THE FRUSTRATION/SATISFACTION LEVEL IN RELATION TO

NEEDS OF NON-COMMISSIONED OFFICERS' WIVES

AT A NAVAL BASE

by

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SUMMARY

The purpose of this study was to examine the life satisfaction of the wives of naval non-commissioned officers living in an isolated military suburb. As little is known about this phenomenon an exploratory design was used.

A sample group of 81 wives was selected by means of stratified random sampling. Measuring instruments used were the Heimler Scale of Social Functioning and a needs assessment.

The results of the study indicated that although a small majority of the wives experience their lives as satisfactory they have a great deal of frustration. The two largest areas of low satisfaction was work and finances. It seems that these wives have sufficient support systems.

The lack of transport seems to be a problem for these wives. The needs assessment identified a great interest in, and a need for certain courses, hobbies, aerobic classes and a daycare centre.

KEY WORDS

military wives   military families   frustration:satisfaction level

non-commissioned officers   national defence force   military retention

South African Navy

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- *My friends and family*

*This study is dedicated to
my parents, Gordon and Val Pearce,
for their love and support.*

I declare that "The frustration:satisfaction level in relation to needs of non-commissioned officers' wives at a naval base" is my own work and that all the resources that I have used or quoted have been indicated and acknowledged by means of complete references.

Tracey-Lynn Pearce

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CHAPTER 1: STUDY OVERVIEW

1.1 INTRODUCTION

'If Uncle Sam wanted you to have a wife, he would have issued you one'

(Griffin & Morgan, 1988:14).

This statement indicates the attitude of the military in the United States toward the families of servicemen in the past. Until the 20th Century recruitment of full-time military personnel outside of war emergencies was restricted to single males. Military policy required first time enlistees to be single and career service members were discouraged from marrying. These members tended to marry only once their careers were established (Kohen, 1984:402).

In this study the researcher wishes to determine possible areas of frustration and satisfaction experienced by wives of National Defence Force members. In order to achieve this the researcher has studied literature dealing with a) the family in general b) the military family and c) military wives. A section on the life phases has also been included as it is of relevance to the research findings.

1.2 MOTIVATION FOR THE STUDY

Segal, Segal, Holtz, Norbo, Seeberg & Wubbena (1976:135 - 139) consider the trends of military marriages. The research done by these authors indicates a

trend away from a bachelor defence force. They found that the percentage of personnel who are married increases with rank, which is correlated with age.

Kohen (1984:403) cites a number of factors which contributed to a change in the marital status composition of the military:

Firstly, war technology became more sophisticated, training costs escalated and the military became more concerned with retention of the personnel it had trained. Since these personnel were married or intended to marry, and their wives were an influence on their decision to re-enlist, the military had to accept married defence force members if it were to retain its trained personnel.

Secondly, post World War II changes in international policy required a corresponding commitment to maintaining a large peace-time active armed service. In order to attain that goal, enlistment had to be open to the married service member.

Thirdly, the switch to an all volunteer permanent force meant making the military attractive to the married.

Today we find a similar trend in the National Defence Force. National service no longer exists and the defence force now comprises of long term members (permanent force) and contract members (short or medium term contracts). If these members are to be retained, then the wives have to be acknowledged and

attention given to *them*.

The military career is not based on taking a job but on joining an institution for a contracted portion of one's life. The defence force member makes a commitment to the institution. No part of the day or night, nor the defence force member's life itself, is exempt from the legitimate demands of the military. What may be the most regular characteristic about military duty is its irregularity.

The role of the spouse and children was, and in many ways still is, to support the husband's commitment; he is the celebrated warrior and their unconditional faith in what he is doing is assured. Duty, honour, and country are priority values and patriotism is a central tenet in the family's personal belief system and the military community's shared ideology. Wives who choose to marry them have been thought to agree, implicitly or explicitly, knowledgeably or naively, to become part of the service way of life that evolves around and flows from the man's military obligations and relationships (Kaslow & Ridenouw, 1984:X111). It is this tendency, which the researcher has observed and experienced, that prompted her to investigate the wives' circumstances.

The researcher first became interested in the wives of military men when she was working and living at Air force Base Louis Trichardt. Through her observation and involvement in the airforce community she became aware of the unique circumstances in which these wives live.

Two specific questions came to mind:

    a.   are all military wives faced with the same frustrations?

    b.   do they have the necessary skills to deal with their situation?

Her observations and the resulting questions culminated in the researcher studying literature on military wives and related topics, that is, military families, isolated communities, families in general and military wives. The literature consulted all pointed to the fact that military families are somewhat unique and that they, especially the wives, are faced with certain unique facets of service life. (This is more fully described in the following chapter).

Besides observing and reading literature the researcher also spoke to various professional people involved in the military and also to various military wives. The conclusion reached was that military wives do appear to have specific needs and that they do require attention.

The literature revealed that a wife's satisfaction or dissatisfaction directly influences a military man's functioning and his retention in the defence force:

"Committed, supportive families can strengthen the war-fighting potential of units by reducing attrition, improving retention and confirming soldiers' dedication to the army" (Kirkland & Katz, 1989:64).

From working with an air force community the researcher was transferred to Simon's Town where she worked with a naval community. Although the type of armed force was different, the circumstances of the naval wives seemed the same as those experienced by the airforce wives. Discussions with the professionals delivering services to this community revealed that they need attention. It was decided that the researcher would investigate the circumstances of the wives so that relevant programs could be developed and presented. The wives selected for the research are Naval non-commissioned officers wives living in Da Gama Park. This is an isolated defence force housing area near Simon's Town which offers accommodation to all members of the arms of service and to a few civilians who are employed by the South African Navy. (This is discussed in more detail in chapter three).

In an article written by Bisset (1991:2) on the return of the SAS TAFELBERG from a three months trip, mention is made of two of the crew members who were going to see their children for the first time as they had been born during their absence. This illustrates just one of the realistic problems that the wives face.

The current political trend in South Africa led the researcher to speculate on the implications of deployment for members of the navy and their wives. Up until now, South Africa has been very isolated from most of the world and generally interaction with other countries was not encouraged. However, because of political change other countries are reaching out to South Africa. It can be assumed that the navy will be involved in longer and more frequent trips as they

will be going to other countries on training missions, to offer support and for exercises. The wives will, therefore, be faced with having absent husband more frequently. It is for this reason that the researcher completed the study so that the wives' needs and general well-being could be addressed.

1.3 OBJECTIVES OF THE STUDY

The primary goals of this research are:

    a.   to investigate the circumstances of the wives of naval non-commissioned officers living at Da Gama Park, Simon's Town (military suburb) with a view to highlighting their satisfaction:frustration ratio

    b.   to make recommendations regarding programs which can be implemented to meet the needs of the wives and address some of these problems in order to enhance their quality of life

1.4 ASSUMPTIONS OF THE STUDY

The following assumptions were made:

    a.   the non-commissioned officers' wives living at Da Gama Park are likely to manifest low life satisfaction

b.   these wives will require a great deal of support, whether it be social or professional

c.   there is a lack of resources to meet the needs of the wives

1.5 RESEARCH DESIGN

The research design which has been selected for the purpose of this research is known as exploratory research. This type of design enables the discovery of potentially significant factors that may be assessed in greater detail and depth at a later date and with a more sophisticated type of research design. This design is suitable for this study as little is known about the group to be studied. (This will be discussed in more detail in chapter three).

1.6 RESEARCH INSTRUMENT

For the purpose of this research the Heimler Scale questionnaire and a needs assessment questionnaire were administered. (To be discussed in more detail in chapter three). Eighty one questionnaires were sent out but only 24 were returned. Only 21 could be used as 3 were incorrectly completed.

1.7 DURATION OF THE STUDY

The researcher began researching the wives of non-commissioned officers living

in Da Gama Park in January 1992. The research data reflects the situation of the
naval wives during October 1992 as this is the period during which the
questionnaires were completed.

1.8 SHORTCOMINGS OF THE STUDY

a. *the problems identified as being faced by this community probably are*
    similar to those experienced by the wives of members of other forces but
    this is not going to be proved conclusively in this study as a comparative
    study into their unique circumstances has not been done.

b. *the generalizability of the study is further limited as only 21 of the 81*
    questionnaires administered could be used for the purpose of the study.

c. *the group who assisted with the distribution of the questionnaires did not*
    undergo any formal screening process. They were selected by virtue of
    the fact that they showed an interest. Their motivation wavered during
    the process and this influenced the number of questionnaires completed.

1.9 CHAPTER REVIEW

The purpose of this chapter was to orientate the reader to the subject matter. A
brief description of the role of marriage in military men's lives was outlined. The
researcher's interest and involvement in the subject was discussed, as well as her

objectives for the study and relevant assumptions. A brief description of the research design and research instrument was also included.

Chapter 2 discusses all relevant literature pertaining to the study of military wives. The unique circumstances which confront the military wife are highlighted. As this cannot be discussed in isolation, sections on families in general and developmental stages are also included.

In chapter 3 the community to be researched is described as well as the procedures to be used in obtaining the data. Chapter 4 outlines the research findings and chapter 5 draws conclusions and gives recommendations.

CHAPTER 2: LITERATURE STUDY

2.1 INTRODUCTION

The family is an open system in transformation; that is, it constantly receives and sends inputs to and from the extrafamilial, and it adapts to the different demands of the developmental stages it faces (Minuchin, 1974:50). The subsystems within the family unit are obviously also constantly changing as various demands are placed on them.

The military wife as a subsystem of a military family is similar to any civilian wife but there are also certain external influencing factors which are unique to her. In order to understand the context in which the military wife finds herself one needs to consider literature on the family in general, developmental stages, military families and the military wife.

This literature is discussed in this chapter.

2.2 FAMILIES IN GENERAL

The Defining Social Work Dictionary (1984:71) defines a family as :
"Smaller social unit in society consisting of a man and his wife, a man and his wife and child, a woman and her child or a man and his child, usually under one roof."

Christensen & Johnsen in Henslin (1985:15) state that every society has some form of marriage and family. The universal functions of the family, essential in bringing order to society, are:

    a.   orderly reproduction (including controlling the sex drive).

    b.   meeting the biological needs of a society's members (such as food, shelter and clothing).

    c.   status placement (bestowing rank or status on people by virtue of their birth and determining their relationship to one another).

    d.   socialization (training children in appropriate skills, thoughts, feelings and action).

    e.   emotional maintenance (providing a sense of security, a feeling of being wanted and cared for).

    f.   social control (making society stable by keeping people in line).

Over the years the function of the family has remained unchanged but there has been a change in the composition - from enmeshed families to a tendency toward more nuclear families. Early in the 20th Century the ideal family consisted of a husband and wife living with young dependent children. They lived in a

household of their own provided for by the husband's earnings, and his place of work was removed from the home. The wife was responsible for emotional maintenance of the marriage and for raising the children and running the household.

The major change in the family in this century has been due to married women entering the work force. This, at least for periods of time, has taken the women out of her full-time involvement in the home (Bell, 1983:6).

In isolated military communities, for example, Da Gama Park, families tend to have a similar profile to civilian families. However, the defence force wives in these communities tend to be housewives rather than career women. The reason for this is that their circumstances do not enable them to have access to work opportunities. This can be very frustrating for the women as they may have had to give up promising careers when their husbands were transferred.

The family has always undergone changes that parallel changes in society. It has taken over or given up the functions of protecting and socializing its members in response to the dictates of culture. In this sense, family functions serve two different ends. One is internal - the psychosocial protection of its members; the other is external - the accommodation to a culture and the transmission of that culture (Minuchin, 1974:46). The two systems co-evolve and are interdependent.

In all cultures, the family imprints its members with selfhood. Human experience

of identity has two elements: a sense of belonging and a sense of being separate. The laboratory in which these ingredients are mixed and dispensed is the family, the matrix of identity. In the early process of socialization, families mould and program the child's behaviour and sense of identity. The sense of belonging comes with an accommodation on the child's part to family groups and with his assumption of transactional patterns in the family structure that are consistent throughout different life events. The sense of separateness and individuation occurs through participation in different family subsystems in different family contexts, as well as through participation in extrafamilial groups (Minuchin, 1974:47 - 48).

The following diagram depicts the interaction between the subsystems of a family and between the family and the environment:
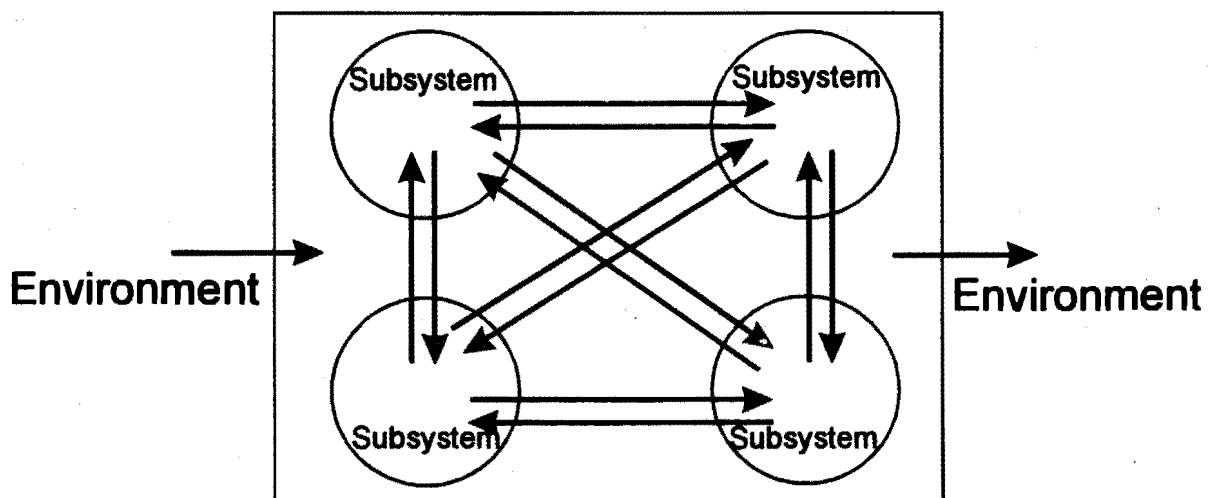
The family can be seen as a living system that is constantly undergoing change. The family has a structure that is the invisible set of functional demands that organizes the ways in which family members interact. A family is a system that operates through transactional patterns. Repeated transactions establish patterns of how, when, and to whom to relate, and these patterns underpin the system (Minuchin, 1974:51).

2.3 DEVELOPMENTAL STAGES

The term development means a progressive series of changes that occur in an orderly, predictable pattern as a result of motivation and experience (Hurlock, 1975: 2). Louw (1990:521) gives the following diagramatical layout of the different life phases :

FAMILY STAGES	HAPPENING	NUMBER OF YEARS	AGE OF PARENT
i. Childless period	Marriage	± 1-3	± 20-26
ii. Period of giving birth	Birth of child(ren)	± 5	± 22-27
iii. Period of preschool children	Child(ren) at home or preschool	± 5	± 25-32
iv. Period of primary school children	Child(ren) go to primary school	± 7	± 28-38
v. Period of high school children	Child(ren) go to high school	± 7	± 38-48
vi. Period of letting go	Child(ren) leave parent's home	± 8	± 45-54
vii. Empty nest period	Last child leaves home	± 15-26	± 55

It should be noted that this diagram is merely a guideline and that not all families fall exactly into the categories specified.

The first stage of marriage is linked to a large number of adjustments that can vary from irrelevant matters, such as how the toothpaste is squeezed, to important matters such as preference and dislike of certain foods. It is also so that the newness of the other person and the situation is experienced as being fascinating. If the marriage was not forced for one reason or another, then the mutual attraction and love serves as the force which helps the couple overcome difficulties.

Swensen, Eskew, & Kohlhepp in Louw (1990:522) found from research that the expression of love is at its highest during phases I and II and that it declines with time. At the same time the problems faced, such as those related to finances, start at a high level, except for the plateau which stretches over phases III and IV.

Stages II and III are the stages of child birth, babies and preschool children. The birth of the first child has a great impact on both parents and on the interaction between them. This is usually associated with very strong emotional reactions. Positive emotions such as joy, relief and pride are experienced and are shared with family and friends. Negative emotions like anxiety, disappointment (eg when the child is not of the chosen sex) and frustration (eg when a mother feels unqualified) are also present but they are usually suppressed. A close bond develops between the mother and father because of their contact around the

newly-born baby. However, the demands of having a child can also result in conflict.

Some factors that could influence whether or not parenthood could be a developmental crisis are :

a.   *a positive attitude and experience of pregnancy*

b.   *whether or not the child is really wanted*

c.   *if there are not severe financial problems*

d.   *the marital relationship*

e.   *if the couple have been married for longer than two years*

f.   *if the couple have a strong support network, for example, parents, friends, domestic help*

g.   *if the child is "easy" and has no problems*

h.   *if the parents feel competent as parents*

The parent focusses on numerous tasks such as physical care and protection of the

*child; emotional acceptance and support of the child; socialization of the child
and the intellectual stimulation of the child. The relationship between the parents
changes after the birth of the child especially the first born - one particular
change is that the marital system tends to become more traditional. The young
wife tends to have a need for protection from her husband and gives him more
control. Priorities change and the mother often scales down her own needs to
that of the baby. For example, she may no longer be able to go out as frequently
as she used to because she has to care for the baby. On the other hand the
husband must accept that he will get less of his wife's time and attention.*

*When the child goes to school a large percentage of his formal training is done at
school. This continues to increase until the point is reached where the high
school child spends more time at school than at home. The parents do not have
as much contact with the child and this decrease in responsibility, such as
facilitating the socialisation of the child, has different effects on parents.
Reactions can vary from relief to feelings of deprivation.*

*The one most noticeable change is that the mother has more time to herself while
the children are at school. This is usually the time when mothers consider going
back to work, studying again, or starting a hobby.*

*The stage where the children are getting ready to leave home or are actually
doing so is usually experienced by the parents as better than the previous stages.
The reasons for this is that they have less financial problems, fewer domestic*

chores and they enjoy a sense of personal freedom.

2.4 MILITARY FAMILIES

In the defence force one finds, on the one hand, the family as a unit, and on the other hand the extended "family" - the defence force family. The defence force can be likened to a family as it has certain functions which are similar to those of a family mentioned earlier. The defence force meets certain biological needs (for example, financial and accommodation) and it bestows a rank/status on the members. The members are socialized regarding acceptable defence force behaviour and are provided with a sense of security while people are kept under control.

According to Rob Orr (1989:14) the form that a family takes depends on the changing circumstances which includes norms and values. He states that family forms change continuously because the roles within the family system also change continuously. This, in his opinion, is especially noticeable in the defence force where the husband is often away from home as a result of his work. When the deployment of the father takes place, his family undergoes changes, for example, roles have to be divided amongst the remaining members.

Military families present many characteristics which set them apart from society. The profession of arms is dangerous whether in wartime or peacetime. The military member of the family is subject to instant change of duty, whether

permanent or temporary. Military families are likely to spend many years living in communities composed entirely, or largely, of other military families, and in an area where they are likely to be supported entirely, or largely, by military facilities (Hunter & Nice, 1978:vii).

Frances & Gale (1973:171) wrote "There are few subcultures that so dramatically influence the course of its members' lives as does the military in which families are called upon to meet many unique stresses and in return are offered supports that are not generally available to others".

Lagrone (1978:1041) points out that the military system binds its members tightly, and when such outside relationships as those with families are introduced a triangle is formed - with a very strong coalition between the father and the military. According to this author the family soon realises that they are on the 'outside' - that they are dependents and have base privileges only as long as the father is on active duty or is alive. They must move from their housing on base if he is transferred or killed.

For the military, the family exists only as an extension of the father, and he is expected to enforce compliance within the family. All of this serves to strengthen the father's coalition with the military and to cause the other family members to withdraw into their own systems of support. Stresses and strains exist between families and the military as separate systems. The military seeks to make the family instrumental in its mission of developing and maintaining a highly effective

combat-ready body of men, mobile enough to be deployed where needed. Within this goal, wives and children of the military are expected to be socialized to subordinate their personal desires and needs to the 'good of the service', and to minimize claims on the time and presence of the husband/father (McCubbin, Dahl & Hunter, 1976:11).

Rienerth (1977:47) suggests that the military family has unique and distinguishable features :

a.   *strong group identification - allegiance to a unified and highly organized group that provides stable characteristics despite geographic moves and the passage of time.*

b.   *mobility of the family unit - a requirement of service families is the necessity of movement, both within and outside the Republic of South Africa.*

c.   *heightened family cathexes - each move places the family in a strange home and an unfamiliar environment, requiring the family to turn inward and rely upon one another for support.*

d.   *the absent parent - all servicemen are subject to separations. Service obligations override family requirements and result in the wife assuming greater responsibility.*

e.   *attitudes of the returning father - fathers are confined to an all male environment and may react inappropriately at home.*

f.   *a ranked system - a division between officers and enlisted men.*

g.   *the base concept - men and their families are often separated from the general society.*

h.   *uncertainty of military life - uncertainty as to assignments, separations and promotions.*

i.   *stressful family situations - the manifest function of the military is to defend South Africa.   This requires training, mobilizations and alert duties which may include separation.*

j.   *conflict between military and family roles - dedication to duty has relegated the family to a secondary position with role expectations often incompatible with those previously learned by the husband and wife.*

Families are inevitably involved in the combat readiness equation because the soldier is a member of a family, as well as a member of a unit (Kirkland & Katz, 1989:63).   The literature stresses the importance of the family in influencing the productivity of the soldiers and the unit.

Kirkland and Katz (1989:64) wrote:

"Committed, supportive families can strengthen the war-fighting potential of units by reducing attrition, improving retention and confirming soldiers' dedication to the army".

Stanton in Goldman & Segal (1976:149) states that a contented family life will bolster a soldier's morale, while men who are experiencing family problems will have lower efficiency on the job.

Research conducted identified four points that contribute to combat readiness :

a. *units, soldiers and families are complex systems, each of which affects the functioning of the others.*

b. *families have contributed positively to readiness and combat effectiveness in some units.*

c. *the command effectiveness in each unit determines the degree to which families can strengthen unit effectiveness.*

d. *building strong families is a cost-effective way of enhancing readiness (Kirkland & Katz, 1989:64).*

The researcher is of the opinion that these points indicate the interdependence that exists between the family and the defence force.

2.5 MILITARY WIVES

Venter (1983:49) points out that what is asked of the military wife is totally foreign to her being. She has to be prepared to do without her husband and his support and then she is still expected to be positive and to support her husband even though she needs him.

Stoddard & Cabanillas in Goldman & Segal (1976:153) identify three major orientations to a wife's involvement in her husband's career:

a. *the housewife - this features a total isolation of the wife from her husband's work. This is programmed not by the conditions of the occupation or the employing organization but by default of the wife as a result of her lack of personal interest or her husband's policy of non-interference. In other words the husband does not include her in his work and she does not question his decision.*

b. *the corporate executive wife - contains patterns of wife isolation or involvement in all aspects of the husband's career. Unlike the isolation of the first type of wife, however, her involvement or noninvolvement in her husband's occupational success is regulated by her husband's*

employer; it is not a function of domestic policy between the spouses.

c. *the complementary wife - this is characterised by diplomatic career officials and prescribes that the wife fully participates in the duties and activities surrounding the husband's formal appointment or occupation as a partner or complement to his career success. Her involvement is not regarded as a potential interference with the husband's commitment to his work.*

According to these authors, although the army officer's wife shares many of the same stressors experienced by the housewife and the corporate executive wife, her prescribed role is much more closely tied to the complementary wife model.

In Kruys (1971:72) Lieutenant Colonel Tom Hamrick made the following comment regarding defence force wives : "Wives fall into two categories : the better halves and the bitter halves. I wonder how many careers have been helped by the good gals and wrecked by the witches. "

The researcher is of the opinion that these labels are unfair and tend to render the wives powerless in that they take away their right to have control of their families - if they accept the demands placed on them by the defence force without question then they are 'good' but if they challenge the system then they are 'bad'. The distinction should rather be drawn between the wife who can adapt and the wife who cannot. Kruys (1971:72) writes that the well-adjusted defence force wife

often finds herself in a position where she is alone with important occurrences such as the birth of a child. She may have a few bad thoughts but her acceptance of the unavoidable is such that she can come to terms with it and find a solution for the problem. The opposite is true of the wife who cannot adjust. She complains continually, especially about her husband's officer commanding who can do nothing to change the situation even though he may feel uncomfortable about it.

The researcher is of the opinion that by drawing a distinction between the wife who can adapt and the one who cannot one is not labelling her good or bad, and is making room for the wife who cannot cope to learn coping skills should she so wish.

To succeed the officer must perform well in his assigned duties and he must also have the unquestionable support of his wife if he is to reach the highest military position. For her, sharing in her husband's occupation while having to maintain her familial and personal responsibilities produces additional pressures and frustrations which are not well understood by her officer husband in the male military fraternity (Goldman & Segal, 1976:151).

Venter (1983) also underlines the important role that the wife has to play in the motivation of her husband. According to this author it is the wife's duty to her fatherland to motivate her husband to perform loyal military service. From the literature we can deduce that a military wife plays a vital role as far as the

support of her husband is concerned and also influences the retention of military personnel in that her lack of support can bring about her husband's deciding to resign.

Despite the important role that the wife has to play, Rienerth (1977:42) points out that most women have not received adequate preparatory socialization for assuming the role of military wives. This compounds the possible interpersonal conflict which may ensue between the husband and the wife.

Kruys, (1971:73) identified several positive and negative characteristics of the defence force wife.

Positive aspects comprise the following :

a. *she always accepts a task voluntarily and she always executes it as if her husband's whole career depended on it.*

b. *she accepts all the unpleasant situations as part of life and thinks rather of all the pleasant times she has had. She accepts that she is also married to the defence force.*

c. *she keeps herself and her house extremely tidy in case unexpected guests arrive - a situation which often occurs.*

d.   she always keeps her low morale hidden from her husband.

e.   she does not have her husband's rank but she happily executes the tasks that are expected of his rank, so that he can get the credit.

Negative aspects comprise the following :

a.   she nags him for a transfer.

b.   she complains of his working hours, work that he has to do and she cannot understand why he does not get more leave.

c.   she continuously reminds him of how rosy his civilian friends' futures look.

d.   she avoids contact with other defence force families and runs down those she knows.

e.   she finds fault with the organization of the defence force and everything military.

f.   she avoids the ladies club.

g.   she is untidy in her household as she does not have to stand inspection.

h.   she stresses the fact that she is not married to the defence force but to

her husband.

i.   she discusses military aspects which were told to her in confidence by

her husband.

It is the experience and observation of the researcher that these characteristics
are truly reflective of the defence force wife. As mentioned earlier, one finds
either the coping wife or else the non-coping wife. The wife who can cope will
obviously have more positive characteristics while the opposite is true of the wife
who has difficulty coping.

The socialization of a defence force wife follows quite closely that of an
ambassador's wife. As in embassy services the senior officers' wives acquaint the
newcomer with the hazards of her role. She is told what her days as a defence
force member's helpmate should be like and that if she is to uphold the military
tradition and be a complement to her husband officer, military considerations
should have priority over personal interests, friends and non-military loyalties
(Goldman & Segal, 1976:157).

The military way of life has many characteristics of its own. These characteristics
have a profound effect on the wife. It is a rather nomadic life in the sense that
tours seldom exceed three years; home for the army family may be a set of
government quarters or rented apartments; the community may be military or

civilian, and, with luck, there may be an overseas tour or two (McCubbin et al,

1976:19). For example, some National Defence Force members and their

families have gone overseas as military attachès. Relationships external to the

family become shallow because there is not enough time to develop them. A kind

of gypsy phenomenon is commonly found.

Military people are seen by the nearby community as transients and are often

targets of mistrust and hostility. Not only does this further isolate the family and

cause them to stay within the confines of the base, it presents a difficult situation

for the children attending public school.

The wife makes friends but every few years she has to make new ones. Without

close ties to others, many military families may find that they cannot always get

the support they need to make necessary adjustments.

Mobility has both positive and negative implications for military families.
Advantages include minimizing unpleasant situations and forcing the family

together as a unit. Disadvantages include breaking family and friendship ties and

disrupting children's schooling. Preferences for place of assignment may be

expressed but neither husbands nor wives can decide when and where they will

move.

A civilian wife, unlike a military wife, can put pressure on her husband not to

move. The National Defence Force member, on the other hand, has a contract of

unlimited liability to his employer. This leaves little room for negotiation over a wife's career aspiration (Kohen, 1984:405). Mobility also makes it difficult to establish a permanent home and creates numerous personal and interpersonal adjustment problems (Rienerth, 1977:37).

Life for the National Defence Force family is lived on a temporary basis - temporary friends, temporary housing, temporary schools. Because neither family nor military members can quit their roles, the responsibility for the emotional needs of the family, including those generated by the peculiar needs of the military career, get shifted primarily to the wife. With the husband left 'on call' for the military, the wife is left 'on call' for the family.

The impact of the service member's unlimited commitment to the military is to limit the commitment of the military wife. Her life plans and goals become temporary and interruptable because she cannot expect her husband's help on a regular basis nor can she depend on where she will live from year to year (Kohen, 1984:404).

Another problem that arises from mobility is that it creates financial hardship for the family through forced exchange of real estate and other moving expenses while reducing the possibility for the second income a wife's employment could provide. Unemployment and underemployment are a plague to the military wife who wants to work or needs to work to provide family income.

Kohen (1984:406) further points out that at the same time that moves undermine the career of the military wife, they multiply her duties as a wife and mother. With short notice being a common practice for relocation of the military family, and with her husband's duty as unpredictable at a new post as at the old, the military wife is often left with moving, organizing, and re-establishing the household, finding housing and new schools, supervising the transfer of various family records, creating a new community for the family, and providing emotional support for her husband and children. Thus, she often assumes the major responsibility for normalizing the family physically, socially and emotionally.

Life in the military involves constant change. The military man has job continuity despite the move. For the wife, however, this is not the case and often she cannot find work due to the location of the base on which they live. Other covert obstacles to wives' involvement in the work force are: a) employees shy away from hiring anyone who is not going to be permanent; b) a job may be hard to get because a wife's particular capabilities may not fit what the market has to offer; c) the wishes of the husband's commanding officer must be taken into account (McCubbin et al, 1976:23).

Lagrone (1978:1041) identifies father absence as the most severe stress a military family has to face. When he leaves, whatever support he has been to the family is gone or reduced. The wife left alone may react to everyday problems by saying 'things always go wrong when my husband is away.' This, however, is not true. Prior to her husband's going away these things also went wrong but her husband

merely repaired them and she was hardly aware of them (Venter, 1983:55). Bey and Longe in Lagrone (1978:1041) found certain unique aspects related to separation from the father. Wives tend to become more independent when their husbands are away. Several mothers allow their children to sleep with them when the father is away and some move back into their parent's home, where they often encounter stress. The relationship between the wife and her parents can be affected as she is almost expected to take on the child role again.

Another aspect of the problem of father absence is that the mother quite naturally falls into the role of go-between. When the father is gone the mother controls communication between him and the rest of the family. When he returns, the father has a difficult time breaking back into the family. The longer the husband-father is absent from the family network, the greater is the probability that the family will establish everyday rituals and roles without him. While there may be a successful reorganization of family roles during the husband-father's absence, it may, however, cause problems at the time of reunion.

In families where male absenteeism occurs, it becomes necessary for the remaining marriage partner, the wife, to assume the husband's role, in varying degrees, in order to retain a functional family unit. In some cases this may be necessary only for the duration of the husband's absence, while in other cases the restructuring of role organization may become permanent (Rienerth, 1977:4). Family tasks get redistributed with the wife assuming greater responsibility for making decisions, disciplining the children and handling the finances. The

children also assume some responsibilities which traditionally belonged to the father such as 'caring for the mother' (Rienerth, 1977:19). While the military family may become 'female centered', they are not truly matriarchal, since the restructuring of family roles occurs out of necessity rather than by choice (Hunter & Nice, 1978:170).

Families that experience separation also engage in a 'closing of the ranks' type of behaviour which allows the development of a family independent of the father (McCubbin et al, 1976:298).

Isolation from the social networks and issues of the civilian community is yet another characteristic of military life. Short-term residence does not allow the family to get to understand or become involved in local community issues. Isolation is increased by the commonly held attitude that the civilian community does not respect the military community, by experiences of inadequate understanding of the pressures of military life by civilians and by the lack of mutual interest between military and civilian wives.

Prolonged duty assignments and unaccompanied tours create an ambiguous social situation for the military wife - she is neither a single parent nor a married parent to the civilian community (Kohen, 1984:407). The family becomes the primary support system for itself, because the military wife is left with the responsibility of being 'on call' for the family and because the wife is usually the emotional provider for the family, she becomes the central motivator, morale booster, and

confidante with few sources of help from outside for either family problems or her own. She may do as the military community expects and 'keep a stiff upper lip', hiding her feelings, but in doing so her isolation becomes more stressful.

Michalowsky, Wicht & Moller (1989:532) completed a study on the psychosocial effects of living in an isolated community. They found that doctors working in isolated mining towns frequently remark on the number of psychosocial problems they encounter, particularly among women. A test was designed to study psychosocial well-being in three such towns. The results were compared with those from a diamond-mining town 30 kilometers from a large city. There were 1 239 respondents.

The results showed that, according to Goldberg's general health questionnaire, the number of people 'clinically disturbed' varied from 14,1% to 23,8%. On the Caroll rating scale of depression, the number of depressed respondents varied from 21,9% to 37,6%.

Of the respondents, 23,2% to 31,2% drank alcohol at least once a day, a much higher percentage than that found in the general population. Women suffered more than men from psychosocial illness. Isolation as a risk factor could not be proved, since all four towns were affected. Casual factors could be the personality type of the people drawn to such towns or the transient nature of life there, or the effect of the towns being company owned.

The community satisfaction questionnaire showed that, of the three towns, the respondents at town B were the most satisfied and at town C they were the most dissatisfied. This could be due to the fact that town B is an open town near a big city, while town C is a small isolated closed town. Isolation and the small size of town C could thus be factors causing dissatisfaction.

Michalowsky et al (1989:534) further found that in isolated communities in Australia, the people showed dissatisfaction about things similar to those in the above study, for example, entertainment, facilities for car repairs, shopping for non-essential goods, pleasant places to rest while shopping, insufficient meeting places for teenagers, insufficient trees and grass areas that make the town attractive, the layout of the towns, insufficient equipment for children in the playgrounds and playgrounds not within easy reach of the children. The cause of the problems in these towns are multifactorial.

Since military families often live in isolated communities the researcher is led to speculate that they too may experience dissatisfaction with issues similar to the above.

In another study, done by Rosen & Moghadom (1988:64), the effects of general well-being due to perceived social support and stress were examined in a sample of military wives - support was defined as the perception of being able to count on another military wife for help with a personal or family problem. Stress was defined as caused by the amount of time spent in the field by the soldiers in the

husband's units. Stress was found to have an adverse effect on the well-being

only of those wives who did not perceive themselves as having social support.

Major predictors of social support included the following:

a. *husband's rank - the higher the rank the more support the wives seem*

to have as they have been in the system for a longer time.

b. *type of unit - at some units the men are deployed more than at others.*

This leaves the wives on their own for longer periods.

This suggests that to some extent stress itself stimulated adaptation by motivating

individuals to enlist support from others. The researchers further found that

wives with healthy coping resources enlist the support of other wives during times

of stress. Those who are not capable of enlisting such support may have higher

symptom levels due not only to stress but possibly also to personality factors. In

the two studies cited above personality factors and the presence/lack of support

seems to play a role in whether or not the military wives cope with their isolation

and other stressors.

2.6 THE MODERN MILITARY WIFE

The military has prescribed the roles they wish their officers' wives to play.

These are articulated quite clearly in formal guide books, in informal

socialization techniques, and in many other ways. However, research done by Stoddard & Cabanillas in Goldman & Segal (1976:158) shows marked changes in officers' wives attitudes and behaviours, they are no longer satisfied with these role prescriptions arbitrarily assigned to them. They reject these traditional patterns which today provide so little personal satisfaction and reward. Rather, at the expense of unquestioned loyalty to women's auxiliaries and womens clubs, they increasingly choose the new emergent model of a woman who participates fully in the larger society (Hunter & Nice, 1978:167).

In 1956 Lord & Glines (McCubbin et al, 1976:23) were already questioning the traditional concept of the military wife as they wrote "Although it goes without saying that woman's first duty is to her home it is also old-fashioned to assume that her place is there and nowhere else".

The military is now left with a choice - to recognize a new kind of military wife who is uniquely independent and who no longer lives in the shadow of her husband's occupational success or to confront the problem with rules and administration bulletins which might further alienate the husband and widen an already visible breach between military husbands and wives. Either way, the military can no longer depend upon tradition and established routine to solve the problem.

2.7 CHAPTER REVIEW

From this chapter it becomes apparent that the family has a definite function and role. The family is constantly undergoing changes as there is continuous interaction between the subsystems of a family and between the family and the environment. The specific developmental stage of a family also has an influence on its shape and interaction.

Although the military family is no different to its civilian counterpart it does have certain unique characteristics. The family is not only a unit on its own but is also part of the defence force family. As such the military family is exposed to challenges which are unique to it, such as a nomadic lifestyle and father absenteeism. It is against this background that one needs to consider the military wife. She not only has traditional roles to fulfill, such as caring for the children and cooking, but she also has other roles as a military wife, such as taking over the husband's role when he is away.

It is the uniqueness and specific demands of the military lifestyle that the researcher had to keep in mind when studying the military wife. One must note, however, that some civilian families also experience some of the unique features of the defence force family such as those living in mining communities (isolation) or where the father is, for example, a school principal or bank manager (nomadic lifestyle).

CHAPTER : 3 RESEARCH METHOD

3.1 INTRODUCTION

This research is an investigation into the circumstances of the wives of serving Naval Non-Commissioned Officers living in Da Gama Park, Simon's Town. In this chapter a detailed description of the community which is to be investigated is given and the procedure which the researcher applied in the study of the military wives is outlined. In particular, attention is paid to the research design, sampling and method of data collection.

3.2 DESCRIPTION OF RESEARCH COMMUNITY

3.2.1 DA GAMA PARK

Da Gama Park is a housing area that offers accommodation to defence force members from all the arms of service and to a few civilians who are employed by the South African Navy.

As at 16 October 1991 there were 60 officers and their families living there - 47 families from the South African Navy and 13 families from the other forces. There are 213 non-commissioned officers and their families from the South African Navy and 64 non-commissioned officers and their families from other forces. The total number of military families living in the area is 337. The 260

families attached to the South African Navy form part of this studies population.

The type of accommodation includes houses of different sizes for officers and non-commissioned officers, 70 flats which are just for non-commissioned officers, and 12 maisonnettes - 6 for officers and 6 for non-commissioned officers. The officers live in a designated area and the non-commissioned officers in another. In the National Defence Force there exists a tendency for officers and non-commissioned officers not to mix socially and the housing plan merely creates a further geographical boundary.

3.2.1.1 INFRASTRUCTURE

Da Gama Park is situated north-west of Simon's Town in a remote area. It is a rather isolated community in that it is surrounded by bush and hills. There are no other suburbs close to it.

There are only two buses going into the area - one at ±06h40 and the other at 15h00. The outermost point of Da Gama Park is 4 km from Simon's Town station and 3 km from the Glencairn station. This makes access to and from Da Gama Park difficult for those without their own transport.

The amenities comprise the following: a church which serves all denominations, a library, post-natal clinic, tennis court and an overgrown park for the children. There is also a superette (SAFI - South African Forces Institute) with a

bottle store, green-grocer and cafe. At various points there are public telephones and a petrol station.

About 1 km from the outermost point of the area is the Glencairn sports field. It is not known to what extent this facility is utilized.

3.2.1.2 HISTORY OF SOUTH AFRICAN NAVY

Information gathered from a pamphlet by the South African Navy shows that there is a long history which can be traced back to the Port Elizabeth Naval Volunteer Brigade which was formed in 1861. On 30 April 1885 a part-time unit named the Natal Naval Volunteers (now SAS INKONKONI) was formed in Durban. A similar unit, the Cape Naval Volunteers (now SAS UNITIE) was formed in Cape Town in 1905, and on 1 July 1913 the two units were amalgamated to form the South African Division of the Royal Naval Volunteer Reserve.

The South African Naval Volunteers served in the German South West African compaigns and German East African campaigns during the First World War. In 1921 a New Royal Naval Volunteer Reserve base was established in Port Elizabeth (now SAS DONKIN) and in the following year another base was commissioned at East London (now SAS PORT REX). South Africa's first Permanent Force Navy, the SA Naval Service, was established on 1 April 1922. In January 1940 South Africa established a new naval unit, the Seaward Defence Force which took over responsibility from the Royal Navy. During the Second

World War, 78 South Africans were seconded to the Royal Marines.

In 1955 the Simon's Town Agreement was signed by Great Britain and South Africa. In terms of the agreement the South African Navy expanded and the Simon's Town base and Naval Dockyard were handed to South Africa on 1 April 1957. The South African Navy's main naval base moved from Durban to Simon's Town and Naval Headquarters moved to Simon's Town from Pretoria where it remained until 1976 when it moved back to Pretoria.

To-day, the South African Navy consists of nine missile-carrying strike craft and three submarines. Support ships, minesweepers, a torpedo recovery vessel, a hydrographic survey ship add to the South African Navy's fleet. The aim of the South African Navy is to provide a seaward military service. This is achieved in three ways, through :

a.   Maritime operations in defence of the Republic of South Africa such as mine counter-measure operations, patrolling and anti-submarine operations.

b.   Assistance operations in support of other State departments and authorities such as search and rescue.

c.   Hydrographic operations such as survey and mapping and oceanographic services.

3.3 RESEARCH DESIGN

The research design which has been selected for the purpose of this study is known as exploratory research. According to Wechsler, Reinherz and Dobbin (1976:66) exploratory designs are most appropriate when little is known from prior research of the phenomena, group or program to be investigated. The variables involved are largely unknown, and the aim of the study may be simply to search for crucial variables. The purpose can also include the development of hypotheses, as an ultimate aim. Precision of measurement is not an issue in this type of design, so there is much freedom of choice in methodology and means of measurement.

Sampling is often informal as well, with less concern for the representative character and general significance that are essential in descriptive and experimental designs.

Mouton and Marais (1988:43) outline the focus points of an exploratory study as follows:

a. to develop new insights in the domain phenomenon

b. as a pre-investigation to a more structured study of the phenomenon

c. to explain central concepts and constructs

d.   to determine priorities for further research

e.   to develop new hypotheses about an exciting phenomenon

According to Mouton & Marais (1988:43), the best guarantee for the completion of such a study is the researcher's willingness to investigate new ideas and suggestions, as well as his/her willingness to expose himself/herself to new stimuli. The researcher must not be guided and led by preconceived ideas and hypotheses.

Black & Champion (1976:78) state that unfamiliarity with a research target does not provide the investigator with much opportunity to focus on specific aspects of the social situation. Exploratory research enables the discovery of potentially significant factors that may be assessed in greater detail and depth at a later date and with a more sophisticated type of research design.

The circumstances of the wives of military men living in a military suburb is a research area that has received very little attention. Not much is known about this group as a result. The wives living in Da Gama Park, the researcher's target group, are an example of this. As little is known about this group the aim of the research is to search for certain important factors. The researcher wants to identify the levels of frustration and satisfaction of these wives and identify possible needs. Exploratory research will enable the researcher to get a better picture of this target group and form a base for future, more indepth research and

to make recommendations with regard to possible interventions.

3.4 DESCRIPTION OF POPULATION\SAMPLING

A sample is a small portion of the total set of objects, events or persona which together comprise the subjects of the study. The total set from which the individuals or units of the study are chosen is referred to as a population. Although only a portion of a population comprises a study's sample, the portion is assumed to be representative of the total set. The notion of a sample, therefore, suggests that all appropriate subjects or individuals of the total set will not participate in the study (Sesburg in Grinnell, 1985:133).

The first major classification of sampling procedures is probability sampling. A probability sample is one in which each person (or other sampling unit) in the population has the same known probability of being selected, and the selection of persons from the population is based on some form of random procedure.

The basic varieties of probability samples are the simple random sample, the stratified sample and the cluster sample. A good probability sample does the following:

    a.   provides ways to determine the number of respondents needed

    b.   specifies the chance (probability) that any person will be included in the

sample

c.	*permits investigators to estimate how much error results from selecting some people or events instead of all of them*

d.	*lets research workers determine the degree of confidence that can be placed in population estimates made from the sample*

In the National Defence Force the members are divided into four large groups, namely officers (second lieutenants - general), candidate officers (in training to become officers), warrant officers and non-commissioned officers (private - staff sergeants). For the purposes of this study warrant officers were included in the non-commissioned officers group though they are in a category of their own and they are not officers.

As previously mentioned this research is an investigation into the circumstances of the wives of serving Naval non-commissioned officers living in Da Gama Park, Simon's Town. Their wives were selected for this research as they constitute the largest group. The officers' wives were not included as the researcher is of the opinion that the two groups have marked differences and therefore cannot be included in the same study. The officers receive a better salary, for instance, which means they are financially better off. This could possibly influence their frustration:satisfaction ratio.

In view of the ranking system the researcher used the stratified random method of sampling. The South African Navy specifically ranks the members as follows

(highest to lowest non-commissioned officers rank):

a. warrant officers (sergeant major)

b. chief petty officers (staff sergeant)

c. petty officers (sergeant)

d. leading seamen (corporal)

e. able seamen (lance corporal)

f. seamen (private)

As one can see the population (non-commissioned officers) is composed of layers (strata) of discretely different types of individual units. Each strata (rank group) differs in size, for example, there are forty warrant officers and seventy two petty officers living in Da Gama Park. These groups had to be stratified first so that a proportional number could be selected from each group.

The researcher obtained a list of all the non-commissioned officers' wives living in this area. She stratified the non-commissioned officers' wives according to the ranks of their husbands as she is of the opinion that this may make a difference to the study - the wives of the different rank groups may experience different frustrations.

Once the stratification was complete the researcher employed the random sampling technique within each strata. A random numbers table was used to select a proportional number from each stratum.

The population in this study comprises 213 non-commissioned officers wives. In an attempt to ensure external validity (generalizability) of the study's findings the researcher decided to select a third of the population. However as the selection was done proportionately for each group a sample of 81 wives was eventually selected as the percentages were rounded off to the nearest one.

3.5 RESEARCH INSTRUMENT AND METHOD OF DATA COLLECTION

3.5.1 RESEARCH INSTRUMENT

The researcher wished to establish the satifaction:frustration ratio of the wives and to identify in which areas their problems lie. For the purpose of this research the Heimler Scale of Social Functioning (only administered in English as it is a standardised questionnaire) and a needs assessment questionnaire were administered (see Appendix B and C). A covering letter was attached (see Appendix A). Although not all the information was needed for the study the researcher was of the opinion that by obtaining a profile she would get a clearer understanding of the population.

The data collected was computerised and the results analyzed.

It is important to note that the completed Heimler Scale questionnaires were analyzed by Elaine Harrison, Linda Stulting and Antoinette Mouton as the researcher is not qualified for this task. Selected sub-headings in the Heimler Scale questionnaire were omitted as they were not relevant to this particular study.

3.5.1.1 HEIMLER SCALE OF SOCIAL FUNCTIONING

Eugene Heimler (1975) developed a unique approach to social work assessment based on his thoughts regarding social functioning. According to Heimler, man can derive meaning from ordinary everyday activities, as well as from a conscious awareness of the theme of existential relevance of his life.

Heimler evolved a tool to measure the relationship of satisfaction and frustation as experienced by the individual at any given moment in time. This, he felt, would give an idea of how the person was functioning in society. This tool meant that a profile of the person's problem could be established quickly.

He wanted a practical approach, which would integrate method and theory in a particular practice and would assist a patient to integrate and use his experience in a way that would be perceived by him as new and creative.

Heimler identified 5 areas of human life in which success or failure manifests itself:

a. *in work and interest*

b. *in financial security*

c. *in friendship and social relationships*

d. *in family life*

e. *in sexuality*

Frustration can also be seen in 5 areas:

a. *in the blocking or paralysis of activity*

b. *in depression*

c. *in alienation or feelings of persecution*

d. *in somatic or psychosomatic symptoms, and*

e. *in various forms of escape, such as the use of drugs and alcohol and the acting out of fantasies*

As they grow up, most people learn how to manage the many and various problems that confront them; they learn how to lead comparatively positive lives, how to find satisfactions that make life worth while, and how to turn frustrations and difficulties into useful potential driving forces. Often one part of their lives, work, home, the family or a leisure activity, more than compensates for any difficulties they find elsewhere.

No one is free from problems but we learn to integrate these moments into our personalities and use them to enrich our lives. However, many people become unable to make use of their frustrations; they can no longer go about their daily lives and function in society because they have reached a crisis point at which their problems overwhelm them. So great are their frustrations, emotions and difficulties that they often feel quite unable to make decisions of any kind or even to work or mix with other people. These people all suffer from the same problem; the relationship of satisfaction and frustration in their lives is out of balance and the frustrations so outweigh the pleasures that they are temporarily defeated. As they cannot disentangle the crux of their problems from the general surrounding gloom, they cannot begin to take any positive action to help themselves.

3.5.1.2 TESTS OF VALIDITY AND RELIABILITY OF THE HEIMLER SCALE

According to Bostwick & Kyte (in Grinnell, 1985:61) the degree to which a measuring instrument is doing what it is supposed to do and the degree to which it is free from error is called measurement validity and reliability.

A valid measuring instrument has been described as doing what it is intended to do, as measuring what it is supposed to measure, and as yielding scores whose differences reflect the true differences of the variable being measured rather than random or constant errors. The definition of validity has two parts: the instrument actually measures the concept in question, and the concept is

measured accurately. Various classification schemes have been developed in an attempt to categorize the validates underlying measurement. One of the most common and useful, specifies three types of validity: content, criterion and construct. The different types of validity relate to the different purposes of measurement because the purpose dictates the type of evidence (logical or statistical) needed to demonstrate that the measuring procedures are valid.

Reliability has been defined as the accuracy or precision of an instrument, as the degree of consistency or agreement between two independently derived sets of scores, and as the extent to which independent administrations of the same instrument (or highly similar instruments) yield the same (or similar) results under comparable conditions (Kerlinger, 1973, in Grinnell, 1985:171). In its broadest sense, instrument reliability indicates the degree to which individual differences in scores are attributable to "true" differences in the property or characteristic being measured and to errors of measurement. Errors of measurement involving reliability are random and are the product of a number of causes and conditions which are essentially irrelevant to the purpose of the instrument, such as fatigue and fluctuations of memory or mood. Since these random errors are present in all measurement, no instrument is ever perfectly reliable.

As part of the requirements for his doctorate degree, Van Zyl (1986), investigated the 'Validation of the Heimler Scale of Social Functioning (HSSF) for client Groups in South Africa'. He concluded, considering that validity is dependent on

reliability, that face validity, concurrent validity, pragmatic validity, construct validity and predictive validity appear to be satisfactory, but more research is needed in the area of content validity, and cross-cultural validity. The Heimler Scale of Social Functioning can be used, in view of the present status of validation research, in social work practice and research, acknowledging the requirements of validation when used in different settings and with different groups.

As far as reliability of the Heimler Scale of Social Functioning is concerned, Van Zyl (1986) concluded that test-retest reliability and inter-interpreter agreement appears to be satisfactorily high, although further systematic research on inter-interpreter agreement is desirable. Internal consistency is not satisfactory and should be assessed against general standards of reliability.

3.5.2 NEEDS ASSESSMENT

In conjunction with the Heimler Scale of Social Functioning the researcher also administered a needs assessment (Appendix C). This questionnaire was compiled by the researcher in an attempt to determine whether the wives had a need for the following:

    a.   enrichment courses

    b.   specific social skills

c. a daycare centre

d. exercise

e. handwork

The purpose was twofold, firstly, to ascertain whether the wives felt they could benefit from learning skills which would enhance their ability to cope and secondly, to determine whether they had a need for activities which would give them an interest and an outlet.

The format of the questionnaire was very simple. The respondents were merely required to either mark a "yes" or "no" to some of the questions or else to indicate with a tick which areas interested them. The questionnaire also made allowance for individual needs in that space was left for suggestions.

The needs assessment was included as the researcher was of the opinion that it would not only give a clearer picture of the wives but also give an indication of possible interventions.

3.5.3 DISTRIBUTION OF THE QUESTIONNAIRES

The researcher recruited 5 women (irrespective of their husband's rank) from the community to assist with the data collection. These women were trained on how

to complete the questionnaires by the researcher during a half day training session. The researcher was of the opinion that this would ensure that all the questionnaires would not only be completed but correctly as well.

Although this method of data collection should be successful the researcher encountered three problems. Firstly, some of the wives in the sample requested to complete the questionnaires in their own time and promised to return them - this was not always done. Secondly, if after a second visit the wives were not at home questionnaires were left with a letter requesting that they be completed and, thirdly two of the five ladies recruited lost interest in the data collection and did not put in an effort to get the questionnaires completed in an interview situation. As previously mentioned this can possibly be attributed to the lack of adequate training of the ladies.

As a result only 25% of the questionnaires distributed could be used for the study.

3.6 CHAPTER REVIEW

The problems encountered by wives of non-commissioned officers living in Da Gama Park have not been researched and for this reason the researcher selected the exploratory design for this study. As already mentioned the population is the wives of non-commissioned officers living in Da Gama Park. In order to obtain a sample the researcher made use of stratified random sampling. The researcher wanted a proportionate selection from each rank group and it was therefore

necessary to stratify the population.

The Heimler Scale of Social Functioning is a standardised questionnaire which was designed to specifically measure a person's frustration:satisfaction ratio and for this reason was implemented for this study. A needs assessment was included so that the researcher could get an idea of what areas need to be addressed.

The researcher is of the opinion that the motivation of the group used to distribute the questionnaires should have been better evaluated. It is possible that had they been more committed and received more training more completed questionnaires would have been available for the study.

CHAPTER 4: RESEARCH FINDINGS

4.1 INTRODUCTION

In this chapter the researcher gives an outline of the research findings. The researcher describes the method of data analysis and the findings from the administration of the Heimler Scale and needs analysis. The findings are depicted in tabular form and then discussed.

4.2 METHOD OF DATA ANALYSIS

Responses to the needs assessment were scored on a nominal scale (yes=1; no=0). The demographic data were scored on an ordinal or ratio scale. The various scales from the Heimler Scale were categorized according to the significance of each item and scored on a nominal scale.

The program Microstat (Ecosoft, 1984) was used to analyze the data, providing descriptive statistics and a correlation matrix. Further results were obtained by tabulating the data rather than by using Microstat because of linear correlations in the correlation matrix.

4.2.1 DESCRIPTIVE DATA

Table 1 depicts the number of questionnaires per rank group handed out and the

number of questionnaires actually returned per rank group. The wives of the seamen failed to return their questionnaires, 50% (2) of the able seamen's wives and 25% (5) of the leading seamen's wives returned theirs. Only 15% (4) of the petty officer's wives completed their questionnaires and 30% (6) of the chief petty officers wives completed theirs. The warrant officers wives returned 50% (7) of their questionnaires.

TABLE 1

RANK	QUESTIONNAIRES SENT OUT	QUESTIONNAIRES RETURNED	PERCENTAGE PER GROUP
SEAMEN	3	0	0%
ABLE SEAMEN	4	2	50%
LEADING SEAMEN	20	5	25%
PETTY OFFICERS	20	4	15%
CHIEF PETTY OFFICERS	20	6	30%
WARRANT OFFICERS	14	7	50%
TOTAL	81	24	

As one can see from the above, while 81 questionnaires were administered only 24 were returned. However, only 21 were correctly completed. Fifty women said that they would return their questionnaires but failed to do so and seven wives refused to complete the questionnaires. The difficulties experienced with the completion of the questionnaires were discussed in the previous chapter.

4.2.2 HEIMLER SCALE FINDINGS

The Positive Mean Score (PMS)

The average (norm) PMS is between 72 and 79, which means that a person measuring between this score on the Heimler Scale has a high life satisfaction and can function independently. A PMS of 60-71 indicates that although a person does not have a high life satisfaction he/she can function in the community but needs a great deal of support from friends and family members. The ability of the individual to function independently is also dependent on the degree of frustration that he/she experiences, his/her anxiety level, his/her possible inclination towards rigidity and his/her global realistic view of his/her life situation.

A PMS between 36 and 60 means that a person has a low life satisfaction and requires the help of professionals like social workers, psychologists or psychiatrists. If the PMS is between 0 and 36 it means that the person's life satisfaction is so low that he/she requires intensive help, protection or support. Usually institutionalization or daily support is needed.

Table 2 below outlines the PMS of each rank group.

TABLE 2 : LEVEL OF SATISFACTION

SCORE	WO	CPO	PO	LS	AB	SEA	TOTAL
72 - 79	4 (80%)	4 (67%)	0	2 (40%)	2 (100%)	0	12
61 - 71	0	2 (33%)	2 (67%)	2 (40%)	0	0	6
36 - 60	1 (20%)	0	1 (33%)	1 (20%)	0	0	3
0 - 35	0	0	0	0	0	0	0
TOTAL	5	6	3	5	2	0	21

Key: WO = Warrant Officer

CPO = Chief Petty Officer

PO = Petty Officer

LS = Leading Seaman

AB = Able Seaman

SEA = Seaman

The above findings for the wives of each rank group are as follows:

Warrant Officers

- 80% (4) have a high level of life satisfaction

- 20% (1) require professional assistance

Chief Petty Officers

- 67% (4) have a high level of life satisfaction

- 33% (2) can still function in society with support from family and friends

Petty Officers

- 67% (2) indicated that they require support from family and friends

- 33% (1) had a lower satisfaction with life and would require professional

assistance

Leading Seamen

- 40% (2) are satisfied with life

- 40% (2) need support from family and friends

- 20% (1) will need professional assistance

Able Seamen

- 100% (2) of the wives indicated a high level of life satisfaction

It is evident from this table that the majority of the wives (12) actually experience

a high level of life satisfaction. Six wives can still function in society with support

from family and friends and only three require professional assistance.

Table 3 indicates the wives' levels of satisfaction when they are faced with difficulties.

TABLE 3 : LEVEL OF SATISFACTION DURING DIFFICULT TIMES

SCORE	WO	CPO	PO	LS	AB	SEA	TOTAL
72 - 79	4 (80%)	4 (67%)	0	2 (40%)	1 (50%)	0	11
61 - 71	0	1 (16½%)	2 (67%)	2 (40%)	1 (50%)	0	6
36 - 60	1 (20%)	1 (16½%)	1 (33%)	1 (20%)	0	0	4
0 - 35	0	0	0	0	0	0	0
TOTAL	5	6	3	5	2	0	21

The findings regarding the wives' level of satisfaction during difficult times is as follows:

Warrant Officers

- *80% (4) experience their lives as satisfactory during difficult times*

- *20% (1) will require professional assistance*

Chief Petty Officers

- *67% (4) experience a high level of life satisfaction*

- *16½ % (1) require support from family and friends*

- *16½ % (1) will need professional assistance*

Petty Officers

- *67% (2) need support from family and friends*

- 33% (1) need professional assistance

Leading Seamen

- 40% (2) indicated a high level of life satisfaction

- 40% (2) require support from family and friends

- 20% (1) need professional assistance

Able Seamen

- 50% (1) experience a high level of life satisfaction

- 50% (1) need support from family and friends

These findings are in accordance with observations made by the researcher of the cases generally referred to the social work department. The Petty Officers and then the Leading Seamen are the two groups who present with the most problems. In practice the Warrant Officers, Chief Petty Officers and Able Seamen tend to have fewer problems. The researcher is of the opinion that this phenomenon needs to be considered in terms of the members' life stages and financial position. The members falling into the former two groups are at the stage where the demands on the marital relationship and finances are higher. This could possibly account for the fact that the wives of these men experience low life satisfaction. The Able Seamen and their wives are usually young and newly wed with one or no children.

The Warrant Officers and Chief Petty Officers are usually fairly financially stable

and more settled in their marriages so this could account for their wives' high life satisfaction level. However, this must be considered in conjunction with the frustration:satisfaction ratio.

From the total score it is apparent that the majority of the wives (11) experience their lives as satisfactory during difficult times. Six of the wives require support from family and friends while four need professional assistance.

Frustration: Satisfaction ratio

The frustration:satisfaction ratio should be between 0,2 - 0,33 for optimal functioning. If this ratio is greater than 0,33 then the person experiences more than the optimal amount of frustration. On the other hand if the person has a score of less than 0,2 then he/she has too little frustration. Too much frustration gives rise to a paralysis in functioning, or in certain areas of functioning.

A low frustration score may be an indication of a denial of frustration or a lack of frustration which may give rise to stagnation.

Table 4 outlines the frustration : satisfaction ratio of the women.

TABLE 4 : RATIO OF FRUSTRATION TO SATISFACTION

RATIO	WO	CPO	PO	LS	AB	SEA	TOTAL
0,0 - 0,19	2 (40%)	3 (50%)	0	3 (60%)	2 (100%)	0	10
0,2 - 0,33	2 (40%)	2 (33%)	0	0	0	0	4
0,34 - 0,9	1 (20%)	1 (17%)	3 (100%)	2 (40%)	0	0	7
TOTAL	5	6	3	5	2	0	21

These findings for the wives of each rank group are as follows:

Warrant Officers

- 40% (2) have an acceptable frustration:satisfaction ratio

- for 40% (2) the ratio is too low which means that they either deny their

frustration or else they have stagnated

- for 20% (1) the ratio is too high and this can lead to paralysis in functioning

Chief Petty Officers

- 33% (2) have an acceptable frustration:satisfaction ratio

- for 50% (3) the ratio is too low

- for 17% (1) the ratio is too high

Petty Officers

- for 100% (3) the ratio is too high

Leading Seamen

- for 40% (2) the ratio is too low

- for 60% (3) the ratio is too high

Able Seamen

- for 100% (2) the ratio is too low

It is apparent from the above that it is only some of the wives of the Warrant Officers and Chief Petty Officers who have an optimal frustration:satisfaction ratio. All the other groups experience either too much or too little frustration.

The total score indicates that only four of the wives have an acceptable frustration:satisfaction ratio. For seven of the wives the ratio is too high and for ten the ratio is too low.

Areas of low satisfaction

Table 5 summarises the areas of low satisfaction as experienced by these women. It is important to note that not all the women identified an area and it can only be concluded that these areas are not a source of low satisfaction for them.

TABLE 5 : AREAS OF LOW SATISFACTION

AREA	WO	CPO	PO	LS	AB	SEA	TOTAL
Work	2 (40%)	1 (17%)	1 (33%)	2 (40%)	1 (50%)	0	7
Finance	3 (60%)	5 (83%)	2 (66%)	2 (40%)	2 (100%)	0	14
Friends	1 (20%)	0	0	0	0	0	1
Family	1 (20%)	0	1 (33%)	2 (40%)	0	0	4
Personal Relation-ships	1 (20%)	0	1 (33%)	0	0	0	2
TOTAL	8	6	5	6	3	0	28

From this table one can see that finances are the highest source of low satisfaction for the women. Sixty percent (3) of the Warrant Officers' wives, 83% (5) of the Chief Petty Officers' wives, 66% (2) of the Petty Officers' wives, 40% (2) of the Leading Seamen's wives and 100% (2) of the Able Seamen's wives identified this as a source of low satisfaction. In other words for 14 of the 21 respondents' finances are a source of low satisfaction. The researcher's assumption that their financial difficulties would decrease as their rank group increased proved to be untrue as a high percentage of the wives for each rank group identified financial problems. The researcher is of the opinion that these families either live above their means (low salaries could contribute to this) or the fact that the wives do not always work or both may account for this phenomenon.

Work was the next highest area of low satisfaction as 7 of the 21 respondents identified it as such - 40% (2) of the Warrant Officers' wives, 17% (1) of the Chief

Petty Officers' wives, 33% (1) of the Petty Officers' wives, 40% (2) of the Leading Seamen's wives and 50% (1) of the Able Seamen's wives.

It seems that the wives have close friends and that they are generally well supported. Only 20% (1) of the Warrant Officer's wives identified friends as an area of low satisfaction.

Family life and personal relationships also do not appear to effect their satisfaction with life. Only 4 of the respondents identified family as a source of low satisfaction - 20% (1) of the Warrant Officers' wives, 33% (1) of the Petty Officers' wives and 40% (2) of the Leading Seamen's wives.

Two respondents identified personal relationships as an area of low satisfaction - 20% (1) of the Warrant Officers' wives and 33% (1) of the Petty Officers' wives.

Areas of high frustration

Only six wives indicated areas of high frustration. Each woman was assigned an alphabetical symbol (A,B,C,D,E,F) so that her particular areas could be made apparent. A zero (0) indicates where the women did not identify a specific area.

The following table identifies areas of high frustration as experienced by the wives.

TABLE 6 : AREAS OF HIGH FRUSTRATION

AREA	WO	CPO	PO	LS	AB	SEA
Energy	0	0	B; C	E	0	0
Health	0	0	B	E	0	0
Personal influence	0	0	0	F	0	0
Moods	0	A	B; D	E; F	0	0
Habits	0	0	0	F	0	0

As one can see from the above the women did not identify many areas of high frustration. None of the wives of the Seamen, Able Seamen or Warrant Officers identified sources of high frustration. Three Petty Officers' wives, two Leading Seamen's wives and one Chief Petty Officers' wife identified areas of high frustration. The highest number (5) experience depressive feelings (moods). This is followed by lack of energy (3) which leads to a loss in motivation and involvement. Two women indicated a problem with health. Only one woman admitted substance abuse and one experiences problems in interpersonal relationships.

Adaptability

When considering the adaptability of the wives one needs to look at both the positive and negative variants. These variants are determined by the difference between the gross and nett scores of each. The positive variant indicates rigidity versus anxiety vis-a-vis work, finance, friendship, family and personal

relationships. The negative variant indicates rigidity versus anxiety vis-a-vis energy, health, personal influence, moods and habits.

The adaptability is interpreted as follows:

- *if both variants are between 6-8 then insecurity and adaptability within functional limitations is indicated*

- *if both variants are between 0-5 then a tendency towards rigidity is indicated*

- *if both variants are 8+ then uncertainty, ambivalence or anxiety is indicated. It is diffuse (not limited to one specific area) of a longer duration and more difficult to treat*

- *if one variant is between 0-5 and the other variant is 8+ then the uncertainty, ambivalence or anxiety is masked and the person actually denies his/her frustration*

- *if one variant is 6-8 and the other 8+ then the uncertainty, ambivalence or anxiety is localised (limited to a specific area), of a shorter duration and easier to treat*

- *if one variant is 0-5 and the other 6-8 then the person's adaptability is*

optimal but there is a slight tendency toward rigidity

Table 7 below depicts the adaptability of the respondents.

TABLE 7 : ADAPTABILITY

6 - 8	0 - 5	8+	0 - 5	6 - 8	6 - 8
6 - 8	0 - 5	8+	8+	8+	0 - 5
1	6	2	1	4	7

There appears to be a strong indication of rigidity amongst the wives. For 6 of the wives both their variants were 0-5 which indicates a definite tendency towards rigidity. Seven of the wives had one variant in the 6-8 category and the other in the 0-5 category which indicates that although they are within functional limitations there is a tendency toward rigidity.

The researcher is of the opinion that this tendency towards rigidity could possibly be the wives' way of dealing with the insecurity of the defence force life or perhaps it could be an indicator of a personality type which fits with military life.

Only one wife indicated insecurity and adaptability within functional limitations (both variants 6-8). Two wives showed uncertainty, ambivalence or anxiety which is diffuse (both variants 8+). These women will have difficulty adapting to frustrations. One wife had masked uncertainty, ambivalence or anxiety which means she denies frustrations (one variant 0-5 and the other 8+). This wife will be able to adapt because she has developed certain coping mechanisms. Four

wives indicated uncertainty, ambivalence or anxiety which is localised (one

variant 6-8 and the other 8+). These wives will have difficulty adapting to a

specific frustration.

4.3 NEEDS ASSESSMENT

In conjunction with the Heimler Scale a needs assessment was done. Table 8

indicates the needs of the wives according to the different rank groups. A total

score was assigned to each need.

TABLE 8 : NEEDS ASSESSMENT

NEEDS	WO	CPO	PO	LS	AB	TOTAL
Courses						
Marital	2	4	1	2	1	10
Parental	1	4	0	2	0	7
First Aid	1	3	1	2	1	7
House safety	2	2	0	2	0	6
None	2	1	1	2	0	6
Skills						
Communication	3	6	1	3	1	14
Conflict	1	1	0	1	1	4
Management	1	2	0	2	0	5
Stress Management	3	3	0	2	1	9
Self Image	1	0	2	2	0	5
None						
Daycare						
Yes	4	5	2	4	1	16
No	1	1	1	1	1	5

TABLE 8: CONTINUED

NEEDS	WO	CPO	PO	LS	AB	TOTAL
Aerobics						
Yes	3	5	3	4	1	16
No	2	1	0	1	1	5
Hobbies						
Yes	4	4	1	2	2	13
No	1	2	2	3	0	8

In order to complete the needs assessment the wives were required to make a mark next to the appropriate block (see Appendix C). However, they had to specify which hobbies they were interested in, if any, and they were given the opportunity to identify any specific problems they experience.

Problems identified by these women were transport and activities for the children. As previously mentioned Da Gama Park is a very isolated community and the bus service, which is the only form of public transport, is sporadic. An inability to drive and a lack of personal vehicles in many cases handicap the women. The children are also bound by this lack of transport and the shortage of entertainment facilities results in their wandering around the neighbourhood.

The areas which attracted the most attention were marital courses (10 wives), communication skills (14 wives), self image (9), aerobics (16 wives) and hobbies (13 wives).

As previously mentioned the women have very little to do in Da Gama Park and are usually confined to their homes. A daycare centre would give them the

opportunity to have some freedom from looking after the children. Aerobics would provide an interest for them and enable them to improve themselves physically.

The hobbies identified were sewing, handcrafts, flower arranging and interior decorating. By learning to sew these women could ultimately improve their families' financial state as clothes would not have to be bought and they could also sew for others for a certain charge. The other hobbies would be a way for them to improve their homes. The wives would also have an interest whereby they could occupy themselves.

The high interest in marital courses, communication and self image is notable as the researcher is of the opinion that they are interconnected and that an improvement of one would lead to an improvement of the other.

Although the wives showed less interest in parental guidance, first aid, house safety, conflict and stress management, a significant number is interested and these needs must be considered. These may be secondary needs and it is possible that once the areas of high interest have received attention that these needs will be of greater interest.

The researcher is of the opinion that when considering the needs of each group one must keep their developmental phase in mind. It stands to reason, for example, that the Chief Petty Officer's wives will show a high interest in parental

courses as they are at the stage where they will have primary school children and will therefore have a need for guidance.

4.4 CHAPTER REVIEW

Of the 81 questionnaires distributed for the purpose of the study only 21 (25%) were used.

Generally the wives (12) showed a high level of life satisfaction, with the wives of Warrant Officers being the largest group. Six of the wives need support from friends and 3 need support from professionals. None of the wives need institutionalization.

There was no real change with life satisfaction during difficult times. Only 1 Chief Petty Officer's wife indicated that she will need support from professionals and 1 Able Seaman's wife stated that she would need support from friends.

Of great significance is the ratio of frustration to satisfaction. Only 2 Warrant Officer's wives and 2 Chief Petty Officer's wives have an acceptable ratio which means optimal functioning. The other 17 wives either deny their frustrations or have stagnated or else they have become paralyzed, both of which results in apathy.

The wives identified finances and then work as the two main areas of low

satisfaction. The transport problem to and from Da Gama Park often prevents these women from getting to a place of work and this means that they cannot generate more income for the family. They also have difficulty finding work as the families get transferred regularly.

Only 6 wives (3 Petty Officer's wives, 2 Leading Seamen's wives and 1 Chief Petty Officer's wife) identified areas of high frustration. Of significance here is that of the five high frustration areas moods, were identified as a frustration by 5 respondents - 4 of these respondents fell into the Petty Officer and Leading Seaman group. A large number of the wives (13) indicated different degrees of rigidity which could possibly be their way of coping with frustrations.

From the needs assessment one can see that there is a need for activities which would provide them with an outside interest such as aerobics and hobbies. A daycare centre would enable them to have some free time. The women also showed a keen interest in attending courses and learning skills especially marital enrichment, communication and enhancement of self image.

From this chapter it is evident that although most of the wives identified a high level of life satisfaction very few of them had an acceptable frustration:satisfaction ratio which leads one to conclude that they may have developed a helpless acceptance of their circumstances. This can further be substantiated by the fact that there is no significant change in their life satisfaction scores generally and during difficult times.

CHAPTER 5: CONCLUSIONS AND RECOMMENDATIONS

5.1 CONCLUSIONS

The researcher conducted an exploratory study which examined the overall life satisfaction of the wives of non-commissioned officers living in a military suburb which is isolated from other suburbs and amenities.

Prior to commencing with the empirical study the researcher studied literature on families in general, developmental stages, military families and military wives. From the literature study it became apparent that the military wife finds herself in very unique circumstances. She not only has traditional roles to fulfill, such as cooking but she has other roles as a military wife, such as caring for the family when the husband is away.

At times she has to put her own needs aside as the defence force places certain demands on her and her family such as transferring them to another unit.

After studying the relevant literature the researcher elected to use the standardised Heimler Scale of Social Functioning in order to measure the wives frustration:satisfaction ratio. A needs assessment was also compiled by the researcher in order to determine the wives' specific needs. A group of wives was recruited to administer the questionnaires as the researcher was of the opinion that this would ensure that the maximum number of questionnaires would be

returned. However, as these wives were not selected correctly or trained thoroughly their motivation waned and this influenced the number of questionnaires completed.

The questionnaires were interpreted and the researcher was able to test her assumptions which are discussed below.

5.2 ASSUMPTIONS

5.2.1 LIFE SATISFACTION

The researcher's assumption that the wives are likely to experience a low life satisfaction proved to be incorrect as a small majority, namely 57%, indicated a high life satisfaction. However, this result needs to be considered in conjunction with the ratio of frustration to satisfaction. On this table 80% of the wives either had too much frustration which leads to a paralysis in functioning or too little frustration which indicates a denial of frustration or a lack of frustration which may gives rise to stagnation. These contradictory findings lead one to wonder if these wives have learned to accept their lives and therefore experience the high level of life satisfaction.

Areas of low satisfaction for these wives were mainly finances and work. From the literature we find that employers are hesitant to employ military wives because of their nomadic lifestyles and the wives also have difficulties in finding work

because their particular capabilities may not fit what the market has to offer. This lack of employment prevents them from generating a second income.

For the military wives of Da Gama Park problems are exacerbated by the fact that it is an isolated community and transport is sporadic. Transport was one of the main problem areas identified by these wives. This transport problem to and from Da Gama Park often prevents these women from getting to and from a place of work.

5.2.2 SOCIAL OR PROFESSIONAL SUPPORT

The next assumption that these women would need support was not substantiated as most of the wives indicated that friends and family were not a source of low satisfaction. Rienerth (1977:47) suggests that one of the unique characteristics of military families is that they form part of a unified group and that there is a strong bond between them. No matter what unit one moves to one always becomes part of it very quickly. Furthermore the frequent moves make the family turn inward and rely upon one another for support. These factors could account for the fact that these wives have sufficient support.

Another important factor is that most of these women have developed a way of adapting to frustrations, that is, a tendency toward rigidity. It is also possible that the military lifestyle suits their personalities.

5.2.3 RESOURCES

In terms of the needs assessment there appears to be a great interest in marital enrichment courses, learning communication skills and developing self image. A daycare centre, aerobic classes and the learning of hobbies were other needs identified, which seems to suggest that the wives are needing sources of stimulation.

Finally, it seems that although these wives have specific areas of frustration they have developed coping mechanisms, such as supportive friends or denial, to deal with their circumstances.

5.3 RECOMMENDATIONS

The results of the study seem to indicate that the wives of non-commissioned officers of Da Gama Park do have great frustration despite the fact that a large number of the respondents showed a high life satisfaction.

As previously mentioned, Kruys (1971:73) states that a positive defence force wife accepts unpleasant situations and keeps her low morale hidden. These factors plus the fact that most of these women had a frustration:satisfaction ratio which was too high (too much frustration which leads to paralysis) or too low (denial of frustration which leads to stagnation) seems to indicate a need for intervention. It must also be remembered that the wives have an influence on the retention of the

men and that if the defence force wishes to keep its trained personnel then the wives also need attention.

In terms of the study the following recommendations are made:

5.3.1 TRANSPORT

The wives identified transport as a definite need. The provision of transport would not only enable the wives to get to and from work but would reduce the isolation. It is suggested that the municipal bus service be approached with the request for more regular and frequent busses into Da Gama Park and that where possible the wives be encouraged to form lift clubs.

5.3.2 DAYCARE FACILITY

A further need that was identified was for a daycare facility. Such a facility would provide the wives with alternative child care and thus enable them time off to pursue other ventures such as work or hobbies.

5.3.3 COMMUNITY CENTRE

It is recommended that the possible establishment of a community centre be investigated. Such a centre would provide a venue where aerobic classes and hobbies such as sewing could be taught. This venue could also be used for the

presentation of the marriage enrichment, communication and self image courses.

5.3.4 FUTURE RESEARCH

For future research it is recommended that the coping mechanisms developed by some of the wives be researched as this information could be of use to the wives who have difficulty coping. It would also be of interest to determine the profile of the women who marry military men in order to ascertain whether a certain personality type is attracted to the military lifestyle.

Finally, it is suggested that after making any changes in this community the effects of such changes on the wives be researched as the researcher is concerned that certain interventions could undermine the wives' established coping mechanisms.

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APPENDIX A

QUESTIONNAIRE

The following questions are designed to obtain your perceptions of your functioning as an individual. There are no "trick" questions. Your individual answers will be kept completely confidential. Only the researcher will have access to your answers. Please answer each item as honestly and frankly as possible.

This questionnaire asks you questions about your work, family, friends and personal life. The information gathered from this survey will be used for the designing of programs to meet the needs of military wives and families.

General particulars:

a. Husband's rank:

WO	CPO	PO	L/S	AB	SEAMAN

b. Your age:

18-24yr	25-30yr	31-35yr	36-40yr	41-45yr	46-50yr	51yr+

c.

Children	Sons		Daughters	
	No.	Age	No.	Age
Biological				
Adopted				
Stepchildren				
Foster children				

d. Were you previously married?

Yes	No

e. If so, how many times?

1	2	3	4

Thank you for your co-operation.

T. PEARCE
SOCIAL WORK OFFICER

VRAELYS

Hierdie vraelys is opgestel om u siening van u individuele funksionering te bepaal. Daar is geen vangplekke nie. U antwoorde sal as konfidentiel beskou word. Slegs die navorser sal toegang tot die voltooide vraelys hê. Antwoord alle vrae so eerlik en duidelik as moontlik.

Hierdie vraelys behels vrae ten opsige van u werk, gesin, vriende en persoonlike lewe. Die inligting wat hieruit verkry word, sal gebruik word om programme te ontwerp wat in behoeftes van die militêre eggenoot en gesin sal voorsien. Omkring die mees toepaslike antwoord vir elke vraag. Hierdie vraelys is gestanderdiseerd en mag dus nie vertaal word nie.

Algemene inligting:

a. Rang van eggenoot:

WO	CPO	PO	AB	SEAMAN	

b. U ouderdom:

18-24jr	25-30jr	31-35jr	36-40jr	41-45jr	46-50jr	51jr+

c.

Kinders	Seuns		Dogters	
	Nr.	Ouderdom	Nr.	Ouderdom
Biologies eie				
Aangenome				
Stiefkinders				
Pleegkinders				

d. Was u voorheen getroud?

Ja	Nee

e. Indien wel, aantal huwelike:

1	2	3	4

Dankie vir u samewerking.

T. PEARCE
MAATSKAPLIKEWERK-OFFISIER

APPENDIX B - SOCIAL FUNCTIONING QUESTIONNAIRE

I. **WORK** (a) <u>Full & Part-time Earners</u>   **Ring your answers**

1.   Do you like the work you are doing?   No/Yes/Perhaps

2.   On the whole do you like the people you
      work with?   Yes/Perhaps/No

3.   Do you feel you are in the right kind of
      work?   Perhaps/Yes/No

4.   Have you any really satisfying hobbies or
      interests outside work?   Yes/Perhaps/No

5.   Have you enough opportunity for getting on
      in your work?   Yes/Perhaps/No

           (b) <u>Housewives</u>

1.   Do you enjoy running a house?   Yes/Perhaps/No

2.   Do you have enough daily social contacts?   Perhaps/Yes/No

3.   Does your work give you enough satisfaction?   Yes/Perhaps/No

4.   Have you any satisfactory hobbies or
      interests, sport, free work?   Perhaps/Yes/No

5.   Are you content to remain a housewife?   Yes/Perhaps/No

II **FINANCIAL**   (a) <u>Full & Part-time Earners</u>

1.   Do you live more comfortably than you did
      two years ago?   Yes/No/Perhaps

2.   Are you able to save?   Perhaps/Yes/No

3.   Do you feel at ease about spending?   Perhaps/Yes/No

4.   Are you reasonably secure financially?   No/Perhaps/Yes

5.   Do you <u>feel</u> financially secure?   Perhaps/No/Yes

           (b) <u>Female non-earners</u>

1.   Can you manage on your housekeeping without
      a lot of anxiety?   Yes/No/Perhaps

2.   Have you any income, other than housekeeping?   No/Yes/Perhaps

3.   Do you feel at ease about spending?   Perhaps/No/Yes

4. Generally speaking, does being a housewife
    satisfy you?   No/Perhaps/Yes

5. Do you feel financially secure?   Perhaps/No/Yes

III FRIENDSHIP

1. Have you a close friend in whom you can
    confide?   No/Yes/Perhaps

2. Outside your family, do you feel there are
    people who care about you?   Perhaps/No/Yes

3. Do you enjoy meeting acquaintances?   Perhaps/Yes/No

4. Would you want your friends to turn to you
    with their problems?   No/Yes/Perhaps

5. Do you enjoy entertaining or treating people?   No/Perhaps/Yes

IV FAMILY (Spouse and children if married or cohabiting)

1. Are you interested in your partner's hobbies
    and or activities?   Yes/No/Perhaps

2. Do you discuss your money, work or other
    problems with your partner?   Yes/Perhaps/No

3. Do you enjoy family life?   No/Perhaps/Yes

4. Do you feel that your partner understands you?   Yes/Perhaps/No

5. Do you feel that you understand your partner?   No/Yes/Perhaps

V PERSONAL (Married or cohabiting)

1. Are you really established with your marriage?   Perhaps/Yes/No

2. Do you feel that your partner really cares
    about you?   Yes/No/Perhaps

3. Does sex bring you much enjoyment in your
    partnership?   Yes/Perhaps/No

4. Do you like to be with your children?   No/Perhaps/Yes

5. Can you relax?   Perhaps/Yes/No

I **General Negative Index**   Ring your answers

   ENERGY

1. Do you feel overworked?   No/Yes/Perhaps

2. Do you feel too tired to work?   Yes/No/Perhaps

3. Do you find that your mind is under-active? Perhaps/Yes/No

4. Do you feel too tired to enjoy life?   Perhaps/Yes/No

5. Do you feel frustrated because you are
    prevented from doing things properly?   Perhaps/Yes/No

II **HEALTH**

1. Do you have frequent headaches?   Yes/No/Perhaps

2. Do you suffer from aches and pains?   No/Perhaps/Yes

3. Is sex an unwelcome activity in your life?   Yes/No/Perhaps

4. Are you concerned about your health?   No/Perhaps/Yes

5. Is your imagination painful to you?   Perhaps/Yes/No

III **PERSONAL INFLUENCE**

1. Do you feel disappointed by people you trust? Yes/No/Perhaps

2. Do you often find people like being hurtful to
    you?   No/Yes/Perhaps

3. Do you feel that circumstances are against you? Yes/Perhaps/No

4. Do you find that people are often against you?   Perhaps/No/Yes

5. Would you like to have more power and influence? Yes/Perhaps/No

IV **MOODS**

1. Are you at times very depressed?   Perhaps/Yes/No

2. Do you often feel vaguely insecure?   Yes/Perhaps/No

3. Do you feel unduly guilty at times?   No/Yes/Perhaps

4. Do you ever wish you were dead?   Perhaps/Yes/No

5. Do you find that people are often unappreciative
    of you and your efforts?   Yes/Perhaps/No

V **HABITS**

1. Are you inclined to drink too much?   Perhaps/Yes/No

2. Do you take drugs or medicines to help you relax? Yes/Perhaps/No

3. Do you tend to get over-active or over excited? No/Yes/Perhaps

4. Do you tend to eat too much or too little?

Yes/Perhaps/No

5. Are you driven to do things which cause trouble
    to yourself or others?   Perhaps/Yes/No

APPENDIX C

Needs Assessment Questionnaire/Behoeftebepaling Vraelys

1. Which of the following courses would you be interested in attending? /
Watter een van die volgende kursusse sal u belangstel om by te woon?

a. Marital enrichment/Huweliksverryking

b. Parental guidance/Ouerleiding

c. First aid/Noodhulp

d. Household safety/Huishoudelike veiligheid

e. None of the above/Geen van bogenoemde

f. Other/Ander_____

_____

2. Indicate which of the following skills you would like to develop. /
Watter van die volgende vaardighede sou u graag wil ontwikkel?

a. Communication skills/Kommunikasievaardighede

b. Conflict management/Konflikhantering

c. Stress management/Streshantering

d. How to develop your self image/Hoe om u selfbeeld te
ontwikkel

e. None of the above/Geen van bogenoemde

f. Other/Ander_____

_____

3. Do you feel that there is a need for a day care centre? / Het u 'n behoefte vir 'n dagsorgsentrum?

YES	NO

4. Would you be interested in attending Aerobic classes? /Sal u belang stel om Aerobiese klasse by te woon?

YES	NO

5. Do you have the need to learn a hobby like sewing, wood carving etc? / Het u 'n behoefte om 'n stokperdjie soos bv naaldwerk, houtsneewerk ens, aan te leer?

YES	NO

6.   If "YES", what would be your particular interest? / Indien wel, waarin sou u belang stel?

_____

_____

_____

7.   Any other particular need? / Enige ander behoeftes?

_____

_____

_____

Thank You / Dankie

T. PEARCE
SOCIAL WORK OFFICER