FAMILY STRESS FACTORS ACROSS
THREE FAMILY TYPES

DISSERTATION

Presented to the Graduate Council of the
North Texas State University in Partial
Fulfillment of the Requirements

For the Degree of

DOCTOR OF PHILOSOPHY

By

Karen Haun Barlow, B.A., M.S.
Denton, Texas
August, 1987
This study investigated the difference in stress levels of stress factors according to the structure or type of family. The relatedness of the ranking of stress factors within and across three family types and the relationship between level of stress and number of years in current family type were also examined.

The Family Stress Factors Questionnaire, developed for this study, was administered to caretaker parents representing 108 families who had been in counseling for one month or less. There were 91 females and 17 males ranging between the ages of 21 and 60 with a mean age of 36. Three family types were represented: divorced, step, and intact. Amount of time in the current family type ranged from .5 years to 37 years.

Findings indicated that family structure did significantly affect the level of stress among family types. Factors stressful at the 2.00 level for all family types were Understanding, Discipline, Pseudomutuality, and Unrealistic Expectations; for the divorced family type were Living With One Part of Your Family, Sexuality and Money; for the stepfamily type were Biological Family Living Elsewhere, and Family Constellation. Understanding was stressful for all
family types, but was significantly more stressful for the stepfamily. Regardless of family structure, seven of nine factors considered stressful were similarly ranked. The length of time spent in a family type was not related to level of stress.

Important aspects of this study were using three family types, using families seeking counseling as the subjects, and investigating numerous stress factors across family types. These research techniques avoided the limitations of previous research which investigated only one family type, thus isolating special stress issues for a certain family type where those special issues actually might not differentiate among family types. Also, considering numerous stress factors at one time, rather than only a few factors, indicated relative levels of stress as well as absolute stresses that families are likely to experience. Targeting families who had sought counseling should give counselors a more realistic view of clients and their problems.
# TABLE OF CONTENTS

| LIST OF TABLES | v |
| LIST OF ILLUSTRATIONS | vii |

## Chapter

### I. INTRODUCTION

- Related Research | 1
- Stress Across Family Types | 4
- Stress Factors Within Family Types | 5
- Stress When Not a Function of Family Types | 8
- Chapter References | 13
- Chapter References | 15

### II. PROCEDURES

- Hypotheses | 19
- Subjects | 19
- Instrumentation | 20
- Data Collection | 21
- Chapter References | 24
- Chapter References | 26

### III. RESULTS AND DISCUSSION

- Analysis of Data | 27
- Related Findings | 27
- Discussion | 50
- Chapter References | 52
- Chapter References | 61

### APPENDIX A

### APPENDIX B

### APPENDIX C

### APPENDIX D

### APPENDIX E

### APPENDIX F

### APPENDIX G

### APPENDIX H

### REFERENCES | 101
<table>
<thead>
<tr>
<th>Table</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. MANOVA Test Criteria for the Hypotheses of No Overall Family Type Effect</td>
<td>28</td>
</tr>
<tr>
<td>2. ANOVA Comparing Means of each Stress Factor Across Three Family Types</td>
<td>29</td>
</tr>
<tr>
<td>3. Kendall Coefficient of Concordance Measuring Ranking of Family Stress Factors Within Family Types</td>
<td>31</td>
</tr>
<tr>
<td>4. Kendall Correlation Coefficients Measuring Ranking of Stress Factors Across Family Types</td>
<td>32</td>
</tr>
<tr>
<td>5. Tukey HSD Comparing Stress Differences Among Family Types on Stress Factor 1</td>
<td>33</td>
</tr>
<tr>
<td>6. Tukey HSD Comparing Stress Differences Among Family Types on Stress Factor 2</td>
<td>34</td>
</tr>
<tr>
<td>7. Tukey HSD Comparing Stress Differences Among Family Types on Stress Factor 3</td>
<td>34</td>
</tr>
<tr>
<td>8. Tukey HSD Comparing Stress Differences Among Family Types of Stress Factor 4</td>
<td>35</td>
</tr>
<tr>
<td>9. Tukey HSD Comparing Stress Differences Among Family Types of Stress Factor 5</td>
<td>35</td>
</tr>
<tr>
<td>10. Tukey HSD Comparing Stress Differences Among Family Types of Stress Factor 6</td>
<td>36</td>
</tr>
<tr>
<td>11. Tukey HSD Comparing Stress Differences Among Family Types of Stress Factor 7</td>
<td>36</td>
</tr>
<tr>
<td>12. Tukey HSD Comparing Stress Differences Among Family Types of Stress Factor 8</td>
<td>37</td>
</tr>
<tr>
<td>13. Tukey HSD Comparing Stress Differences Among Family Types of Stress Factor 9</td>
<td>37</td>
</tr>
</tbody>
</table>
### LIST OF TABLES CONTINUED

<table>
<thead>
<tr>
<th>Table</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>14. Tukey HSD Comparing Stress Differences Among Family Types on Stress Factor 10.</td>
<td>38</td>
</tr>
<tr>
<td>15. Tukey HSD Comparing Stress Differences Among Family Types of Stress Factor 11.</td>
<td>38</td>
</tr>
<tr>
<td>16. Tukey HSD Comparing Stress Differences Among Family Types of Stress Factor 12.</td>
<td>39</td>
</tr>
<tr>
<td>17. Tukey HSD Comparing Stress Differences Among Family Types of Stress Factor 13.</td>
<td>39</td>
</tr>
<tr>
<td>18. Tukey HSD Comparing Stress Differences Among Family Types of Stress Factor 14.</td>
<td>40</td>
</tr>
<tr>
<td>19. Tukey HSD Comparing Stress Differences Among Family Types of Stress Factor 15.</td>
<td>40</td>
</tr>
<tr>
<td>20. Tukey HSD Comparing Stress Differences Among Family Types of Stress Factor 16.</td>
<td>41</td>
</tr>
<tr>
<td>21. Tukey HSD Comparing Stress Differences Among Family Types of Stress Factor 17.</td>
<td>41</td>
</tr>
<tr>
<td>22. Tukey HSD Comparing Stress Differences Among Family Types of Stress Factor 18.</td>
<td>42</td>
</tr>
<tr>
<td>23. Summary of Mean Scores Tukey HSD to Demonstrate Stress Levels of Stress Factors for the Three-Family Types.</td>
<td>43</td>
</tr>
<tr>
<td>24. Ranking of Stress Factors for the Three Family Types.</td>
<td>44</td>
</tr>
<tr>
<td>25. Pearson Product Moment Relationship of Level of Stress and Length of Time in the Current Family Type</td>
<td>46</td>
</tr>
</tbody>
</table>
LIST OF ILLUSTRATIONS

Figure

1. Graph Showing Summary of Mean Scores Tukey HSD to Demonstrate Stress Levels of Stress Factors Comparing the Three Family Types. . 48
CHAPTER I

INTRODUCTION

Many people in the United States regard the biological, nuclear family, consisting of father, mother, and children, as the basic family unit. However, the structure of the family unit has changed over time. In the early 1900s there was an extended family unit structure which included grandparents, aunts, and cousins in addition to the biological, nuclear family. The nuclear family unit became the family focus in the 1920s due to the increased mobility of the population in the United States that made the extended structure more difficult to maintain. Currently, the concept of the family unit is less and less specifically defined (Rogers, 1972). If the present divorce and remarriage trends continue, by 1990 stepfamily units will outnumber biological family units, children in two-parent families will decline from 73% in 1960 to 56% in 1990, and children in one-parent families will increase from 9% in 1960 to 25% in 1990 (Bustanoby, 1983).

As family structure changes, so, too, the view of the functional family changes. In a functional family the needs of various members are met in positive ways. If such needs are not met in a positive manner, maladaptive
behavior occurs and the family becomes dysfunctional (Foley, 1979). The important difference between a functional and dysfunctional family is not the presence or absence of conflict nor the presence of a traditional family structure. The important difference is how the family members attain their personal goals. Conflict in families can be expected because the goals of various people in the family rarely coincide (Foley, 1979). How conflicts within the family are resolved and how family members respond to the stresses in the family relate to the overall function or dysfunction of a family (Minuchin, 1974).

As the structure and the definition of the functional family changes, it is beneficial for counselors to understand the conflicts and stresses within certain family types, such as the stepfamily and the divorced family. Assuming that the counselors who are the most attuned to the stresses of their family clients will best be able to help clients effectively, counselors must continuously update their knowledge of the impact of a changing environment on family members. Counselors who are knowledgeable about the potential patterns of stress that tend to emerge within certain family types can begin to listen and plan more specifically and effectively to help remediate the stresses of their family clients who are seeking counseling.
Some stress factors have been identified according to family type and others have been identified as common to all these family types. For example, several studies (Krantzler, 1973; Bohannon, 1970; Okun & Rappaport, 1980) have found that divorce itself implies some special stress factors for parents, such as compounded loss and sexual adjustment, of which the counselor must be aware to effectively plan counseling for this type of family. Zuk (1985) suggested that the intact family with a variety of mild family pathology in which the husband and wife live together but are estranged can be called the truncated nuclear family. Strother and Jacobs (1984) identified discipline, divided parent loyalty, biological parent being elsewhere, and unrealistic expectations of stepparents as four major stresses for adolescents in stepfamilies. And after a review of family stress literature, Walker and Messingle (1983) pointed out the need to identify the most significant family stresses within recently constituted families.

In several types of families, Parish and Dostal (1980) found that children from age 11 to age 14 tended to evaluate themselves and their parents differently. Children from intact families evaluated themselves more favorably than did children from divorced or stepfamilies. Self evaluations for children from stepfamilies did not vary significantly from the ratings of divorced groups.
Children from intact families rated their mothers significantly more favorably than did children from either divorced or stepfamilies. Children from intact families rated their fathers significantly higher than did children from other family types. Stepfamily children rated their stepfamily fathers less favorably than fathers from intact family types, and divorced family children rated their divorced fathers least favorably. Self esteem and perceived favorable family atmosphere would, therefore, be higher in intact families than in stepfamilies or divorced families. Geisman and La Sorte (1964) have suggested that some stressful factors, such as sibling rivalry, illness, disagreements between husband and wife, financial difficulties, and acting out children appear to be common to all three family types.

Although current literature indicates that various family types may have unique stress factors operating within them, no studies were found that systematically investigated specific family stress factors across all three family types or examined families that were necessarily troubled or identified as being in stress. In an effort to help clarify whether stress factors occur in all three family types to a similar degree, and whether certain stress factors are significantly related to a particular family type, this study examined stress factors across family types and stress
factors within specific family types in families who had been in counseling one month or less.

Related Research

This review of literature related to family stress factors is presented in three sections: (1) stress across family types, (2) stress factors within specific family types, and (3) stress when not a function of family types.

Stress Across Family Types

Using the **Social and Health Stress Questionnaire** that includes extensive sections on health, stress, and life satisfaction, Tching-Laroche (1983) compared the effect of four general stress variables across intact and divorced families to determine perceived social and health stress in recently divorced families and in intact families. Mothers in intact families were more satisfied with life tasks, sex relationships, self esteem, and the use of professional therapists than divorced mothers on the same four variables, indicating a different stress level in the two family types concerning the same stress factors.

Parish and Dostal (1980) studied whether type of family was related to stress in children in intact, divorced, and stepfamilies. A total of 738 children from ages 11 to 14 completed the **Personal Attribute Incentive for Children**. They evaluated fathers from intact families the most positively, followed by fathers from stepfamilies
and then fathers from divorced families, showing the least stressful atmosphere in the intact family and the most stressful atmosphere in the divorced family.

Parish and Dostal (1980) speculated that mothers' remarriages may actually trigger their children's negative reactions toward them if the following stress factors are present: (1) inadequate adjustment to the divorce; (2) inadequate resolve of grief over the loss of the father; (3) the child not giving up hope of the father's rejoining the family; and (4) divided loyalty between the father and the stepfather.

Nunn, Parish, and Worthing (1983) investigated the personal and familial adjustment of 566 children in grades 5 through 10 from intact, divorced, and stepfamilies, and sought to determine if adjustment varied as a function of family structure and gender of the child. The Personal Attribute Incentive for Children, the Sate-Trait Anxiety Inventory for Children and the Behavior Rating Profile were completed by the children. The investigators concluded that (1) children from intact families demonstrated significantly more positive adjustment ratings than did children from stepfamilies or from divorced families; (2) the negative impact of parental divorce on children's personal and familial adjustment was revealed in the low
adjustment ratings; and (3) female children, more than male children, benefited as a result of familial remarriage.

A study of 406 elementary school and adolescent children who experienced father loss through divorce and mothers who remarried found a significant difference between groups of students as a function of their family type (Parish & Taylor, 1979). Children from stepfamilies and divorced families had lower self concept scores than did children from intact families. The author called for future research to isolate the variables which operate to lower self concept scores of children of divorced parents and children from stepfamilies.

Corsica (1980) found that change in family structure had an impact on academic achievement and social behavior of adolescents in high school in the three family types. Using the Moss Family Environment Scale, the Otis-Lennon Mental Abilities Test, and the Perosa Structural Family Interaction Patterns on 94 subjects representing the three family types, the author investigated family relationships, process variables and academic achievement. Stepfamilies tended to be more rigidly organized with more lack of communication and family closeness. The divorced family showed the weakest discipline, poorer academic performance and the most conflict. The intact family did not have special weaknesses.
In summary, these studies indicate that stress does vary across family types. Children from intact families have higher self concept scores and rate their parents more favorably than do children from divorced and stepfamilies. Some variation is found in the amount of stress in divorced and stepfamilies, but greater variation is found between the amount of stress in the intact family type and either of the other family types. The studies speculated about what the specific stress factors among these families might be, and recommended further research to isolate the stress factors and the levels of stress.

Stress Factors Within Specific Family Types

Divorced family type. Divorced families have been studied frequently. Spivey (1980) measured the effects of time lapse on personality characteristics and stress of divorced women using the Minnesota Multiphasic Personality Inventory, the Life Events Checklist, and a demographic questionnaire. There were 4 groups of divorced subjects with groups designated according to the time period since filing for divorce: D1, 0-6 months; D2, 1-1/2 years ago; D3, 3-1/2-4-1/2 years ago; D4, 6-1/2 years or more ago. There was also a group of married women, married 6 months or less, and a control group of married women. The newly married and newly divorced groups had significantly higher
stress and depression scores than the women divorced 3-1/2 years or more. This finding supported the Spivey hypothesis that though there is psychological maladjustment in females who divorce, the maladjustment diminishes over time, and becomes no different than maladjustment in continuously married females. This finding seems to suggest that a positive relationship exists between low level of stress and number of years in a family type.

Kazak (1980) has suggested that divorced women felt very competent as mothers and financial providers, but felt much stress as social participants. She called for greater specificity in identification of the stress factors involved to better understand the stresses and struggles in a divorced family. According to Wiseman in her book Crisis Theory in the Process of Divorce (1980), if the feeling of loss due to divorce is not openly discussed, the feeling of isolation and the inability to communicate are further intensified. Lack of open communication is a stress factor common in all families, that might be exaggerated in a divorce situation. Glick (1979) examined data compiled by the Bureau of the Census on children in the United States in 1977 and 1978 and found that divorced mothers were younger, better educated, more frequently in the labor force, and were making lower incomes than mothers in intact and stepfamilies. These findings underscore that changing the
structure does act to contribute to stress in the divorced family due to more maternal inexperience or financial difficulty.

Levinger (1970) suggested that sources of marital dissatisfaction in divorced families were financial problems, illness, in-law trouble, mental cruelty, excessive demands, and sexual incompatibility. Waller (1970) suggested that settling the anger within oneself as well as financial concerns, maintaining a career, adjusting to new sexual habits and dealing with shame and humiliation were stress areas for divorcing couples.

Kubiak (1984), during her years of counseling single parents, found that divorced parents have similar stress factors regardless of gender. These stress factors include children having divided parent loyalty and parents having inadequate finances and lack of time. In divorced parent families, 79% of single parent women and over 80% of single parent males remarry within 3 or 4 years indicating a possible shift in stress factors in a relatively short amount of time.

Parish (1980) reported a relationship between years of father absence through divorce and the level of stress of 160 undergraduate unmarried students from a midwest university psychology class. Negative stress factors such as guilt, anger and rejection associated with father loss through divorce were not associated with father loss
due to death. These findings indicate there are different stress factors operating in the life of young adults from divorced family types than from intact family types with similar circumstances.

**Stepfamily type.** Remarriages appear to have some stresses that differ from those of first marriages. However, after compiling available studies on stepfamilies, Walker & Messingle (1983) suggested that more information is needed about the demographic characteristics of remarried families and the most significant stress within those remarriages.

Brice (1985) focused on the stepparent in her study. She asked stepparents a series of questions that resulted in the tentative identification of seven obstacles to smooth functioning in stepfamilies and two variables concerning the step parents. The seven obstacles to smooth family functioning were (1) harmony, (2) marital issues (3) triangulation, (4) rivalry with ex-spouse, (5) stepparents exclusion, (6) spousal support and (7) visitation. Depression and anxiety were the two stepparent variables.

Bowerman and Irish (1982) investigated child-parent adjustment of pupils enrolled in grades 7 through 12 in the states of North Carolina, Washington, and Ohio. Using the Child-Parent Adjustment Scale they found that adjustment to stepparents was markedly lower than adjustment to biological
parents; however, girls tended to be closer to their mothers and boys closer to their fathers whether they were biological parents or stepparents. These results showed that stress does vary with different family types, but the authors stated that the results were clouded by the gender identity of male and female children with their own sex parent.

Strother (1981) isolated variables that related to stress of adolescents in stepfamilies. The responses to the Strother (1981) questionnaire indicated 12 areas of stress for adolescents in a stepfamily are (1) time spent with one parent before the remarriage; (2) discipline; (3) social issues; (4) pseudomutuality; (5) divided loyalty; (6) biological parent elsewhere; (7) member of two households; (8) desire for natural parents to reunite; (9) unrealistic expectations; (10) compounded loss; (11) family constellation; and (12) parents and stepparents' understanding of a stepchild's feelings about the stepfamily.

Poppen (1985) reported six conditions of blended families that are unique sources of tension and stress to the stepfamily. She listed compounded loss as the most important followed by unrealistic expectations, discipline, biological parent living elsewhere, member of two families and family constellation. She also suggested that the first
two years would be the most difficult for the stepfamily because it takes time to develop mutual trust.

**Stress When Not a Function of Family Type**

Stress factors are often mentioned in the literature without regard for family type. For example, pseudomutuality, or the denial of negative feelings due to the fear that the family will end, halts the exploration of relationships through the blurring or obscurity of the underlying splits (Wiseman, 1980). The consequence of this process of confusion leads one into a state of dependency on the family even though there is no true intimacy or closeness. Family members are caught and cannot leave, according to Foley (1979).

Discipline of children is another stress factor common in all families according to Okun and Rappaport (1980). They found a tendency among parents to discourage toughness and allow permissiveness. Parents were afraid to love their children, believed the demands of their children were exorbitant, and projected onto their children their own fears, hates, and unwanted qualities of their inner selves. Out of a sense of weakness and guilt, parents took recourse to manipulation and coercion. They had no confidence that any discipline would work. Discipline was also found to be the most significant stress factor in stepfamilies in the Strother (1981) study.
In summary, the results of these studies, in the main, show that divorced families and stepfamilies have special stress issues such as lack of communication, career, biological parent elsewhere, compounded loss, sexual adjustment, and divided parent loyalty with which to deal. On the other hand, some highly stressful issues seem to be common to all family types. Two of these stress issues are discipline and pseudomutuality. There are also indications that a longer length of time spent in a family type positively impacts the adjustment of members in that family.
CHAPTER REFERENCES


CHAPTER II

PROCEDURES

This chapter presents the hypotheses for the study, and a discussion of subjects, instrumentation, and data collection.

Hypotheses

Based on the research reviewed, it was expected that divorced families and step families would have higher stress levels and experience stress factors different from those of intact families seeking counseling. It was further expected that a longer length of time spent in any family type would lead to a reduced level of stress. To evaluate these expectations, the following hypotheses were tested.

1. There will be a significant difference in family stress factors across family types who are seeking counseling.

2. There (a) will be a significant relatedness in the ranking of family stress factors within the three family types and (b) will not be a significant relatedness in the ranking of family stress factors across the three family types.

3. Family stress factors in intact families compared to either divorced or stepfamily types will yield more...
significant differences than comparison of stress factors in divorced and stepfamily types.

4. There will be a positive relationship between reduced level of stress and greater number of years in the current type family.

Subjects

The subjects in this study were caretaker parents who represented 108 families seeking counseling in a non profit counseling center and two private counseling centers in the North Texas area. The primary caretaker parent was defined as the person who spent the most time managing the children and dealing with family oriented issues each day.

The sample had 91 females and 17 males with a mean age of 36. There were 36 subjects in each of the 3 family types. There were 28 females and 8 males in the intact family type with a mean age of 36.5; 33 females and 3 males in the divorced family type with a mean age of 36.2; and 30 females and 6 males in the stepfamily type with a mean age of 35.3.

Permission was obtained from each of the three centers to hand out The Family Stress Factor Questionnaire to intake caretaker parents and caretaker parents who had been in counseling less than one month (see Appendix A). The amount of counseling a family had received was controlled to insure no interaction in the level of stress or the
choice of stress factors with successful counseling sessions. Caretaker parents at these centers were assumed to be representative of people who would choose counseling in an academic, private or agency setting.

Instruments

The Family Stress Factors Questionnaire (FSFQ) developed for this investigation by the researcher (Barlow, 1984) was used to measure the family stress factors within each family type (see Appendix B). The FSFQ was adapted from a questionnaire Adolescent Stress As It Relates to Stepfamilies developed by Strother (1981) who originally adapted Lutz's (1980) questionnaire entitled Stepfamilies: A Descriptive Study from the Adolescent Perspective. The author's permissions to use and adapt their questionnaire is included in Appendix C. Changes were made in the wording of the Strother questionnaire to relate items to the population of parent and child clients in this study and to include additional categories that are more appropriate for parents than for adolescents. The number of family stress items was expanded from 41 to 54 items and the number of factors was expanded from 12 to 16. The questionnaire contains 6 filler items.

The FSFQ contains 16 family stress factors representing 48 family stress items suggested by the literature on stress. A list of questionnaire items that make up each of the stress
factors is found in Appendix D. Elements of the 16 stress categories have been previously measured in stepfamilies by Lutz (1980) and Strother (1981). The five categories added to the FSFQ have been repeatedly listed in studies as stressful to families in general (Click, 1979; Levinger, 1970; Parish, 1980; Waller, 1970; Parish, 1979). The added categories were (1) career, (2) family illness/death, (3) family origin of differences, (4) money, and (5) sexuality.

The stress factors measured by the FSFQ are (1) career, (2) discipline, (3) family constellation, (4) family illness/death, (5) family-of-origin differences, (6) money, (7) pseudomutuality, (8) understanding, (9) unrealistic expectations, (10) sexuality, (11) biological family living elsewhere, (12) compounded loss, (13) desire for intact family to reunite, (14) divided loyalty, (15) living with one part of the family, and (16) member of two families. One category (social issues) included in the Strother (1981) questionnaire was deleted from the FSFQ because of the low mean stress score (1.50) for social attitudes obtained in her study.

Possible responses to the items on the FSFQ are (0) not experienced, (1) not stressful, (2) slightly stressful, (3) stressful, (4) fairly stressful, (5) very stressful. Item scores can range from 0 to 5, with 0 being not
experienced, 1 being the least stressful and 5 being the most stressful. Each stress item yields a score. Three related item scores are averaged to obtain a stress factor score for each subject.

The FSFQ is divided into two sections. Section I contains 54 items related to at least one family type. All 54 items included in Section I were randomly assigned numbers for inclusion in the questionnaire. Section II contains three open-ended questions. Demographic data requested on the FSFQ is (1) type of family and (2) approximate length of time spent in current type of family.

To establish content validity and questionnaire reliability, a pilot study using the Family Stress Factors Questionnaire was completed in March, 1984. Content validity for the questionnaire was established by three members of a University Counselor Education faculty who are considered to be experts in family counseling literature and who teach family counseling and related courses. Each faculty member reviewed the family stress items and the family stress factors on the questionnaire and were asked to determine if they appeared to measure what they purported to measure. A statement of approval of the items and factors and suggestions for improvement of the instrument were returned to this author (see Appendix E). All reviewers
agreed that the items reflected the factors. Some rewording for clarity and better contextual meaning was suggested by the reviewers and incorporated into the instrument.

Questionnaire reliability was established by asking 13 subjects, selected at random from clients currently in counseling at one of the Centers, to complete the questionnaire twice within a two week interval between the first and second administration of the instrument. The Rank Difference Correlation was used to determine the relationship between the ranking of the total score from the first administration of the questionnaire with the ranking of the total score obtained from the second administration of the questionnaire. A reliability coefficient of .83 was obtained which is an acceptable level of significance (see Appendix F).

Data Collection

Clients who were predetermined from the records of the Center where they were clients to be caretaking parents in one of the three family types, intact, divorced, and step, were asked by their counselor if they would complete the FSFQ when they arrived for their counseling session. The parents were told by their counselors that the questionnaire was not a prerequisite to their receiving counseling services and were given a consent of information release form (see Appendix G). The questionnaire was accompanied
by self explanatory directions and a post card to be completed if the parent wished to receive a copy of the results of this study.

Of the 119 clients who were requested to complete the questionnaire, 119 complied with the request. Eleven questionnaires were not used in this study because they were filled out incompletely, leaving 108 subjects for this study. After a subject completed the questionnaire, it was immediately turned in to the secretaries at each of the three counseling centers. When 36 subjects in each family type had completed the questionnaire, no further distribution occurred. The item scores and stress factor scores in Section I were compiled for every subject in all three family types to serve as the basis for the statistical procedures.

A frequency count was made for Questions 1, 2 and 3 in Section II of the Questionnaire for each family type. Summaries of these tabulations are included in Appendix H. These frequencies are used in the discussion of this study, but are descriptive rather than statistical.
CHAPTER REFERENCES


CHAPTER III

RESULTS AND DISCUSSION

Analysis of Data

Hypotheses 1 and 3 were tested by a multivariate analysis of variance to determine whether there was a significant difference in the stress factors across family types. When a difference significant at the .05 level was obtained, a univariate analysis of variance was used to determine which family stress factors influenced the overall difference among the stress factors across family types. The Tukey HSD Multiple Comparison Procedure was used to follow up the univariate analysis of variance to compare each family type with each of the other family types.

Hypothesis 2 was tested by the Kendall Coefficient of Concordance to measure whether the ranking of the stress factors was related within family types. A Kendall Correlation Coefficient was used to determine if the ranking of stress factors was related across family types.

Hypothesis 4 was tested by a Pearson Product Moment Correlation to determine whether there was a positive relationship between length of time in the current family type and a lower level of stress.
Hypothesis 1 stated there will be a significant difference in the family stress factors across family types who are seeking counseling.

Table 1 shows the significance of the probability of no overall family type effect for the total sample.

TABLE 1

MANOVA TEST CRITERIA FOR THE HYPOTHESIS OF NO OVERALL FAMILY TYPE EFFECT

<table>
<thead>
<tr>
<th>MANOVA</th>
<th>F.</th>
<th>Prob &gt; F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wilks Criterion</td>
<td>4.49</td>
<td>.0001</td>
</tr>
</tbody>
</table>

The MANOVA F with 36,176 degrees of freedom is significant beyond the .05 level; therefore, Hypothesis 1 is supported.

The univariate analysis of variance was used to determine which stress factors are significantly different across three family types. Table 2 shows the sum of squares, mean squares F and P values for the univariate analyses.

Loyalty, (15) Living With One Part of the Family, (16) Member of Two Families, (17) and (18) Miscellaneous are significantly different across family types.


TABLE 2
UNIVARIATE ANALYSES OF VARIANCE COMPARING MEANS OF EACH STRESS FACTOR ACROSS THREE FAMILY TYPES

<table>
<thead>
<tr>
<th>Source of Variance</th>
<th>Degrees of Freedom</th>
<th>Sum of Squares</th>
<th>Mean Square</th>
<th>F</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Factor 1 (Career)</td>
<td>2</td>
<td>9.261</td>
<td>4.530</td>
<td>3.19</td>
<td>.04</td>
</tr>
<tr>
<td>Stress Factor 2 (Discipline)</td>
<td>2</td>
<td>2.132</td>
<td>1.065</td>
<td>1.04</td>
<td>.35</td>
</tr>
<tr>
<td>Stress Factor 3 (Family Constellation)</td>
<td>2</td>
<td>6.823</td>
<td>3.411</td>
<td>3.62</td>
<td>.03</td>
</tr>
<tr>
<td>Stress Factor 4 (Family Illness/Death)</td>
<td>2</td>
<td>.746</td>
<td>2.149</td>
<td>.17</td>
<td>.84</td>
</tr>
<tr>
<td>Stress Factor 5 (Family-of-Origin Difference)</td>
<td>2</td>
<td>.495</td>
<td>.247</td>
<td>.23</td>
<td>.79</td>
</tr>
<tr>
<td>Stress Factor 6 (Money)</td>
<td>2</td>
<td>.323</td>
<td>.161</td>
<td>.10</td>
<td>.90</td>
</tr>
<tr>
<td>Stress Factor 7 (Pseudomutuality)</td>
<td>2</td>
<td>4.205</td>
<td>2.102</td>
<td>1.32</td>
<td>.27</td>
</tr>
<tr>
<td>Source of Variance</td>
<td>Degrees of Freedom</td>
<td>Sum of Squares</td>
<td>Mean Square</td>
<td>F</td>
<td>*P</td>
</tr>
<tr>
<td>--------------------------------------------</td>
<td>--------------------</td>
<td>----------------</td>
<td>-------------</td>
<td>------</td>
<td>------</td>
</tr>
<tr>
<td>Stress Factor 8 (Understanding)</td>
<td>2</td>
<td>9.421</td>
<td>4.710</td>
<td>3.64</td>
<td>.02</td>
</tr>
<tr>
<td>Stress Factor 9 (Unrealistic Expectations)</td>
<td>2</td>
<td>.502</td>
<td>.251</td>
<td>.12</td>
<td>.88</td>
</tr>
<tr>
<td>Stress Factor 10 (Sexuality)</td>
<td>2</td>
<td>4.339</td>
<td>2.169</td>
<td>2.71</td>
<td>.07</td>
</tr>
<tr>
<td>Stress Factor 11 (Biological Family Living Elsewhere)</td>
<td>2</td>
<td>5.804</td>
<td>2.902</td>
<td>2.59</td>
<td>.07</td>
</tr>
<tr>
<td>Stress Factor 12 (Compounded Loss)</td>
<td>2</td>
<td>18.403</td>
<td>9.201</td>
<td>6.10</td>
<td>.003</td>
</tr>
<tr>
<td>Stress Factor 13 (Desire for Intact Family to Reunite)</td>
<td>2</td>
<td>43.267</td>
<td>21.633</td>
<td>16.04</td>
<td>.001</td>
</tr>
<tr>
<td>Stress Factor 14 (Divided Loyalty)</td>
<td>2</td>
<td>33.779</td>
<td>16.889</td>
<td>12.30</td>
<td>.0001</td>
</tr>
<tr>
<td>Stress Factor 15 (Living with one Part of the Family)</td>
<td>2</td>
<td>11.767</td>
<td>5.883</td>
<td>11.76</td>
<td>.002</td>
</tr>
<tr>
<td>Stress Factor 16 (Member of Two Families)</td>
<td>2</td>
<td>26.804</td>
<td>13.402</td>
<td>15.24</td>
<td>.0001</td>
</tr>
<tr>
<td>Stress Factor 17 (Miscellaneous)</td>
<td>2</td>
<td>37.063</td>
<td>28.531</td>
<td>24.92</td>
<td>.0001</td>
</tr>
<tr>
<td>Stress Factor 18 (Miscellaneous)</td>
<td>2</td>
<td>15.483</td>
<td>15.483</td>
<td>5.71</td>
<td>.004</td>
</tr>
</tbody>
</table>
Hypothesis 2 stated (a) there will be a significant relatedness in the ranking of family stress factors within family types, and (b) there will not be a significant relatedness in the ranking of family stress factors across the three family types.

To test Hypothesis 2a, the Kendall Coefficient of Concordance was used to determine whether the ranking of stress factors was related within family types. The family type, W, Chi-Square, Degrees of Freedom and Significance are presented in Table 3.

**TABLE 3**

**KENDALL COEFFICIENT OF CONCORDANCE MEASURING RANKING RELATEDNESS OF FAMILY STRESS FACTORS WITHIN FAMILY TYPES**

<table>
<thead>
<tr>
<th>Family Type</th>
<th>Cases</th>
<th>W</th>
<th>Chi Square</th>
<th>D.F.</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Divorced</td>
<td>18</td>
<td>.2922</td>
<td>184.1047</td>
<td>35</td>
<td>.0001</td>
</tr>
<tr>
<td>Step</td>
<td>18</td>
<td>.2406</td>
<td>151.5740</td>
<td>35</td>
<td>.0001</td>
</tr>
<tr>
<td>Intact</td>
<td>18</td>
<td>.2809</td>
<td>176.9911</td>
<td>35</td>
<td>.001</td>
</tr>
</tbody>
</table>

Data in Table 3 show significant relatedness in the ranking of stress factors within each family type, indicating that the ranking of stress factors within each of the family types is related rather than erratic and individual. Hypothesis 2a is supported.
To test Hypothesis 2b, the Kendall Correlation Coefficient was used to determine whether the ranking of stress factors was related across family types for the total sample. The family type, coefficient and P value are presented in Table 4.

**TABLE 4**

KENDALL CORRELATION COEFFICIENTS MEASURING RANKING RELATEDNESS OF STRESS FACTORS ACROSS FAMILY TYPES

<table>
<thead>
<tr>
<th></th>
<th>Intact Family</th>
<th>Divorced Family</th>
<th>Step Family</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intact Family</td>
<td></td>
<td>.78 coefficient</td>
<td>(.002) significance</td>
</tr>
<tr>
<td>Divorced Family</td>
<td></td>
<td>.50 coefficient</td>
<td>(.002) significance</td>
</tr>
<tr>
<td>Step Family</td>
<td>.52 coefficient</td>
<td>(.001) significance</td>
<td></td>
</tr>
</tbody>
</table>

There is a significant relatedness in the ranking of stress factors across family types; therefore, Hypothesis 2b is not supported.

Hypothesis 3 stated family stress factors in intact families compared to either divorced or stepfamily types will yield more significant differences than comparison of stress factors in divorced and stepfamily types.

To test Hypothesis 3, the Tukey HSD Multiple Comparison followed the multivariate analysis of variance and the univariate analysis of variance procedures completed on the total sample. The Tukey HSD procedure compared each of the three types to each other. The mean scores in each
show the level of stress of each family type while the Tukey groupings indicate the significant differences between family types by letters that are not the same. In Table 5, for example, the stepfamily has the letter B and A, indicating this family type is not significantly different from either the divorced or intact family type on the career stress factor. The different letters for the other two family types indicate a difference significant at the .05 level for those family types, which in this case are the divorced and intact family types.

The Tukey grouping, mean, number in sample, and family type are presented for each stress factor in Tables 5 through 22.

**TABLE 5**

**TUKEY HSD COMPARING STRESS DIFFERENCES AMONG FAMILY TYPES ON FACTOR 1**

<table>
<thead>
<tr>
<th>Source of Variance</th>
<th>Tukey Grouping</th>
<th>Mean</th>
<th>N</th>
<th>Family Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Factor 1 (Career)</td>
<td>A</td>
<td>1.81</td>
<td>36</td>
<td>1 Divorced</td>
</tr>
<tr>
<td></td>
<td>B, A</td>
<td>1.34</td>
<td>36</td>
<td>2 Step</td>
</tr>
<tr>
<td></td>
<td>B</td>
<td>1.11</td>
<td>36</td>
<td>3 Intact</td>
</tr>
</tbody>
</table>

There is a difference significant at the .05 level for the Career stress factor between the divorced family type and the intact family type. There is no significant difference between divorced and step family type, and step family and intact family type.
TABLE 6
TUKEY HSD COMPARING STRESS DIFFERENCES AMONG FAMILY TYPES ON FACTOR 2

<table>
<thead>
<tr>
<th>Source of Variance</th>
<th>Tukey Grouping</th>
<th>Mean</th>
<th>N</th>
<th>Family Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Factor 2 (Discipline)</td>
<td>A</td>
<td>2.63</td>
<td>36</td>
<td>2 Step</td>
</tr>
<tr>
<td></td>
<td>A</td>
<td>2.60</td>
<td>36</td>
<td>1 Divorced</td>
</tr>
<tr>
<td></td>
<td>A</td>
<td>2.32</td>
<td>36</td>
<td>3 Intact</td>
</tr>
</tbody>
</table>

There is no significant difference across the three family types on the Discipline stress factor.

TABLE 7
TUKEY HSD COMPARING STRESS DIFFERENCES AMONG FAMILY TYPES ON FACTOR 3

<table>
<thead>
<tr>
<th>Source of Variance</th>
<th>Tukey Grouping</th>
<th>Mean</th>
<th>N</th>
<th>Family Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Factor 3 (Family Constellation)</td>
<td>A</td>
<td>2.00</td>
<td>36</td>
<td>2 Step</td>
</tr>
<tr>
<td></td>
<td>B</td>
<td>1.63</td>
<td>36</td>
<td>3 Intact</td>
</tr>
<tr>
<td></td>
<td>B</td>
<td>1.39</td>
<td>36</td>
<td>1 Divorced</td>
</tr>
</tbody>
</table>

There is a difference significant at the .05 level for the Family Constellation stress factor between the step family type and the divorced family type. There is no significant difference for the family constellation stress factor between the intact and step family type and between the intact and divorced family type.
TABLE 8
TUKEY HSD COMPARING STRESS DIFFERENCES AMONG FAMILY TYPES ON FACTOR 4

<table>
<thead>
<tr>
<th>Source of Variance</th>
<th>Tukey Grouping</th>
<th>Mean</th>
<th>N</th>
<th>Family Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Factor 4</td>
<td>A</td>
<td>1.79</td>
<td>36</td>
<td>2 Step</td>
</tr>
<tr>
<td>(Family Illness/</td>
<td>A</td>
<td>1.69</td>
<td>36</td>
<td>3 Intact</td>
</tr>
<tr>
<td>Death)</td>
<td>A</td>
<td>1.59</td>
<td>36</td>
<td>1 Divorced</td>
</tr>
</tbody>
</table>

There is no significant difference across the three family types on the Family Illness/Death stress factor. There is no significant difference between step family and intact family type, intact and divorced family type, and divorced and step family type.

TABLE 9
TUKEY HSD COMPARING STRESS DIFFERENCES AMONG FAMILY TYPES ON FACTOR 5

<table>
<thead>
<tr>
<th>Source of Variance</th>
<th>Tukey Grouping</th>
<th>Mean</th>
<th>N</th>
<th>Family Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Factor 5</td>
<td>A</td>
<td>1.63</td>
<td>36</td>
<td>1 Divorced</td>
</tr>
<tr>
<td>(Family of Origin</td>
<td>A</td>
<td>1.50</td>
<td>36</td>
<td>2 Step</td>
</tr>
<tr>
<td>Differences)</td>
<td>A</td>
<td>1.49</td>
<td>36</td>
<td>3 Intact</td>
</tr>
</tbody>
</table>

There is no significant difference across the three family types on the Family-of-Origin Differences stress factor. There is no significant difference between step family and intact family type, intact and divorced family type, and divorced and step family type.
TABLE 10
TUKEY HSD COMPARING STRESS DIFFERENCES AMONG FAMILY TYPES ON FACTOR 6

<table>
<thead>
<tr>
<th>Source of Variance</th>
<th>Tukey Grouping</th>
<th>Mean</th>
<th>N</th>
<th>Family Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Factor 6</td>
<td>A</td>
<td>2.08</td>
<td>36</td>
<td>1 Divorced</td>
</tr>
<tr>
<td>(Money)</td>
<td>A</td>
<td>2.07</td>
<td>36</td>
<td>2 Step</td>
</tr>
<tr>
<td></td>
<td>A</td>
<td>1.96</td>
<td>36</td>
<td>3 Intact</td>
</tr>
</tbody>
</table>

There is no significant difference among the three family types on the Money stress factor. There is no significant difference between step family and intact family type, intact and divorced family type, and divorced and step family type.

TABLE 11
TUKEY HSD COMPARING STRESS DIFFERENCES AMONG FAMILY TYPES ON FACTOR 7

<table>
<thead>
<tr>
<th>Source of Variance</th>
<th>Tukey Grouping</th>
<th>Mean</th>
<th>N</th>
<th>Family Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Factor 7</td>
<td>A</td>
<td>2.53</td>
<td>36</td>
<td>1 Step</td>
</tr>
<tr>
<td>(Pseudomutuality)</td>
<td>A</td>
<td>2.42</td>
<td>36</td>
<td>2 Divorced</td>
</tr>
<tr>
<td></td>
<td>A</td>
<td>2.07</td>
<td>36</td>
<td>3 Intact</td>
</tr>
</tbody>
</table>

There is no significant difference across the three family types on the Pseudomutuality stress factor. There is no significant difference between step family and intact family type, intact and divorced family type, and divorced and step family type.
TABLE 12
TUKEY HSD COMPARING STRESS DIFFERENCES AMONG FAMILY TYPES ON FACTOR 8

<table>
<thead>
<tr>
<th>Sources of Variance</th>
<th>Tukey Grouping</th>
<th>Mean</th>
<th>N</th>
<th>Family Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Factor 8</td>
<td>A</td>
<td>3.15</td>
<td>36</td>
<td>2</td>
</tr>
<tr>
<td>(Understanding)</td>
<td>B</td>
<td>2.75</td>
<td>36</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>B</td>
<td>2.43</td>
<td>36</td>
<td>3</td>
</tr>
</tbody>
</table>

There is no significant difference across the three family types on the Sexuality stress factor. There is no significant difference between step family and divorce family type, and the divorce and intact family type.

TABLE 13
TUKEY HSD COMPARING STRESS DIFFERENCES AMONG FAMILY TYPES ON FACTOR 9

<table>
<thead>
<tr>
<th>Source of Variance</th>
<th>Tukey Grouping</th>
<th>Mean</th>
<th>N</th>
<th>Family Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Factor 9</td>
<td>A</td>
<td>2.46</td>
<td>36</td>
<td>2</td>
</tr>
<tr>
<td>(Unrealistic</td>
<td>A</td>
<td>2.38</td>
<td>36</td>
<td>1</td>
</tr>
<tr>
<td>Expectations)</td>
<td>A</td>
<td>2.29</td>
<td>36</td>
<td>3</td>
</tr>
</tbody>
</table>

There is no significant difference across the three family types on the Unrealistic Expectations stress factor. There is no significant difference between step family and divorced family type, divorced and intact family type, and intact and intact and step family type.
TABLE 14
TUKEY HSD COMPARING STRESS DIFFERENCES AMONG FAMILY TYPES ON FACTOR 10

<table>
<thead>
<tr>
<th>Source of Variance</th>
<th>Tukey Grouping</th>
<th>Mean</th>
<th>N</th>
<th>Family Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Factor 10</td>
<td>A</td>
<td>2.02</td>
<td>36</td>
<td>1 Divorced</td>
</tr>
<tr>
<td>(Sexuality)</td>
<td>A</td>
<td>1.87</td>
<td>36</td>
<td>2 Step</td>
</tr>
<tr>
<td></td>
<td>A</td>
<td>1.54</td>
<td>36</td>
<td>3 Intact</td>
</tr>
</tbody>
</table>

There is no significant difference across the three family types on the Sexuality stress factor. There is no significant difference between step family and divorced family type, divorced and intact family type, and intact and step family type.

TABLE 15
TUKEY HSD COMPARING STRESS DIFFERENCES AMONG FAMILY TYPES ON FACTOR 11

<table>
<thead>
<tr>
<th>Source of Variance</th>
<th>Tukey Grouping</th>
<th>Mean</th>
<th>N</th>
<th>Family Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Factor 11</td>
<td>A</td>
<td>2.07</td>
<td>36</td>
<td>2 step</td>
</tr>
<tr>
<td>(Biological Family Living Elsewhere)</td>
<td>A</td>
<td>1.69</td>
<td>36</td>
<td>1 Divorced</td>
</tr>
<tr>
<td></td>
<td>A</td>
<td>1.51</td>
<td>36</td>
<td>3 Intact</td>
</tr>
</tbody>
</table>

There is no significant difference across the three family types on the Biological Family Living Elsewhere stress factor. There is no significant difference between step family and divorced family type, divorced and intact family type, and intact and step family type.
**TABLE 16**  
TUKEY HSD COMPARING STRESS DIFFERENCES AMONG FAMILY TYPES ON FACTOR 12

<table>
<thead>
<tr>
<th>Source of Variance</th>
<th>Tukey Grouping</th>
<th>Mean</th>
<th>N</th>
<th>Family Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Factor 12</td>
<td>A</td>
<td>1.04</td>
<td>36</td>
<td>1 Divorced</td>
</tr>
<tr>
<td>(Compounded Loss)</td>
<td>A</td>
<td>.93</td>
<td>36</td>
<td>2 Step</td>
</tr>
<tr>
<td></td>
<td>B</td>
<td>.12</td>
<td>36</td>
<td>3 Intact</td>
</tr>
</tbody>
</table>

There is a difference significant at the .05 level on the Compounded Loss stress factor between the divorced family type and the intact family type and between the step family type and the intact family type.

**TABLE 17**  
TUKEY HSD COMPARING STRESS DIFFERENCES AMONG FAMILY TYPES ON FACTOR 13

<table>
<thead>
<tr>
<th>Source of Variance</th>
<th>Tukey Grouping</th>
<th>Mean</th>
<th>N</th>
<th>Family Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Factor 13</td>
<td>A</td>
<td>1.69</td>
<td>36</td>
<td>1 Divorced</td>
</tr>
<tr>
<td>(Desire for</td>
<td>A</td>
<td>1.67</td>
<td>36</td>
<td>2 Step</td>
</tr>
<tr>
<td>Intact Family to</td>
<td>B</td>
<td>.34</td>
<td>36</td>
<td>3 Intact</td>
</tr>
<tr>
<td>Reunite)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

There is a difference significant at the .05 level for the Desire for Intact Family to Reunite stress factor between the divorced family type and the intact family type and between the step family type and the intact family type.
TABLE 18
TUKEY HSD COMPARING STRESS DIFFERENCES AMONG FAMILY TYPES ON FACTOR 14

<table>
<thead>
<tr>
<th>Source of Variance</th>
<th>Tukey grouping</th>
<th>Mean</th>
<th>N</th>
<th>Family Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Factor 14</td>
<td>A</td>
<td>1.62</td>
<td>36</td>
<td>1 Divorced</td>
</tr>
<tr>
<td>(Divided Loyalty)</td>
<td>B</td>
<td>.81</td>
<td>36</td>
<td>2 Step</td>
</tr>
<tr>
<td></td>
<td>B</td>
<td>.26</td>
<td>36</td>
<td>3 Intact</td>
</tr>
</tbody>
</table>

There is a difference significant at the .05 level for the Divided Loyalty stress factor between the divorced family type and the intact family type, and between the divorced family type and the step family type.

TABLE 19
TUKEY HSD COMPARING STRESS DIFFERENCES AMONG FAMILY TYPES ON FACTOR 15

<table>
<thead>
<tr>
<th>Source of Variance</th>
<th>Tukey grouping</th>
<th>Mean</th>
<th>N</th>
<th>Family Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Factor 15</td>
<td>A</td>
<td>3.15</td>
<td>36</td>
<td>1 Divorced</td>
</tr>
<tr>
<td>(Living With One</td>
<td>B</td>
<td>.93</td>
<td>36</td>
<td>2 Step</td>
</tr>
<tr>
<td>Part of the Family)</td>
<td>B</td>
<td>.47</td>
<td>36</td>
<td>3 Intact</td>
</tr>
</tbody>
</table>

There is a difference significant at the .05 level for the Living with One Part of the Family stress factor between the divorced family type and the intact family type. There is no significant difference between divorced and step family types, and step family and intact family types.
TABLE 20
TUKEY HSD COMPARING STRESS DIFFERENCES AMONG FAMILY TYPES ON FACTOR 16

<table>
<thead>
<tr>
<th>Source of Variance</th>
<th>Tukey Grouping</th>
<th>Mean</th>
<th>N</th>
<th>Family Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Factor 16</td>
<td>A</td>
<td>1.87</td>
<td>36</td>
<td>2 Step</td>
</tr>
<tr>
<td>(Member of Two</td>
<td>A</td>
<td>1.56</td>
<td>36</td>
<td>3 Intact</td>
</tr>
<tr>
<td>Families)</td>
<td>B</td>
<td>0.69</td>
<td>36</td>
<td>1 Divorced</td>
</tr>
</tbody>
</table>

There is a difference significant at the .05 level on the Member of Two Families stress factor between the step family type and the divorced family type and the intact family and the divorced family type. There is no significant difference between the step family and intact family type.

TABLE 21
TUKEY HSD COMPARING STRESS DIFFERENCES AMONG FAMILY TYPES ON FACTOR 17

<table>
<thead>
<tr>
<th>Source of Variance</th>
<th>Tukey Grouping</th>
<th>Mean</th>
<th>N</th>
<th>Family Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Factor 17</td>
<td>A</td>
<td>1.75</td>
<td>36</td>
<td>1 Divorced</td>
</tr>
<tr>
<td>(Miscellaneous)</td>
<td>B</td>
<td>.68</td>
<td>36</td>
<td>2 Step</td>
</tr>
<tr>
<td></td>
<td>B</td>
<td>.39</td>
<td>36</td>
<td>3 Intact</td>
</tr>
</tbody>
</table>

There is a difference significant at the .05 level for the Miscellaneous stress factor between the divorced family type and the intact family type and the divorced family type and the step family type. There is no significant difference between the step family and intact family type.
TABLE 22

TUKEY HSD COMPARING STRESS DIFFERENCES AMONG FAMILY TYPES ON FACTOR 18

<table>
<thead>
<tr>
<th>Source of Variance</th>
<th>Tukey Grouping</th>
<th>Mean</th>
<th>N</th>
<th>Family Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Factor 18</td>
<td>A</td>
<td>1.49</td>
<td>36</td>
<td>2 Step</td>
</tr>
<tr>
<td>(Miscellaneous)</td>
<td>A</td>
<td>1.30</td>
<td>36</td>
<td>1 Divorced</td>
</tr>
<tr>
<td></td>
<td>B</td>
<td>.61</td>
<td>36</td>
<td>3 Intact</td>
</tr>
</tbody>
</table>

There is no significant difference between the step family and divorced family type. There is a difference significant at the .05 level for the Miscellaneous stress factor between the step family type and the intact family type and the divorced family type and the intact family type.

A total of 10 of the 18 stress factors of the FSFQ did show significant difference among family types. Eight out of the 10 significantly different stress factors indicated significant differences between divorced and intact family types; 4 out of the 10 indicated significant differences between the step and intact family types; and 4 out of 10 indicated differences between the step and divorced family types. Hypothesis 3 is supported.

Table 23 shows a summary of the mean scores of each stress factor for each of the three family types. These scores demonstrate the level of stress for the particular stress factor.
<table>
<thead>
<tr>
<th>Stress Factor</th>
<th>Average Mean Score for All Family Types</th>
<th>Mean Score for Divorced Family Type</th>
<th>Mean Score for Step Family Type</th>
<th>Mean Score for Intact Family Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Factor 1 (Career)</td>
<td>1.32</td>
<td>1.61</td>
<td>1.34</td>
<td>1.11</td>
</tr>
<tr>
<td>Stress Factor 2 (Discipline)</td>
<td>2.57</td>
<td>2.60</td>
<td>2.63</td>
<td>2.32</td>
</tr>
<tr>
<td>Stress Factor 3 (Family Constellation)</td>
<td>1.67</td>
<td>1.39</td>
<td>2.00</td>
<td>1.63</td>
</tr>
<tr>
<td>Stress Factor 4 (Family Illness/Death)</td>
<td>1.49</td>
<td>1.59</td>
<td>1.79</td>
<td>1.69</td>
</tr>
<tr>
<td>Stress Factor 5 (Family-of-Origin Differences)</td>
<td>1.54</td>
<td>1.63</td>
<td>1.50</td>
<td>1.49</td>
</tr>
<tr>
<td>Stress Factor 6 (Money)</td>
<td>2.03</td>
<td>2.08</td>
<td>2.07</td>
<td>1.96</td>
</tr>
<tr>
<td>Stress Factor 7 (Pseudomutuality)</td>
<td>2.51</td>
<td>2.42</td>
<td>2.53</td>
<td>2.07</td>
</tr>
<tr>
<td>Stress Factor 8 (Understanding)</td>
<td>2.77</td>
<td>2.75</td>
<td>3.15</td>
<td>2.43</td>
</tr>
<tr>
<td>Stress Factor 9 (Unrealistic Expectations)</td>
<td>2.37</td>
<td>2.38</td>
<td>2.46</td>
<td>2.27</td>
</tr>
<tr>
<td>Stress Factor 10 (Sexuality)</td>
<td>1.61</td>
<td>2.02</td>
<td>1.87</td>
<td>1.54</td>
</tr>
<tr>
<td>Stress Factor 11 (Biological Family Living Elsewhere)</td>
<td>1.75</td>
<td>1.69</td>
<td>2.07</td>
<td>1.51</td>
</tr>
<tr>
<td>Stress Factor 12 (Compounded Loss)</td>
<td>.69</td>
<td>1.04</td>
<td>.93</td>
<td>.12</td>
</tr>
<tr>
<td>Stress Factor 13 (Desire for Intact Family to Reunite)</td>
<td>1.23</td>
<td>1.69</td>
<td>1.67</td>
<td>.34</td>
</tr>
<tr>
<td>Stress Factor 14 (Divided Loyalty)</td>
<td>.93</td>
<td>1.62</td>
<td>.81</td>
<td>.26</td>
</tr>
</tbody>
</table>
Table 24 shows a summary of the ranking of stress factors, for each of the three family types. The stress factors are identified by name rather than number in order of the level of stress with number 1 the most stressful and number 18 the least stressful.

## TABLE 23—Continued

<table>
<thead>
<tr>
<th>Stress Factor</th>
<th>Average Mean Score for All Family Types</th>
<th>Mean Score for Divorced Family Type</th>
<th>Mean Score for Step Family Type</th>
<th>Mean Score for Intact Family Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Factor 15 (Living With One Part of the Family)</td>
<td>1.51</td>
<td>3.15</td>
<td>.93</td>
<td>.47</td>
</tr>
<tr>
<td>Stress Factor 16 (Member of Two Families)</td>
<td>1.37</td>
<td>.69</td>
<td>1.87</td>
<td>1.56</td>
</tr>
<tr>
<td>Stress Factor 17 (Miscellaneous)</td>
<td>.94</td>
<td>1.75</td>
<td>.66</td>
<td>.39</td>
</tr>
<tr>
<td>Stress Factor 18 (Miscellaneous)</td>
<td>1.10</td>
<td>1.30</td>
<td>1.49</td>
<td>.61</td>
</tr>
</tbody>
</table>

Table 24 shows a summary of the ranking of stress factors, for each of the three family types. The stress factors are identified by name rather than number in order of the level of stress with number 1 the most stressful and number 18 the least stressful.

## TABLE 24

RANKING OF STRESS FACTORS FOR THREE FAMILY TYPES

<table>
<thead>
<tr>
<th>Stress Factor Type</th>
<th>All Family Type</th>
<th>Divorced Family Type</th>
<th>Step-Family Type</th>
<th>Intact Family Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Understanding</td>
<td>Living With One Part of the Family</td>
<td>Understanding</td>
<td>Understanding</td>
</tr>
<tr>
<td>2</td>
<td>Discipline</td>
<td>Understanding</td>
<td>Discipline</td>
<td>Discipline</td>
</tr>
<tr>
<td>3</td>
<td>Unrealistic Expectations</td>
<td>Discipline</td>
<td>Pseudomutuality</td>
<td>Unrealistic Expectations</td>
</tr>
<tr>
<td>4</td>
<td>Pseudomutuality</td>
<td>Pseudomutuality</td>
<td>Unrealistic Expectations</td>
<td>Pseudomutuality</td>
</tr>
<tr>
<td>5</td>
<td>Money</td>
<td>Unrealistic Expectations</td>
<td>Money</td>
<td>Money</td>
</tr>
</tbody>
</table>
TABLE 24--Continued

<table>
<thead>
<tr>
<th>Stress Factor</th>
<th>All Family Types</th>
<th>Divorced Family Type</th>
<th>Step-Family Type</th>
<th>Intact Family Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Sexuality</td>
<td>Money</td>
<td>Biological Family Living Elsewhere</td>
<td>Family Illness/Death</td>
<td></td>
</tr>
<tr>
<td>7 Biological Family Living Elsewhere</td>
<td>Sexuality</td>
<td>Family Constellation</td>
<td>Family Constellation</td>
<td></td>
</tr>
<tr>
<td>8 Family Constellation</td>
<td>Career</td>
<td>Sexuality</td>
<td>Member of Two Families</td>
<td></td>
</tr>
<tr>
<td>9 Family of Origin</td>
<td>Miscellaneous (17)</td>
<td>Family Illness/Death</td>
<td>Sexuality</td>
<td></td>
</tr>
<tr>
<td>10 Living With One part of the Family</td>
<td>Biological Family Living Elsewhere</td>
<td>Member of Two Families</td>
<td>Biological Family Living Elsewhere</td>
<td></td>
</tr>
<tr>
<td>11 Family Illness/Death</td>
<td>Desire for Intact Family Living Elsewhere</td>
<td>Desire for Intact Family to Reunite</td>
<td>Family of Origin Differences</td>
<td></td>
</tr>
<tr>
<td>12 Member of Two Families</td>
<td>Family of Origin Differences</td>
<td>Family of Origin Differences</td>
<td>Career</td>
<td></td>
</tr>
<tr>
<td>13 Career</td>
<td>Divided Loyalty</td>
<td>Miscellaneous (18)</td>
<td>Miscellaneous (18)</td>
<td></td>
</tr>
<tr>
<td>14 Desire for Intact Family to Reunite</td>
<td>Family Illness/Death</td>
<td>Career</td>
<td>Living With One Part of Family</td>
<td></td>
</tr>
<tr>
<td>15 Miscellaneous (18)</td>
<td>Family Constellation</td>
<td>Compounded Loss</td>
<td>Miscellaneous (18)</td>
<td></td>
</tr>
<tr>
<td>16 Miscellaneous (17)</td>
<td>Miscellaneous (18) Living With One Part of Family</td>
<td>Desire for Intact Family to Reunite</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17 Divided Loyalty</td>
<td>Compounded Loss</td>
<td>Divided Loyalty</td>
<td>Divided Loyalty</td>
<td></td>
</tr>
<tr>
<td>18 Compounded Loss</td>
<td>Member of Two Families</td>
<td>Miscellaneous (17)</td>
<td>Miscellaneous</td>
<td></td>
</tr>
</tbody>
</table>

Hypothesis 4 stated there would be a positive relationship between reduced level of stress and number of years in the current family type.
To test this hypothesis a Pearson Product Moment was used for each family type. The correlation coefficients are represented in Table 25.

TABLE 25

PEARSON PRODUCT MOMENT CORRELATION COEFFICIENT MEASURING RELATIONSHIP BETWEEN LENGTH OF TIME IN A FAMILY TYPE AND LEVEL OF STRESS

<table>
<thead>
<tr>
<th>Stress Level</th>
<th>Probability</th>
<th>Correlation Coefficient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intact</td>
<td>.13</td>
<td>-.26</td>
</tr>
<tr>
<td>Divorced</td>
<td>.90</td>
<td>.02</td>
</tr>
<tr>
<td>Step</td>
<td>.74</td>
<td>.06</td>
</tr>
</tbody>
</table>

The relationship between level of stress and the number of years in the current family type is not significant at the .05 level of correlation, therefore, Hypothesis 4 is not supported.

Summary of Findings

There was a significant difference across family types who were seeking counseling in 10 out of the 18 stress factors. Intact families and stepfamilies differed significantly on the four stress factors of Understanding, Compounded Loss, Desire for Intact Family to Reunite, and the second of the miscellaneous factors made up of filler items. Intact families and divorced families differed significantly on the eight stress factors of Career,
Compounded Loss, Desire for the Intact family to Reunite, Divided Loyalty, Member of Two Families, Living With One Part of the Family, and the first and second Miscellaneous factors made up of filler items. Step families and divorced families differed significantly on the four stress factors of Family Constellation, Divided Loyalty, Member of Two Families, and the first of the two miscellaneous factors made up of filler items. Intact and divorced families had the greatest number of stress factors significantly different between them.

Discipline, Family Illness/Death, Family-of-Origin Differences, Pseudomutuality, Unrealistic Expectations, Money, Sexuality, and Biological Family Living Elsewhere were not significantly different across the three family types. Four of these stress factors, Discipline, Pseudomutuality, Money, and Unrealistic expectations had very high stress levels for all three family types. However, the two stress factors with the highest stress levels, Understanding, and Living With One Part of the Family did have differences significant at the .05 level between two family types. A summary of the differences in level of stress for each family type is found in Figure I. This visual presentation demonstrates the general lower level of stress in the intact family type, the general higher levels of stress in the step and divorced family types, and
Fig. 1--Graph showing summary of mean scores of the Tukey HSD to demonstrate levels of stress factors comparing the three family types. (S=Significance at the .05 level).
also shows the level of impact of each stress factor on a specific family type.

The ranking of stress factors within each family type was significantly related, indicating that there was not much erratic, individualistic ranking among the subjects taking the FSFQ in any one family type. The ranking of stress factors across the three family types was also significantly related. In fact, five stress factors were ranked as stressful factors by all three family types. In order of the most stressful ranking, intact families selected Understanding, Discipline, Unrealistic Expectations, Pseudomutuality and Money; divorced families selected Living With One Part of the Family, Understanding, Discipline, Pseudomutuality, Unrealistic Expectations and Money; and stepfamilies selected Understanding, Discipline, Unrealistic Expectations, Pseudomutuality and Money. The remainder of the stress factors with lower levels of stress were more varied, but were related across family types.

Specifically, the stress factors Divided Loyalty, and Compounded Loss, are ranked in the lower half of the 18 stress factors. They are more varied than the stress factors mentioned as ranked in the top half of the 18 factors. They also are significantly different at the .05 level across family types. These stress factors are, in fact, two of several stress factors that are significantly different between two pairs of family types.
There was no correlation between lower levels of stress in a family seeking counseling and the number of years they have spent in that family type. The amount of relationship attributed to the combination of the two variables was also negligible.

Related Findings

Section II of the Family Stress Factor Questionnaire (in Appendix H) asked the questions (a) From your experiences, what statement on the questionnaire is the most stressful in family life for you? (b) What other situations in family living not mentioned in this questionnaire do you find stressful? (c) Other comments?

Several responses were mentioned at least 4 out of a possible 36 times, and were similar for all three family types. Some special issues emerged for certain family types. All three family types indicated Money (having enough for family demands) and Understanding (feeling a lack of Communication in your family) to be among the most stressful situation statements on the questionnaire. The intact families listed Family-of-Origin with specific references to in-laws' interference as their most stressful issue and frequently mentioned Discipline as a most stressful factor. The step families indicated their most stressful priority was Pseudomutuality and the divorced families most often referred to stressful issue was Money. Family-of-Origin
differences was the only descriptive stress factor mentioned frequently that is not also listed as highly stressful in Section I.

Other situations that the subjects in all three family types felt were important stress factors that were not included in the FSFQ questionnaire were (a) demands on time, and (b) continuous discord. Stressful issues in the step family type and the intact family type were (a) special problems of children and (b) too little time for self. Special stepfamily stress issues were blending the children and the relatives. Special issues for the divorced family types were (a) guilt for not living up to others' expectations, and (b) loneliness. Other comments were basically complaints about special parts of the FSFQ questionnaire and should be noted for further application of this study (See Appendix H).

Summary of Related Findings

In the descriptive responses in Section II, Understanding, Money and Discipline were considered to be the most stressful issues in all three family types. Special stress issues for each family type not included in the FSFQ were demands on time, continuous discord, special children's problems, unrealistic guilt for disappointing others and loneliness.
Discussion

According to the Family Stress Factor Questionnaire, mean stress factor scores of 2.00 and above are considered stressful in this study. Based on these scores, the major finding of this study is that five of the factors identified as stressful, Understanding, Discipline, Unrealistic Expectations, Pseudomutuality, and Money, were ranked similarly by all three family types. These findings both support and extend the results of some earlier studies that found one or more of these stress factors significant to one specific family type.

Understanding is the one stress factor found to be stressful above the 2.00 mean stress level for all three family types in this study which also showed one specific family type to be significantly different from the other two. In fact, for the stepfamily, Understanding had the highest stress level of all 18 stress factors. The importance of Understanding in these family types seems to support Wiseman's (1980) contention that lack of communication was a common stress factor in all family types, and Bowerman and Irish's (1982) finding of a significantly higher stress level in this category for the stepfamily than for the intact family. It seems important for counselors to be aware that lack of understanding is stressful for all family types, but is also a special issue for stepfamilies. Bringing different
past family histories together, establishing new rules, blending two sets of children, and having each parent's opinion taken seriously are a few of the reasons why lack of communication or understanding would seem to be a special issue for stepfamilies.

Discipline, Unrealistic Expectations, Pseudomutuality and Money all have been identified by previous research as special issues for one specific family type. In the earlier research, however, only one family type was included as the subjects (Strother, 1981; Strother & Jacobs, 1984; Levinger, 1979; Kubiak, 1984). What might appear to be a contradiction in special stress issues for one family type versus general stress issues for all family types, then, seems to be a matter of research design, rather than research results. By having all family types equally represented in the population in this study and by systematically considering each stress factor, the design limitation was eliminated and the results showed that these four stress factors are stressful to all three family types. It seems reasonable, then, that families should not be allowed to blame their family structure for their inability to cope in these areas, but should be helped to understand that intact, divorced, and stepfamilies have similar stress situations.

One stress factor was found to be the most stressful issue for a specific family type, while not being stressful
to either of the other family types. Living With One Part of a Family was the most stressful factor for the divorced family type, while not being stressful to the stepfamily or intact family. This factor received one of the two highest mean scores of all of the stress factors on the questionnaire used in this study. This finding is in disagreement with Strother's (1981) finding that Living With One Part of a Family is a special stepfamily type issue, and raises the question of why this stress factor did not have equal significance for the divorced and stepfamily types in this study. The disagreement between Strother's (1981) findings and that of this study could indicate that stepfamilies are not as stressed as divorced families by having parts of their family live elsewhere. It could also mean that the stepfamily is engaged in a new situation, rather than being as stressed by the old situation that failed, as the divorced family.

Living With One Part of Your Family seems to be the main underlying stress for most divorced family types. This factor may influence the general higher level of stress found in the divorced family type, because the other two family types probably have more chance for a secondary support system to help buffer stress than does the single parent family. The guilt feelings associated with giving up children or in-laws may leave a void in the divorced
family situation which would be replaced with new hope and new people in the stepfamily's situation.

Another special issue for the divorced family type is sexuality, which was found to be stressful above the 2.00 mean score level only for the divorced family. The fact that the mean score was different from that of the other family types at the .07 level seems to warrant discussion of this stress factor as an important special issue to the divorced family type. Previous studies have suggested that the divorced family is more concerned with this issue than the other family types (Tching-Laroche, 1983; Krantzler, 1973; Bohannon, 1970; Okun & Rappaport, 1980). Levinger (1970) found sexual incompatibility to be an issue often cited as one of the reasons for obtaining a divorce. Waller (1970) reported that adjusting to new sexual habits was a special issue for divorced family types. This stress factor has been mentioned in so many studies that it was anticipated that a higher level of stress related to Sexuality would be found in this study. It could be that the sensitive nature of any question about one's feeling in regard to sexual experiences, frequency of sexual activity, and the amount of physical affection given to one's family could create a negative bias that resulted in lower ratings for this factor due to inhibition about the general topic of sex. Some subjects might also be reluctant to identify themselves as
having this difficulty when so many other issues must be resolved. Although caution might be indicated in the approach to the subject of sexuality, it is important to realize that this is a powerful issue for the divorced person.

Family Constellation and Biological Family Living Elsewhere were two special stressful issues for the stepfamily. This study's findings supported Strother's (1981) findings that Family Constellation is a variable stressful to the stepfamily type, and Poppen's (1985) contention that Family constellation is one of six conditions that are unique sources of tension and stress to blended families. Adjusting to new members in the family and having to assume a different position in the new family may lead to confusion about a perceived role according to age position for each family member. Over time, a new role will emerge, but probably not without some stressful experiences.

Biological Family Living Elsewhere was also found to be stressful above the 2.00 level only for the stepfamily. The mean score was different from that of the other two families at the .07 level which seems to warrant discussion as a special issue for the stepfamily. Strother (1981), Poppen (1985) and Brice (1985) also suggested this factor to be stressful to stepfamilies. Divorced families and intact families in this study do not exhibit stress in this area.
The divorced family is constantly dealing with the absent parent. The findings that the family is stressed by Living With One Part of the Family, but not stressed by the Biological Family Living Elsewhere appear to be incongruent. According to the Family Stress Factor Questionnaire, the first factor deals with guilty feelings over lack of control or being able to affect only part of your original family as well as adjusting or wanting to live with only one part of your family. Biological Family Living Elsewhere concerns the feeling of being excluded from the part of the family with whom you do not want to live, or spending holidays and special occasions away from some members of your biological family, or not being able to spend enough time with a member of the family who does not live with you. In the first factor, the subjects might be addressing the issue from the point of view of feeling guilty over the remnants of the old situation that failed. In the second factor, the subject might be addressing the issue from the point of view of the visitor returning briefly to the old situation. Since children in divorced families generally remain with their mothers, who were the primary source of population in this study, the struggles of the subjects in the divorced family type could focus on the control or loss of control of their families. On the other hand, the stepfamily mothers in this study could be more concerned about the feelings of
exclusion or lack of time with members of the family that do not live with them, because their new situation has its own set of control demands. They are not as stressed by part of their family living elsewhere because they have emotional replacement instead of a void in their lives.

The remaining stress factors had mean scores below the 2.00 mean stress level, indicating they were not stressful for subjects in this study. While 10 of the 18 stress factors did differ across family types, only 3 of the 10 had a mean score of 2.00 or higher. Those stress factors with mean scores below 2.00 and a mean score different from that of the two families at the .05 level were (1) Career, (2) Compounded Loss, (3) Desire for Family to Reunite, (4) Divided Loyalty, (5) Member of Two Families and (6) the two Miscellaneous categories. Family Illness/Death and Family-of-Origin are neither stressful nor significantly different across family types. So, while these were statistically significant differences in stress factors across family types, those differences may be a function of being required to rate all 18 stress factors.

Based on the findings and discussion, one conclusion is family structure significantly affects the stress level of intact, divorced and stepfamilies. The intact family type has the lowest level of stress and the divorced families type has the highest level of stress.
Another conclusion is family structure does not affect the ranking of factors considered stressful in this study, with a few notable exceptions for the divorced and stepfamily. Discipline, Unrealistic Expectations, Pseudomutuality, and Money are factors stressful to all three family types. Understanding is stressful to all family types, but has significantly higher stress for the stepfamily type. Family Constellation and Biological Family Living Elsewhere are the two special stepfamily issues. Living With One Part of Your Family and Sexuality are the two special divorced family issues.

The final conclusion is longer length of time in a family type has no relationship to the level of stress for that family. There was no pattern established between reduced level of stress and longevity in a family type.

The fact that seven of nine factors considered stressful were similarly ranked and six did not differ significantly across the three family types seems to support the conclusion that on most stressful issues families, regardless of type, are more alike than different. Professionals should be aware that the divorced family type, with no constant support system in reserve, may remain at a higher level of stress than the other two family types; that by living with only part of their family losing some control in the divorced family appears to be paramount to this family
type, while feelings of exclusion from biological members of the family living elsewhere dominate the concerns of the stepfamily; that meshing two families maintains lack of communication over a long period of time for stepfamilies; that some sensitive issues, like sexuality, may emerge only after a strong bond of trust is established between the professional and the client.

On the basis of information from related findings, it is further recommended that in future research the following areas of stress be added to the Family Stress Factor Questionnaire: time management, continuous discord, special problems with children, and low self esteem. More demographic data could be analyzed to further describe the family type phenomenon such as age of parents compared with stress level or number of children in the family compared to this level.

This study was a beginning in the understanding of stress as it relates to various family types. It systematically identified stressful factors and eliminated non stressful factors using equal populations from each of three family types. The concept of including the intact, divorced, and stepfamilies who are seeking counseling in stress studies rather than just one family type from a general population has heuristic value for further exploring this significant problem to families in stress.
CHAPTER REFERENCES


APPENDIX A

Permission to Collect Data
March 26, 1984

Mrs. Karen Barlow
208 Rockwood Park Drive
Fort Worth, Texas 76107

Re: Permission to conduct a study

To Whom It May Concern:

Karen Barlow has my permission to conduct a study investigating stress factors across three family types using past and present voluntary clients from the Pupil Appraisal Center.

She understands that no person should be made to think that Pupil Appraisal Center service is in any way dependent upon completing this questionnaire.

Sincerely,

[Signature]

Lance M. Gentile, PhD
Director

cls
March 26, 1984

Mrs. Karen Barlow  
208 Rockwood Park Drive  
Fort Worth, Texas 76107

Re: Permission to conduct a study

To Whom It May Concern:

Karen Barlow has my permission to conduct a study investigating stress factors across three family types using past and present voluntary clients from the Pupil Appraisal Center.

Sincerely,

Dr. Joanna Strother

JS:ts
Mrs. Karen Barlow  
208 Rockwood Pk. Dr.  
Fort Worth, Texas, 76107  

Re: Permission to conduct a study:  

To Whom it may concern:  

Karen Barlow has my permission to conduct a study investigating stress factors across three family types using present voluntary clients from Midwest Counseling Center. It is my understanding that these clients will not be identified by name.  

Sincerely,  

Dr. James Norwood, Ph.D.  

Janet Ragsdale, M.F.T.  

July 23, 1985
Mrs. Karen Barlow  
208 Rockwood Pk. Dr.  
Fort Worth, Texas  76107

Re: Permission to conduct a study:

To Whom it May Concern:

Karen Barlow has my permission to conduct a study investigating stress factors across three family types using present voluntary clients from Family Northside. It is my understanding that these clients will not be identified by name.

Sincerely,

Olimpa Galindo
APPENDIX B

Questionnaire Items that Make Up Each Stress Factor
Categories and Questions in Questionnaire

1. Career
   - Being fired from your job
   - Changing your line of work
   - Readjusting your business status

2. Discipline
   - Adjusting to rules in your family
   - Dealing with the differences between what is expected of you by each member of the family
   - Providing discipline as a parent

3. Family Constellation
   - Adjusting to adding new members to your family
   - Adjusting to a new position in the family (example: from wife to mother, from mother to stepmother)
   - Having some members of the family feel like they are not as important as other members are.

4. Family Illness/Death
   - A member of the family being ill
   - Death of a spouse or family member
   - Injury of a family member

5. Family of Origin Differences
   - Interference from in-laws
   - Religious differences that involve the children
   - Your image of what a family should be like being different than your spouse's image

6. Money
   - Having enough money for the family demands
   - Control of the amount of money spent
   - Choice of the way the family money will be spent

7. Pseudomutuality
   - Feeling pressure to make this family work
   - Hearing family members disagreeing or arguing
   - Hiding your feelings when you are angry with other members of your family

8. Understanding
   - Feeling a lack of communication in your family
   - Feeling that your opinion is not taken seriously
   - Feeling that your views on helping "make the family work" are not important
9. Unrealistic Expectations
   Your image of what a family should be like, being
   different from your spouse's image
   Being expected to love all the members of your family
   Having the whole family approve of your actions

10. Sexuality
    A good feeling about your particular sexual
    experiences
    Frequency of sexual activity Good or Bad?
    Amount of physical affection displayed by family
    members

11. Biological Family Member Living Elsewhere
    Feeling excluded from the part of the family you do
    not want to live with
    Spending holidays and special occasions away from
    some members of your biological family
    Not being able to spend enough time with a member of
    the family who does not live with you

12. Compounded Loss
    Feeling your relationship within your family has
    changed because of your new circumstances
    Feeling that this family will split up too
    Feeling less important now than in your intact family

13. Desire for Intact Family to Reunite
    Longing for your family to "be the way it used to be"
    when you first started being an intact family
    Wanting not to share your biological family with
    special new friends or new family members
    Wanting your biological family to get back together

14. Divided Loyalty
    Liking outsiders who join your family more than your
    biological family members
    Feeling caught in the middle between the old and the
    new
    Feeling disloyal to your original family when you like
    a new member or potential new members of the family

15. Living With One Part of the Family
    Feeling guilty that you have control or affect only
    some of your original family
    Adjusting to living with only part of your family
    Wanting to live only with one part of your family
16. Member of two families
   Deciding with which family members to spend holidays and special occasions
   Adjusting to rules with one family after part of the family has been visiting their other family

17. Filler Items
   Experiencing feeling trapped in your family situation
   Moving to another location
   Being reminded of your responsibilities

18. Filler Items
   Having to share your possessions with other family members
   Keeping the house cleaned up
   Adjusting to hectic schedules of combined family members
APPENDIX C

Permission to Use and Adapt the Lutz (1980) Questionnaire and the Strother (1981) Questionnaire
April 16, 1984

Mrs. Karen Barlow
208 Rockwood Park Drive
Fort Worth, Texas 76107

RE: Permission to use Questionnaire

To Whom It May Concern:

Karen Barlow has my permission to use the questionnaire found in Appendix F of my dissertation entitled "Stepfamilies: A Descriptive Study From The Adolescent Perspective". This study was copyrighted and submitted to the graduate school of West Virginia University, May, 1980.

Sincerely,

[Signature]

Dr. Patricia Lutz
Assistant Professor
Department of Counseling
and Guidance
March 26, 1984

Mrs. Karen Barlow
208 Rockwood Park Drive
Fort Worth, Texas 76107

Re: Permission to use Questionnaire

To Whom It May Concern:

Karen Barlow has my permission to use the questionnaire found in the Appendix of my dissertation. This study was copyrighted and submitted to the graduate school of West Virginia, 1981.

Sincerely,

Dr. Joanna Strother

JS:ts
APPENDIX D

Questionnaire Items that Make Up Each of the Stress Factors
FAMILY STRESS FACTORS QUESTIONNAIRE

DIRECTIONS FOR COMPLETING THE QUESTIONNAIRE

As you complete this questionnaire, please keep in mind that there are no right or wrong answers. We are only interested in how you feel.

On this questionnaire there are 54 statements that describe a part of family living. Please read each statement carefully and then circle the number which best shows your feelings about the statement. We are asking you to circle one number that tells how each statement applies to your life in your family. Here are examples of how to answer the questionnaire:

For example, number 3 reads:

Death of a spouse or family member.

If that experience is very stressful for you, circle #5.
If that experience is fairly stressful for you, circle #4.
If that experience is stressful for you, circle #3.
If that experience is slightly stressful, circle #2.
If that experience is not stressful for you, circle #1.
If you have not experienced this situation, circle #0.

Remember, the numbers mean:

#5 very stressful
#4 fairly stressful
#3 stressful
#2 slightly stressful
#1 not stressful
#0 not experienced

The last page of the questionnaire contains questions that ask for answers other than circling a number. Please read these questions and answer them as completely as possible.

© 1984 Karen Haun Barlow
Please complete the following information:

1. Present age
2. Birth Date
3. Sex: male female
4. Type of family:
   - A. intact family (a family with both biological parents currently living together in a marriage relationship who have not been divorced or remarried since the birth of the child/children.)
   - B. divorced family (a parent in the process of obtaining a divorce, or legally divorced without being remarried, who has biological child/children living in the same household.)
   - C. stepfamily (a family that has been expanded by the children of a stepparent and/or stepchild/children in a remarriage relationship.)

5. Approximate length of time spent in counseling sessions. (Hours)

6. Approximate length of time spent in current type of family (Years)

FAMILY STRESS FACTORS QUESTIONNAIRE

SECTION 1

Section 1 of the questionnaire contains 54 items that could apply to at least one family type. Please answer all the items that apply to your experience in your family within the previous 12 months. Circle #0 if you have not experienced the situation.

SECTION 1: PLEASE ANSWER ALL THE QUESTIONS

1. Your image of what a family should be like, being different from your spouse’s image

2. Establishing rules in your family

3. Death of a spouse or family member

4. Amount of physical affection displayed by family members

5. Not experienced not stressful
6. Slightly stressful
7. Fairly stressful
8. Very stressful

Karen Ham T. Barnet

1984
<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>5. Interference from in-laws</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>6. Feeling pressure to make this family work</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>7. Adjusting to adding new members to your family</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>8. Feeling that your views on helping “make the family work” are not important</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>9. Having some members of the family feel they are not as important as other members are</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>10. Being expected to love all the members of your family</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>11. Changing your job</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>12. Feeling that your opinion is not taken seriously</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>13. Dealing with the differences between what is expected of you by each member of the family</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>14. Frequency of sexual activity</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>15. Moving to another location</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>16. A member of the family being ill longer than one week</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>17. Injury of a family member</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>18. Control of the amount of money spent</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>19. Religious differences between adults that also involve the children</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>20. Hiding your feelings when you are angry with other members of your family</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>21. Feeling a lack of communication in your family</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>22. Experiencing difficulty with a child because of his position (oldest, youngest, etc.)</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>23. Being reminded of your responsibilities</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>24. Having enough money for the family demands</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>25. Experiencing feeling trapped in your family situation</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>26. Fear of losing your job</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>27. A good feeling about the quality of your sex life</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>28. Feeling pressure to spend time with your family</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>29. Adjusting to a new job status</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>30. Giving discipline as a parent</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>31. Having a say in the way the family money will be spent</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td>32. Hearing family members disagreeing or arguing</td>
<td>0 1 2 3 4 5</td>
</tr>
</tbody>
</table>
33. Having the whole family approve of your actions

34. Deciding with which family members the children will spend the holidays

35. Feeling caught in the middle between your old and your new family

36. Feeling less important now than in your intact family

37. Longing for your family to "be the way it used to be" when you were in your intact family

38. Experiencing your child's frustration with more than one set of family rules

39. Feeling guilty because you have control or affect only some of your intact family

40. Adjusting to setting rules with all the family, after part of the family has been visiting their other family

41. Not being able to spend enough time with your children who do not live with you

42. Wanting your intact family to get back together

43. Adjusting to the hectic schedules of combined family members

44. Liking outsiders who join your family more than your intact family members

45. Feeling excluded from your children with whom you do not live

46. Feeling your relationship within your family has changed because of your new circumstances

47. Spending holidays and special occasions away from some children from your intact family

48. Wanting not to share your intact family members with special new friends or new family members

49. Keeping the house cleaned up

50. Feeling disloyal to your intact family members when you like a new member or potential new member of the family

51. Wanting to live only with one part of your family

52. Feeling that this family will split up, too

53. Having to share your possessions with other family members

54. Adjusting to living with only part of your family

* See demographic data sheet for definition of intact family
SECTION II

Section II of the questionnaire contains questions that ask for answers other than circling a number. Please read these questions and answer them as completely as possible.

SECTION II. The following questions ask for an answer other than circling a number. It is very important that you answer #1. Numbers 2 and 3 you may or may not choose to answer. Your opinions and answers are appreciated.

1. From your experiences, what statement on the questionnaire is the most stressful situation in family life for you? Please write the number of that statement on the line below.

__________________________________________

2. What other situations in family living not mentioned in this questionnaire do you find stressful? Please write them on the lines below.

__________________________________________

__________________________________________

__________________________________________

3. Other comments: __________________________________________

__________________________________________

__________________________________________
APPENDIX E

Expert Panel Review of Family Stress Factors Questionnaire to Establish Content Validity
April 2, 1984

Mrs. Karen Barlow
208 Rockwood Pk. Dr.,
Fort Worth, Texas, 76107

Re: Validity of Family Stress Factors Questionnaire

To Whom It May Concern:

Karen Barlow has submitted for my opinion a copy of a questionnaire authored by her, and adapted from a questionnaire authored by Dr. Joanna Strother in 1981. I was asked to determine the content validity of the items used and if they are appropriately assigned to the correct stress factor. This questionnaire, in my opinion should be considered valid.

Sincerely,

Dr. Joe Dameron, EDD.
Professor of Counselor Education
North Texas State University
April 2, 1984

Mrs. Karen Barlow
208 Rockwood Pk. Dr.
Fort Worth, Texas, 76107

Re: Validity of Family Stress Factors Questionnaire

To Whom It May Concern:

Karen Barlow has submitted for my opinion a copy of a questionnaire authored by her, and adapted from a questionnaire authored by Dr. Joanna Strother in 1981. I was asked to determine the content validity of the items used and if they are appropriately assigned to the correct stress factor. This questionnaire, in my opinion should be considered valid.

Sincerely,

Dr. Joanna Strother, EDD.
Assistant Professor of Counselor Education
North Texas State University
April 2, 1984

Mrs. Karen Barlow
208 Rockwood Pk. Dr.
Fort Worth, Texas 76107

RE: Validity of Family Stress Factors Questionnaire

To Whom It May Concern:

Karen Barlow has submitted for my opinion a copy of a questionnaire authored by her, and adapted from a questionnaire authored by Dr. Joanna Strother in 1981. I was asked to determine the content validity of the items used and if they are appropriately assigned to the correct stress factor. This questionnaire, in my opinion should be considered valid.

Sincerely,

Dr. Byron Medler, Ed.D.
Professor of Counselor Education
North Texas State University
APPENDIX F

Test for Reliability for the Family Stress Factors Questionnaire
RE: Karen Barlow

Test for Reliability

Family Stress Factor Questionnaire

Demographics

Average age: 40
Females: 12
Males: 2
Family types: Intact: 8
Divorced: 5
Step: 2

Average time spent in counseling: 6 months or 24 sessions
Average number of years in current type family: 11 years
Average number of categories of people living full time in home: 2.6

Pearson Product Moment Correlation = .03.
APPENDIX G

Consent Form Given to Each Subject
AUTHORIZATION OF RELEASE AND EXCHANGE OF INFORMATION

RE:__________________________________________

DATE:________________________

I hereby authorize the release and exchange of information regarding my case between the professional staff of Family Service, Inc. and__________________________________________

__________________________________________

SIGNED:________________________

NAME:________________________

ADDRESS:______________________

Witness
APPENDIX H

Summary of Tabulations for
Questions 1, 2, and 3
in Section II
INTACT FAMILY TYPE

Section 11:

1. "From your experiences, what statement on the questionnaire is the most stressful situation in family life for you?"

FREQUENCY COUNT

<table>
<thead>
<tr>
<th>Stressful Statement</th>
<th>7</th>
<th>6</th>
<th>4</th>
<th>3</th>
<th>2</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total # Questionnaires</td>
<td>36</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Times mentioned</td>
<td>5</td>
<td>21</td>
<td>15</td>
<td>24</td>
<td>11</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6</td>
<td>8</td>
<td>25</td>
<td>12</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

5. Interference from in-laws (Family of Origin Differences)
21. Feeling a lack of communication in your family (Understanding)
13. Dealing with the differences between what is expected of you by each member of your family (Discipline)
14. Having enough money for the family demands (Money)
11. Changing your job (Career)
20. Hiding your feelings when you are angry with other members of your family (Pseudomutuality)
22. Experiencing difficulty with a child because of his position (oldest, youngest, etc.) (Family Constellation)
30. Giving discipline as a parent (Discipline)

2. "What are other situations in family living not mentioned in this questionnaire do you find stressful?"

A. Establishing new relationships
B. Friends and family taking advantage of my time and generosity
C. Someone always being unhappy or dissatisfied
E. Daughter desire to spend time in one activity – figure skate; spouse self imposed overtime at work

F. Amount of time here. Amount of time self or spouse works

I. End of day (5:00 p.m.) and you are tired (headache)

J. Superwoman-job-home-wife-mother dealing with teenager aging parents. Money

L. Too much time with children

M. Conflicts between related persons outside the "intact family". Grandparents needs that are not being met Specialized care needs of a child

N. Too much time driving children. Trapped and cannot pursue a career. Husband travels--feels like single parent

R. Church, civic and service organizations time demands which sometimes interfere with my family life. These demands are stressful, because of a feeling of obligation to them, but also a feeling of guilt in taking time away from family needs

T. Differences in disciplinary methods between husband and wife

U. In-laws and arguing and disagreement in families

W. Communicating needs of job regarding time

X. Handling children's school problems
b. Being consistent with discipline, etc. Adjusting to the responsibility of being a parent
d. Not having enough time for myself — weekends its sort of expected we do things together since we're so fragmented during the week—sometimes I would like time for myself
e. My child's unhappiness at present is the most frustrating thing. Watching this feeling affect all his relationships grandparents, friends, school, all. He cannot handle his anger in any case
g. Adjustment to adult children living at home
h. Feeling that family will split up. Spouse wants to leave
k. Child's moodiness, defensiveness, negative attitude
l. Having to make all the decisions in the family. Spouse (male) will not commit to a yes or no about much of anything

SUMMARY

1. Special problems of children (8)
2. Too many demands on my time (6)
3. Too little time for myself (4)
4. Unhappy family atmosphere (3)
5. No time for couples to be together (2)
6. Continuous Discord
   3. Other comments
C. Wife making major decisions which affect the whole family without saying anything about it beforehand

J. Wording of these items is vague and ambiguous

b. Like PAC counseling

h. Could use some questions on long time families with empty nest problems or fear of same

k. I find it hard to get up most mornings
DIVORCED FAMILY TYPE

Section II:

1. "From your experiences, what statement on the questionnaire is the most stressful situation in family life for you?"

FREQUENCY COUNT

<table>
<thead>
<tr>
<th># times mentioned</th>
<th>6</th>
<th>4</th>
<th>3</th>
<th>2</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stressful Statement</td>
<td>24</td>
<td>21</td>
<td>45</td>
<td>43</td>
<td>50</td>
</tr>
<tr>
<td></td>
<td>25</td>
<td>54</td>
<td>35</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>30</td>
<td>6</td>
<td>39</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>32</td>
<td>42</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>19</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>41</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>49</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>37</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>46</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>16</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>20</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>31</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>27</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>11</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

24. Having enough money for the family demands (Money)

21. Feeling a lack of communication in your family (Understanding)

f. Inability to say no to others expectations of time feel guilty

g. Being alone a lot at my age

h. Being rejected by child because the other spouse might not like it

Ex-spouse's negative influence on child
K. Stress in relationships in family outside my son and I, namely my parents and brother

L. Build up of resentment due to misunderstanding - feeling pressured by children to do more

M. Dealing with my ex-husband

O. Around new people when you catch some talking about you

P. Losing frequency of sexual activity

Q. Drinking

R. Mother/father/career/money - time for all

S. Blamed by everyone for child's failure

T. Explaining to daughter why I can't be married to her father - Why I care for a new person

U. Confusion

45. Feeling excluded from your children with whom you do not live

25. Experiencing feeling trapped in your family situation (miscellaneous)

30. Giving discipline as a parent (Discipline)

32. Hearing family members disagreeing or arguing (Pseudomutuality)

2. "What are other situations in family living not mentioned in this questionnaire do you find stressful?

A. Money sent to ex-spouse

B. Relationship between spouse and ex-spouse
C. Not enough time for everything

D. Being the one to carpool/help with homework/bake cookies/work

Remembering past abuse from husband

V. Having to go over points of the divorce decree with former spouse after these points have been previously resolved in the divorce decree

W. Sharing my things with family members

X. Ex-spouse won't pay expenses of child or spend time with him

Y. Different schedules/one responsible adult

Z. Loneliness

  a. Wife indecisive--feels she or children will be next victims
  b. Very stressful being alone and experiencing a feeling of not being needed, creates a feeling of no purpose in life.
  c. Try to reorganize your family life with grandparents and you

SUMMARY

1. Demands on time (5)

2. Guilt for not living up to others expectations (5)

3. Continuous discord (4)

4. Loneliness (4)

5. Money (2)

3. Other comments
f. This questionnaire did not deal with my major stresses: death of father/husband/dating/loneliness/different schedules, etc.

J. It would be helpful if you defined stress. To me, it is annoying (emotional) that don't resolve in a day or two.
f. Handicapped child

g. Television effects on family relationships (teens learning too fast, disrespect for parents)

H. Supermom pressures

I. Low academic performance of stepchild

J. Interference by non custodial parents

K. Adjustment to his and her children

L. Balancing, career children and own life

M. Biological father putting guilt trip on child

N. Adultery, homosexuality, rape or assault to family member

O. Discussion with family members about children

P. Dishonesty of spouse-selfishness, non compassionate

Q. Lack of common courtesy

R. Having to make the decisions

S. Inconsistent attention from spouse

T. Patience in a stressful situation

U. Adjustment between step and biological children

V. Depressed child

W. Balancing career, home-life

X. Mother and father able to agree on how to raise children

Y. Relation to ex in laws

Z. Two sets of rules - being undermined
STEP FAMILY TYPE

Section II

1. "From your experiences, what statement on the questionnaire is the most stressful situation in family life for you?"

FREQUENCY COUNT

<table>
<thead>
<tr>
<th>Stressful Statement</th>
<th># times mentioned</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>1</td>
</tr>
<tr>
<td>32. Hearing Family members argue (Pseudomutuality)</td>
<td>21</td>
</tr>
<tr>
<td>21. Feeling a lack of communication in your family (Understanding)</td>
<td>24</td>
</tr>
<tr>
<td>20. Hiding your feelings when you are angry with other members of your family (Pseudomutuality)</td>
<td>22</td>
</tr>
<tr>
<td>22. Experiencing difficulty with a child because of his position (oldest, youngest, etc.) (Family Constellation)</td>
<td>20</td>
</tr>
<tr>
<td>24. Having enough money for the family demands (Money)</td>
<td>19</td>
</tr>
<tr>
<td>20. Hiding your feelings when you are angry with other members of your family (Pseudomutuality)</td>
<td>15</td>
</tr>
<tr>
<td>22. Experiencing difficulty with a child because of his position (oldest, youngest, etc.) (Family Constellation)</td>
<td>30</td>
</tr>
<tr>
<td>24. Having enough money for the family demands (Money)</td>
<td>35</td>
</tr>
<tr>
<td>20. Hiding your feelings when you are angry with other members of your family (Pseudomutuality)</td>
<td>19</td>
</tr>
<tr>
<td>22. Experiencing difficulty with a child because of his position (oldest, youngest, etc.) (Family Constellation)</td>
<td>14</td>
</tr>
<tr>
<td>24. Having enough money for the family demands (Money)</td>
<td>34</td>
</tr>
</tbody>
</table>
a. Conflict of career, educational and family goals
b. Accomplishment of daily tasks and responsibilities

SUMMARY

1. Blending of children and other relatives (11)
2. Demands on time (7)
3. Special children's problems (4)
4. Lack of time for self (2)
5. Continuous discord (2)

3. Comments

A. I found this questionnaire very relevant to the kinds of stress I myself experience daily
B. Questionnaire is vague about how one should feel about these things such as death of a family member at the time or later
C. Confine your population to divorced or widowed—or whatever. There should have been more opportunity to express situations peculiar to an individual family
D. Mixing the families is hard for anyone; however, filling out this form makes me realize how many problems go away after a while
REFERENCES


