

MARITAL ADJUSTMENT OF 212
STUDENT COUPLES TO THE
PREGNANCY EXPERIENCE

Thesis for the Degree of M. A.
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Thomas Millard Poffenberger
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Major professor

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MARITAL ADJUSTMENT OF 212 STUDENT COUPLES TO
THE PREGNANCY EXPERIENCE

By

THOMAS MILLARD POFFENBERGER

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Preface

The author is indebted to many persons for their help on completing this study. Particularly to Dr. Judson T. Landis who conceived the idea of the study and gave invaluable counsel throughout. Also to Mrs. Mary G. Landis who gave generously of her time in the development of the questionnaire which was used in the study.

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Chapter I

Introduction

Since the end of the last war there has been a considerable increase in the number of married men who are working toward degrees in colleges and universities throughout the country as a result of government aids under the "G.I. Bill of Rights". It has been stated that, "With the precedent for college marriages established, couples who are engaged in college and anxious to be married now face the question of whether to wait or to marry and finish their education together." ¹

Counselors are faced with the problem of advising young people who are thinking of marriage under these circumstances. The traditional practice has been to postpone until college is completed the taking of the nuptial vows. This delay of marriage is one of the factors that is believed to cause the lower birth rate among the better educated, and in addition is responsible for another problem-- that of adult youths

1. Landis, Judson T. and Mary G., Building a Successful Marriage, New York, Prentice-Hall, 1948, p.115.

with normal biological drives who are faced with the problem of sublimating them until marriage or indulging in premarital sexual relations which are forbidden by the mores of middle class society.¹

That many do choose the latter course is suggested by Kinsey who found that about two-thirds of the male college students in his sample had coital experience before marriage.² In 1929 Hamilton found that 50 percent of the males and 28 percent of the females in his sample (of 100 cases) had had premarital coitus.³ The problem suggested by the delay of marriage might be alleviated in many instances if these youths could combine their educational plans with well planned marriages.

In an attempt to determine in part, the degree of adjustment made by couples marrying under such circumstances, Dr. Judson T. Landis has undertaken the guidance of such studies at Michigan State College. The first of these⁴ covered the overall marital

1. For a discussion of the different moral values in the "Upper", "Middle" and "Lower" classes, see Warner, W.L., and Lunt, P.H., The Social Life of a Modern Community, New Haven, Yale University Press, 1941.

2. Kinsey, Alfred C., Sexual Behavior in the Human Male, Philadelphia, W.B. Saunders Co., 1948, p.552.

3. Hamilton, G.V., A research in Marriage, New York, Lear, 1929, p.350.

4. Pratt, Lois V., Student Marriages at Michigan State College, Unpublished Masters Thesis, Michigan State, 1948.

adjustment of 544 student families. The present study covers a more specific period of marriage: that of the first pregnancy. It was believed that this period is of particular importance since pregnancy often occurs soon after the couples have married, and perhaps before they have had time to adjust to married life. It is certain that "the child exerts an important influence" upon the couple¹, "even from the beginning of pregnancy".²

It was believed certain pregnancies might be more disruptive than others to marital adjustment. For instance, if the child is "unplanned" it may put a severe strain on family finances and cause additional worry to the parents. If they are unable to adjust to this new situation, the child may later be rejected and such rejection may have a lasting effect upon his personality even in adulthood.

If the child is "planned" the couple naturally should be happy when it is known that the wife is pregnant. Certain eventualities however may occur which cause them to regret their desire for a child. The usual occurrence of nausea and increasing expense may cause considerable strain on the marital relationship. One of the major purposes of this study is to determine what effect the first pregnancy has on college marriages.

1. Becker, H. and Hill, R., Family Marriage and Parenthood, Boston, D.C. Heath and Co., 1948, p.459.

2. Ibid, p.458.

Chapter II

Methodology

The investigation was carried out jointly by the author and his wife. The study was planned as partial requirement for the Masters' degree, each investigator designing and evaluating a different area of the research. For the most part the data evaluated in the present study have been taken from the husbands' questionnaires.

The barracks section of the married housing area at Michigan State College was believed to be the most logical place to conduct the study. It housed some 1100 couples, the majority of whom had children; also, it was easily accessible and familiar to the investigators who lived in this area. After deciding upon the location for the study the next step was to define the limits of the sample.

Limits of the Universe

Many of the couples in the "Village" had more than one child, but because it was believed that the second child might have a different effect upon the marital relationship of the couple than the first child and because of the limited time available, it was decided to limit the study to couples having one child. Also, some of the couples had married before the war and had children as old as seven years of age. In such instances, the process of forgetting might have made such families unsuited to the investigation.

For these reasons it was decided to limit the universe to be ~~sampled~~ to couples having only children not older than two and one-half years of age.

Finding the Sample

It was possible to locate the names and addresses of those who met the requirements of the sample by an examination of cards which had been filled out by married students at the time of fall registration, September 1948. These cards were checked as to the number and ages of the children of each couple and whether or not they were expecting their first child within six months. A list was made of those who had indicated that they had one child two years of age or under and those who were expecting their first child within a period of six months since these families would meet the requirements of the sample at the time of the distribution of the questionnaires.

The Questionnaire

The information regarding the couples' attitudes and experiences and family backgrounds was all gathered¹ by use of a questionnaire. This method was selected for several reasons: It was believed that such a form would insure anonymity of the informants; It would be less time consuming than the interview method; and it was considered a more objective method of gathering data than interviewing. However, in

1. See Appendix I.

gathering highly personal information of this type it is admitted that the interview or schedule method may be superior in respect to "the use of more complex and numerous questions."¹ The advantages of personal investigation, however, are met to some extent by the method of distributing and collecting the data discussed under the next subheading.

The Method of Investigation

Although sending the questionnaires through the mail would have conserved time it was believed that such a method of distribution would not yield the returns that a personal approach might effect. Also the mailed questionnaire method may be unsound because of the reasons for the return of such impersonally solicited material. For these reasons each questionnaire was handed out individually with a personal explanation² of the purpose of the study and a statement in respect to the collection of the questionnaire.³

It was believed essential that complete anonymity be assured those couples participating in the study and for this reason the investigators carried around

1. Lundberg, G.A., Social Research, New York, Longmans, Green & Co., 1942, p.179.

2. This was in addition to a written enclosure included for the spouse to read in case one of the couple had not been seen.

3. In each instance the approximate time of collection was suggested to the respondent and an appointment was made to collect the questionnaire approximately two days later.

boxes with slits cut in them, explaining that the questionnaires would be inserted in the boxes by the couples themselves and that it would be impossible for anyone to know who filled out any one questionnaire considering the number collected at any one time.

One disadvantage of the method of investigation was the fact that the husband and wife might compare answers (if they chose) while filling out the questionnaires, and of greater seriousness to the results of the study was the possibility that either the husband or wife might not indicate his actual thoughts for fear that they might be read by the spouse before the time of collection of the questionnaires. For this reason the couples were instructed verbally as well as in a written form not to compare answers or look at the other's questionnaire. The fact that most of the husbands and wives answers were similar but not identical in addition to the many frank comments made, indicates that this possible drawback to the method of collection may not have been too serious.

Proportion of Refusals

By following the method of leaving the questionnaires one day and calling for them in a day or two,

only three outright verbal refusals were received.¹ The attempt was made to discover the reasons for such refusals and in each case the wife remarked that she had been willing to fill out the questionnaire but that her husband refused to and did not wish her to fill one out.

In a few cases only one person filled out the questionnaire, four questionnaires being returned with only the wife's part completed.² One questionnaire was filled out by a husband only who indicated that his wife was out of town and therefore could not participate in the study. Considering the implications of refusal or lack of participation as well as the interrelationship of certain information in the questionnaires, it was decided that it would be advisable to include in the final analysis only those questionnaires which had been filled out by both the husband and the wife.

In addition to these partial refusals, four couples returned their questionnaires completely unfilled out. In these cases it was also impossible to determine the

1. The first procedure was to leave the forms one day calling for them the following day; however this did not allow sufficient time. Therefore it was decided to allow two days or more if necessary in order to get as complete a return as possible.

2. The reasons for such partial refusal on the part of these couples was not known since the wives and/or husbands made no comments at the time of collection.

reason for refusal because of the method of collection and their lack of comment at the time of collection.

Aside from refusals the information provided by a few of the couples could not be used because it showed lack of conformity to the requirements of the sample.¹ Therefore the questionnaires of 16 of the couples who had been asked to participate could not be used in the final analysis which was based upon the information taken from the questionnaires of 212 couples. The disposition of the questionnaires which were distributed appears below:

Table 1. Disposition of the questionnaires according to refusal, adequacy, and conformity to the definition of the sample

Disposition of Questionnaires	Number
Outright verbal refusals	3
Returned filled out by wife only	4
Returned filled out by husband only	1
Returned unfilled out by both	4
Lacked conformity to the sample	4
Met requirements of the sample	212
Total cases	228

An examination of the previous table indicates that 93.0 percent of those questionnaires which were handed out were later found to conform to the requirements of the sample and were sufficiently filled out

1. Three indicated the birth of a second child; one indicated that the child was older than three and had been born to a previous marriage.

for analysis. Therefore, as will be noted only 7.0 percent of the questionnaires which were originally solicited were not included in the final analysis.

During the distribution of the questionnaires it was found that a number of couples had moved or changed residence within the village. Those who had moved away from the area completely may have been graduated or found it too difficult to continue since the birth of their children. Those couples who were believed to have moved within the village¹ were found in nearly all instances by asking other couples in the sample whether any of their immediate neighbors fitted the requirements specified. In this way an additional number of couples were included who had moved into the area since the original list of names and addresses was made.²

It will also be noted that in addition to such "weeding out" as may have occurred when some of the couples left school, there are additional reasons which make this sample a select group. All of the

1. Such moves were usually from smaller apartments to larger ones with one or two bedrooms.

2. This inclusion was not as great as the number of couples who had moved; therefore the total sample solicited numbered 228 couples instead of 239 which names had comprised the original list taken from the married students' cards.

husbands in the group are college students while 110 of the wives were or are college students. Also, to have come to college in the first place presupposes some agreement on the part of both husbands and wives to work cooperatively in getting the husband through college. It is known that some veterans have not returned to school mainly because their wives would not agree to such a plan. The fact that this sample might represent such agreement between husband and wives also suggests that the findings in such a study would probably show better marital adjustment and greater happiness for the group as a whole than might be found had a random sample of the population been considered.

Construction of the Questionnaire

Because it was considered that the wives might have more time to fill out a questionnaire than their husbands and because they might be more willing to do so, they were asked to answer all the questions seeking general background information about both husband and wife. As a result the wife's questionnaire consisted of 70 questions, some of which had more than one part, while the husband's questionnaire had only 25 such questions. Although some of the wives were not sufficiently informed to answer certain questions regarding

the husband's early history, this method was found satisfactory in most cases.

Some questions, particularly those related to sex, which might have been considered offensive by some persons had they been presented in the form of a check list, were presented in open ended form which asked for comments. These and certain others which were not highly adaptable to a check list presentation were found difficult to treat statistically because the number of persons commenting on such questions represented for the most part a small percent of the total sample. Also these comments were often ambiguous or too varied to classify into homogeneous groupings. However such comments were found to be of value in giving insight into many of the problems of pregnancy which otherwise might not have been recognized.

Method of Statistical Analysis

The statistical method used in this study was the determination of the significance of apparent differences in percentages, i.e., to determine whether or not essentially the same results would be obtained by taking successive samples of the same type group under similar circumstances. If two random samples of size n_1 and n_2 with x_1 individuals of the n_1 items and x_2 individuals of the n_2 items, the hypothesis used to test whether or not this difference

would occur by chance alone is that x_1/n_1 and x_2/n_2 are random and independent samples from the same universe. The theorem used to test this null hypothesis is taken from Kenney:

"If x_1/n_1 and x_2/n_2 are random and independent samples from an infinite universe in which $p^{(1)}$ is the proportion of individuals which have the character in question, the probability that the difference in the proportions obtained will be numerically as great as the observed difference $w = |x_1/n_1 - x_2/n_2|$ is approximately P_δ ,"
and

$$\delta = \frac{w}{\sigma_w}, \quad \sigma_w = \left\{ pq \left(\frac{1}{n_1} + \frac{1}{n_2} \right) \right\}^{\frac{1}{2}} n^2$$

If the difference between two percentages was found to be significant in this study at the one percent level³ it will be so stated or referred to as "very significant." If the difference was found significant at the five percent level it will be referred to as being "significant." Any difference found to be significant at the ten percent level will be so stated.

In those tables where the t-test showed significance, and by inspection there appeared to be a considerable degree of relation, chi-square and coefficient of contingency were computed and appear below the table.

$$1. p = \frac{x_1 + x_2}{n_1 + n_2}$$

2. Kenney, John F., Mathematics of Statistics, Part II, New York, D. VanNostrand Co., Pp.119-120.

3. This would indicate that the difference between the two percentages would occur only once by chance in one hundred cases.

Chapter III

Characteristics of the Sample

The first step in the presentation of the material will be to review briefly the characteristics of the couples who made up the sample. Many background questions were included in the questionnaire, for at the outset of any study it cannot be predetermined which may have significance and which will not. However, because of the limited time available for the study the possibilities of a few of these questions were not exhausted. Also, many of the questions which paralleled those of studies of overall marital adjustment have not been compared with the latter because they were not specifically related to the pregnancy. Therefore only those background factors which give particular insight into the couples backgrounds as related to the pregnancy period will be discussed here.

Length of Time Married

Table 2 gives the ~~distribution~~ of the couples in the sample according to the length of time married, showing that the majority (76.6 percent) had been married from $1\frac{1}{2}$ to $3\frac{1}{2}$ years at the time of the research. Only 2.9 percent had been married from over $6\frac{1}{2}$ years. Thus it will be seen that the majority of the marriages were contracted since the war.

Table 2. Distribution of the couples in the sample according to length of time married

Years married	Couples (Percent)
Less than $1\frac{1}{2}$ years	1.9
$1\frac{1}{2}$ to $3\frac{1}{2}$ years	76.6
$3\frac{1}{2}$ to $6\frac{1}{2}$ years	18.6
More than $6\frac{1}{2}$ years	2.9
Total cases	211
No response	1

Age at Time of Marriage

Table 3 shows that the general pattern of age at the time of marriage was for the wives to be somewhat younger than the husbands.

Table 3. Distribution of the husbands and wives in the sample according to their ages at the time of marriage

Age at marriage in years	Wives (Percent)	Husbands
Under 20	20.4	4.3
20 - 22	55.6	45.6
23 - 25	17.4	39.6
26 and older	6.6	10.5
Total cases	212	210
No response		2

Education of the Wives

As might be expected the educational level of these wives of college students was considerably higher than for the population as a whole with 51.9 percent having had one or more years of college training.

Table 4. Educational level of the wives in the sample

Level attained	(Percent)
Grade school	.9
High school	47.2
College	51.9
Total cases	212

The husbands in the sample averaged from three to four years of college training at the time of the distribution of the questionnaires.

Childhood Residence

Using the distribution utilized in the sixteenth census¹ it was found that 63.6 percent of the wives and 62.1 percent of the husbands lived in urban areas

1. Sixteenth Census of the United States, 1940, Population, Vol.II, "Characteristics of the Population," Part I, p.8. This distribution classified any area with a population of 2,500 or more as urban.

as children. The remainder or 36.4 percent of the wives and 37.9 percent of the husbands were from rural areas. These figures do not differ greatly from the total population of the United States in 1940. The census for that year indicated that 56.5 percent of the people lived in urban areas while 43.5 percent lived in rural areas.

Religious Background

More than three-fourths of the sample (77.7 percent of the wives and 77.1 percent of the husbands) were of the Protestant faith while only 17.5 percent of the wives and 15.7 percent of the husbands were Catholics. Three individuals were members of Jewish religious organizations. The remainder belonged to other faiths or professed to have no religion.

Ages of the children

Because it was believed that couples having a child over two and one-half years of age might have difficulty recalling the events of the pregnancy period, the ages of the children of the couples varied from less than six weeks to the limit of two and one-half years. Nearly half or 46.6 percent were a year or less at the time of the study, the remaining 53.4 percent being over one year but less than two and one-half years.

Average Yearly Income

All of the husbands were veterans of World War II so that the government allotment to students was the basic income for the majority of the couples. However 68.7 percent reported incomes of \$1,500 per year or more, indicating that many had additional sources of income. Most of the additional income probably came from the 132 husbands who had jobs at the time the study was made. This brought the average income to between \$1,500 and \$2,000 per year. Only 12.1 percent reported an income of over \$3,000 per year.

In Summary

It can be seen that these were young couples at the time the study was made. Three fourths of them had been married from $1\frac{1}{2}$ to $3\frac{1}{2}$ years and most of them were married between the ages of twenty and twenty-five. The education of both the husbands and the wives was decidedly above the average. The childhood residence of those in the sample was close to the distribution for the population of the United States, slightly over half the group spending their childhood in "urban" areas. Also the couples represented the protestant faith for the most part. The ages of the children of these couples were less than three years-- half of them less than one year and the

other half between one and two and one-half years.
The average income of the couples was \$1,500 to
\$2,000 per year. Many of the husbands were working
to augment their income and the low rent housing
supplied by the college eased the financial burden.

Chapter IV

The Husband and the Pregnancy

The pregnancy experience is usually thought of in relation to the wife. However any experience of such magnitude in the lives of a couple cannot effect one partner without effecting the other. Parsons quotes a study that reported the extreme of such effects saying that, "cases have been observed in which the husband experiences nausea during his wife's pregnancy".¹ Although this may be a rare occurrence there is little doubt that in the usual circumstance the husband does more or less identify himself with his wife as the pregnancy progresses. It is well that the husband does feel something of what his wife experiences because as physiological changes take place in his wife, she may become nervous, upset, easily angered, make unusual requests, etc. During the pregnancy period the husband must make some adjustment to these changes in his wife. In order to investigate this adjustment, much of the data used in this study was taken from the husbands' questionnaires.²

1. Parsons, Elsie, C., The Family, New York, G.P. Putnam's Sons, 1906, p.95.

2. The data from the wives' questionnaires is treated more fully in a thesis by Poffenberger, Shirley B., Attitudes and Experiences of Pregnancy of Students Wives at Michigan State College, Unpublished Masters thesis, Michigan State, 1949.

It will be of value then, to review the husbands responses¹ before presenting the relationships that were found to exist among the data.

Number of Children Wanted

The husbands were asked how many children they had actually planned to have before the wife's first pregnancy. Table 5 shows that 67.4 percent said they wanted more than two children and that 35.4 percent wanted four or more. If the average number of children wanted is computed from the total data, not including the 22 undecided, it is found to be 3.3 per family. If this is compared with the total children per family for the United States as a whole, (2.5 per family)² it appears that the number of children wanted by these husbands in the first year or so of marriage will probably change materially with the vicissitudes they may encounter as their marriages progress. One factor alone has already caused a material decrease in the number desired, namely the experiences of the first pregnancy.

1. Except those regarding the sexual aspects which will be discussed in Chapter VII.

2. Sixteenth Census of the United States, 1940, Population, Vol. IV, "Characteristics of Age," Table 10. The percent cited was computed by dividing the number of children in private homes into the number of private homes.

Table 5. Percentage of husbands reporting number of children planned before their wives' first pregnancies

Number planned	(Percent)
One or two	22.2
Three	32.0
Four or more	35.4
Undecided	10.4
Total	212

Desire for Children After the Pregnancy

The majority of the husbands (80.1 percent) said that they wanted the same number of children as before when asked whether experiencing the first pregnancy and childbirth with their wives had caused them to want more, the same, or fewer children than they had previously planned to have. There were however, 13.7 percent of the husbands who wanted fewer children, and if we look at the wives' responses we find 17.5 percent wanted fewer children.

Table 6. Decision of husbands to have more, the same, or fewer children as a result of the pregnancy experience as compared with the number planned before conception

Children planned after pregnancy	(Percent)
More children	4.3
Fewer children	13.7
Same number as before	80.1
Undecided	1.9
Total cases	212

These figures by themselves are only an indication of a trend that will undoubtedly continue. When the couples leave the village they will find that it is easier to get housing with a small family and that each additional child puts an ever increasing strain on family finances. Also, that the more children they have the more their freedom to move about is restricted. Possibly of greater influence as W.S. Thompson states, is "the 'climate of opinion', the 'social atmosphere', the 'mental attitudes' of people (which) will affect the willingness to rear children."¹ He goes on to say, "the study of our population shows us that there is a differential birth rate in the United States which up to the present has resulted in the poorer, the less educated people increasing at a much faster rate than those in more comfortable circumstances and better educated."² For those who are concerned about the decline in birth rate among the better educated, there is evidence here to show that if the social atmosphere is favorable it appears that young couples do want children in the first year or so of marriage. Evidently the hardships of pregnancy are among the first factors to cause them to decide on having fewer children.

1. Thompson, Warren S.; Population Problems, New York, McGraw-Hill, 1942, p.441.

2. Ibid, p.436 and p.442.

Occurrence of Conception

Although this question was not asked of the husbands it is important to notice that 37.2 percent of the wives became pregnant by the first six months of marriage and 62.6 percent became pregnant by the end of the first year of marriage.

Table 7. Occurrence of pregnancy of the wives in the sample

Occurrence in relation to marriage	(Percent)
Before marriage	2.8
1-6 months	37.2
7-12 months	22.6
1-2 years	23.2
3 years or more	14.2
Total cases	212

Avoidance of Pregnancy

Table 8 shows that one third of the husbands reported that their wives had been trying to avoid pregnancy at the time of conception.

Table 8. Percent of wives trying to avoid pregnancy and not trying to avoid pregnancy at the time of conception as reported by the husbands

Response	(Percent)
Trying to avoid pregnancy	37.0
Did not try to avoid preg.	63.0
Total cases	212

From an evaluation of the wives responses it was found that 38.2 percent of the wives had tried to avoid pregnancy, that 26.0 percent had neither tried to avoid nor planned their pregnancies, and that 35.8 percent had apparently planned their pregnancies. These responses indicate that only about one-third of the couples actually planned to have their child when they did.

Schooling Plans and Part Time Jobs

When asked if the wife's first pregnancy caused any change in their schooling plans, 179 husbands said "no" while only nine said "yes". Even in the cases of these nine no drastic changes were indicated. In most cases it was as one husband commented, "I am now only taking part time schooling." As was mentioned previously this gives no indication of how many students were forced to leave college mainly because of the pregnancy expenses but their number is probably small. However a few had to make some adjustments in their schooling plans because 24.7 percent said they had to take a job. The following table shows the findings in regard to the effect of the pregnancy upon the husbands working.

Table 9. The effect of the pregnancy upon the husband working

Response in regard to job status	(Percent)
Already had a job	37.9
Had to take a job	24.7
Did not have to take a job	37.4
Total cases	211
No response	1

Reaction to Pregnancy

The husbands were asked to comment on their reaction to their wife's pregnancies. This question was open ended and as is often true of such questions the results were interesting but the answers were many and varied. The breakdown used in Table 10 was decided upon for a general evaluation of the responses.

Table 10. Reaction of the husbands to the knowledge of their wives first pregnancies

Reaction	(Number)
Happy	168
Unhappy	17
Worried	46
Mad	9
Resigned, indignant	5
Didn't care	2
Total cases	247

As can be noted in table 10, some of the husbands listed more than one response so that the total is greater than 212. For this reason the percentage of each reaction is not given. To give a better indication of the type of reactions to the question, a few will be quoted: "happy, but somewhat frightened;" "happy--it was bound to happen sometime; any other reaction would be foolish." Also, "didn't care;" "a little disturbed, but happy and in no way prejudiced against the child;" "happy and surprised;" "rather frightened about money at first;" "rather bewildered--and then glad after reconsideration;" "thought it would be interesting though expensive;" "I was at first disheartened--later determined to make matters (financial) suitable to a happy pregnancy;" and "probably unhappy and somewhat indignant."

Worry about the Child

Probably one of the most natural tendencies for the husbands during the pregnancy period is to worry about whether or not the child will be born in "good condition." Table 11 indicates that it was a rather common occurrence among the husbands in the study.

Table 11. Distribution of the husbands in the sample according to their indications of degree of worry about the child being born normal

Degree worried	(Percent)
A great deal	11.3
Somewhat	60.0
Not at all	28.7
Total cases	212

Was wife "babying" herself?

The husbands were asked whether they believed their wives had "babied" themselves during the pregnancy period. Although there were a large number of general complaints, (in response to another question) it was found that only 20 of the husbands reported such "babying" while 189 said their wife did not baby herself. Some of the comments of husbands reporting an affirmative answer were, "I think a good deal of her outward expression at least, was in trying to convince me how sick she really was;" "Believe she was (babying herself) at times, as she could be diverted and would forget it;" and "subconsciously perhaps I did, but I tried to realize the seriousness of her condition."

Annoyances During Pregnancy

The husbands were asked (in an open ended question) what, if anything, annoyed them about the way their wives acted during the pregnancy period. Nearly half of the 212 husbands (102 or 48.0 percent) listed one or more complaints. The classification used in regard to this data appears in Table 12.

Table 12. Percentage distribution of husbands in the sample according to the type of complaints indicated

Annoyance	(Percent)
Her attitude during pregnancy	21.6
Wouldn't follow Doctors orders	3.9
Strange diet cravings	10.8
Nervousness, temperament	37.2
Physical condition	11.8
General "gripes"	14.7
Total cases	102
No response	110

Of the 102 husbands in the sample who indicated that certain things had annoyed them, 21.6 percent complained about their wives' attitudes either toward themselves or in regard to the pregnancy. A few of these comments were, "A great deal of worry about having a normal baby;" "We read, talked, slept and lived babies for nine months and when the child arrived, she knew nothing about babies. I think that

all people expecting children should have some practical training in baby care;" also, "often complained without cause;" "She wouldn't rest during the day as I thought she should;" and "She worried about her appearance when she shouldn't have because it is normal and natural."

Four of the husbands complained that their wives did not follow the doctor's orders. As an example one husband said, "She had a hard time following the doctors diet and would eat candy like mad when she had the opportunity."

Of the husbands who indicated annoyances, 10.8 percent cited diet cravings with remarks such as: "Her craving certain food items that were not ordinarily in our diet;" "She kept me busy buying grapefruit;" and "claiming that she had a craving for things she wanted."

The largest number of complaints (37.2 percent) were in respect to the wife's temperament. This classification included mention of nervous-upset, nagging, and temper. Examples of the comments were: "The fact that she kept nagging me to plan and prepare for the baby. This began before I was psychologically ready for the baby. I think I should have been

given my own time about it. Eventually I would have been ready. As it was there was a constant resistance built up;" and "became somewhat peeved at her temper tantrums at times;" "She cried easily, became rather emotional at times;" "She got very dâspondent at times;" and "short-tempered because she didn't get enough rest."

A miscellaneous classification entitled "General gripes" includes all those comments which did not logically conform to the other classifications, and which for the most part were not apparently serious; i.e., "little things;" "wouldn't let me smoke in the house because it annoyed her;" "wearing what I felt was a damned tent;" and "She would forget to eat and then become ill and faint because of this."

Some of the complaints in respect to the wife's physical condition were, "only that she was tiring easily sometimes, but not often;" "feelings of inferiority about her physical size;" "She was frequently tired;" "Her saliva flowed constantly; her frequent expectorations."

Wives' Emotional Upset

The husbands were asked to rate the frequency of their wives' emotional upset (i.e., nervousness

crying, etc.) before the pregnancy period and in the periods during and since the pregnancy. From their responses it appears that the first part of the pregnancy was the most difficult in this respect. Table 13 illustrates the frequency of emotional upset before, during and since the pregnancy period.

Table 13. Husbands' ratings of wives' emotional upset before, during and since the pregnancy period

Frequency of emotional upset	Before	First part	Middle part (Percent)	Last part	Since
Frequently and sometimes	39.4	48.3	46.0	46.4	40.0
Rarely and never	60.6	51.7	54.0	53.6	60.0
Total cases	206	207	206	205	204
No response	6	5	6	7	8

An examination of Table 13 reveals that the differences in incidence of emotional upset during the pregnancy are not significant; however it is indicated that husbands believe their wives experienced emotional upset more frequently during pregnancy than they did either before or since this period.

Attitude of Spouse

There was a significant difference between the husbands' and wives' answers in response to a question which asked whether or not any changes had been noticed in the spouse's attitude after the pregnancy began. Nearly one-half of the wives (46.7 percent) noticed a difference in their husbands' attitudes, while only one-third of the husbands noticed a difference in their wives' attitudes toward them. However when asked, "If yes, how did it change?" nearly all (93.6 percent) of those wives who had indicated change in attitude reported a favorable change in their husbands' attitudes while only half (50.8 percent) of the husbands reported a similar change on the part of their wives. Examples of some favorable comments made by husbands are: "We seemed to be closer together;" "She seemed to take more interest in the home and less in what I was doing;" "We had been happy--but we were still like sweethearts. Then she became more mature, but even closer than before." Some of the husbands unfavorable comments were, "Her worry about money matters became intensified;" "She turns to the baby if we have disagreements;" "She became more hostile and antagonistic;" "She became less affectionate;" "She became frigid, psychologically and sexually;" and "less desire for

intercourse." The incidence of change in spouse's attitude and the type of change appear in the following tables:

Table 14. Husbands' and wives' responses to question regarding change in spouse's attitude

Change in attitude on part of spouse	Husbands (Percent)	Wives
Yes	32.2	46.7
No	67.8	53.3
Total cases	211	212
No response	1	

Table 15. Husbands' and wives' reporting type of change in spouse's attitude as a result of the pregnancy

Type of change indicated	Husbands (Percent)	Wives
Favorable	50.8	93.6
Unfavorable	49.2	6.4
Total cases	61	78
No response	7	21

An examination of Table 15 indicates that there is a very significant difference between the husbands and wives in respect to the incidence of favorable change in attitude during the pregnancy period. Apparently the husbands became more considerate of their wives than they had been before the pregnancy.

However it is probable that the wife's physical and emotional problems sometimes caused her to be short-tempered and more easily upset during this period.

Recreational Activities

The pregnancy and birth of the child have a definite effect upon the number of mutual recreational activities engaged in by husbands and wives. There is a significant reduction in such activities when the period before pregnancy is compared with that of the pregnancy period. Also it appears that there is some continuation of this pattern since the birth of the first child. This would seem logical considering the difficulty the couples have in respect to leaving the child. The frequency of shared recreation as rated by the husbands in three periods of the marriage is shown in the following table:

Table 16. Percentage of husbands reporting mutual recreational activities with wives in three periods of marriage

Mutual recreation	Before preg.	During preg.	Since preg.
All	35.9	23.2	20.7
Most	58.3	62.2	54.7
Few or none	5.8	14.6	24.6
Total cases	209	206	203
No response	3	6	9

Areas of Disagreement

It was found that more of the husbands reported having had serious disagreements with their wives over spending the family income than over any of the other topics suggested. Disciplining or training of the children was second in frequency while disagreements over social activities and recreation were third. Disagreements about in-laws were next most frequent with those about friends and sexual relations being about fifth in frequency. Little disagreement was indicated in respect to the topics of having or not having children and the area of religion.

The responses of both husbands and wives were essentially the same in respect to this question on disagreements. Disagreement as stated by the husbands can be seen in Table 17.

Table 17. Distribution of the husbands in the sample according to their indications of disagreement with their wives in respect to certain topics

Topics	Disagreement		Total
	(Number)	(Percent)	
Income	141	66.9	210
Disciplining the child	133	63.4	210
Social activities	122	58.1	210
In-laws	113	53.5	211
Sexual relations	107	50.5	212
Choice of friends	105	49.8	211
Religion	39	18.6	209
Having children	38	18.2	209

To determine what type of disagreement might have occurred during the pregnancy period, the husbands were asked whether any of the aforementioned areas of disagreement were related to the pregnancy period, or the period following the birth of the child. Some of the husbands indicated that such disagreements had occurred as a result of the pregnancy. Some of the comments were: "Income, in connection with preparing for the baby;" "Our inability to get out together. Either my studying or lack of a baby sitter always stood in the way;" "My mother came just prior to birth. She is an overbearing sort of a person and caused considerable dissention;" and "My wife was cool in regard to sex relations."

Happiness Ratings

The husbands were asked to rate their happiness in each period of pregnancy and the period since the birth of their child as compared with their happiness before the wife's pregnancy. The outstanding finding here was the very significant increase of those who were "happier" since the birth of their child over the number who checked "happier" in the three periods of pregnancy. The average husband seemed glad the pregnancy period was over.

Table 18. Percentage of husbands rating happiness during and since pregnancy as compared with their happiness before wife's first pregnancy

Happiness rating	Periods of pregnancy			
	First	Middle	Last	Since
	(Percent)			
Happier	26.8	22.1	30.6	76.5
About the same	65.1	74.5	62.7	20.2
Unhappier	8.1	3.4	6.7	3.3
Total cases	212	212	212	208
No response				4

In addition to the above happiness rating, both wives and husbands were asked to rate their overall marital happiness considering not only this period but their entire married life. Table 19 illustrates two apparent tendencies in respect to this rating: first, the husbands tend to be more conservative in rating their own happiness as compared with the wife's rating. It can be seen that fewer of the men reported that they were "very happy" and fewer also reported being "somewhat unhappy" or "very unhappy". Second, there is a lumping for both the husbands and the wives in the "happy" categories. While the difference in rating between the husbands and wives is not significant and leads to little difficulty in

further evaluation, the vast majority who listed themselves in the "happy" categories does present a problem as this rating is used frequently in evaluation of problem areas. Whenever a happiness scale is used this problem must be confronted. Terman, after an intensive evaluation of his own data concerning the marital happiness of 792 couples explains the phenomina as follows:

"The happy person, proud of his marriage, may find heightened gratification in the conceit that not many can match his own success. He pictures it as far superior to the general level of achievement, and tends to rate himself in the higher happiness brackets. The unhappy person, disappointed in his marriage, may extenuate its failure by believing that after all the average marriage is an unsatisfactory affair and that he has fared little if any worse than the majority of his fellows. He considers 'average' a reasonable discription of his own marriage."¹

In addition to Terman's findings it was found in the present research that those who rated their overall marriage as "average" had a significantly poorer adjustment than those who gave a rating of "very happy". Those who rated their marriage as "happy" appear to

1. Terman, Lewis, M., Psychological Factors in Marital Happiness, New York, McGraw-Hill, 1938, p.78.

have been a middle group. For this reason the "average" group was lumped with the "somewhat unhappy" and "very unhappy" groups for purposes of evaluation. It will be noted also, that for the same reasons when the ratings of "happier", "the same" and "unhappier" were used, those who indicated the particular period as being either the "same" or "unhappier" were also lumped together. The overall ratings of marital happiness as rated by both husbands and wives appear in the following table:

Table 19. Self-ratings of husbands and wives of their overall marital happiness

Happiness rating	Wives (Percent)	Husbands
Very happy	59.4	49.5
Happy	27.8	35.3
Average	8.0	13.3
Somewhat unhappy	2.4	1.4
Very unhappy	2.4	.5
Total cases	212	212

Chapter V

Areas of Disagreement

In order to get a clearer picture of the causes of disagreement in the marriages from the point of view of the husbands, the areas of disagreement previously discussed will be examined more closely. It was found that the number of husbands reporting serious disagreements with their wives was most frequent in the area of spending the family income while the area in which there was the least number reporting serious disagreements was that of having or not having children. The incidence of such disagreements according to frequency of rating by the husbands appears in the following table:

Table 20. Number of husbands reporting serious disagreements with their wives in respect to various areas of adjustment, arranged according to frequency of incidence

Frequency	Area of disagreement	(Number)
1	Spending the family income	141
2	Disciplining of child	133
3	Social activities	122
4	In-laws	113
5	Sexual relations	107
6	Choice of friends	105
7	Religion	39
8	Having children	38

Disagreement and Overall Happiness

Burgess and Cottrell say, "The question can quite fairly be raised whether or not agreements and disagreements constitute a satisfactory criterion of marital adjustment. It may be pointed out that differences are 'the spice of life' and that complete agreement would make life monotonous."¹ The fact that a couple disagrees on a subject does not necessarily mean that they are unhappy in their marriage. To determine to what extent disagreement in these areas has a deleterious effect upon the happiness of the couple, each topic or subject of disagreement was compared with the overall marital happiness as rated by the husbands. As can be seen in Table 43 in Appendix II, the percentage of those who had no disagreement and rated their marriages as "very happy" represents a very significant difference in comparison with the percentage of those who had disagreements and rated their marriages as "very happy". This relationship was found in all areas with the exception of that concerning disciplining

1. Burgess, E.W., and Cottrell, L.S., Predicting Success or Failure in Marriage, New York, Prentice-Hall, 1939, p.49.

or training of the child, in which little relationship was shown between such disagreement and marital happiness.

In order to make a comparison of the effect of disagreement on marital happiness an agreement "score" was computed for each of the previously discussed topics by subtracting the percentage of disagreement from the percentage of agreements (for the very happy group only), as each was related to overall marital happiness. Thus the higher the score the more serious the effect of disagreement upon marital happiness. The summary of the results appears in the following table:

Table 21. Agreement scores of the husbands in the sample, illustrating the seriousness of disagreement in relation to marital happiness according to the frequency with which certain topics were disagreed upon.

Rank according to seriousness	Areas of disagreement	Agreement ¹ "score"
1	Sexual relations	732.0
2	Social activities	730.1
3	Religion	729.0
4	Spending family income	723.8
5	In-laws	723.2
6	Having children	722.8
7	Choice of friends	717.5
8	Disciplining child	7 5.1

1. As will be noted all agreement "scores" are positive numbers. If, on any topic, there had been more husbands in the "very happy" group who disagreed than agreed, then a negative "score" would have been registered. Thus the higher the agreement "score" the closer is the relation between happiness and agreement on any one topic.

Table 20 shows that more husbands reported disagreements with their wives in the area of disciplining of the child than in any other area of disagreement except spending the family income. However, Table 21 shows that when this area is related to the happiness of the husbands when each considered his entire marriage, it ranks last in seriousness. Burgess and Cottrell found much the same relationship and remarked that, "Disagreements over caring for the baby....although relatively frequent, have only a moderate relationship with marital unhappiness."¹

As was shown in Table 21, the present study found no significant difference between the first six disagreement scores presented. In other words the ranking of seriousness of such disagreements might vary slightly if it were tested upon a similar sample; also the present ranking of these areas of disagreement indicates that frequency of disagreement does not necessarily coincide with seriousness since the disagreement found to be least serious-- from the standpoint of marital happiness occurred second in frequency. Disagreement in the sexual area on the other hand, ranks only fifth in frequency, but first in seriousness indicating that when it does occur it proves to be far more serious to the marital happiness of the couple than some of the more common arguments.

1. Burgess and Cottrell, Op. cit., p.51

However the slight difference between most of the disagreement "scores" indicates that to some extent, it is the presence of disagreement rather than the particular topic of disagreement which has a serious effect upon marital happiness. Terman arrived at this conclusion in his discussion of the relative uniformity of size in his correlations in respect to the relationship between disagreement and happiness.

"We believe the most plausible interpretation of this lack of specificity to be that the effect of agreement or disagreement on happiness is irrespective of the particular issues on which husband and wife may initially differ. The happy spouses find it easier to adjust to these differences or to ignore them; at any rate they do not allow them to give rise to serious friction. The unhappy are either disinclined, or temperamentally unable, to reconcile what may at first be only minor differences."¹

The findings of the present study agree with Terman in respect to the general seriousness of disagreement as related to marital happiness. However it is believed that certain topics of disagreement have a more serious effect upon marital happiness than others as was noted particularly in relation to disciplining of the child.

1. Terman, op. cit., p.72

Disagreements and Happiness during Pregnancy

A definite relationship was seen to exist between disagreement and marital happiness as rated by the husbands. To determine the relationship, if any, between disagreement in these areas and the pregnancy period, comparisons were made between each of these areas of disagreement and the happiness ratings in the three periods of pregnancy and in the period since the birth of the child.¹ By using the same method that was used in computing the previously discussed disagreement "score"², a further "score" was derived in relation to each of the periods of pregnancy and to the period since birth. Theoretically the scores indicate which of the areas of disagreement were most disruptive to marital happiness during the periods cited. These scores may be found in the following table:

Table 22. Agreement "scores" of the husbands in each of four periods of marriage. The ~~higher~~ the score the more serious is the area disagreed upon in relation to marital happiness

Periods of pregnancy	Areas of disagreement					
	Sex	Income	Religion	Friends	Social	In-laws
First	- .5	-7.2	7.7	9.2	12.8	-3.8
Middle	3.2	12.3	6.6	12.1	14.2	4.1
Last	3.4	8.7	4	10.1	6.2	3.4
Since	5	-6.5	9.1	3.2	-4.6	11.2

1. See Appendix II, Tables 44 through 49.

2. See p.43

An examination of the above table reveals that there is a small but consistent positive relationship between agreement and happiness in all the periods. That is to say, generally a greater number of husbands who did not have serious disagreement were happier than those who did have disagreement. Where a negative relationship exists, it is either in the first part of pregnancy or the period following the birth of the child. Throughout the study it becomes evident that the first period of the pregnancy is more often checked "happier" by the unhappy husbands. The explanation for this seems to be that the unhappy couples welcome the pregnancy hoping that a child will help their adjustment. The middle and last periods seem to be consistently the most difficult.

Although the agreement scores are not high, it is believed worth while to offer a possible explanation of the negative and positive relationships that do occur. Five of the six areas are treated below.¹

Income

Table 22 indicates that the middle and last periods of the pregnancy are the times when agreement over

1. Because Chapter VII is devoted to the sexual aspects of pregnancy that area is not treated here.

spending the family income is most related to happiness. In the first period of the pregnancy and in the period after birth as many if not more of the happier group seem to disagree in this area as those in the unhappy group. It may be that during the middle part of the pregnancy worry about expenses is most severe and at this point that many husbands take jobs. If this is the case it would account for the diminishing importance of this area as a source of disagreement in the last part of the pregnancy. Pratt, in her study of married students, compared couples with children and couples without children, holding constant the length of time married.¹ She found couples having children, "less often....completely satisfied with their overall marriage situation than...those without children." Also, children were found to be more of a causal factor in unhappiness in some areas than in others. Spending the family income was, she found, not highly correlated with having or not having a child. Although this study found disagreement during pregnancy related to happiness it agrees with Pratt's findings that there is not a positive relationship between these factors in the period following birth. The Areas

1. Pratt, op. cit., Pp.78-92

she found to be disruptive when a child arrived were--inlaws, religion, and sex.

In-laws

This study supports Pratt's conclusion that in-laws become more of a problem after the birth of the child. It appears that some in-laws pay little attention to the couple until there is evidence that they will have a grandchild. With the approaching of this event their interest and interaction with the couple increases. Often enough this increased interaction results in increased conflict between the parents and the grandparents of the child.

Religion

As was previously mentioned, argument over religion seldom occurs but when it does, it appears to be serious. This study found as did Pratt that disagreement about religion was second only to in-laws in seriousness after the birth of the child. The reason for this is not difficult to understand particularly since the families involved are young married couples. Landis concludes from his studies that even though an agreement is needed on the child's religious training before he is born (in mixed religious

marriages), very often one parent or the other changes his or her mind after the child is born. As the child grows older the spouse that promised to allow the religion of the other to be taught only finds that these things "matter to them more than they had anticipated"¹.

Social Activities and Choice of Friends

In the first and middle periods of pregnancy agreement on social activities may be a factor in increased happiness but it decreases in importance throughout the remainder of the pregnancy and the period following the birth of the child. One explanation may be that before the arrival of the child social activities are usually much more a part of the couple's life than they are after the child is born. As the number of social activities decreases it is probably true that arguments in this area also decrease.. Somewhat the same tendency was found in respect to choice of friends where after the birth of the first child the home becomes increasingly the center of the couple's activities and they become less dependent upon other people for entertainment.

1. Landis and Landis, op. cit., p.141.

Chapter VI

The Periods of the Pregnancy

To determine the effect of the pregnancy experience on the husbands' happiness it will be necessary to examine closely the three periods of the wife's pregnancy and the period since the birth of the child. The method used will be to relate possible influential factors with the husbands' rating¹ of whether they were "happier" the "same" or "unhappier" in the four periods as compared with their happiness before pregnancy. The overall rating of the marriage² will be used in relating this to happiness ratings in the four periods cited. Although only the husbands' ratings will be treated, in most instances the wives' are much the same.

Happiness in the Four Periods

Table 50 in Appendix II shows the relation existing between the overall marital happiness and happiness in each of the four periods. However in order to simplify the data, Chart 1 gives a graphic presentation of the percentage of husbands who rated each period

1. "Same" and "unhappier" will be lumped and "average", "fair" and "poor" will be lumped as one classification for the reasons given in Chapter IV, Pp.37-40.

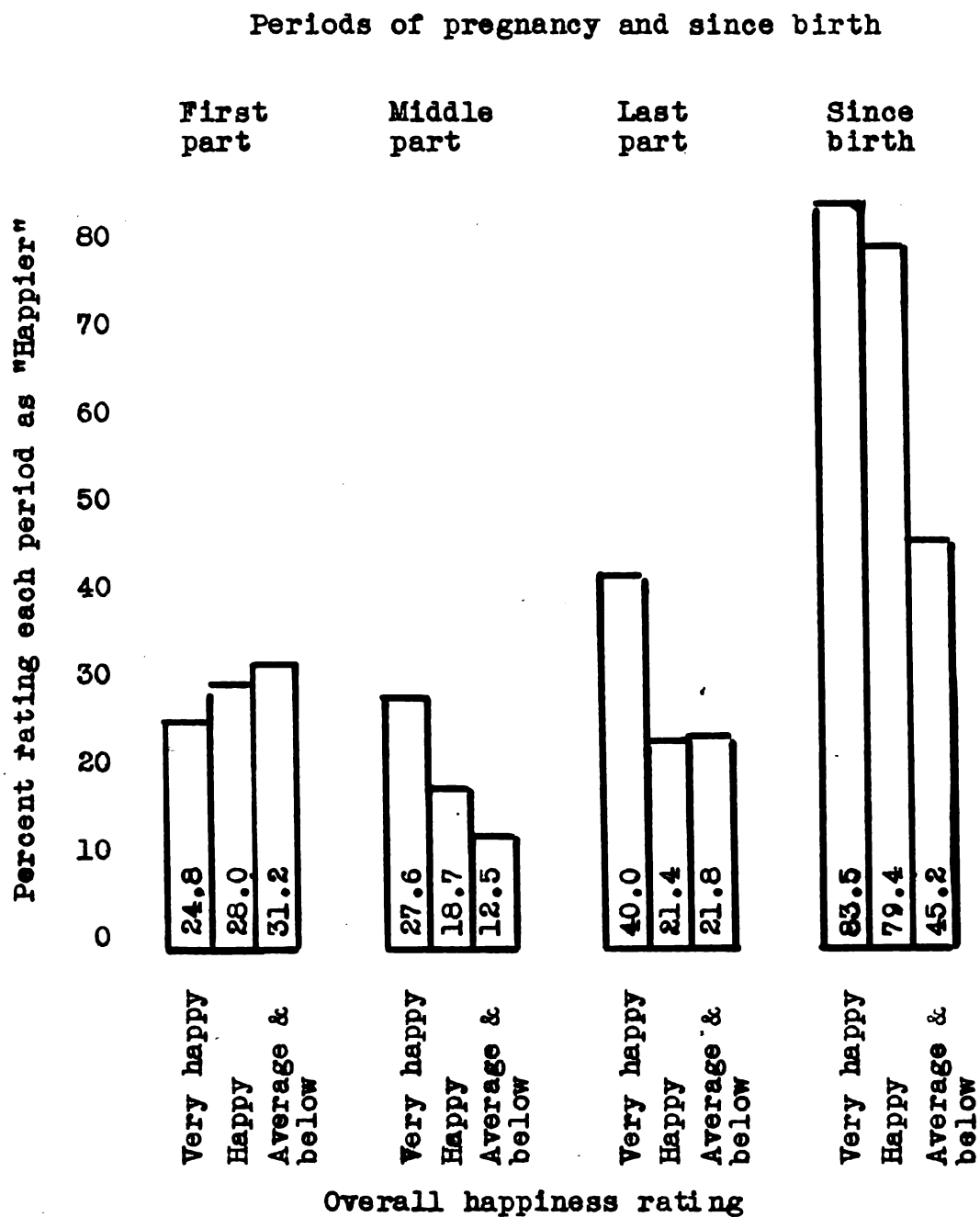
2. i.e., "very happy", "happy", "average", "Fair", and "poor".

as "happier", the remaining group representing a converse relationship, is not shown here.

The following chart shows clearly that whether or not the marriage is happy, a significantly larger proportion of husbands were "happier" after the pregnancy period was over. It is believed that this indicates as well as any other factor the degree of strain existing for the average husband at this time.

In the last three periods discussed there was found a consistently larger percentage of "very happy" husbands rating themselves as "happier". However in the first period there was found a reversal of this trend. It is probable that those couples who tended toward an unhappy marriage were happy at the prospect that a child was coming in hopes that it might help their marital relations. It is believed that such an eventuality might well cause them to say they were "happier" during the first part of the pregnancy period. However in the middle and last parts of the pregnancy increased happiness was noticed only among the "very happy" group while those in the "happy" and "unhappy" groups indicated much less increase in happiness. The period showing the least percentage of increased happiness was the middle part of pregnancy, which

Chart 1. Percentage of husbands who rated their marriage as "Happier" in each of four periods during and after pregnancy as related to their overall rating of marital happiness



suggests that this was possibly the most difficult period for the husbands.

Effect of the Child on Marital Happiness

Terman says, "In this country there seems to be a widespread belief that the happiness of a marriage is more often than not enhanced by the presence of children."¹ His study however, found no correlation between happiness and the presence of children. In contradiction to this, Pratt found that the child causes poorer adjustment saying that couples tend "to be satisfied less frequently when they do, than when they do not have children."² An examination of the data³ in the present study reveals that of the group rating their overall happiness as "average" or "unhappy", 31.2 percent rated the first period of the pregnancy as "happier," while 45.2 percent rated the period after the birth as "happier", a difference of 14 percent. Of the "happy" group 24.8 percent rated the first part of the pregnancy as "happier," while 83.5 percent rated

1. Terman, op. cit., p.171.

2. Pratt, op. cit., p.82.

3. See Table 50 Appendix II, or Chart 1, p.53.

the period since birth as "happier," a difference of 58.7 percent.

The trend for all the groups was toward increased happiness after the pregnancy was over. However there is a very significant increase in happiness for the "happy" group since the birth of the child while the increase for the unhappy group is not at all significant. This appears to indicate that when a couple is well adjusted and happy before the child is born, the arrival of the child increases their happiness. Conversely those couples who find difficulty adjusting will find that the child will only add additional areas of conflict. This would account for the lack of correlation between the happiness rating and the presence of children found in Terman's study and the low correlation found by Pratt: the happy group counteracting the unhappy group.

In an attempt to discover which factors were related to happiness in the periods of pregnancy many relationships were tested. Only those factors which showed a statistically significant relationship or gave indication that one existed will be treated in this chapter. All the data were taken from the husband's

questionnaire.

Influence of Friends

Table 23 shows a consistent tendency for more of those husbands who reported being influenced by friends in having their children to rate all four periods as "happier" than for those who reportedly were not influenced. The difference between the percentages rating such increase in happiness was most significant in the period since birth. It may be seen that 85.7 percent of those influenced by friends reported that they were "happier" since the birth of their children while only 68.9 percent of those who were not influenced indicated such an increase in happiness.

Table 23. Percentage of husbands reporting influence of friends upon their decision to have a child as related to happiness in the periods of pregnancy

Happiness rating	Not Influenced (Percent)		Not Influenced (Percent)	
	First part of pregnancy		Middle part of pregnancy	
"Happier"	38.6	28.2	29.5	17.4
"Same and unhappier"	61.4	71.8	70.5	82.6
Total cases	44	92	44	92
	Last part of pregnancy		Since birth of child	
"Happier"	36.4	26.1	85.7	68.9
"Same and unhappier"	63.6	73.9	14.3	31.1
Total cases	44	92	42	90
No response			2	2

(Since birth) $X^2 = 4.2$; $p =$ more than .02; less than .05; $C = .03$

The relationship between influence of friends and happiness suggests a question as to why such a relationship should exist. One explanation might be that the question actually tends to divide the group into what C.S. Jung calls the extrovert and introvert personalities. Characteristically the libido (psychic energy) of the introvert is directed inward creating as Gardner Murphy says, "an incapacity to understand the needs, the feelings, the thoughts of others."¹ On the other hand, the personality of the extrovert is outgoing, social, congenial. Those husbands who had a tendency toward extroversion would undoubtedly be more likely to have been influenced, and also, having a better understanding of people would be better able to reach a satisfactory marital adjustment than would those with introvertive personalities.

Taking a Job

The husbands who had to take a job as a result of the pregnancy were somewhat unhappier (as a group) during the first part of pregnancy than were either those who already had a job or those who indicated that they did not have to take a job. Table 24 shows

1. Murphy, Gardner, Personality, New York, Harper, 1947, p.595.

the largest difference was between those who did not have to take jobs (30.4 percent reporting "happier") in the first period and those who had to take a job (21.2 percent reporting "happier"). However by the middle period of the pregnancy there was no essential difference in the happiness ratings of the three groups. Evidently by the middle part of the pregnancy period, those husbands who had to take a job became accustomed to the idea and it no longer bothered them. This reversal of trend continues in the last period and in the period since birth, the increased happiness rating of those who did not have to take a job falling off. In the last period 35.0 percent of those who had jobs already were "happier" while only 29.1 percent of those who did not have to take a job were "happier". The difference between these proportions was found to be significant at the five percent level. Also those who had to take a job were slightly happier in this period than those who did not have to take a job. The same trend was indicated for the period since birth with 78.5 percent of those who took a job indicating that they were "happier," while 72.1 percent of those

who did not have to take a job indicated such an increase. It may be that more of those who already had a job and those who had to take a job were better able to meet the expenses of the pregnancy than those who indicated that they did not have to take a job. The expenses of the birth, outfitting the baby, doctor's expenses, etc. may have been greater than these latter persons had anticipated and may have caused some unhappiness. The relationship between the husbands job status and happiness during four periods of marriage appears in the following table:

Table 24. Husbands' response to question regarding job status as related to happiness during four periods of marriage

Happiness rating	Did you have to take job?			Did you have to take job?		
	Yes	No	Had job (Percent)	Yes	No	Had job (Percent)
	First part of preg.*			Middle part of preg.*		
"Happier"	21.2	30.4	27.5	21.2	22.8	22.5
"Same and unhappier"	78.8	69.6	72.5	78.8	77.2	77.5
Total cases	52	79	80	52	79	80
	Last part of preg.*			Since birth*		
"Happier"	27.0	29.1	35.0	78.5	72.1	80.5
"Same and unhappier"	73.0	70.9	65.0	21.5	27.9	19.5
Total cases	52	79	80	51	79	77

* One husband did not respond to the question in the first three periods; five did not respond in the period since birth.

Annoyance at Wife's Actions

Table 25 shows no relation between happiness and annoyance in the first period. This relationship begins to take on significance in the middle part of the pregnancy period and by the last part those who have complaints about the wife's actions are significantly unhappier than those who do not complain. Of those who said they were not annoyed 41.6 percent indicated that they were "happier" in the last period of the pregnancy while of those who indicated that they had been annoyed only 24.5 percent were "happier", the difference between the proportions being significant at the five percent level. Since the birth of the child

Table 25. Percentage of husbands reporting annoyance at wife's actions during the pregnancy as related to happiness in each period of pregnancy

Happiness rating	Did wife's action annoy you?			
	Yes (Percent)	No (Percent)	Yes (Percent)	No (Percent)
	First part*		Middle part*	
"Happier"	27.4	28.6	20.6	28.6
"Same and unhappier"	72.6	71.4	79.4	71.4
Total cases	102	77	102	77
	Last part*		Since birth*	
"Happier"	24.5	41.6	79.2	72.0
"Same and unhappier"	75.5	58.4	20.8	28.0
Total cases	102	77	101	75

* No response was given by 33 husbands in the first three period; 36 did not respond in the period since birth.

a slightly larger percentage of those who reported annoyances were "happier," illustrating the previously suggested relief on the part of the husbands that the pregnancy period was over.

Worry About the Baby

There was a consistent tendency in all four periods for those husbands who had worried over whether or not the baby would be born normal and healthy to be happier than those who did not report such worry. The happy husband appears to be the concerned husband--concerned both over the health of his wife and the health of his baby. Those who tend to be unhappy show lack of concern perhaps because they are not psychologically close enough to their wives to feel the significance of the pregnancy situation. This relationship can be seen in Table 26.

Recreational Activities

In all the periods except the first part of the pregnancy those husbands who had little outside recreation with their wives were unhappier than those who did. In the first period this suggests again the relationship of the unhappy couples who expect

Table 26. Percentage of husbands who worried or did not worry about the child being born healthy as related to happiness in the three periods pregnancy and since birth

Happiness rating	Did you worry about the child?			
	Yes (Percent)	No (Percent)	Yes (Percent)	No (Percent)
	First part.		Middle part	
"Happier"	27.2	26.2	22.5	21.4
"Same and unhappier"	72.8	73.8	77.5	78.6
Total cases	151	61	151	61
	Last part		Since birth*	
"Happier"	32.4	26.2	77.7	73.3
"Same and unhappier"	67.6	73.8	22.3	26.7
Total cases	151	61	148	60

* Four husbands did not respond in the period since birth.

that a child will increase their marital happiness. In the period since the birth there was a larger percentage of "happier" responses on the part of the group who engaged in "most" recreational activities together than for the group who engaged in "all" activities together. This might indicate that it is often helpful for the husband or the wife to get out by themselves occasionally rather than being completely reliant upon each other for recreational activities. The data on recreational activities appears in Table 27.

Table 27. Percentage of husbands rating recreational activities mutually engaged in by husbands and wives as related to happiness of the husbands in three periods of pregnancy and since birth

Happiness rating	Activities mutually engaged in					
	All	Most	Few & none (Percent)	All	Most	Few & none (Percent)
	First part*			Middle part*		
"Happier"	31.2	23.4	36.4	31.2	19.5	18.1
"Same and unhappier"	68.8	76.6	63.6	68.8	80.5	81.9
Total cases	48	128	33	48	128	33
	Last part*			Since birth*		
"Happier"	39.6	29.6	21.2	75.6	79.3	70.0
"Same and unhappier"	60.4	70.4	78.8	24.4	20.7	30.0
Total cases	48	128	33	41	111	50

* No response was given by three husbands in the three periods of pregnancy; ten did not respond since birth.

Emotional Upset of the Wife

When related to the happiness rating in the various periods of the marriage those husbands who reported infrequent emotional upset in their wives were happier in all periods except the first part of the pregnancy where a slight reversal of this trend was found. This again seems to indicate that those couples who were having difficulty with their marriage welcomed the advent of the pregnancy believing that a baby would help their adjustment.

Table 28. Percentage of husbands rating frequency of emotional upset on the part of the wives as related to husbands' happiness in three periods of pregnancy and since birth

Happiness rating	Frequency of emotional upset		Frequency of emotional upset	
	Frequently & sometimes (Percentage)	Rarely & never (Percentage)	Frequently & sometimes (Percentage)	Rarely & never (Percentage)
	First part*		Middle part*	
"Happier"	30.0	24.3	17.9	25.2
"Same and unhappier"	70.0	75.7	82.1	74.8
Total cases	100	107	95	111
	Last part		Since birth	
"Happier"	28.4	30.8	71.6	78.5
"Same and unhappier"	71.6	69.2	28.4	21.5
Total cases	95	110	81	121

* No response was given by three husbands in the first period; six in the middle period; seven in the last period; and ten in the period since birth.

In addition to a rating of emotional upset during and since the pregnancy the husbands were asked to rate the incidence of emotional upset experienced by their wives in the period before the pregnancy. When the frequency of emotional upset during this period is compared with the husbands' overall marital happiness¹ ratings it is found to be a significant relationship. Of those who indicated that their wives rarely or never experienced emotional upset in this period, 57.6 percent

1. See Table 29.

rated their marriages as "very happy" while only 35.8 percent of those who indicated that their wives had "frequent" or "sometimes" emotional upset rated their marriage as "very happy". The difference between these proportions is very significant. The same trend is seen during each of the pregnancy periods. Only the middle part shows a significant difference although the largest number of wives experienced emotional upset during the first part of the pregnancy period. During the last part there is little relationship shown between the incidence of emotional upset and happiness although it again jumps to significant proportions in the period following birth. When the "very happy" group is examined it is found that emotional upset increased during the pregnancy and decreased after the birth of the child. However the reversal is true for the unhappy group, there being an actual decrease in emotional upset during the pregnancy period and an increase following birth. The explanation seems to be indicated throughout the study, that the couples who are unhappy in their marriage appear to welcome the pregnancy in the hope that the child will help their relationship. However it is evident that the child not only does not improve the relationship between the husband and wife but adds additional areas of tension.

Table 29. Percentage of husbands rating frequency of emotional upset as related to overall marital happiness

Happiness rating	Frequency of emotional upset		Frequency of emotional upset	
	Frequently & sometimes (Percent)	Rarely & never (Percent)	Frequently & sometimes (Percent)	Rarely & never (Percent)
	Before pregnancy*		1st part of pregnancy*	
"Very happy"	35.8	57.6	46.0	52.3
"Happy"	39.5	32.8	38.0	33.6
"Average" & below	24.7	9.6	16.0	14.1
Total cases	81	125	100	107
	Middle part of preg.*		Last part of preg.*	
"Very happy"	40.4	57.6	47.4	50.9
"Happy"	40.4	30.6	40.0	31.8
"Average" & below	19.2	11.8	12.6	17.3
Total cases	94	111	95	110
	Since birth of child*			
"Very happy"	40.2	54.5		
"Happy"	36.6	35.5		
"Average" & below	23.2	10.0		
Total cases	82	121		

* No response was given by six husbands in the period before pregnancy; five in the first part; seven in both the middle and last parts; and nine in the period since birth.

(Before preg.) $\chi^2 = 9.3$ $p = \text{less than } .01$; $C = .21$
(Middle part) $\chi^2 = 6.1$ $p = \text{more than } .01$; less than .02; $C = .17$
(Since birth) $\chi^2 = 4.0$ $p = \text{more than } .02$; less than .05; $C = .20$

Chapter VII

Pregnancy and Intimate Adjustment

In devoting an entire chapter to the intimate aspects of the pregnancy period it is not wished to imply that this is a more important area of adjustment than others during this period; however, numerous studies have found it of sufficient significance to leave no doubt as to the relationship between sexual adjustment and happiness in marriage. Landis in a study of 409 couples¹ found that it took longer to work out an adjustment in sex relations than in any other area. The study done by Terman "shows clearly that certain of the sex factors contribute materially to marital happiness or unhappiness."² Dickinson,³ Hamilton,⁴ and Davis⁵ all noted the importance of the sexual aspect of marriage. Exner says,

"We must not....minimize the fact that the basic marriage bond is sex attraction, the sex urge; and this being an inborn drive, its normal satisfaction becomes in most cases a condition in all the other areas of the marital relationship."⁶

1. Landis and Landis, op. cit., p.243.

2. Terman, op. cit., p.373.

3. Dickinson, R.L., and Lura B., A Thousand Marriages, Baltimore, Williams & Wilkins Co., 1931.

4. Hamilton, op. cit.

5. Davis, K.B., Factors in the Sex Life of Twenty-Two Hundred Women, New York, Harper Brothers, 1929.

6. Exner, M.J., The Sexual Side of Marriage, New York, Pocket Books, Inc., 1932, p.7.

The importance of the sexual relationship being established, it was believed that the best method of treatment would be to deal with the responses of the husbands and wives together. As far as is known this is the first study to deal specifically with the sexual adjustment of husbands and wives during the period of pregnancy.

Avoidance of Pregnancy

Seventy-eight of the husbands and a similar number of the wives reported that they had tried (no doubt in varying degrees) to avoid pregnancy at the time of conception. When asked in what way they were trying to avoid pregnancy sixty-one reported a mechanical or chemical contraceptive while twelve indicated they were using the rhythm or withdrawal method. The most frequently used method was the diaphragm, thirty-four reporting its use at the time of conception. As Butterfield says, "No present method of contraception... whether 'natural,' medical or mechanical, is wholly foolproof and absolutely one hundred percent reliable."¹ However the fact that 34.4 percent of

1. Butterfield, Oliver, M., Sex Life in Marriage, New York, Emerson Books, Inc., 1947, p.79.

the couples were using contraceptives indicates that their use was even less sure than Butterfield indicates. But the comments in this study makes it seem probable that when a contraceptive such as the diaphragm was used it was not the fault of the method but that it was not used correctly or not used at all. The human error can undoubtedly be held accountable for many of these unplanned pregnancies. The fact remains that if the completion of college training depends upon delaying the arrival of a child for young married couples, then this is a serious point to consider. Can the couples contemplating marriage and school count on being childless for any length of time. According to the findings of the present study it seems doubtful. One course of action would undoubtedly have helped; if these couples had had more adequate information concerning birth control methods and the physiology of conception at the time of marriage rather than after the birth of the first child many of these unplanned pregnancies would undoubtedly not have occurred.

Following the birth of the child there was a very significant increase in the use of mechanical and chemical contraceptives, the percentage jumping from 28.8 percent for the entire sample to 65.2 percent. Most of

these 98 couples reported using diaphragms. The reason undoubtedly being that it is the practice of many obstreticians to suggest the use of a diaphragm following the birth of the child.

The following table illustrates the incidence of mechanical, chemical and 'natural' methods of contraception at the time of conception as compared with the usage after childbirth.

Table 30. Types of contraceptive methods used and percent of usage before and after pregnancy

Method used	Before preg. (Percent)	Since birth (Percent)
Mechanical & chemical	28.8	65.2
Rhythm & withdrawal	5.7	3.7
No response, not trying to avoid or already pregnant 2nd time	65.5	31.1
Total cases	212	212

$$\chi^2 = 56.32 \quad P = .01$$

Of those couples who indicated that they were using contraceptives since the birth of their first child 38.4 percent of the wives distrusted the method while only 20.0 percent of the husbands distrusted it,

the difference between these proportions being very significant.

Table 31. Percentage of husbands and wives rating trust or distrust of contraceptive method used after the birth of their first child

Attitude toward contraceptive	Wives (Percent)	Husbands
Trust	61.6	80.0
Distrust	38.4	20.0
Total cases	151	175

(Distrust since birth) $\chi^2=13.4$; p =more than .01; $C=.20$

The findings suggest that the wives' distrust may be related to fear of pregnancy. If so, the relationship between distrust of method and sexual adjustment should be investigated. Van de Velde suggests that fear of pregnancy has a decided effect upon the sexual adjustment of the couple:

"It is certain that the thought of pregnancy plays an enormous part in the sexual relations of most couples. Only when the circumstances and conditions of communion are such that they can liberate their minds from this fear, can sexual intercourse realize all its possibilities. Fear of pregnancy often impairs sexual processes and reactions on the psychic side to such a degree that bodily reactions are sympathetically affected and even inhibited or checked. Many marriages are totally ruined by this fear and its consequences."¹

1. Van de Velde, Th.H., Ideal Marriage, New York, Random House, 1930, p.265.

To determine what effect distrust of contraceptive methods may have had upon sexual adjustment during the period since birth, the responses to these questions were compared. It was found that those wives who distrusted their method, and who may have feared another pregnancy, had a significantly poorer sexual adjustment than those who trusted their methods. Terman also found¹ a reliable difference between the mean happiness score of women and distrust of contraception. Therefore it is evident that the effect of distrust on the wife's part is considerable, affecting her sexual adjustment and thus her marital happiness.

It will be noted that there were significantly fewer husbands who distrusted the contraceptive method, but for those who did distrust it no evident effect was noted in relation to sexual adjustment. It is recognized that many husbands may empathize with their wives during the pregnancy period, but it is evident that this empathy is not sufficiently strong to create actual fear of another pregnancy on the part of the husbands. It would be impossible

1. Terman, op. cit., p.348.

for any husband to fully appreciate the wife's role in respect to the pregnancy experience.

Table 32. Percentage of husbands and wives who trust or distrust their contraceptive method as related to sexual adjustment in the period since the birth

Sexual adjustment	Attitude toward contraceptive method			
	Distrust	Trust	Distrust	Trust
	Percent of wives		Percent of husbands	
"Very good"	22.4	43.0	31.4	28.6
"Good"	32.8	26.8	31.4	40.7
"Average" & below	44.8	30.2	37.2	30.7
Total cases	58	93	35	140
(Wives) $\chi^2 = 6.27$ $p =$ more than .02 less than .05; $C = .33$				
(Husbands) $\chi^2 = 1.37$ $p = < .70 - > .50$				

Why Sexual Intercourse Ceased During Pregnancy

The most frequently indicated reason for the cessation of sexual intercourse during pregnancy was because "the doctor ordered it." Next in order of frequency were because it was painful for the wife, might hurt the baby, and because it was not enjoyed by the wife. The distribution appears in the following table:

Table 33. Percent of husbands and wives giving reasons for cessation of sexual intercourse during pregnancy

Comments	Wives (Percent)	Husbands
It didn't seem right	3.3	6.8
Painful for wife	16.5	18.3
Nauseated wife	4.4	2.6
Fear of miscarriage	5.4	9.9
Fear of hurting baby	15.6	18.8
Spouse didn't enjoy it	2.2	10.5
I didn't enjoy it	14.6	3.2
Doctor ordered it	38.0	29.9
Total responses*	184	191

* It will be noted that in some cases these were multiple responses; therefore the number of wives answering this question was probably somewhat less than 184, or representing at least 28 no responses; also for the husbands there would be at least 21 no responses.

When Intercourse Ceased During Pregnancy

Although there was some disagreement as to the husbands' and wives' response to the question which asked when they had last had sexual intercourse during pregnancy, it appears that a majority of the couples stopped about two to three months before childbirth which is the time generally advocated by obstetricians. One well known obstetrician writes:

"Under no circumstances is sexual intercourse permissible during the last six weeks of

pregnancy. This is one rule which is extremely important and absolute. During the remainder of pregnancy, intercourse is harmless in moderation."¹

Van de Velde remarks that under normal conditions sexual intercourse can be continued up to four weeks before birth with only slight risk. He opines that for the psychic health of the couple "doctors must be extremely sparing in prescribing abstinence during pregnancy...."²

To determine whether or not there might be any significant relationship between happiness and the occurrence of cessation of sexual relations, the periods of cessation were classified in a trichotomy: less than two months, two months, and more than two months before childbirth. These were then compared with the happiness ratings in the four periods of marriage. As will be seen in Table 34 there was a consistent tendency for those husbands who had stopped sexual intercourse two months before birth to be happier in all periods except that since the birth of the child. This latter finding suggests that those husbands

1. Eastman, Nicholson, J., Expectant Motherhood, Bosten, Little, Brown & Co., 1948, p.73.

2. Van de Velde, op. cit., p.297.

who feel closer to the wife will understandingly stop their sexual advances during the period when intercourse might be unpleasant for her, while those husbands' who have a poorer adjustment, lacking such ability to empathize with their wives, will continue to press them for sex release. The unhappiness of the group which stopped having sexual intercourse more than two months before childbirth suggests that these wives have been prone to greater physical distress than the other wives during the middle or earlier part of pregnancy. If so this would account for the considerable rise in happiness for this group in the period since childbirth. The pregnancy period was most difficult for these husbands and it would seem that they have the best reason to be "happier" having passed this period.

As should be noted in Table 34, when intercourse ceased was evidently not as important a factor with the wives as with the husbands, the reason being perhaps that sex is not usually as much a major concern of the wives during the pregnancy period, as it continues to be for the husbands.

Table 34. Percentage of husbands reporting when intercourse last occurred during pregnancy as related to happiness in the various periods of pregnancy and since birth of the child

Happiness rating	When intercourse last occurred		
	Under 2 months (Percentage)	2 months before (Percentage)	over 2 months
First part of preg.*			
"Happier"	26.2	32.7	22.8
"Same & unhappier"	73.8	67.3	77.2
Total cases	80	52	79
Middle part of preg.*			
"Happier"	22.5	34.6	13.9
"Same & unhappier"	77.5	65.4	86.1
Total cases	80	52	79
Last part of preg.*			
"Happier"	32.5	36.6	25.3
"Same & unhappier"	67.5	63.4	74.7
Total cases	80	52	79
Since birth of child*			
"Happier"	72.7	69.2	84.6
"Same & unhappier"	27.3	30.8	15.4
Total cases	77	52	78

* No response was given by one husband in each of the first three periods; five did not respond in the period since birth.

When Intercourse Began After Birth

There was found to be nearly perfect agreement as to when intercourse began after the birth of the child, the majority of the couples resuming after the wife's physical "six-week check up". The following table illustrates the distribution of the resumption of sexual activities on the part of the husbands' and wives'.

Table 35. Period when intercourse was resumed after childbirth

When resumed	Wives (Percent)	Husbands
Before 6 weeks	9.1	9.3
From 1½ - 2 months	69.6	69.8
After 2 months	14.7	14.5
Not resumed	6.6	6.4
Total cases	210	205
No response	2	7

Sexual Adjustment During Pregnancy

The husbands and wives were asked, "What effect, if any, do you believe your (wife's) pregnancy had on your sexual adjustment?" The response showed little variation between the husbands and wives. More of both husbands and wives reported an unfavorable effect than reported a favorable one, however, the differences are not significant. More than half of

those responding indicated that they believed it had had no effect upon this adjustment. The distribution of the husbands and wives according to these evaluations follows:

Table 36. Percent of husbands' and wives' evaluation of the effects of pregnancy upon their sexual adjustment

Effect of pregnancy	Wives (Percent)	Husbands
Favorable	17.4	19.3
Unfavorable	25.0	22.6
No effect	57.6	58.1
Total cases	184	181
Not resumed & no response	28	31

In order to further evaluate the effects of the pregnancy upon sexual adjustment, the response to the previously discussed question was compared with the response to a question rating sexual adjustment during three periods of marriage. When compared with the rating of the periods before the first pregnancy and since the birth of the child, it was found that more than 50 percent of the sample who had reported that pregnancy had no effect upon sexual adjustment also indicated relatively constant patterns of adjustment in these periods. Most of the persons in the group having had good sexual adjustment before pregnancy had much the same adjustment following the birth of their children. Those couples who said that the pregnancy had had a favorable effect upon their sexual adjustment

had had a poor adjustment before conception. Table 37 shows that only 15.6 percent of the wives in this group had a very good adjustment before pregnancy while 50.0 percent reported a very good adjustment since birth, the difference between these proportions being very significant despite the small sample. On the other hand, those wives who reported an unfavorable effect had significantly better adjustments before conception than the group just mentioned. The husbands show the same trend but with less variation in their ratings of sexual adjustment. The indication then is that for nearly half the group the first pregnancy seems to have leavened sexual adjustment, creating perhaps, less desire on the part of those who believed that they had a "very good" adjustment before pregnancy and improving somewhat the adjustment of those who had poor adjustment before conception.

Comparison between husbands' ratings of sexual adjustment in these two periods and their evaluations of the effect of their wives' pregnancies upon such adjustment appears in Table 38. As was mentioned the relationship for the wives is found in Table 37.

Table 37. Comparison of wives' sexual adjustment before and since pregnancy with their evaluation of the effect of pregnancy upon sexual adjustment

Sex adjustment before preg.	Effect of preg. on wives' adjustment		
	Favorable	Unfavorable	No effect
	(Percent)		
"Very good"	15.6	34.2	39.6
"Good"	25.0	15.2	27.4
"Average" & below	59.4	45.6	33.0
Total cases	32	46	106
Sex adjustment since birth			
"Very good"	50.0	6.8	39.8
"Good"	25.0	20.4	33.6
"Average" & below	25.0	72.8	26.6
Total cases	32	44*	98**

* Two no responses.

**Eight no responses.

Some of the reasons given for improvement of sexual adjustment were that the couple did not have sufficient time to adjust before pregnancy; the husband was more considerate of his wife after the birth of the child; the wife tried to be more tolerant of her husband's advances; less physical "trouble" for the wife during her periods; and a better understanding in regard to sex. Two comments characteristic of those who reported a

poorer adjustment were that the baby took up so much time that the wife was too tired; and that since intercourse was for conception only, it was a "farce" after the birth of the child. The most frequently occurring unfavorable comment was that there had been a generally lessened desire as a result of the pregnancy.

Table 38. Comparison of the husbands' sexual adjustment before and since wives' pregnancies with their evaluation of the effect of the pregnancy upon sexual adjustment

Sex adjustment before preg.	Effect of preg. on husbands' adjust.		
	Favorable	Unfavorable (Percent)	No effect
"Very good"	20.0	31.6	35.2
"Good"	25.7	34.2	30.5
"Average" & below	54.3	34.2	34.3
Total cases	35	41	105
Sex adjustment since birth			
"Very good"	35.3	12.5	27.6
"Good"	45.7	27.5	34.7
"Average" & below	20.0	60.0	27.7
Total cases	34*	40*	101**

* One no response

** Four no responses

Sexual Desire During Pregnancy

It is generally supposed that sexual desire increases in the early part of pregnancy. Van de Velde says,

" In my professional experience, I have observed a great many cases of undesirable quickening of desire in the early part of pregnancy. It may be so profound and characteristic, as to form the most reliable sign that conception has again occurred."¹

Havelock Ellis also believes that "sexual emotions tend to be heightened, more especially during the early period of pregnancy."² When the couples in the sample rated their sexual desire it was found that 21 percent of the wives said they had more desire the first part of the pregnancy, but 27.2 percent reported less desire. There is, as would be expected, a significant decrease in desire throughout the middle and last parts of pregnancy, followed by a sharp increase after the birth of the child. As was noted above in regard to sexual

1. Van de Velde, op. cit., p.298.

2. Ellis, Havelock, Studies in the Psychology of Sex, Vol. II, New York, Random House, 1936, p.227.

adjustment, Table 39 shows that the pregnancy causes an increase in desire for some and a decrease for others. The percentage of those who said that their desire was the same decreased for the wives from 51.8 percent in the first part of pregnancy to 41.8 percent in the period since birth, and for the husbands from 73.1 percent to 56.4 percent respectively. The differences between these percentages were found to be significant at the ten percent level for the wives and at the five percent level for the husbands.

Table 39. Percent of {husbands & wives rating sexual desire in three periods of pregnancy and since birth as compared with desire before pregnancy

Sex desire (Wives')	Periods of pregnancy				Since
	First	Middle	Last (Percent)		
More	21.0	14.8	5.4	25.6	
Same	51.8	41.8	15.5	41.8	
Less	27.2	43.4	79.1	32.6	
Total cases	209	210	206	203	$\chi^2 = 107.63$
No response	3	2	4	9	$C = .3376$
(Husbands)					
More	17.1	14.7	16.4	24.7	
Same	73.1	53.6	19.8	56.4	
Less	9.8	31.7	63.8	18.9	
Total cases	211	211	207	206	$\chi^2 = 177.61$
No response	1	1	5	6	$C = .4159$

In summary, the data seem to indicate that although sexual desire increases for some persons during the first part of pregnancy, it decreases for a greater number. Also, there is a significant reduction in desire for both husbands and wives during the middle and last parts of the pregnancy period, with a significant increase in desire after the birth of the child; and finally, that the pregnancy seems to create less sexual desire for some couples while increasing it for others.

It would be expected that as a result of progressive physiological changes sexual desire might diminish for the wife; however no such explanation can be offered for the husband's diminishing desire as the pregnancy progresses. It might be expected that going without sexual relations, particularly toward the end of the pregnancy, would increase rather than decrease desire. A possible explanation might be that for some husbands the wife loses her attractiveness as the pregnancy progresses, but probably a better explanation is expressed by Truxal and Merrill, who remark that, "True understanding growing out of conjugal affection will also dictate the answer to the question of

sexual relations during the pregnancy."¹ The concept of the husband empathizing or identifying himself with the wife is exemplified among some primitive people who practice the couvade which "is the name given to various lying-in practices through which at child-birth the father initiates or substitutes himself for the mother."² In explaining the origin and meaning of the couvade, Parsons accounts for it in part as "an outcome of (the) husbands sympathy with (his) wife. Cases have been observed in which the husband experiences nausea during his wife's pregnancy."³ It is believed then, that the psychological nearness of the husband to his wife accounts for many of the previously discussed similarities of response.

Although there is a significant reduction in desire as the pregnancy progresses, when sexual desire is compared with happiness in the same

1. Truxal, A.G., and Merrill, F.E., The Family in American Culture, New York, Prentice-Hall, Inc., 1947, p.545.

2. Parsons, op. cit., p.95.

3. Ibid, p.101.

periods, it may be seen¹ that there is a consistent though possibly unreliable tendency for those husbands and wives who did have more desire to be happier than those who had either the same degree of desire or less desire. For example in the first part of the pregnancy, 43.2 percent of those wives having more sexual desire in this period were "happier" while 30.6 and 29.8 percent respectively of those having the same or less desire considered that they were "happier" in this period. As will be noted in Table 40, this trend seems to be consistent for both husbands and wives in the three periods of pregnancy and in the period since the birth of the child.

Only three factors related to pregnancy appear to have any lasting effect on the sexual adjustment of the couple. One is distrust of contraceptive methods, which has been discussed previously; the remaining two are health during pregnancy and fear of another labor and childbirth.

1. See Table 40, p. 88.

Table 40. Percentage of husbands and wives reporting sexual desire as related to the happiness rating in the periods of pregnancy and since birth

Happiness rating in periods of pregnancy	Sexual desire Wives More Same Less (Percent)			Husbands More Same Less (Percent)		
	More	Same	Less	More	Same	Less
First part	1st part			1st part		
"Happier"	43.2	30.6	29.8	52.8	22.1	14.2
"Same & unhappier"	56.8	69.4	70.2	47.2	77.9	85.8
Total cases*	44	108	57	36	154	21
Middle part	Middle part			Middle part		
"Happier"	48.4	39.8	29.7	29.0	19.5	22.4
"Same & unhappier"	51.6	60.2	70.3	71.0	80.5	77.6
Total cases*	31	88	163	34	41	132
Last part	Last part			Last part		
"Happier"	54.5	53.2	40.5	44.2	24.3	27.3
"Same & unhappier"	45.5	46.8	59.5	55.8	70.7	72.7
Total cases*	11	32	163	34	41	132
Since birth	Since birth			Since birth		
"Happier"	82.7	72.9	56.1	80.4	81.0	56.4
"Same & unhappier"	17.3	27.1	43.9	19.6	19.0	43.6
Total cases*	52	85	66	51	116	39

* No responses for the wives: first part 3, middle part 6, last part 6, since birth 9.

No responses for the husbands: first part 1, middle part 5, last part 5, since birth 6.

Health and Sexual Adjustment

Of those wives who rated their health during pregnancy as "better than before," 36.9 percent reported "very good" sex adjustment since the birth of their child. Of those who rated their health "same as before," 33.6 percent reported "very good" sex adjustment while only 13.6 percent of the "poorer" group were found to indicate this rating of sexual adjustment. Although the number of wives who rated their health as poor during the pregnancy is small and thus impossible to treat from a statistical standpoint, it is evident that the difference between 36.9 percent and 13.6 percent is great enough to indicate that poor health during pregnancy may well have a negative effect upon sexual adjustment following the birth of the child. The relationship between the wife's health during pregnancy and sexual adjustment following childbirth may be seen below.

Table 41. Percentage of wives' rating health during pregnancy in comparison with previous health as related to sexual adjustment following childbirth

Sexual adjustment since childbirth	Health during pregnancy		
	Better	Same	Poorer
(Percent)			
"Very good"	36.9	33.6	13.6
"Good"	30.8	29.1	22.7
"Average" & below	32.3	37.3	63.7
Total cases*	65	110	22

* No response was given by 15 husbands.

$\chi^2 = 8.12$ $p =$ more than .05 less than .10; $C = .20$

Fear of Childbirth and Sex Adjustment

Table 42 shows that 22.5 percent of those who feared another labor and childbirth had a "very good" sexual adjustment while 39.0 percent of those who had no such fears also had a "very good" adjustment. The difference between these two proportions was found significant at the five percent level.

Distrust of contraceptives and fear of another labor and childbirth test essentially the same factor so that it would be expected that if one were found significant the other would also be significant. The fact that both were found to be significant leaves no doubt as to the negative effect of fear of having another child upon sexual adjustment.

Table 42. Percentage of wives rating fear of another labor and childbirth as related to sexual adjustment since childbirth

Sexual adjustment	Attitude toward another childbirth	
	Feared	Not feared
	(Percent)	
"Very good"	22.5	39.0
"Good"	31.2	27.4
"Average" & below	46.3	33.6
Total cases*	80	113

* No response was given by 19 wives.
 $\chi^2 = 6.51$ $p = \text{more than } .02 \text{ less than } .05$; $C = .26$

Chapter VIII

Conclusion

The purpose of the present study was to determine some of the factors which might be related to happiness and unhappiness in college marriages during the pregnancy period.

The findings were based upon the responses of 212 married couples. All of the husbands and a few of the wives were enrolled in college at the time of the investigation. Because these couples represent a selected sample of the population it is possible that their adjustment patterns would not conform to those of other families at different age periods and having a different pattern of living. It is believed, however, that the findings are representative of college marriages and family life.

Much of the material in this study was based upon data supplied by the husbands. However, the fact that the responses of the husbands and wives were similar in most instances and that the adjustment of one spouse cannot be segregated and studied without the other, makes it justifiable to apply many of the interpretations of the findings to the couples as units.

When Children Occur

It was found that almost two-thirds of the pregnancies (62.6 percent) occurred by the end of the first year of marriage in spite of the fact that two-thirds (64.2 percent) did not plan to have a child at the time of conception. In addition to this, 34.4 percent of the wives indicated that they were using (to some extent) contraceptives or contraceptive measures at the time of conception. These findings suggest that counselors in advising young couples might indicate that if their continuance in school depends upon an extended delay of children, it would be well for them to avail themselves of complete information as to the availability and proper use of contraceptive measures.

Factors Related to Happiness During Pregnancy

One-fourth of the husbands indicated that they had to take a job as a result of the pregnancy. It was found that there was a tendency for more of these persons to be "unhappier" (than before pregnancy) in the first part of the pregnancy than those who did not have to take a job. However, those who took a job,

either because they became accustomed to the job or because of their increased financial security, proportionately more of them were happier in the last part of the pregnancy period and after the birth of the child than were those who did not take a job.

Those husbands who were influenced by their friends who had children into having children of their own were more often happier than those who said they were not so influenced. It is possible that this question differentiated personality types and that the happier extroverted person might be more subject to such influence.

One factor was found that may at first seem inconsistent. Husbands who worried about whether or not their child would be born normal and healthy were more often happier than those who did not have such worries. The reason for this may well be that the happier husbands feel the significance of the pregnancy to a greater extent than the unhappy husbands because of a tendency on the part of the former group to be psychologically nearer the wife.

The unhappy husbands seem less able to adjust to the difficult periods of the pregnancy than those who are more happily married. There was an increasing tendency in each period for the unhappy group to be more conscious of petty annoyances in their wives than was true in the case of the happy group.

Emotional upset in the wife was found to be negatively related to happiness. This might suggest that emotional stability should be considered as a prerequisite to happy marriage. The unhappy husbands consistently reported that their wives had emotional upset more frequently than did those happy husbands. In addition, the unhappy group reported that emotional upset on the part of their wives decreased during the pregnancy, being greatest before pregnancy and after the birth of the child, while the happy group said that their wives had little emotional upset before or after pregnancy but that it increased somewhat during pregnancy. Therefore, it is indicated that happiness is associated with expected physiological and emotional changes during pregnancy, while in the

unhappy marriages, the high state of tension appears to be alleviated to some extent by the new experience of pregnancy, reversing the former pattern. In both happy and unhappy marriages it appears that the emotional patterns of the wives changes briefly during pregnancy only to regain their earlier characteristics after the birth of the child.

Many of the wives (38.4 percent) indicated that they distrusted the method of contraception which they were using after the birth of their first child. It was found that such distrust has a poor effect upon sexual adjustment, and since sexual adjustment is closely related to marital happiness, the happiness of the couple is also affected by such distrust. It is indicated that a more adequate knowledge of contraceptive measures might decrease worry and improve the marital adjustment and happiness of couples who must delay having children under such circumstances.

Results of Pregnancy

Perhaps as a result of the pregnancy 13.7 percent of the husbands and 17.5 percent of the wives reported that they wanted fewer children

than they had previously planned to have. The fact that more of the wives said that they wanted fewer children indicates that the physiological strain of pregnancy is probably one of reasons for this lessening of desire for large families.

Another evident result of the pregnancy and the birth of the first child is the considerable decrease in mutual recreational activities. Young couples planning marriage might well be counseled that marriage will not be a continuation of the "dating" period, and that ever increasing responsibilities will probably eliminate many of their former activities. Therefore it is suggested that couples be prepared to substitute for former activities those more closely related to family life.

The findings indicate that pregnancy brought about changes in the sexual adjustment of some of the couples. Those couples reporting a very good adjustment before pregnancy indicated more frequently than not that it became somewhat poorer after the birth of their first child, while those reporting a poor adjustment before pregnancy indicated frequently that their adjustment became somewhat better as a result of the pregnancy.

It was found that sexual desire increased for some wives but decreased for a greater number during the pregnancy. This finding disagrees somewhat with general conclusions of some authorities upon the subject.

Effect of the Child upon Marital Happiness

The findings of the present study indicate that those couples who are happily married before the child is conceived will be favorably affected by the coming of the child, while those who tend toward unhappiness in their marriage will find that the child presents additional areas of disagreement. Also, it is indicated that although there is a repeated trend for unhappy couples to become happier during the first part of pregnancy (perhaps in hopes that the child will stabilize their marriage), it appears that by the end of the pregnancy and during the period after the birth of the child that a resumption of earlier unhappiness and conflict patterns is probable. Thus the results of this study indicate that happiness before pregnancy is positively related to the adjustment of the husband and wife during pregnancy and after the birth of the child.

This has been a study of essentially well adjusted couples, but as might be expected, some were found to be happier than others. Happy or not, all had some problems of adjustment and because such problems sometimes jeopardize the marital relationship, this study has emphasized the negative rather than the positive aspects. In spite of this emphasis, the results indicate that the majority of couples who combine education with family life are happy in their marriages.

Appendix I

The Questionnaire Used in the Study

A Study of the First Pregnancy

What happens to the adjustment of husbands and wives when the first pregnancy occurs? Little is known about this important period of married life other than certain medical aspects, or the comments of persons who are often basing their remarks on speculation. Research projects in the past have largely overlooked this period of family life, so there is great need for a pooling of information about the type of experiences which couples have actually had during the period of the wife's first pregnancy. If such experiences can be described and analyzed, others may be helped to gain understanding which will better prepare them for this important period of marriage.

We are asking you to participate along with more than 200 others living in the M.I.C. housing area. These couples have been chosen because of the recency of the wife's first pregnancy, and we are sure that you will want to add your experiences along with your neighbors. The study is completely anonymous and no one will know who filled out any questionnaire. The questionnaires will be delivered and called for by the persons conducting the study, and yours will be mixed with many others before tabulation to insure complete anonymity. With this in mind we ask you to answer all the questions as carefully and honestly as possible.

The results of the study will be made available to marriage and family counselors and to persons planning family life preparation courses in the schools and communities. The information which you give about your experiences during the pregnancy period will add greatly to the growing fund of scientific research about family life, and above all it may prove to be very helpful to other young people who are preparing for the experience of marriage and parenthood. Thank you for your cooperation.

Judson T. Landis
Dept't. of Sociology and Anthropology
Michigan State College

Wife's Questionnaire

Instructions:

1. Please base your remarks on first full-term pregnancy of present marriage.
2. Please fill out the questionnaire to the best of your ability without consulting your husband about any of the answers, as it is very important that your own opinions be expressed rather than any mutual agreement between husband and wife.
3. When you have completed the questionnaire, seal it with your husband's in the envelope provided. It will be called for by the person's conducting the study.

(Please disregard numbers at the ends of the blank spaces: these are for purposes of tabulation.)

General Background Information

1. How long have you been married? (to nearest year)_____.
2. How old were you when you married? (to nearest year)_____.
3. How old was your husband?_____.
- 5.a. How long did you date your husband before marriage? _____ years _____ months.
b. Were you engaged? Yes ___(1) No ___(2)
If engaged, how long? _____ year _____ months.
4. How many children were there in your family? _____
Which one were you? (check) eldest ___ 2nd ___ 3rd ___ 4th ___ 5th ___
6th ___ 7th ___ 8th or later ___
5. How many children were there in your husband's family? _____
Which one was he? (check) eldest ___ 2nd ___ 3rd ___ 4th ___ 5th ___
6th ___ 7th ___ 8th or later ___
- 6.a. Draw a circle around the highest school grade which you completed:
Grade: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12
College: 1, 2, 3, 4
Post graduate: 1, 2, 3, 4
b. Draw a circle around the highest school grade which your husband has completed:
Grade: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12
College: 1, 2, 3, 4
Post graduate: 1, 2, 3, 4
- 7.a. What is the present marital status of your parents? (check)
Married ___(1); Divorced ___(2); Separated ___(3); Widowed ___(4)
b. What is the present marital status of husband's parents?
Married ___(1); Divorced ___(2); Separated ___(3); Widowed ___(4)

2.a. How would you rate the marital happiness of your parents? (check)
Very happy___(1); Happy___(2); Average___(3); ^{Somewhat} unhappy___(4); ^{Very} unhappy___(5)

b. How would you rate the marital happiness of your husband's parents?
Very happy___(1); Happy___(2); Average___(3); ^{somewhat} unhappy___(4); ^{very} unhappy___(5)

9.a. What was the lifetime occupation of your father?_____

b. Your husband's father?_____

10.a. Where did you live most of the time until you were 13 years old? (check)

On a farm___(1); Open country not on a farm___(2); Village up to 2500 population___(3); City 2500-10,000___(4); City 10,000-100,000___(5); City 100,000 and over___(6).

b. Where did your husband live most of the time until he was 13 years old?

On a farm___(1); Open country not on a farm___(2); Village up to 2500 population___(3); City 2500-10,000___(4); City 10,000-100,000___(5); City 100,000 and over___(6).

11.a. Where do you live now? (check) barracks___(1); single dwelling___(2); apartment___(3); trailer___(4); other (specify)_____(5).

b. Where did you live during the period of your first pregnancy? (check) barracks___(1); single dwelling___(2); apartment___(3); trailer___(4); other (specify)_____(5).

12. What has your average income been for the last 3 years? (Estimate the average from all sources). (check)

Less than \$1,000 per year___(1)	\$3,000 to \$3,500 per year___(6)
\$1,000 to \$1,500 per year___(2)	\$3,500 to \$4,000 per year___(7)
\$1,500 to \$2,000 per year___(3)	\$4,000 to \$4,500 per year___(8)
\$2,000 to \$2,500 per year___(4)	\$4,500 to \$5,000 per year___(9)
\$2,500 to \$3,000 per year___(5)	\$5,000 and over___(10)

13.a. What is the occupation of your husband?_____

b. Is he a veteran? Yes___(1) No___(2)

14.a. What is your religious faith? b. Your husband's religious faith?

Catholic___(1)	Catholic___(1)
Protestant___(2)	Protestant___(2)
Jewish___(3)	Jewish___(3)
None___(4)	None___(4)
Other___(5)	Other___(5)

15.a. How often do you attend religious services? (Comment)_____

b. How often does your husband attend religious services? (Comment)_____

16. a. Have you ever been married before? (check) Yes___(1) No___(2)
 b. If yes, did you have children from a previous marriage? Yes___(1) No___(2)
17. How old is your first child? _____ years _____ months.
 b. Did you have any miscarriages before first pregnancy? Yes___(1) No___(2)
 c. Are you pregnant now? Yes___(1) No___(2)

Attitudes and Information about First Pregnancy

18. During your engagement period (or in the period preceding your marriage) did you and your husband discuss your ideas about having or not having children? (check)
 Yes___(1) No___(2) Can't remember___(3)
19. During the first month or so of marriage what did you and your husband decide about having or not having children? (check one)
 Didn't discuss this matter._____(1)
 Didn't reach any mutual decision._____(2)
 Decided to have a child right away._____(3)
 Decided to wait awhile before having a child._____(4)
 Decided we didn't care one way or the other._____(5)
 Decided we didn't want any children._____(6)

Comment:.....

20. How soon did your first (full-term) pregnancy begin? (check)
 Before marriage___(1); 1-3 months of marriage___(2); 4-6 months of marriage___(3); 7-12 months of marriage___(4); 1-2 years of marriage___(5); 3-5 years of marriage___(6); after 5 or more years of marriage___(7).

21. What first led you to believe you were pregnant? (Comment)

22. Were you trying to avoid pregnancy at the time when you became pregnant? (check) Yes___(1) No___(2)

- b. If yes, in what way were you trying to avoid it? (Comment)

23. If you planned your first pregnancy how long had you tried to become pregnant before conception took place? (Indicate or check)
 Became pregnant after: _____ weeks _____ months _____ years.
 Became pregnant immediately___(check)
 Did not plan first pregnancy___(check)

24. How many children did you actually plan to have before your first pregnancy? (Indicate or check)
 Planned to have _____ children.
 Did not plan to have any children._____(check)

1. *Journal of the American Medical Association*, 2000; 283: 2689-2694.

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1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 26

Journal of Management Studies, 36(7), 809–826.

25. How much did the fact that your friends had children influence your decision to have your first child? (check)
 We did not have any friends with children at the time.____(1)
 We did not plan our first child.____(2)
 It influenced us a great deal.____(3)
 It influenced us somewhat.____(4)
 It did not influence us at all.____(5)
26. What was your own reaction when you learned you were pregnant? Were you happy, unhappy, indignant, frightened? (Comment)

- 27.a. Did your attitude about the pregnancy change? Yes____(1) No____(2)
 b. If yes, how soon did it change? (Comment)_____
28. Whom did you first tell about the pregnancy? (check)
 Husband____(1); Own mother____(2); Husband's mother____(3); Doctor____(4);
 Friend____(5); Other person (specify)____(6)
- 29.a. Did you have any fears about labor and childbirth during the pregnancy period? (check)
 Many____(1); Some____(2); A few____(3); None____(4)
 b. If you had fears, what were they? (Comment)_____
30. Do you fear another period of labor and childbirth? (check)
 A great deal____(1); Somewhat____(2); Not at all____(3)
 Comment: _____
31. Did your mother have hard and long births or any other complications in her pregnancies? Yes____(1) No____(2) Don't know____(3).
 Comment: _____
32. How many hours were you in labor with your first child?_____hours.
33. After experiencing pregnancy and childbirth did you decide that you wanted more or fewer children than you had previously planned to have? (check)
 I wanted: more children____(1); fewer children____(2); the same number of children as before.____(3)
34. Were your experiences during pregnancy (check): about what you had expected____(1); easier than you had expected____(2); or more difficult than you had expected____(3)? (Comment)_____
35. Was labor and childbirth (check); more painful than you had expected____(1); less painful than you had expected____(2); or just about as painful as you had expected____(3)?
 Comment: _____

37. During pregnancy did you consult with a doctor or other person of instruction designed to help you and inform you about the baby (check)? Yes___(1) No___(2)
- If yes, specify:_____
38. Where did you get most of your information about pregnancy when you were fifteen years old? (check one or more)
- Parents___(1); physician___(2); teachers___(3); other adults___(4); other children___(5)
39. Whom did you consult about minor physical complaints during pregnancy? Comment:_____
40. How much did you worry during your pregnancy about whether or not your child would be healthy and normal? (check)
- A great deal___(1); Somewhat___(2); Not at all___(3)
41. a. Other than your doctor, did anyone warn you about how you should conduct yourself during the pregnancy period? Yes___(1) No___(2)
- b. If yes, what things were you warned about (by family, friends, neighbors, etc.) that might affect your child? (check one)
- _____
42. a. How would you rate your general health at the time you got pregnant? (check)
- Excellent___(1); Good___(2); Fair___(3); Poor___(4)
- b. Did you have any serious health problems (i.e., heart, lungs, anemia, glandular, ovarian, thyroid, overweight, other) that made your pregnancy difficult? Yes___(1) No___(2)
- If yes, what problems?_____
43. How would you rate your health during the pregnancy period? (check)
- About the same as before___(1); Better than before___(2); poorer than before___(3)
44. How early in your pregnancy did you consult a doctor? (check one)
- _____
- a. Did your husband go with you on the first or second visit with you of wife's instructions from doctor? (check) Yes___(1) No___(2)
- b. Did you see your doctor for regular visits throughout the pregnancy part of pregnancy? Yes___(1) No___(2)
- c. If yes, how could your doctor have been of more service to you during this period? During labor and childbirth? (check one)
- _____
- _____

44. Did you experience any nausea during the pregnancy period?
(check each period)

	Frequently	Sometimes	Rarely	Never
a. First part of pregnancy	_____	_____	_____	_____
b. Middle part of pregnancy	_____	_____	_____	_____
c. Last part of pregnancy	_____	_____	_____	_____

45. How often have you felt emotionally upset (i.e., nervous, crying etc.) during your married life? (check each period).

	Frequently	Sometimes	Rarely	Never
a. Before 1st pregnancy	_____	_____	_____	_____
b. First part of pregnancy	_____	_____	_____	_____
c. Middle part of pregnancy	_____	_____	_____	_____
d. Last part of pregnancy	_____	_____	_____	_____
e. Since the birth of child	_____	_____	_____	_____

46. How often has your husband helped you with household tasks (any housework, shopping, etc.) during the following periods in your marriage? (check)

	Frequently	Sometimes	Rarely	Never
a. Before 1st pregnancy	_____	_____	_____	_____
b. During pregnancy	_____	_____	_____	_____
c. Since birth of the child	_____	_____	_____	_____

47. Do you believe that he should have helped you more during the pregnancy period? (Comment) _____

48. Did you notice any change in your husband's attitude toward you after you became pregnant? Yes ___(1) No ___(2)

b. If yes, how did it change? Comment: _____

49. What, if anything, annoyed you about the way your husband acted during the pregnancy period? Comment: _____

50. How many of your recreation activities have included your husband during each of the following periods in your marriage? (check)

	All	Most	Few	None
a. Before 1st pregnancy	_____	_____	_____	_____
b. During pregnancy period	_____	_____	_____	_____
c. Since the birth of your child	_____	_____	_____	_____

51. How often, if ever, have you and your husband had serious disagreements over the following topics? (check each topic).

	Frequently	Sometimes	Rarely	Never
a. Having or not having children	_____	_____	_____	_____
b. Disciplining or training of children	_____	_____	_____	_____
c. Spending the family income	_____	_____	_____	_____
d. Social activities and recreation	_____	_____	_____	_____
e. Choice of friends	_____	_____	_____	_____
f. Sexual relations	_____	_____	_____	_____
g. In-laws	_____	_____	_____	_____
h. Religion	_____	_____	_____	_____
i. Other topics (specify)	_____	_____	_____	_____
.....	_____	_____	_____	_____

52. If any of the above were sources of serious disagreement, were they related to the pregnancy and birth of your child? Yes___(1) No___(2)

Comment: _____

53. What effect, if any, do you believe your pregnancy had on your sexual adjustment? (Comment)

54. If you stopped having sexual intercourse during pregnancy, check the main reason. (check one or more)

Did not stop._____(1)

Stopped because: It didn't seem right during pregnancy._____(2)

It was painful or uncomfortable._____(3)

It nauseated me._____(4)

I feared miscarriage._____(5)

I was afraid it might hurt the baby._____(6)

I didn't enjoy it._____(7)

My husband didn't enjoy it._____(8)

My doctor ordered it._____(9)

Other reason (specify).....(x)

55. When did you last have sexual intercourse during pregnancy? Comment: (How long before childbirth) _____ (days, weeks or months)

56. How soon after the birth of your child did you resume sexual intercourse? Comment: _____

b. If you are trying to avoid pregnancy at this time, do you distrust your present method? (check)

Not trying to avoid pregnancy._____(1)

Distrust method: Very much_____(2); somewhat_____(3); not at all_____(4)

What type of method do you use? (Comment) _____

57. Rate your sexual desire in each of the following periods as compared with sexual desire before first pregnancy: (check each period)

A great deal more Somewhat more About the same as before Somewhat less A great deal less

- a. 1st part of pregnancy _____
- b. Middle part of pregnancy _____
- c. Last part of pregnancy _____
- d. Since the birth of your first child _____

58. How would you rate your sexual adjustment during the following periods of your marriage? (check each period)

Very good Good Average Fair Poor

- a. Before 1st pregnancy _____
- b. During 1st pregnancy _____
- c. Since the birth of your first child _____

59. Rate your happiness in each of the following periods of marriage as compared with your happiness in the period before the first pregnancy: (check each period).

Happier About the same Unhappier

- a. 1st part of pregnancy _____
- b. Middle part of pregnancy _____
- c. Last part of pregnancy _____
- d. Since the birth of your first child _____

60. In reviewing your entire married life, considering everything, how would you rate the happiness of your marriage? (check)

Very happy _____(1)

Happy _____(2)

Average _____(3)

Somewhat unhappy _____(4)

Very unhappy _____(5)

61. If you had it to do over again, would you have had your first child before your husband finished his schooling? Yes___(1) No___(2)
62. How much did you worry during your pregnancy about being able to pay for doctor and hospital expenses? (check)
A great deal___(1); Somewhat___(2); Not at all___(3)
63. What was your reaction to hospital confinement? Were you satisfied with care, seeing the baby, visiting hours, etc.? Comment:
.....
64. Would you say that having a baby made your relationship with your in-laws (check): better___(1); poorer___(2); or remained about the same___(3); or, didn't live near in-laws.___(4).
65. Were you employed at the time when you became pregnant? Yes___(1) No___(2)
- a. If yes, full or part time? Comment:.....
- b. If you were employed, how long did you continue to work outside the home after you became pregnant? ___ weeks ___ months.
- c. How much did you regret leaving you ___ (check)
Very much___(1); A little___(2); Not at all___(3)
- d. Did you plan to quit working permanently or only temporarily?
Comment:.....
- e. How difficult did you find it to manage financially after you quit your job? (check) (If you worked mainly for financial reasons).
Very difficult___(1); Somewhat difficult___(2); Not at all difficult___(3)
Comment:.....
- f. Did you find it difficult or easy to stay at home after you quit your job? (i.e., Were you restless, bored etc. or happy and content?)
Comment:.....
66. Have you worked outside your home since the birth of your child?
Yes___(1) No___(2)
If yes, full or part time? Comment:.....
67. If you answered "no" to question #66, have you ever wished you could work outside your home since the birth of your child? (check)
Frequently___(1); Sometimes___(2); Rarely___(3); Never___(4)
68. If you would like to be working outside your home now, what is your main reason for wanting to? (check)
Extra money to spend as you please?___(1)
More stimulating contacts?___(2)
A raise in your standard of living?___(3)
A filler for leisure time?___(4)
Comment:.....

17. a. Have you attended school at the time of your illness?

Yes____(1) No____(2)

b. If you were going to school what was the last school you attended when you did?

Comment:.....

c. How much did you regret having to leave school? (check)

Very much____(1); Somewhat____(2); Not at all____(3)

Comment:.....

d. Did you plan to quit school permanently or only temporarily?

Comment:.....

e. Were you going to school under the G.I. bill? Yes____(1) No____(2)

f. If yes, did you find it difficult to manage without the extra income after you quit school? (check)

Very difficult____(1); Somewhat difficult____(2); Not at all____(3)

Comment:.....

g. Did you find it difficult or easy to stop going to school? (i.e., leave your children, have time to yourself, etc.)

Comment:.....

18. a. Have you attended school since the birth of your child?

Yes____(1) No____(2)

b. If yes, full time or only a few courses? (check)

Comment:.....

19. a. If you answered "no," to question 18, how far away from school could attend school since the birth of your child? (check)

Occasionally____(1); Sometimes____(2); Rarely____(3); Never____(4)

b. If you would like to be attending school now, what is your reason for wanting to?

Comment:.....

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

1. Please save your records on what, first, you thought of percent earnings.
2. Please fill out the questionnaire to the best of your ability without consulting your wife about any of the answers. It is very important that your own opinions be given even if there is any mutual agreement between husband and wife.
3. After you have completed the questionnaire, seal it with your wife's in the envelope provided. It will be mailed for us by the persons conducting the study.

{ Please disregard numbers at the ends of the black spaces; these are for purposes of tabulation. }

General Background Information

- ...the first month or so or two ago. I didn't know
 whether I was about having or not having that sort of thing.
 I didn't discuss this matter. (1)
 I didn't share any material decisions. (2)
 I decided to have a child right away. (3)
 I decided to wait awhile before having a child. (4)
 I decided we didn't care one way or the other. (5)
 I decided we didn't want any children. (6)

[illegible]

1. Was your wife trying to avoid pregnancy at the time you had these pregnancies? (check) Yes___(1) No___(2)

[illegible]

4. If you, did wife's, first pay money or was you, to her, for schooling plans? Yes (1) No (0)

Date of birth: 1900-01-01 00:00:00

- 4 Did you have to take a job to meet the expenses of household?
(check)
Already had a job. _____(1)
Had to take a job. _____(2)
Did not have to take a job. _____(3)

Comment:

50. How many children did you actually plan to have before your wife's first pregnancy? (Indicate or check)
 Planned to have children.
 Did not plan to have any children. (check)

14. Did you notice any change in your wife's attitude toward you after she became pregnant? Yes___(1) No___(2)

If yes, how did it change? Comment:.....
.....

15. How many of your recreation activities have included your wife during each of the following periods in your marriage? (check)

All Most Few None

a. Before wife's first pregnancy ___ ___ ___ ___

b. During the pregnancy period ___ ___ ___ ___

c. Since the birth of your child ___ ___ ___ ___

16. How often, if ever, have you and your wife had serious disagreements over the following topics? (check each topic)

Frequently Sometimes Rarely Never

a. Having or not having children ___ ___ ___ ___

b. Disciplining or training of children ___ ___ ___ ___

c. Spending the family income ___ ___ ___ ___

d. Social activities and recreation ___ ___ ___ ___

e. Choice of friends ___ ___ ___ ___

f. Sexual relations ___ ___ ___ ___

g. In-laws ___ ___ ___ ___

h. Religion ___ ___ ___ ___

i. Other topics (specify) ___ ___ ___ ___

.....

17. If any of the above were sources of serious disagreement, were they related to the pregnancy and birth of your child? Yes___(1) No___(2)

Comment:.....

18. What effect, if any, do you believe your wife's pregnancy had on your sexual adjustment? (Comment)

.....

19. If you stopped having sexual intercourse during pregnancy, check the main reason. (check one or more) Did not stop.__(1) or

Stopped because: It didn't seem right during pregnancy.__(2)

It was painful or uncomfortable for wife.__(3); It nauseated wife.__(4);

Wife feared miscarriage.__(5); Afraid it might hurt the baby.__(6);

Wife didn't enjoy it.__(7); I didn't enjoy it.__(8); Doctor ordered

it.__(9); Other reason (specify).....(x).

20.a. When did you last have sexual intercourse during wife's pregnancy?
Comment (days, weeks or months before childbirth):.....

b. During the period that you had no sexual intercourse with your wife did you find other sexual outlets? Yes___(1) No___(2)

If yes, comment:.....

21.a. How soon after the birth of your child did you resume sexual intercourse? Comment:.....

b. If you are trying to avoid pregnancy at this time do you distrust your present method? Yes___(1) No___(2)

Comment:.....

22. Rate your sexual desire in each of the following periods of your marriage as compared with sexual desire before wife's first pregnancy:
(check each period)

	A great deal more	Somewhat more	About the same as before	Somewhat less	A great deal less
a. First part of pregnancy	_____	_____	_____	_____	_____
b. Middle part of pregnancy	_____	_____	_____	_____	_____
c. Last part of pregnancy	_____	_____	_____	_____	_____
d. Since the birth of your first child	_____	_____	_____	_____	_____

23. How would you rate your sexual adjustment during the following periods of your marriage? (check each period)

	Very good	Good	Average	Fair	Poor
a. Before wife's first pregnancy	_____	_____	_____	_____	_____
b. During wife's first pregnancy	_____	_____	_____	_____	_____
c. Since the birth of your first child	_____	_____	_____	_____	_____

24. Rate your happiness in each of the following periods of marriage as compared with your happiness in the period before wife's first pregnancy (check each period).

	Happier	About the same	Unhappier
a. First part of pregnancy period	_____	_____	_____
b. Middle part of pregnancy period	_____	_____	_____
c. Last part of pregnancy period	_____	_____	_____
d. Since the birth of your first child	_____	_____	_____

25. In reviewing your entire married life, considering everything, how would you rate the happiness of your marriage? (check)

Very happy___(1); Happy___(2); Average___(3); Somewhat unhappy___(4); Very unhappy___(5)

Appendix II

Supplementary Tables

Table 43. Percentage of husbands rating agreement and disagreement in selected areas of marriage as related to overall marital happiness

Happiness rating	Disagreed	Did not disagree	Disagreed	Did not disagree
	(Percent)		(Percent)	
	Spending income		Disciplining child	
"Very Happy"	41.9	65.7	48.1	53.2
"Happy"	41.1	24.3	36.1	33.8
"Average" & below	17.0	10.0	15.8	13.0
Total cases*	141	70	133	77
	Social activities		In-laws	
"Very happy"	36.9	67.0	38.9	62.2
"Happy"	41.7	27.2	39.8	30.6
"Average" & below	21.4	5.8	21.3	7.2
Total cases*	122	88	113	98
	Sexual relations		Choice of friends	
"Happier"	33.8	65.8	41.0	58.5
"Happy"	43.9	26.7	38.1	33.0
"Average" & below	22.3	7.5	19.9	8.5
Total cases*	107	105	105	106
	Religion		Having children	
"Very Happy"	25.6	54.6	31.6	54.4
"Happy"	46.2	33.6	34.2	35.1
"Average" & below	28.2	11.8	34.2	10.5
Total cases	39	170	38	171

* One did not respond in the area of spending income, in-laws and choice of friends; two did not respond in the area of disciplining the child; three did not respond in the areas of religion and having children.

Table 44. Percentage of husbands rating agreement and disagreement in the area of sexual adjustment as related to happiness in three periods of pregnancy and since birth

Happiness rating	Disagreed (Percent)	Did not disagree (Percent)	Disagreed (Percent)	Did not disagree (Percent)
	First part		Middle part	
"Happier"	27.1	26.6	20.6	23.8
"Same" & "unhappier"	72.9	73.4	79.4	76.2
Total cases	107	105	107	105
	Last part		Since birth	
"Happier"	29.0	32.4	76.2	76.7
"Same" & "unhappier"	71.0	67.6	23.8	23.3
Total cases*	107	105	105	103

* No response was given by five husbands in period since birth.

Table 45. Percentage of husbands rating agreement and disagreement in the area of spending income as related to happiness during pregnancy and since birth.

Happiness rating	Disagreed (percent)	Did not disagree (Percent)	Disagreed (Percent)	Did not disagree (Percent)
	First part		Middle part	
"Happier"	29.0	21.8	18.1	30.4
"Same" & "unhappier"	71.0	78.2	81.9	69.6
Total cases*	138	69	138	69
	Last part		Since birth	
"Happier"	27.5	36.2	79.0	72.5
"Same" & "unhappier"	72.5	63.8	21.0	27.5
Total cases*	138	69	138	69

* Five husbands did not respond in each period.

Table 46. Percentage of husbands rating agreement and disagreement in the area of religion as related to happiness during periods of pregnancy and since birth

Happiness rating	Disagreed	Did not disagree	Disagreed	Did not disagree
	(Percent)		(Percent)	
	First part		Middle part	
"Happier"	20.5	28.2	17.9	23.5
"Same" & "unhappier"	79.5	71.8	82.1	76.5
Total cases*	39	170	39	170
	Last part		Since birth	
"Happier"	30.8	31.2	69.3	78.4
"Same" & "unhappier"	69.2	68.8	30.7	21.6
Total cases*	39	170	39	166

* No response was given by three husbands in each of the first three periods; seven gave no response since birth.

Table 47. Percentage of husbands rating agreement and disagreement in the area of choice of friends as related to happiness during periods of pregnancy and since birth

Happiness rating	Disagreed	Did not disagree	Disagreed	Did not disagree
	(Percent)		(Percent)	
	First part		Middle part	
"Happier"	21.9	31.1	16.2	28.3
"Same" & "unhappier"	78.1	68.9	83.8	71.7
Total cases*	105	106	105	106
	Last part		Since birth	
"Happier"	25.7	35.8	74.7	77.9
"Same" & "unhappier"	74.3	64.2	25.3	22.1
Total cases*	105	106	103	104

* No response was given by one husband in each of the first three periods; five gave no response since birth.

Table 48. Percent of husbands rating agreement and disagreement in the area of social activities as related to happiness during periods of pregnancy and since birth

Happiness rating	Disagreed (Percent)	Did not disagree (Percent)	Disagreed (Percent)	Did not disagree (Percent)
	First part		Middle part	
"Happier"	21.3	34.1	16.4	30.6
"Same" & "unhappier"	78.7	65.9	83.6	70.4
Total cases*	122	88	122	88
	Last part		Since birth	
"Happier"	27.9	34.1	78.1	73.5
"Same" & "unhappier"	72.1	65.9	21.9	26.5
Total cases*	122	88	119	87

* No response was given by two husbands in the first three periods; six husbands did not respond since birth.

Table 49. Percent of husbands rating agreement and disagreement in the area of in-laws as related to happiness during periods of pregnancy and since birth

Happiness rating	Disagreed (Percent)	Did not disagree (Percent)	Disagreed (Percent)	Did not disagree (Percent)
	First part		Middle part	
"Happier"	28.3	24.5	20.4	24.5
"Same" & "unhappier"	71.7	75.5	79.6	75.5
Total cases*	113	98	113	98
	Last part		Since birth	
"Happier"	29.2	32.6	71.1	82.3
"Same" & "unhappier"	70.8	67.4	28.9	17.7
Total cases*	113	98	111	96

* No response was given by one husband in each of the first three periods; five husbands gave no response in the period since birth.

Table 50. Percentage of husbands rating overall happiness as related to their happiness rating in the three periods of pregnancy and the period since birth

Period happiness rating	Overall happiness rating		
	"Very happy"	"Happy" (Percent)	"Average" & below
1st part			
"Happier"	24.8	28.0	31.2
"Same" & "unhappier"	75.2	72.0	68.8
Total cases	105	75	32
Middle part			
"Happier"	27.6	18.7	12.5
"Same" & "unhappier"	72.4	81.3	87.5
Total cases	105	75	32
Last part			
"Happier"	40.0	21.4	21.8
"Same" & "unhappier"	60.0	78.6	78.2
Total cases	105	75	32
Since birth			
"Happier"	83.5	79.4	45.2
"Same" & "unhappier"	16.5	20.6	54.8
Total cases*	103	73	31

* No response was given by five husbands in the period since birth.

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