

THE RELATION OF SELECTED HOUSING
FEATURES AND FURNISHINGS TO
EATING PATTERNS IN PROFESSIONAL-
MANAGERIAL FAMILIES

Thesis for the Degree of M. A.
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JENNY M. RUTH
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ABSTRACT

THE RELATION OF SELECTED HOUSING FEATURES AND FURNISHINGS TO EATING PATTERNS IN PROFESSIONAL-MANAGERIAL FAMILIES

by Jenny M. Ruth

Many new houses are built of standardized components and must function for a highly mobile society of unknown occupants. Due to this impersonal mode of construction and the fact that housing is relatively inflexible, it is conceivable that families residing in them will compromise or sacrifice their needs. Family patterns of living and their relation to housing must be clearly understood before dwellings meeting specific human needs can be designed with confidence. This study was initiated in an attempt to identify housing features and furnishings associated with the activity of eating, though much emphasis was placed on the development of an instrument which would quickly and accurately describe housing features and furnishings.

The objectives of this study were:

(1) To identify family eating patterns according to whether a family almost never ate together, whether it sometimes ate together, or whether it almost always ate together.

(2) To identify housing features associated with

family eating patterns according to whether a family almost never ate together, sometimes ate together, or almost always ate together.

(3) To identify housing furnishings associated with family eating patterns according to whether a family almost never ate together, sometimes ate together, or almost always ate together.

An interview schedule was designed to obtain demographic data, to classify families in three pre-established patterns of eating, and to identify housing features and furnishings which might be related to eating. Housing features in the food preparation area and eating area were rated according to condition, while housing furnishings were placed in categories according to the respondent's responses concerning usage.

Personal interviews were conducted with thirty mothers of professional-managerial families in Lansing and suburban areas who had no children above elementary school age living at home, and whose families met criteria based upon income, occupation, education, and housing.

The precoded data were analyzed according to chi square, analysis of variance, and Kruskal-Wallis One-Way Analysis of Variance by Ranks.

Findings indicated that over half the sample fell into the category of families who almost always ate together, while one-third were classified as families who

sometimes ate together. Only one-tenth were classified as families who almost never ate together. When the family did not eat together individual family members appeared to have established more regular times and places for eating during the week than on Sundays.

No demographic factors were related to the three patterns of eating. Staying together at the table, the mother's childhood eating patterns, other family-shared times, and interruptions appeared to be unrelated to the patterns of eating. Likewise, the reasons for the eating patterns did not prove to be significantly related.

No relation was found to exist between features rated in the food preparation area and any of the three patterns of eating. Of the items rated in the eating area, the placement of doors was the only feature found to show a relationship, which was slight, to the patterns of eating.

Significant relationships were found to exist for three variables in the furnishings inventory: the responses "I don't have enough and would like more," for "Items Associated with Eating" and for "Items Associated with Serving," and "I don't have the item but want it" for "Items Associated with Preparation."

Therefore, no specific evidence was found to show that housing features were related to family eating patterns, though three types of housing furnishings were found to be related. In this sample, where over half of the

families almost always ate together, it appeared that houses were designed in such a way to allow families a choice in the frequency of eating together. Housing features and furnishings did not emerge clearly as highly influencing factors in the type of family eating patterns, although some relationships appeared to exist.

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By

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CHAPTER I

INTRODUCTION

Origin and Importance of the Study

Few families currently purchasing houses have an opportunity to control the planning of what is to be their living environment. Most new houses today are built as standardized units in housing developments, having been designed for an anonymous mass of people by designers armed with very little information about or consideration for human needs. A dwelling, once it has been constructed, is relatively inflexible. Because of this inflexibility, if the dwelling is not designed initially to meet specific human needs, there is a possibility that these needs will be sacrificed.

It is a generally accepted fact that, when people are asked to identify their desires in housing, they can answer only within the realm of personal experiences. In order for planners, designers, and builders of housing to be of assistance, researchers must first establish what characteristics of housing determine specific kinds of behavior. Beyer states:

Greater livability can be achieved if we know what design features might satisfy families most in their houses. This means that we must know more about

families themselves, the way they live, the things they hold important, their attitudes and prejudices.¹

At the present time, many housing decisions are controlled by government agencies and lending institutions on the basis of an economic mode of decision-making, and while this economic aspect is important, it is just one facet of housing. Perhaps the economic, profit-making perspective is utilized not only because it is so acceptably American, but also because of the tangible results produced by such an approach. If other modes of decision-making could be augmented through research to approach equally tangible levels, these modes could likewise be implemented into housing decisions. Bauer states some of the difficulties involved in housing decisions:

The big difficulty lies in the fact that every aspect of housing . . . comes down, sooner or later, to qualitative social decisions, "value judgments" about individual needs and preferences, family and community functions, group relations, and the whole pattern of civic life. Such judgments are peculiarly difficult to make in a society as varied and changing as ours, but they will nevertheless affect our everyday life for generations to come. And the typical experts currently employed in this field--builders, financiers, lawyers, administrators, economists, architects, city planners, engineers--are often exceedingly ill-equipped to make such decisions.

The lack of positive instructions from the consumer, and the dearth of objective knowledge about people's housing needs and wants, is increasingly

¹Glenn H. Beyer, Houses Are for People (Ithaca, New York: Cornell University Press, 1955), p. 1.

felt. "Who is our client?" says an architect. "We cannot design houses for faceless, statistical abstractions." Or as an eminent economist puts it, "There is no science of housing. There is only ad hoc cosmologies of prejudices, opinion, and convictions about housing."¹

Educators must be alert to the fact that families can live beyond levels they envision, but that people will not demand better housing unless there is evidence of an association between housing and quality of living. There is, therefore, much need for research to test the theory that pre-determined patterns of individual and familial behavior may be implemented through a conscious selection of housing alternatives.

Before any attempt can be made to investigate the larger realm of cause-effect relationships of housing and human behavior, studies are needed to help identify housing features and furnishings and their relation to specific patterns of family living. Because the activity of eating takes place in all families and is frequently a total family activity, it was selected for investigation in this study.

Review of Related Literature

Probably no item in man's immediate environment receives a greater amount of discussion or subjective

¹Catherine Bauer, Social Questions in Housing and Town Planning (London: University of London Press, 1952), p. 9.

analysis than housing, and yet in spite of general concern, housing has attracted little research interest to date. Of those projects which have materialized beyond their earliest planning stages, the overwhelming majority have dealt with the relation of housing to health, physical well-being, and social delinquency. Wilner, Walkley, Pinkerton, and Tayback¹ reviewed forty research projects, all of which were conducted during or prior to the 1950's, and which investigated the relation of housing to physical and social problems. Sixteen of the studies were of European origin and twenty-four were American. The European studies were largely concerned with effects of housing on health and physical well-being, with emphasis on studies dealing with tuberculosis, while the American studies were divided among investigations of housing in relation to physical health and social problems, primarily juvenile delinquency. The forty studies reviewed generally showed a strong correlation between poor housing and poor health and good housing and good health.

However, educators have yet to develop strong theories linking housing to important personal and social development. Until these theories are developed, there will

¹Daniel M. Wilner, Rosabelle P. Walkley, Thomas Pinkerton, and Matthew Tayback, The Housing Environment and Family Life (Baltimore: The Johns Hopkins Press, 1962), pp. 4-5.

be a lack of concern for housing research, and without concern there is little hope for public recognition of any problem which does not approach a crisis level. Furthermore, without public demand for decisive steps, there will be only limited financial support of fundamental research.

In order for the all-important theories to be formulated, there first must be an adequate number of empirical observations made for development of probabilities both directly and indirectly related to housing and the social-psychological well-being of people. Bossard and Boll¹ suggested that attention should be given to the physical setting, which has "significance for the relationships which exist and for the behavior which is called forth." Likewise, Chermayeff and Alexander² stated, "It is perfectly possible to rebuild deliberately the human environment, in such a way that the ultimate result will be the widening and deepening of the life of the species as such, the augmenting increase of life scope, aesthetic enrichment in the most profound sense."

The present study is a series of empirical observations concerned with the activity of eating. In an

¹James H. S. Bossard and Eleanor S. Boll, Family Situations (Philadelphia: University of Pennsylvania Press, 1943), p. 47.

²Serge Chermayeff and Christopher Alexander, Community and Privacy (Garden City, New York: Doubleday and Company, Inc., 1963), p. 15.

attempt to approach systematically the relationship of the family eating activity to housing features and furnishings, the review of literature was handled in three parts: (1) the family interaction process, (2) the eating activity, and (3) the physical space and furnishings of the eating area.

The family interaction process

The effects of housing limitations and attributes on people can be more thoughtfully studied if there is a greater understanding of the family itself. For the family to function effectively as a unit, there must be an interaction between its members which has a uniting force. This type of interaction is said to be essential to family solidarity.

A study conducted by Jansen¹ concerned itself with the measurement of family interaction by (1) selecting categories of interaction in which solidarity could be observed, (2) devising a means of measuring the observed solidarity, and (3) investigating the relationship between solidarity measured in one sort of interaction and solidarity measured in others. Eight scales were constructed to measure eight observable types of interaction: agreement

¹Luther T. Jansen, "Measuring Family Solidarity," American Sociological Review, XVII, No. 6 (December, 1952), pp. 727-33.

with one another, cooperation with one another, concern for the welfare of one another, enjoyment of association with one another, interest in one another, confidence in one another, admiration for one another, and affection for one another. The scale proved to be useful in discriminating by use of a continuum between solidarity of individuals. However, questions on the amount of joint activity of family members correlated almost as highly with indicators of family solidarity as they did with one another.

Brown¹ envisioned interaction in three classifications: person-to-person, person-to-group, and group-to-group. He called the person-to-person type of interaction the primary degree of intimacy, or the closest type of intimacy, wherein all types of associations were dominated by a "we" feeling. The extent of interaction tended to be inversely proportionate to the size of the group, so that in a radial chart the family group was placed at the nucleus, with a spiral progression outward to encompass pals, friends, community, casual acquaintances, and news media.

Read Bain² defined the primary group as one

¹Francis J. Brown, The Sociology of Childhood (New York: Prentice Hall, Inc., 1939), pp. 40-57.

²Read Bain, "Producing Marriagable Personalities," Family, Marriage, and Parenthood, ed. Reuben Hill and Howard Becker (Boston: D. C. Heath and Co., 1955), pp. 185-86.

in which interaction is informal and relationships are long-lasting, personal, and affectionate. They further stated that contacts are face-to-face in this group, and communication depends greatly upon gestures of voice and body. Tradition, private values, and common sense abound.

Homans¹ listed the variables which must be included under the concept of interaction as frequency with which interaction takes place, duration of interaction, and order of interaction, or who originates it and what develops as the chain of events. He defined interaction as both spoken and unspoken communication which may take place when the action of one person sets off the action of another. He further stated that while the activities of a family are dependent upon interaction, the opposite is also true; interaction is dependent upon the activities of a family.

Because the number of family-shared activities is decreasing in the modern family, perhaps those which remain are becoming more essential to family unity. Homans² also mentioned that changes in activities are followed by changes in the sentiments of persons for one another; and, conversely, any changes in the sentiments of persons are followed by a change in the activities through which those

¹George Homans, The Human Group (New York: Harcourt, Brace and World, Inc., 1950), pp. 35-37, 118.

²Ibid.

sentiments are expressed.

Similarly, Stott¹ concluded that as long as there is family interaction, changes will occur in the character of the interaction itself, which is closely bound up with changes within the individuals involved.

The individual and his personality development are intricate parts of the complex interaction process of the family. Bell² mentioned the simple numerical complexity which occurs when the family takes on added interactional relationships with the addition of each child.

Bossard³ elaborated upon this concept through his Law of Family Interaction, which stated that with the addition of each person to the family the number of persons increases in the simplest arithmetical progression in whole numbers, while the number of personal interrelationships with the group increases in the order of triangular numbers. In other words, as he stated in an earlier article,⁴ the basic meaning of the law is that for every increase in the number of family members there is more than a

¹Leland H. Stott, "The Longitudinal Approach to the Study of Family Life," Journal of Home Economics, XLVI, No. 2 (February, 1954), pp. 79-82.

²Robert R. Bell, Marriage and Family Interaction (Homewood, Illinois: The Dorsey Press, Inc., 1963), p. 19.

³James H. S. Bossard, "A Spatial Index for Family Interaction," American Sociological Review, XVI, No. 2 (1961), pp. 243-45.

⁴James H. S. Bossard, "The Law of Family Interaction," American Journal of Sociology, L (January, 1945), pp. 293-94.

corresponding increase in the number of sets of personal interrelationships. The larger the group becomes, the more disproportionate the increase becomes. When this law was applied, it was found that a family with three members had three relationships, while a family with six members had fifteen relationships. Similarly, a family with eight members had twenty-eight relationships.

From other scientific data, evidence emerges that the family is the chief mold of personality. Bossard and Boll¹ listed seven benefits from family interaction gained by the child: (1) a desire for intimate response, or the affectional bond between parent and child, (2) a stage set by the family for the development and utilization of the child's abilities, (3) the function of the family as a child's first audience, (4) living and adjusting to other people, (5) the development of attitudes, (6) the tools for later education, and (7) a knowledge of living habits.

Thorpe² stated that family roles are most frequently assumed within the home and that it is through the activity of normal routines of the household that these rules are carried on.

¹Bossard and Boll, op. cit., pp. 48-55.

²Alice Cutler Thorpe, "Patterns of Family Interaction Within the Home" (unpublished Ph.D. thesis, Michigan State University, 1956), pp. 8-9.

Putney and Middleton¹ stated that family policy is a result of the interaction of family members in small group situations.

In summary, most families exist largely within the boundaries of a set physical space. Here the family must develop unity as a group and its members must develop identity as individuals. Interaction is an inextricable part of this process, for without it the family cannot exist. Through the readings reported here, family interaction emerges as a person-to-person relationship that is long-lasting, affectionate, cooperative, and enjoyable and is filled with tradition and private values. Family interaction is dependent upon the activities of the family for its existence, and in order for activities to exist there must be space to accommodate them. The quality and quantity of housing space might therefore determine many family activities, though such a relation has yet to be clearly formulated.

The eating activity

The activity of eating was selected for study because traditionally it has been the most probable time during the day that family members come together as an

¹Snell Putney and Russell Middleton, "Effect of Husband-Wife Interaction on the Strictness of Attitudes Toward Child Rearing," Marriage and the Family, XXII, No. 2 (May, 1960), p. 171.

interacting unit. Because eating is an activity engaged in daily, it affords the chance for development of family policy, discussion of daily activities, resolution of individual and familial crises, the teaching of social practices, and exposure of the children to age-sex roles.

Bossard¹ maintained that family table talk is an essential part of the process adopted by the family for induction of children into life of society. He categorized this process into three main aspects: the social nature of the family mealtime, table talk as a form of family interaction, and family table talk as the transmission of culture. Because the social nature of the family mealtime is an experience of continuing repetition and holds family members together over an extended period of time, it functions as a distinct aspect of family life. At the table, particularly at dinner, the family is most likely to be at its greatest ease, both physically and psychologically. The act of eating together represents the family in action, focused upon a common interest; and table talk functions as a form of family interaction by giving the individual a chance to learn and clearly define his role while the family functions as an audience, giving and withholding responses. Due to its intimate and repetitive

¹James H. S. Bossard, "Family Table Talk--An Area for Sociological Study," American Sociological Review, Vol. II, No. 3 (1943), pp. 295-301.

nature, the family mealtime often serves as a clearing house for family information, as a substitute classroom, and as a forum and evaluating conference.

Bossard, Boll and Sanger¹ indicated that the family spends much of its group time in the dining room and described four types of eating activities: (1) rushed meetings with a minimum of conversation so that the meal can be finished as soon as possible; (2) family meals characterized by quarreling, wherein the children are scolded or nagged about table manners, the parents quarrel, and there is much criticism of food; (3) family meals which are occasions for the exchange of events and news of the day and in which experiences are shared; and (4) family meals which are ritualistic, characterized by set patterns which make the meal a "private communion."

Snow² worked with the development of a method to use in determining family shared time and the type of activities involved. Families in her study kept records of any activities participated in by two or more family members, including identification of the participating family

¹James H. S. Bossard, Eleanor S. Boll, and Winogene P. Sanger, "Some Neglected Areas in Family Life Study," Readings in Marriage and the Family, ed. Judson T. Landis and Mary G. Landis (New York: Prentice-Hall, Inc., 1952), p. 78.

²Carolyn Baldwin Snow, "A Study in the Development of a Technique for Determining the Amount of Time and Types of Activities which Family Members Share" (unpublished Master's thesis, University of Georgia, 1950), pp. 40, 46.

members, time of day, length of time involved, and type of activity. She found that about 44 percent of family-shared time was spent in eating and that in almost 25 percent of the sample it was the only activity participated in by the entire family. All members of the families studied ate together at least once a week, and the evening meal accounted for almost half of all shared meals.

Thorpe¹ attempted to analyze the amounts and proportions of time spent by various members of the family in shared activities within the home. She utilized a sample of fifty farm families and fifty urban families, each of whom kept a record of the activities of each member during the active hours of the day for a Saturday, a Sunday, and a weekday. On all three days, the only activities participated in as a family by both groups were those of eating and leisure, and of these two, the largest block of time was spent in eating. Although farm families spent a larger proportion of time on all three days eating together than did urban families, both groups spent more time in eating on Saturday than on Sunday, and less time eating together on weekdays. Thorpe theorized that farm families may have spent more time in eating than urban families because of the ritualistic function held by food and eating on the farm.

¹Thorpe, op. cit., pp. 43-44, 51-53.

As has previously been noted, evidence has been found to show that mealtime exerts a marked influence upon the development of children. Another study, conducted by Cohen and Kapneck,¹ was designed to test the relationship of mealtime to development of the personality. Sixty high school seniors in two urban communities were asked to record the number of meals at which all family members were present; any members absent from the meals were identified. Records were kept for a period of seven days. The students were also given the Secondary Series of the California Test of Personality, one section of which dealt with family relationships. A definite relationship was found to exist between the frequency of family-shared meals and the personality scores of the students. As the number of meals shared by the entire family increased, there was also an upward trend in average personality scores. In Community A, those children of families who ate fourteen or more meals together during the seven-day period had an average family adjustment score twenty-six points higher than did those children in families which ate five or less meals together. Community B showed a difference of twenty-three points between the average family adjustment score of those children in families who ate twelve or more meals together and those

¹Barbara Cohen and Joanne Kapneck, "When the Family Meets for Meals," Journal of Home Economics, XL, No. 10 (1948), pp. 577-78.

of families who ate seven or fewer meals together.

Among the aims of a study conducted by Thurow¹ was the investigation of associations between selected family relationships in order to determine closeness of association and in order to study the influence of the presence or absence of these relationships. Her findings showed the eating of meals to be the most commonly shared activity; evening meals were shared by members of more than three-fourths of the 200 families in the study, while morning and noon meals each were shared by members of about one-half of the families. Parental tensions appeared to decrease and the children were more satisfied with their families when more meals were spent together, as well as birthdays and holidays.

In summary, there are indications from previous research² that the activity of eating is an important aspect of interaction, due to its regularity, its repetitive nature, and the opportunity it presents for family members to come together over an extended period of time. The eating activity accounted for the largest block of time that family members spent together. It was a significant factor in personality scores of children and an influence upon

¹Mildred B. Thurow, A Study of Selected Factors Family Life as Described in Autobiographies, Memoir 171, Cornell University Agricultural Experiment Station (Ithaca, New York, 1935), pp. 3, 24, 27.

²It should be noted that all studies cited here are a minimum of 10 years old.

satisfaction or tension of family members. The eating activity also provides the essential initial exposure of children to patterns of society. It follows, then, that the space and items utilized during the process of eating may be involved in the success or failure of the interactive process.

Physical space and furnishings of
the eating area

Housing features and furnishings must be identified, and their relation to family activities established, before any implications concerning their effect upon family and individual development may be drawn. Not until inferences for a wide range of activities are projected can housing theories be developed.

Bossard¹ further expanded his Law of Family Interaction, previously mentioned, to include an interactive space index, which takes into account the number of square feet of floor space in relation to the number of family members. This was accomplished on the assumption that living quarters are related to the stresses, strains, and frustrations of family living. Such variables as sex, age, marital status, occupation of the family members, and stage of the family life cycle were set up for use in this Family Interaction Space Index.

¹Bossard, American Sociological Review, XVI, No. 2, pp. 243-45.

A postulate concerning the effect of space upon families, suggested by Perry,¹ stated that spatial inadequacies were related to an individual's attitude concerning the time his family spends together. Evidence was obtained relating inadequate housing to stress and strain on family members.

McQueen² theorized in his study that bickering should be characteristic of families having too many competing room uses, not only in terms of number of uses, but in terms of incompatible uses as well. While this could be especially significant for those rooms where families most often congregate, McQueen found that his theory was not substantiated by his research. The null hypothesis "there is no difference between marital adjustment and space utilization" was not rejected.

Warner and Lunt³ designated specific spaces where the family spends time as a group. The living room and the dining room are most often used, but of the two, the dining room is more frequently restricted to the intimate participation of the family.

¹Mignon Perry, "Relationships of Space in Housing to Attitudes Toward Family Life" (unpublished Ph.D. thesis, Cornell University, 1958).

²Phil K. McQueen, "Relationships Among Selected Housing, Marital and Familial Characteristics" (unpublished Ph.D. thesis, Florida State University, 1964), pp. 30, 54.

³W. Lloyd Warner and Paul S. Lunt, The Social Life of a Modern Community (New Haven: Yale University Press, 1941), p. 105.

However, Hurley,¹ in studying furnishing and usage patterns and subsequent satisfactions of the families involved, found that presence of a dining room depends greatly upon ability to afford one. A significant relationship existed between the price range of a house and the absence or presence of a dining room; that is, more of the higher-priced houses included dining rooms.

It has been accepted by Agan and Luchsinger² that a separate dining room becomes a matter of social significance, regardless of whether guests are present or absent, for it can make possible increasing bonds between members of the family group. The writers recommended that one or more meals daily be eaten in such an atmosphere.

A dining area in the kitchen, which for a large percentage of Smith's³ sample was in addition to another dining area, was one of the desired features in housing.

Beyer⁴ found that four-fifths of the 603 families

¹Patricia G. Hurley, "The Suburban Living Room: Processes of Furnishing, Patterns of Use and Satisfactions of Families" (unpublished Ph.D. thesis, Florida State University, 1966), p. 78.

²Tessie Agan and Elaine Luchsinger, The House: Principles, Resources, Dynamics (Philadelphia: J. B. Lippincott Co., 1965), p. 93.

³Ruth H. Smith, "Housing Choices as Evidenced by Residential Mobility," Journal of Home Economics, LVII, No. 1 (January, 1965), pp. 39-41.

⁴Beyer, op. cit., p. 24.

interviewed for his study of farm housing preferred eating some meals in the kitchen, while four-fifths also preferred eating some meals in the dining room. In a later study,¹ he set up housing value categories, by means of a questionnaire, which were analyzed socially and psychologically. His sample fell into four groups, three of which were used in his analysis: economic, with emphasis on thrifty use of goods and services; family, with emphasis on strengthening of family relationships; and personal, with emphasis on freedom and independence. When asked where they ate their evening meal, almost 75 percent of the economy group designated the kitchen and 6 percent listed the dining room. Of the family group, the kitchen was mentioned by about 70 percent and the dining room by nearly 13 percent; and of the personal group, 67 percent listed the kitchen and about 20 percent preferred the dining room. Of those who ate in the kitchen, 31 percent liked it very much, 33 percent liked it somewhat, 20 percent were indifferent, and 16 percent were dissatisfied.

In spite of indications that large numbers of families eat in the kitchen, when Montgomery² asked college

¹Ibid.

²James E. Montgomery, The Housing Images of Women College Students, University Research Publication 202 (University Park, Pa.: College of Home Economics, April, 1963), pp. 6, 20.

students what type of eating area they envisioned in their first houses, he found that 76 percent desired a separate dining room, while only 42 percent expected to have one. On the other hand, 15 percent desired a dining room in the living room, but 28 percent expected it to be there. Only 29 percent wanted a dining area in the kitchen, while 47 percent expected it to be there. This indicated that a separate dining room was viewed as most desirable by college students, followed by a kitchen-dining arrangement and a living-dining arrangement. However, expectations that these areas would exist in their first houses were considerably lower than were the desires. The study was conducted to determine the extensiveness of influence of geographic location upon housing desires and expectations and to identify factors affecting students' ideas concerning housing.

Lack of adequate living space is frequently a problem of young families. In reference to stage of the family life cycle, Campbell¹ mentioned that families with small eating areas generally had younger children than did those families with larger eating areas.

However, although lack of adequate space is a commonly expressed problem, another aspect emerging from

¹Catherine McLean Campbell, "An Evaluation Study of the Dining Area in Thirty Families" (unpublished Master's thesis, University of North Carolina, 1950), p. 73.

Niemi's¹ study was lack of two or more eating areas. She noted that dissatisfaction was voiced concerning meal service locations by those families having eating space only in the kitchen and by those families who had a dining room but were lacking kitchen serving space. Within specific areas, an average seating space for 6.38 persons in the kitchen existed, while space for 7.4 persons was desired; an average seating space for 5.57 persons existed in the dining room, though an average seating capacity for 11.4 persons was preferred.

The location of meal service was found to be related to socio-economic status. Hurley² stated that as socio-economic status increased, family meals were served less frequently in the living room or living-dining area. Almost half of the high socio-economic group indicated that they never or almost never served meals in the living area.

With a closer look at the eating area, furnishings are generally found to be more significantly related to various aspects of housing than to family life. In a study conducted by Campbell,³ the type of dining table was more

¹Tyyni Miriam Niemi, "Present Practices and Activities of 84 Ohio Families and Factors Affecting Their Housing Preferences" (unpublished Master's thesis, Ohio State University, 1949), pp. 148, 78, 149.

²Hurley, op. cit., p. 75.

³Campbell, op. cit., pp. 15, 19-20.

closely related to size of the dining area than to size of the family. The possession of buffets and china closets varied directly with the size of the dining area; but the number of dining chairs kept in the dining area varied with family size, rather than with size of the dining area. However, in general it would appear that the numbers of pieces and types of furnishings used by families were influenced more by the available floor space than by individual preferences or family size.

Little¹ examined furnishings owned by families in various stages of the family life cycle in order to gain information pertaining to the type of item, how it was acquired, and what values were held important by families in the furnishing of sleeping, living, and dining rooms. A total of 1005 items of furniture was listed for the dining area by thirty-two families. Some families had more than one dining table and more than one set of chairs, while over two-thirds of the families had enough tables and chairs to accommodate family and guests. Adequacy of the furnishings increased as the level of living increased; thus, there was a decrease in the percentage of the minimum amount of furniture as the size of the house increased.

¹Lillie Bradshaw Little, "House Furnishing Practices as They Relate to the Family Life Cycle and Certain Selected Factors" (unpublished Master's thesis, University of North Carolina at Greensboro, 1965), p. 53.

There was no significant association between adequacy of furnishings in the dining area and the stage of the family life cycle. Also, there was no significant association between adequacy of furnishings and size of the family. There was, however, a close relationship between adequacy of furnishings and home ownership.

McCray¹ conducted a study to learn whether housing features and furnishings were perceived by mothers to be related to family-shared mealtime. Purposes of the study were: (1) to establish mothers' preferences concerning family-shared mealtime, (2) to establish the housing features and furnishings mothers perceived to be related to family-shared mealtime, and (3) to establish the housing features and furnishings which appeared to be related to mothers' preferences regarding family-shared mealtime. The sample consisted of thirty mothers of families with pre-school children attending the Michigan State University Pre-school Laboratory.

Findings indicated that twenty-eight of the thirty respondents said they preferred that their families eat together and did eat together, while two of the thirty respondents said they did not prefer that their families

¹Jacquelyn W. McCray, "Housing Features and Furnishings Perceived by Mothers to Aid or Impede Family-Shared Mealtime" (Master's thesis in progress, Department of Textiles, Clothing, and Related Arts, Michigan State University).

share mealtime, though they did eat together. However, the respondents' statements indicating that their families did eat together were not substantiated by further questioning. When asked to identify family members who ate together during each meal, only two mothers indicated that all family members ate together in the morning, one that they did so at mid-day, and one that they did so in the evening. Mothers apparently felt that the phrase "eating together" did not mean that all family members were required to be present, or they did not correctly interpret the question.

When asked why the mealtime procedure had evolved as it did, those respondents who preferred eating together listed "occupation" as the primary reason, while those who did not prefer eating together mentioned "occupation" and "other activities of the family." Similarly, those who preferred eating together shared more meals with their husbands.

When asked which features and furnishings aided or impeded family-shared mealtime, it was found that respondents were aware of more features that impeded family mealtime than they were of furnishings which were impediments. However, mothers were more aware of those features and furnishings which aided family-shared mealtime than of the features which impeded it.

While no tests of significance were administered to the data, McCray observed that one housing feature and

one housing furnishing were more often mentioned than others. Furniture arrangement was perceived by twelve respondents as an aid to mealtime and by twelve respondents as an impediment; in other words, a total of twenty-four out of thirty respondents mentioned furniture arrangement. An outdoor grill was mentioned a total of twenty times as aiding mealtime but was not mentioned as an impediment. McCray reported that the mothers who preferred eating together were aware of more forces that made eating together difficult; the most frequently noted difficulty was inadequate accommodations, which was mentioned by nineteen of the respondents.

A summary of literature dealing with the physical space and furnishings of the eating area shows that Niemi, Beyer, Smith, and Hurley indicated that families desired a separate dining area, while Montgomery found that 76 percent of the college students interviewed also desired separate dining areas in their first homes. However, Hurley found a significant relation between a separate dining area and price of the house. This would pose the possibility that families might not be able to eat in the way they wish if they cannot afford the desired space. Because furnishings are related to size of the eating area, and size of the eating area is related to level of living, Campbell and Little found that these factors might also affect the way families eat. McQueen isolated one such effect; too

many room uses, an aspect of housing also related to the size of space, was found to influence family relations.

Summary

Conclusions from this review of literature would support research to determine the relation of housing features and furnishings to family activities. Several questions may be posed: (1) If interaction is dependent upon activities, what space accommodations must be present for the activities to be accomplished? (2) Is there any measurable association between housing features and furnishings and family relations? and (3) If the activity of eating is still that time when families are most often together, what happens to those families who do not have an adequate eating area for their family size and needs?

Objectives

The objectives of this study were:

1. To identify family eating patterns according to whether a family almost never ate together, sometimes ate together, or almost always ate together.¹
2. To identify housing features associated with family eating patterns according to whether a family almost never ate together, sometimes ate together, or almost

¹A detailed explanation of family eating patterns is found in "Definition of Terms Used," p. 29.

always ate together.

3. To identify housing furnishings associated with family eating patterns according to whether a family almost never ate together, sometimes ate together, or almost always ate together.

Hypotheses

In order to attain the objectives of this study, the following hypotheses were established:

- I. There are significant differences in housing features associated with eating among families who almost never eat together, those who sometimes eat together, and those who almost always eat together.
- II. There are significant differences in housing furnishings associated with eating among families who almost never eat together, those who sometimes eat together, and those who almost always eat together.

Definition of the Terms Used

For the purpose of this study the following operational definitions were employed:

1. Professional-managerial families: Terminology used to describe more specifically the sample in this study. Kahl, in his description of the upper-middle class, defined its members as "college-educated, prosperous people who are technicians, professionals, managers,

and businessmen."¹

2. Families who eat together: All family members living at home and eating together. (Exception: Those members physically or mentally unable to eat with the family.)
3. Family eating patterns (according to the mother's best ability to recall):
 - a. Eating Pattern I: Families who almost never eat together--those who eat together between one-third and two-thirds of the time, or seven or fewer meals per week.
 - b. Eating Pattern II: Families who sometimes eat together--those who eat together between one-third and two-thirds of the time, or eight through fourteen meals per week.
 - c. Eating Pattern III: Families who almost always eat together--those who eat together over two-thirds of the time, or fifteen or more meals per week.
4. Housing features: Structural or relatively permanent parts of the food preparation area or of the area where the family eats most often.
5. Housing furnishings: Movable items associated with serving, storage, and food preparation as well as

¹Joseph A. Kahl, The American Class Structure (New York: Rinehart and Company, Inc., 1957), p. 193.

eating, clean-up and entertaining.

6. Eating area: Any part of the house or yard where food is normally eaten by the family.

Limitations of the Research

1. Two paid interviewers aided the researcher with collection of the data, and all of the interviewers had received only limited experience in interviewing. It was possible that personal biases could have influenced these interviewers in their condition ratings of the features in the food preparation area and in the eating area. Ideally, one experienced interviewer would have been preferable in order to make the ratings more consistent from interview to interview.

2. The sample was not randomly selected, which prevents making generalizations to a population. However, because the major aim of the study was to identify housing variables, the researcher felt that a randomly selected sample was not of prime importance.

3. Because of the small size of the sample, producing in turn small cells in the patterns of eating, some differences which would emerge with a larger sample may have been obscured.

4. All thirty families in the sample had fathers living at home, though no attempt was made to control this variable. Therefore, it was impossible to discern whether families without fathers had different patterns of eating

than did families with fathers. However, because identification of possible housing variables associated with patterns of eating was the basic objective, the relation of patterns of eating to varying family compositions is left to future studies.

CHAPTER II

PROCEDURE OF THE INVESTIGATION

Design of the Study

For the purposes of this study it was decided to obtain data from mothers of families with no children above elementary school level living at home. The families were classified as professional-managerial. To obtain this classification income, education, occupation, and housing were employed as controls. Families were required to meet any three of the following criteria: (1) a minimum annual income of \$7500, (2) a minimum of some college education for the head of the family, (3) professional or managerial occupation for the head of the family, or (4) residence in "single-family homes in the suburbs,"¹ which were of sound structure, well maintained, and in a "respectable" neighborhood. Residence was judged visually by the interviewer at the time of the interview.

The study was limited to families with children of elementary school age or younger, because the researcher believed that patterns of living alter greatly as

¹Kahl, op. cit., p. 194.

children become involved in the activities of teenagers. If, however, there were older children who were no longer living at home, the activities of members still in the home were thought to be characteristic of a family primarily in the early stages of the family cycle.

No attempt was made to interview only those families with the father living at home, since future studies of families in other socio-economic levels were planned. To adhere to such a strenuous criterion might make gaining a sample extremely difficult in other socio-economic levels.

Development of the Interview Schedule

This study was one in a series conducted as part of a master project of the Agricultural Experiment Station, Michigan State University.¹ McCray² conducted a pilot study to determine whether housing features and furnishings were perceived by mothers to be related to family-shared mealtime. Following, in sequence, were studies by Ruth, Hussey,³ and Pletcher,⁴ dealing with selected housing

¹L. Gertrude Nygren, research in progress concerning housing features and furnishings in relation to family activities (Agricultural Experiment Station, Michigan State University), Research Project No. 71-6854.

²McCray, op. cit.

³Mary Hussey, "The Relation Between Housing Features and Furnishings and Family Eating Patterns in Assisted Families" (unpublished Master's thesis, Department of Textiles, Clothing, and Related Arts, Michigan State University, 1967).

⁴Janice M. Pletcher, "Relation of Mothers' Preferences

features and furnishings and their relation to eating patterns of professional-managerial families, selected housing features and furnishings and their relation to eating patterns of assisted families, and selected housing features and furnishings as related to mothers' value and preference statements concerning family-shared mealtime, respectively.

The interview schedule developed for this research was an outgrowth of the schedule used by McCray¹ in her pilot study. She reported that responses to some of her questions might have been too gross to describe accurately the mealtime activity of the family, and others were too subjective to be reliable. In an effort to reduce grossness and subjectivity, the schedule was revised to become narrower in scope and more specific in information requested than it had been in the pilot study. McCray was concerned with preparation, eating, and clean-up under the heading of shared mealtime activity; the present study dealt only with the activity of eating, thus deleting many of the questions in McCray's schedule. Other questions were incorporated into an expanded time-and-place schedule of eating activities, while those concerned with the importance

About Families Eating Together to Family Eating Patterns and Selected Features and Furnishings" (Master's thesis in progress, Department of Textiles, Clothing, and Related Arts, Michigan State University).

¹McCray, op. cit.

assigned to the mealtime activity were handled in a separate study on the mothers' preferences. Also, an itemized inventory of furnishings related to the eating activity was compiled, rather than depending upon the respondent to think of items she felt aided or impeded the mealtime activity. Demographic data were placed at the beginning of the schedule rather than at the end, in order to obtain information needed in determining whether to proceed with the interview. McCray's phrase, "family-shared mealtime," was abandoned in favor of "the activity of eating," to accommodate the narrower scope of the study. Also, the word "meal" was avoided throughout the schedule in the event that it might imply eating together and eating at a regular time to the respondent. The schedule was planned so that interview time could be kept under one hour.

The instrument was administered in three parts:

Part A. The background information contained demographic data, the nature of family eating patterns, and other factors describing family eating situations (see Appendix A, pp. 100-112).

The demographic data consisted of personal information concerning mother, father, and children, as well as questions on income and status of home ownership. The respondent was asked questions such as whether she worked for pay and if so, what type of work she did; the number of working hours per week; amount of education; age; and

marital status. If the mother was currently married, she was asked to supply information concerning her husband's work, education, and age. The number, ages, and sex of the children were recorded. Although it had generally been established at the time of the telephone appointment that there were no children above elementary school level living in the home, a question on that topic was included to serve as a double check. If other persons in addition to the nuclear family lived in the home, this information was also noted on the schedule.

The three patterns of eating were established by definition. In order to assign a numerical range of meals to each eating pattern, a theoretical twenty-one meals per week, assuming that a family normally eats three meals per day, was evenly divided among the three patterns of eating. Thus, families who almost never ate together shared between zero and seven meals per week, families who sometimes ate together shared from eight to fourteen meals per week, and families who almost always ate together shared fifteen or more meals per week. This division made it possible for a family to miss eating as many as six meals per week together and still be categorized as a family who almost always eats together. Such an arrangement took into account school and work days when the school-age children and father might eat away from home during the middle of the day.

Each family was classified in one of the three

patterns of eating by the mother's best ability to recall a typical weekday during the school year and a typical Sunday during the school year for her family. Those days during the summer months were not investigated, due to a possible high degree of irregularity in the family's schedule of activities. Saturday was not used as a representative weekend day because it is a workday for some families; Sunday was thought to be a day with a more consistent pattern of weekend activities for a larger number of families.

The mother was asked if her family ate together during the morning, during the middle of the day, and during the evening on a typical weekday during the school year. The question was repeated for Sunday. She was also asked to identify the time and place of eating for each period of the day for which she had indicated that her family ate together. If she stated that her family had not eaten together at certain periods of the day, there was no attempt to establish eating time and place for each individual. Rather, the respondent was asked if each individual had a regular time and place for eating, in order to determine whether individuals had any regularity of eating habits.

The controlling variable employed in the analysis of all data was a question asking the respondent to calculate the average number of meals her family ate together during a typical week. This question served as a check on the eating schedule previously completed. If any discrepancy

appeared between number of meals eaten together, as recorded on the eating schedule, and the respondent's estimate, the interviewer then called her attention to it and aided her in resolving the discrepancy by revising the estimate or recalculating the eating schedule.

Other factors describing family eating situations were covered by questions asking why the family ate as it did in the morning, in the middle of the day, and in the evening on a typical weekday and Sunday. Whether the family spent any time together other than at meals was established.

An investigation was made concerning the presence or absence of mealtime interruptions and measures taken to control them.

Part B. Questions concerning values and preferences relating to the eating activity were developed; the data were collected as part of the interviews and will be utilized in a future study (see Appendix A, pp. 114-124).

Part C. The final section of the interview schedule consisted of a survey of housing features and furnishings related to the activity of eating. It included a rating of condition of features in the food preparation area, a rating of condition of features in the area where food was most often eaten, and an inventory of furnishings most often associated with eating (see Appendix A, pp. 126-136).

The scale for condition ratings of features in both the food preparation area and the area where food was eaten most frequently was developed from a "Housing Quality Measuring Scale"¹ and a Michigan Agricultural Extension Service Bulletin, "Check Your Kitchen."² While the general structure and many of the categories of the Measuring Scale were incorporated into the condition ratings, they were not set up on a similar numerical scoring system but rather on a scale of "non-functional," "partially functional," and "functional" features. No attempt was made to score these ratings numerically.

However, "zero," "one," and "two" were used to represent the three types of ratings. "Zero" indicated "non-functional," or lack of an item, poor condition, poor placement, constant maintenance required, or inability to function; "one" indicated "partially functional," or easily repaired conditions, satisfactory placement, some maintenance required, or incorrect function of an item; and "two" indicated "functional," or good condition, good placement, little maintenance required, or correct functioning of an item.

¹Annette J. Schaeffer and Carlton M. Edwards, "A Housing Quality Measuring Scale," Michigan State University, 1966, Appendix B, pp. 16-26.

²"Check Your Kitchen," Michigan Agricultural Extension Service Bulletin, Michigan State University (February, 1966).

The respondent was asked if she would object to the interviewer viewing the food preparation area and the eating area so that they could be rated. This procedure was adopted in view of the fact that any bias shown by the interviewer was more likely to be consistent throughout the gathering of data than would be biases of individual respondents. It also aided in expediting the interview. If, however, the respondent was reluctant to exhibit those areas of her home the questions were to be asked of her. There was no respondent who objected.

The area used for preparation of food was investigated on the assumption that families are not inclined or are less inclined toward eating together if there are no functioning features with which to prepare a sufficient quantity of food, or if features make the preparation of food difficult. The presence of a sink, refrigerator, range, freezer, and dishwasher was investigated. Such items as counter space, storage space, handling of garbage, arrangement of the work center and traffic patterns, and condition of walls, ceiling, and floors also were rated.

Locations of areas where the family ate together, which had been previously identified in the eating schedule, were established. For expediency, the area most often used for eating was rated for condition. This area was confirmed by the respondent at the time the features were rated. Condition and maintenance of walls, ceilings, and

floors; condition and maintenance of tables and chairs; condition of windows, doors, and storage; type of air circulation; heating; artificial and natural light; and orientation of the eating area were rated, as well as privacy of the eating area; number of individuals at the table; convenience of the seating arrangement; and space at the table. Various possible eating arrangements were sketched on the interview schedule, and the one corresponding most closely with the respondent's seating arrangement was indicated.

An estimate of space, in terms of feet and inches, was not specifically included in the interview schedule but was implied in various condition ratings, such as the convenience of the seating arrangement and the amount of space at the table. The researcher felt that a measure of floor space would be meaningless without an accompanying sketch of the floor plan. However, such a sketch was not employed in an effort to shorten interview time; also, such a procedure could be threatening to socio-economic classes used in future studies.

If the family never ate together or if no specific eating area could be identified, the condition ratings of the eating area were omitted.

The inventory consisted of seventy-one furnishings, categorized as "Items Associated with Eating," including dishes, flatware, glasses, tables, and chairs; "Items

Associated with Serving," including serving dishes and table linens; "Items Associated with Storage"; "Items Associated with Preparation," such as small electrical cooking equipment, small electrical food preparation equipment, and non-electrical cooking equipment; "Items Associated with Cleaning"; "Items Associated with Entertainment"; and "Accessory Furnishings." This approach was adopted in lieu of McCray's method of asking the respondent what furnishings she perceived as aiding or impeding family-shared mealtime, after she theorized that mothers might not be able to think of furnishings related to family-shared mealtime.¹ Some items which did not appear to be related to the activity of eating, such as an electric ice chopper, were omitted intentionally.

Each item was read to the respondent and checked, according to her response, in the appropriate column. The columns were headed: (1) "I have the item and use it," (2) "I have the item and don't use it," (3) "I don't have enough of the item and would like more," (4) "I don't have the item but want it," and (5) "I don't have the item and don't want it."² The five categories were developed in

¹McCray, op. cit.

²Response categories were used in abbreviated form in the interview schedule (see Appendix A, pp. 133-136), but will be referred to in their full form throughout the text.

order to give the respondent a choice of answers so that she would more accurately be able to express her feelings about each item. No attempt was made to gain a number count of each item. So long as the respondent had, in her estimation, an adequate amount to meet the demands of her family and used the item, it was checked in the first column. The utilization of categories was another departure from McCray's study.¹ However, since the objectives of this study did not include mother's preferences, the mother's estimation of furnishings aiding or impeding family shared mealtime was not relevant.

To the knowledge of the writer there is no instrument available which measures housing features and furnishings possessed by families without becoming involved in a detailed inventory research procedure which involves time and expense and is monotonous to the respondent. In this study, much attention was given to the reduction of the inventory from an item-by-item count to one which swiftly and efficiently rated features in terms of adequacy and categorized furnishings in terms of need and usage.

Pretesting the Interview Schedule

Prior to the collection of data, a pretest was administered to twelve mothers in families with children of various ages. The purposes of the pretest were to check

¹McCray, op. cit.

for clarity of the questions and thoroughness of the schedule in gaining desired information, and to give the interviewers practice in reading the schedule to the respondent.

Several changes in the schedule resulted. Introductory statements were included at the beginning of the schedule and at the beginning of each major section. The vocabulary was simplified still further to include a more colloquial wording. Some questions were thought to be unnecessary to the objectives of the study or were redundant and were therefore eliminated, while others were combined. In the inventory section the category, "I don't have enough of the item and would like more" was added as a parallel to the category, "I don't have the item but want it."

Selection of the Sample

Criteria of the sample

The total population consisted of thirty mothers from professional-managerial families in the Lansing, Michigan, area. Of professional-managerial families, referred to as the upper-middle class by Kahl, he stated:

The upper-middle class is close to, but not at the top of the system. . . . They are the active people who are the leaders of the American work world. They are trained specialists in business and professional pursuits who make the daily decisions that guide the work of the little people. Upper-middle-class people do not have jobs, but occupy positions; they do not work, they pursue careers.¹

¹Kahl, op. cit.

Respondents were selected according to four criteria--income, education, occupation, and housing--three of which they were required to meet. They were all mothers with children of elementary school age or younger. This limitation was set with the feeling that a family's activities are often guided by those of the children, and as children become adolescents they engage in many additional activities outside the home.

Due to the design of the study, no attempt was made to select a random sample. Subjects who were willing to cooperate and who met the criteria for the sample were utilized.

Locating the sample population

In order to obtain a sample of thirty, a local chapter of the American Association of University Women was contacted for names of members likely to have children of elementary school age or younger; a list of nine names was obtained. Each woman was then contacted by telephone. The source through which her name had been obtained, the objectives of the study, and the general type of interview were explained to her. If she met the criteria and was willing to cooperate, an appointment was made. Upon completion of each interview the respondent was asked if she had acquaintances who would meet the criteria and who might be willing to cooperate. These individuals were then contacted by telephone and engaged in a similar conversation.

In order to secure a sample population of thirty, thirty-four interviews were conducted. Four early interviews were discarded when they failed to meet the criteria, apparently because the paid interviewer did not completely understand the criteria at that time. No subject refused to cooperate.

Collection of the Data

The data were collected by personal interview with each respondent during June and July of 1967. Two paid interviewers aided in the collection of the data. Each interview was approximately fifty minutes in length and was administered in the home of the respondent. With the exception of the condition ratings of the food preparation area and the eating area, the questions were read to the subject by the interviewer and her responses were recorded. The food preparation area and the eating area were rated by the interviewer.

Statistical Analysis of the Data

Data for analysis consisted of responses to thirty interviews. The schedule had been precoded at the time of its development, in preparation for machine computation.

Three types of statistical tests were chosen for analysis of the data--chi square, analysis of variance, and Kruskal-Wallis One-Way Analysis of Variance by Ranks. Chi square statistics were computed for the frequencies

of families in each of the three patterns of eating, and that segment of Part C of the interview schedule dealing with the condition ratings of the food preparation area and the eating area. Chi square statistics were also applied to frequencies in the patterns of eating and Part A of the interview schedule, encompassing the demographic data, the nature of family eating patterns, and other factors describing family eating situations.

Six variables were exempted from the chi square test of significance. Items fifteen, thirty-eight, and forty were questions investigating mothers' preferences and will be incorporated into a future study. The number of children, the mean age of the children, and the number of people seated at the table (items fifteen, sixteen, and the seating arrangement for most meals), because of their interval data characteristics, were calculated in relation to the three patterns of eating by analysis of variance.

Kruskal-Wallis One-Way Analysis of Variance by Ranks was employed to obtain evidence of relationships between the three patterns of eating and the furnishings inventory (Part C of the schedule). In order to compute the test on each major category of furnishings, such as "Items Associated with Eating," the number of checks in each of the five response columns was totaled and Kruskal-Wallis computed for each response under each furnishing

category.

Because Yates' correction for small frequencies was not available on the computer program, a more stringent level of significance was applied to the data. The level of significance was set at .02. Although .05 level of significance was recorded, it is to be interpreted with caution.

CHAPTER III

FINDINGS AND DISCUSSION

Findings

The sample consisted of thirty mothers of families who met the criteria for the study, based upon education level of those children living at home, occupation and education of the head of the family, housing, and income. All the respondents resided in Lansing, Michigan, and surrounding suburban areas.

Families were classified in three patterns of eating according to the mother's responses to questions establishing the eating schedule of her family and according to the control variable asking for her calculation of the average number of meals her family ate together during a typical week. Any discrepancies which appeared between the mother's estimate of the number of meals eaten together per week and the number of meals eaten together as recorded in the eating schedule were resolved before continuing with the interview.

Of the thirty families interviewed, three were classified in Eating Pattern I, or families who almost never ate together. These families ate seven or fewer meals together during the course of a week. Eating Pattern

II, families who sometimes ate together, or seven to fourteen shared meals, totaled ten families, while Eating Pattern III, families who almost always ate together, or fifteen to twenty-one shared meals, totaled seventeen families.

	<u>Eating</u> <u>Pattern I</u> Families Who Almost Never Ate Together	<u>Eating</u> <u>Pattern II</u> Families Who Sometimes Ate Together	<u>Eating</u> <u>Pattern III</u> Families Who Almost Always Ate Together	Total
Number of families	3	10	17	30

Demographic data were subjected to tests of significance in an effort to learn whether these factors appeared to be related to any of the three patterns of eating. None of the demographic variables was found by chi square or analysis of variance to be significantly related to any of the three patterns of eating. These data were therefore reported by frequency or mean, in order to describe the sample.

Of the thirty mothers who participated in the study, twelve placed their ages in the twenties and eighteen in the thirties. An education level of high school had been attained by three respondents and some college or an undergraduate degree by twenty-seven respondents. Four of the respondents reported that they worked for pay, three of them in a professional capacity and one as unskilled labor. Of the four working mothers, the three employed in a professional capacity worked ten or less hours per week, while the respondent engaged in unskilled labor worked between

eleven and twenty hours per week. None of the employed respondents worked shifts. When asked if they did any volunteer work, eleven of the mothers responded affirmatively and nineteen negatively.

All of the respondents were married, and all of their spouses held professional or managerial positions; no spouse worked shifts. Age categories of the husbands were recorded as: six husbands in the twenties, nineteen in the thirties, and five in the forties. Data on education revealed one spouse with an elementary school education, eleven with some college or an undergraduate degree, and eighteen holding advanced degrees.

Total number of children in the families interviewed was seventy, thirty-seven males and thirty-three females. Mean number of children per family was computed as 2.33, while mean age of the children was found to be 4.59. All of the children, in accordance with the criteria for the study, were elementary school age or younger.

In an effort to learn whether persons outside the nuclear family might influence family eating patterns, a question was included which asked if there were any other people living with the family in the home. No attempt was made to establish the relationship of that person to the family members. No persons living with the families were reported.

Families ranged in reported income from less than

\$7500 to over \$20,000. The family with an income of less than \$7500 was categorized in the \$2000 to \$4999 range, because the husband worked only half-time while completing his advanced degree. One respondent refused to divulge her family income. Twenty-eight families owned their homes, and the remaining two rented unfurnished houses.

Description of the eating patterns

The data identifying whether families ate together, where they ate, and what time they ate, was used to confirm the definition previously set for the eating patterns. These data were presented as tables of general characteristics through frequencies and ranges.

The respondent was asked if her family ate together in the morning, in the middle of the day, and in the evening on an ordinary day during the school year. For each affirmative reply she was asked to identify the usual time and place where the meal occurred. Identical questions were then asked of her for an ordinary Sunday during the school year.

Findings indicated that twenty-two families ate together in the morning, four ate together during the middle of the day, and twenty-seven ate together during the evening on an ordinary weekday during the school year (see Table 1). The range of time for all responses was 6:30 a.m. to 8:00 a.m. in the morning, 11:30 a.m. to 12:00 noon during the middle of the day, and 5:30 p.m. to 7:00 p.m. in

Table 1. Characteristics of family-shared meals on an ordinary weekday during the school year

Characteristics of Family-Shared Meals on an Ordinary Weekday	Morning N=22	Middle of the Day N=4	Evening N=27
Number of Meals Eaten Together	22	4	27
Range of Time for All Responses	6:30-8:00	11:30-12:00	5:30-7:00
Number of Times Rooms Were Mentioned			
Kitchen	15	2	16
Dining Room	5	1	7
Family Room	2	1	3
Place Varies	-	-	1

the evening. The kitchen was identified as the general eating area a total of fifteen times in the morning, two times during the middle of the day, and sixteen times in the evening, while the dining room was mentioned five times in the morning, one time during the middle of the day, and seven times in the evening, and the family room was referred to two, one, and three times, respectively. One respondent said that the place for her family's evening meal varied too much to be positively identified.

Of those families who ate together on an ordinary Sunday during the school year, twenty-three ate together in the morning, twenty-eight ate together during the middle of the day, and twenty-seven ate together in the evening (see Table 2). The range of time for all responses was 7:30 a.m. to 9:30 a.m. in the morning, 11:30 a.m. to

Table 2. Characteristics of family-shared meals on an ordinary Sunday during the school year

Characteristics of Family-Shared Meals on Sunday	Morning N=23	Middle of the Day N=28	Evening N=27
Number of Meals Eaten Together	23	28	27
Range of Time for All Responses	7:30-9:30	11:30-4:00	5:30-7:00
Number of Times Rooms Were Mentioned			
Kitchen	13	13	11
Dining Room	4	11	7
Family Room	5	3	5
Living Room	-	-	1
Place Varies	1	1	3

4:00 p.m. during mid-day, and 5:30 p.m. to 7:00 p.m. in the evening. The area generally used for eating was identified as the kitchen thirteen times in the morning, thirteen times during the middle of the day, and eleven times in the evening, while the dining room was mentioned four, eleven, and seven times, the family room was mentioned five, three, and five times, and the living room was referred to zero, zero, and one time, respectively. The eating place varied too much to be positively identified for one family in the morning, one family during mid-day, and three families in the evening.

If the family did not eat together at some time during the day, the respondent was then asked if all the individuals in her family had a usual time and a usual place

for eating. No attempt was made to identify further the time and place.

Eight respondents indicated that their families did not eat together in the morning, twenty-six during the middle of the day, and three in the evening on an ordinary weekday during the school year (see Table 3). Of those

Table 3. Characteristics of individual eating habits on an ordinary weekday during the school year

Characteristics of Individual Eating Habits	Morning N=8	Middle of the Day N=26	Evening N=3
Time			
All individuals eat at a usual time	5	23	2
All individuals do not eat at a usual time	1	1	-
Some individuals eat at a usual time	2	2	1
Place			
All individuals eat in a usual place	8	24	2
All individuals do not eat in a usual place	-	1	-
Some individuals eat in a usual place	-	1	1

families not eating together in the morning, five stated that their family members ate at a usual time, one that her family members did not eat at a usual time, and two that some family members ate at a usual time. Twenty-three respondents indicated that their family members ate at a usual time during the middle of the day, one that they did

not, and two that some of them did, while in the evening two mentioned that their family members ate at a usual time and one said that some ate at a usual time.

In the morning the individuals of all eight families not eating together ate in a usual place, and of the twenty-six families not eating together during the middle of the day, twenty-four indicated that individuals ate in a usual place, one that they did not eat in a usual place, and one that some of them ate in a usual place (see Table 3). Two families not eating together in the evening identified a usual eating place for the individuals and one indicated that some family members had a usual eating place.

The same information was obtained from the respondents concerning eating patterns of individual family members for an ordinary Sunday during the school year (see Table 4). Of those families not eating together in the morning, three indicated that individuals ate at a usual time, three that they did not, and one that some of them did. During the middle of the day, one respondent said that her family members did not eat at a usual time, and one stated that some of them did, while in the evening two mentioned that family members did not eat at a usual time and one that some of them did.

Four families indicated that all individuals ate in a usual place in the morning, two that they did not, and one that some of them did, while one indicated that

Table 4. Characteristics of individual eating habits on an ordinary Sunday during the school year

Characteristics of Individual Eating Habits	Morning N=7	Middle of the Day N=2	Evening N=3
Time			
All individuals eat at a usual time	3	-	-
All individuals do not eat at a usual time	3	1	2
Some individuals eat at a usual time	1	1	1
Place			
All individuals eat in a usual place	4	1	-
All individuals do not eat in a usual place	2	-	2
Some individuals eat in a usual place	1	1	1

all individuals ate in a usual place during the middle of the day and one that some family members did (see Table 4). Likewise, two families indicated that members did not eat in a usual place in the evening, and one indicated that some of them did.

In other words, for both weekday and Sunday mornings responses appeared to be distributed among a usual time for all individuals to eat, no usual time for individuals to eat, and a usual time for some individuals to eat. Responses were likewise distributed for eating place on a Sunday morning, but on the weekday morning all individuals apparently ate in a usual place. The large majority of individuals eating at noontime on weekdays had a

usual time and place for eating, though this was not so at Sunday noontime. Finally, responses to characteristics of individual eating habits on weekday and Sunday evenings revealed no distinct patterning.

All thirty of the respondents were asked what they thought to be the primary reason that their families ate as they did in the morning, during the middle of the day, and in the evening on weekdays and on Sundays (see Tables 5 and 6).

The reason most frequently mentioned for weekdays was "schedule of daily activities," followed by the reason "everyone is home." Likewise, "schedule of Sunday activities" appeared as the reason most often mentioned for Sundays, followed by "we felt like it." Reasons relating to housing features and furnishings were mentioned only once, when one mother noted that her eating area was too small.

Respondents were asked if, when their families ate together, they stayed together until everyone was finished eating, on the supposition that families who stayed together until the end of the meal would be the families who almost always ate together. No significant relationship was established by chi square. Of the thirty respondents, eighteen replied that their families stayed together until everyone was finished eating, eleven said that their families did not stay together, and one was undecided.

Likewise, the variable seeking to establish

Table 5. Reasons given by respondents for family weekday eating activities

Reasons for Family Weekday Eating Activities	Morning N=30	Middle of the Day N=30	Evening N=30	Total
Always have done it this way; tradition	2	1	2	5
Schedule of daily activities	16	22	3	41
Convenience	5	5	3	13
We felt like it	2	-	8	10
Everyone is home	5	1	13	19
Eating area too small	-	-	1	1
Other reasons	-	1	-	1

Table 6. Reasons given by respondents for family Sunday eating activities

Reasons for Family Sunday Eating Activities	Morning N=30	Middle of the Day N=30	Evening N=30	Total
Always have done it this way; tradition	2	7	3	12
Schedule of Sunday activities	12	10	3	25
Everyone is home on Sunday	6	5	7	18
Convenience	3	3	6	12
We felt like it	6	4	9	19
Other reasons	2	-	1	3
No reply	-	-	1	1

relationship between family eating patterns and similarity to the mother's childhood eating patterns proved to be non-significant. Thirteen of the respondents replied that their childhood eating patterns differed from their family's eating patterns, and seventeen replied that they did not differ.

When asked if there were periods other than mealtime when their families spent time together, twenty-nine of the respondents answered affirmatively and only one responded negatively.

A question referring to interruptions during mealtime was also examined in relation to family eating patterns and was found to be non-significant. Of the thirty respondents, nine replied that interruptions made it hard to keep the family together while eating, and twenty-one replied that interruptions did not interfere with keeping the family together. Of those families bothered by interruptions, five mothers felt that they had done nothing to stop interruptions, three felt that they had, and one was undecided, while of the families not bothered by interruptions, nine mothers stated that they never had them, nine stated that they had done something to stop them, and three replied that interruptions were present but did not bother them.

Housing features and furnishings associated with mealtime

Data employed to measure the two hypotheses seeking the relation of housing features and housing furnishings

to the three patterns of eating were collected in Part C of the interview schedule. The data were divided into three sections for ease of handling. The condition ratings of housing features in the food preparation area and the condition ratings of housing features in the eating area were tested for relationships to the three patterns of eating by the chi square test of significance, while the inventory of furnishings associated with mealtime was tested for relationships to the three patterns of eating by the Kruskal-Wallis One-Way Analysis of Variance by Ranks.

Each of the thirteen items in the food preparation area was rated for the thirty respondents, thus offering a possible 390 ratings. Of the 390 ratings, 308 were listed as "functional" ratings, forty-eight were given "partially functional" ratings, and thirty-four were recorded as "non-functional" ratings (see Table 7). None of the features rated in the food preparation area was significantly related to any of the three patterns of eating (see Appendix B, Table 1, p. 138).

The area where food was eaten most often was utilized for the condition ratings of features in the eating area. This space, which was identified at the time that the respondent described the eating schedule of her family, was reaffirmed with a question at the beginning of the section dealing with condition ratings of features in the eating area. The eating area was not related to any of the

Table 7. Condition ratings of features in the food preparation area

Rating	Non- functional	Partially Functional	Functional	Total
Sink	-	-	30	30
Refrigerator	-	-	30	30
Range	-	-	30	30
Oven	-	-	30	30
Freezer	21	-	9	30
Dishwasher	11	1	18	30
Counter Space	-	8	22	30
Base Storage Space	-	4	24	30
Wall Storage Space	-	6	24	30
Garbage-Trash	-	2	28	30
Arrangement of Work Center	-	8	22	30
Traffic Pattern	2	16	12	30
Walls, Ceiling, Floor	-	3	27	30
Total Number of Ratings	34	48	308	390

three patterns of eating by the chi square test of significance. The kitchen was mentioned as a major eating space by eighteen respondents, while eight named the dining room, and three identified the family room (see Table 8). One respondent could not identify a specific area where food was most frequently eaten.

Table 8. Area where food was eaten most often by three patterns of eating

Eating Area	Eating Pattern I		Eating Pattern II		Eating Pattern III		Total N=30
	Families Who Almost Never Ate Together		Families Who Sometimes Ate Together		Families Who Almost Always Ate Together		
	N=3		N=10		N=17		
Dining Room	1		4		3		8
Kitchen	2		5		11		18
Dining-Living Room	-		-		-		-
Family Room	-		1		2		3
Porch	-		-		-		-
Patio, Yard	-		-		-		-
Recreation Room	-		-		-		-
Bedroom	-		-		-		-
Living Room	-		-		-		-
No Specific Place Identified	-		-		1		1

chi square = 2.605 level of significance = NS

Twenty-three items in the eating area were rated for the twenty-nine respondents who were able to identify their eating spaces, thereby producing a possible 667 ratings. However, the view from the eating area of one respondent could not be rated, due to the use of opaque glass, so that of the 666 ratings, 556 were given "functional" ratings, while the "partially functional" category received ninety-four ratings and the "non-functional" category received sixteen ratings (see Table 9).

Of the twenty-three features rated for the eating area, only one was significantly related to patterns of eating. Placement of doors in the room was significant at the .05 level (see Appendix B, Table 2, p. 139). As was stated previously, the .05 level should be interpreted with caution.

At the time that the rating of features took place, seating arrangement was identified and categorized according to sketches of possible seating arrangements (see Appendix A, p. 131). These arrangements included a table attached to the wall, a counter or bar perpendicularly attached to the wall, a counter or bar horizontally attached to the wall, a free-standing table, and a built-in nook. Twenty-six of the twenty-nine families who could identify a specific eating area possessed a free-standing table, while three respondents owned tables attached to the wall (see Table 10). Seating arrangement, when related

Table 9. Condition ratings of features in the area where food was eaten most often

Rating	Non- functional	Partially Functional	Functional	Total
Condition- Walls, Ceiling	-	3	26	29
Maintenance- Walls, Ceiling	-	3	26	29
Condition-Floor	-	3	26	29
Maintenance-Floor	-	4	25	29
Air Circulation	-	26	3	29
Heating	-	-	29	29
Artificial Light	-	3	26	29
Condition-Windows	1	-	28	29
Natural Light	-	6	23	29
View	-	3	25	28*
Condition-Doors	-	-	29	29
Placement-Doors	1	6	22	29
Condition-Table	-	-	29	29
Maintenance-Table	-	1	28	29
Condition-Chairs	-	2	27	29
Maintenance-Chairs	-	1	28	29
Condition-Storage	7	4	18	29
Size-Storage	7	10	12	29
Placement- Eating Area	-	1	28	29
Traffic Patterns to Kitchen	-	3	26	29
Space at Table	-	2	27	29
Privacy of Eating Area	-	12	17	29
Convenience of Eating Arrange- ment	-	1	28	29
Total Number of Ratings	16	94	556	660

*Windows of one eating area were constructed of opaque glass.

Table 10. Type of seating arrangement in the eating area by three patterns of eating

Type of Seating Arrangement	Eating	Eating	Eating	Total N=29
	Pattern I	Pattern II	Pattern III	
	Families Who Almost Never Ate Together N=3	Families Who Sometimes Ate Together N=10	Families Who Almost Always Ate Together N=16*	
Table Attached to Wall	1	-	2	3
Counter/Bar Attached Perpendicularly to Wall	-	-	-	-
Counter/Bar Attached Horizontally to Wall	-	-	-	-
Free-Standing Table	2	10	14	26
Built-in Nook	-	-	-	-

chi square = 2.943

level of significance = NS

*One respondent could not isolate a specific area where food was most often eaten.

to the three patterns of eating, was not significant.

The twenty-nine respondents who could specifically identify an eating area were asked how many persons sat at the table. Mean number of persons seated at the table according to the three patterns of eating was not significant by analysis of variance. Total mean number of persons seated at the table was calculated to be 3.97 (see Table 11).

Table 11. Mean number of persons seated at the table by three patterns of eating

	Eating Pattern I Families Who Almost Never Ate Together N=3	Eating Pattern II Families Who Sometimes Ate Together N=10	Eating Pattern III Families Who Almost Always Ate Together N=16*
Mean Number of Persons	3.33	4.40	4.06

analysis of variance = 0.112 level of significance = NS

*One respondent could not isolate a specific area where food was most often eaten.

For each of the items listed in the inventory of furnishings related to the mealtime activity, respondents were asked to express whether they had and used the item, had but did not use it, did not have enough and wanted more, did not have but wanted it, or did not have but did not want the furnishing. The furnishings were categorized as "Items Associated with Eating," those associated with "Serving," "Storage," "Preparation," "Cleaning," "Entertainment," and "Accessory Furnishings"; the total checks in each category were summed and that number subjected to the Kruskal-Wallis One-Way Analysis of Variance by Ranks in relation to the eating patterns (see Appendix B, Table 3, p. 141).

A significance level of .02 was obtained in three cases: "Items Associated with Eating" (such as plates, flatware, tables, and chairs) were significant under the

response, "I don't have enough of the item and want more"; the same was true for "Items Associated with Serving" (such as trays, casseroles, napkins, and pitchers); "Items Associated with Preparation" (such as electrical and non-electrical appliances) were significant under the response, "I don't have the item but want it" (see Table 12).

Table 12. Totaled checks in each significant category of furnishings by three patterns of eating

Category of Furnishings	Eating Pattern I Families Who Almost Never Ate Together	Eating Pattern II Families Who Sometimes Ate Together	Eating Pattern III Families Who Almost Always Ate Together	Level of Sig- nifi- cance
Items Associ- ated with Eating: Don't have enough- want more	6	3	1	.02
Items Associ- ated with Serving: Don't have enough- want more	4	-	-	.02
Items Associ- ated with Preparation: Don't have but want	15	18	25	.02

Discussion

The sample was distributed in a progressively increasing frequency under the three patterns of eating: three families in Eating Pattern I, or families who almost

never ate together; ten families in Eating Pattern II, or families who sometimes ate together; and seventeen families in Eating Pattern III, or families who almost always ate together. Perhaps families who met the criteria for this sample not only made conscious selections concerning family activities, but, to an even larger degree, they were in an advantageous position socially and economically for implementing these selections.

Twenty-seven of the mothers had attained some level of college education, while twenty-nine of their spouses had achieved some level of college education; eighteen spouses held advanced degrees. Occupation was listed as professional or managerial for all those family members who worked, with the exception of one mother. Three of the four employed mothers worked ten hours or less per week. Income for twenty-eight families was recorded as \$7500 or over, and housing for all thirty families was judged visually to be of sound structure, well maintained, and generally adequate in size. Thus, higher education, a somewhat more flexible working schedule found in a professional or managerial occupation, sizable income, and adequate housing allowed families considerable freedom in their choices of eating patterns and the implementation of those choices.

The fact that over 50 percent of the sample fell into Eating Pattern III may have been influenced by the

number of children and their ages. Mean number of children per family was 2.33 and mean age of the children was 4.59, which might indicate that the families were of a size small enough and the children were of an age young enough for the parents to exercise control over their activities. Also, many children were young enough to require aid in eating, which could force the choice of Eating Pattern III.

The sample seemed to be quite homogeneous in all areas investigated in the demographic information, for none of the demographic data was significantly related to patterns of eating. For purposes of this study the approach was adopted that lack of significance in demographic variables would make differences in eating patterns more clearly a function of housing features and furnishings.

Of those meals shared by all the family members, the evening meals for both the weekday and Sunday were participated in by twenty-seven families, and the morning meals were participated in by twenty-two families on the weekday and twenty-three families on Sunday. In other words, there was a high degree of consistency from weekday to weekend for the majority of families in the sample. However, this was not true for the mid-day meal; at that time only four families normally shared the mealtime during the week, while twenty-eight families did so on an ordinary Sunday. Thus, Sunday at mid-day proved to be the time when the largest number of families ate together.

Just as the number of families who ate the evening meal together did not vary, the range of time for eating that meal remained the same for both the weekday and Sunday; times mentioned for both days fell between 5:30 p.m. and 7:00 p.m. The range of times mentioned for morning meals was 6:30 a.m. to 8:00 a.m. on weekdays and 7:30 a.m. to 9:00 a.m. on Sundays, indicating a more leisurely pace on the weekend. The range of eating time during the middle of the day was quite rigid on weekdays in relation to the flexibility of the Sunday eating times--11:30 a.m. to 12:00 noon, as opposed to 11:30 a.m. to 4:00 p.m.

The kitchen was mentioned as the usual eating area by the greatest number of families for all meals, followed by the dining room, the family room, and the living room. The dining room appeared to be used more frequently during the Sunday mid-day meal than at any other time. The living room was utilized by one family for the Sunday evening meal.

Therefore, families who ate together appeared to do so most often on weekday evenings between 5:30 p.m. and 7:00 p.m. and at mid-day on Sundays between 11:30 a.m. and 4:00 p.m. The kitchen was identified most often as the usual eating area, though the dining room was used for the Sunday mid-day meal more than at any other time.

For those times when the family did not eat together, data revealed that all the individuals in the

majority of families ate at a usual time and place for all three periods of the day on weekdays, but there were deviations from this pattern on Sunday. No mothers stated that all their family members ate at a usual time during the middle of the day or in the evening on Sundays, and no mothers reported that their family members ate in a usual place in the evening. This information would suggest that Sunday was a period of greater informality for families who did not eat together.

Reasons given for family eating activities, according to the mothers in this sample, indicated that housing features and furnishings did not determine daily routines. All reasons set forward for the three times during the day on both the weekday and Sunday, with the exception of one mention of a small eating area, were based upon social, psychological, or economic demands rather than physical aspects of housing. Perhaps reasons primarily in the social, psychological, or economic areas were truly responsible for the eating activities, or there might have been a lack of focus upon housing features and furnishings as variables influencing families' activities. Schedule of daily activities was frequently mentioned as the reason for family eating patterns during the morning and middle of the day on both the weekday and Sunday, indicating that professional-managerial families appeared to have rigorously scheduled activities during school and workdays, around

which they had to plan. However, the shared weekday evening meal took place for the majority of families because "everyone was home," while the shared Sunday evening meal evolved for the largest number of families because "they felt like it."

Eighteen respondents indicated that their families stayed together at the table until all members were finished eating, but eleven said that their families did not remain together. Because the data were not significant, there was nothing to indicate that the social factor of mealtime is more highly or less valued in one pattern of eating than in others. However, mealtime is only one type of shared family activity, and twenty-nine of the thirty respondents indicated that they spent other times together as families.

The possibility that interruptions were a factor influencing eating patterns was not supported for this sample. Twenty-one of the respondents stated that interruptions did not interfere with their family meals, primarily because they never had interruptions or had taken measures to stop them, while only nine mothers felt that interruptions made it difficult to keep their families together. Lack of significant differences might be attributed in part to restricted outside interests of the young children in this sample.

Lastly, family eating patterns did not appear to

be traditions carried over from the childhood eating rituals of the mother, for thirteen of the sample said that their childhood eating patterns differed from their current practices. Whether the changes were due to preference or necessity was not investigated.

In summary, the sample appeared to be quite homogeneous in all aspects explored. It was generally composed of families who were upper-middle class by occupation, whose income was sizable, who lived in above-average housing, and whose major wage earners had some college or college degrees. The families were in the early stages of the family life cycle, with an average of slightly more than two children per family, whose mean ages were under five years.

The majority of the families almost always ate together regularly, with the exception of the mid-day meal on weekdays. However, their Sunday schedules were much more flexible than their weekday routines. The families ate most often in the kitchen, although the dining room was also mentioned with frequency. For those times when a family did not eat together, its individuals had a usual time and place for eating. The respondents stated that their families ate as they did, primarily because of daily activities or because everyone was home; they did not attribute family eating patterns to their childhood eating practices, and only one respondent mentioned housing features as a cause of eating patterns. And finally, no

distinctive problems emerged concerning interruptions or keeping family members at the table.

Housing features and furnishings associated with mealtimes were found to be related to patterns of eating in four cases.

Ratings were made of features in the food preparation area in order to investigate the possibility that without an adequate area for the preparation of meals, the possibility of a family eating together would be highly improbable. Lack of significance for all items rated in the food preparation area to any of the three patterns of eating was not unexpected, because the preparation spaces in homes of this study were designed for flexibility and could function effectively for any of the eating patterns. Because the condition ratings on the thirteen items were distributed evenly among the patterns of eating, there was no significant relation between the condition of food preparation features and patterns of eating by chi square.

More than 50 percent of the sample identified the kitchen as the area where food was eaten most often. In many cases this meant a breakfast corner within the kitchen, but set aside from it by visual effects. Whether this space was selected as the eating area because families preferred to eat there or because they had no alternatives is not known.

The condition ratings of features in the eating

area revealed that a vast majority of items were classified in the "functional" category. Such a development would seem to be another factor indicating homogeneity in the sample. Also, there may have been no lack of the features and no great problems with their maintenance due to malfunctioning.

Storage appeared to be the feature that was rated most often as "non-functional." This occurred in a total of fourteen cases, because there was no storage in the eating area. Storage was also categorized in the "partially functional" category for ten families because of a shortage of storage space.

The other two items which were rated most often in the category of "partially functional" were air circulation and privacy of the eating area. Twenty-six of the twenty-nine respondents able to identify their eating areas had natural air movement or some mechanical means of cross ventilation, while the other three respondents possessed air-cooled eating areas. Privacy of the eating area was rated for twelve families as "some privacy--occasional minor noises of the street, children, neighbors." It is quite likely that semi-privacy such as this is a characteristic of the suburban neighborhoods in the Lansing area, where houses are set close to the street and close to one another, and back yards are often without fences.

The only variable in the condition ratings of the

eating area showing a positive relation to any of the patterns of eating was the placement of doors, which was significant at the .05 level. Because of such a low level of significance, this finding may be interpreted only as a trend. The ratings dealt with the placement of doors in relation to arrangement of furniture, service of food, and flow of traffic. Significance was influenced by Pattern I, or families who almost never ate together, because one family in that pattern was rated in the "non-functional" category, while Patterns II and III had no families in the "non-functional" category. Because arrangement of furniture is greatly affected by placement of doors, the trend of this finding is given support from McCray's¹ study, which indicated that arrangement of furniture was perceived as aiding or impeding mealtime by twenty-four of the thirty respondents.

Only actual door openings were considered, as the feature to be rated. However, because many eating areas were within another room, such as a breakfast corner in a kitchen, the researcher feels that the name of this rating should be changed from "placement of doors" to "placement of openings to traffic." This change would take into account the use of partial walls, bars, or counters which often serve as visual room dividers. For this study such features were not considered to be doors, which may have been, to some degree, obscuring.

¹McCray, op. cit.

Type of seating arrangement, classified according to tables, showed twenty-six of the twenty-nine respondents to possess free-standing tables, around which were seated a mean number of 3.97 persons. When this information is compared to the mean number of children per family--2.33--and the two adults living in every home, it is possible to assume that many families still had children too young to eat at the table.

All three of the categories in the furnishing inventory found to be significant in relation to the patterns of eating developed their differences largely because of the respondents in Eating Pattern I, or families who almost never ate together. These mothers apparently felt that they did not have enough of various items associated with eating and serving, and felt that they wanted certain items associated with preparation, often to such an extent that significant relationships with the eating patterns were established. Respondents in Patterns II and III, families who sometimes ate together and who almost always ate together, did not desire similar items with as great a frequency. Such a finding gives support to the theory that housing furnishings influence the family's ability to eat together.

The category, "I don't have enough of the item and would like more," under "Items Associated with Eating," was significant at the .02 level; such items as flatware,

glassware, dishes, tables, and chairs were listed. Because no attempt was made to gain a numerical count of each item read to the respondent, her response was recorded in relation to what she perceived to be adequate or inadequate for her family. In other words, what one respondent perceived to be inadequate for her family might have been considered to be adequate by another respondent. It is also possible that, because the families in this sample were young, many respondents had not yet acquired all the items associated with eating that were required by their families.

Likewise, the category, "I don't have enough of the item and would like more," under "Items Associated with Serving," was significant at the .02 level; such items as serving dishes and table linens were included. An explanation of the significance of this variable would be identical to those possibilities mentioned for "Items Associated with Eating."

Lastly, the category, "I don't have the item but want it," under "Items Associated with Preparation," was significant at the .02 level. These items included a listing of small electrical cooking equipment, small electrical food preparation equipment, and non-electrical cooking equipment. It is feasible that the respondents had not purchased many of the items but planned to do so in the future. With the exception of items which they may have received as wedding gifts, it is unlikely that they had

been married for periods of time long enough to acquire plentiful supplies of these items.

Summarizing, no condition ratings of features in the food preparation area were found to be significantly related to patterns of eating, and only one--placement of the doors--showed a trend toward significance in the ratings of condition of the area where food was eaten most often. This area was identified by more than half of the respondents as the kitchen.

Storage was rated as "non-functional" more than any other feature, while air circulation and privacy of the eating area were rated as "partially functional" more than were the other features.

Type of seating arrangement was listed most often as a free-standing table. The mean number of persons seated around the table was 3.97.

Three categories in the furnishing inventory were found to be significantly related to the patterns of eating. These were "I don't have enough of the item and would like more," under "Items Associated with Eating" and "Items Associated with Serving," and "I don't have the item but want it," under "Items Associated with Preparation."

CHAPTER IV

SUMMARY AND CONCLUSIONS

Origin and Importance of the Study

Many housing decisions are currently based upon an economic mode of decision-making, and yet this is only one of many aspects of housing, and independently cannot produce a healthy living environment for people. Other modes, such as psychological and social aspects, must also be incorporated into housing decisions. However, before any great strides may be taken in this direction there must be research to help identify those housing features and furnishings which might influence various patterns of living.

This study concentrated on analyzing the relationship of selected housing features and furnishings to eating patterns of professional-managerial families.

Specific Statement of the Problem

The objectives of this study were:

1. To identify family eating patterns according to whether a family almost never ate together, whether it sometimes ate together, or whether it almost always ate together.

2. To identify housing features associated with family eating patterns according to whether a family almost never ate together, sometimes ate together, or almost always ate together.
3. To identify housing furnishings associated with family eating patterns according to whether a family almost never ate together, sometimes ate together, or almost always ate together.

Summary of the Procedures

An interview schedule was designed to obtain demographic data about the families; to classify families in one of three patterns of eating, which had been established by definition; and to identify housing features and furnishings which might be related to the three patterns of eating. Housing features were given condition ratings in the food preparation area and in the area where food was eaten most often, and housing furnishings were placed in categories according to the respondent's answers concerning what she perceived to be her needs or desires for the various items.

The instrument was administered to 30 mothers residing in Lansing and suburban areas. The subjects were required to have no children above elementary school age living at home, and their families had to meet three of the four criteria set up as income, occupation, education, and housing.

The pre-coded data were analyzed by relating each

of the spread variables to the control variable of patterns of eating. Relations between the variables were determined by computing the chi square test of significance and analysis of variance for the demographic data, certain factors related to eating patterns, and the ratings of condition in the food preparation area and the eating area, and by computing Kruskal-Wallis One-Way Analysis of Variance by Ranks for the inventory of furnishings.

Conclusions

Conclusions were drawn in relation to the two hypotheses established, in order to attain the objectives of this study; major conclusions of the study follow.

Hypothesis I: There are significant differences in housing features associated with eating among families who almost never eat together, those who sometimes eat together, and those who almost always eat together.

The first hypothesis was tested by application of the chi square test of significance to frequency of condition ratings for features in the food preparation area, as well as in the eating area, according to the three patterns of eating. Families were assigned to one of the three eating patterns according to mothers' responses to questions designed to establish frequency of eating together. Ratings of features were derived by defining three categories of condition; these were "functional," indicating that the

feature was present and working properly; "partially functional," meaning that the feature was present but was not of adequate size, required some maintenance, or was not in good working order; or "non-functional," indicating that the feature was not present or was present but did not operate.

No relation was found to exist between the thirteen features rated in the food preparation area and any of the three patterns of eating. These features were rated primarily as "functional," regardless of the pattern of eating, which indicated that the families of this sample had food preparation areas which could easily serve families who almost always ate together, as well as families who sometimes or almost never ate together. Because differences in eating patterns could not be associated with features in the food preparation area, the hypothesis was rejected for that area.

Of the twenty-three rated in the eating area, placement of doors was the only feature found to show a relationship to the three patterns of eating. However, that relationship existed only at the .05 level of significance, which, because of the small sample and lack of availability of Yates' correction in the computer program, could be attributed to chance. Lack of significance for other items was due to the evenly balanced distribution of ratings among the three patterns of eating. Thus, differences

in eating patterns could not be associated with features in the eating area, which rejected the hypothesis for that area.

The hypothesis was therefore fully rejected.

Hypothesis II: There are significant differences in housing furnishings associated with eating among families who almost never eat together, those who sometimes eat together, and those who almost always eat together.

Hypothesis II was tested by application of the Kruskal-Wallis One-Way Analysis of Variance by Ranks to each need or desire response for items associated with eating, serving, preparation, cleaning, entertainment, or for accessory items and the three patterns of eating.

Significant relationships at the .02 level were found to exist for three variables: "I don't have enough and would like more," for "Items Associated with Eating" and for "Items Associated with Serving," and "I don't have the item but want it," for "Items Associated with Preparation."

Because significant relationships were found to exist between these three variables and the patterns of eating, the hypothesis was accepted.

Major conclusions of the study

The sample was classified into three patterns of eating, though of the thirty families over half fell into

Eating Pattern III, or families who ate together for fifteen or more meals per week. These patterns did not appear to be related to the demographic information or to variables dealing with various aspects of family mealtime routines.

Also, there was no evidence from these data that housing features, with the possible exception of the placement of doors, varied from one eating pattern to another. On the other hand, the three housing furnishings found to be significant would indicate that the presence of furnishings is likely to vary according to eating patterns. Neither Hypothesis I nor II was written in the belief that all items--or even a large quantity of items--would be significant; rather, they were set up in an attempt to identify which, if any, features or furnishings might be associated with patterns of eating.

There were indications from the furnishings inventory that the families in Eating Patterns II and III, those who sometimes ate together and those who almost always ate together, possessed different housing furnishings than did families in Eating Pattern I, those who almost never ate together. Whether families who sometimes or almost always ate together acquired different housing furnishings in order that they might implement those eating patterns, or whether they embraced such patterns of eating because of the availability of housing furnishings, is not known.

Likewise, it was not established if families who almost never ate together adopted this eating pattern because they could not acquire particular furnishings or whether they did not acquire these items because other things were more important to them. Such investigations must be left to future studies.

However, there is always the possibility that so few items appeared to be significant because of various external reasons involving the design of the study; for example:

(1) The sample used for this study may have been of a size which, when families were classified in one of the three patterns of eating, produced cells too small to allow subtle differences in patterns to emerge. The data indicated that there were places where items approached significance, such as the condition of the chairs in the eating area and space at the table, which might have shown a significant relationship to eating patterns had a larger sample been utilized.

(2) The instrument may not have functioned as was desired and might therefore produce more relationships with further refining; however, there was evidence that the sample was largely homogeneous, as the patterns of eating suggested. Other samples from other groups might show increased variability.

(3) The fact that twenty-seven families in the

sample were able to eat individually or together meant that the housing variables associated with each pattern of eating might not be identifiable by condition ratings of features or by an inventory of furnishings.

There is a vital need for the identification of housing variables related to family activities before the effects of housing upon family interaction can be measured. This study, which is a beginning step in the identification of such variables, isolated four housing features and furnishings which appeared to be related to the activity of eating. Future studies are now needed to investigate these variables in depth in order to establish more clearly any existing relationships. Similar studies are also needed for all types of family activities.

The Relationship of This Study to Previous Research

Snow¹ found that all members of the family ate together at least once a week and that the morning and evening meals were more frequently eaten together than the mid-day meals. These findings coincide with the findings of the present study, in which twenty-seven of the thirty families ate together seven or more times per week, and primarily in the mornings and evenings on weekdays.

While McCray² did not probe eating patterns of

¹Snow, op. cit.

²McCray, op. cit.

families in her sample beyond asking what mothers perceived as their families' mealtime characteristics, she did ask why the mealtime procedure had evolved as it did. The majority of the respondents listed occupation as the primary reason; respondents of the present study listed activities of the day as the major reason, which is indirectly related to occupation.

Little¹ found that the adequacy of furnishings increased as the level of living increased, which could present evidence for the lack of significance of housing features and furnishings in this study. Because the sample met the requirements of professional-managerial families, level of living was high enough that features and furnishings were adequate.

The kitchen was mentioned most frequently as the eating area by the present sample. Likewise, Beyer² found that four-fifths of the 603 families interviewed for his housing study preferred serving meals in the kitchen. It was mentioned by the highest percentage of families in the family, economy, and personal groups as the area most often used for the evening meal. This contrasts with the desires of college students interviewed by Montgomery,³ who

¹Little, op. cit.

²Beyer, op. cit.

³Montgomery, op. cit.

envisioned a dining room in their first house, though few of them expected to have one.

Recommendations for Further Study

Several possibilities for future study became apparent as a result of this research project:

(1) A study would be desirable which could establish whether the findings reported here are reliable, while probing in greater depth the four variables which appeared to be related to the patterns of eating.

(2) There is need to study each of the three eating patterns separately, thus allowing greater attention to be focused upon variables emerging within each pattern and upon their relation to that pattern.

(3) The use of a larger sample would make possible the classification of mothers' responses concerning their families' frequency of eating together according to categories arising from the responses themselves, rather than limiting them to three predetermined categories of eating. Such an approach might make possible the identification of a more sophisticated patterning.

(4) It is possible that the instrument used for the ratings of features did not differentiate enough among conditions of the features. A study incorporating an expanded series of descriptions for each feature rated is needed in order to identify the often subtle differences of quality which would be likely to occur in a comparison

of ratings between classes.

(5) Each respondent was asked to name the area most often used for eating by her family, but no attempt was made to identify the total number of possible eating areas she had at her disposal. Information such as this could be helpful in analyzing reasons for the frequency with which areas are used for eating.

(6) Studies are needed in other economic groups, other stages of the family life cycle, and other geographic areas.

(7) Because the type of need and desire response employed in the inventory of furnishings is a good means of establishing types of furnishings a homemaker is inclined to want, a study based upon the inventory and related to consumer buying practices is suggested.

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APPENDIX A

PART A OF THE INTERVIEW SCHEDULE

Code Number: _____

Date: _____

There is reason to believe that housing affects the way people live and develop, but to date there has been only limited research in this area. All previous studies are over ten years old, and we think the needs and behavior of families may have changed since these studies were completed.

Because there are so many areas of housing yet to be explored it is difficult to know where to begin a study. I have chosen to investigate the way families eat, why they eat this way, and whether housing relates to this activity.

We cannot begin to know, however, what people want in housing unless we ask them. You can be a great help to those of us engaged in the planning, building, and teaching of housing by giving us this information.

There are three parts to this interview. First, I will need some general information about you and your family; secondly, I would like to know what you would want to do in certain situations; and finally, I will need to know what items are used for eating in your home.

FIRST OF ALL I NEED TO KNOW SOME THINGS ABOUT YOU AND YOUR FAMILY. LET'S START WITH YOU . . .

1. OCCUPATION	2. EDUCATION: THE LAST GRADE COMPLETED (H.S. = 12 YRS.)	3. AGE	4. MARITAL STATUS
<p>DO YOU WORK FOR PAY?</p> <p>0 Yes 1 No</p> <p>WHAT DO YOU DO?</p> <p>0 Professional 1 Managerial 2 Clerical 3 Factory--skilled 4 Unskilled 5 Unemployed 9 Not applicable</p>	<p>0 Elementary 1 High school 2 Some college 3 College 4 Advanced degree 5 Professional--technical 9 Not applicable</p>	<p>0 Under 20 1 In the 20's 2 In the 30's 3 In the 40's 4 Over 50</p>	<p>0 Married 1 Separated 2 Widowed 3 Divorced</p>

Mother

HOW MANY HOURS A WEEK DO YOU WORK?

0 0-10 (0-1/4 time)
1 11-20 (1/4-1/2 time)
2 21-30 (1/2-3/4 time)
3 31-40 (3/4-full time)
9 Not applicable

DO YOU WORK SHIFTS?

0 Yes 1 No 9 Not applicable

ARE THEY STABLE OR ROTATING?

0 Stable
1 Rotating
9 Not applicable

DO YOU DO ANY SERVICE (VOLUNTEER) WORK? (SUCH AS RED CROSS OR HOSPITAL VOLUNTEERS)

0 Yes
1 No

	5. OCCUPATION AND WHERE EMPLOYED	6. EDUCATION: THE LAST GRADE COMPLETED (H.S. = 12 YRS.)	7. AGE
Father	<p>WHAT DOES YOUR HUSBAND DO?</p> <p>0 Professional 1 Managerial 2 Clerical 3 Factory--skilled 4 Unskilled 5 Unemployed 9 Not applicable</p> <p>WHERE DOES HE WORK?</p> <p>DOES HE WORK SHIFTS?</p> <p>0 Yes 1 No 9 Not applicable</p> <p>ARE THEY STABLE OR ROTATING?</p> <p>0 Stable 1 Rotating 9 Not applicable</p>	<p>0 Elementary 1 High school 2 Some college 3 College 4 Advanced degree 5 Professional--technical 9 Not applicable</p>	<p>0 Under 20 1 In the 20's 2 In the 30's 3 In the 40's 4 Over 50 9 Not applicable</p>

WOULD YOU TELL ME ABOUT YOUR CHILDREN NOW? LET'S START WITH THE OLDEST . . .

NO.	8. NAME	9. AGE OF CHILDREN	10. SEX 0 Male 1 Female	11. EDUCATION
1				DO YOU HAVE ANY CHILDREN ABOVE ELE- MENTARY SCHOOL AGE LIVING AT HOME? 0 Yes 1 No IF YES, TERMINATE INTERVIEW
2				
3				
4				
5				
6				
7				
8				
9				
10				
TOTAL NUMBER OF CHILDREN				

12. ARE THERE ANY OTHER PEOPLE LIVING IN THIS HOUSE?

0 Yes 1 No

If yes, how many? _____
9 Not applicable

13. WOULD YOU MIND ANSWERING A QUESTION ON INCOME?
IN WHICH OF THESE BRACKETS WOULD YOU SAY YOUR
FAMILY'S YEARLY INCOME FALLS?

- 0 Under \$2,000
- 1 \$2,000 - \$4,999
- 2 \$5,000 - \$7,499
- 3 \$7,500 - \$9,999
- 4 \$10,000 - \$11,999
- 5 \$12,000 - \$14,999
- 6 \$15,000 - \$19,999
- 7 Over \$20,000
- 8 No reply
- 9 Not applicable

14. DO YOU OWN OR RENT THIS HOUSE?

- 0 Own

- 1 Rent

DO YOU RENT IT FURNISHED OR UNFURNISHED?

- 0 Furnished
- 1 Unfurnished
- 9 Not applicable

15. IF YOU COULD MAKE A CHANGE IN THE PARTS OF YOUR HOME WHERE YOU EAT, WOULD YOU? (FOR EXAMPLE: WHERE YOU EAT, AMOUNT OF SPACE, AMOUNT OF FURNITURE, OR WHERE THE FURNITURE IS PLACED.)

0 Yes

2 Undecided

1 No WHY?

- 0 Custom
- 1 Planned it this way
- 2 Like it the way it is
- 3 Can't afford to change
- 4 Since it's furnished we can't change
- 5 Be moving soon anyway
- 6 Not worth the time and expense
- 7 I'd like to but my husband won't let me
- 8 Other _____
- 9 Not applicable

WHAT WOULD YOU CHANGE?

- 0 Addition of furniture
- 1 Placement of furniture
- 2 Deletion of furniture
- 3 Replacement of furniture
- 4 Add on breakfast nook
- 5 Add on dining room
- 6 Enlarge eating area
- 7 Add storage space
- 8 Other _____
- 9 Not applicable

WHY?

- 0 Don't like eating in the preparation area
- 1 Too crowded--not enough space
- 2 Need more to accommodate family
- 3 Want place for formal dining
- 4 Want place for informal dining
- 5 I saw it done elsewhere and liked it
- 6 Too inconvenient
- 7 Don't like it for entertaining
- 8 Other _____
- 9 Not applicable

ONE OF THE THINGS I AM TRYING TO FIND OUT IS WHEN AND WHERE PEOPLE EAT. YOU CAN HELP ME WITH THIS BY DESCRIBING HOW YOUR FAMILY EATS ON AN ORDINARY WEEKDAY DURING THE SCHOOL YEAR. LET'S START WITH THESE QUESTIONS:

WILL YOU THINK BACK TO AN ORDINARY DAY:

16. DID YOUR FAMILY EAT TOGETHER
IN THE MORNING?

0 Yes What time?

1 No Where?

8 Varies

17. DID YOUR FAMILY EAT TOGETHER
DURING THE MIDDLE OF THE DAY?

0 Yes What time?

1 No Where?

8 Varies

18. AND DID YOUR FAMILY EAT
TOGETHER THAT EVENING?

0 Yes What time?

1 No Where?

8 Varies

Code:

0 Living Room

1 Dining Room

2 Kitchen

3 Dining-Living Room

4 Family Room

5 Porch

6 Patio-Yard

7 Recreation Room

8 Bedroom

9 Not applicable

0 School

1 Work

2 Other

8 Place varies

9 Not applicable

(DISREGARD THIS PAGE IF THE FAMILY ALWAYS EATS TOGETHER ON WEEKDAYS.)

IF THE FAMILY DOES NOT ALWAYS EAT TOGETHER ON WEEKDAYS:

19. DOES EACH PERSON IN YOUR FAMILY HAVE A USUAL
TIME TO EAT IN THE MORNING?

- 0 Yes
- 1 No
- 2 Some of them do
- 9 Not applicable

DOES EACH PERSON IN YOUR FAMILY HAVE A USUAL
PLACE TO EAT IN THE MORNING?

- 0 Yes
 - 1 No
 - 2 Some of them do
 - 9 Not applicable
-

20. DOES EACH PERSON IN YOUR FAMILY HAVE A USUAL
TIME TO EAT DURING THE MIDDLE OF THE DAY?

- 0 Yes
- 1 No
- 2 Some of them do
- 9 Not applicable

DOES EACH PERSON IN YOUR FAMILY HAVE A USUAL
PLACE TO EAT DURING THE MIDDLE OF THE DAY?

- 0 Yes
 - 1 No
 - 2 Some of them do
 - 9 Not applicable
-

21. DOES EACH PERSON IN YOUR FAMILY HAVE A USUAL
TIME TO EAT IN THE EVENING?

- 0 Yes
- 1 No
- 2 Some of them do
- 9 Not applicable

DOES EACH PERSON IN YOUR FAMILY HAVE A USUAL
PLACE TO EAT IN THE EVENING?

- 0 Yes
- 1 No
- 2 Some of them do
- 9 Not applicable

22. THINK BACK ON THIS ORDINARY WEEKDAY. WHAT SEEMS TO BE THE MAIN REASON THAT YOUR FAMILY EATS LIKE THIS IN THE MORNING?

- | | |
|---|---|
| 0 Always done it this way;
tradition | 0 Placement of furniture |
| 1 Schedule of daily activities (work, school, clubwork, etc.) | 1 Too much furniture |
| 2 Convenience | 2 Too little furniture |
| 3 Unforeseen circumstances | 3 Eating area too small |
| 4 We felt like it | 4 Eating area inconvenient to food preparation area |
| 5 Everyone is home | 5 Condition of eating area unhealthy or unsuitable for eating |
| 8 No reply | 6 Not aesthetically pleasing |
| 9 Not applicable | 7 Other |
| | 9 Not applicable |

23. WHAT SEEMS TO BE THE MAIN REASON THAT YOUR FAMILY EATS THIS WAY DURING THE MIDDLE OF THE DAY?

- | | |
|---|---|
| 0 Always done it this way;
tradition | 0 Placement of furniture |
| 1 Schedule of daily activities (work, school, clubwork, etc.) | 1 Too much furniture |
| 2 Convenience | 2 Too little furniture |
| 3 Unforeseen circumstances | 3 Eating area too small |
| 4 We felt like it | 4 Eating area inconvenient to food preparation area |
| 5 Everyone is home | 5 Condition of eating area unhealthy or unsuitable for eating |
| 8 No reply | 6 Not aesthetically pleasing |
| 9 Not applicable | 7 Other |
| | 9 Not applicable |

24. WHAT SEEMS TO BE THE MAIN REASON YOUR FAMILY EATS LIKE THIS DURING THE EVENING?

- | | |
|---|---|
| 0 Always done it this way;
tradition | 0 Placement of furniture |
| 1 Schedule of daily activities (work, school, clubwork, etc.) | 1 Too much furniture |
| 2 Convenience | 2 Too little furniture |
| 3 Unforeseen circumstances | 3 Eating area too small |
| 4 We felt like it | 4 Eating area inconvenient to food preparation area |
| 5 Everyone is home | 5 Condition of eating area unhealthy or unsuitable for eating |
| 8 No reply | 6 Not aesthetically pleasing |
| 9 Not applicable | 7 Other |
| | 9 Not applicable |

NOW WILL YOU THINK BACK TO AN ORDINARY SUNDAY.....

25. DID YOUR FAMILY EAT TOGETHER ON SUNDAY MORNING?

0 Yes What time?

1 No Where?

8 Varies

26. DID YOUR FAMILY EAT
TOGETHER DURING THE
MIDDLE OF THE DAY?

0 Yes What time?

1 No Where?

8 Varies

27. AND DID YOUR FAMILY EAT
TOGETHER THAT EVENING?

0 Yes What time?

1 No Where?

8 Varies

Code:

0 Living Room

1 Dining Room

2 Kitchen

3 Dining-Living Room

4 Family Room

5 Porch

6 Patio-Yard

7 Recreation Room

8 Bedroom

9 Not applicable

0 School

1 Work

2 Other

8 Place varies

9 Not applicable

(DISREGARD THIS PAGE IF THE FAMILY ALWAYS EATS TOGETHER ON SUNDAYS.)

IF THE FAMILY DOES NOT ALWAYS EAT TOGETHER ON SUNDAYS:

28. DOES EACH PERSON IN YOUR FAMILY HAVE A USUAL
TIME TO EAT IN THE MORNING?

- 0 Yes
- 1 No
- 2 Some of them do
- 9 Not applicable

DOES EACH PERSON IN YOUR FAMILY HAVE A USUAL
PLACE TO EAT IN THE MORNING?

- 0 Yes
 - 1 No
 - 2 Some of them do
 - 9 Not applicable
-

29. DOES EACH PERSON IN YOUR FAMILY HAVE A USUAL
TIME TO EAT DURING THE MIDDLE OF THE DAY?

- 0 Yes
- 1 No
- 2 Some of them do
- 9 Not applicable

DOES EACH PERSON IN YOUR FAMILY HAVE A USUAL
PLACE TO EAT DURING THE MIDDLE OF THE DAY?

- 0 Yes
 - 1 No
 - 2 Some of them do
 - 9 Not applicable
-

30. DOES EACH PERSON IN YOUR FAMILY HAVE A USUAL
TIME TO EAT IN THE EVENING?

- 0 Yes
- 1 No
- 2 Some of them do
- 9 Not applicable

DOES EACH PERSON IN YOUR FAMILY HAVE A USUAL
PLACE TO EAT IN THE EVENING?

- 0 Yes
- 1 No
- 2 Some of them do
- 9 Not applicable

31. THINK BACK ON THIS ORDINARY SUNDAY. WHAT SEEMS
TO BE THE MAIN REASON THAT YOUR FAMILY EATS
LIKE THIS IN THE MORNING?

- | | |
|---|---|
| 0 Always done it this way;
tradition | 0 Placement of furniture |
| 1 Schedule of Sunday activi-
ties (church, work, etc.) | 1 Too much furniture |
| 2 Everyone is home on Sunday | 2 Too little furniture |
| 3 Convenience | 3 Eating area too small |
| 4 We felt like it | 4 Eating area inconvenient
to food preparation area |
| 5 Unforeseen circumstances | 5 Condition of eating area
unhealthy or unsuitable
for eating |
| 8 No reply | 6 Not aesthetically pleasing |
| 9 Not applicable | 7 Other |
| | 9 Not applicable |

32. WHAT SEEMS TO BE THE MAIN REASON THAT YOUR
FAMILY EATS LIKE THIS DURING THE MIDDLE OF
THE DAY?

- | | |
|---|---|
| 0 Always done it this way;
tradition | 0 Placement of furniture |
| 1 Schedule of Sunday activi-
ties (church, work, etc.) | 1 Too much furniture |
| 2 Everyone is home on Sunday | 2 Too little furniture |
| 3 Convenience | 3 Eating area too small |
| 4 We felt like it | 4 Eating area inconvenient
to food preparation area |
| 5 Unforeseen circumstances | 5 Condition of eating area
unhealthy or unsuitable
for eating |
| 8 No reply | 6 Not aesthetically pleasing |
| 9 Not applicable | 7 Other |
| | 9 Not applicable |

33. WHAT SEEMS TO BE THE MAIN REASON THAT YOUR
FAMILY EATS LIKE THIS IN THE EVENING?

- | | |
|---|---|
| 0 Always done it this way;
tradition | 0 Placement of furniture |
| 1 Schedule of Sunday activi-
ties (church, work, etc.) | 1 Too much furniture |
| 2 Everyone is home on Sunday | 2 Too little furniture |
| 3 Convenience | 3 Eating area too small |
| 4 We felt like it | 4 Eating area inconvenient
to food preparation area |
| 5 Unforeseen circumstances | 5 Condition of eating area
unhealthy or unsuitable
for eating |
| 8 No reply | 6 Not aesthetically pleasing |
| 9 Not applicable | 7 Other |
| | 9 Not applicable |

34. (DISREGARD THIS QUESTION IF FAMILY NEVER EATS TOGETHER). WHEN YOU DO EAT TOGETHER, DO YOU STAY TOGETHER UNTIL EVERYONE IS FINISHED?

- 0 Yes
- 1 No
- 2 Undecided
- 9 Not applicable

35. WE'VE BEEN TALKING ABOUT YOUR DAILY EATING SCHEDULE. NOW CAN YOU SAY ABOUT HOW MANY MEALS YOU THINK YOUR FAMILY EATS TOGETHER DURING A WEEK?

- 0 0 to 7
- 1 8 to 14
- 2 15 or more

36. DOES THIS DIFFER FROM THE WAY YOU ATE IN YOUR FAMILY WHEN YOU WERE A CHILD IN GRADE SCHOOL?

- 0 Yes
- 1 No
- 2 Undecided

37. ARE THERE ANY OTHER TIMES BESIDES MEALS THAT YOUR FAMILY SPENDS TIME TOGETHER?

- 0 Yes
- 1 No

38. SUPPOSE YOU DIDN'T HAVE A PLACE WHERE YOU COULD ALL SIT DOWN AND EAT TOGETHER. AND SUPPOSE YOU COULD HAVE ONE--BUT ONLY ONE--OF THE FOLLOWING ROOMS OR SPACES. WHICH WOULD YOU CHOOSE?

- 0 A place where you could all sit down and eat together
- 1 A bedroom that is needed but you could manage without
- 2 A second bathroom
- 3 A fully finished basement
- 4 A larger living room or family room
- 5 A larger and more efficient kitchen

THE NEXT TWO QUESTIONS ARE MORE GENERAL BUT STILL HAVE TO DO WITH THE WAY YOUR FAMILY EATS. LET'S TALK ABOUT INTERRUPTIONS FIRST.

39. DO INTERRUPTIONS SUCH AS ANSWERING THE DOOR AND TELEPHONE AND CHILDREN COMING TO PLAY MAKE IT HARD TO KEEP THE FAMILY TOGETHER WHEN THEY ARE EATING?

- 0 Yes
- 2 Sometimes

HAVE YOU DONE ANYTHING TO STOP INTERRUPTIONS LIKE THESE?

- 0 Yes
- 1 No
- 2 Undecided
- 9 Not applicable

- 1 No

WHY?

- 0 We don't have such interruptions
- 1 We have them but they don't bother us
- 2 We had such interruptions but have stopped them
- 9 Not applicable

40. IF YOU COULD EAT ANYWHERE INSIDE OR OUTSIDE YOUR HOUSE, WHERE WOULD YOU MOST ENJOY EATING?

- 0 Living room
- 1 Dining room
- 2 Kitchen
- 3 Dining-living room
- 4 Family room
- 5 Porch
- 6 Patio, yard
- 7 Recreation room
- 8 Bedroom
- 9 Not applicable
-
- 0 School
- 1 Work
- 2 Eating out
- 3 Park
- 9 Not applicable

PART B OF THE INTERVIEW SCHEDULE

I'M TRYING TO FIND OUT WHAT YOU THINK PEOPLE SHOULD DO ABOUT EATING PRACTICES. THIS NEXT GROUP OF QUESTIONS DEALS WITH DIFFERENT MAKE-BELIEVE SITUATIONS WHICH I WILL DESCRIBE; EACH QUESTION WILL HAVE A YES-NO ANSWER. LET ME GIVE YOU A SAMPLE QUESTION:

THINK ABOUT A FAMILY WHERE EVERYONE WANTS TO EAT AT A DIFFERENT TIME. SHOULD THE MOTHER INSIST THAT THEY EAT TOGETHER?

Yes

No

No Strong Feeling.

Comments

41a. THINK ABOUT A MOTHER WHO IS VERY BUSY EVERY DAY AND IS TIRED BY THE EVENING MEAL. SHOULD SHE STILL EAT THE EVENING MEAL WITH HER FAMILY?

2 Yes

0 No

1 No Strong Feeling

Comments

42a. THINK ABOUT SOMEONE WHOSE HUSBAND IS OFFERED A NEW JOB WITH BETTER PAY, BUT HE WILL ALWAYS HAVE TO WORK DURING THE EVENING MEAL. SHOULD HE TAKE THE JOB?

0 Yes

2 No

1 No Strong Feeling

Comments

43a. THINK ABOUT AN EATING AREA THAT HAS POOR VENTILATION, LITTLE LIGHT, AND NEEDS A COAT OF PAINT. THE FAMILY DOES NOT ENJOY EATING IN THIS ROOM BUT THERE IS NO OTHER PLACE. SHOULD THE MOTHER INSIST THAT THE FAMILY EAT IN THIS ROOM?

2 Yes

0 No

1 No Strong Feeling

Comments

44a. THINK ABOUT A MOTHER WHO IS OFFERED A JOB THAT SHE WOULD LIKE TO TAKE. IT MEANS THAT SHE WON'T BE HOME TO EAT THE EVENING MEAL WITH HER FAMILY. SHOULD SHE TAKE THE JOB?

0 Yes

2 No

1 No Strong Feeling

Comments

45a. THINK ABOUT A FAMILY WHERE THE CHILDREN
WANT TO WATCH TV WHEN IT'S TIME TO EAT.
SHOULD THE MOTHER LET THEM?

- 0 Yes
2 No
1 No Strong Feeling
Comments

46a. HERE IS A QUESTION ABOUT BREAKFAST: THINK
ABOUT A MOTHER WHO IS UP LATE 3 OR 4 NIGHTS
A WEEK. SHE IS TIRED WHEN THE FAMILY GETS
UP IN THE MORNINGS TO EAT. SHOULD SHE SLEEP
LATE?

- 0 Yes
2 No
1 No Strong Feeling
Comments

47a. THINK ABOUT A HOME THAT HAS A NICE CONVEN-
IENT EATING AREA (BREAKFAST NOOK) BUT IT
IS SO SMALL THAT THE FAMILY IS CRAMPED AND
UNCOMFORTABLE WHEN THEY ALL EAT AT THE SAME
TIME. SHOULD THE MOTHER STILL HAVE HER
FAMILY EAT TOGETHER?

- 2 Yes
0 No
1 No Strong Feeling
Comments

48a. THINK ABOUT A FAMILY WHO GETS THREE OR FOUR
TELEPHONE CALLS, WHILE EATING THEIR EVEN-
ING MEAL. SHOULD THE FAMILY TRY TO STOP
THEM?

- 2 Yes
0 No
1 No Strong Feeling
Comments

49a. THINK ABOUT A FAMILY IN WHICH EACH FAMILY
MEMBER IS IN SEVERAL ACTIVITIES AT DIFFER-
ENT TIMES, LIKE SCHOOL, CHURCH, OR SPORTS.
IF THE EVENING MEAL IS FIXED AT A REGULAR
TIME IT MEANS SOMEONE WILL HAVE TO MISS
HIS ACTIVITY. THE CHILDREN WANT TO EAT
AND RUN. SHOULD THE MOTHER HAVE THEM EAT
AT A REGULAR TIME ANYWAY?

- 2 Yes
0 No
1 No Strong Feeling
Comments

50a. THINK ABOUT A TEENAGER WHO WANTS TO PLAY FOOTBALL AFTER SCHOOL. IF HE DOES, HE WON'T BE HOME IN TIME TO EAT THE EVENING MEAL WITH THE FAMILY FOR TWO OR THREE MONTHS. SHOULD HIS MOTHER LET HIM?

- 0 Yes
- 2 No
- 1 No Strong Feeling
- Comments

51a. THINK ABOUT A FAMILY WHOSE EVENING MEAL IS ALWAYS A PROBLEM. THEY JUST DON'T GET ALONG TOGETHER, AND EVERYONE IS FUSSY BY THE END OF THE MEAL. SHOULD EVERYONE EAT AT A DIFFERENT TIME TO SEE IF THINGS WILL CALM DOWN?

- 0 Yes
- 2 No
- 1 No Strong Feeling
- Comments

52a. THINK ABOUT A FAMILY WITHOUT A LARGE ENOUGH TABLE OR ENOUGH CHAIRS TO EAT TOGETHER. THEY DON'T HAVE ENOUGH MONEY TO BUY MORE. SHOULD THEY STILL TRY TO EAT TOGETHER?

- 2 Yes
- 0 No
- 1 No Strong Feeling
- Comments

53a. THINK ABOUT A MOTHER WHO WANTS HER FAMILY TO TALK THINGS OVER TOGETHER. SHOULD SHE HAVE HER FAMILY EAT TOGETHER BECAUSE IT ENCOURAGES FAMILY DISCUSSIONS?

- 2 Yes
- 0 No
- 1 No Strong Feeling
- Comments

54a. THINK ABOUT A MOTHER WHO KNOWS WHERE HER CHILD IS, BUT HE JUST DOESN'T COME HOME WHEN CALLED TO EAT. SHOULD THE REST OF THE FAMILY EAT WITHOUT HIM?

- 0 Yes
- 2 No
- 1 No Strong Feeling

55a. THINK ABOUT CHILDREN IN A FAMILY WHO GET HUNGRY BEFORE THEIR FATHER COMES HOME FROM WORK. SHOULD THE MOTHER MAKE THE CHILDREN WAIT FOR THEIR FATHER TO COME HOME BEFORE EATING?

- 2 Yes
- 0 No
- 1 No Strong Feeling
- Comments

56a. THINK ABOUT A HOUSE WITH AN EATING AREA THROUGH ANOTHER ROOM OR ACROSS THE HALL FROM THE KITCHEN. THE ONLY PLACE TO EAT IN THE KITCHEN IS STANDING AROUND THE COUNTER. SHOULD THE FAMILY EAT ALL THE MEALS STANDING AT THE COUNTER?

- 0 Yes
- 2 No
- 1 No Strong Feeling
- Comments

57a. THINK ABOUT A FAMILY WHO DOESN'T HAVE ENOUGH PLATES, SPOONS, OR FORKS. EATING AT THE SAME TIME IS DIFFICULT. SHOULD THEY TRY TO EAT TOGETHER?

- 2 Yes
- 0 No
- 1 No Strong Feeling
- Comments

58a. THINK ABOUT A MOTHER WHOSE CHILDREN ARE HUNGRY. THEY WANT A SNACK BEFORE THE EVENING MEAL. IF SHE LETS THEM SNACK ON THE FOOD PREPARED IT WILL NOT LEAVE ENOUGH FOOD FOR THE MEAL. SHOULD THE MOTHER MAKE THE CHILDREN WAIT TO EAT THE MEAL?

- 2 Yes
- 0 No
- 1 No Strong Feeling
- Comments

THE NEXT GROUP OF SITUATIONS IS VERY SIMILAR TO THOSE I HAVE JUST DESCRIBED, BUT THIS TIME I AM TRYING TO FIND OUT WHAT YOU WOULD WANT TO DO IN A PARTICULAR SITUATION. I WILL GIVE YOU THREE CHOICES AND I WOULD LIKE YOU TO CHOOSE ONE OF THEM. THESE SITUATIONS ARE MAKE BELIEVE. HERE IS AN EXAMPLE:

THINK ABOUT A FAMILY WHERE EVERYONE WANTS TO EAT AT A DIFFERENT TIME. IF YOU WERE FACED WITH THIS SITUATION WHAT WOULD YOU WANT TO DO?

Would you want to insist that the family always eat together;

Would you want to let everyone eat when he wants to; or

Would you want to eat together part of the time?

41b. THINK ABOUT A MOTHER WHO IS VERY BUSY EVERY DAY AND IS TIRED BY THE EVENING MEAL. SHE DOESN'T KNOW WHETHER SHE SHOULD STILL EAT THE EVENING MEAL WITH HER FAMILY. IF YOU WERE FACED WITH THIS SITUATION WHAT WOULD YOU WANT TO DO?

2 Would you want to eat with the family at home or go out with the family;

1 Would you want to send the rest of the family out to eat and you stay home; or

0 Would you want to let everyone eat when he gets hungry?

42b. THINK ABOUT SOMEONE WHOSE HUSBAND IS OFFERED A NEW JOB WITH BETTER PAY, BUT HE WILL ALWAYS HAVE TO WORK DURING THE EVENING MEAL. IF YOU WERE FACED WITH THIS SITUATION WHAT WOULD YOU WANT TO DO?

0 Would you want him to take the job;

2 Would you want him to turn the job down; or

1 Would you want him to take the job so long as he can get home for meals on weekends?

43b. THINK ABOUT AN EATING AREA THAT HAS POOR VENTILATION, LITTLE LIGHT, AND NEEDS A COAT OF PAINT. THE FAMILY DOES NOT ENJOY EATING IN THIS ROOM BUT THERE IS NO OTHER PLACE. IF YOU WERE FACED WITH THIS SITUATION WHAT WOULD YOU WANT TO DO?

- 2 Would you want the family to eat in this room anyway;
- 0 Would you want to let them eat wherever they want to eat;
or
- 1 Would you want to eat together in this room sometimes?

44b. THINK ABOUT A MOTHER WHO IS OFFERED A JOB THAT SHE WOULD LIKE TO TAKE. IT MEANS THAT SHE WON'T BE HOME TO EAT THE EVENING MEAL WITH HER FAMILY. IF YOU WERE FACED WITH THIS SITUATION WHAT WOULD YOU WANT TO DO?

- 0 Would you want to take the job;
- 2 Would you want to turn the job down; or
- 1 Would you want to take the job if you could plan a way for the rest of the family to eat their evening meal together?

45b. THINK ABOUT A FAMILY WHERE THE CHILDREN WANT TO WATCH TV WHEN IT'S TIME TO EAT. IF YOU WERE FACED WITH THIS SITUATION WHAT WOULD YOU WANT TO DO?

- 0 Would you want to let the children watch TV while eating;
- 2 Would you want to say that either everyone watches TV or no one watches TV; or
- 1 Would you want to let the children watch TV while eating-- if there is a special program?

46b. HERE IS A QUESTION ABOUT BREAKFAST: THINK ABOUT A MOTHER WHO IS UP LATE 3 OR 4 NIGHTS A WEEK. SHE IS TIRED WHEN THE FAMILY GETS UP IN THE MORNINGS TO EAT. IF YOU WERE FACED WITH THIS SITUATION WHAT WOULD YOU WANT TO DO?

- 2 Would you want to get up anyway and eat breakfast with the family;
- 0 Would you want to let your children get their own breakfast if they can; or
- 1 Would you want to sleep late sometimes and other times get up and eat breakfast with the family?

47b. THINK ABOUT A HOME THAT HAS A NICE, CONVENIENT EATING AREA (BREAKFAST NOOK) BUT IT IS SO SMALL THAT THE FAMILY IS CRAMPED AND UNCOMFORTABLE WHEN THEY ALL EAT AT THE SAME TIME. IF YOU WERE FACED WITH THIS SITUATION WHAT WOULD YOU WANT TO DO?

- 2 Would you want to have your family eat together anyway;
- 1 Would you want to have your family eat together part of the time and in shifts part of the time; or
- 0 Would you want to have your family eat in shifts?

48b. THINK ABOUT A FAMILY WHO GETS THREE OR FOUR TELEPHONE CALLS WHILE EATING THEIR EVENING MEAL. IF YOU WERE FACED WITH THIS SITUATION WHAT WOULD YOU WANT TO DO?

- 0 Would you want to answer the phone and talk as usual;
- 1 Would you want to answer the phone and make it as brief as possible; or
- 2 Would you want to answer the phone and ask people not to call back at this time in the future?

49b. THINK ABOUT A FAMILY IN WHICH EACH FAMILY MEMBER IS IN SEVERAL ACTIVITIES AT DIFFERENT TIMES LIKE SCHOOL, CHURCH, OR SPORTS. IF THE EVENING MEAL IS FIXED AT A REGULAR TIME IT MEANS SOMEONE WILL HAVE TO MISS HIS ACTIVITY. THE CHILDREN WANT TO EAT AND RUN. IF YOU WERE FACED WITH THIS SITUATION WHAT WOULD YOU WANT TO DO?

- 2 Would you want to insist that no activity can be joined if scheduled during the evening meal;
- 1 Would you want to change the eating time to meet most of the family's schedule; or
- 0 Would you want to let each person eat when and where he can?

50b. THINK ABOUT A TEENAGER WHO WANTS TO PLAY FOOTBALL AFTER SCHOOL. IF HE DOES, HE WON'T BE HOME IN TIME TO EAT THE EVENING MEAL WITH THE FAMILY FOR TWO OR THREE MONTHS. IF THIS WERE YOUR TEENAGER AND YOU WERE FACED WITH THIS SITUATION WHAT WOULD YOU WANT TO DO?

- 0 Would you want to let your teenager play football;
- 2 Would you want to say no he can't play football; or
- 1 Would you want to let your teenager play football if he eats the evening meal with the family part of the week?

51b. THINK ABOUT A FAMILY WHOSE EVENING MEAL IS ALWAYS A PROBLEM. THEY JUST DON'T GET ALONG TOGETHER, AND EVERYONE IS FUSSY BY THE END OF THE MEAL. THE MOTHER HAS THOUGHT ABOUT HAVING THE FAMILY EAT AT DIFFERENT TIMES TO SEE IF IT WILL HELP CALM THINGS DOWN. IF YOU WERE FACED WITH THIS SITUATION WHAT WOULD YOU WANT TO DO?

- 0 Would you want to let everyone eat at a different time;
- 2 Would you want to stick it out with everyone eating together; or
- 1 Would you want to eat together only when you feel rested enough to cope with the situation?

52b. THINK ABOUT A FAMILY WITHOUT A LARGE ENOUGH TABLE OR ENOUGH CHAIRS TO EAT TOGETHER COMFORTABLY. THEY DON'T HAVE ENOUGH MONEY TO BUY MORE. IF YOU WERE FACED WITH THIS SITUATION WHAT WOULD YOU WANT TO DO?

- 2 Would you want to try something temporary like sitting on boxes, standing at a counter, or sitting on the floor if necessary so that the family could eat together;
- 1 Would you want to insist that they eat together at least part of the time even if it is uncomfortable; or
- 0 Would you want to let everyone eat as he wants to?

53b. THINK ABOUT A MOTHER WHO WANTS HER FAMILY TO TALK THINGS OVER TOGETHER. SHE WANTS TO HAVE HER FAMILY EAT TOGETHER BECAUSE IT ENCOURAGES FAMILY DISCUSSIONS. IF YOU WERE FACED WITH THIS SITUATION WHAT WOULD YOU WANT TO DO?

- 2 Would you want to eat together so you could discuss family matters;
- 0 Would you want to let everyone eat when he gets hungry; family matters can be discussed at another time; or
- 1 Would you want to eat together only when there is something important to talk about?

54b. THINK ABOUT A MOTHER WHO KNOWS WHERE HER CHILD IS, BUT HE JUST DOESN'T COME HOME WHEN CALLED TO EAT. IF YOU WERE FACED WITH THIS SITUATION WHAT WOULD YOU WANT TO DO?

- 1 Would you want to start eating and if he didn't come home soon send someone after him;
- 2 Would you want to have the rest of the family wait to eat till he's home; or
- 0 Would you want to let the rest of the family eat without him?

55b. THINK ABOUT CHILDREN IN A FAMILY WHO GET HUNGRY BEFORE THEIR FATHER COMES HOME FROM WORK. THE MOTHER DOESN'T KNOW WHETHER TO HAVE THE CHILDREN WAIT FOR THEIR FATHER TO COME HOME BEFORE EATING. IF YOU WERE FACED WITH THIS SITUATION WHAT WOULD YOU WANT TO DO?

- 0 Would you want to let the children eat early;
- 2 Would you want to give them a snack when they get home from school and have them wait till father is home for the evening meal; or
- 1 Would you want to let the children eat early on week days if the family can eat together on weekends?

56b. THINK ABOUT A HOUSE WITH AN EATING AREA THROUGH ANOTHER ROOM OR ACROSS THE HALL FROM THE KITCHEN. THE ONLY PLACE TO EAT IN THE KITCHEN IS STANDING AROUND THE COUNTER. IF YOU WERE FACED WITH THIS SITUATION HOW WOULD YOU WANT YOUR FAMILY TO EAT?

- 2 Would you want your family to sit and eat together no matter how difficult serving the food may be;
- 1 Would you want to eat standing around the counter for some meals, like breakfast; or
- 0 Would you want to let everyone do as he pleases?

57b. THINK ABOUT A FAMILY WHO DOESN'T HAVE ENOUGH PLATES, SPOONS, OR FORKS. EATING AT THE SAME TIME IS DIFFICULT. IF YOU WERE FACED WITH THIS SITUATION WHAT WOULD YOU WANT TO DO?

- 2 Would you want to eat picnic style and share all the utensils;
- 1 Would you want to sometimes eat picnic style and sometimes eat in shifts; or
- 0 Would you want to have your family eat in shifts?

58b. THINK ABOUT A MOTHER WHOSE CHILDREN ARE HUNGRY. THEY WANT A SNACK BEFORE THE EVENING MEAL. IF SHE LETS THEM SNACK ON THE FOOD PREPARED IT WILL NOT LEAVE ENOUGH FOR THE MEAL. IF YOU WERE FACED WITH THIS SITUATION WHAT WOULD YOU WANT TO DO?

- 0 Would you want to let your children snack when they are hungry;
- 1 Would you want to let them snack sometimes and other times make them wait; or
- 2 Would you want to have the children wait--hungry or not?

HERE IS A FINAL QUESTION:

59. WOULD YOU SAY THAT YOU PREFER TO EAT TOGETHER, THAT YOU DO NOT PREFER TO EAT TOGETHER, OR THAT YOU HAVE NO STRONG FEELINGS ABOUT EATING OR NOT EATING TOGETHER?

- 2 Prefer
- 0 Do not prefer
- 1 No strong feelings

PART C OF THE INTERVIEW SCHEDULE

SECTION I

FOOD PREPARATION AREA

Features

IT WOULD HELP ME GREATLY IF I COULD SEE THE AREA
WHERE YOUR FOOD IS PREPARED.
(ASK THE QUESTIONS IF THEY PREFER NOT TO LET YOU
SEE THE AREA.)

SINK

- 0 No sink or sink installed but not functioning
- 1 Sink with cold running water only
- 2 Sink with hot and cold running water

REFRIGERATOR

- 0 No refrigerator or refrigerator installed but not functioning
- 1 Refrigerator installed but not functioning correctly
- 2 Refrigerator installed and functioning correctly

RANGE TOP

- 0 No range top or range top installed but not functioning
- 1 Range top installed but not functioning correctly
- 2 Range top installed and functioning correctly

OVEN

- 0 No oven or oven installed and not functioning
- 1 Oven installed but not functioning correctly
- 2 Oven installed and functioning correctly

FREEZER

- 0 No freezer or freezer installed but not functioning
- 1 Freezer installed and not functioning correctly
- 2 Freezer installed and functioning correctly

DISHWASHER

- 0 No dishwasher or dishwasher installed but not functioning
- 1 Dishwasher installed but not functioning correctly
- 2 Dishwasher installed and functioning correctly

COUNTER SPACE

- 0 No counter space
- 1 Under 8'6" of counter space*
- 2 8'6" of counter space or more

BASE STORAGE SPACE

- 0 No base storage space
- 1 Under 8'6" of base storage space
- 2 8'6" of base storage space or more

WALL STORAGE SPACE

- 0 No wall storage space
- 1 Under 8'6" of wall storage space
- 2 8'6" of wall storage space or more

GARBAGE AND TRASH

- 0 Garbage and trash not removed
- 1 Garbage and trash carried away from dwelling, buried or burned outside
- 2 Garbage and trash removed to recognized dump; incinerator or sink disposal

ARRANGEMENT OF WORK CENTER--SINK, RANGE, REFRIGERATOR

- 0 Poor arrangement; all not located in same room
- 1 Satisfactory arrangement; all in same room but not efficiently placed
- 2 Good arrangement; all in same room and efficiently placed

TRAFFIC PATTERNS

- 0 Many traffic lanes through work area
- 1 Some traffic lanes through work area
- 2 No traffic lanes through work area

GENERAL CONDITION OF FOOD PREPARATION AREA--WALLS, CEILING, FLOORS

- 0 Many repairs needed
- 1 One or two repairable cracks or defects
- 2 No defects, no cracks

*Tessie Agan and Elaine Luchsinger, The House, Principles, Resources, Dynamics (New York: J. B. Lippincott, 1965), p. 137.

SECTION II

EATING AREA: PLACE WHERE FOOD IS MOST OFTEN EATEN

Features and Free-Standing Furniture

FROM WHAT YOU HAVE SAID PREVIOUSLY WOULD YOU AGREE
THAT YOUR FAMILY EATS MOST OFTEN IN:

- | | |
|----------------------|---|
| 0 Dining room | 5 Patio, yard |
| 1 Kitchen | 6 Recreation room |
| 2 Dining-living room | 7 Bedroom |
| 3 Family room | 8 Living room |
| 4 Porch | 9 No specific place can be
identified* |
| | (*In this case, disregard
Section II) |

NOW IT WOULD BE HELPFUL TO ME IF YOU WOULD DESCRIBE
THIS ROOM... OR WOULD YOU MIND IF I SAW IT?

WALLS, CEILINGS, FLOORS

A. Condition of walls and ceilings

- 0 Many repairs needed
- 1 One or two repairable cracks and defects
- 2 No defects, no cracks
- 9 Not applicable

B. Finish on walls and ceilings--ease of maintenance

- 0 Non-washable
- 1 Rough but washable
- 2 Smooth and washable
- 9 Not applicable

C. Condition of floors

- 0 Badly worn; some holes and cracks and/or slanting
- 1 Some visible signs of wear and/or few cracks
- 2 Floor finish appropriate and well maintained
- 9 Not applicable

D. Ease of maintenance of floors

- 0 Low soil resistance; requires constant maintenance
- 1 Some soil resistance; requires some maintenance
- 2 High soil resistance; requires little maintenance
- 9 Not applicable

AIR CIRCULATION AND HEATING AND ARTIFICIAL LIGHTA. Air circulation

- 0 No ventilation
- 1 Natural air movement (cross ventilation) or some mechanical air movement
- 2 Air-cooled
- 9 Not applicable

B. Heating

- 0 No facilities for heating
- 1 Facilities present to heat eating area
- 2 Central heating in eating area
- 9 Not applicable

C. Artificial light

- 0 No artificial light
- 1 Present but insufficient
- 2 Present and sufficient
- 9 Not applicable

WINDOWSA. Condition

- 0 Missing where intended to be or not functioning as intended
- 1 Need maintenance but function
- 2 Function as intended
- 9 Not applicable

B. Natural light

- 0 No natural light; no windows
- 1 Window area less than 10% of floor area
- 2 Window area 10% or more of floor area
- 9 Not applicable

C. View

- 0 Distracting view
- 1 Dull or unpleasant view
- 2 Pleasing view
- 9 Not applicable

DOORSA. Condition

- 0 Missing where intended to be or not functioning as intended
- 1 Need maintenance but partially function
- 2 Function as intended
- 9 Not applicable

B. Placement of doors

- 0 Interfere seriously with arrangement of furniture, service of food, or flow of traffic
- 1 Minor interference with arrangement of furniture, service of food, or flow of traffic
- 2 Facilitates arrangement of furniture, service of food, or flow of traffic
- 9 Not applicable

TABLES**A. Condition**

- 0 No table or in need of extensive repairs
- 1 One or two repairable defects
- 2 No defects; in good condition
- 9 Not applicable

B. Ease of maintenance

- 0 No finish or poor finish; requires constant maintenance
- 1 Satisfactory finish; requires much maintenance
- 2 Good finish; easily maintained
- 9 Not applicable

CHAIRS**A. Condition**

- 0 No chairs or unusable
- 1 Defects but still usable
- 2 No defects; in good condition
- 9 Not applicable

B. Ease of maintenance

- 0 No finish or poor finish; requires constant care
- 1 Satisfactory finish; requires much maintenance
- 2 Good finish; easily maintained
- 9 Not applicable

STORAGE**A. Condition**

- 0 No storage or needs extensive repairs
- 1 One or two repairable defects
- 2 No defects; in good condition
- 9 Not applicable

B. Size

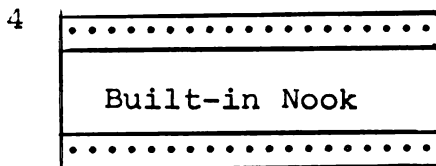
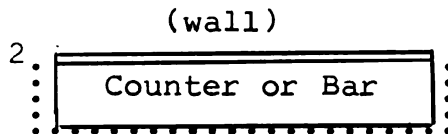
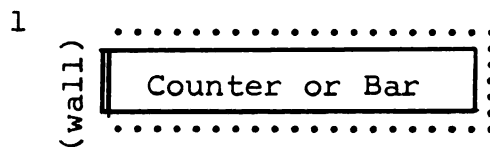
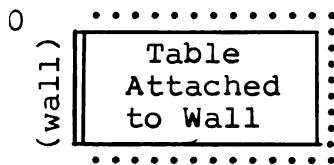
- 0 No storage
- 1 Some storage
- 2 Generous storage
- 9 Not applicable

ORIENTATION OF EATING AREAA. Placement

- 0 Impossible to highly difficult to gain access to kitchen
- 1 Requires special effort to gain access to kitchen
- 2 Convenient--requires no effort to gain access to kitchen
- 9 Not applicable

B. Traffic patterns in relation to kitchen

- 0 Long distance and obstructed
- 1 Middle distance and minor obstructions
- 2 Little or no distance and unobstructed
- 9 Not applicable

SEATING ARRANGEMENT FOR MOST MEALSA. Type of seating arrangement ... = Possible seating space

9 Not applicable

B. Convenience of seating arrangement

- 0 Inconvenient for conversation and access
- 1 Inconvenient for conversation
- 1 Inconvenient for access
- 2 Convenient for conversation and access
- 9 Not applicable

C. Number of individuals at table: _____

9 Not applicable

D. Space at the table

- 0 Does not accommodate all family members
- 1 Accommodates all family members by crowding
- 2 Accommodates all family members comfortably
- 9 Not applicable

PRIVACY OF EATING AREA

- 0 No privacy--normal noises of street, children, neighbors heard; others can see in
- 1 Some privacy--occasional minor noises of street, children, neighbors; others can sometimes see in
- 2 Privacy--no noises of street, children, neighbors heard; others are not likely to see in
- 9 Not applicable

HOUSING FURNISHINGS

	HAVE & USE 0	HAVE & DON'T USE 1	DON'T HAVE ENOUGH --WANT MORE 2	DON'T HAVE BUT WANT 3	DON'T HAVE BUT DON'T WANT 4
ITEMS ASSOCIATED WITH EATING					
Dishes:					
Cups					
Saucers					
Plates					
Flatware:					
Forks					
Knives					
Spoons					
Glasses:					
Juice					
Water, Milk					
Tables:					
Dining					
Kitchen					
Card					
Built-in nook					
Serving cart					
TV tables					
Chairs:					
Dining					
Kitchen					
Folding					
High chair					

HOUSING FURNISHINGS

	HAVE & USE 0	HAVE & DON'T USE 1	DON'T HAVE ENOUGH --WANT MORE 2	DON'T HAVE BUT WANT 3	DON'T HAVE BUT DON'T WANT 4
ITEMS ASSOCIATED WITH SERVING					
Serving dishes:					
Salt and peppers					
Cream pitchers					
Sugar bowls					
Butter dishes					
Pitchers					
Teapots					
Serving trays					
Casseroles					
Hot tray					
Table linens:					
Paper napkins					
Cloth napkins					
Placemats					
Tablecloths					
ITEMS ASSOCIATED WITH STORAGE					
Breadboxes					
Cake covers					
Canisters					

HOUSING FURNISHINGS

	HAVE & USE 0	HAVE & DON'T USE 1	DON'T HAVE ENOUGH --WANT MORE 2	DON'T HAVE BUT WANT 3	DON'T HAVE BUT DON'T WANT 4
ITEMS ASSOCIATED WITH PREPARATION					
Small electric cooking equipment:					
Hot plate					
Broiler					
Deep fat fryer					
Electric frying pan					
Roaster oven					
Rotisserie					
Toaster					
Waffle iron and/or sandwich grill					
Small electric food preparation equipment:					
Electric tea kettle					
Blender					
Electric knife					
Mixer					
Electric can opener					
Electric coffee pot					
Non-electric cooking equipment:					
Pots, pans & griddles					
Baking pans & tins					
Cooking spoons, knives, spatulas, etc.					
Mixing bowls					
Measuring cups & spoons					
Non-electric coffee pot					
Tea kettle					

HOUSING FURNISHINGS

	HAVE & USE 0	HAVE & DON'T USE 1	DON'T HAVE ENOUGH --WANT MORE 2	DON'T HAVE BUT WANT 3	DON'T HAVE BUT DON'T WANT 4
ITEMS ASSOCIATED WITH CLEANING					
Dish cloths and sponges					
Dish towels					
Brooms					
Wet mops					
Dry mops					
Vacuum cleaner					
Carpet sweeper					
Garbage pail					
Wastebasket					
Disposal					
ITEMS ASSOCIATED WITH ENTERTAINMENT					
Radio					
Record player					
Television					
ACCESSORY FURNISHINGS					
Clock					
Fan (of any kind)					
Step stool					

APPENDIX B

Table 1. A summary of condition ratings in the food preparation area by three patterns of eating

Items Rated	Eating Pattern I				Eating Pattern II				Eating Pattern III				Level of x ² Value Signif.
	Families Who Almost Never Ate Together N=3				Families Who Sometimes Ate Together N=10				Families Who Almost Always Ate Together N=17				
	NF	PF	F		NF	PF	F		NF	PF	F		
Sink	-	-	3		-	-	10		-	-	17	0.000	NS
Refrigerator	-	-	3		-	-	10		-	-	17	0.000	NS
Range	-	-	3		-	-	10		-	-	17	0.000	NS
Oven	-	-	3		-	-	10		-	-	17	0.000	NS
Freezer	2	-	1		8	-	2		11	-	6	0.719	NS
Dishwasher	1	-	2		3	1	6		7	-	10	2.251	NS
Counter Space	-	1	2		-	3	7		-	4	13	0.211	NS
Base Storage Space	-	-	3		-	2	8		-	2	15	0.882	NS
Wall Storage Space	-	-	3		-	3	7		-	3	14	1.434	NS
Garbage-Trash	-	1	2		-	1	9		-	-	17	4.821	NS
Arrangement of Work Center	-	2	1		-	1	9		-	5	12	3.941	NS
Traffic Pattern	-	2	1		1	5	4		1	9	7	0.543	NS
Walls, Ceiling, Floor	-	-	3		-	1	9		-	2	15	0.392	NS

NF = Non-functional PF = Potentially Functional F = Functional

NS = Not significant

Table 2. A summary of condition ratings in the eating area by three patterns of eating

Items Rated	Eating Pattern I			Eating Pattern II			Eating Pattern III			X ² Value	Level of Signif.
	Families Who Almost Never Ate Together N=3			Families Who Sometimes Ate Together N=10			Families Who Almost Always Ate Together N=16*				
	NF	PF	F	NF	PF	F	NF	PF	F		
Condition-Walls, Ceilings	-	-	3	-	1	9	-	2	14	0.428	NS
Maintenance-Walls, Ceilings	-	1	2	-	1	9	-	1	15	2.000	NS
Condition-Floor	-	1	2	-	-	10	-	2	14	2.943	NS
Maintenance-Floor	-	1	2	-	2	8	-	1	15	2.053	NS
Air Circulation	-	2	1	-	9	1	-	15	1	2.000	NS
Heating	-	-	3	-	-	10	-	-	16	0.000	NS
Artificial Light	-	-	3	-	-	10	-	3	16	2.719	NS
Condition-Window	-	-	3	1	-	9	-	-	16	1.968	NS
Natural Light	-	1	2	-	1	9	-	4	12	1.170	NS
View	-	-	2	-	1	9	-	2	14	0.297	NS**
Condition-Doors	-	-	3	-	-	10	-	-	16	0.000	NS
Placement-Doors	1	-	2	-	3	7	-	3	13	9.875	.05
Condition-Table	-	-	3	-	-	10	-	-	16	0.000	NS
Maintenance-Table	-	-	3	-	1	9	-	-	16	1.968	NS
Condition-Chairs	-	1	2	-	1	9	-	-	16	4.601	NS
Maintenance-Chairs	-	-	3	-	-	10	-	1	15	0.842	NS
Condition-Storage	1	-	2	3	2	5	3	2	11	1.512	NS

Size-Storage Placement-	1	1	1	3	3	4	3	6	7	0.615	NS
Eating Area	-	-	3	-	-	10	-	1	15	0.842	NS
Traffic Patterns to Kitchen	-	-	3	-	2	8	-	1	15	1.641	NS
Space at Table	-	1	2	-	1	9	-	-	16	4.601	NS
Privacy of Eating Area	-	2	1	-	4	6	-	6	10	0.898	NS
Convenience of Seating Arr.	-	-	3	-	1	9	-	-	16	1.968	NS

NF = Non-functional PF = Partially Functional F = Functional

*One respondent could not isolate a specific area where food was eaten most often.

**N=28: Windows of one eating area were constructed from opaque material.

Table 3. A summary of the inventory of furnishings by three patterns of eating

Category of Furnishings	Kruskal-Wallis H Value	Level of Signif.
<u>Items Associated with Eating</u>		
Have and Use	2.110	NS
Have and Don't Use	0.892	NS
Don't Have Enough--Want More	7.948	.02
Don't Have but Don't Want	3.404	NS
<u>Items Associated with Serving</u>		
Have and Use	1.262	NS
Have and Don't Use	0.117	NS
Don't Have Enough--Want More	9.000	.02
Don't Have but Want	0.079	NS
Don't Have but Don't Want	0.699	NS
<u>Items Associated with Storage</u>		
Have and Use	2.779	NS
Have and Don't Use	1.584	NS
Don't Have Enough--Want More	0.000	NS
Don't Have but Want	0.901	NS
Don't Have but Don't Want	3.808	NS
<u>Items Associated with Preparation</u>		
Have and Use	1.753	NS
Have and Don't Use	0.089	NS
Don't Have Enough--Want More	0.765	NS
Don't Have but Want	8.242	.02
Don't Have but Don't Want	3.022	NS
<u>Items Associated with Cleaning</u>		
Have and Use	2.363	NS
Have and Don't Use	0.079	NS
Don't Have Enough--Want More	0.000	NS
Don't Have but Want	1.528	NS
Don't Have but Don't Want	1.992	NS
<u>Items Associated with Entertainment</u>		
Have and Use	0.066	NS
Have and Don't Use	1.132	NS
Don't Have Enough--Want More	0.000	NS
Don't Have but Want	0.765	NS
Don't Have but Don't Want	0.073	NS
<u>Accessory Furnishings</u>		
Have and Use	0.895	NS
Have and Don't Use	0.396	NS
Don't Have Enough--Want More	0.000	NS
Don't Have but Want	0.379	NS
Don't Have but Don't Want	1.706	NS

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