

A STUDY OF THE LEISURE TIME ACTIVITIES OF  
A SELECTED GROUP OF RETIRED HOMEMAKERS  
IN STILLWATER, OKLAHOMA

By

GLEND A BOSTICK

Bachelor of Science in Home Economics

University of Arkansas

Fayetteville, Arkansas

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Thesis Approved

*Florence McKinney*

Thesis Adviser

*Elaine Jorgenson*

*D. D. Durham*

Dean of Graduate College

729867

## PREFACE

This study is concerned with the activities of retired women and the satisfactions derived from retirement activities and interests. It is hoped that the study could be useful for education in educating for retirement living, and for communities and organizations setting up or planning programs for their retired population.

The author wishes to express her appreciation to Dr. Florence McKinney for her encouragement, her counsel and guidance throughout this study. Appreciation is also expressed to Dr. Elaine Jorgenson for reading the thesis and offering helpful suggestions, and to Mrs. Gertrude Means for her helpful suggestions in the beginning phases of the study.

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She acknowledges her indebtedness to Oklahoma State University for the graduate assistantship which helped make possible the study toward an advanced degree.

Then to her parents and family she expresses deepest gratitude for their support, encouragement and understanding throughout the course of this study and in her every endeavor.

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## CHAPTER I

### INTRODUCTION

Employ thy time well if thou meanest to gain leisure.  
And since thou art not sure of a minute, throw not away an  
hour. Leisure is the time for doing something useful. This  
leisure the diligent man will obtain; but the lazy man never--.

Benjamin Franklin<sup>1</sup>

Throughout the literature of home management there is reference to time management. Time management has as its prime objective the use of time in order to achieve both individual and family goals. As the stages of the life cycle change so do the goals and the time available to reach goals. Therefore, the use of time must be apportioned accordingly.

Nickell and Dorsey<sup>2</sup> in speaking of time management as it affects the family at different stages of the family life cycle comment that the stage of family life in which the children have become independent frees more time for the homemaker to use as she chooses. As the home requires less time, and the children no longer make daily demands she, like the employee who has retired, has more time at her disposal. She must make decisions concerning its use. This then is discretionary time and for the purpose of this study will be referred to as leisure time or free time.

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<sup>1</sup>Reprint from Charlotte A. Beatty, How Do You Use Your Time? Brieflet 770. Cooperative Extension Work in Agriculture and Home Economics, University of Vermont, August 1947, p. 1.

<sup>2</sup>Paulena Nickell and Jean Muir Dorsey, Management in Family Living. (New York: John Wiley & Sons, Inc., 1963), p. 102.

Today much is being said and written about the increase in leisure time. It has increased steadily within the last century and is predicted to increase in even greater dimensions within the next decade. According to Kreps<sup>3</sup> there are essentially four forms the increased leisure time may take; they are: a shorter work week, more holidays, longer vacations or earlier retirement. In this country, to date, persons have taken a greater share of the time as earlier retirement than have many other countries, although it is not known if this would actually be the desire of the citizenry were they given the full choice. However, this earlier retirement together with the increased life expectancy has resulted in a greater block of free time, that is free from the obligation to work, in the later years, than ever before.

Many people now reach the age of retirement with active and productive years still ahead of them, in some instances even more active and more productive than their years of employment. Today people are reaching retirement age with an average of ten to twenty-five years of life remaining. Advances in medical science are helping to make these years, active years, freer from infirmities than previously.

To insure that these years are active and purposeful is a problem which faces society today, for there are contributions which persons in later years can make. To let their talents lie latent or wasted is an injustice to the individual and a misfortune for society as well.

The importance being placed upon the well being of the aged today is perhaps best emphasized by Bortz<sup>4</sup> when he states:

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<sup>3</sup>Juanita M. Kreps, Lifetime Allocations of Work and Leisure. U.S. Department of Health, Education and Welfare, Research Report No. 22, 1968.

<sup>4</sup>Edward L. Bortz, M. D., Creative Aging (New York: The MacMillan Company, 1963), p. 23.

The question of what is best for our aged has always been with us to a degree, but the lengthening life-span and the fantastic rate at which the family of man is increasing have perhaps made it the number one problem of the day.

Historically the American society has been work oriented. We have held to a philosophy of the "morality of work." It has often been accepted that work gives meaning to life, and is in fact life's purpose. For this reason and others, many persons have devoted themselves so steadfastly to their job and concentrated all their efforts in this direction that they have developed few outside interests. In the case of homemakers who are not employed outside the home, they may in turn direct their attention and devote their efforts toward the rearing of a family, to the same end that once their children have been reared and are no longer dependent upon them, they may have few outside interests or activities in which they are involved. In either case, in retirement or after their families are reared, when faced with essentially full time leisure or discretionary time, many are confronted with the problem of establishing a personally satisfying use for their increased free time. As free time is, in some instances, forced upon them, some are unready to accept it and may in fact be unprepared to substitute satisfying activities for the time previously spent working.

It is most unfortunate that many of our older people wait too long to live and to begin preparation for the day when they need no longer work for income. "Their families and their work have been their whole existence."<sup>5</sup>

Much is being done now to develop centers of activity for older adults and to form activities to bring them together in groups such as

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<sup>5</sup>Charles K. Brightbill, Educating for Leisure-Centered Living. (Harrisburg, Pennsylvania: Stackpole Company, 1966), p. 90.

in "Senior Citizen" or "Golden Age" clubs. Kaplan and other authorities feel that a certain amount of organization is essential to help meet the needs of this age group. However, there is a disadvantage or a problem inherent in too great a degree of organization, and that is in the possible outcome of segregating this segment of society according to age. From this standpoint the tendency seems to be to cut them off from the remainder of society, limiting their interaction with other groups or even labeling them as non-contributing members of society. Therein lies a danger of providing them a means of passing the time or marking time without making it as meaningful as it could be.

Education seems to be one answer to the problem of preparing persons for meaningful or satisfying use of leisure. Education can contribute from childhood through adolescence and throughout adulthood to the development of interests and activities that will be personally satisfying, contribute in some way to society, and in other ways result in pleasure or satisfactions for the individual.

The overall purpose of this study was to examine the activities of a selected group of retired women, or women in later maturity, and to try to establish which activities are deemed to give the greatest enjoyment. This information could be pertinent to a group setting up an organization for older adults, it could be useful to a community in the provisions of activities or facilities for retired persons, and it could also be considered to be meaningful in an educational program of educating for leisure. Then too, as management deals with the setting up of goals and planning for the attainment of those goals, in youth would be an appropriate time to be thinking toward the long term goal of a satisfying retirement. This would also be a time to encourage the

development of interests which could be expanded throughout a lifetime and to foster the cultivation of activities which are not solely dependent upon physical prowess or stamina.

To illustrate the importance of home management being concerned with the area of leisure time, the talk by McKee<sup>6</sup> at the Conference on Values and Decision Making in Home Management can be cited. Mr. McKee brought into question the "value of time as perceived by home management," in his discussion. "Home management," stated McKee, "has done a significant job with time-saving suggestions which enable the people to accomplish necessary chores quickly and easily. Our present problem is what to do with the time which is saved through this more efficient way of managing the household." His further discussion suggests that television has taken up a large share of this time, but that it has been more through "default than design." It is felt that much more creative use could be made of this time, that would contribute to individual satisfactions and fulfillment and the enrichment of family living. McKee indicated that more "experimentation and pioneering is called for in this area of time."

#### Statement of Problem

Interest in the leisure time activities of retired persons was prompted by an awareness of the attention being given to the role of leisure in retirement as well as throughout one's life. At the same time it was noted that little information was readily available on how

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<sup>6</sup>William W. McKee, "Proceedings of Conference on Values and Decision Making in Home Management". Department of Home Management and Child Development, Michigan State University, East Lansing Michigan, July 4-6, 1955, p. 14.

well it was serving this role for any particular age group. It was also observed that the information relating to women, particularly women in professions, was small compared to the information concerning the retirement of men.

The purpose of this study was to examine the leisure time activities of a selected group of older women who are no longer committed to an occupation or to the necessity of caring for a family which includes as members dependent children. This study seeks to determine the number and types of activities in which women participate and to see if they in any way relate to the satisfactions stated.

#### Objectives

More specifically it is the purpose of this study:

1. To determine the number and kind of activities in which a selected group of retired women participate.
2. To determine if these women are satisfied with the ways their time is spent.
3. To ascertain what type of activities seem to give the greatest enjoyment.
4. To determine if there are other activities which retired women would like to have made available to them.
5. To note if any relationship seems to exist between the activities participated in and the satisfactions stated.
6. To discern if serious planning was made prior to retirement with regard to the use of the extra time, or if goals were set to be reached in retirement.

## CHAPTER II

### REVIEW OF LITERATURE

#### Introduction

The literature which was surveyed for this study could be classified into three basic categories, (1) home management writings and time use studies, (2) literature pertaining to leisure time, and (3) literature pertaining to aging and retirement.

The home management literature deals principally with time spent by homemakers on household tasks and activity. The time spent for leisure is covered only briefly. However, there is a wealth of information covering the aspects of leisure, aging and retirement from many different fields of study. The published material deals principally with the increase of leisure time, the need for educating for leisure, the relationship of health to satisfactory adjustment in later years, activities and organizations for the older adults, and the need for the retired person to continue as a contributing member of the community and society.

As was previously stated there is much information available on the topics of retirement and leisure, however, by comparison the amount written about women in retirement is relatively small. Information relating specifically to the retirement of men seems to be much more readily available.

## Time Use Studies

Muse<sup>1</sup> in 1946 conducted a study of homemakers and their families in Vermont. This study made reference to leisure only in terms of personal activity, family activity or other activity. It was given very little emphasis in the report but served more as a classification for time spent that was not allocated to household activity. In this report time allocated to homemaking ranged from 18.75 hours to 120.25 hours per week.

In 1954 Wiegand<sup>2</sup> conducted a time use study of part-time and full-time homemakers. Again this study dealt principally with the time spent on household activities. In the several classifications of activities Wiegand did allow for recording of community activities and other leisure activities. Of the 250 women taking part in the study, only 16 per cent reported taking part in community activities. Those reporting averaged two and four-fifths hours devoted to community activities per day. The findings of the Wiegand study also show the average time spent on other leisure activity, such as reading, talking, playing cards, playing the piano and so forth, to be three and seven-tenths hours per day. Only a few homemakers indicated no time given to leisure activities. The city homemakers who were not employed outside the home averaged one hour more leisure than the farm homemakers, and about

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<sup>1</sup>Marianne Muse, Time Expenditures on Homemaking Activities in 183 Vermont Farm Homes, Agricultural Experiment Station Bulletin 530, University of Vermont and State Agricultural College, June 1946.

<sup>2</sup>Elizabeth Wiegand, Use of Time by Full-time and Part-time Homemakers in Relation to Home Management, Cornell University Agricultural Experiment Station, Ithica, New York, Memoir 330, July 1954.

two hours more than the employed city homemaker. More than half the homemakers took four or more hours for leisure.

Two more recent studies have dealt with homemakers activities, one by Steidl<sup>3</sup> in 1963, and another by Manning<sup>4</sup> in 1968. However, the Manning study made no mention of leisure or personal activity at all, and the Steidl study like the others only utilized it as a classification for a block of time, including under personal activity, sleeping and resting, personal care and other leisure activity.

The Manning study indicated an average of 48.7 hours a week devoted to household tasks which included food management, house care, clothing and textile care, physical care of others and financial management. This would average approximately seven hours daily, with two and one-half hours, the largest block of time, being spent on food management.

An investigation of time use of a cross section of women throughout the United States was reported by DeGrazia.<sup>5</sup> He found that women 50 years of age and older reported spending two and one-half hours daily on household chores or housekeeping. It is not known what activities were included in his classification of household chores. He also reported that women spent an average of five hours daily in leisure. The group fifty and over spent a little more than six hours daily.

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<sup>3</sup>Rose E. Steidl, Continuity of Household Work, Cornell University Agricultural Experiment Station Memoir 383, June 1963.

<sup>4</sup>Sarah L. Manning, Time Use in Household Tasks by Indiana Families, Purdue University Agricultural Experiment Station, Lafayette, Indiana, Research Bulletin 837, January 1968.

<sup>5</sup>Sebastian DeGrazia, "Uses of Time," Aging and Leisure, ed. Robert W. Kleemeier (New York, 1961).

DeGrazia's findings indicate that the group 50 years of age and over spent less time on household activity than their younger counterparts. The Manning Study indicated that women 60 through 69 years of age spent more time on house care but that women 50 through 59 spent somewhat less than all others. Therefore the average of Mannings 50 and over group could conceivably be in agreement with the DeGrazia findings in this respect.

#### Growth of Leisure

In any discussion of leisure time there are sure to be numerous indicators cited to illustrate the increase in leisure time. The shorter work week is often given as an illustration even though it cannot be considered a valid standard, for it includes youth, women and others employed only part-time or part of the work year. This brings down the average of number of hours worked by those who work full time and the many who work more than the 40 hour work week.

The amount spent on recreation and on goods and services either directly or indirectly related to leisure is also cited as a standard against which the growth of leisure can be measured. The figures given may vary from \$16 billion to \$41 billion, Meyersohn<sup>6</sup> states, depending upon the definition that is used of commercial entertainment and the factors taken into account as entertainment. These figures too can be misleading for they may account for expenditures on equipment that is never used, or for entertaining business associates or other activity which has little leisure orientation.

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<sup>6</sup>Rolf Meyersohn, "A Critical Examination of Commercial Entertainment," Aging and Leisure, ed. Robert W. Kleemeir (New York, 1961) p. 249.

There is, however, another segment which contributes to the increase in leisure time, the segment with which this study is concerned, and that is the block of free time which comes at the end of the work life. For with the ever increasing life span there comes a growing number of years after retirement relegated to the realm of leisure or free time. This aspect becomes even greater when it is noted that many, either through choice or for reasons of health, are retiring before the age of 65.

Reference to the period after retirement is prevalent throughout the literature. Gordon<sup>7</sup> speaks of this when she states, ". . . the average span of retirement is also increasing. Although the average life expectancy has been increasing markedly, the average work life expectancy has not been rising at nearly as rapid a rate." The young are entering the labor force later and the elderly are dropping out sooner.

There is much more information available concerning the labor force participation of older men than women. It has only been within recent years that middle aged and older women have been a part of the labor force. However, full-time work for women over 65 is quite rare, most of those aged 65 or over who are still in the labor force are employed on a part time basis only.

Kreps indicates that we in this country have a situation which has no counterpart in the European nations, that of a growth of leisure at both ends of the worklife. The Europeans seem to prefer to take their increased free time in the form of more holidays. In America it is taken as a shorter work week and earlier retirement, although there is

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<sup>7</sup>Margaret S. Gordon, "Work and Patterns of Retirement," Aging and Leisure, ed. Robert W. Kleemeir (New York, 1961), p. 27.

no specific information available to indicate what the preferences of the citizens might be were they given a direct choice.

It can, nevertheless, be observed that added years of retirement cannot be overlooked as an important contributor to the growth of leisure in our society.

### ✓ Education for Leisure

The importance of education for leisure is emphasized in many areas, not only in working with the older person of today who is the first to face such an extended block of free time in retirement, but also in preparing the middle-aged to plan for their approaching retirement and the youth, as well, to begin to develop interests and skills which will serve as a leisure time pursuit, perhaps for life, if interest is maintained and nurtured through the years.

On the topic of educating youth for leisure, Margaret Mulac feels that if it is begun early enough and continued throughout life, that it cannot help but contribute to a happier, richer, healthier life and lead to a truly satisfying retirement.

Stephen Romine<sup>8</sup> makes a dramatic statement on the subject of educating for leisure and its importance to society.

The need for help in using leisure time is progressively apparent in all walks of life for all age groups. Much such time is wasted in insignificant endeavor and in activities detrimental to the individual and social well being . . . A population with little leisure is unlikely to reach the heights of cultural development. But such heights are reached only through the intellectual use of leisure. For our educational institutions to default in this regard is to doom the future of our culture and to endanger the survival of our way of life.

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<sup>8</sup>Stephen Romine, "Accent on Social Philosophy--Education for Leisure," Adult Leadership, VII (January 1968), p. 268.

Havinghurst and Tibbitts elaborate upon the contributions to be made by counseling and planning to a better adjustment in retirement as well as by adult education focusing upon the needs of the elderly in retirement. Education must point the way for the older adult to use his talents and skills even though he is separated from an occupation.

We should develop the kind of education, says Corey,<sup>9</sup> which "will result in tomorrows old men and middle-age women finding within themselves the inner resources and being so busy in self-fulfillment that they will not need our help."

Beyond educating for leisure activities in the later years, these years could be utilized for education itself. Not education for the purpose of securing a job or pursuing a career, but education where the "purpose of learning is learning itself."<sup>10</sup>

#### Retirement and Health

The extent to which the retirement years can be filled with activity of any type depends to a large extent on the health of the individual. The added years can be said to effect at least "a gradual decline in our ability to be active."<sup>11</sup> However, modern science and advances in medicine are lengthening the life span and at the same time are making those extra years freer of infirmities than ever before, and thereby

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<sup>9</sup>Arthur F. Corey, "Education for Leisure," Journal of Health Physical Education and Recreation. Vol. 38 (June 1967), p. 51.

<sup>10</sup>Rabbi Abraham J. Herchel, "The Older Person and the Family in the Perspective of Jewish Tradition," Aging With a Future. Reports and Guidelines from the White House Conference on Aging, (Washington: April 1961) p. 43.

<sup>11</sup>Presidents Council on Aging, The Older American. (Washington: 1963), p. 35.

increasing the probability that persons in later years will be capable of more activity than was expected only a few decades ago.

The importance of health is stressed in the following quote from Klumpp.<sup>12</sup>

Shouldn't we concern ourselves more intensely with the problems of health maintenance with the objective that more of our people arrive at their destinations sound in body and mind. And, if this were to come to pass wouldn't many of the socio-economic problems fade in significance?

. . . At the same time, some people attain a ripe old age full of years but vigorous in mind and body. Robert Frost, Herbert Hoover, Bernard Baruch, and Konrad Adenauer are conspicuous examples of such.

Birren also cites examples of achievement in later years such as Churchill, Holmes, and DeGaulle. Numerous women could also be named, Elenor Roosevelt and Marianne Moore to name only two.

. . . These people prove only that it is biologically possible for human beings to attain 60, 70, and 80 and maybe more years in good health and capable of vigorous and purposeful activity. This being true, then the greatest challenge in the whole field of aging is to discover and identify the factors, the patterns of living that are conducive to a vigorous old age, and see to it that the knowledge thus gained is generally applied so that many more will enjoy the same status in their advancing years.<sup>13</sup>

Klumpp and Kaplan both extole the hazards of modern day labor saving devices from the standpoint that we have available to use every conceivable "gadget" to avoid effort, exertion and activity whether it saves labor or not. "The average middle-class home in America has in it enough vacuum cleaners, waffle irons, air cleaners, dishwashers, clothes scrubbers and other gadgets to equal the energy of 90 male

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<sup>12</sup>Theodore G. Klumpp, M.D., Aging with a Future. "New Horizons in Health and Rehabilitation," (Washington, Department of Health, Education and Welfare), 1961. p. 75.

<sup>13</sup>Ibid., p. 75.

servants."<sup>14</sup> The fear of physical exertion they claim has taken the form of a national psychosis making persons afraid to live for fear of dying.

The theory of these two also serves to illustrate the idea heard often today that we are becoming too concerned with saving time and energy, without giving enough thought to the objective or the end toward which the time and energy is being saved. It is this which poses such a problem in the later years, for to the degree that time is saved for no specific purpose then it is simply empty time. This has been pointed out emphatically by Hershel<sup>15</sup> as he discussed how we appear to know more about handling space than time, we seem not to know what to do with time "except to make it subservient to space, or to while it away; to kill time. However time is life, and to kill it is to murder."

The effect that inactivity has upon an individual can be compared to the effect of disuse of the bodily processes during illness. For just as tissues and functions which are not used atrophy, so also does this apply to muscles and use of the body in general. A great deal of physical and circulatory deterioration occurs even after short periods of immobilization, in bed and this differs "only in degree from the immobilization resulting from our so-called labor saving devices and present day attitudes toward physical activity."<sup>16</sup>

It is therefore extremely important that one remain active for

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<sup>14</sup>Max Kaplan, Leisure in America: A Social Inquiry. (New York: John Wiley and Sons, Inc., 1960, p. 295.

<sup>15</sup>Hershel, op. cit., p. 45.

<sup>16</sup>Klumpp, op. cit., p. 75.

the well being of the body as well as for the state of mind. The degree of activity must, however, be in line with individual differences and the condition of health.

#### Organizations and Activities

Just as much attention has been given to the older person in our world today, so also has there been great concern to provide him with organizations which will give him a place to spend his time, a place where he can gather with others of his own age, or in some cases of all ages, for socialization. In some instances the organization may provide him a place to display his talents or abilities or sell objects that are products of his handiwork.

Older persons are being encouraged today to be active in some hobby or related activity. However, "Hobbies are seldom developed as late as retirement if an interest has not been developed in earlier years."<sup>17</sup>

According to Tibbitts the trend is for the retiree to increase his earlier involvements rather than develop new ones. We should not be fooled says Dr. David H. Goldstein<sup>18</sup> when a person says, "When I retire I shall do all the things I have never found time to do," for the activities which were not taken part in before retirement are seldom begun after retirement. Bortz offers another point of view for he affirms that retirement is the perfect time to begin some new creative

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<sup>17</sup> Thomas S. Cunningham, The Venerable Years--Enjoyment and Service, Oklahoma State University Extension Leaflet 173, 1968.

<sup>18</sup> Dr. David H. Goldstein, "Panel Discussion on Problems of Aged in Industry," Journal of American Geriatrics Society. VIII (1960), p. 770.

endeavor. Cobleigh also offers retirement as the perfect time to pursue real interests that may have had only limited time devoted to them prior to retirement. Retirement can be a time to become proficient at some special interest, to become reacquainted with one's spouse, to pursue an income producing hobby or activity, or simply to relax and enjoy oneself and life.

Thompson and Strieb conclude that the pre-retirement period is a transitional period which sets the stage for the major socializations in later years. The patterns established in the decade preceding retirement, either in fact or in anticipation, may serve as guidelines in early retirement if not for the whole of the later years.

With retirement the opportunity for association with others may be diminished, though the need for socialization remains. Older persons need to make friends, to find useful activity, to feel needed in the community and to maintain a proper psychological balance. These needs may be met through groups and therefore intensifies the need for group interaction. It is on this premise that Jerome Kaplan<sup>19</sup> asserts, "The organization of groups for senior citizens must be at the center of any program to meet the problems of aging."

Havinghurst<sup>20</sup> lists three classes of persons in later maturity: 1) those who never retire, (2) those who retire to a life they have planned and (3) those who retire without previous planning. Recreation may be of great importance to the latter two classes. Goldstein also

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<sup>19</sup>Jerome Kaplan, A Social Program for Older People, (Minneapolis: The University of Minnesota Press, 1953, p. 59.

<sup>20</sup>Robert J. Havighurst, "The Nature and Values of Meaningful Free-time Activity." ed. R. W. Kleemeier, Aging and Leisure, (New York:1961) p. 320.

discusses three similar categories and concludes that most studies show a good adjustment to retirement is more likely to occur when retirement has been anticipated and planned for.

#### Community Participation by the Retired

In retirement a person is stripped of his unique contribution to society and mankind which he found in employment. His work which marked him as a productive member of society no longer makes demands upon his time or energy, and he must find other channels through which his needs can be met, other ways in which he can find purpose in existence. Birren agrees that because of the American culture's emphasis on upward striving and economic gain, it is understandable that the retired individual might feel a considerable loss in his separation from his work.

To the extent that work provided purpose for the individual, in retirement he must find suitable substitutes for best adjustment. Brightbill considers that leisure can never really substitute for work. However, the same satisfactions derived from work can be obtained through leisure time activities.

In a study conducted by Havinghurst it was found that in asking the reasons why persons participated in certain leisure time pursuits, and in asking what meaning work held for them, in many instances the two were the same or similar. The conclusion reached was that to a considerable extent, people can get the same satisfactions from leisure as from work or an occupation. Therefore, in retirement it is possible and desirable to seek leisure activities that will provide the same type or comparable rewards one has gained previously from work.

Satisfactions in retirement can be related to four freedoms which come with retirement according to Moore and Strieb.<sup>21</sup> These freedoms include: (1) the freedom from an imposed schedule and wearing demands, (2) freedom to explore and develop new interests denied by job demands, (3) freedom to share more leisurely associations with family and friends and (4) freedom to choose a more acceptable living location.

The importance of one or a combination of these factors could influence a person's acceptance or contentment with retirement. Whether a person is happy or dissatisfied with retirement is often determined or influenced by the presence or absence of unfulfilled interests which one brings with him to retirement.

In retirement there needs to be a continuity to life. Being a part of the community, having contributions to make to others or to society as a whole is a part of this. Bortz<sup>22</sup> has stated that, "one who can express himself as an individual and continues in that unique performance identifies himself as a person and a member of society and preserves his personal and social value."

The contributions which can be gained from the older adults in society make it desirable that their participation in community affairs and life in general, be encouraged for it would be a great fallacy to think that they did not have contributions to offer.

When a man retires out of life, life retires out of him. A nation that thinks it can retire several millions of citizens without loss to the individual and to society as a whole is laboring under a great delusion.<sup>23</sup>

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<sup>21</sup>Elon H. Moore and Gordon F. Streib, The Nature of Retirement. The MacMillan Company, (New York, 1959), p. 26.

<sup>22</sup>Bortz, op. cit., p. 155.

<sup>23</sup>Bortz, op. cit., p. 89.

One argument sometimes heard is that older persons are not interested in continuing active in community affairs, that they have contributed throughout their life and are more than willing to relinquish the responsibility to others. However, Louis Kuplan discussed this point in a study of the effective use of leisure time. He holds the view that older persons as well as middle-aged persons are looking for ways to become and continue as contributing members of society and also ways to find self realization in retirement. He summarizes it as follows:<sup>24</sup>

It seems justified to conclude that individuals can be assisted in taking action which will lead to greater self realization if pursued through the middle and later years . . . The apparent reluctance of middle-aged and older people to retain active roles in community life and to seek new interests is due basically to two factors. The first is the general stereotype of aging which holds all older people to be useless, senile, unable to comprehend new ideas and find new interests, and unwilling to accept responsibility for themselves and others. . . the second factor . . . is the fear of being ridiculed for not accepting the traditional role of the retired person; for seeming to be slow in actions and learning. Yet, it is equally apparent that where educational and other opportunities are available, many if not most, middle-aged and older persons will seek opportunities for self development and will volunteer for community service.

It is best if these interests are developed through the years, for it would be difficult in later years to become active in community affairs if the individual had had no previous experience in the matter. His contributions could only be limited.

Many authorities cite the importance of community participation. Jerome Kaplan insists that the creation of opportunities for older persons to use their faculties and abilities is simply a preventive

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<sup>24</sup>Louis Kuplan, "Effective Use of Leisure Time by Middle-Aged and Older People," Aging and Social Health in the United States and Europe. ed. Clark Tibbitts, Division of Gerontology. (Ann Arbor: The University of Michigan Press, 1959), p. 175.

measure to keep them from joining the "living dead," those whom he considers have allowed their minds to die before their bodies do. They must be given a feeling of a place in the community.

Former President Lyndon B. Johnson<sup>25</sup> pointed out the numerous programs in which older citizens are participating.

We strengthened the Older Americans Act. It promised a new sense of involvement and usefulness to hundreds of thousands of our citizens.

. . . and that is only a small part of the story. More than 4,000 foster grandparents in 38 states; nearly 300 older VISTA volunteers; 500 older Peace Corps volunteers, more than 3,000 SCORE - Service Corps of Retired Executives - have already learned what it is to have a feeling of pride in serving others regardless of one's age.

The older adult has much to give that can well be utilized in community service as well as many other ways. The President's Council on Aging<sup>26</sup> has summed it up as follows.

Somehow through leadership and education, it must be realized that a citizen's desire to live a purposeful life does not end with his retirement.

Indeed the desire for purpose does not end in retirement, neither the needs of persons, nor their skills or abilities. With so many groups in need of volunteer help, it seems that the older adult could be utilized well in many ways.

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<sup>25</sup>U. S. Department of Health, Education and Welfare, President Cites Older Americans' Gains," Aging, No. 162 (April 1968), p. 5.

<sup>26</sup>President's Council on Aging, op. cit., p. 6.

## CHAPTER III

### PROCEDURE

The method employed for this study was principally the interview method. The data was collected by means of a personal interview with each participant and a further in-depth interview with three of the individuals in the sample.

#### Development of Instrument

For this study an instrument was developed (see Appendix) to secure information about the homemaker, her activities, the extent of enjoyment of the activities, attitudes toward time, and to obtain information on goal setting for retirement.

A list of forty activities was developed to be broad enough to include most of the activities which could be participated in for recreation or leisure. An item, "other," was included to make allowance for some particular activity which might have been omitted from the list.

The activities included on the list were duplicated on a set of forty cards, typed in large print for easy reading. Each of the study participants was asked to sort the cards and place them in front of one of three cards labeled "Do Now," "Used to Do," or "Never Did." The interviewer then took those classified "used to do" and "never did," and asked the participant to choose from the "do now" class, five activities which she enjoyed most and five activities which she least

enjoyed and place them in front of cards so labeled. While the participant was regrouping the "do now" cards, the interviewer transferred the cards from the other two classifications into the appropriate spaces of the participant's check sheet. The five most enjoyed and the five least enjoyed activities were then recorded. The participant was asked to go through the "do now" group of cards once more and select the five activities on which she spent the most time. After this was done the participant was given one page of the two page questionnaire and asked to complete it. At this time the interviewer recorded the remainder of the cards according to the participant's sort.

The two page questionnaire consisted of one page which the homemaker checked, giving basic information, and a second page which was asked by the interviewer. The second page contained several open end questions which the interviewer asked and recorded on the interview schedule the verbal responses made by the homemakers.

One question was asked for the purpose of obtaining an expression of the satisfaction of the homemaker with her use of time in retirement. The question was "Are you happy, content or satisfied with your use of time?."

Other questions were asked to determine satisfactions with available activities, to note any problems which affected their participation in any activities, and to obtain information on plans made toward retirement and goals set. One other question was asked to ascertain how they happened to become a member of the group chosen as participants by the researcher for this study.

### Pretesting the Instrument

The instrument was tested on five retired homemakers in Stillwater, Oklahoma. The interviewer contacted each by phone just as she planned to do with the study sample. The researcher asked the homemaker if she would be willing to answer a questionnaire and an appointment was made with each.

The instrument was tested to determine its clarity and effectiveness in obtaining the desired information. The pretest was further used to establish the desirability of conducting the card sorting phase of the interview either before or after the questionnaire.

The pretest resulted in one minor change in the interview schedule, and two changes in the listing of activities on the cards and check sheet. The researcher also concluded from the pretest that those interviewed responded more readily to the questions when the questionnaire followed rather than preceded the card sorting phase of the interview.

The change made on the interview schedule concerned the open end question "How long has it been since your last child left home?". The homemakers seemed to have difficulty remembering exactly how long it had been. As the exact time was of little value to the study, the question was amended to be a choice of three time ranges.

In sorting the cards the test group seemed to be concerned with the grouping of civic and political activity together. They also preferred to distinguish between church related activity and meetings of organizations. These activities were then divided, making two additional activities to be added to the check sheet and card group, and resulting in a total of forty-two activities listed.

### Selection of Participants

In choosing a population to study, the researcher secured a list from the City Hall containing approximately two hundred names of both men and women in Stillwater, Oklahoma. The list represented a cross section of persons over fifty years of age in Stillwater. A list of names was also secured from the Stillwater Continuing Education Program. This is a program which was initiated by a group of retired persons but that is open to all adults who might be interested. The program was begun in the fall of 1967 and was in its second year at the time of this study. The program is carried on in the First United Methodist Church but is non-denominational in character. It is on Fridays for approximately 12 weeks. The semester fee is four dollars. The courses are non-credit and vary from arts and handicrafts to languages. Other courses include: painting, knitting, world travel, investments, and theology. Persons may enroll for one of the two hour courses or for two one hour courses. A sample schedule for one Friday session is included as Appendix B.

The researcher in choosing a population evaluated both the list from City Hall and the list from the continuing education program in terms of the purposes of this study. She decided to use the list from the continuing education program even though the sample drawn from this group could not be said to be representative of the population as a whole. Since one of the purposes of this study was to ascertain the activities which bring enjoyment and satisfaction, it was felt a sample from the continuing education program would be quite appropriate.

The list was checked to eliminate the men and those few persons from outside the Stillwater area. An arbitrary point on the list was

chosen and every fourth name was then selected. This resulted in the selection of twenty-five persons as participants. Procedure was also established for the selection of alternates in the event one of those selected was unable to participate or did not meet the criteria set up for this study. Of those contacted only one person indicated she did not care to participate in the study,

## CHAPTER IV

### ANALYSIS OF DATA

#### Description of Subjects

The subjects for this study included 25 women ranging in age from 49 to over 80. The largest percentage was in the age group from 65 to 75 years of age (Table I).

TABLE I  
CLASSIFICATION OF HOMEMAKERS BY AGE

Age of Participants	Number of Homemakers	Per Cent of Homemakers
Under 50	1	4
50 to 60	1	4
60 to 65	2	8
65 to 70	7	28
70 to 75	7	28
75 to 80	4	16
80 and Over	3	12
Total	25	100

The women who participated in this study were all either retired from full-time employment or they had been full-time homemakers and no longer had children residing in their homes.

The length of time for retirement varied from less than one year to 22 years (Table II). One person did not reply to the question of length of time of retirement but stated that she did not consider herself actually retired, rather she was simply unable to work for reasons of health.

TABLE II  
CLASSIFICATION OF HOMEMAKERS BY YEARS OF RETIREMENT

Number of Years of Retirement	Number of Homemakers	Per Cent of Homemakers
Less than 1 year	1	4
1 to 5 years	5	20
5 to 10 years	5	20
10 to 15 years	6	24
15 to 20 years	1	4
20 to 25 years	1	4
Total*	19*	76

\*Five full-time homemakers and one not employed for reasons of health not included.

Of the respondents, five had been employed only before marriage or for such a short length of time as to be considered full-time homemakers. Eleven of the respondents listed both their time of retirement from their occupation and the range of time since their last child left home (Table III). Three of the cases were either widowed or divorced with no children, and six of the respondents were single individuals. Of the homemakers with children ever employed and the full-time homemakers 16 persons listed a range in years since their last child left the parental home as Table III indicates.

Seven of the respondents were married with mates present, six were single, two were divorced and ten were widowed. Table IV shows marital status according to the range of age of the homemakers.

TABLE III  
RANGE IN YEARS SINCE HOMEMAKER'S  
LAST CHILD LEFT PARENTAL HOME

Status of Homemaker*	Less than 10 Years	10 to 20 Years	20 Years or More
Ever Married, Ever Employed Homemaker	0	7	4
Full-time Homemaker	2	2	1

\*Three employed homemakers who had no children and six single individuals not included.

TABLE IV  
CLASSIFICATION OF HOMEMAKERS BY MARITAL STATUS AND AGE

Marital Status	Age Range							Total
	Under 50	50 to 60	60 to 65	65 to 70	70 to 75	75 to 80	80 and over	
Single			1	1	1	3		6
Married (spouse present)	1	1		4	1			7
Divorced					2			2
Widowed			1	2	3	1	3	10
Total	1	1	2	7	7	4	3	25

The degree of education varied from high school level to study beyond the doctoral level. Sixty-eight per cent had four years of college or more. (Table V).

Table V indicates the high degree of education of the sample group, yet it does not tell the entire story. One of the respondents listed as having a Master's degree had both a Master of Science and a Master of Arts degree. The respondent listed as having a Doctor's degree had done study at the post doctoral level, and one of those checking special education had an M. D. Degree.

TABLE V  
CLASSIFICATION OF HOMEMAKERS BY EDUCATIONAL LEVEL

Educational Level	Number of Homemakers	Per Cent of Homemakers
High School	4	16
Some College	4	16
Four Years College	8	32
Masters Degree	6	24
Doctors Degree	1	4
Special Education	2	8
Total	25	100

The Health status of the sample was shown to be average to good. The same was true for hearing. Eye sight was not ranked quite as good, as the majority checked either average or poor, as Table VI indicates.

The respondents did, however, often use qualifying remarks when checking either good or average. Their remarks indicated that it might be good or average "for my age." Two of the participants checked "good" when rating their eye-sight, but made qualifying remarks to indicate they had had eye surgery. One person indicated that she had sight in only one eye but that it was good.

The interviewer concurs with these evaluations, for all the respondents were able to see well enough to fill out the page of the interview schedule which they were asked to do, and they all heard well enough that there was no difficulty in oral communications.

TABLE VI  
CONDITION OF HEALTH INDICATED BY HOMEMAKERS

Aspects of Health	Number Indicating Good	Number Indicating Average	Number Indicating Poor
General Health	17	8	0
Hearing	17	7	1
Eye-sight*	10	10	4

\*One participant wrote in "fair."

#### Homemakers' Activities

The homemakers indicated participating in a wide variety of activities. The number of activities ranged from a low of 16 to a high of 33 (Table VII).

TABLE VII  
NUMBER OF ACTIVITIES PARTICIPATED IN BY HOMEMAKERS

Number of Activities	Number of Homemakers	Per Cent of Homemakers
15 to 20	1	4
20 to 25	7	28
25 to 30	12	48
30 to 35	5	20
Total	25	100

The average number of activities per homemaker was 26. This figure was also the median and the mode. The highest number of activities was reported by the homemaker who was 49 years of age and the lowest was reported by a participant in the age range 75 to 80 (Table VIII). Of the respondents reporting 30 or more activities in which they participated, one of these was in the 80 and over age range.

TABLE VIII  
SPECIFIC NUMBER OF ACTIVITIES PARTICIPATED  
IN BY AGE OF HOMEMAKER

Under 50	50 to 60	60 to 65	65 to 70	70 to 75	75 to 80	80 and Over
33	26	20	23	20	16	23
		25	24	24	24	26
		32	25	26	26	30
			26	27	26	
			29	28		
			32	29		
				30		

The specific activity or type of activity in which the homemakers participated is indicated in Table IX.

Five activities were listed by all respondents in the "do now" classification. These activities included: reading, writing letters, visiting friends, attending adult classes and lectures, and going to the polls to vote.

Those activities still participated in by at least 90 per cent of the participants included: watching television, talking on the

TABLE IX

## CLASSIFICATION OF ACTIVITIES BY PARTICIPATION OF HOMEMAKERS

No.	Activity Type	Do Now		Used to Do		Never Did	
		Number of Homemakers	Per Cent of Homemakers	Number of Homemakers	Per Cent of Homemakers	Number of Homemakers	Per Cent of Homemakers
1	Sewing and embroidering	22	88	3	12	-	-
2	Knitting and Crocheting	12	48	7	28	6	24
3	Wood Carving	0	-	5	20	20	80
4	Collecting, Photography or other special hobbies	16	64	4	16	5	20
5	Painting or drawing	6	24	4	16	15	60
6	Writing poetry or prose	3	12	6	24	16	64
7	Reading	25	100	-	-	-	-
8	Playing a musical instrument	2	8	12	48	11	44
9	Dancing	1	4	10	40	14	56
10	Singing	6	24	8	32	11	44
11	Listening to records	15	60	5	20	5	20
12	Listening to radio	20	80	4	16	1	4
13	Watching television	24	96	-	-	1	4
14	Attending movies	16	64	8	32	1	4
15	Attending the theater, plays, concerts or opera	17	68	6	24	2	8
16	Visiting museums and art galleries	19	76	5	20	1	4

TABLE IX (Continued)

No.	Activity Type	Do Now		Used to Do		Never Did	
		Number of Homemakers	Per Cent of Homemakers	Number of Homemakers	Per Cent of Homemakers	Number of Homemakers	Per Cent of Homemakers
17	Attending sports events	11	44	11	44	3	12
18	Participating in sports	1	4	9	36	15	60
19	Playing cards, checkers, chess or table games	17	68	6	24	2	8
20	Working crossword puzzles	4	16	9	36	12	48
21	Writing letters	25	100	-	-	-	-
22	Talking on the phone	23	92	1	4	1	4
23	Visiting with friends	25	100	-	-	-	-
24	Visiting with relatives or attending family holiday affairs	24	96	-	-	1	4
25	Attending parties	23	92	1	4	1	4
26	Entertaining at home	23	92	2	8	-	-
27	Eating out	24	96	1	4	-	-
28	Driving or riding for pleasure	22	88	3	12	-	-
29	Traveling, sight-seeing, visiting parks, zoos, and amusement areas	21	84	4	16	-	-
30	Attending adult classes or lectures	25	100	-	-	-	-
31	Attending meetings of organizations	24	96	1	4	-	-
32	Attending church and church related activities	24	96	1	4	-	-

TABLE IX (continued)

No.	Activity Type	Do Now		Used to Do		Never Did	
		Number of Homemakers	Per Cent of Homemakers	Number of Homemakers	Per Cent of Homemakers	Number of Homemakers	Per Cent of Homemakers
33	Going to polls to vote	25	100	-	-	-	-
34	Having part-time employment	4	16	5	20	16	64
35	Doing volunteer or service work	15	60	7	28	3	12
36	Babysitting or keeping grandchildren	7	28	7	28	11	44
37	Caring for pets	6	24	13	52	6	24
38	Working with houseplants or flower arranging	21	84	1	4	3	12
39	Working in yard	19	76	6	24	-	-
40	Participating in civic affairs	16	64	6	24	3	12
41	Participating in political activity	8	32	5	20	12	48
42	Other	8	32	1	4	16	64

phone, visiting relatives and attending family holiday affairs, attending parties, entertaining at home, eating out, attending meetings of organizations, and attending church and church related activities.

Only one activity was completely excluded from the "do now" category and that was wood carving. Other activities in which few respondents participated were: playing a musical instrument and dancing. However of the three activities, 80 per cent of the respondents had never tried wood carving, 44 per cent had never played a musical instrument and 56 per cent had never danced.

The activities listed by the largest percentage of homemakers as activities they "used to do" but in which they no longer participated were: caring for pets (52%), playing a musical instrument (48%), attending sports events (44%), dancing (40%), participating in sports and working crossword puzzles (36%).

The above figures and the figures listed in Table IX give the percentage of total respondents in each of the three classes. If these figures were viewed as a percentage of the number who have ever taken part in the activity the figures quoted in the preceding paragraph would change in the following manner: caring for pets (68%), playing a musical instrument (86%), attending sports events (50%), dancing (91%), participating in sports (90%).

The activities in which the greatest number of homemakers continue to participate are of two major types. Many are passive activities as reading, watching television, or writing letters, or they are of a social nature such as visiting with friends, attending parties or attending meetings of organizations.

Those activities occurring most frequently in the category "used to do" can also be grouped. Those most often given up seem to entail some degree of skill or manipulative ability as would be required in playing a musical instrument, or they require some degree of physical activity or prowess as in dancing or participating in sports.

This by no means sets an absolute pattern for while failing eyesight was given as one principal determinant in the discontinuance of sewing or embroidering, 88 per cent of the respondents indicated that they continue to pursue these activities. Likewise, knitting and crocheting which require skill or manipulative ability continue to be an activity pursued by 48 per cent of the homemakers while only 28 per cent indicated they no longer pursued these interests. On this same order, 76 per cent continue to work in the yard which demands a certain amount of energy output, and only 24 per cent had given up this activity.

The rating of activities as "enjoy most" and "enjoy least" is given in Table X. As seen from this table the activity which rated highest numerically, that is greatest number of respondents rated it as the activity which they most enjoyed, was church and church related activity. Of the 24 respondents who indicated an active participation in this, 17 or 70.8% listed it as one of the five most enjoyed activities. Only one other activity received a higher rating through percentage, and that was painting and drawing. This activity was participated in by only six of the homemakers but of the six, five listed it as one of their most enjoyed activities. This was 83.3% of those involved in the activity.

TABLE X

CLASSIFICATION OF MOST ENJOYED AND LEAST ENJOYED ACTIVITIES  
IN RELATION TO NUMBER TAKING PART IN THE ACTIVITY

No.	Activity Type	Do Now		Enjoy Most		Enjoy Least	
		Number of Homemakers	Per Cent of Total	Number	%*	Number	%*
1	Sewing and embroidering	22	88	6	27.3	5	22.7
2	Knitting and crocheting	12	48	3	25.0	3	25.0
3	Wood carving	0	-	-	-	-	-
4	Collecting, photography or other special hobbies	16	64	3	18.8	3	18.8
5	Painting or drawing	6	24	5	83.3	-	--
6	Writing poetry or prose	3	12	-	-	1	33.3
7	Reading	25	100	8	32.0	-	-
8	Playing a musical instrument	2	8	-	-	-	-
9	Dancing	1	4	-	-	-	-
10	Singing	6	24	1	16.6	2	33.3
11	Listening to records	15	60	2	13.3	4	26.6
12	Listening to radio	20	80	1	5.0	4	20.0
13	Watching television	24	96	4	16.6	3	12.5
14	Attending movies	16	64	-	-	7	43.8
15	Attending the theater, plays, concerts or opera	17	68	6	35.3	1	5.9
16	Visiting museums, art galleries	19	76	5	26.3	4	21.0
17	Attending sports events	11	44	1	9.0	2	18.1
18	Participating in sports	1	4	-	-	1	100.0
19	Playing cards, checkers, chess or table games	17	68	3	17.6	5	29.4
20	Working crossword puzzles	4	16	1	25.0	1	25.0
21	Writing letters	25	100	1	4.0	10	40.0
22	Talking on the phone	23	92	-	-	8	34.8
23	Visiting with friends	25	100	6	24.0	1	4.0

TABLE X (Continued)

No.	Activity Type	Do Now		Enjoy Most		Enjoy Least	
		Number of Homemakers	Per Cent of Total	Number	%*	Number	%*
24	Visiting with relatives and attend- ing family holiday affairs	24	96	11	45.8	2	8.3
25	Attending parties	23	92	2	8.7	1	4.3
26	Entertaining at home	23	92	4	17.4	2	8.7
27	Eating out	24	96	-	-	5	20.8
28	Driving or riding for pleasure	22	88	2	9.0	7	31.8
29	Traveling, sightseeing, visiting parks, zoos or amusement areas	21	84	11	52.4	-	-
30	Attending adult classes or lectures	25	100	7	28.0	2	8.0
31	Attending meetings of organizations	24	96	1	4.2	6	25.0
32	Attending church and church related activities	24	96	17	70.8	1	4.2
33	Going to polls to vote	25	100	-	-	10	40.0
34	Having part-time employment	4	16	-	-	1	25.0
35	Doing volunteer or service work	15	60	2	13.3	5	33.3
36	Babysitting or keeping grandchildren	7	28	2	28.6	-	-
37	Caring for pets	6	24	3	50.0	-	-
38	Working with houseplants or flower arranging	21	84	4	19.0	5	23.8
39	Working in yard	19	76	4	21.1	4	21.1
40	Participating in civic affairs	16	64	1	6.3	7	43.8
41	Participating in political activities	8	32	1	12.5	2	25.0
42	Other	8	32	-	-	-	-

\*Per cent of those homemakers responding to this item.

Another high ranking most enjoyed activity was traveling, sight-seeing, visiting parks, zoos and amusement areas. This was rated most enjoyed by 52.4% or 11 of the 21 persons listing this activity. Other most enjoyed activities were: caring for pets rated by 50% of the six participants; and visiting with relatives or attending family holiday affairs rated by 45.8% or 11 of the 24 persons listing this activity.

The most frequently mentioned activities in the "least enjoy" group were: writing letters (40%), going to polls to vote (40%), and participating in civic affairs (43.8%). In almost every instance the participants who indicated they least enjoyed going to polls to vote stated that this was their duty or their responsibility and even though they did not get pleasure from it as from other activity they would not consider giving up this privilege and duty.

Those who indicated they did not enjoy writing letters were quick to respond that they did enjoy receiving letters and therefore continued to write them.

Several activities received no mention in the enjoy most classification and likewise there were several which were not listed in the enjoy least classification. Those activities which none of the respondents considered to be a most enjoyed activity included wood carving, writing poetry or prose, playing a musical instrument, dancing, attending movies, participating in sports, talking on the phone, eating out, going to the polls to vote, and having part-time employment. Those activities which no one considered as least enjoyed included wood carving; reading; playing a musical instrument; dancing, traveling, sight-seeing, visiting parks, zoos or amusement areas; babysitting or keeping grandchildren; and caring for pets.

Many of the participants had difficulty in narrowing their enjoyment most choice down to five. Two participants failed to do so. One stated that three of the activities were so nearly equal in her thinking that she would simply have to group them together as her fifth choice. Another could not choose between two activities and therefore placed six cards in the group of most enjoyed activities.

#### Satisfactions With Use of Time

The homemaker's responses to the questions on the interview schedule were as varied as individual differences and situations could decree.

In answer to the question "Are you happy, content or satisfied with your use of time?" two responded "Yes, very," 13 answered simply "Yes," seven qualified their yes remarks, and two answered "No, not completely." Of the two who answered "No, not completely," one remarked that she was not unhappy, but she wanted to be with people more. The second said she was happy, but like all older persons was lonely for previous associations.

Statements by those who answered yes with some reservations varied from one who felt she had abilities and talents which were being wasted to one who indicated she was "as happy as possible, but just not fully happy." Another of the homemakers felt limited in what she could do because of her health, still another felt she could be happy if she could accept the fact of living alone and living differently. Yet another said she was not dissatisfied as "fewer things matter" to her. One respondent indicated she would like to be doing more. Another felt she was perhaps doing more than she should, but felt that if she were

to do any less she would be discontent with her idleness.

When asked if they considered themselves to have enough time, not enough time, or too much time, the largest percentage of the homemakers replied they did not have enough time for the things they wanted to do.

TABLE XI  
HOMEMAKERS' CONCEPTS OF TIME AVAILABLE

Time Available	Number of Homemakers	Per Cent of Homemakers
Enough time	8	32
Not enough time	17	68
Too much time	0	0
Total	25	100

Only one homemaker gave any indication that she might have an excess of time. She responded to the question that she had enough time, but with any more she would run out of anything to do. Two of the others replying they had enough time gave indication that their schedule would be changed in the event they felt they were getting more to do than they had time for. One of the respondents stated with much certainty that she would not "tie herself down" with too much to do.

Qualifying remarks from those who answered they had not enough time varied also. Two specifically remarked they had slowed down or they now accomplished things more slowly and thereby could not do all they wanted to do. Another responded, "I may have enough time but I tire more easily and lay things back." By laying things back she allowed them to accumulate and therefore did not have enough time to accomplish everything she had to do.

The remainder of the comments suggested that the things the homemakers wanted to do simply exceeded the amount of time available in which to do them. Statements which illustrate the attitudes of these homemakers include: "There's never enough time for all the reading I want to do," "It's the same as when I was working, there's not enough time for what I want to do or plan to do." And simply, "There just is not enough time to do all I want to do."

#### Desire for Other Activities

When questioned as to other activities they would like to be doing, nine replied there were none, 16 replied yes. The nine who indicated there were no other activities they would like to be doing gave positive replies when asked if they were content or satisfied with their use of time.

Those who listed specifically other things they would like to be doing included five who specifically mentioned travel and visiting with family. Two others said they would like to be reading more. Others listed working, taking music lessons, playing cards and doing service work. Other statements indicated there was simply more they would like to be doing, "more than time allows," and "more of everything."

When the participants were asked if there were activities they would like to have made available to them, 19 of the respondents or 76% replied no. The greatest majority said that Stillwater or the immediate area provided the opportunity for anything they cared to do, but again time was cited as a factor limiting their taking advantage of the opportunities.

The six participants who indicated they would like to have other activities made available to them listed such things as more day-time activities, a program similar to the Oklahoma State University Allied Arts series with programs of more interest to adults than the University's programs. Also mentioned were more museums, more concerts, and better facilities for walking. Two persons indicated that there were either no sidewalks or poor sidewalks in areas which prevented some from walking as much as they might desire to do.

Other specific statements referred to the inaccessibility of certain buildings in which activities were held or located. For those with arthritis or similar disabilities steps are difficult to maneuver. The Oklahoma State University Auditorium was specifically pointed out as having many steps and no handrails, certain civic centers and art galleries were also specified.

#### Factors Affecting Participation

When asked if transportation were a factor in their attending any activity or participating in any event, 19 (76%) replied "no" and six or only 24 per cent stated that it was a specific problem. Those who stated that transportation was not a factor most often indicated they had a car and still drove it, some said both they and their husbands had a car. Four of those replying "no" gave qualifying remarks. Two indicated that transportation was no problem except in bad weather for they did not drive when the roads were hazardous. One indicated she would not drive on campus at night and this did affect her attending certain things she would like to. One other did not indicate that she had a car but said transportation was not a problem for her friends

would take her wherever she wanted to go.

The six who listed transportation as a problem had somewhat different reasons for doing so. Three still did some driving but one said she would drive only to church, the hospital or her sister-in-law's at night, the other two stated poor eyesight kept them from driving. The other three simply stated yes they did not keep a car. One stated friends would come by for her but she would do other things if she had a car.

Each participant was asked if there were problems other than transportation which served as a factor in their participation in any activity. Six responded there were none. The remainder gave answers which are contained in Table XII.

TABLE XII  
PROBLEMS AFFECTING PARTICIPATION IN ACTIVITIES

Problems	Number of Homemakers	Per Cent of Homemakers
Health	12	48
Time	4	16
Finances	1	4
Other	3	12

Health was reported to be a limiting factor by 12 of the respondents. Four said arthritis was the influencing factor, four listed poor eyesight (this corresponds to the number listing poor eyesight as a health factor in Table VI). Three of the study sample reported a heart condition as limiting their degree of activity, and two others considered their problem to be a circulatory condition. One homemaker reported

that after sustaining a broken leg and hip injury, her activity had to be limited.

Time was the second most mentioned factor affecting participation. As was indicated earlier those who stated this as a problem responded they did not have the time to take part in all the activities they would like to. While only four listed this specifically as a problem, it was made mention of in 10 of the 25 interviews either directly or indirectly. These 10 references to time were apart from those who gave it as a direct answer to the question on availability of time indicated in Table XI, where 17 did not have enough time.

#### Participation in Continuing Education Program

The homemakers interviewed were asked how they happened to join the continuing education program from which the sample was drawn. Several of the homemakers gave more than one reason for their taking part in the program. The reasons given are summarized in Table XIII in order of the frequency of their being listed.

#### Planning for Retirement

The homemakers were asked "When did you begin to plan for retirement?" The replies ranged from "When I was thirty years old," to "I made no special plans." Eleven of the respondents reported having made no special plans; however, many of them qualified this answer with remarks which implied a certain amount of planning.

The homemakers' remarks seemed to suggest that a certain amount of planning was only logical and they had made "no special plans" over and above their regular plans for retirement. One person stated that

retirement did not require planning for her. She had always been involved in activities, she had always enjoyed travel and she knew retirement was coming so she did not have to plan for it.

TABLE XIII  
REASONS FOR JOINING CONTINUING EDUCATION PROGRAM

Reason	Number of Homemakers Listing Reason
Interested in learning	8
Interested in offerings of the program	8
Friends or neighbors encouraged joining	8
Learned of program through the church	6
Was contacted and asked to help	3
Was acquainted with the administration	2
Read of program in the paper	2
Program seemed exciting	1
Daughter encouraged joining	1
Cost was reasonable for the program offered	1

Table XIV gives in outline form the remarks made by the respondents concerning their planning toward retirement.

The question, "What goals did you set for retirement?" elicited many different responses from the homemakers. The most often cited goal was to travel, other responses indicated more individual concerns. Several stated they set no specific goals yet proceeded to state specific ones. Some of the homemakers did not give any goals or they said they could not think of any, and others listed several. Their statements are given in Table XV.

TABLE XIV

RESPONSES TO QUESTION "WHEN DID YOU BEGIN TO PLAN FOR RETIREMENT?"

Remarks	Number of Homemakers Making Reply
When I was thirty years old	1
Perhaps 20 years before retirement	2
11 years prior to retirement	1
10 years before retirement or earlier	1
5 years before retirement, but not soon enough	1
3 or 4 years before retirement	1
2 years before retirement	2
1 year before retirement	1
Gradually through the years	1
At husband's death	1
Since children were small	2
No special plans	11
Was always Active	
Am doing what I always did	
Had Insurance	
Knew it was coming	
Signed up for teacher retirement and saved	
Had planned on being with husband	
Total	25

In response to the question "Are there plans you wish you had made?," 15 of the participants replied "no," and 10 replied "yes." The 15 or 60 per cent would seem to indicate a high degree of satisfaction.

TABLE XV  
GOALS FOR RETIREMENT

Goals Listed	Number of Homemakers Stating Goal
Travel	9
Pursue interests	4
To be financially secure	3
Do church work	2
Have freedom	2
Read	1
Own home	1
Be independent	1
Move into an apartment	1
Do things not able to do while employed	1
Be of service	1
Have fun with family	1
Learn more about Indian culture	1
Live in town near doctor, hospital, shops, and leisure activities	1
None specifically	8
To do what I've always done	2

Some indicated a desire for other planning by statements prefaced by "I wish I had:" "kept a car," "made better investments," "invested

in a mutual fund instead of in the apartments which require so much care and so much of my time," "saved more," "planned my finances better," "bought a home instead of living in an apartment," "planned for more income for travel and such," "made plans for living elsewhere in the winter, perhaps in Florida," "planned for the future instead of living day by day," and "planned to go into VISTA for a time."

Comparison of Most Enjoyed-Least Enjoyed Activities with  
Activities on which Homemakers Spent Most Time

A comparison of the activities which the same homemakers considered her most enjoyed and least enjoyed activities with the five activities which were reported to be the ones on which the most time was spent shows varying relationships. Table XVI indicates the relationship between time spent and enjoyment. The numbers specify the particular homemaker or code number assigned the respondent. When the case number is enclosed in parentheses the activity was listed by the respondent as a most enjoyed activity as well as one on which she spent the most time. The asterisk designates the cases in which a least enjoyed activity was a most time consuming activity.

Attending church and church related activities had the greatest extent of agreement or the highest relationship between a most time consuming and most enjoyable activity. A parallel relationship was indicated by 11 of the 24 participants for this activity. Reading was the next, with the factors of most time and most enjoyment corresponding in eight instances. Sewing and embroidering was found to exhibit this relationship in six cases.

There was also found to be a reverse relationship in four cases. In each of the four cases an individual homemaker indicated that one of

TABLE XVI

RELATIONSHIP OF ACTIVITIES RATED BY HOMEMAKERS AS MOST TIME SPENT,  
MOST ENJOYED AND LEAST ENJOYED

Activity	Total Number Homemakers Doing Activity	Cases Rating Activity as One of Five Activities		
		Most Time Spent	Most Enjoyed	Least Enjoyed
Sewing and Embroidering	22	(1), (2), 5, (9), (11), (13), (19)	(1), (2), (9), (11), (13), (19)	3, 7, 8 12, 25
Knitting and Crocheting	12	(2), 13, (20), (23)	(2), (20), (23)	6, 19, 24
Collecting, Photography, and Other Special Hobbies	16	(3), (7)	(3), (7), 16	2, 19, 20
Painting and Drawing	6	(4)	2, (4), 5, 12, 19	---
Reading	25	(1), 2, 3, (7), (8), (10), 11, 14 15, (17), (18), 19, 21, (23), 24, (25)	(1), (7), (8), (10), (17), (18), (23), (25)	---
Singing	6	(25)	(25)	21, 22

TABLE XVI (Continued)

Activity	Total Number Homemakers Doing Activity	Cases Rating Activity as One of Five Activities		
		Most Time Spent	Most Enjoyed	Least Enjoyed
Listening to Records	15	(5), 15	(5), 8	1, 4, 13, 23
Listening to Radio	20	1, 12, 16, (20)	(20)	11, 13, 14, 18
Watching Television	24	(4), (8), 16, (18), 20, 21, 22	(4), (8), 14, (18)	5, 9, 13
Attending Theater, Plays, Concerts or Opera	17	(8)	1, (8), 15, 16, 17, 22	20
Playing Cards, Checkers, Chess or Table Games	17	(1), 14	(1), 9, 21	8, 12, 16, 22, 24
Writing Letters	25	(7), 8, 11, 12, 13, 15, 25*	(7)	3, 9, 5, 14, 16, 17, 21, 22, 24, 25*
Visiting with Friends	25	1, (10), (12), 15, 18*, (21)	5, 8, (10), (12), (21), 23	18*
Visiting with Relatives and Attending Family Holiday Affairs	24	(12), (22)	2, 5, 11, (12), 13, 14, 15, 19, 21, (22) 23	6, 18

TABLE XVI (Continued)

Activity	Total Number Homemakers Doing Activity	Cases Rating Activity as One of Five Activities		
		Most Time Spent	Most Enjoyed	Least Enjoyed
Attending Parties	23	1, (4), 14	(4), 17	16
Entertaining at Home	23	(6), 23	(6), 9, 12, 15	3, 10
Driving or Riding for Pleasure	22	(3), 12*, (24)	(3), (24)	2, 4, 6, 8 11, 12*, 14
Traveling, Sightseeing, Visiting Parks, Zoos, etc.	21	(6), 14, (17), (22), (25)	(6), 11, 12, 16 (17), 20, 21, (22) 23, 24, (25)	---
Attending Adult Classes or Lectures	25	2, (3), (6), 9, 10, (13), 24	(3), 4, (6), 7 (13), 14, 18	11, 25
Attending Meetings of Organizations	24	1, 9, (16), 17, 19, 21, 23, 24	(16)	2, 10, 15, 20, 22, 25
Attending Church and Church Related Activities	24	(2), 4, (6), (7), (9), (10), (13), 16, 17, (19), (21), (22), (24), (25)	1, (2), (6), (7), (9), (10), 11, (13), 14, 15, 18 (19), (21), 23, (24), (25)	3

TABLE XVI (Continued)

Activity	Total Number Homemakers Doing Activity	Cases Rating Activity as One of Five Activities		
		Most Time Spent	Most Enjoyed	Least Enjoyed
Doing Volunteer or Service Work	15	(3), 8, 17, 18* (22)	(3), (22)	4, 6, 10 18*, 20
Babysitting or Keeping Grandchildren	7	(5)	(5), 19	---
Caring for Pets	6	(6), (20)	(6), 18, (20)	---
Working with Houseplants or Flower Arranging	21	(4)	(4), 20, 24, 25	1, 10, 16, 21, 23
Working in Yard	19	(9), (11), 15	(9), 10, (11), 24	2, 7, 17, 20
Participating in Civic Affairs	16	(10)	(10)	1, 3, 8, 9, 11, 15, 19

( ) Same homemaker spent most time and enjoyed most.

\* Same homemaker enjoyed least although one of five activities on which she spent most time.

the activities on which she spent the most time was also one of her least enjoyed activities. The four activities were: writing letters, visiting with friends, driving or riding for pleasure, and doing volunteer or service work.

Some activities listed in the questionnaire have been omitted from Table XVI because there was no relationship between homemaker's enjoyment and the most time consuming activity. However, those activities rated as most or least enjoyed by individual respondents are indicative of interests. Activities rated by a few homemakers as most enjoyed included visiting museums and art galleries, attending sports events, having part-time employment. Least enjoyed activities mentioned by a few respondents included voting at the polls (yet all the respondents said they voted), talking over the telephone, attending movies, eating out, attending sports events, and participating in sports.

### Three Case Studies

Three of the participants who voiced a great deal of satisfaction in retirement life agreed to a second interview in order that the researcher might ascertain more specifically their interests and activities. The three persons seemed to the researcher to be representative of the sample in pursuing interests and activities which demonstrated major types of interests. Each of the cases, though similar in their statement of satisfaction, was quite different, demonstrating the need to consider individual differences when discussing acceptable or exemplary patterns of living for the retired individual.

Case 4

Case number four was a widowed individual over 80 years of age. She had a Master of Science degree in home economics. She had once been employed as a home economics teacher for about seven years, and later became self-employed in the field of interior design and interior decorating. She worked at this occupation for several years past the regular age of retirement, and was over seventy years of age before retiring. She had been retired for eight years at the time of the interview.

When asked if she were happy or satisfied with her retirement, she answered affirmatively. In the course of the interview there seemed to be one point which contributed some dissatisfaction to her. Her husband had died approximately one year earlier and her greatest adjustment seemed to be involving herself in activities which no longer included him.

She told the interviewer she had enough time, there were no other things which she wanted to be doing, or none which she cared to have made more accessible. She stated, "I'm satisfied with what I am able to do."

What she was "able" to do was limited. She spoke of a heart condition which prevented too much activity, a bad foot that prevented too much walking and failing eyesight which limited the reading she could do. However, she had developed a great zest for handicrafts. She did oil painting, and said at one time she did fabric painting. Some of

her other interests in this type of activity included decoupage, making artificial flowers, working with dried flowers, growing African violets, and doing mosaics with colored glass. The activities which gave her associations with others were principally the continuing education program which some of her friends had interested her in, and through the friends with whom she played bridge.

Transportation was not a factor in her participation in any activities for she said she would drive day or night. She had made no elaborate plans toward retirement but had begun to plan toward it gradually through the years. Her goals had been to be financially able to care for herself and to develop hobbies and handicraft interests for her own enjoyment. Both she and her husband had wanted financial security and they had both planned the house in which she was living to be their house for their old age. They had moved into it 14 years earlier but had planned the doors wide enough for a wheel chair to go through as well as other safety features which they incorporated into the plan.

At the time of the first interview, case four appeared to be very content and satisfied with her pattern of living. She had limitations which she accepted and had found interests which overcame or compensated for these limitations. She exhibited some discontent associated with the loss of her husband but did not appear to dwell on her loss, choosing instead to keep busy and occupied.

At the time of the second interview the participant was in a rest home in Stillwater, Oklahoma. The interviewer was unaware of this when she contacted her for the second interview. However, the researcher was invited to visit her at the rest home. The participant explained that

she had fallen about a week earlier and lain unconscious for a time. Thus her son felt she should not be living alone and that she would be better cared for in a home until she could find someone to stay with her in her own home.

On this second visit it was obvious that her health was poorer than at the time of the first visit. She spoke more frequently of dropping activities such as her bridge games. She said she now listened to church services on the radio rather than attending. Also, while she was anxious to get back to her own home, she was not certain that she would continue with her painting, the activity over which she had exhibited the greatest enthusiasm at the time of the first interview. She spoke more frequently of her husband's death and stated that it was difficult to make life interesting without him, and that she simply tried to occupy her time.

In this instance the second visit cast an entirely different light on the aspects of aging and leisure. The first visit gave every indication of a person completely content in the pursuit of hobbies or interests which contributed to her own enjoyment. The crafts did result in products which could be given as gifts for another type of satisfaction, but basically the enjoyment derived from them was in the "doing" itself.

However, the second visit gave indications of one, who though trying to remain determined in her outlook, was confronted by a change in physical health. The second interview demonstrated to this researcher the dramatic impact of health status on one's pattern of living.

Case 15

Case number 15 was also a widowed homemaker in the age group ranging from 75 to 80 years of age. She had a bachelor's degree and special education in art. She had been employed on the campus of Oklahoma State University when it was Oklahoma A and M College. She was a minister's wife and had worked as church secretary. She had been retired for 15 years and her last child had left home between ten and 20 years ago.

She stated that she was satisfied with her use of time and that she felt she had enough time. There was nothing else she would like to be doing at her age. As to activities available, she wished there were more museums in the area and also more art exhibits. She enjoys living close to the Oklahoma State University campus where it is easy for her to attend concerts and programs.

Transportation was a factor in her attending certain activities as she did not have a car and said she would not be able to drive until after she had an operation for the removal of cataracts from her eyes. Her friends, she said, were good to pick her up, but she would go to the city more often if she drove for it was too great a difficulty to go by bus.

She commented that her eyes prevented her from doing such things as sewing and other types of close work.

One of her activities over which she exhibited a great deal of enthusiasm was travel and activities or interests related to travel. She did not travel as much as she would like to as her finances prohibited this. She did, however, show the interviewer her collection of dolls, figurines, and glassware from all around the world. Some of the

items she had gotten herself, other items had been given to her by friends and relatives, and still others were gifts from foreign students at Oklahoma State University. Some of the students had been residents in her home or apartment and others had been friends or acquaintances of these. It seemed that keeping foreign students had been almost a hobby in itself.

For each item in her collection she had a story to tell of where and how each piece had been received and also something to tell of the person who had given it to her.

She had once gone on a world tour with an organized tour group but said she preferred to travel on her own rather than having to abide by a pre-arranged itinerary.

She indicated making no plans toward retirement other than in the way of insurances, and said that in the ministry it is difficult to place much in savings. As to any goals she set, she stated that when you work in the ministry you expect to devote your life to it and therefore had not really set any goals beyond a life of service.

The only plans she said she really wished she had made concerned the planning of finances, and she wished this could have been done better so she would not have to work so hard at renting her apartment.

Case 15 is illustrative of the person who has an interest in some particular thing which grows through the years and thereby gives much enjoyment in the retirement years. Her interest either stemmed from or resulted in her interest in people, and in peoples of the world. This in turn gave her an interest in world affairs and happenings world-wide, which fostered an interest in life itself.

Case 23

Case number 23 was a widowed individual, 80 years of age or over. She had both a Master of Arts and a Master of Science degree. She had taught history, government and economics over a period of 45 years and had been retired 11 years.

Case number 23 replied to the question concerning her satisfaction in retirement, that, yes, she was satisfied, although she sometimes felt she should be using her talents and abilities. The fact that she was not using her abilities she held to be the responsibility of persons who consider one to be "old" before she really was.

Though satisfied in retirement, she said she did not have enough time to do all she wanted to do. One other thing she particularly would like to be doing was taking music lessons and devoting her time to music. As concerned things she would like to have made available to her, she commented that there were no sidewalks in the area of her home and poor sidewalks other places which meant there were no safe places for persons to walk when they desired to.

Transportation was a factor for her participation only at night. She would not drive at night except to three specific places including the hospital. She stated that there was a need for better public transportation. She enjoys travel and will take a trip anywhere by driving through the day and stopping early.

The participant had no limiting health problems other than her eyesight, which her active life would attest to. She referred to her limited vision in terms of "limitations which one must accept and be happy with."

She stated that she made no specific plans, nor set goals for retirement. She indicated that she signed up for teacher retirement when it came into effect at the school in which she was teaching. Also, she had a good financial adviser and started a savings program early in her life. She did not plan where she would live, but stayed busy all her life and therefore had no difficulty adjusting to retirement but rather continued to lead a busy life.

This participant was very conscious of making her efforts meaningful and worthwhile. She said she did not like to take up an activity which she considered to be merely busy work. However, she said that usually when she got to the point of thinking that what she was doing was busy work, someone would come along and ask her to help with something which she considered important or worthwhile.

She was active in church work and was a member of her church's Board of Stewards. She had also been active in the American Association of University Women, serving as a state chairman.

At the time of the second interview she told the researcher she had been studying federal legislation because she was a voting delegate to the national AAUW convention, and she would be required to vote upon what position AAUW would take on certain pieces of legislation. She also told the researcher that the Governor of the state of Oklahoma had made her an official "Okie," a term used as a part of a public relations campaign for the state of Oklahoma.

She listed among her activities both civic and political activities. Then in accord with her concept of making time meaningful, she stated that she did not own a television set and would not watch it if she did, for she had better uses for her time.

One of her main interests was being with people. When asked if she felt she got to be with people enough, she said, yes, indicating further satisfaction with her use of time. And when viewed through her work with the church, her work with other organizations, her participation in the continuing education program and her associations with groups of women that she stated she often took on trips, it would seem that surely she does get to be with people enough.

Case number 23 is illustrative of the retired person in whom the need to be with others and the need to be useful and have purposeful activity is exemplified.

#### Summary of Case Studies

The three cases cited illustrate three different types of activities, perhaps for three different personality types, but still three types of activities that can bring satisfaction in retirement. The first case cited, Case 4, illustrates handicrafts and related hobbies as a most important element in the retired person's life. The second could be said to be an example of travel and the collection of souvenirs, but more than this it is an example of any activity or interest which pursued avidly brings enjoyment through the act itself and through the sharing of it with other people. Photography, making slides or movies, could be said to be another example of this type of activity. Then the third case cited could represent community activity or service work as a path which the retired person could choose to take. This type of activity could serve to fill the person's need to use his or her talents for the benefit of others, for the betterment of society, and perhaps at the bottom of all needs, serve to fill the self need for

recognition.

These three types of activities seem to illustrate the types of activities most enjoyed by the 25 respondents interviewed for this study. To some, one type may overshadow others; there may be a combination of two, equal in importance; or there may be more of a balance among the three. In any event the activities that are particularly important to the retired person can be determined through observation of individual differences, and program planning of community activities can be effectively developed.

## CHAPTER V

### SUMMARY AND IMPLICATIONS

A study of the leisure time activities of 25 retired homemakers in Stillwater, Oklahoma was conducted in the spring of 1969. The participants were either retired from full-time employment or they were full-time homemakers who no longer had children living at home. The names were selected at random from the list of persons enrolled in the continuing education program in Stillwater.

The homemakers were contacted by phone and a personal interview was arranged in their homes.

The data was collected by means of a card sorting phase of the interview and a brief two page interview schedule. The card sorting phase provided information on the activities of the homemakers. The participants categorized a group of 42 cards listing activities according to ones which they "now do," "used to do," and "never did." From the "do now" grouping they selected their five most enjoyed activities, the five least enjoyed and the five on which the most time was spent.

The interview schedule obtained basic information about the homemaker, her attitudes toward time and activities in retirement, and any plans or goals for retirement.

The homemakers ranged in age from one under 50 years of age, to three 80 years or over. Fifty-six percent were from 65 to 75 years of age.

The years of retirement varied from under one year to 25 years. The degree of education of the homemakers also varied from high school completed to study at the post doctoral level. Thirty-two per cent had four years of college and 24% had master's degrees.

The health of the participants was considered by them to be average or good, as was hearing (one exception). Eyesight was not indicated to be as good. Four of the individuals listed their eyesight as being poor and others listed eye conditions as limiting factors in their use of leisure time. For the three factors of health, hearing and eyesight, some qualified good or average with the remark "for my age."

Of the 42 activities listed on the cards and the checksheet, it was found that the homemakers participated in an average of 26 activities with a range from a low of 16 to a high of 33. Three fourths of the sample were participating in 16 of the 42 activities.

Age was not found to be a factor in participation either in type or number of activities. The condition of health seemed to be the greatest influencing factor in the type of activity participated in.

Activities ranking high as most enjoyed activities included: church and church related activities; painting or drawing; traveling, sightseeing, visiting parks, zoos, or amusement areas; caring for pets; and visiting with relatives or attending family holiday affairs.

The activities most frequently noted as least enjoyed activities were: writing letters, going to polls to vote, and participating in civic affairs.

The participants in this study demonstrated a great deal of satisfaction in their retirement living. Only two persons stated that they were not completely happy. Eight persons indicated they considered

themselves to have enough time for all they wanted to do, 17 stated they did not have enough time for everything, and none of the respondents indicated feeling that they had too much time.

Sixteen of the homemakers stated there were other activities they would like to be doing, while nine said there were none. Of the 16 who said there were others, several reiterated that it was again a matter of time to do them. In close association with their attitudes toward other activities, 19 of the participants could think of no other activities they would like to have made available to them. The six who indicated a desire to have other activities made available to them merely indicated "more" of such things as museums, concerts and programs for adults. A few of the participants did list more and better sidewalks to provide a safe place for walking.

Transportation figured as a factor in participation for six of the homemakers, or 24%. This was either due to their not owning a car, their inability to drive because of poor eyesight, or their preference not to drive at night. Several commented that public transportation was inadequate or it might alleviate part of their problem.

When questioned directly concerning plans made toward retirement only 14 of the homemakers indicated having made plans. The length of time over which they had planned varied from the statement made by one homemaker that she began planning when she was 30 years old, to another who indicated planning gradually through the years, to yet another who said she began planning one year before retirement. However, of the 11 who stated making no specific plans, many went on to note in their remarks plans they had made concerning finances, living arrangements and activities.

The most often cited goal for retirement was travel. Other goals included the pursuance of long held interests, financial security, doing church work and just having fun with family.

Ten of the participants indicated a desire for having made other plans. The most often cited reason pertained to finances.

A study of three of the participants at greater length through a second interview served to illustrate commonalities in expressed satisfactions in retirement while at the same time pointing up that individual differences will account for the attainment of satisfaction in many different ways.

From this study it can be noted that satisfactions in retirement are attainable or perhaps are more common than is sometimes thought. The sample studied indicates a high degree of satisfaction.

As was previously mentioned the number of activities was not found to be a determinant of satisfactions. It could therefore be assumed that the types of activities participated in may have more bearing on satisfactions; however, this study is inconclusive in this matter as it did not allow for the classification of activities by type.

The researcher did analyze the activities to a limited extent as passive interests, individual activities, and group or societal interests and activities. It was observed that a combination of these or a balance was desirable. However, proper balance could only be determined by individual abilities, interests and needs. The importance of the associative function of leisure through group activity was demonstrated by the participants who voiced a desire to be with people, or to be with people more.

It could also be observed that the availability or accessibility

of opportunities and facilities had an influencing effect upon an individual's satisfaction in retirement. The group of participants in this study made note of the many opportunities and facilities which were available to them. This, no doubt, contributed to the likelihood of their adjustment to retirement and finally to their satisfaction and enjoyment.

The fact that this group was of a high educational level could imply a relationship between level of education and adjustment to retirement, however, other studies have indicated that persons in professions have as much difficulty in separation from their work as do other groups. Before anything of this nature could be concluded a comparative study with a larger sample would be required.

There are implications in this study for communities and groups setting up programs for older adults. Specifically, there is a need to provide opportunities for the retired individual to continue to utilize his skills and abilities while also providing for recreation and entertainment.

There is need for much variety in leisure time activities that are made available to older persons, since they want to be involved with many different kinds of things. Communities or enterprises within communities need to provide adequate facilities such as sidewalks in residential areas, transportation around town and to and from special events other than to the polls on election day, and where possible, programs that would be of interest or concern to an adult audience.

Churches and volunteer organizations might also take note to make use of the services of the older adults. It seems important that the activity which was enjoyed by the largest number of persons was church

and church related activities.

This study also has implications for education at all levels. If those with much education exhibit a great deal of satisfaction in retirement, then it seems to challenge our educational institutions to begin to cultivate interests in all its charges and to encourage the self cultivation of interests by those who may not continue as far with their education as others. This does not mean to imply that education is a limiting factor or a determining factor, but that it is an influencing factor.

For home management this study suggests that it maintain its interest, renew its emphasis and perhaps take a new approach to the study of time management and time use. With the continuing concern for time use on household activities and on saving time, there must also be attention given to guiding the use of the time saved and the increased free time, in directions that would be satisfying and fulfilling to the individual. Home management can also make a contribution in the area of use of leisure time and adjustment to retirement through its emphasis upon goal setting and planning.

Also in the area of home management, this study points out the need for preparing persons in wise planning of finances or in financial management, to provide security in the later years. Security must first be provided if satisfactions are to be forthcoming. Then beyond security, finances must be planned adequately if it is to allow for the attainment of goals and the pursuance of certain interests. Home management must continue to give attention to this matter with increased emphasis. Attitudes toward spending need to be considered. For example, owning a car and all the costs ownership entails might be

studied and compared to use of taxis and public transportation, and the attitudes toward each noted.

Much further research is needed in the area of time use and satisfactions in retirement. A comparative study of persons of varying educational and occupational levels might serve to indicate what type of program could best serve the needs of all. Also, a study of persons in early retirement and persons in later retirement could provide pertinent information on adjustment to retirement through time. Finally, a longitudinal study of persons in the labor force today who are facing increased leisure or free time through shorter work weeks and longer vacations, continued after their retirement from the labor force could give indication if increased leisure through the work life will contribute to adjustment in retirement.

Much can be learned through the study of patterns of living, however, it serves at best to indicate rather than prescribe acceptable or desirable patterns which are adaptable to individual needs.

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APPENDIX A

INTERVIEW SCHEDULE

CODE NUMBER \_\_\_\_\_

MARITAL STATUS:

SINGLE \_\_\_\_\_ MARRIED \_\_\_\_\_ WIDOWED \_\_\_\_\_ DIVORCED \_\_\_\_\_

AGE:

UNDER 50 \_\_\_\_\_ 50-60 \_\_\_\_\_ 60-65 \_\_\_\_\_ 65-70 \_\_\_\_\_

75-80 \_\_\_\_\_ OVER 80 \_\_\_\_\_

EDUCATIONAL LEVEL:

LAST GRADE COMPLETED \_\_\_\_\_ . HIGHEST DEGREE \_\_\_\_\_ .

SPECIAL EDUCATION \_\_\_\_\_ AS NURSING, BUSINESS, BEAUTY, ETC.

EMPLOYMENT STATUS:

FULL-TIME \_\_\_\_\_ PART-TIME \_\_\_\_\_

NOT PRESENTLY EMPLOYED \_\_\_\_\_ NEVER EMPLOYED \_\_\_\_\_

PREVIOUS EMPLOYMENT \_\_\_\_\_ .

HOW LONG HAVE YOU BEEN RETIRED? \_\_\_\_\_ .

STATE OF HEALTH:

DO YOU CONSIDER YOUR HEALTH TO BE GOOD \_\_\_\_\_ , AVERAGE \_\_\_\_\_ , POOR \_\_\_\_\_

EYE SIGHT: GOOD \_\_\_\_\_ , AVERAGE \_\_\_\_\_ , POOR \_\_\_\_\_ .

HEARING: GOOD \_\_\_\_\_ , AVERAGE \_\_\_\_\_ , POOR \_\_\_\_\_ .

HOMEMAKER WITH CHILDREN:

DO YOU HAVE CHILDREN LIVING AT HOME? YES \_\_\_\_\_ NO \_\_\_\_\_ .

IF NO, HOW LONG HAS IT BEEN SINCE YOUR LAST CHILD LEFT HOME?

LESS THAN 10 YEARS \_\_\_\_\_ , 10-20 YEARS \_\_\_\_\_ , MORE THAN 20 YEARS \_\_\_\_\_

## PART II (Asked by Interviewer)

Are you happy, content, or satisfied with your use of time?  
\_\_\_\_\_.

Do you have (enough time\_\_\_\_ not enough time\_\_\_\_ too much time\_\_\_\_)  
\_\_\_\_\_) for the things you want to do as well as the things you must do?

Are there other things you would like to be doing?\_\_\_\_\_

Are there activities you would like to have made available or more accessible?\_\_\_\_\_. If so, what are they?

How did you happen to join this continuing education program? :

Is transportation a factor in your attending certain activities?  
\_\_\_\_\_.

Are there other problems you can name?

When did you begin to plan for retirement? \_\_\_\_\_

What goals did you set for retirement?

Are there plans you wish you had made?

CODE NUMBER \_\_\_\_\_

	<u>HAVE NEVER DONE</u>	<u>USED TO DO</u>	<u>DO NOW</u>
A-1	_____	_____	_____
A-2	_____	_____	_____
A-3	_____	_____	_____
A-4	_____	_____	_____
A-5	_____	_____	_____
A-6	_____	_____	_____
A-7	_____	_____	_____
A-8	_____	_____	_____
A-9	_____	_____	_____
A-10	_____	_____	_____
A-11	_____	_____	_____
A-12	_____	_____	_____
A-13	_____	_____	_____
A-14	_____	_____	_____
A-15	_____	_____	_____
A-16	_____	_____	_____
A-17	_____	_____	_____
A-18	_____	_____	_____
A-19	_____	_____	_____
A-20	_____	_____	_____
A-21	_____	_____	_____
A-22	_____	_____	_____
A-23	_____	_____	_____
A-24	_____	_____	_____
A-25	_____	_____	_____
A-26	_____	_____	_____

	<u>HAVE NEVER DONE</u>	<u>USED TO DO</u>	<u>DO NOW</u>
A-27	_____	_____	_____
A-28	_____	_____	_____
A-29	_____	_____	_____
A-30	_____	_____	_____
A-31	_____	_____	_____
A-32	_____	_____	_____
A-33	_____	_____	_____
A-34	_____	_____	_____
A-35	_____	_____	_____
A-36	_____	_____	_____
A-37	_____	_____	_____
A-38	_____	_____	_____
A-39	_____	_____	_____
A-40	_____	_____	_____
A-41	_____	_____	_____
A-42	_____	_____	_____
	<u>ENJOY MOST</u>	<u>LEAST</u>	<u>SPEND MOST TIME ON</u>

APPENDIX B

SAMPLE SCHEDULE  
CONTINUING EDUCATION PROGRAM

CONTINUING EDUCATION PROGRAM FOR STILLWATER AREA ADULTS  
A SERVICE PROJECT OFFERED BY FIRST UNITED METHODIST  
CHURCH TO ALL INTERESTED ADULTS

March 14, 1969

Class Schedule	<u>It Is Never Too Late to Enroll</u>	Room
<u>10--11:50 a.m.</u>		
Art Handicrafts--Miss Empo Henry, Coordinator . . . . .		103
China Painting--Mrs. John Houck . . . . .		305
Knitting (Beginning) Mrs. Glenn Early . . . . .		310
Knitting (Advanced) Mrs. J. L. Bishop, Jr., Coordinator and Director . . . . .		310
Painting--Mr. S. M. Curioni . . . . .		107-C
<u>10--10:50 a.m.</u>		
Housing and Interior Design--Mrs. Kay Tully and Mr. Jerry White . .		212
Spanish (Beginning)--Dr. Anna Oursler . . . . .		314
The Pleasure of Travel--Mrs. Ruth Orr, Coordinator . . . . .		209
"Mexico, Land of Promise and Beauth,"--Dean and Mrs. Edward R. Stapley		
World Problems--Political and Social--Dr. James W. Richardson . . .		108
<u>11--11:50 a.m.</u>		
Book Reviews--Miss Bennie Henry, Coordinator . . . . .		212
Mrs. Clark Dunn: "Concerning Dissent and Civil Disobedience," by Abe Fortas		
Investments and Securities--Dr. R. R. Russell, Coordinator . . . . .		223
Mr. Jim Martin, Manager of Edward D. Jones and Co., Stock Brokers; "Mutual Funds"		
Music Appreciation with Emphasis on the Opera-- . . . . .		Youth Center
Miss Sunny Van Eaton		
Spanish (Advanced) Dr. Anna Oursler . . . . .		314
The New Theology--Dr. Irving L. Smith . . . . .		209
<u>12:00--1:00 Fellowship Luncheon--Rev. Henry Morton, Co-Director . .</u>		
Special Music: Miss Nancy Albritton, Senior Voice Student of Hazel Hartley singing three numbers: "Non So Piu," from the Marriage of Figaro by Mozart; "The Slumber Song," by Gretch- aninoff; "By the Brook," Grieg.		115
Accompanist--Miss Phyllis Daubert (Miss Albritton will give a voice recital Sunday)		
Mrs. Glenn Dowlen, Chairman of Music		
<u>1:00--2:00 p.m. TOWN HALL--Co-Director Dean Emeritus</u>		
Edward R. Stapley . . . . .		115
Speaker Roxie A. Weber, M. D. Until her retirement Dr. Weber had been Director of the OSU Hospital and Clinic for many years (1949-1960)--Subject: "Your Health from Head to Toe"		

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VITA

Glenda Belle Bostick

Candidate for the Degree of

Master of Science

Thesis: A STUDY OF THE LEISURE TIME ACTIVITIES OF A SELECTED GROUP OF  
RETIRED WOMEN IN STILLWATER, OKLAHOMA.

Major Field: Home Management, Equipment and Family Economics

Biographical:

Personal Data: Born in Adona, Arkansas, November 1, 1943, the  
daughter of Millard W. and Ova-Cleo Bostick

Education: Graduated from Ola High School, Ola, Arkansas, in May,  
1961; attended Arkansas Polytechnic College in 1961 and 1962;  
received the Bachelor of Science degree in Home Economics  
Education from the University of Arkansas in 1965.

Professional Experience: Assistant Home Demonstration Agent,  
Benton County Arkansas, Agricultural Extension Service, 1965-  
1966; Extension Home Economist, Madison County Arkansas,  
1966-1967; graduate assistant Oklahoma State University ser-  
ving as adviser in Home Management Units June 1968 August 1969.

Professional Organizations: Phi Upsilon Omicron, Omicron Nu,  
Oklahoma Home Economics Association, American Home Economics  
Association.