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COLLEGE MARRIED COUPLES: LEISURE
AND
MARITAL SATISFACTION

by

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B.A. Montana State University, 1957

Presented in partial fulfillment
of the requirements for the degree of

Master of Arts

Department of Sociology

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1958

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W.M.G.

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INTRODUCTION

This thesis consists of a research investigation of two relatively new social phenomena: college married couples and leisure, each of which could be a fruitful area for research. Although both have become quite common in recent years, each phenomenon has been largely neglected by researchers.

For the most part, writings on the subject of leisure time have been left to social workers, to professional organizers of community recreational activities, or to economists interested mainly in money spent for play. Little significant scientific research has been conducted to discover the ways in which Americans spend their leisure time and the possible relationships between leisure-time activities and other segments of human behavior (such as marriage or work).

Relatively little is known about the student couple. A few scientific studies have been conducted concerning this unique marital relationship, but numerous gaps are found in the present knowledge. Especially noticeable is the lack of reliable information about the problem of leisure-time (or lack of leisure-time) and its effect upon the marriage relationship for the student couple. In view

of this, the major problem and concern of this study is to investigate relationships between marital satisfaction and leisure-time activities within the specific population of college married students.

The data might be of value to university administrators, teachers, social workers, researchers, and community leaders. Because this is the first study of college married couples at Montana State University, the findings might indicate the feasibility and desirability of proposing programs for members of student households.

To the knowledge of the author, this is the first scientific type of study in this specific area of behavior. Since the study delves into comparatively new territory for sociologists, considerable space is devoted to introductory material and review of literature. Such material, which is divided into three sections, should help sociologists to understand the problem more fully. The first aspect of the problem deals with the nature and development of leisure and the value of leisure-time activities in marriage, while the second section discusses the development of the phenomenon of college married couples. In the third section the author inter-relates the two phenomena by discussing the specific problem of leisure and leisure-time activities of college couples.

CHAPTER ONE

THE NATURE AND DEVELOPMENT OF LEISURE AND ITS VALUE IN MARRIAGE

Centuries ago, Aristotle developed the theory that "we work in order to have leisure."¹ For Aristotle, there were three related ideas which expressed the goal of human life: theoretical wisdom, happiness, and leisure. Leisure was not only the condition for the attainment of the other two--it also represented the achievement of understanding, which he felt was man's highest goal.

It has often been stated that civilization depends largely on the way people use their leisure time. Karl Mannheim wrote that:

....comparative studies in the use of leisure show at first glance that a higher position, larger income, and increased security do not necessarily lead to culture. Unless material advancement is combined with personal example and the persuasion exercised by the presence of intelligent standards for the use of leisure, it may end in boredom, neurosis, and general decadence....Security alone is no guarantee that surplus energies will be turned in any particular direction, unless they are guided

¹Aristotle, "Politica," The Works of Aristotle translated under the editorship of J. A. Smith and W. D. Ross, Oxford: Clarendon Press, 1908-31, Book 7, Section 15.

by personal influence and education....The average citizen is unable to invent new uses for his leisure.²

It is evident, then, that leisure is an important element of human behavior. Dr. Clarence E. Rainwater introduced a course about the sociology of play--the first of its kind--at the University of Southern California in the early 1920's.³ But relatively few scientific studies have been made of the uses people make of their spare time, even though various sociologists have, in recent years, advocated the study of leisure. Neumeier, for example, has written: "Leisure activities are a fruitful field for study. They cover so many interests and aspects of life, both personal and social, that nearly every scientist can find some aspect of them which he may study with profit."⁴

Lundberg has said,

The social sciences are devoted to the study of group behavior--what people do. Now it happens that among the various activities (political, economic, etc.) in which man engaged are certain activities which we call play, recreation, artistic, or more generally leisure pursuits. These activities are engaged in as universally, have as long as history, and presumably have behind them as deep-seated biological drives as any of the others.

²Karl Mannheim, Man and Society in an Age of Reconstruction, New York: Harcourt, Brace and Co., 1944, p. 317.

³Millard L. Jordan, "Leisure Time Activities of Sociologists and Attorneys," Sociology and Social Research, 40 (January-February, 1956), pp. 176-178.

⁴Martin H. Neumeier, "Leisure--A Field for Social Research," Research Studies of the State College of Washington, 9 (March, 1941), pp. 5-15.

All behavior consists in the struggle of the organism to make an adjustment of some sort. Leisure pursuits, whether they be play, painting, dancing, singing, or any others are basically just as truly responses to organic needs as are hunting, gregariousness, or withdrawing one's hand from the fire. From this point of view, leisure, play, and artistic behavior are as proper subjects for scientific study as any other phases of human activity.⁵

THE NATURE OF LEISURE

Fairchild, in the Dictionary of Sociology, defines leisure as the "free time after the practical necessities of life have been attended to. The adjective leisure means being unoccupied by the practical necessities, as leisure hours....Conceptions of leisure vary from the arithmetical one of time devoted to work, sleep, and other necessities, subtracted from 24 hours--which gives the surplus time--to the general notion of leisure as the time which one uses as he pleases."⁶

Lundberg and his associates, in their classic study of leisure, Leisure: A Suburban Study,⁷ stated that "non-leisure" activities included sleep, paid work, care of

⁵George A. Lundberg, Mirra Komarovsky and Mary Alice McInerny, Leisure: A Suburban Study, New York: Columbia University Press, 1934, pp. 10-11.

⁶Henry Pratt Fairchild, editor, Dictionary of Sociology, New York: Philosophical Library, 1944, p. 175.

⁷Lundberg, Komarovsky, and McInerny, op. cit. p. 92.

household and children, care of self, transportation, and other items which are primarily instrumental or incidental to other activities rather than ends in themselves."

"Leisure" included all other activities.

In another sense, leisure is an attitude, a state of mind, a "process of pleasurable adjustment to one's situation." It depends on temperament, personality, education, and the activities that have preceded.⁸

There are many ways to classify leisure. Some leisure-time activities may have a purely recreational nature; examples might be card-playing, golf, movies, and playground activities. Other activities may be engaged in for both leisure and other purposes; these dual-natured pursuits could occur in libraries, various clubs, and dine-and-dance places. Leisure activities may be categorized on the criteria of whether they require active or vicarious participation. Also, activities could be classified as either passive or creative pursuits. And leisure could be classified as to how it involves the economic order or according to monetary factors.⁹

An interesting sidelight here is the fact that the Latin word for leisure is scola, and the Greek word for leisure is skole. This means that "the word used to designate the place where we educate and teach is derived from a

⁸Kimball Young, Source Book For Sociology, New York: American Book Co., 1935, p. 297.

⁹Lundberg, Komarovsky, and McInerny, op cit., pp. 58-59.

word which means 'leisure.' 'School' does not, properly speaking (sic), mean school, but leisure."¹⁰

DEVELOPMENT OF LEISURE

In the present modern industrialized society the role of leisure and leisure-time activities is of growing significance. Leisure played a relatively small part in American life until mechanization occurred. In early America, leisure and play were regarded as "the work of the devil." The notion reigned that "idleness is the devil's workshop." Work was good, but leisure was bad. To have much idle time was undesirable. Blue Laws were passed in several communities; according to these statutes any form of commercialized recreation on Sunday was unlawful. In 1830 employers in New England were able to oppose the reduction of hours of labor to ten hours per day on the grounds that too much leisure time would encourage vice among the workers.

Even at the beginning of the twentieth century, attitudes toward leisure were often negative rather than positive. Brooker T. Washington, one of the well-known men of the era, may be used as an example. Washington was quite definite in denouncing card-playing, now one of the most popular leisure-time activities. Washington's feelings in

¹⁰Josef Pieper, *Leisure: The Basis of Culture*, London: Faber and Faber, 1952, p. 26.

regard to card-playing were as follows:

Do not play cards. Playing cards, you will insist, is no more harmful than playing dominoes or croquet; but it is a fact undeniable that playing cards leads to something more harmful than either of the games I have just mentioned. Card-playing has a history, and it is the experience of men who understand crime, who understand civilization in all its grades, that card-playing has been the source of any number of crimes. It leads to late hours, bad company, a betting proclivity, and finally, it leads to the using of other people's money.¹¹

At the beginning of the factory system, employees worked 72 to 84 hours a week--80 per cent to 92 per cent of their socially disposable time. (Socially disposable hours are hours not devoted to sleeping, eating, and self-service activities such as bathing, shaving, applying make-up, etc.). By 1950, the average was down to 40 hours of work per week, or less than 44 per cent of the workers' socially disposable time. The average worker had over 50 out of 91 socially disposable hours per week to spend as he pleased.¹²

The weekly hours of leisure have tripled in the last century, and the trend seems to be towards still fewer

¹¹Black-Belt Diamonds: Gems from the Speeches, Addresses and Talks to Students of Brooker T. Washington, New York: Fortune and Scott, pp. 16-17.

¹²Lowell Julliard Carr, Analytical Sociology: Social Situations and Social Problems, New York: Harper and Brothers, 1955, p. 329.

working hours.¹³ For the first time in human history a civilization found itself with literally billions of hours a week of mass leisure on its hands--free time in which men were no longer means to serve the purposes of other men but ends in themselves for their own purposes. Our culture is becoming one characterized by leisure rather than one characterized by work.

Attitudes have changed accordingly. Today, leisure is assumed to be a desirable and necessary feature of life. Max Weber's philosophy of "One does not work to live; one lives to work" is no longer valid in America.¹⁴ People expect a certain amount of leisure time. Leisure is a distinct part of American society.

Mechanization has also improved the American standard of living. Consequently commercialized and often expensive forms of leisure-time activities have developed. Institutional leisure has emerged. Leisure-time activities of a recreational nature have been developed to compensate in part for the monotonous hours of work; as the shorter work day, the abbreviated work week, and the annual vacation have emerged to give the worker a chance for leisure-time activities. If he has money, a person can enjoy a variety of

¹³Simon Kuznets and Raymond Goldsmith, Income and Wealth in the United States, Trends and Structure, Cambridge, England: Bowes, 1952, p. 280.

¹⁴Willard C. Sutherland, "A Philosophy of Leisure," The Annals of the American Academy of Political and Social Science, 313 (September, 1957), pp. 1-3.

privileges and opportunities that are made possible through free time.

In 1954, people in the United States spent 50 million dollars attending concerts and 40 million dollars to see baseball games.¹⁵ It is interesting to note that people spent more money in attending concerts than in watching baseball games; this is surprising when one considers that baseball is usually considered our national game. Tastes in leisure-time activities may be changing. One observer¹⁶ has noticed that manufacturers of art materials did a three million dollar business in 1940; the figure jumped to forty million dollars by 1950. Americans spend more money per capita for tobacco than for public education.¹⁷

Amateur photographers own 34 million cameras in the United States. Sixty million dollars worth of tools were bought for home workshops in 1952. During 1953, fishermen (and fisherwomen) bought 18 million fishing licenses. According to estimates, there are 17 million roller skaters, 18 million bicyclists, five million horseshoe players, 20 million bowlers, four million golfers, four million

¹⁵Arnold W. Green, Sociology: An Analysis of Life in Modern Society (Second Edition), New York: McGraw-Hill, 1956, p. 482.

¹⁶J. Donald Adams, "Speaking of Books," The New York Times Book Review, (August 4, 1954), p. 2.

¹⁷Joseph H. Fichter, Sociology, Chicago: University of Chicago Press, 1957, p. 395.

power-boat owners, and a half million sailboat owners.¹⁸

In 1946, there were 18,719 regular movie theaters and 300 drive-in theaters, while in 1955, there were 15,039 regular theaters and 4,062 of the drive-in type.¹⁹ In 1955, seven out of every ten American homes were equipped with a television set.²⁰ Over 30 million television sets served about 70 million viewers in 1954.²¹ Sales surveys report that television sets are among the first items bought by the poor and among the last bought by the rich.²² Television has become a virtual essential in the American way of life.

Although less time has been spent listening to the radio since the coming of television, the number of radio stations almost tripled from 1,004 in 1946 to 2,745 in 1955.²³ There are 125 million radios in the United States,

¹⁸J. Frederic Dewhurst and associates, America's Needs and Resources: A New Survey, New York: Twentieth Century Fund, 1955, pp. 358-366.

¹⁹Green, op. cit., p. 491.

²⁰Look (July 12, 1955), p. 74.

²¹James A. Peterson, Education for Marriage, New York: Charles Scribner's Sons, 1956, p. 359.

²²Lawrence G. Thomas, "Leisure Pursuits by Socio-Economic Strata," Journal of Educational Sociology, 29 (May, 1956), pp. 367-377.

²³Time (May 9, 1955), p. 489.

of which 26 per cent are in cars. Less than two families in a hundred have no radio.²⁴

On the average, an American spends over four hours a day, about one-fourth of his waking hours, in reading newspapers and popular literature, watching movies and television, and listening to the radio.²⁵ These four hours don't include the time spent attending sports events, for which figures are unavailable. According to attendance figures for 1953,²⁶ almost 50 million people attended race tracks, 37½ million watched major and minor league baseball games, over 15 million watched football games, four million attended wrestling matches, and three-fourths of a million spectators watched boxing matches.

Leisure has become the problem of what to do with at least a third of life. Leisure hours are as important as the work hours, perhaps even more important because during working hours there is standardization, but during leisure hours there often is lack of regulation--people are "on their own."

²⁴Green, op. cit., p. 489.

²⁵Wilbur Schramm (editor), The Process and Effects of Mass Communication, Urbana, Illinois: University of Illinois Press, 1954, p. 34.

²⁶Op. cit., p. 482.

THE VALUE OF LEISURE IN MARRIAGE

The value of leisure-time activities lies in the nervous release which they give from the customary and competitive activities which are forced upon people by the social order. According to Durant:

Work is the foundation of our society. Hence, the value of work should be its basic ethic. But, because the dominating values arise from people who need not toil and because a substitute for integration by labor must be given to the millions who know work only as an evil necessity, leisure is offered as the supreme goal. Leisure, therefore, attempts to supplant work.²⁷

Urban living conditions demand a great amount of rest and relaxation from the routinized, often monotonous tasks performed indoors in artificial surroundings. Repetition, routine, pressure to "get ahead," and the hustle and bustle of the city can produce nervous tensions. Leisure-time activities are often needed to offset them.

Leisure-time activities provide an emotional outlet for the strains of daily living. Leisure and play often relieve self-centered tensions and encourage a give-and-take attitude. In the sense, leisure contributes to individual adjustment.

But it is often said of our modern society that persons don't do what their innermost selves might have them do

²⁷Henry Durant, The Problem of Leisure, London: George Rutledge and Sons, Ltd., 1938, p. 31.

nearly as much as they conform to the activities required to rise on the socio-economic scale.²⁸ Therefore, the leisure-time activities which people follow are sometimes not entirely satisfactory to the individuals concerned. Work seems more dreary after the leisure hours, and the leisure is no climax to the work. A vicious circle is the result--a process of constantly seeking but never finding. In general, leisure is one of the crucial points which causes or contributes to many of the strains in our society.

Leisure can definitely contribute to individual adjustment; but it also can be a contributing factor in individual maladjustment. In this era of free time, leisure takes its place along with religion, education, health, work, and other phenomena as an essential factor in molding individual personality and in shaping human behavior.

Various researchers have advanced the use of leisure time as a significant factor for happiness in marriage. This is the age of the companionship marriage in which leisure-time activities play a vital part. Companionship is the central characteristic of the modern type of marriage. Love often results from companionship and shared leisure-time activities. Young people expect to continue to have companionship and shared leisure-time pursuits in married life. They

²⁸George Soule, "The Economics of Leisure," The Annals of the American Academy of Political and Social Science, 313 (September, 1957), pp. 16-24.

expect to have a fairly large amount of leisure time and to enjoy their leisure-time activities.

Sometimes leisure activities require a good deal of adjustment, especially in the earlier years of married life. Previous to marriage, leisure-time activities are, to a great extent, same-sex pursuits. With marriage young people face the necessity of giving up some of their independent behavior. Adjustment to a new type of leisure-time activity may be difficult.

In 1946, Judson Landis published a study which sought to use specific aspects of the marital relationship in measuring length of time to achieve adjustment.²⁹ The aspects which Landis selected for study were: spending family income, sex relations, relationships with in-laws, religious life in the home, choosing and associating with mutual friends, and social activities and recreation. Each of the persons in his sample of 409 couples was asked to check one of eight responses for each area, thereby giving the length of time required to achieve that adjustment. These scores were then related to the Burgess and Cottrell five-point "Happiness" item to study the effects of the total marital adjustment in terms of the selected variables.

The area centering around social activities and recreation was listed as ranking third in length of time required

²⁹Judson Landis, "Length of Time Required to Achieve Adjustment in Marriage," American Sociological Review, 11 (December, 1956), pp. 666-77.

to make an adjustment--behind sex and spending the family income. It stood about midway between the two extreme areas of least difficulty and most difficulty. Following is a ranked list of adjustment areas in marriage according to length of time required for adjustment, beginning with the area which required the longest amount of time:

- 1) sex relations
- 2) spending the family income
- 3) social activities and recreation
- 4) in-law relationships
- 5) religion in home
- 6) associating with mutual friends

Two-thirds of the couples agreed that they had made a satisfactory adjustment in the area of social activities and recreation from the beginning, while 13.6 per cent never reached a satisfactory adjustment. Of all the six areas, the percentage of "never adjusted" was highest in the area of social activities.

Pfeiffer and Scott concluded from a study of married home economics graduates that provision for wide use of leisure is one of the four factors which are believed to be of outstanding significance for happy family life.³⁰ The other three factors were husband-wife relations, parent-child relations, and management of time and finances.

³⁰Mary Stoll Pfeiffer and Dorothy D. Scott, "Factors in Family Happiness and Unity," Journal of Home Economics, 44 (June, 1952), pp. 412-14.

Bowman, in discussing the role of leisure in marriage, has said:

The use of leisure time in marriage is important because it is usually in their nonworking hours that husband and wife are most closely associated. Their leisure-time pursuits contribute, for good or ill, to the development of their personalities and their mutual relationship. Those pursuits may serve as common interests or as points of departure for conflict.³¹ They may preserve romance or allow it to atrophy.³¹

Kirkpatrick found that an instrument for measuring common interests (Scale of Community of Interests) can be used, to some extent, as a device for measuring marital adjustment.³² Well-adjusted couples will have significantly more interests in which they enjoy participating together than will poorly married couples.

Burgess and Wallin had their subjects check inventories of leisure time interests according to preference and they also asked the general question of whether subjects engaged in interests and activities together. From the resulting data they classified common interests according to the degree of binding effect upon the marriage.³³ The researchers found that sports and games were activities which married couples may enjoy doing together, but they have little or no binding

³¹Henry A. Bowman, Marriage for Moderns, New York: McGraw-Hill, 1948, p. 379.

³²Clifford Kirkpatrick, "Community of Interests and the Measurement of Marriage Adjustment," The Family, 18 (June, 1937), pp. 133-37.

³³Ernest W. Burgess and Paul Wallin, Engagement and Marriage, New York: J. B. Lippincott Co., 1953, p. 442.

effect upon the marital relationship. Friends, reading, and dancing have some binding effect, while artistic, intellectual (music, theater, etc.), religious, and sometimes political interests seem to have much more meaning for the relationship. Active community service, same or similar professional interests, and devotion to a common cause seem to have a great binding effect upon the marriage. The common activities of married life--the establishment and maintenance of a home, the conceiving and rearing of children, and the social activities of the couple--draw and keep husband and wife together. Benson, who analyzed a segment of the material from the Burgess and Wallin study, offers a good summary.³⁴ Benson found that mutuality of interests classified as familistic is favorably related to marital adjustment, and mutuality of individualistic interests unfavorably related to adjustment.

Agreement on recreation was one of the most significant differences between the well adjusted and the poorly adjusted groups in Williamson's study of a sample of Southern California married couples. This was the case for the husbands much more than for the wives, however (See Table 1).

Locke's study found that joint participation in all outside interests was reported by a decidedly larger percentage

³⁴Purnell Benson, "The Interests of Happily Married Couples," Marriage and Family Living, 14 (November, 1952), pp. 276-280.

of happily married than of divorced persons.³⁵ Locke put the answers to all his adjustment questions in rank order of their importance in differentiating happily married and divorced. There were 34 items on this scale, and the question regarding leisure time rated sixth place. The question was: "In leisure time both husband and wife prefer to be 'on the go', both prefer to stay at home, one prefers to 'be on the go' and the other to stay at home."

TABLE 1
AGREEMENT IN AREAS OF BEHAVIOR AS RELATED TO
ADJUSTMENT IN MARRIAGE*

Areas of Behavior	<u>Critical Ratio</u>	
	Husband	Wife
Sex relations	10.5	9.0
Recreation	10.2	6.4
Dealing with in-laws	8.9	7.5
Finances	7.8	6.9
Amount of time spent together	7.3	6.6
Aims, goals, and things believed important in life	7.2	5.6
Choice of friends	7.1	6.7
Conventionality	3.9	7.6

*Robert Williamson, Economic Factors in Marital Adjustment, unpublished Ph.D. dissertation, University of Southern California, 1952, p. 136.

According to Burgess and Wallin, their findings seem to support the notion that, on the average, marriage for the man

³⁵Harvey Locke, Predicting Adjustment in Marriage: A Comparison of a Divorced and a Happily Married Group, New York: Henry Holt and Co., 1951, p. 252.

has primarily a recreational and affectional meaning, while for the woman the career aspect of marriage is important, even in the companionship marriage.³⁶ This could suggest that common interests often play an important role in the success or failure of marriage for the man, but not for the woman.

But the findings of the various studies are not conclusive as of yet. Benson offers a word of caution in regard to leisure time interests in marriage. Benson's analysis of Burgess and Wallin's data resulted in the conclusion that the numerical total of leisure time interests in common shows small relationship either to present or future marital adjustment.³⁷ When partners independently check interests from an inventory, little or no relationship is found between number of common leisure time interests and adjustment in engagement or marriage. Benson states that, contrary to popular impression, marriage on the basis of leisure time enjoyments at engagement apparently affords little better prospect, if any, of successful marriage than where the number of such common interests is ignored.

³⁶ Burgess and Wallin, op. cit., p. 587.

³⁷ Purnell Benson, "The Common Interest Myth In Marriage," Social Problems, 19 (July, 1955) pp. 27-34.

CHAPTER TWO

THE RISE OF COLLEGE MARRIAGES

At the turn of the century, married college students were unknown. It was assumed that a student should finish his education and get a job before marrying and setting up a home. Marrying before graduation was a sufficient reason for expulsion by college and university officials.

The first married couple on the campus of the University of Washington appeared sometime during the First World War. The president of the university gave a reception for those two persons, not to celebrate the event, but to avoid misunderstandings which could arise from such an unusual relationship between two students.¹

A physician who entered the University of Pennsylvania School of Medicine in 1932 recalled a visiting lecturer who touched upon the life of a medical student: "This man began speculating on whether it might not be a bad idea, seeing as we were all getting along into our twenties, to think of

¹Svend Riemer, "Marriage on the Campus of the University of Washington," American Sociological Review, 7 (December, 1942), pp. 802-15.

getting married without waiting for our M.D.'s. He was never invited back."²

The greatest impetus to campus marriages was the invasion of college campuses by veterans after World War II. They brought their families with them (or soon acquired them). In these years after 1944, campuses underwent a significant change. Within a short period of time, the universities had to worry about such things as married men and ample clothesline space for diapers--whereas in the pre-war years it had been rare to find any problems like these. According to Glick, there were approximately 200,000 married college students in 1947, of which most were veterans.³

In general, university officials were slow to recognize this new development. The following example pertains to a British university, but similar situations existed on many United States campuses. Even in 1949, university wives of undergraduates at Cambridge, over 600 in number, were practically ignored by university officials. One observer wrote:

* ["The university authorities refuse to provide accommodations for the married men, and each student must fend for himself.... The wives cannot eat with their husbands in the hall, nor can they join university societies--unless their husbands take them. They cannot even visit their men in college after

²Ernest Havemann, "To Love, Honor, Obey...and Study," Life, 38 (May 23, 1955), pp. 152-66.

³Paul C. Glick, American Families, New York: John Wiley and Sons, 1957, p. 58, footnote 4.

10:00 P.M. They are an underprivileged minority, and the only rights which they possess are the ones their husbands give them."⁴

In the fall of 1956, University of Oregon student husbands and wives were permitted to sit together "officially" for the first time at athletic contests in the better part of the stadium. Previously the practice of putting men and women in different cheering groups prevailed.⁵

Attitudes toward student marriages have been gradually changing. The experience of the World War II veterans demonstrated the feasibility of marriage in college. Non-veteran student couples have become common on college campuses. Men, women, and institutions have made adjustments to combine marriage and education. Housing, though not luxurious or elaborate, was built on campuses to accommodate families. Modern apartment buildings for student couples have been recently constructed on many campuses.

John A. Hannah, president of Michigan State University, has been quoted as saying, "We believe that the married student is not a liability, as was once believed, but an asset which

⁴Paul Clifton, "Challenge of Cambridge," Christian Science Monitor, (November 26, 1949), p. 7.

⁵Lester A. Kirkendall, "Married Undergraduates on the Campus: An Appraisal," The Coordinator, 5 (December, 1956), pp. 54-63.

lends quality, stability, and admirable strength of purpose to the student body as a whole."⁶

Available statistics show that since the initial influx of married veterans after World War II, the proportion of college married students, rather than remaining approximately the same or decreasing, has increased. Fall quarter enrollment figures at the University of Oregon show that 22.4 per cent of the men and 4.9 per cent of the women were married in 1945. In 1946, 23.4 per cent of the men and 7.9 per cent of the women were married, whereas in 1956 the percentages were 27.1 and 10.9 for men and women respectively.⁷ Table 2 shows the number and per cent of married students by sex at the University of Oregon from 1939 to 1956.

In the fall of 1956, one of every four college students was married. Among the most typical college ages, 18-24, about one of every six in college was married.⁸ Twenty-four per cent of the students at Michigan State and 17 per cent of the student body at Georgia Tech were married.⁹ For the same year, 1956, 611 of 2,930 students or 20.9 per cent of the student body was married at Montana State University,

⁶"The Married Student," Newsweek, 49 (March 4, 1957), pp. 92-94.

⁷Unpublished data which was sent to the author by Theodore B. Johannis, Jr. of the University of Oregon.

⁸Paul Glick and Hugh Carter, "Marriage Patterns and Educational Level," American Sociological Review, 23 (June, 1958), pp. 294-300.

⁹"The Married Student," Newsweek, op. cit.

TABLE 2
NUMBER AND PER CENT OF MARRIED STUDENTS BY SEX:
UNIVERSITY OF OREGON, 1939 to 1956*

<u>Year</u>	<u>Males</u>		<u>Females</u>	
	<u>Number</u>	<u>Per Cent</u>	<u>Number</u>	<u>Per Cent</u>
1938	174	7.8	48	3.5
1940	145	6.5	60	4.1
1941	110	5.5	31	2.2
1942	97	5.8	44	3.5
1943	57	15.6	54	4.0
1944	65	15.8	65	4.3
1945	215	22.4	92	4.9
1946	863	23.4	156	7.9
1947	791	20.0	174	9.0
1948	1016	23.5	166	9.2
1949	1071	26.0	153	8.7
1950	840	23.8	127	7.6
1951	699	23.9	121	7.7
1952	607	22.3	139	9.2
1953	631	24.5	138	9.3
1954	729	26.2	151	9.3
1955	--	27.0	--	12.0
1956	--	27.1	--	10.9

*Unpublished data which was sent to the author by Professor Theodore B. Johannis, Jr. of University of Oregon.

the locale for this study. In the span of one year, from the fall of 1956 to the fall of 1957, the proportion of married students at Montana increased almost five full percentage points. In the latter year, 732 of 2,886 students or 25.4 per cent of the entire student body was married.

A survey by Life magazine of 22 United States colleges and universities in 1956 revealed that the East lagged behind other regions in the percentage of married undergraduates. Noncoeducational schools were behind coeducational ones, but there has been greatly increasing number of undergraduate wives and mothers in the once "maidenly" atmospheres of such schools as Smith and Radcliffe. (See Table 3).

It should be emphasized that the sample of 22 institutions is not a random sample and that the survey was concerned only with undergraduate enrollment figures. One cannot generalize from these figures to the whole of the United States college population for the following reasons. The sample contains a decidedly larger proportion of private schools than is to be found in the total of the United States institutions, and fewer students at private schools are married than in the total college population. The lack of consideration of graduate students biases the findings since the percentage of married students is significantly higher for graduates than for undergraduates. Statistics of Purdue University for 1954 support this graduate-undergraduate differentiation. In that year, 36 per cent of the graduate

TABLE 3

A CAMPUS MATRIMONIAL CENSUS*

	<u>Coeducational Colleges</u>			
	<u>Under-graduates</u>	<u>Total Married Students</u>	<u>Married Men Students</u>	<u>Married Women Students</u>
<u>EAST</u>				
Cornell	7,500	412	351	61
Middlebury	1,244	21	14	6
Swarthmore	912	12	5	7
<u>WEST</u>				
Pomona	1,022	56	36	20
Stanford	4,402	219	188	31
UCLA	10,453	1,595	--	--
<u>MIDWEST</u>				
Indiana	7,773	856	649	207
U. of Michigan	11,157	1,076	797	279
U. of Wisconsin	10,576	995	863	132
<u>SOUTH</u>				
U. of North Carolina	4,108	541	384	157
St. Louis	3,416	271	233	38
U. of Georgia	4,102	800	650	150

Noncoeducational Colleges

	<u>Men's Enrollment</u>	<u>Married</u>
Bowdoin	729	23
Claremont	327	40
Harvard	4,430	95
Kenyon	436	14
Trinity	906	33
	<u>Women's Enrollment</u>	<u>Married</u>
Barn Mawr	619	23
Radcliffe	1,000	60
Scripps	225	7
Smith	2,158	22
Sweet Briar	472	1

*Ernest Havemann, "To Love, Honor, Obey...and Study," Life, 38 (May 23, 1955), pp. 152-66.

female students and 48 per cent of the graduate males were married. For the seniors 9 per cent of the women and 20 per cent of the males were married. The percentages were successively lower for each lower class. The lowest percentages were found in the freshman class in which only two per cent of the females and six per cent of the men were married.¹⁰

The folklore about the campus has changed in accordance with attitudes toward student marriages. Once considered to be purely a sort of a dating bureau, it has come to be looked upon also as a kind of baby factory. Now, it is getting to be a good idea to marry young and have a congenial roommate at college.

An increasing number of women are earning unofficial PhT (Putting Hubby Through) degrees. One professor wrote in a letter:

*....a panel of social scientists here at Oklahoma A & M explored some implications of the presence of about a thousand married students in this college....One occasionally finds coeds who combine three or four jobs as they somehow manage employment, house-keeping, motherhood and college work simultaneously. If her husband finishes college before she can finish, she typically foregoes her own degree. When she finishes first, she usually works to enable him to get through by the sweat of his frau. Despite all this, our

¹⁰Harold T. Christensen, Marriage Analysis: Foundations for Successful Family Life (Second Edition), New York: Ronald Press, 1958, p. 320.

college girls are more aggressively marriage-minded than are the sometimes reluctant males.¹¹

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There still seems to be quite strong parental prejudice against marriage during the college years. For example, some prejudiced parents send a girl through school to "make something" of herself. The girl who "throws away her education" by marrying while in school is considered ungrateful. Parents are beginning to take a more open-minded view of college marriages, though.

Most qualified observers seem to feel that there will be increasingly more married students in the future. Administrators of UCLA expect the proportion of married students to rise by 50 per cent to 75 per cent in the next ten years.¹² It looks very much as though college married couples are here to stay.

¹¹Joseph S. Vandiver, "Letters to the Editor," Life, 38 (June 31, 1955), p. 20.

¹²Havemann, op. cit.

CHAPTER THREE

COLLEGE MARRIED COUPLES AND LEISURE

Leisure-time activities have demonstrated to be of at least some importance to married persons in general, but what about college married couples? Between school, work, and parental roles, they often have little leisure time. Leisure is practically an unknown phenomenon to many of them. A student who has to study and work part-time besides, cannot effectively spend the time in leisure-time activities which are implied in some romantic definitions of marriage. Thorpe found that Michigan State University married couples in 1946-47 cut recreation rather than studying or sleep.¹ Even if they occasionally do have some spare moments, student couples often have little money to spend for recreational purposes.

The student household, like the roles of the spouses, must be flexible. Hours for study, work, and leisure often do not coincide for the two partners and meal-times may be irregular. Close understanding is needed in a situation that may change from day to day and from quarter to quarter.

¹Alice C. Thorpe, "How Married Students Mannage," Marriage and Family Living, 13 (August, 1951), pp. 104-105.

Husbands and wives in student marriages are required to play social roles which are quite different from husband-wife relationships in non-student marriages of similar social status. Marriage requires shifting from the mass campus social affairs to more informal and often less expensive activities. Socially mature persons usually can adjust to this fairly easily, but for immature individuals, the adjustment can be quite difficult.

Specially, married students have to arrange their life on mostly an individual basis. They are caught between two well-established patterns. Leisure-time activities on a university campus center around courtship. Dating and dancing are aimed at playful mate selection. A prerequisite for participation is that a student is single and still "in circulation." Married students are usually left out. Perhaps they are uninterested, but they are still outsiders. Also, married students are not yet members of the younger married set of the "outer" world--they have neither the money nor the time. The college couple seems to be caught in the middle of the transition from the campus life of the student to the status and life of the adult world--demonstrating characteristics of both, but being accepted by neither.

Speaking of British student wives (and the same could apply to American student wives), one reporter said, "The undergraduate's wife is in an awkward position in that she

does not really belong to either Town or Gown. She is not, usually, a member of the university, and has no part in most university activities. At the same time, she is often looked upon with suspicion by townspeople, who are inclined to expect stand-offishness and affectation."²

However, this is not to say that married students do not have any leisure-time activities with other people. At Colgate University, "the students entertained each other at home without attempting to put more on the table than they could afford. In some instances, visitors were asked to bring their own dishes so that there would be enough to go around. Many couples had a good time making and painting their furniture. When there was unity of purpose these experiences seemed to promote happiness."³

Nygreen, in a study of marital adjustment of married students at the University of Washington, found that the students in his random sample emphasized companionship as the desirable goal in marriage.⁴ According to his study, there is a general pattern of excellent marital adjustment in the area of recreation. Less than six per cent of the

²John R. Townsend, "University Wives," Spectator, 182 (May 20, 1949), p. 676.

³Norman E. Himes and Donald L. Taylor, Your Marriage (Revised Edition), New York: Rinehart and Co., Inc., 1955, p. 110.

⁴Glen T. Nygreen, Marital Adjustment in the University of Washington Married Student Community, unpublished dissertation, University of Washington, 1954, pp. 211-33.

wives and four per cent of the husbands stated that differences on recreational patterns occur "frequently" or "often". Poor adjustment about matters of recreation tend to be associated with poor marital adjustment scores and with not recommending marriage for others.

Nygreen further found that a large majority of student respondents admitted to less participation in social activities when married than when they were single. Those students who saw their time spent in social activities as less when married were significantly less likely to recommend marriages for others in similar personal circumstances. The married students in Nygreen's sample did not find their recreational outlets in university-sponsored programs. More than 90 per cent of the married students participated in "few" or "none" of the university program of extra-curricular activities. Most of the university activities in which they did participate did not include the spouse.

Christensen and Philbrick conducted an investigation of married students at Purdue University.⁵ One of their findings was that those persons who felt that college attendance is a disturbing factor in marital adjustment said, as one of the reasons, that there is too little time for recreation.

⁵Harold T. Christensen and Robert E. Philbrick, "Family Size as a Factor in the Marital Adjustments of College Students," American Sociological Review, 17 (June, 1952), pp. 306-12.

Marchand and Langford studied couples in which both the husband and wife were attending school at Kansas State College.⁶ They investigated 22 couples who were parents with at least one child under six years of age and 22 couples with no children. They were concerned with the effect of the married woman's attendance at school on her own and her husband's activities; they were also interested in the effect of the children.

In the above sample, some couples felt that they would have more time for leisure activities if the wife were not in school. But others said, "I think we have more in common now while we are both going to school than we will have after graduation." About one-half of each group believed their happiness would be unaffected if the wives weren't attending school; some thought they would be more happy; and a smaller number of each group thought they would be less happy. Some men and nearly all of the women said they participated in fewer college extra-curricular activities because of home responsibilities. The investigators posed this question: Has the married person less need for such activities or do the usual college extra-class activities fail to meet the needs of the married men and women?

Landis found that the area of social activities and recreation posed a considerable amount of difficulty to

⁶Jean Marchand and Louise Langford, "Adjustments of Married Students," Journal of Home Economics, 44 (February, 1952, pp. 113-14.

married college students, although it was not one of their most severe problems in degree of difficulty.⁷ According to Landis, the problems of married college students (in order of difficulty) are:

- * 1) in-laws
- 2) division of work in the home
- 3) problems connected with finances
- 4) training and disciplining of children
- 5) social activities and recreation
- 6) sex relations
- 7) religious difficulties
- 8) associating with friends

In view of the whole situation of the student couple, of which lack of time or money for leisure-time activities is only one aspect, how happy or satisfied in marriage are members of these couples? Relatively few studies containing such information have been published. Popenoe studied some two hundred undergraduate marriages during the decade of the 1930's.⁸ His data indicated that almost half of the marriages between students still at college failed to turn out definitely happy. But these findings are not very conclusive because of inadequacies in sampling and methodology.

⁷Judson T. Landis, "On the Campus," Survey Midmonthly, (January, 1948), p. 19.

⁸Paul Popenoe, "Should College Students Marry?", Parents' Magazine, 13 (1938), pp. 18-19.

The majority of data from the more recent studies tend to differ with Popenoe's results. In the study of 17,533 husbands by Burgess and Cottrell, friends and acquaintances rated the marital happiness of student husbands fifth from the top in a list of 60 occupations--behind chemical engineers, ministers, college professors, and athletic coaches.⁹

Judson and Mary Landis state that 95 per cent of the college couples which they studied reported that they were "happy" or "very happy".¹⁰ Skidmore and his associates at the University of Utah found that the percentage of "happy" or "very happy" reports from members of student households were 96 per cent for men and 94 per cent for women. Of these totals, 82 per cent of the husbands and 76 per cent of the wives rated their marriages as "very happy".¹¹ Other studies have found similar results.

SUMMARY

The college couple is living in the midst of a society which emphasizes leisure and leisure-time activities. For

⁹Ernest W. Burgess and Leonard S. Cottrell, Jr., Predicting Success or Failure in Marriage, New York: Prentice-Hall, 1939, pp. 339-400.

¹⁰Judson T. Landis and Mary G. Landis, Building a Successful Marriage (Revised Edition), New York: Prentice-Hall, 1953, p. 115.

¹¹Rex A. Skidmore and Therese L. Smith and Delbert L. Nye, "Characteristics of Married Veterans," Marriage and Family Living, 11 (Summer, 1949), pp. 102-104.

the nation as a whole, both the amount of leisure time and the amount of money spent in pursuit of leisure-time activities are constantly increasing. But for the college couple, nothing is increasing except tuition fees and the costs of living. Still, the few published investigations of student couples show that members of student households are quite happy in marriage. If leisure is a necessity for marital satisfaction in the modern marriage, what can be found concerning this unique relationship? What effect does the lack of both time and money for leisure-time activities have upon the marital relationship of the student couple? The goal of this study is to investigate this problem.

CHAPTER FOUR

METHODOLOGY OF THE STUDY

A sample of 50 couples (100 persons) was drawn randomly from the population of 732 married students attending Montana State University during fall quarter of 1957. These 732 married students composed 25.4 per cent of the 2,886 persons in the entire student body.

The initial problem encountered by the investigator occurred even before the sample was selected. In order to select a random sample of married students it was necessary to know which of the 2,886 students enrolled at the institution were married. After conference with various officials, the investigator obtained permission to go through the entire 2,886 registration cards. (On one of the registration cards, students had checked their marital status.) The investigator segregated into a separate box all the cards upon which "Married" was checked. From this box containing the names of 732 married students, a sample of 50 was selected randomly with replacement. The addresses and phone numbers of these persons had to be obtained from still another source--the telephone switchboard of the university.

These 50 persons were contacted individually by the investigator either by phone or at their homes. The nature and scope of the research study was explained and a verbal vote of cooperation was received from each. One hundred per cent of the original sample cooperated in the study. At this initial contact an appointment was made at which time the investigator would administer the questionnaire to the persons at the couples' homes.

Data was gathered in the couples' homes during January and February, 1958. The information-gathering instruments were: (1) a pre-tested questionnaire of eighty items, coded for IBM processing, and (2) informal, non-structured interviews. The questionnaire contained five different types of questions:¹

- 1) facts about the person and the couple--mostly general data;
- 2) criterion for satisfaction in marriage (Bowerman's General Evaluation Scale) which will be discussed in more detail later in this chapter;
- 3) check-list of activities which are commonly considered leisure-time pursuits--the individual checks those which appeal to him (or her) as leisure-time activities;

¹The Appendix contains the questionnaire.

- 4) questions concerning leisure-time activities--satisfaction or dissatisfaction, etc.;
- 5) relative importance of leisure-time activities for individual happiness in marriage--the individual rates a list of areas of adjustment.

The questionnaire was administered by the investigator in a standardized manner to assure complete anonymity and to prevent collaboration between spouses. Within the confines of their home--usually in the kitchen or living room--and in the presence of the investigator, both members of the couple filled out separate copies of the questionnaire. It was made perfectly clear that no one, not even the investigator, could ever possibly learn how any subject had answered a single question.

This method for airtight secrecy went as follows: two piles of materials, one containing unanswered questionnaires and the other empty envelopes, and a fairly large box were pointed out. The box was to receive the completed questionnaires; it already held a number of sealed envelopes containing the questionnaires that other couples had filled out. Both the husband and wife selected at random any questionnaire from the pile of unanswered blanks. The husband took his blank to one side of the room to fill out; the wife took hers to another part of the room. The investigator remained in the same room and entertained the children of the subjects or read. When both spouses had completed their

individual questionnaires they came forward and, together, selected at random an envelope from the stack of empty ones. They placed both questionnaires in the envelope, sealed it, and shuffled it with the other sealed envelopes in the box. The spouses were not allowed to converse with each other during the entire process. Thus each person individually answered a questionnaire and the investigator neither saw nor touched the forms.

Interview data was obtained through informal, friendly conversations between the spouses and the investigator which occurred after the questionnaires had been completed. The couple had no knowledge that they were being interviewed; the investigator recorded the interview data after leaving the couple's home. No specific procedure was followed in these conversations. The initial aim of the investigator was to establish rapport with both spouses. After that he merely wanted to learn as much as possible about the couple-- their plans, goals, ambitions, problems, attitudes and feelings. The investigator also observed the surroundings, atmosphere, and the interaction between the spouses. The total time spent at each home ranged from a minimum of one hour to a maximum of about five hours. These meetings took place at the couple's own convenience--in mornings, afternoons, or evenings, on weekends or weekdays.

The practice of recording the data from the informal interviews after leaving the home could be justly criticized

for various reasons. Probably the most evident weakness to this practice is that of relying on the memory of the investigator. Like any other human being, the investigator could have forgotten much of the information by the time he left the home. Too, he could have gotten some of the data mixed up. But the investigator didn't attempt to record everything the persons said; he recorded only those bits of information which he felt might give him some insight in interpreting and understanding the data obtained in the questionnaires of this specific study. It was felt that more information and more reliable information might be obtained in this manner than if the investigator had taken notes throughout the conversation with the couple. No claim is made that this is a foolproof method of gathering interview data--only that the information gained in this manner may prove to be a valuable aid in understanding the findings of this study.

DEFINITIONS OF CONCEPTS

College Married Couple

For the purposes of this study, a college married couple is defined as one in which either one or both are attending college.

Marital Satisfaction

Marital satisfaction, or marital happiness, or marital adjustment (the three terms are often used synonymously) are

relative definitions. The nature of an unsatisfactory relationship varies from society to society, from group to group, and from individual to individual.

The criterion of marital satisfaction used in this study is Bowerman's Scale of General Evaluation of Marriage. The scale consists of 13 questions in which each individual evaluates his marriage in very general terms. The items form a Guttman-type scale which yields a score for each individual. It has a reproductivity of about 90 per cent.²

Leisure

Leisure is also a relative concept. The nature of leisure varies with individual needs, personalities, goals, ideals, and attitudes. That which one person classifies as a leisure-time activity might be considered as work by another individual. For this reason, feelings toward leisure-time are emphasized in this study rather than the activities themselves. Each person answered questions in terms of his own individual interpretation of the concept of "leisure".

The data from the questionnaire was processed and analyzed with the aid of IBM machines and non-parametric statistics in light of several working hypotheses. It

²One hundred per cent perfect scales are not to be expected in practice. Guttman-type scales of 85 per cent or better are used as efficient approximations to perfect scales.

should be emphasized that the main concern of this study is to discover new knowledge and not primarily to solve a certain problem or prove a hypothesis. But in a study with such a large number of variables as this one, some general hypotheses were needed to delimit the scope of the study and to keep it in workable terms. Not all the data gathered in the study can be presented in this thesis. The working hypotheses of the thesis are as follows:

- I. In general, feelings about leisure time and leisure-time activities are significantly related to general satisfaction with marriage.

Under this general hypothesis, there are various sub-hypotheses:

- A. There are positive relationships between general satisfaction with marriage and the following variables:
 1. Satisfaction with the amount of leisure time of the individual.
 2. Satisfaction with the kinds of leisure-time activities of the individual.
 3. Proportion of leisure-time activities engaged in together with the spouse.
 4. Satisfaction with the amount of leisure time spent together with the spouse.
 5. Satisfaction with the way the spouses "get along" with respect to leisure-time activities.
 6. Effect of school attendance on satisfaction with leisure-time activities.
 7. Effect of the University program of extra-curricular activities upon marital relationships.

- B. There are negative relationships between general satisfaction with marriage and the following variables:
 - 1. Extent of disagreement about matters of leisure-time activities.
 - 2. Frequency of feelings of having missed out on a lot of fun by marrying before one or both members finished school.
 - C. However, for members of college married couples, there are no significant relationships between general satisfaction with marriage and the following variables:
 - 1. Total of weekly leisure hours in a seven-day week.
 - 2. Degree to which the financial situation restricts leisure-time activities.
- II. A rather small proportion of the leisure time of members of college married couples is associated with the University program of extra-curricular activities.
- III. Those persons who state that most of their friends here in Missoula are students are more likely to be satisfied with the amount of their leisure time than are those persons who state that most of their friends are non-students or that half are students, and half are non-students.
- IV. Those persons who feel that the amount of their leisure time is less than that of their friends are more likely to be less satisfied with their marriage than are those persons who feel that the amount of their leisure time is about the same as or more than that of their friends.

CHAPTER FIVE

DESCRIPTION OF SAMPLE

The sample of 50 couples (100 persons) was a random sample of the 732 married students attending Montana State University during fall quarter of 1957. Since there were no refusals in the original sample--every person in the original sample cooperated in this study--this group could be seen as being representative of the total population of married couples at this institution.

In all the cases, both members of each couple were living together at the time of the study. This was the first marriage for 98 per cent of the individuals. Of the 50 men and 50 women, only one member of each sex had been previously married.

A majority of the couples had been married three years or less. Table 4 shows the distribution of couples according to length of marriage.

Ages ranged from 19 to 46 for the men and from 18 to 40 for the women. The mean age of the husbands was 26.08 while that of the wives was 22.42. In Table 5 is the age distribution of the subjects. For those couples in which both were enrolled in school (seven couples), the mean ages

TABLE 4
LENGTH OF MARRIAGE

Length (in years)	Number of Couples	Per cent
Less than 1	17	34
1-3	23	46
4-6	6	12
7 and over	4	8
Total	50	100

were 28.00 for husbands and 24.43 for wives. Both the husband and the wife in the two-student couple are, on the average, two years older than the mates in a one-student couple.

TABLE 5
AGE DISTRIBUTION BY SEX

	Husbands		Wives		Total	
	Number	Per Cent	Number	Per Cent	Number	Per Cent
19 years and under	1	2	8	16	9	9
20-24 years	18	36	31	62	49	49
25-29 years	25	50	5	10	30	30
30 years and over	6	12	6	12	12	12
Total	50	100	50	100	100	100

Forty-eight per cent of the couples had no children, and 52 per cent had at least one child. Distribution of couples according to number of children is shown in Table 6.

TABLE 6
DISTRIBUTION ACCORDING TO NUMBER OF CHILDREN

Number of Children	Number of Families	Per Cent of Families
0	24	48
1	15	30
2	9	18
3 or more	2	4
Total	50	100

Table 7 shows the places of residence of the couples in the sample. Fifty per cent of the families lived in campus housing of some sort or another while the other half resided in off-campus housing. Campus housing includes the new modern family housing apartments, the row (strip) houses, and one pre-fab house which is included in the "other" category in Table 7. Contrary to popular notions, only 38 per cent of the couples lived in the row (strip) houses.

TABLE 7
PLACE OF RESIDENCE

Place of Residence	Number of Couples	Number of Couples
New family housing apartments	5	10
Row (strip) houses	19	38
Off-campus apartments	12	24
Rented house	9	18
Other	5	10
Total	50	100

In exactly half of the families, the husband was attending school on the G.I. Bill. This is significant in that one-half of the couples were not receiving any money through the G.I. Bill. This differs from another popular notion--the idea that almost all college married couples are covered by the G.I. Bill.

Only two of the fifty couples had no car. Ninety-six per cent of them had some sort of a car for transportation. Fourteen couples, or 28 per cent of the sample, had a television set in their homes, while 36 families had no such apparatus for their leisure-time enjoyment. This total of 28 per cent with T.V. sets is surprisingly high considering the fact that these are college couples--supposedly with relatively low incomes. Part of this might be explained by the fact that residents of the new family housing apartments could get cable-T.V. from Spokane without paying the high initial cost of installment.

A distribution on the basis of average monthly income is given in Table 8. The distribution is fairly widespread--22 per cent of the couples had incomes of less than \$175 per month while 30 per cent had monthly incomes of \$325 or more.

There were few large differences between the income distributions of families with children and those spouses with no children, except that a larger percentage of the 26 parent-couples had monthly incomes of less than \$275 than did the 24 non-parent couples. Only 50 per cent of the childless

couples were under \$275 whereas 69.2 per cent of the families with children were situated in the income brackets below \$275. Of those 7 couples in which both husband and wife were attending school, a total of six (85.7 per cent) had average monthly incomes of less than \$225.

TABLE 8
AVERAGE MONTHLY INCOME

Average Monthly Income	Number of Couples	Per Cent of Couples
\$125-\$174	11	22
\$175-\$224	10	20
\$225-\$274	9	18
\$275-\$324	5	10
\$325 or more	<u>15</u>	<u>30</u>
Total	50	100

Husbands and wives disagreed somewhat in answering the question, "Do you and/or your spouse receive financial assistance from parents or relatives?" Thirteen of the wives, or 26 per cent, answered "Yes", while only 11 of the men, or 22 per cent, answered in the affirmative. In either case, a relatively small proportion of the married couples in the sample received financial assistance from parents or relatives. The couples tended to be largely independent of parental support.

A larger percentage of wives than husbands were employed outside the home for wages; the majority of both sexes had at

least a part-time job. Table 9 shows the numbers and percentages of both sexes who were working.

TABLE 9
NUMBER AND PERCENTAGE OF
THOSE EMPLOYED OUTSIDE THE HOME: BY SEX

Sex	Number	Percentage
Males	28*	56*
Females	33	66
Total Sample	61	61

*One man in the sample didn't answer this question.

Table 10 gives a distribution for men and women according to the number of hours per week which they spent at their jobs if they were employed. The hours worked per week ranged from 8 to 70 for the men and from 7 to 43 for the women. Twenty of the 33 women who worked spent 40 or more hours per week at their jobs. In other words, 60.6 per cent of the wives who worked were employed at full-time jobs. For those who were employed, the mean weekly hours spent at jobs was 25.2 for the husbands and 33.6 for the wives. In 90 per cent of the couples, at least one spouse was working. Only five couples, or 10 per cent of the sample, had no working member of the family. Both spouses were working in 15 couples, or 30 per cent of the sample. For the total sample the combined

TABLE 10

DISTRIBUTION OF THOSE WHO WORKED ACCORDING
TO NUMBER OF HOURS PER WEEK: BY SEX

HOURS	MEN		WOMEN		TOTAL	
	Number	Per Cent of Those Who Worked	Number	Per Cent of Those Who Worked	Number	Per Cent of Those Who Worked
9 or less	1	3.8	2	6.1	3	4.9
10 to 19	8	28.6	4	12.1	12	19.7
20 to 29	8	28.6	7	21.2	15	24.6
30 to 39	4	14.3	0	0.0	4	6.6
40 or more	5	17.9	20	60.6	25	41.0
Total	26*	93.2*	33	100.0	59*	96.8*

*Two men who worked did not specify the number of hours per week. This accounts for the above statistics.

hours of each husband and wife averaged out to 35.38 hours per week at work.

Table 11 shows the number and percentages of husbands and wives who were enrolled at the University. Both the husband and wife were attending school in seven cases.

TABLE 11
NUMBER AND PERCENTAGES OF STUDENTS AND
NON-STUDENTS: BY SEX

	Husbands		Wives		Total	
	Number	PerCent	Number	PerCent	Number	PerCent
Students	46	92	11	22	57	57
Non-Students	4	8	39	78	43	43
Total	50	100	50	100	100	100

Only 12.3 per cent of the students were freshmen or sophomores; 77.3 per cent were juniors, seniors, or graduate students. All 11 of the women students were juniors or above. Table 12 shows the distribution of students by class standing.

For the total of the 57 students, the mean amount of credits carried per person was 15.1. The mean credit load of the male students was 15.4 and that of the women students was 14.1. For those 7 couples in which both spouses were attending school, the mean credit loads were 15.7 for the males and 14.9 for the women. So the average credit load of the two-student couples was slightly higher than that for the

one-student couples. The credit loads ranged from 8 to 21 for the men and from 5 to 20 for the women. One couple was carrying a total of 37 credits between the two of them-- 17 for the husband and 20 for the wife.

TABLE 12
DISTRIBUTION OF STUDENTS BY CLASS STANDINGS

Class	Men		Women		Total	
	Number	PerCent	Number	PerCent	Number	PerCent
Freshman	2	4.3			2	3.5
Sophomore	5	10.9			5	8.8
Junior	14	30.4	2	18.2	16	28.1
Senior	16	34.8	5	45.4	21	36.8
Graduate	9	19.6	4	36.4	13	22.8
Total	46	100.0	11	100.0	57	100.0

Table 13 gives a distribution of the students according to the amount of credits carried. Sixty-five per cent of the students fell within the 14-17 credits category.

Students' answers to the question "Approximately how many hours do you spend on school work in a seven-day week (including classes, labs., studying, etc.)?" ranged from 20 to 75 for the men and from 10 to 90 for the women. For the total of the 57 students, the average number of hours spent on school work per week was 44.4. The mean for all the student husbands was 44.3 and for all the student wives, the average was 44.8. For those couples in which both were attending school, the means for men and women were 46.1 and

TABLE 13

DISTRIBUTION OF STUDENTS ACCORDING TO CREDIT LOAD

Credits	Men		Women		Total	
	Number	PerCent	Number	PerCent	Number	PerCent
9 or less	1	2.2	1	9.0	2	3.5
10-13	4	8.7	4	36.4	8	14.0
14-17	35	76.1	2	18.2	37	65.0
18 or more	6	13.0	4	36.4	10	17.5
Total	46	100.0	11	100.0	57	100.0

51.9 respectively. So the women, especially those in two-student couples, spent slightly more time on school work than did the husbands. In Table 14 is a distribution of the students according to total weekly hours spent on school work.

TABLE 14

DISTRIBUTION OF STUDENTS BY TOTAL WEEKLY HOURS SPENT ON SCHOOL WORK: PER SEVEN-DAY WEEK

Hours	Men		Women		Total	
	Number	PerCent	Number	PerCent	Number	PerCent
29 or less	5	10.9	2	18.2	7	12.3
30-44	19	41.3	5	45.4	24	42.1
45-59	11	23.9			11	19.3
60 or more	11	23.9	4	36.4	15	26.3
Total	46	100.0	11	100.0	57	100.0

In terms of education completed, only 19 per cent of the total sample had not had at least some college education. Ninety-eight per cent of the husbands and 64 per cent of the wives had gone beyond high school in their education. Table 15 shows the completed education of the respondents.

TABLE 15
EDUCATION COMPLETED

Education	Men		Women		Total	
	Number	PerCent	Number	PerCent	Number	PerCent
Grade school	1	2			1	1
Some high school			5	10	5	5
High school			13	26	13	13
Some college	36	72	20	40	56	56
College graduate	3	6	8	16	11	11
Some post-graduate work	10	20	4	8	14	14
Total	50	100	50	100	100	100

Eleven husbands (22 per cent) and 12 wives (24 per cent) were or had been active members in social fraternities or sororities. Hence, 23 per cent of the total sample were "Greeks", but 8 women did not answer this question.

About half of the individuals (52 per cent) were not active members in any clubs or organizations. Forty-six per cent of the wives and 58 per cent of the husbands belonged to no voluntary organizations. The distribution according to club membership is shown in Table 16.

TABLE 16

DISTRIBUTION ACCORDING TO CLUB MEMBERSHIP: BY SEX

Number of Clubs	Men		Women		Total	
	Number	PerCent	Number	PerCent	Number	PerCent
None	29	58	23	46	52	52
One	11	22	18	36	29	29
Two or more	10	20	8	16	18	18
Total	50	100	49*	98*	99*	99*

*One woman did not answer this question.

According to religious preference, the great majority of the sample was Protestant. There were no people of Jewish religious preference and only 18 per cent of the individuals were Catholics. Seven per cent had no preference. Table 17 shows the distribution of the sample according to religious preference. The six per cent in the "other" category were members of the Latter Day Saints Church.

TABLE 17

DISTRIBUTION ACCORDING TO RELIGIOUS PREFERENCE

Religion	Men		Women		Total	
	Number	PerCent	Number	PerCent	Number	PerCent
Catholic	8	16	10	20	18	18
Protestant	34	68	35	70	69	69
Jewish	0	0	0	0	0	0
None	5	10	2	4	7	7
Other	3	6	3	6	6	6
Total	50	100	50	100	100	100

SUMMARY

In this random sample of 50 married student couples (100 persons) at Montana State University, most of the couples had been married less than four years, and approximately half had one or more offspring. Mean ages were 26.08 and 22.42 for husbands and wives respectively. Half of the sample lived in campus housing of some sort or another and half were covered by the G.I. Bill. Ninety-six per cent had cars and 28 per cent had television sets in their homes.

The income distribution was fairly widespread--22 per cent had incomes of less than \$175 per month while 30 per cent had monthly incomes of \$325 or more. The couples tended to be largely independent of parental support--a relatively small proportion received financial assistance from parents or relatives.

A larger percentage of wives than husbands worked outside the home for wages and, on the average, the women spent more hours per week on the jobs. Sixty per cent of the women who worked had full-time jobs of 40 or more hours per week. In 90 per cent of the couples, at least one spouse was working. Both spouses were working in 30 per cent of the cases. The most typical situation seemed to be one in which the wife was the sole or chief bread earner while the husband attended school. In other words, many wives were working on the Ph.T. (Putting Hubby Through) degree.

Of the total sample, 57 per cent were students at the university--92 per cent of the husbands and 22 per cent of the wives. Most were upper-class or graduate students. They carried an average of 15.1 credits and sixty-five per cent fell within the 14-17 credits category. The students spent an average of 44.4 hours per week on school work.

Only 19 per cent of the total sample had not had at least some college education. A relatively small proportion were or had been active members in social fraternities or sororities. About half of the persons were not active members in any clubs or organizations. Over two thirds of the persons were Protestants.

CHAPTER SIX

LEISURE TIME CHARACTERISTICS OF COLLEGE COUPLES

Husbands and wives of the college couples in the sample were quite similar in some leisure-time characteristics and quite different in other characteristics. Some of these similarities and differences will be pointed out in this chapter. Included will be: total weekly leisure hours, money spent for leisure activities, leisure activities, and feelings about leisure-time behavior.

TOTAL WEEKLY LEISURE HOURS

Sixty-eight per cent of the sample had less than 21 hours of leisure time per seven-day week. This is an average of less than three hours per day, including Saturday and Sunday (which are considered to be entire days of rest by some individuals in our society). Only 9 per cent of the sample spouses had 35 or more hours of leisure in an average seven-day week. Table 18 shows the distribution of husbands and wives according to total weekly leisure hours.

TABLE 18

DISTRIBUTION ACCORDING TO TOTAL WEEKLY
LEISURE HOURS: BY SEX

Hours	Husbands		Wives		Total	
	Number	PerCent	Number	PerCent	Number	PerCent
6 or less	4	8	6	12	10	10
7 to 13	13	26	16	32	29	29
14 to 20	16	32	13	26	29	29
21 to 27	8	16	10	20	18	18
28 to 34	2	4	3	6	5	5
35 or more	7	14	2	4	9	9
Total	50	100	50	100	100	100

Fewer men than women had less than 14 weekly hours of leisure and more men than women had 35 or more leisure hours. Thirty-four per cent of the wives had less than 14 hours, whereas 24 per cent of the husbands had as few hours of leisure. The category of 35 or more hours contained 14 per cent of the husbands but only four per cent of the wives.

Tables 19 and 20 show the total weekly leisure hours of parents and non-parents for men and women. No significant differences existed between female parents and non-parents, but a larger proportion of male parents had 21 or more hours of leisure per week than did male non-parents. Of the male parents, 42.3 per cent had 21 or more hours, while only 24.9 per cent of the male non-parents had as many spare hours. Many of the fathers made it a point to play with their children--a leisure-time activity to most

of them. Some of the fathers felt that if they hadn't had any children, they probably wouldn't have made it such a point to take time off from their studies or work.

Tables 21 and 22 give distributions of total weekly leisure hours for husbands and wives according to whether they were students or non-students. It appears that, on the average, non-students in the sample had slightly more leisure time than did students. A decidedly larger proportion of the female students had less than 7 hours of leisure per week than did the women who were not students. Only 5.1 per cent of the female non-students had less than 7 hours, whereas 36.4 per cent of the student-wives had so few spare hours. Over half of the student-wives had less than 14 leisure hours.

The student-wives in the sample were indeed outstanding individuals. Some of them carried extra-heavy credit loads and worked at part-time jobs besides performing all the regular functions of a housewife--such as cooking, washing clothes, and taking care of husbands and children. Still, on the average, they were more satisfied in their marriages than were the non-student wives. One wife in a two-student couple spent 90 hours on her school work per average seven-day week with her 18 credits and worked 15 hours a week at a part-time job--besides carrying on the "regular" duties of a housewife.

TABLE 19

TOTAL WEEKLY LEISURE HOURS,
MEN: PARENTS AND NON-PARENTS

Hours	Parents		Non-Parents	
	Number	PerCent	Number	PerCent
6 or less	2	7.7	2	8.3
7 to 13	5	19.2	8	33.4
14 to 20	8	30.8	8	33.4
21 to 27	6	23.1	2	8.3
28 to 34	0	00.0	2	8.3
35 or more	5	19.2	2	8.3
Total	26	100.0	24	100.0

TABLE 20

TOTAL WEEKLY LEISURE HOURS,
WOMEN: PARENTS AND NON-PARENTS

Hours	Parents		Non-Parents	
	Number	PerCent	Number	PerCent
6 or less	2	7.7	4	16.7
7 to 13	9	34.6	7	29.2
14 to 20	8	30.8	5	20.8
21 to 27	5	19.2	5	20.8
28 to 34	1	3.85	2	8.3
35 or more	1	3.85	1	4.2
Total	26	100.00	24	100.0

TABLE 21
 TOTAL WEEKLY LEISURE HOURS,
 MEN: STUDENTS AND NON-STUDENTS

Hours	Students		Non-Students	
	Number	PerCent	Number	PerCent
6 or less	4	8.7	0	00.0
7 to 13	13	28.3	0	00.0
14 to 20	15	32.6	1	25.0
21 to 27	8	17.4	0	00.0
28 to 34	1	2.2	1	25.0
35 or more	5	10.8	2	50.0
Total	46	100.0	4	100.0

TABLE 22
 TOTAL WEEKLY LEISURE HOURS,
 WOMEN: STUDENTS AND NON-STUDENTS

Hours	Students		Non-Students	
	Number	PerCent	Number	PerCent
6 or less	4	36.4	2	5.1
7 to 13	2	18.2	14	35.9
14 to 20	1	9.1	12	30.8
21 to 27	3	27.2	7	18.0
28 to 34	1	9.1	2	5.1
35 or more	0	0.0	2	5.1
Total	11	100.0	39	100.0

MONEY SPENT FOR LEISURE ACTIVITIES

Husbands and wives differed in their estimations of the average amount of money spent per month by the couple on leisure-time activities. The mean amount according to the husbands was \$17.41, while the mean of the wives' answers was \$13.86. On the average, the husbands' approximations of the money output for leisure-time pursuits was more than three and one-half dollars higher than the wives' estimations. Answers ranged from \$2 to \$75 for the men and from \$1 to \$50 for the women. Exactly half of the wives and 38 per cent of the husbands felt that the family spent \$10 or less per month on leisure-time activities. This gap between the husbands' and wives' estimations of leisure expenditures illustrates one of the findings of the interviews--that several of the college couples did not keep budgets. If a budget was kept, quite often it was kept by one member of the couple, while the other member had only somewhat vague notions of the budgeted expenditures for each category of items.

However, members of the couples in which both members were attending the university seemed to be in close agreement concerning the average monthly leisure expenditure. For these seven couples, the mean expenditures were \$10.86, as rated by the husbands, and \$10.43, as rated by the wives. The two-student couples spent less on leisure time activities

than did the one-student couples. Both members seemed to have more accurate knowledge of where each dollar was going and what it was being spent for.

LEISURE ACTIVITIES

In order to obtain a general idea of what activities were considered to be leisure-time activities by members of college married couples, a check-list of 27 items was included in the questionnaire. Preceding the items were the following instructions:

Following is a list of items which might be considered leisure-time activities. Please check only those activities which you enjoy doing with average frequency when you have the opportunity. Leave the other spaces blank.

Tables 23 and 24 show the numbers and percentages of individuals that enjoy doing each activity with average frequency when given the opportunity. The rank of each activity (according to the percentage of individuals which checked the item) is also shown. In comparing the two tables, both similarities and differences can be seen between the tastes of the sexes.

The activity of exchanging visits with friends was checked by larger proportions of both husbands and wives than any other activity; this was perhaps the most outstanding similarity. Other similarities between the percentages of male and female responses were found in the

TABLE 23

RANKED CHECK-LIST OF LEISURE-TIME
ACTIVITIES: WIVES

Activity	Rank	Number	PerCent
Exchanging visits with friends	1	47	94
Talking things over	2	40	80
Planning for the future	3	38	76
Going for drives in the car	4	35	70
Making love	5	34	68
Watching television	6	33	66
Reading	6	33	66
Listening to music	8	31	62
Going to the movies	8	31	62
Discussing studies or work	10	30	60
Playing cards	10	30	60
Attending church services	10	30	60
Cleaning house or doing odd jobs around the home	10	30	60
Listening to the radio	14	29	58
Dancing	15	28	56
Meal time at home	16	26	52
Playing with children	17	25	50
Playful scuffling	18	22	44
Going shopping	19	21	42
Taking walks	20	19	38
Hobbies	21	17	34
Taking part in club or organization affairs	22	13	26
Planning family budgets	23	10	20
Just loafing; doing "nothing"	24	6	12
Going out with the "girls"	24	6	12
Studying	26	5	10
Drinking alcoholic beverages	27	4	8

TABLE 24

RANKED CHECK-LIST OF LEISURE-TIME
ACTIVITIES: HUSBANDS

Activity	Rank	Number	PerCent
Exchanging visits with friends	1	44	88
Making love	2	40	80
Going to the movies	3	36	72
Watching television	4	34	68
Talking things over	5	33	66
Reading	6	32	64
Listening to music	7	31	62
Discussing studies or work	7	31	62
Meal time at home	9	29	58
Playing cards	9	29	58
Planning for the future	11	28	56
Going for drives in the car	11	28	56
Listening to the radio	13	26	52
Studying	14	25	50
Playing with children	15	24	48
Playful scuffling	16	23	46
Cleaning house or doing odd jobs around the home	17	19	38
Dancing	17	19	38
Drinking alcoholic beverages	19	17	34
Attending church services	20	16	32
Just loafing; doing "nothing"	21	15	30
Planning family budgets	21	15	30
Hobbies	23	13	26
Going shopping	24	9	18
Taking walks	24	9	18
Taking part in club or organization affairs	26	7	14
Going out with the "boys"	26	7	14

following activities: watching television, playful scuffling, listening to music, reading, playing cards, playing with children, discussing studies or work, listening to the radio, going out with the "boys" or going out with the "girls", and meal time at home.

Wide differences between the percentages of male and female responses were found in the following activities: attending church services, making love, planning for the future, going shopping, dancing, going for drives in the car, cleaning house or doing odd jobs around the home, studying, drinking alcoholic beverages, taking walks, and talking things over.

On the average, the women seemed to enjoy going to church more than the men did. Sixty per cent of the wives and only 32 per cent of the husbands enjoyed attending church services. Talking things over was the second-ranked activity for the women--80 per cent checked that item compared with only 66 per cent of the men. Significantly more wives than husbands checked planning for the future--76 per cent of the females enjoyed this activity whereas only 56 per cent of the males indicated that they enjoyed it. Other activities which were enjoyed by significantly more women than men were: going shopping, dancing, going for drives in the car, cleaning house or doing odd jobs around the home, and taking walks.

More men enjoyed making love than did women--80 per cent of the men and 68 per cent of the women checked the

item. These figures might seem somewhat small to some observers, considering that these couples were, on the average, relatively young and in the early years of married life. One-half of the men and 10 per cent of the women enjoyed studying. This wide difference between the sexes is to be expected, considering that 92 per cent of the husbands were enrolled in the university while only 22 per cent of the wives were going to school. But it appears that a great many of the spouses who were going to school did not enjoy the activity of studying. Although drinking alcoholic beverages was not one of the favorite activities of either sex, significantly more men than women enjoyed that activity. Thirty-four per cent of the men checked the item, whereas only 8 per cent of the women checked it. Drinking alcoholic beverages was the lowest-ranked of the 27 items for the women.

For the college married couples in the sample, activities which were enjoyed the most by both partners¹ were:

- 1) exchanging visits with friends
- 2) making love
- 3) talking things over
- 4) watching television
- 5) reading

¹This includes those activities from the check list which were enjoyed by more than 59 per cent of both husbands and wives.

- 6) listening to music
- 7) discussing studies or work

Activities which were enjoyed the least by both spouses² were:

- 1) going out with the "boys" or going out with the "girls"
- 2) taking part in club or organization affairs
- 3) planning family budgets
- 4) taking walks
- 5) hobbies
- 6) drinking alcoholic beverages

FEELINGS ABOUT LEISURE-TIME BEHAVIOR

Subjects were asked several questions concerning their feelings towards various aspects of leisure and leisure-time activities. In this section these questions are stated and the results of the answers to the questions are given for men and women.

Thirty-seven per cent of the spouses were dissatisfied with the amount of their leisure time. More men than women were dissatisfied in this respect--42 per cent of the men and 32 per cent of the women. Only about one-fourth of the

²This includes those activities from the check list which were enjoyed by less than 41 per cent of both husbands and wives.

sample persons were "well-satisfied" or "completely satisfied" with the amount of their leisure time.

QUESTION:

How satisfied are you with the amount of leisure time you have?

RESULTS:	<u>Husbands</u>		<u>Wives</u>	
	<u>Number</u>	<u>PerCent</u>	<u>Number</u>	<u>PerCent</u>
Very dissatisfied	5	10	3	6
A little dissatisfied	16	32	13	26
Satisfied	18	36	19	38
Well satisfied	10	20	12	24
Completely satisfied	<u>1</u>	<u>2</u>	<u>3</u>	<u>6</u>
Total	50	100	50	100

Relatively few of the persons in the sample were dissatisfied with the kinds of leisure-time activities in which they participated. Only 20 per cent of the husbands and 12 per cent of the wives checked "a little dissatisfied" or "very dissatisfied."

QUESTION:

How satisfied are you with the kinds of leisure-time activities in which you participate?

RESULTS:	<u>Husbands</u>		<u>Wives</u>	
	<u>Number</u>	<u>PerCent</u>	<u>Number</u>	<u>PerCent</u>
Extremely satisfied	6	12	8	16
Well satisfied	19	38	22	44
Satisfied	15	30	14	28
A little dissatisfied	8	16	6	12
Very dissatisfied	<u>2</u>	<u>4</u>	<u>0</u>	<u>0</u>
Total	50	100	50	100

Approximately one-fourth of the total sample stated that they disagreed with their spouses about matters of leisure-time activities "sometimes" or "frequently." Twenty-eight per cent of the men and 20 per cent of the women checked these categories. Nobody checked the "very frequently" item. So, about three-fourths of the individuals "seldom" or "never" disagreed with their spouses about matters of leisure.

QUESTION:

How often do you and your spouse disagree about matters of leisure-time activities?

RESULTS:	<u>Husbands</u>		<u>Wives</u>	
	<u>Number</u>	<u>PerCent</u>	<u>Number</u>	<u>PerCent</u>
Never	4	8	9	18
Seldom	32	64	31	62
Sometimes	13	26	8	16
Frequently	1	2	2	4
Very Frequently	0	0	0	0
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Total	50	100	50	100

The majority of the persons engaged in "most" or "all" of their leisure-time activities together with their spouses. Eighty-two per cent of each sex group checked those items.

QUESTION:

How many of your leisure-time activities do you and your spouse engage in together?

RESULTS:	<u>Husbands</u>		<u>Wives</u>	
	<u>Number</u>	<u>PerCent</u>	<u>Number</u>	<u>PerCent</u>
None of them	0	0	1	2
Few of them	2	4	1	2
About half of them	7	14	7	14
Most of them	33	66	36	72
All of them	8	16	5	10
Total	50	100	50	100

One of every four persons was dissatisfied with the amount of leisure time which he (or she) spent with his spouse. This portion of the total sample included 28 per cent of the husbands and 22 per cent of the wives.

QUESTION:

How satisfied are you with the amount of leisure time you and your spouse spend together?

RESULTS:	<u>Husbands</u>		<u>Wives</u>	
	<u>Number</u>	<u>PerCent</u>	<u>Number</u>	<u>PerCent</u>
Very dissatisfied	2	4	3	6
A little dissatisfied	12	24	8	16
Somewhat satisfied	7	14	8	16
Well satisfied	20	40	25	50
Completely satisfied	9	18	6	12
Total	50	100	50	100

Significantly more men than women felt that they had missed out on a lot of fun by marrying before they and/or their spouse finished school. Thirty-eight per cent of the

men and only 14 per cent of the women had such feelings "once in a while" or "quite frequently."

QUESTION:

How often have you felt that you have missed out on a lot of fun by marrying before you and/or your spouse finished school?

RESULTS:	<u>Husbands</u>		<u>Wives</u>	
	<u>Number</u>	<u>PerCent</u>	<u>Number</u>	<u>PerCent</u>
Very often	0	0	0	0
Quite frequently	4	8	0	0
Once in a while	15	30	7	14
Very seldom	13	26	15	30
Never	18	36	28	56
Total	50	100	50	100

Fifty-six per cent of the husbands and 40 per cent of the wives felt that their financial situations exerted "very much influence" or "quite a lot of influence" upon their leisure-time activities. Only 10 per cent of the persons felt that their finances had "no influence" on their leisure-time pursuits (although 30 per cent of the individuals were members of couples with average monthly incomes of \$325 or more).

QUESTION:

How much does your financial situation restrict your leisure-time activities?

RESULTS:	<u>Husbands</u>		<u>Wives</u>	
	<u>Number</u>	<u>PerCent</u>	<u>Number</u>	<u>PerCent</u>
Very much influence	12	24	6	12
Quite a lot of influence	16	32	14	28
A little influence	20	40	27	54
No influence	<u>2</u>	<u>4</u>	<u>3</u>	<u>6</u>
Total	50	100	50	100

As a whole, the individuals were quite satisfied with the way they got along with their spouses with respect to leisure-time activities. Seventy per cent of the husbands and 78 per cent of the wives said that they were "well satisfied" or "completely satisfied" with the relationships with their spouses in the area of leisure. Only 12 per cent of the women and 8 per cent of the husbands were dissatisfied.

QUESTION:

Considering everything, how satisfied are you with the way you and your spouse "get along" with each other with respect to leisure-time activities?

RESULTS:	<u>Husbands</u>		<u>Wives</u>	
	<u>Number</u>	<u>PerCent</u>	<u>Number</u>	<u>PerCent</u>
Very dissatisfied	2	4	2	4
A little dissatisfied	2	4	4	8
Satisfied	11	22	5	10
Well satisfied	21	42	21	42
Completely satisfied	<u>14</u>	<u>28</u>	<u>18</u>	<u>36</u>
Total	50	100	50	100

SUMMARY

Total weekly leisure hours of members of college married couples varied considerably, but over two-thirds of the individuals had less than 21 hours of leisure per seven-day week. Less than 10 per cent had 35 or more leisure hours per week. More women than men had less than 14 leisure hours, while more men than women had 35 or more spare hours. Male parents tended to take more time out (primarily to play with their children) than did male non-parents. The non-student members of the couples had slightly more leisure time than did the students. As a group, the student-wives had the least amount of leisure time of the sub-groups within the sample.

Estimations of the average amount of money spent per month by the couple on leisure-time activities varied widely from couple to couple, between the spouses of individual couples themselves, among the husbands, and among the wives. The mean amounts of leisure expenditures were \$17.41 according to the husbands and \$13.86 according to the wives. Answers ranged from \$2 to \$75 for the men and from \$1 to \$50 for the women. The gap between the husbands' and wives' estimations of leisure expenditures illustrated one of the findings of the interviews: that several of the college couples did not keep budgets. Couples in which both members were attending the university spent less for leisure and

also the spouses of each couple seemed to be in close agreement concerning average monthly leisure expenditures.

For the couples in the sample, activities which were enjoyed the most by both partners were: exchanging visits with friends, making love, talking things over, watching television, reading, listening to music, and discussing studies or work.

Activities which were enjoyed the least by both spouses were: going out with the "boys" or going out with the "girls", taking part in club or organization affairs, planning family budgets, hobbies, taking walks, and drinking alcoholic beverages.

The majority of the members of the college married couples in the sample seemed to be fairly well satisfied with their behavior in the general area of leisure-time activities. For most of the questions, the husbands were less positive in their answers than were the wives, indicating more dissatisfaction among the ranks of the men.

A significant difference between male and female responses existed in the answers to the question: "How often have you felt that you have missed out on a lot of fun by marrying before you and/or your spouse finished school?" Thirty-eight per cent of the husbands and only 14 per cent of the wives checked either "once in a while" or "quite frequently."

Almost half of the total sample--56 per cent of the men and 40 per cent of the women felt that their financial

situations restricted their leisure-time activities "quite a lot" or "very much."

CHAPTER SEVEN

LEISURE AND MARITAL SATISFACTION

One broad hypothesis of this study stated that, in general, feelings about leisure time and leisure-time activities are significantly related to general satisfaction with marriage. Under this general hypothesis, there were several sub-hypotheses. This chapter will report some of the findings of the study in light of these sub-hypotheses. Before delving into the various relationships between leisure and marital satisfaction, it is necessary to explain the procedure of scoring used in the criterion of marital satisfaction.

The 13 items in the criterion of marital satisfaction, Bowerman's General Evaluation Scale, are weighted so that the total scores can possibly range from 0 to 52. The scale is constructed so that the lower the score, the higher the degree of satisfaction in marriage. A score of 0 indicates the highest possible degree of satisfaction and a score of 52 denotes the lowest possible degree of satisfaction.

As a whole, the members of the couples in the sample were quite well satisfied in marriage. This finding is in general agreement with those of most other available studies which have investigated marital happiness or satisfaction of

college couples. The mean scores on the marital satisfaction scale were 12.0 for the husbands and 9.3 for the wives. The scores ranged from one to 32 for the wives and from one to 41 for the husbands. On the basis of these scores, the wives seemed to be slightly more satisfied with marriage than were the men.

For the purpose of this study, both the men and the women were divided into two groups, "more satisfied" and "less satisfied," indicating the general degree of their satisfaction with marriage. The score of 20 on the marital satisfaction scale was selected as the dividing line between the two groups. The total of 20 was midway between the two extreme scores for the men--one and 41. Those with scores of less than 20 were placed in the "more satisfied" group, while those with scores of 20 or more were placed in the "less satisfied" group.

The degree of marital satisfaction was significantly related to whether the subjects were parents or non-parents. A phi coefficient of $-.36$ existed between the two variables; this was significant at the .01 level of significance. More of the spouses who were parents tended to be in the "less satisfied" group than did the non-parent spouses. Forty-seven of the 48 non-parents were in the "more satisfied" group, whereas only 37 of the 52 parents fell in this group. Fifteen of the 16 spouses who were less satisfied with their

marriages were parents; only one of the sixteen was not a parent.¹

¹Phi coefficient is a non-parametric statistic used to measure relationship in 2 X 2 tables where each variable is split into two parts or into two distinct classes. It gives a rough approximation of r. It is defined by the following formula:

$$\phi = \sqrt{\frac{\chi^2}{N}}$$

The computational formula is: $\phi = \frac{ad-bc}{\sqrt{xyzt}}$

The meanings of the letters are given in the following fourfold contingency table:

a	b	x
c	d	y
t	s	

The computational formula for the test of significance used is that for Kendall's Tau (which is the same as the phi coefficient for a fourfold table):

$$\frac{|S| - \frac{N}{2}}{\sigma_s}$$

where S = ad-bc

S corrected for continuity = $|S| - \frac{N}{2}$

$$\sigma_s^2 = \frac{x.y.s.t}{N-1}$$

Each test of significance must be computed separately for each Tau as the results depend not only on the N but also the marginals, which may be different in each case. M. G. Kendall, Rank Correlation Methods, London: Griffin, 1948.

If this answer is equal to or greater than ± 1.96 , the relationship is significant at the .05 level. If the answer is equal to or greater than ± 2.58 , the relationship is significant at the .01 level.

The remainder of the chapter contains some of the findings of the study in light of the sub-hypotheses about relationships between leisure and marital satisfaction for college couples. The content is divided into three parts which are in accordance with the three types of sub-hypotheses--those stating positive relationships, those stating negative relationships, and those concerned with variables which have no significant relationships.

According to the first group of hypotheses, there are positive relationships between general satisfaction with marriage and the following variables:

- A-1. Satisfaction with the amount of leisure time of the individual.
- A-2. Satisfaction with the kinds of leisure-time activities of the individual.
- A-3. Proportion of leisure-time activities engaged in together with the spouse.
- A-4. Satisfaction with the amount of leisure time spent together with the spouse.
- A-5. Satisfaction with the way the spouses "get along" with respect to leisure-time activities.
- A-6. Effect of school attendance on satisfaction with leisure-time activities.
- A-7. Effect of the University program of extra-curricular activities upon marital relationships.

Those hypotheses dealing with variables A-6 and A-7 will not be discussed in the present chapter. Data concerning these hypotheses will be discussed in the following chapter, which is entitled, "School, Friends, Leisure, and

Marriage." However, findings for all of the remaining five hypotheses listed above will be presented in this chapter. Table 25 contains a list of the phi coefficients of the relationships between marital satisfaction and these five variables dealing with feelings about leisure time and leisure-time activities.

There was no significant relationship between marital satisfaction (MS) and satisfaction with the amount of leisure time of the individual. The data does not support hypothesis A-1. The phi coefficient for the total sample was .01. Relatively little difference existed between responses of the husbands and the wives' answers--the phi coefficients were -.04 and .05 for the husbands and wives respectively.

For the total sample, a phi coefficient of .26, signifying a relationship significant at the .05 level, existed between MS and satisfaction with the kinds of leisure-time activities of the individual. Those who were less satisfied with marriage tended to be less satisfied with the kinds of their leisure-time pursuits than were those who were more satisfied with marriage. The data supports hypothesis A-2. The two variables were more related for the men than for the women. The phi coefficient for the husbands was .33 while that of the wives was .17; neither was significant at the .05 level. Four of the 8 men who were less satisfied with marriage were also less satisfied with the kinds of their leisure-time activities, whereas of

TABLE 25

RELATIONSHIPS BETWEEN MARITAL SATISFACTION AND
FIVE VARIABLES DEALING WITH LEISURE TIME
AND LEISURE-TIME ACTIVITIES

Variables	Phi Coefficients		
	Hus- bands	Wives	Total Sample
Satisfaction with the <u>amount</u> of leisure-time of the <u>individual</u> .	-.04	.05	.01
Satisfaction with the <u>kinds</u> of leisure-time activities of the individual.	.33	.17	.26*
Proportion of leisure-time activities engaged in <u>together</u> with the spouse.	.51**	.36*	.43**
Satisfaction with the amount of leisure-time spent <u>together</u> with the spouse.	-.04	.03	.00
Satisfaction with the way spouses "get along" with respect to leisure-time activities.	.47**	.34	.40**

* Significant at .05 level of significance.
** Significant at .01 level of significance.

the 42 men who were more satisfied with marriage only 6 were less satisfied with the kinds of their leisure-time activities.

Hypothesis A-3 is supported by the data. A very significant relationship was found between marital satisfaction and the proportion of leisure-time activities engaged in together with the spouse. A phi coefficient of .43, significant at

the .01 level, existed. Those who were more satisfied in marriage tended to engage in "most" or "all" of their leisure-time activities together with their spouses. Individuals who were less satisfied in marriage tended to engage in only half or less than half of their leisure-time pursuits together with their spouses. Those who were satisfied with marriage spent more of their leisure pursuits with their spouses than did those who were dissatisfied with marriage. Seventy-five of the 84 in the "more satisfied" group were with their spouses for most or all of their leisure pursuits. Of the 16 in the "less satisfied" group, 9 engaged in only half or less than half of their leisure activities together with their spouses.

No relationship whatsoever--a phi coefficient of .00--existed between MS and the degree of satisfaction with the amount of leisure time spent together with a spouse. This data does not support hypothesis A-4. One-fourth of the persons in each MS group--21 of the 84 in the "more satisfied" group and 4 of the 16 in the "less satisfied" category--were dissatisfied with the amount of leisure hours spent together with the spouses.

A phi coefficient of .40, denoting a relationship significant at the .01 level, existed between marital satisfaction and the degree of satisfaction with the way spouses "get along" with respect to leisure-time activities. Hypothesis A-5 is supported by the findings. More of those persons

who were dissatisfied with marriage tended to be dissatisfied with the way they got along with their spouses in leisure behavior than did the individuals who were more satisfied with marriage. Those who were dissatisfied with adjustment to their spouses in leisure behavior included 37.5 per cent of the MS "less satisfied" group and only 4.8 per cent of the MS "more satisfied" group. In comparing the responses of the two sexes, one finds that the two variables are significantly related for the husbands but not for the wives. A phi coefficient of .47 existed for the male sample while that of the female sample was .34.

Findings concerning five of the seven sub-hypotheses supporting positive relationships between marital satisfaction and feelings about leisure and leisure-time activities were presented in this section. The data supported three of the hypotheses--A-2, A-3, and A-5. Hypotheses A-1 and A-4 were unsupported.

The second section consists of data concerning two sub-hypotheses. According to these hypotheses, there are negative relationships between general satisfaction with marriage and the following variables:

- B-1. Extent of disagreement about matters of leisure-time activities.
- B-2. Frequency of feelings of having missed out on a lot of fun by marrying before one or both members finished school.

Data supported both of the hypotheses--B-1 and B-2.

Table 26 contains the phi coefficients of the relationships between marital satisfaction and the two above-listed variables.

TABLE 26
RELATIONSHIPS BETWEEN MARITAL SATISFACTION
AND TWO LEISURE VARIABLES

Variables	Phi Coefficients		
	Hus- bands	Wives	Total Sample
Extent of disagreement about matters of leisure-time activities.	-.46**	-.19	-.33**
Frequency of feelings of having missed out on a lot of fun by marrying before one or both members finished school.	-.33**	-.45**	-.36**

* Significant at .05 level of significance.

** Significant at .01 level of significance.

There was a significant relationship between marital satisfaction and the extent of disagreement about matters of leisure-time activities. The phi coefficient was $-.33$ significant at the .01 level. Those spouses in the MS "more satisfied" group tended to disagree less often about matters of leisure-time activities, while those in the MS "less satisfied" category tended to disagree more often about matters of leisure. Of the 84 in the MS "more satisfied" category, 69

disagreed "never" or "seldom", whereas 9 of the 16 in the MS "less satisfied" group disagreed "sometimes" or "frequently."

A significant relationship was found between MS and frequency of feelings of having missed out on a lot of fun by marrying before one or both members finished school. Relationships significant at the .01 level existed between the two variables for the total sample, for the husbands, and for the wives. The phi coefficient for the total sample was $-.36$. The satisfied individuals in marriage tended to have such feelings very seldom, while the persons who were dissatisfied in marriage tended to have these feelings more often. Sixty-eight of the 84 spouses in the MS "more satisfied" group experienced feelings of having missed out on a lot of fun "very seldom" or "never." Ten of the 16 individuals in the MS "less satisfied" category had these feelings "once in a while" or "quite frequently." Phi coefficients for the husbands and the wives were $-.33$ and $-.45$, respectively.

The third and last section dealing with sub-hypotheses of relationships between marital satisfaction and feelings about leisure and leisure-time activities consists of data about two hypotheses. These hypotheses state that, for members of college couples, there are no significant relationships between general satisfaction with marriage and the following variables:

- C-1. Total of weekly leisure hours in a seven-day week.
- C-2. Degree to which the financial situation restricts leisure-time activities.

Table 27 contains the phi coefficients of the relationships between marital satisfaction and these two variables.

TABLE 27
RELATIONSHIPS BETWEEN MARITAL SATISFACTION AND
TWO VARIABLES DEALING WITH LEISURE

Variables	Phi Coefficients		
	Hus- bands	Wives	Total Sample
Total of weekly leisure hours in a seven-day week	.03	.16	.10
Degree to which the financial situation restricts leisure- time activities	-.17	-.20	-.18*

*Significant at .05 level of significance.

Hypothesis C-1 was supported by the data. There was no significant relationship between marital satisfaction and total weekly leisure hours. More of the persons in the MS "less satisfied" category had less than 14 weekly leisure hours than did those in the MS "more satisfied" group, but the difference was not significant. The phi coefficients for the two variables were .10 for the whole sample, .03 for the men, and .16 for the women.

Data did not support hypothesis C-2. There was a significant relationship between MS and the degree to which the financial situation restricted leisure-time activities.

The phi coefficient was $-.18$ --significant at the $.05$ level. Those individuals who were satisfied in marriage tended to feel that their financial situations exerted either little or no influence upon their leisure-time activities. The persons who were dissatisfied in marriage tended to feel that their finances exerted "quite a lot of" or "very much" influence on their leisure pursuits. There was relatively little difference between the responses of the two sexes. The phi coefficient for the males was $-.17$ and that of the women was $-.20$.

SUMMARY AND DISCUSSION

This chapter included some data concerning the broad hypothesis that, in general, feelings about leisure and leisure-time activities are significantly related to general satisfaction in marriage (MS). This hypothesis was only partly supported by the data. Marital satisfaction was significantly related to certain feelings about leisure, whereas other feelings about leisure were not significantly related to MS. Marital satisfaction was significantly related to the following six variables (the phi coefficients of the relationships are also listed in parentheses):

- 1) Satisfaction with the kinds of leisure-time activities of the individual. $(.26)^2$
- 2) Proportion of leisure-time activities engaged in together with the spouse. $(.43)^3$

- 3) Satisfaction with the way the spouses "get along" with respect to leisure-time activities. (.40)³
- 4) Extent of disagreement about matters of leisure-time activities. (-.33)³
- 5) Frequency of feelings of having missed out on a lot of fun by marrying before one or both members finished school. (-.36)³
- 6) Degree to which the financial situation restricts leisure-time activities. (-.18)²

However, three leisure time variables were not significantly related to marital satisfaction. Following are listed these three variables. The phi coefficients of the relationships, none of which are significant, are listed in parenthesis:

- 1) Satisfaction with the amount of leisure time of the individual. (.01)
- 2) Satisfaction with the amount of leisure time spent together with the spouse. (.00)
- 3) Total of weekly leisure hours in a seven-day week. (.10)

Data revealed that more feelings about leisure time were significantly related to marital satisfaction for the husbands than for the wives. Four of the variables about leisure were significantly related to MS for the men while only two leisure variables were significantly related to MS for the women. On the average, the men seemed to value leisure and leisure-time activities more highly than did the women. The findings of this study seem to agree with

²Relationship is significant at .05 level.

³Relationship is significant at .01 level.

the findings of Burgess and Wallin, in that marriage for the man has primarily a recreational and affectional meaning, while for the woman the career aspect of marriage is more important.⁴ General feelings about leisure and leisure-time activities played a fairly important role in the satisfaction or dissatisfaction of marriage for the men in the sample, but not so much for the women.

This importance of the career aspect in marriage to women is illustrated by the fact that one of the favorite leisure-time activities of the wives in the sample was planning for the future. Women ranked this activity third in the check-list of 27 activities--behind exchanging visits with friends and discussing studies or work. Thirty-eight of the 50 women--76 per cent--enjoyed, when given the opportunity, the activity of planning for the future. Only 28 of the 50 men--56 per cent--enjoyed this activity. Men ranked the item eleventh on the check-list of 27 activities. The "now" aspect of marriage appeared to be slightly more important to the men than for the women, especially in the area of leisure behavior.

Much seemed to depend on the attitudes of the individual. The complexity of married life combined with college often requires a great effort. Full understanding and cooperation are prime prerequisites. Problems for the couples

⁴Ernest W. Burgess and Paul Wallin, Engagement and Marriage, New York: J. B. Lippincott Co., 1953, p. 587.

in the sample tended to be externalized. Many of the partners exhausted their energy in work that had to be done to keep out of economic misery and to continue in their educational progress. Internal difficulties were often overcome in a more or less subconscious appeasement in the face of outside strain.

Interviews revealed that some of the non-student wives typed papers, prepared charts, and helped their student-husbands to get better grades. They sacrificed some of their leisure time in order that their spouses might have more leisure hours. Many of the members of the couples were performing at the limit of their capacities. Comradeship often developed under these rigorous conditions.

For the sample in general and especially for the wives, the goals connected with obtaining a college education seemed to be quite important. This was a primary reason that the variables of total weekly leisure hours, satisfaction with the amount of leisure time, and satisfaction with the amount of leisure time spent together with the spouse were of little importance for overall marital satisfaction.

On the average, the spouses were willingly and often enthusiastically undergoing the sacrifices required to stay in school. Most of them felt that many of these sacrifices were in the area of leisure-time behavior. Several of them, when asked about their leisure time, said, "Leisure time! What is that? We don't have any leisure time!" But the

prevailing opinion seemed to be, "But it'll be worth it in the end", or "It'll be worth it in the long run." They were willing to "give up" certain things now so that they might have a "better life" and a "better marriage" in the future.⁵

Those individuals who were dissatisfied with the sacrifices they had to make in their leisure-time behavior tended to be dissatisfied with their marriages. The individuals in the MS "less satisfied" group had the following tendencies. They: (1) were dissatisfied with the kinds of their leisure pursuits, (2) spent relatively little of their leisure time together with their spouses, (3) were dissatisfied with the adjustments with their spouses in leisure behavior, (4) felt that their financial situations restricted their leisure activities to a great degree, (5) disagreed quite often with their spouses about matters of leisure activities, and (6) frequently had feelings that they had missed out on a lot of fun by marrying before one or both members finished school.

⁵In fact, a few of the couples seemed to have an almost idealistic outlook. They seemed to believe that their behavior was quite limited and their lives somewhat lacking now, but upon graduation from college, a new, wholesome, and different kind of life will suddenly burst upon them. However, most of the couples had more realistic and mature attitudes towards the situation.

CHAPTER EIGHT

SCHOOL, FRIENDS, LEISURE, AND MARRIAGE

The combination of school and marriage puts college couples in a unique situation which differentiates them from other married couples. In this unique situation, friends could have a great degree of influence upon the lives of the couples. The chapter discusses some inter-relationships between school, friends, marriage, and leisure behavior of the college couples in the sample.

SCHOOL

One of the hypotheses stated that a rather small proportion of the leisure time of members of college married couples is associated with the University program of extra-curricular activities.

The obtained data supported the hypothesis. One of the items in the questionnaire was: "About how much of your leisure time is associated with the University program of extra-curricular activities?" Table 28 contains the results of the responses by men and women. Only one per cent of the total sample checked "most"; only 9

per cent of the total sample checked "about half of my leisure time." The remainder of the sample (90 per cent) said that "a little" or "none" of their leisure time was associated with the University program of extra-curricular activities. About a third of the sample answered "none" to the above question.

TABLE 28

AMOUNT OF LEISURE TIME ASSOCIATED WITH
UNIVERSITY PROGRAM OF EXTRA-CURRICULAR ACTIVITIES:
HUSBANDS AND WIVES

	Husbands		Wives	
	Number	PerCent	Number	PerCent
All my leisure time	0	0	0	0
Most of my leisure time	1	2	0	0
About half of my leisure time	5	10	4	8
A little of my leisure time	27	54	30	60
None of my leisure time	<u>17</u>	<u>34</u>	<u>16</u>	<u>32</u>
Total	50	100	50	100

Interviews revealed that the majority of the six men who answered "most" or "about half" to the above question were varsity sports lettermen at the university. A good deal of their leisure time was in conjunction with their participation in the university intercollegiate athletic program--before, during, or after practice sessions and on trips for games at other schools. Almost all of the

husbands who were not sports lettermen were in the "little" or "none" categories.

Little variation from the general pattern of little leisure time associated with university activities was found when the answers of the husbands and wives were broken down further. Responses of both sex groups were analyzed according to whether the persons were parents or non-parents, older or younger, and students or non-students.

Some differences were found in the proportions of individuals who said that "none" of their leisure time was associated with the university program. In the total sample, 40.4 per cent of the parents and only 25 per cent of the non-parents checked "none." The difference was slightly more widespread for men than for women. For the men, 42.3 per cent of the fathers were in the "none" group, along with 25 per cent of the non-fathers. For women, the percentages were 38.5 and 25.0 for the mothers and non-mothers respectively. Table 29 shows the amount of leisure time which was associated with university extra-curricular activities for parents and non-parents.

There were also noticeable differences between older individuals and younger persons. Forty-one per cent of the older men (those 26 years of age and over) checked "none" while only 26 per cent of the younger men (those under 26 years of age) did so. For women, 47.4 per cent of the older wives (those 23 years of age and over) and

TABLE 29

AMOUNT OF LEISURE TIME ASSOCIATED WITH UNIVERSITY
EXTRA-CURRICULAR ACTIVITIES: PARENTS AND NON-PARENTS

MEN				
	Parents		Non-Parents	
	Number	PerCent	Number	PerCent
All of my leisure time	0	0.0	0	0.0
Most of my leisure time	1	3.85	0	0.0
About half of my leisure time	3	11.55	2	8.3
A little of my leisure time	11	42.30	16	66.7
None of my leisure time	<u>11</u>	<u>42.30</u>	<u>6</u>	<u>25.0</u>
Total	26	100.00	24	100.00

WOMEN				
	Parents		Non-Parents	
	Number	PerCent	Number	PerCent
All of my leisure time	0	0.0	0	0.0
Most of my leisure	0	0.0	0	0.0
About half of my leisure time	2	7.7	2	8.3
A little of my leisure time	14	53.8	16	66.7
None of my leisure time	<u>10</u>	<u>38.5</u>	<u>6</u>	<u>25.0</u>
Total	26	100.0	24	100.0

TOTAL				
	Parents		Non-Parents	
	Number	PerCent	Number	PerCent
All of my leisure time	0	0.0	0	0.0
Most of my leisure time	1	1.9	0	0.0
About half of my leisure time	5	9.6	4	8.3
A little of my leisure time	25	48.1	32	66.7
None of my leisure time	<u>21</u>	<u>40.4</u>	<u>12</u>	<u>25.0</u>
Total	52	100.0	48	100.0

only 22.6 per cent of the younger wives (those under 23 years of age) were in the "none" category. There were no great differences between the responses of students and non-students.

Two other hypotheses also deal with the inter-relationships of school, marriage, and leisure. According to the initial hypotheses, there are positive relationships between general satisfaction with marriage and the responses to the following questions:

1. Considering everything, do you think the fact that one or both of you is in school has increased or decreased your satisfaction with your leisure-time activities?
2. How has the University program of extra-curricular activities affected your marital relationship with your spouse?

In answering the first of the above questions, 64 per cent of the respondents felt that school attendance has either strengthened their satisfaction with leisure-time activities or has made no difference to their leisure satisfaction. Slightly over one-third of the sample, or 35 per cent, felt that school attendance had decreased their satisfaction with leisure pursuits. Forty-four per cent of the men and only 26 per cent of the women felt that school attendance had decreased their leisure satisfaction, whereas 44 per cent of the wives and only 24 per cent of the husbands felt that school attendance has made no difference in their leisure satisfaction.

This significant difference between the sexes can be traced partially to the fact that most of the husbands in the sample were students while most of the wives were non-students. Many of the husbands were also students before their marriages. They led quite different lives as single students than they were to lead as married students. Marriage produced rather abrupt changes in the behavior of many men--especially in their leisure-time activities. Not only did they have less leisure time and less money to spend on leisure pursuits, they also found themselves participating in kinds of leisure activities which were quite different from their pre-marriage activities. Hence, for several of the men, the combination of college and marriage had decreased their satisfaction with their leisure-time activities.

The situation of the wives was quite different. Interviews revealed that there were at least three reasons why school attendance tended to have less effect upon their leisure satisfaction. First, some of the wives stated that, although their leisure time decreased considerably with marriage, the kinds of leisure-time activities in which they participated experienced little change with marriage. They had approximately the same activities as wives as they had had as single women. Secondly, as a group, the wives seemed to place less value upon the leisure aspect of marriage than did the husbands. It follows, then that school attendance had less effect upon their leisure

satisfaction. A third reason was found in the student-non-student ratio of the wives. All but 11 of the 50 wives were non-students. Contrary to the cases of most of the husbands, the majority of the wives were not continually subjected to the "gay" campus social life of the unmarried students. They were not attending classes on campus where they mixed with the unmarried students, with their abundance of leisure time and money for leisure activities.

Data from the written questionnaires verified the findings from the interviews regarding this difference between student spouses and non-student spouses. A phi coefficient of $-.20$ existed between the variables of student or non-student and effect of school attendance upon satisfaction with leisure-time pursuits; this relationship is significant at the $.05$ level. More students than non-students in the sample tended to feel that school attendance had decreased their leisure satisfaction. Twenty-five of the 57 students and only 10 of the 41 non-students checked either "decreased slightly" or "decreased considerably."

Following are the results of the responses to the question, which is repeated:

QUESTION:

Considering everything, do you think the fact that one or both of you is in school has increased or decreased your satisfaction with your leisure-time activities?

RESULTS:	<u>Husbands</u>		<u>Wives</u>	
	<u>Number</u>	<u>PerCent</u>	<u>Number</u>	<u>PerCent</u>
Increased greatly	5	10	4	8
Increased a little	11	22	10	20
Has made no difference	12	24	22	44
Decreased slightly	17	34	10	20
Decreased considerably	<u>5</u>	<u>10</u>	<u>3</u>	<u>6</u>
Total	50	100	49*	98*

*One wife did not answer the question.

The hypothesis concerning the relationship between the results of the above question and the degree of marital satisfaction was not supported by the data. There was no significant relationship between marital satisfaction and the question concerning the effect of school attendance upon satisfaction with leisure-time activities. A phi coefficient of $-.04$ existed for the entire sample. The responses of the women yielded a phi coefficient of $-.14$ while a phi coefficient of $.05$ existed for the males.

The second and somewhat similar hypothesis was concerned with the relationship between marital satisfaction and the effect of the University program of extra-curricular activities on the marriage relationship. There was no relationship between the two variables. Ninety per cent of the husbands and 90 per cent of the wives felt that the University program of extra-curricular activities had had no effect upon their marital relationships. Due to these results, the data was not even set up in a four-fold

contingency table; hence, there was no phi coefficient.

Following is the question and the results:

QUESTION:

How has the University program of extra-curricular activities affected your marital relationships with your spouse?

RESULTS	<u>Husbands</u>		<u>Wives</u>	
	<u>No.</u>	<u>%</u>	<u>No.</u>	<u>%</u>
Strengthened marital relationships very much	1	2	0	0
Strengthened marital relationships somewhat	1	2	5	10
No effect on marital relationships	45	90	45	90
Weakened marital relationships somewhat	3	6	0	0
Weakened marital relationships very much	<u>0</u>	<u>0</u>	<u>0</u>	<u>0</u>
Total	50	100	50	100

FRIENDS

At the outset of the study, the author felt that the satisfactions or dissatisfactions of members of college married couples might be noticeably affected by friends of the couple. Two hypotheses were formulated along these lines. According to the first hypothesis, those members who state that most of their friends here in Missoula are students are more likely to be satisfied with the amount of

their leisure time than are those persons who state that most of their friends are non-students or that half are students and half are non-students.

The following question was included in the questionnaire:

Are most of your friends here in Missoula

- 1) students
- 2) non-students
- 3) half are students, half are non-students.

Almost half (47.5 per cent) of the persons said that about half of their friends here in Missoula were students while the others were non-students. Only about one-tenth of the sample said that most of their friends were non-students, and for 42.4 per cent of the sample most of their friends were students. Table 30 shows the results of the responses to the above question for men and women.

TABLE 30

ANSWERS TO THE QUESTION: "ARE MOST OF YOUR FRIENDS HERE IN MISSOULA STUDENTS, NON-STUDENTS, OR HALF AND HALF?"

	Husbands		Wives	
	Number	PerCent	Number	PerCent
Students	25	51.0	17	34
Non-Students	5	10.2	5	10
Half are students, half are non-students	19	38.8	28	56
Total	49*	100.0	50	100

*One man did not answer the question.

The data did not support the first hypothesis. There was no significant relationship between degree of satisfaction with the amount of leisure time and the status of friends (as to whether friends were students, non-students, or half students and half non-students) for either the husbands or the wives in the sample. The phi coefficients were .14 for the husbands and .40 for the wives.

A second hypothesis concerning friends stated that those persons who feel that the amount of their leisure time is less than that of their friends are more likely to be less satisfied with their marriage than are those persons who feel that the amount of their leisure time is about the same as or more than that of their friends. One of the items in the questionnaire was:

How does the amount of your leisure time compare with that of your friends?

The results of the answers to this question are given in Table 31.

Thirty-six per cent of the total sample (40 per cent of the men and 32 per cent of the women) felt that the amount of their leisure time was less than that of their friends. Only five per cent of the individuals felt that they had more leisure time than did their friends. The remaining portion of the sample (59 per cent) was about equal to their friends in respect to amount of leisure time.

TABLE 31
AMOUNT OF LEISURE TIME AS COMPARED
WITH THAT OF FRIENDS

Amount of Leisure	Men		Women	
	Number	PerCent	Number	PerCent
More than that of my friends	3	6	2	4
About the same as that of my friends	27	54	32	64
Less than that of my friends	20	40	16	32
Total	50	100	50	100

The second hypothesis concerning friends was not supported by the data. There was no significant relationship between marital satisfaction and the amount of leisure as compared with friends' leisure time. For the husbands' responses, the phi coefficient was $-.02$; the phi coefficient for the wives was $.05$. According to this, a spouse's comparison of his leisure time to that of his friends is not a significant factor in the degree of satisfaction in marriage for that spouse.

However, there were some significant relationships between certain feelings about leisure behavior and amount of leisure as compared with friends' leisure time. Table 32 contains the phi coefficients when the amount of leisure as compared with friends' leisure time was related to various feelings towards leisure behavior.

TABLE 32

RELATIONSHIPS BETWEEN AMOUNT OF LEISURE AS COMPARED
TO FRIENDS' LEISURE TIME AND VARIOUS FEELINGS
ABOUT LEISURE BEHAVIOR

Feelings about leisure	Phi Coefficients		
	Husbands	Wives	Total Sample
Total weekly leisure hours	.45**	.26	.34**
Status of friends	.23	.22	.21
Satisfaction with amount of leisure time	.38*	.08	.25*
Satisfaction with kinds of leisure activities	.10	.27	.06
Frequency of disagreement with spouse about leisure	-.31**	.13	-.12
Frequency of feelings of having missed fun by marrying before finishing school	-.29*	.03	-.17
Effect of school on satisfaction with leisure	.35*	-.10	.16

* Significant at .05 level.
**Significant at .01 level.

On the average, comparisons with friends' leisure time seemed to be a more important factor in husbands' feelings about their own leisure behavior than in wives' feelings. The leisure time of their friends had little effect upon the wives' feelings about their leisure behavior. For the husbands, comparison with friends' leisure time was significantly

related to five of the seven variables in Table 32. Two of the relationships were at the .01 level of significance; the other three had levels of significance of .05. There were no significant relationships for the wives.

Husbands who felt that they had less leisure time than did their friends tended to: (1) have fewer total weekly leisure hours, (2) be less satisfied with the amount of their leisure time, (3) disagree with their spouses more often about matters of leisure-time activities, (4) more frequently have feelings of having missed out on a lot of fun by marrying before finishing school, and (5) feel that school attendance by one or both of the spouses had decreased their satisfaction with leisure-time activities.

Husbands who felt that they had more leisure time than their friends tended to: (1) have more total weekly leisure hours, (2) be more satisfied with the amount of their leisure time, (3) disagree with their wives less often about matters of leisure-time activities, (4) less frequently have feelings of having missed out on a lot of fun by marrying before finishing school, and (5) feel that school attendance by one or both of the spouses has had no effect upon or has increased their satisfaction with leisure-time activities.

For the whole sample, more students than non-students tended to feel that they had less leisure time than did their friends. Almost three-fourths of the non-students

felt that their leisure time was about the same as or more than that of their friends. The phi coefficient for the relationship between students or non-students and comparisons with friends' leisure time was $-.18$. This relationship was significant at the $.05$ level.

It is evident that friends exerted greater influence on husbands than on wives in their feelings about behavior in the area of leisure-time activities. But this does not necessarily mean that for the wives, friends had less effect upon feelings about the marriage relationship in general. Some of the interviews gave evidence that friends had an effect upon wives' feelings regarding the marital relationship, too, but in areas of behavior other than leisure. Women seemed to regard leisure-time activities as less important in marriage than did the men. Some of the men had unconsciously or consciously adopted a "keep up with the Joneses" attitude with regard to leisure-time activities.

SUMMARY

This chapter included data concerning relationships between school, friends, leisure, and marriage. Ninety per cent of the 100 persons in the sample said that only "a little" or "none" of their leisure time was associated with the University program of extra-curricular activities. Of those who said that none of their leisure time was

associated with the University program, there were more parents than non-parents and more older individuals than younger persons.

Slightly over one-third of the sample (35 per cent) felt that school attendance by one or both spouses had decreased their satisfaction with leisure-time activities. This group included a larger percentage of men than of women and a larger proportion of students than non-students. There was no significant relationship between marital satisfaction and the question concerning the effect of school attendance upon satisfaction with leisure-time activities. Ninety per cent of the sample felt that the University program of extra-curricular activities had had no effect upon their marital relationships.

No significant relationship was found between satisfaction with amount of leisure time and the status of friends (as to whether friends were students, non-students, or half students and half non-students). There also was no significant relationship between marital satisfaction and the amount of leisure as compared with friends' leisure time.

Friends exerted greater influence on husbands than on wives in their feelings about behavior in the area of leisure-time activities. Comparison with friends' leisure time had little effect upon the wives' feelings about their leisure behavior. There were no significant relationships for the

wives, but there were five significant relationships for the husbands.

Husbands who felt that they had less leisure time than did their friends tended to: (1) have fewer total weekly leisure hours, (2) be dissatisfied with the amount of their leisure time, (3) disagree quite often with their spouses about matters of leisure, (4) frequently have feelings of having missed out on a lot of fun by marrying before finishing school, and (5) feel that school attendance by one or both of the spouses had decreased their satisfaction with leisure-time activities.

The data seem to give evidence that leisure and feelings about leisure-time activities are more important in marriage to the husbands than to the wives in the sample of college married couples.

CHAPTER NINE

GENERAL SUMMARY AND LIMITATIONS

The major problem of this study was to investigate relationships between marriage and leisure-time activities within the specific population of college married couples.

The sample of 50 couples (100 persons) was drawn randomly from the population of 732 married students attending Montana State University during fall quarter of 1957. The information-gathering instruments were: (1) a pre-tested questionnaire of eighty items, coded for IBM processing, and (2) informal, non-structured interviews. Data was gathered in the couples' homes during January and February, 1958. The questionnaire was administered by the investigator in a standardized manner to assure complete anonymity and to prevent collaboration between spouses. Interview data was obtained through informal, friendly conversations between the spouses and the investigator which occurred after the questionnaire had been completed. The couple had no knowledge that they were being interviewed; the investigator recorded the interview data after leaving the couple's home. Cooperation was obtained from 100 per cent of the original sample.

In the random sample, most of the couples had been married less than four years, and approximately half had one or more children. Mean age of the husbands was 26.08 while that of the 50 wives was 22.42. Half of the couples in the sample were covered by the G.I. Bill and half lived in campus housing of some sort or another.

The income distribution was fairly dispersed--30 per cent had monthly incomes of \$325 or more whereas 22 per cent had incomes of less than \$175 per month. The couples tended to be largely independent of parental support--a relatively small proportion received financial assistance from parents or relatives.

The most typical situation seemed to be one in which the wife was the sole or chief bread earner while the husband attended school. A larger percentage of wives than husbands worked outside the home for wages and, on the average, the women spent more hours per week on the jobs. Sixty per cent of the women who worked had full-time jobs of 40 or more hours per week. In 90 per cent of the couples, at least one spouse was working. Both spouses were working in 30 per cent of the cases.

Fifty-seven per cent of the total sample were students at the university--92 per cent of the husbands and 22 per cent of the wives were students. Most were upper-class or graduate students. They carried an average of 15.1 credits and 65 per cent fell within the 14-17 credits category.

The students spent an average of 44.4 hours per week on school work.

Only 19 per cent of the total sample had not had at least some college education. A relatively small proportion were or had been active members in social fraternities or sororities. About half of the persons were not active members in any clubs or organizations. Over two-thirds of the persons were Protestants.

Total weekly leisure hours of members of college married couples varied considerably, but over two-thirds of the individuals had less than 21 hours of leisure per seven-day week. Less than 10 per cent had 35 or more leisure hours per week. More women than men had less than 14 leisure hours, while more men than women had 35 or more spare hours. Male parents tended to take more time out (primarily to play with their children) than did male non-parents. The non-student members of the couples had slightly more leisure time than did the students. As a group, the student-wives had the least amount of leisure time of the sub-groups within the sample.

Estimations of the average amount of money spent per month by the couple on leisure-time activities varied widely from couple to couple, between the spouses of individual couples themselves, among the husbands, and among the wives. The mean amounts of leisure expenditures were \$17.41 according to the husbands and \$13.86 according to the wives.

Answers ranged from \$2 to \$76 for the men and from \$1 to \$50 for the women. The gap between the husbands' and wives' estimations of leisure expenditures illustrated one of the findings of the interviews: that several of the college couples did not keep budgets. Couples in which both members were attending the university spent less for leisure and also the spouses of each couple seemed to be in close agreement concerning the average monthly expenditures.

For the couples in the sample, activities which were enjoyed the most by both partners were: exchanging visits with friends, making love, talking things over, watching television, reading, listening to music, and discussing studies or work.

Activities which were enjoyed the least by both spouses were: going out with the "boys" or going out with the "girls", taking part in club or organization affairs, planning family budgets, hobbies, taking walks, and drinking alcoholic beverages.

The majority of the members of the college married couples in the sample seemed to be fairly well satisfied with their behavior in the general area of leisure-time activities. For most of the questions, the husbands were less positive in their answers than were the wives, indicating more dissatisfaction among the ranks of the men.

A significant difference between male and female responses existed in the answers to the question: "How

often have you felt that you have missed out on a lot of fun by marrying before you and/or your spouse finished school?" Thirty-eight per cent of the husbands and only 24 per cent of the wives checked either "once in a while" or "quite frequently."

Almost half of the total sample--56 per cent of the men and 40 per cent of the women felt that their financial situations restricted their leisure-time activities "quite a lot" or "very much."

Certain feelings about leisure and leisure time activities were significantly related to general satisfaction in marriage, whereas other feelings about leisure were not significantly related to marital satisfaction.

Significant relationships were found between degree of marital satisfaction and the following variables: (1) satisfaction with the kinds of leisure-time activities of the individual, (2) proportion of leisure-time activities engaged in together with the spouse, (3) satisfaction with the way the spouses "get along" with respect to leisure-time activities, (4) extent of disagreement about matters of leisure-time activities, (5) frequency of feelings of having missed out on a lot of fun by marrying before one or both members finished school, and (5) degree to which the financial situation restricts leisure-time activities.

Individuals who were dissatisfied in marriage had the following tendencies. They: (1) were dissatisfied

with the kinds of their leisure pursuits, (2) spent relatively little of their leisure time together with their spouses, (3) were dissatisfied with the adjustments with their spouses in leisure behavior, (4) felt that their financial situations restricted their leisure activities to a great degree, (5) disagreed quite often with their spouses about matters of leisure activities, and (6) frequently had feelings that they had missed out on a lot of fun by marrying before one or both members finished school.

However, no significant relationships were found between degree of marital satisfaction and the variables of: satisfaction with the amount of leisure time of the individual, satisfaction with the amount of leisure time spent together with the spouse, and the total of weekly leisure hours in a seven-day week.

Data revealed that more feelings about leisure time were significantly related to marital satisfaction for the husbands than for the wives. Four of the variables about leisure were significantly related to marital satisfaction for the men, while only two leisure variables were significantly related to marital satisfaction for the women. General feelings about leisure and leisure-time activities played a fairly important role in the satisfaction or dissatisfaction of marriage for the men in the sample, but not so much for the women.

Ninety per cent of the 100 persons in the sample said that only "a little" or "none" of their leisure time was associated with the University program of extra-curricular activities. Of those who said that none of their leisure time was associated with the University program, there were more parents than non-parents and more older individuals than younger persons.

Slightly over one-third of the sample (35 per cent) felt that school attendance by one or both spouses had decreased their satisfaction with leisure-time activities. This group included a larger percentage of men than of women and a larger proportion of students than non-students. There was no significant relationship between marital satisfaction and the question concerning the effect of school attendance upon satisfaction with leisure-time activities. Ninety per cent of the sample felt that the University program of extra-curricular activities had had no effect upon their marital relationships.

No significant relationship was found between satisfaction with amount of leisure time and the status of friends (as to whether friends were students, non-students, or half students and half non-students). There also was no significant relationship between marital satisfaction and the amount of leisure as compared with friends' leisure time.

Friends exerted greater influence on husbands than on wives in their feelings about behavior in the area of leisure

time activities. Comparison with friends' leisure time had little effect upon the wives' feelings about their leisure behavior. There were no significant relationships for the wives, but there were five significant relationships for the husbands.

Husbands who felt that they had less leisure time than did their friends tended to: (1) have fewer total weekly hours, (2) be dissatisfied with the amount of their leisure time, (3) disagree quite often with their spouses about matters of leisure, (4) frequently have feelings of having missed out on a lot of fun by marrying before finishing school, and (5) feel that school attendance by one or both of the spouses had decreased their satisfactions with leisure-time activities.

LIMITATIONS

The foregoing conclusions have presented a general summary of the research study. However, no investigation of human behavior is exclusive of limitations. Although some of the limitations commonly found in sociological research studies were successfully avoided in this study, limiting factors are still present.

It has been previously said that, since every person in the original random sample cooperated in the study, the group could be seen as being representative of the total

population of married couples at Montana State University. But the findings apply only to this institution. One cannot, from this sample, validly generalize to the married couples of any other institution or institutions.

The size of the sample of 50 couples (100 persons) might be seen as a limiting factor. However, since the sample was selected randomly, the over-all findings probably would not differ greatly no matter what the size of the sample might be.

Many of the results may have been influenced by the "halo" effect. When asked questions concerning degree of satisfaction or happiness in marriage, many individuals tend to rate themselves as being happier than they actually are. Happiness in marriage is such a desired and emphasized goal that many persons often, in questionnaires, tend to rate themselves as happier than in actuality. This occurs especially when they fear that someone else will read their answers. The investigator tried to minimize this limitation by the standardized procedure of gathering information which emphasized complete anonymity and which made collaboration between spouses impossible.

Another limitation may be found in the uses of the concepts "leisure" and "marital satisfaction." The author did not attach any definition to the term "leisure," except that each individual answered questions regarding leisure behavior according to his own interpretation of the term.

So, probably there were 100 different definitions of leisure. But the author was not interested in defining the term. Rather, he was interested in feelings about leisure behavior.

"Marital satisfaction" is merely the total score from a scale of 13 weighted questions (Bowerman's General Evaluation Scale). Admittedly, this is a limiting factor. But as of yet, no perfect criterion for marital satisfaction has been created. The criterion used in this study is as valid and reliable as any criterion created so far by students of marriage and the family.

The practice of recording the data from the informal interviews after leaving the couples' homes could be justly criticized. This practice relies on the memory of the investigator who could have forgotten or mixed up some of the information by the time he left the home. The investigator recorded only those bits of information which he felt might give him some insight in understanding and interpreting the data obtained in the questionnaires. Hence, he could have missed much information which might have later proved to be quite valuable for the study.

CHAPTER TEN

DISCUSSION AND SUGGESTIONS FOR FURTHER RESEARCH

As is often the case with research studies in relatively unexplored areas of behavior, this investigation resulted in much data but few conclusive findings. Rather, the study produced many questions in the mind of the investigator concerning leisure and college married couples. This final chapter is divided into two parts, both of which are inter-related. The first section contains a brief discussion of leisure and marriage for the college couple.¹ The second section deals with some of the questions produced by this study. These questions are presented as suggestions for further research.

DISCUSSION

Data from the study indicated that members of college couples often do undergo sacrifices and hardships in quite

¹The word "discussion" means exactly what it implies. The author is generalizing solely on the basis of his own interpretations of the data of the study. The content should not be confused with the conclusions of the study, which were arrived at in an objective, scientific manner. The conclusions were presented in the previous chapter.

arduous situations. On the average, the spouses were willingly and often enthusiastically undergoing the sacrifices required to stay in school. Most of them felt that many of these sacrifices occurred in the area of leisure-time behavior. But comradeship often developed under these arduous conditions.

For the sample in general and especially for the wives, the goals connected with obtaining a college education seemed to be quite important. The women seemed to be more "future" minded than the men. The activity of planning for the future was one of the favorite leisure-time activities of the wives; they ranked the activity decidedly higher than did the husbands. The "now" aspect of marriage appeared to be slightly more important to the men than for the women, especially in the area of leisure behavior.

Those individuals who were dissatisfied with the sacrifices they had to make in their leisure-time behavior tended to be dissatisfied with their marriages.

On the average, men seemed to value leisure and leisure-time activities more highly than did the women. The findings of this study seem to indicate that marriage has more of a recreational meaning for the men than for the women. Leisure plays a more important role in marriage for the man than for the women in the college married couple.

For the college couples in the sample, it seemed that if a couple was well-mated, and if both members were "headed

the same way in life"--if they had many of the same goals, aspirations, and values--then the experience of marriage combined with college attendance tended to unify them in their leisure-time behavior. They extended the range of their mutual interests and understandings in matters of leisure-time activities. But if spouses found their roles incompatibly related--if they lacked mutual goals, aspirations, and values--then the combination of marriage and college tended to emphasize their different interests and lack of congeniality in the area of leisure-time behavior.

The majority of the couples were quite satisfied with their marriages. Still, data revealed that student marriages do involve strain and sacrifice in the area of leisure behavior. On the average, it seems likely that only those who are willing to accept this strain and sacrifice enter marriage while still in school.

SUGGESTIONS FOR FUTURE RESEARCH

College married couples are excellent research subjects--as evidenced by the 100 per cent cooperation obtained in the original sample in this study. Following are some suggestions for future research which might be conducted with college couples.

1. Future researchers might profitably investigate the backgrounds of members of college married couples. What

kinds of individuals get married in college? What background characteristics are related to success in the campus marriage? What types of persons tend to be satisfied and what types tend to be dissatisfied with marriage in college?

2. What are the goals, aims, and ambitions of spouses in college couples? What effects do these goals and ambitions have upon the behavior of the persons? The present study indicated that there may be some discrepancies between husbands and wives in the values they attached to goals.

3. The present investigation skimmed the surface of the problem of importance of leisure in marriage to members of college couples. More research is needed in this area, not only for college couples, but also for married couples in general. There has been relatively little scientific research concerning leisure in marriage.

4. What is leisure to different individuals? What determines different kinds of viewpoints and definitions of leisure? What are the common characteristics of persons who have similar definitions of leisure? How do they differ from individuals who have different definitions of leisure?

5. The author would like to investigate further the specific leisure-time activities of individuals, especially husbands and wives of college couples. It might be profitable to compare the actual leisure activities in which persons do participate with what they would like to do in their leisure time. What differences in leisure tastes exist between men

and women? What similarities can be found in male and female leisure tastes? Which activities do husbands and wives participate in together? How frequently do they participate in each activity together? How do specific leisure activities affect the behavior of an individual?

6. College married couples might be compared to non-college couples of similar ages. How different are they? How do they differ in leisure-time activities, income, attitudes, feelings, interaction, etc.?

7. It might be worth while to differentiate between "oldsters" and "youngsters" when studying college married couples. Those persons in their forties and late thirties may differ considerably from those individuals in their teens and twenties. The older couples probably have been married longer, have more money, entertain different attitudes, etc.

8. University officials should conduct extensive investigations of college couples. Fuller and more complete records should be kept. Some universities don't even know which students are married. Montana State University might investigate the feelings and attitudes of married students towards being required to pay a student activity fee. On the basis of the findings of this study, it is the recommendation of the author that married students should have a choice of whether or not to pay the student activity fee, just as graduate students have the choice. Universities

might install special programs for college married couples. For example, the University of Oregon recently initiated a weekly "Family Night" at their campus bowling alleys. On that night, the alleys are turned over to the married students and their wives.

Leisure-time activities and college married couples are fascinating areas of behavior for the sociologist. They can and do yield data which can be used in understanding behavior in our rapidly changing society. The author hopes that this is only the first of many research studies concerning leisure behavior and marriage for college married couples.

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APPENDIX

The object of this questionnaire is to find out more about college married couples and their leisure-time activities. To do this, we need your co-operation and assistance.

You can help us a great deal by filling out this questionnaire as truthfully and as carefully as possible. You will find that some of the questions are quite personal, but please do not hesitate to be perfectly frank in your answers.

No one, not even the investigator himself, will know which questionnaire was answered by you or how you answered any of the items! The questionnaire calls for no mark of identification; it is specifically aimed at safeguarding your identity. Your answers will be completely anonymous.

The whole value of this questionnaire rests in the sincere, honest individual answers of each spouse. Any mutual collaboration between both spouses will render the results useless.

Please read each question carefully and answer all those questions which apply to you. You can answer all of the questions by either checks (✓) or numbers (1,4,12,ect.)

Thanks a lot for your co-operation!

20. Is your spouse enrolled at Montana State University this quarter? (1) Yes _____ (2) No _____
21. Are you enrolled at Montana State University this quarter? (1) Yes _____ (2) No _____

If you are enrolled at MSU this quarter, fill in the following items (otherwise skip to question 28).

22. If you are a student, which year in college is this one?
- _____ (1) freshman
 - _____ (2) sophomore
 - _____ (3) junior
 - _____ (4) senior
 - _____ (5) graduate student
 - _____ (6) unclassified

23-24. How many credits are you carrying this quarter? _____

25-26. Approximately how many hours do you spend on school work in a seven-day week (including classes, labs, studying, etc.)? _____ hours.

27. What proportion of your studying is done at home?
- _____ (1) always at home
 - _____ (2) usually at home
 - _____ (3) sometimes at home
 - _____ (4) seldom at home
 - _____ (5) never at home

28. Are you or have you been an active member in a social sorority or fraternity? (1) Yes _____ (2) No _____

29. How much education have you completed?
- _____ (1) grade school
 - _____ (2) some high school
 - _____ (3) high school
 - _____ (4) some college
 - _____ (5) college graduate
 - _____ (6) some post-graduate work

30. What is your religious preference?
- _____ (1) Catholic
 - _____ (2) Protestant
 - _____ (3) Jewish
 - _____ (4) none
 - _____ (5) other (specify: _____)

31. Are you an active member of any clubs or organizations?
- _____ (1) none
 - _____ (2) one
 - _____ (3) two or more

32. Do you have a television set in your home?
- _____ (1) Yes
 - _____ (2) No

33. Do you or your spouse have a car?

- (1) Yes
- (2) No

34-35.

- A. Has your marriage been happier for either you or your spouse than for the other?
- no, not at all
 - no, not much
 - yes, a little
 - yes, considerably
- B. Considering everything, has marriage been for you:
- very unhappy
 - somewhat unhappy
 - about average
 - quite happy
 - extremely happy
- C. Do you believe you would have been happier if you had married someone else?
- yes, probably
 - yes, possibly
 - uncertain
 - probably not
 - definitely not
- D. If circumstances had been different, do you feel that your marriage could have been happier?
- very much so
 - considerably
 - somewhat
 - only slightly
 - not at all
- E. Do you consider your marriage a success in accomplishing the goals which you want your marriage to achieve?
- very definitely
 - mostly
 - somewhat
 - in many ways no
 - quite unsuccessful
- F. Do you and your spouse quarrel or argue?
- very often
 - frequently
 - sometimes
 - only occasionally
 - never
- G. Has marriage brought you many disappointments?
- quite a few
 - some
 - only a few
 - almost none
 - none at all

- H. Considering everything, are you satisfied with your spouse?
_____ perfectly satisfied
_____ very well satisfied
_____ well satisfied
_____ satisfied
_____ a little bit dissatisfied
_____ very dissatisfied
- I. Do you ever wish you had not married?
_____ frequently
_____ occasionally
_____ sometimes
_____ very rarely
_____ never
- J. Considering everything, has marriage given you the personal satisfactions which you believe marriage should bring?
_____ to the fullest extent
_____ very much so
_____ somewhat
_____ very little
_____ not at all
- K. Considering everything, what kind of an adjustment do you feel that you and your spouse have made to each other in marriage?
_____ poor
_____ somewhat unsatisfactory
_____ satisfactory
_____ very good
_____ extremely good
- L. Do you and your spouse have many disagreements?
_____ very many
_____ many
_____ some
_____ few
_____ none
- M. Has your marriage brought you personal satisfactions that you could not have achieved otherwise?
_____ very many
_____ many
_____ some
_____ few
_____ none

Following is a list of items which might be considered leisure-time activities. Please check only those activities which you enjoy doing with average frequency when you have the opportunity. Leave the other spaces blank.

- 36. Watching television
- 37. Just loafing; doing "nothing"
- 38. Going to the movies
- 39. Exchanging visits with friends
- 40. Attending church services
- 41. Playful scuffling
- 42. Making love
- 43. Planning for the future
- 44. Listening to music
- 45. Taking part in club or organization affairs
- 46. Reading
- 47. Going shopping
- 48. Playing cards
- 49. Dancing
- 50. Going for drives in the car
- 51. Hobbies
- 52. Planning family budgets
- 53. Playing with children
- 54. Discussing studies or work
- 55. Listening to the radio
- 56. Cleaning house or doing odd jobs around the home
- 57. Going out with the "boys"/Going out with the "girls"
- 58. Studying
- 59. Meal time at home
- 60. Drinking alcoholic beverages
- 61. Taking walks
- 62. Talking things over

If there are any activities not listed above which you enjoy doing when given the opportunity, please write them in the following blanks:

63. In an average seven-day week, approximately how much leisure time do you have?
- (1) less than 7 hours
 - (2) 7 to 13 hours
 - (3) 14 to 20 hours
 - (4) 21 to 27 hours
 - (5) 28 to 34 hours
 - (6) 35 hours or more

64. Are most of your friends here in Missoula?
- (1) students
 - (2) nonstudents
 - (3) half are students, half are nonstudents

65. How does the amount of your leisure time compare with that of your friends?
____(1) more than that of my friends
____(2) about the same as that of my friends
____(3) less than that of my friends
66. How satisfied are you with the amount of leisure-time you have?
____(1) very dissatisfied
____(2) a little dissatisfied
____(3) satisfied
____(4) well satisfied
____(5) completely satisfied
67. How satisfied are you with the kinds of leisure-time activities in which you participate?
____(1) extremely satisfied
____(2) well satisfied
____(3) satisfied
____(4) a little dissatisfied
____(5) very dissatisfied
68. How often do you and your spouse disagree about matters of leisure-time activities?
____(1) never
____(2) seldom
____(3) sometimes
____(4) frequently
____(5) very frequently
69. How many of your leisure-time activities do you and your spouse engage in together?
____(1) none of them
____(2) few of them
____(3) about half of them
____(4) most of them
____(5) all of them
70. How satisfied are you with the amount of leisure time you and your spouse spend together?
____(1) very dissatisfied
____(2) a little dissatisfied
____(3) somewhat satisfied
____(4) well satisfied
____(5) completely satisfied

71. How often have you felt that you have missed out on a lot of fun by marrying before you and/or your spouse finished school?
- (1) very often
 - (2) quite frequently
 - (3) once in a while
 - (4) very seldom
 - (5) never
72. How much does your financial situation restrict your leisure-time activities?
- (1) very much influence
 - (2) quite a lot of influence
 - (3) a little influence
 - (4) no influence
73. About how much of your leisure-time is associated with the University program of extra-curricular activities?
- (1) all my leisure time
 - (2) most of my leisure time
 - (3) about half of my leisure time
 - (4) a little of my leisure time
 - (5) none of my leisure time
74. How has the University program of extra-curricular activities affected your marital relationships with your spouse?
- (1) strengthened marital relationships very much
 - (2) strengthened marital relationships somewhat
 - (3) no affect on marital relationships
 - (4) weakened marital relationships somewhat
 - (5) weakened marital relationships very much
75. Considering everything, do you think the fact that one or both of you is in school has increased or decreased your satisfaction with your leisure-time activities?
- (1) increased greatly
 - (2) increased a little
 - (3) has made no difference
 - (4) decreased slightly
 - (5) decreased considerably
76. Considering everything, how satisfied are you with the way you and your spouse "get along" with each other with respect to leisure-time activities?
- (1) very dissatisfied
 - (2) a little dissatisfied
 - (3) satisfied
 - (4) well satisfied
 - (5) completely satisfied

Following is a list of some relationships that married people, in general, have to face in their marriages. Please feel free to add to the list if you care to. Read the list carefully and then proceed to the last four questions.

- (1) relationships concerning the spending of money.
- (2) relationships with in-laws.
- (3) relationships concerning beliefs and attitudes about religion.
- (4) relationships concerning leisure-time activities.
- (5) relationships concerning personality and temperament.
- (6) sexual relationships and the showing of affection.
- (7) relationships concerning planning for and training of children.
- (8) relationships concerning philosophy of life.
- (9) Other relationship _____.

77. List the three kinds of relationships above which you believe to have been the most important to you in contributing to your happiness in your marriage (just list the above number):

- a) _____
- b) _____
- c) _____

78. Which three of the above relationships have been the least important to you in contributing to your happiness in marriage?

- a) _____
- b) _____
- c) _____

In general, married people often have to make some sort of an adjustment in each of the relationships listed above. People usually find that some adjustments are more difficult to achieve than are others. Bearing this in mind, answer these questions:

79. List the three kinds of adjustments above in which you have had the most difficulty in adjusting in your marriage.

- a) _____
- b) _____
- c) _____

80. Which three of the above adjustments have been the least difficult for you to achieve in your marriage?

- a) _____
- b) _____
- c) _____