	6.6 ± 0.7
	Tea	4.6 ± 2.2	5.8 ± 1.9
	Melon	5.5 ± 1.7	6.1 ± 1.4
With friends	Tuna	5.0 ± 1.6	4.3 ± 1.9
	Baked potato	6.2 ± 0.9	6.5 ± 0.6
	Cranberry sauce	4.3 ± 1.8	3.7 ± 2.0
	Pop (soft drink)	5.5 ± 1.5	6.1 ± 1.3
	Tea	5.4 ± 1.7	5.9 ± 1.6
Associates other than friends	Cauliflower	5.4 ± 1.7	5.9 ± 1.4
	Tomatoes	5.2 ± 1.5	6.0 ± 1.2
	Tea	5.5 ± 1.7	6.1 ± 1.5
	Broccoli	4.9 ± 1.8	5.6 ± 1.7
Home for anniversary	Corn	6.3 ± 0.8	5.8 ± 1.5
	Bread	6.5 ± 0.7	6.0 ± 1.3
	Baked beans	4.9 ± 2.0	3.9 ± 2.2
	Milk	6.4 ± 0.9	6.0 ± 1.7
	Tuna	3.8 ± 2.1	2.8 ± 1.6
	Baked potato	6.3 ± 1.1	6.7 ± 0.6
	Potato salad	4.7 ± 1.8	4.0 ± 2.1
Home with my parents	Rolls	6.2 ± 1.0	6.6 ± 0.7
	Tomatoes	5.7 ± 1.3	6.2 ± 1.1

Table 50--(continued)

Episodes	Foods	Husbands[c]	Wives[c]
Home of my spouse's parents	Hamburger	5.7 ± 1.2	6.2 ± 1.2
	Tomatoes	5.5 ± 1.6	6.1 ± 1.1
	Roast beef	6.1 ± 1.0	6.4 ± 0.9
	Lettuce salad	6.2 ± 0.9	6.6 ± 0.8
	Baked ham	6.0 ± 1.5	6.5 ± 0.8
Home of friends	Tomatoes	5.2 ± 1.6	5.9 ± 1.4
	Lettuce salad	6.1 ± 1.3	6.6 ± 0.7
Home of business associates	Baked beans	5.5 ± 1.6	4.8 ± 1.7
	Tuna	4.5 ± 1.9	3.6 ± 1.9
	Hamburger casserole	4.4 ± 1.6	3.5 ± 1.8
	Cheese	6.1 ± 1.1	6.4 ± 0.9
	Tea	5.4 ± 1.7	6.2 ± 1.3
Away for anniversary	Tuna	3.5 ± 2.0	2.7 ± 1.9
	Liver	2.9 ± 2.0	2.2 ± 1.8
	Broccoli	4.8 ± 2.1	5.4 ± 1.9
Celebrate something special	Asparagus	3.7 ± 2.5	4.5 ± 2.3
	Milk	6.4 ± 1.2	6.0 ± 1.8
	Liver	3.1 ± 2.2	2.1 ± 1.9
	Lettuce salad	6.4 ± 1.0	6.7 ± 0.6
Fast-food restaurant	Milk	6.0 ± 1.4	6.5 ± 1.3
	Hamburger	6.7 ± 0.5	6.9 ± 0.2
	Potato chips	5.4 ± 2.0	6.1 ± 1.3
	Lettuce salad	4.0 ± 2.1	5.3 ± 1.9
	Melon	2.6 ± 1.8	3.4 ± 2.1
	Pop (soft drink)	6.4 ± 0.8	6.8 ± 0.5
Expensive restaurant	Asparagus	4.8 ± 2.2	5.6 ± 1.8
	Baked beans	5.0 ± 2.1	3.9 ± 2.2
	Tuna	3.5 ± 2.1	2.4 ± 1.7
	Cauliflower	5.4 ± 1.7	6.0 ± 1.4
	Hamburger casserole	2.5 ± 1.5	1.9 ± 1.2
	Coffee	5.6 ± 2.1	6.5 ± 1.3
Friends away from home	Peanut butter sandwich	2.6 ± 1.7	1.9 ± 1.3
	Macaroni and cheese	3.6 ± 2.1	2.9 ± 1.8
	TV dinner	2.5 ± 1.8	1.5 ± 1.1
	Dry cereal	2.9 ± 1.9	2.1 ± 1.5
	Cheese	5.7 ± 1.4	6.4 ± 0.8
	Lettuce salad	6.3 ± 0.8	6.6 ± 0.9
	Tea	5.4 ± 1.8	6.0 ± 1.5

Table 50--(continued)

Episodes	Foods	Husbands[c]	Wives[c]
Breakfast at home	Baked potato	1.5 ± 0.8	1.1 ± 0.4
	TV dinner	1.5 ± 1.1	1.1 ± 0.3
	Dry cereal	6.1 ± 1.2	6.5 ± 0.9
	Orange juice	6.5 ± 1.1	6.9 ± 0.4
	Potato chips	1.5 ± 1.0	1.1 ± 0.3
	Cauliflower	1.6 ± 1.1	1.2 ± 0.5
	Beer	1.3 ± 0.8	1.0 ± 0.2
	Melon	4.2 ± 2.3	5.7 ± 1.8
	Pop (soft drink)	1.9 ± 1.5	1.4 ± 1.1
	Tea	3.7 ± 2.4	5.0 ± 2.5
Holiday meal at home	Macaroni and cheese	2.3 ± 1.7	1.6 ± 1.3
	Peanut butter sandwich	1.5 ± 0.8	1.2 ± 0.6
	Tuna	3.9 ± 1.9	2.5 ± 1.7
	Hamburger	3.1 ± 1.8	2.4 ± 1.6
	Potato chips	3.1 ± 1.8	2.2 ± 1.7
	French fries	3.4 ± 1.9	2.5 ± 1.7
	Hamburger casserole	3.2 ± 1.7	2.6 ± 1.8
	Turkey	6.0 ± 1.5	6.5 ± 0.9
	Baked beans	5.2 ± 1.8	4.3 ± 2.2
	Chicken	6.0 ± 1.4	6.1 ± 1.1
Relatives in our home	Macaroni and cheese	3.8 ± 1.9	3.1 ± 1.7
	TV dinner	2.1 ± 1.4	1.5 ± 1.0
	Rolls	6.2 ± 1.0	6.6 ± 0.6
	Rice	5.3 ± 1.6	6.0 1 1.4
	Baked potato	6.1 ± 1.3	6.5 1 0.7
	Tomatoes	5.6 ± 1.4	6.1 ± 1.0
	Roast beef	6.1 ± 1.2	6.6 ± 0.6
	Pancakes	3.9 ± 1.9	4.6 ± 2.0
	Liver	3.6 ± 2.1	2.9 ± 1.9
	Cheese	5.8 ± 1.4	6.3 ± 1.0
	Lettuce salad	6.1 ± 1.2	6.7 ± 0.7
	Tea	5.4 ± 1.7	6.2 ± 1.1
	Broccoli	4.8 ± 1.9	5.6 ± 1.5
Watching television	Corn	5.7 ± 1.6	5.0 ± 2.0
	Pork chops	5.2 ± 1.9	4.4 ± 2.1
	Green peas	5.4 ± 1.7	4.4 ± 2.2
	Pancakes	4.2 ± 2.1	3.4 ± 2.1
	Liver	3.7 ± 2.4	2.7 ± 2.1
	Steak	4.8 ± 1.9	3.3 ± 2.1
	Lobster	3.2 ± 2.1	2.0 ± 1.7

Table 50--(continued)

Episodes	Foods	Husbands[c]	Wives[c]
Watching television (continued)	Turkey	5.3 ± 1.6	4.0 ± 2.2
	Chicken	5.8 ± 1.3	4.8 ± 1.9
	Fish	5.4 ± 1.8	4.1 ± 2.2
	Cranberry sauce	3.9 ± 2.0	3.1 ± 2.1
	Baked ham	5.3 ± 1.8	4.4 ± 2.1
Meal with children	Steak	5.5 ± 1.6	4.3 ± 1.4
	Lobster	3.3 ± 2.0	2.3 ± 1.8
Served breakfast in bed by spouse	Orange	5.7 ± 1.8	6.5 ± 0.9
	Tea	3.7 ± 2.5	5.3 ± 2.4

[a]Scale: 7 = always appropriate; 1 = never appropriate.

b = ($p < 0.05$).

[c]N = 50.

APPENDIX O

Table 51--Means[a] and standard deviation of significant differences[b] of appropriateness[c] of foods for episodes for college and post-college husbands and wives

Episode	Foods	College[d]		Post-college[d]	
		Husbands	Wives	Husbands	Wives
Eating at home with spouse	Steak	6.0^{e} ± 1.5	6.5^{e} ± 1.0	6.3^{e} ± 0.9	5.7^{e} ± 1.8
Eating at home alone	Tuna	5.0^{e} ± 2.2	6.0^{e} ± 1.5	6.0^{e} ± 1.4	5.6^{e} ± 2.0
Eating at home with friends	Baked potato	6.1^{f} ± 1.1	6.7^{e} ± 0.5	6.4^{ef} ± 0.8	6.4^{ef} ± 0.8
	Pork chops	6.0^{e} ± 1.4	6.6^{e} ± 0.8	6.3^{e} ± 0.9	6.0^{e} ± 0.9
	Tomatoes	5.3^{e} ± 1.7	6.1^{e} ± 1.1	5.7^{e} ± 1.2	5.5^{e} ± 1.8
	Steak	5.9^{e} ± 1.4	6.5^{e} ± 0.9	6.3^{e} ± 0.9	5.7^{e} ± 1.6
	Broccoli	4.7^{e} ± 2.2	5.6^{e} ± 1.6	5.5^{e} ± 1.4	5.1^{e} ± 1.8
Eating away from home with other than friends	Baked beans	5.2^{ef} ± 1.5	4.4^{f} ± 2.1	5.2^{ef} ± 1.9	5.4^{e} ± 1.5
	Eggs	4.5^{ef} ± 1.7	4.0^{f} ± 2.2	4.4^{ef} ± 1.6	5.1^{e} ± 1.6
Eating at home for anniversary	Dry cereal	1.2^{e} ± 0.5	1.9^{e} ± 1.7	1.6^{e} ± 1.3	1.2^{e} ± 0.5
	Luncheon meat sandwich	1.8^{ef} ± 1.0	2.5^{e} ± 1.8	1.6^{fg} ± 0.9	1.4^{f} ± 0.6
Eating at the home of my spouse's parents	Cottage cheese	5.0^{ef} ± 1.9	6.0^{e} ± 1.5	5.2^{ef} ± 1.6	5.1^{f} ± 1.9
	Soup	5.4^{ef} ± 1.5	6.2^{e} ± 0.9	5.6^{ef} ± 1.3	5.1^{f} ± 1.7
Eating at the home of business associates	Peanut butter sandwich	1.5^{ef} ± 0.5	1.5^{ef} ± 0.9	1.6^{e} ± 0.9	1.1^{f} ± 0.3
Eating away from home to celebrate something special that just happened	Bacon	2.8^{e} ± 1.8	2.4^{e} ± 1.8	2.0^{eg} ± 1.4	3.2^{e} ± 2.2
	Milk	6.5^{ef} ± 0.7	6.6^{e} ± 0.7	6.2^{ef} ± 1.6	5.3^{f} ± 2.3
	Turkey	5.5^{ef} ± 1.6	6.3^{e} ± 1.1	5.4^{f} ± 1.6	5.2^{f} ± 1.9
	Chicken	6.2^{ef} ± 0.8	6.7^{e} ± 0.6	6.1^{f} ± 1.3	6.0^{f} ± 1.3

Table 51--(continued)

Episode	Foods	College[d] Husbands	College[d] Wives	Post-college[d] Husbands	Post-college[d] Wives
Eating away from home to celebrate something special that just happened (continued)	Jello	$5.5^{e} \pm 1.4$	$5.7^{e} \pm 1.2$	$4.7^{e} \pm 1.9$	$3.6^{f} \pm 1.9$
	Peanut butter sandwich	$1.1^{f} \pm 0.3$	$1.6^{e} \pm 1.1$	$1.3^{ef} \pm 0.7$	$1.1^{f} \pm 0.4$
Eating at a fast-food restaurant	Potato chips	$6.1^{eg} \pm 1.3$	$6.1^{eg} \pm 1.3$	$4.6^{f} \pm 2.4$	$6.2^{e} \pm 1.2$
Eating at an expensive restaurant	Dry cereal	$1.4^{e} \pm 0.9$	$1.8^{e} \pm 1.7$	$1.6^{e} \pm 1.0$	$1.2^{e} \pm 0.4$
	Jello	$4.8^{eg} \pm 1.9$	$5.4^{e} \pm 1.6$	$4.8^{eg} \pm 1.8$	$3.2^{f} \pm 1.8$
Eating with friends away from home	Broccoli	$4.6^{e} \pm 2.1$	$5.5^{e} \pm 1.6$	$5.4^{e} \pm 1.5$	$5.0^{e} \pm 1.9$
Preparing a holiday meal for us at home	Peanut butter sandwich	$1.3^{ef} \pm 0.6$	$1.3^{ef} \pm 0.7$	$1.6^{e} \pm 0.9$	$1.1^{f} \pm 0.3$
	Pizza	$3.6^{ef} \pm 1.8$	$3.9^{e} \pm 2.0$	$3.6^{ef} \pm 1.4$	$2.6^{f} \pm 1.9$
Preparing a meal for a relative in our home	Wine	$4.5^{f} \pm 1.9$	$5.3^{ef} \pm 2.2$	$5.9^{e} \pm 1.1$	$5.4^{ef} \pm 1.8$
	Luncheon meat sandwich	$3.1^{e} \pm 1.5$	$3.5^{e} \pm 1.9$	$3.6^{e} \pm 2.0$	$2.7^{e} \pm 1.8$
Eating a meal with children	Baked beans	$5.3^{ef} \pm 1.4$	$5.9^{e} \pm 1.4$	$5.5^{ef} \pm 1.7$	$4.8^{f} \pm 1.5$
	Tomatoes	$5.0^{e} \pm 1.7$	$5.6^{e} \pm 1.5$	$5.5^{e} \pm 1.7$	$4.8^{e} \pm 2.0$
	Broccoli	$4.5^{e} \pm 1.8$	$5.5^{e} \pm 1.8$	$5.2^{e} \pm 1.8$	$4.4^{e} \pm 1.9$

Table 51--(continued)

Episode	Foods	College[d]		Post-college[d]	
		Husbands	Wives	Husbands	Wives
Having breakfast served to me in bed by my spouse	Rolls	$5.0^{ef} \pm 2.4$	$4.4^{f} \pm 2.7$	$4.0^{ef} \pm 2.7$	$5.7^{e} \pm 2.2$
	Orange juice	$6.8^{ef} \pm 0.4$	$6.1^{f} \pm 2.1$	$6.5^{ef} \pm 1.3$	$6.9^{e} \pm 0.3$
	Ice cream	$2.0^{ef} \pm 1.9$	$3.0^{e} \pm 2.5$	$2.1^{ef} \pm 1.9$	$1.5^{f} \pm 1.5$

[a]Means within columns followed by different superscripts differ from each other at the 95% confidence level using Tukey's test.

b = ($p < 0.05$).

[c]Scale: 7 = always appropriate; 1 = never appropriate.

[d]N = 25 couples.

VITA

Phyllis Bowman Conklin was born in Sweetwater, Tennessee on June 28, 1935. She attended elementary school in Sweetwater and was graduated from Sweetwater High School in 1953. The following September she entered Carson-Newman College, Jefferson City, Tennessee, and in June 1957 she received a Bachelor of Science degree in Home Economics. Upon graduation she accepted a position as Assistant Food Service Director at Carson-Newman College which continued until 1960 when she accepted a teaching position with the Knoxville Public School System, Knoxville, Tennessee.

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In the Fall of 1968, she accepted a position as Assistant Professor in the Home Economics Department at the University of Northern Iowa, Cedar Falls, Iowa, a position she still holds. In July 1975, and while maintaining her present position at the University of Northern Iowa, she began work toward the Ph.D. in Food Science at The University of Tennessee. In August 1983, requirements for the Doctor of Philosophy with a major in Food Science were completed.

Phyllis is a member of the Institute of Food Technologists, Society for Nutrition Education, American Home Economics Association, Iowa Home Economics Association and Phi Upsilon Omicron.

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