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THE EFFECTS OF MATERNAL EMPLOYMENT STATUS ON THE
EVENING MEALS OF ADOLESCENTS

THESIS

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By

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The purpose of this study was to determine whether maternal employment contributed to the general inadequacy of the adolescent's evening meal, and to examine the attitudes of adolescents regarding the mother's role in evening meal preparation. A questionnaire was administered to 1180 high school students in a suburban area of Dallas-Ft. Worth in May, 1987. The hypotheses were tested using Chi square, Pearson product moment correlation, and Anova. Results indicated that maternal employment affects adolescent evening meals in the number of meals offered per week, fully prepared by mother, and eaten away from home. The amount of adolescent participation in meal preparation was higher for the employed group. Attitudes are different between the sexes and those with employed and unemployed mothers.

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Chapter 1

INTRODUCTION

A long-term trend towards increased participation of married women and mothers in the labor force has been observed since World War II. The Bureau of Labor Statistics revealed that the percentage of employed wives rose during the decade of the seventies. At the end of the seventies, more than fifty per cent of all married women were employed, and increasing numbers of women were expected to seek employment in the future (U.S. Dept. of Labor, 1980).

Much controversy has erupted over the effects of maternal employment on the young child. There is little or no opposition to a mother's employment when the child reaches adolescence. In fact, employment has been viewed as an enhancement to a woman's life as her children become increasingly independent. There is a need for research directed to the possible side effect of maternal employment on the diets of adolescents.

Adolescent eating habits have been criticized by nutritionists for decades. The teenage years have become synonymous with poor nutrition. Teenage activities and employment have a tendency to interfere with family schedules and contribute to haphazard

eating patterns. Could these factors, coupled with the mother's employment, create inadequate dietary behavior? As children grow older and more self-sufficient, it is quite natural to be less concerned about their abilities to feed themselves. Adolescence brings with it a paradox of dependence and independence. However, it is a time of growth spurts and critical hormonal changes. Nutritionists agree that proper eating habits are of crucial importance during this time and generally set patterns for adult eating.

The question is not whether mothers should work, but whether maternal employment is a contributing factor in the nutritional adequacy of the evening meals of adolescents. If such a relationship exists, then there is a definite need to address the problem through education and an appeal to the food industry to respond appropriately.

Statement of the Problem

What are the effects of maternal employment on the evening meals of the adolescent?

Subproblems

1. How does maternal employment affect the family?
2. What are the evening meal patterns of the adolescent?

3. Does maternal employment have an effect on the evening meal practices of the adolescent?

Objectives of the study

The objectives of the study were to determine whether maternal employment was a contributing factor to the general inadequacy of the adolescent's evening meal, and to examine the attitudes of the adolescent regarding the mother's role in preparation of the evening meal. This study hoped to provide nutrition educators and the food industry pertinent information to be used in promoting good adolescent nutrition.

Delimitations of the Study

1. This study was restricted to high school students who are enrolled in health classes and home economics classes within Hurst-Euless-Bedford Independent School District, a suburban area in the Dallas-Fort Worth metroplex.

2. This study was limited to examination of the evening meals of the adolescent over a 5-day period including Monday through Friday.

3. This study was restricted to adolescents whose mothers are employed full-time (over 30 hours a week) and those whose mothers who do not work for pay and are full time homemakers.

Limitations of the Study

1. This study was limited by the accuracy of the reporting of the students questioned.

2. The results of this study are applicable to those high school students residing in the suburban geographic area of Dallas-Fort Worth.

Basic Assumptions

1. The first assumption was that maternal employment would reduce the amount of time available for cooking dinner.

2. The second assumption was that the evening meal is generally the largest meal of the day and the meal in which the greatest percentage of nutrients could be consumed.

Hypotheses

In order to complete the objectives of the study, five hypotheses were tested.

1. The evening meal habits of adolescents whose mothers are employed full-time outside the home are different than those whose mothers are full-time homemakers.

2. There is a significant relationship between outside activities, employment, and evening meal habits of adolescents.

3. There is a difference between the younger adolescent's attitude concerning the mother's role in meal preparation and the attitude of the older adolescent concerning the mother's role in meal preparation.

4. There is a difference between the adolescent male and the adolescent female attitude towards the mother's role in evening meal preparation.

5. There is a difference between the attitude of the adolescent whose mother is employed and the adolescent whose mother is unemployed towards the mother's role in evening meal preparation.

Definition of Terms

1. Adolescent. Adolescents are persons ranging in age from 15-19 and enrolled in 10th through 12th grade.

2. Employed mother. An employed mother is a mother working for pay.

3. Evening meal. Evening meal is that meal consumed between 4 p.m. and 10 p.m. any given day.

4. Nutrition Education. Nutrition education is a comprehensive study of nutrition.

5. Unemployed mother. An unemployed mother is one who has no part-time employment or does not work for pay within the home.

6. Week. A week is that period of time between Sunday and Saturday. The week days are analyzed to include the average maternal working schedules.

CHAPTER 11

REVIEW OF LITERATURE

Introduction

Societal changes usually have ramifications for the family. Employment of women is a phenomenon of the twentieth century. It is a subject that has been addressed from many vantage points and will continue to be assessed until generations have adapted to it.

One aspect of maternal employment that has had little consideration in the past is its effect on the nutrition of the family. We live in a generation of constant change and accelerated advances in food technology. Since choices are made by individuals, scientists can increase the selections of food available, but not necessarily improve the nutritional quality of the modern diet. The factors that influence food choices of youth can create permanent eating behaviors of future generations.

Maternal Employment

Between 1947 and 1975, the number of working husbands increased by 27 percent and the number of working wives increased by 205 percent (Greiff and Munter, 1979). The fourth Women's Opinion Poll concluded

that the majority of women seem to be more interested in combining careers and family. In over one-half of all marriages in the United States, both the husband and wife work for pay outside the home (U.S. Bureau of the Census, 1983). Four out of ten young women in the United States are destined to be heads of households and the sole support for their families. The implications of these statistics is clear. Employment of women is not a fleeting trend due to economic or international conditions, but a permanent fact of our society (Simson, 1981). The women's movement of the sixties created new opportunities and aspirations for women, resulting in a myriad of social problems.

In recent years, the impact of the working woman on the family has been a source of major interest by researchers. As a result, much has been written about dual career households and the changing roles of men and women. Regardless of the academic considerations given to the situation, studies are showing that the wife is still held responsible for the bulk of household duties. Rudd and McKenry (1980) found that of the 56 percent of married women workers surveyed, wives continued to maintain primary responsibility for housework and child care. In a study by Stafford and Duncan (1974), employed wives spent 8.1 hours per week in meal preparation and kitchen cleaning in contrast to

employed husbands who spent one hour. The time spent in unpaid labor by women represents significant economic contributions to the family. If a woman enters the labor force, household routines need to be rearranged and shared with other family members. Unfortunately, this is not occurring to any great degree (Fox and Nichols, 1983). Reed and Fanslow (1984) found that even executive and entrepreneurial women were still responsible for traditional tasks at home. The major change that occurred was a "relaxed standard" concerning household tasks. Wheeler and Arvey (1981) investigated the factors associated with division of labor between husbands and wives. They surveyed 68 households in a large Southeastern city. The average length of the marriages was 19 years. It appeared that husbands and wives took responsibility for tasks they enjoyed. Husbands' attitudes toward women and their educational level were related to assumption of non-traditional household tasks. Employment of the wife was related to her decreased responsibility for female tasks. In general, it appeared that responsibilities of wives remained constant while participation of husbands varied with their education, attitudes, age, and years married. The assumption of certain tasks by males seemed to be more acceptable rather than an equal sharing of tasks.

Spouses tended to specialize and differentiate the household tasks. Of over 6,000 households polled in the 1977-78 USDA Nationwide Food Consumption Survey, only 14-15 percent of the males planned or helped cook the meals (Rizek and Peterkin, 1980). In keeping with traditional expectations, a majority of women bear sole responsibility for grocery shopping and cooking (Maret and Finlay, 1984). Studies of time spent in household production have shown that employed wives spend one-third to one-half as much time on household work as unemployed wives. Not only did being employed decrease wives' time in household work, it decreased their time in each component activity. The time spent in meal preparation is likely to be reduced as employment limited the time available to them. The most significant decrease occurred in house care, followed by laundry, after-meal cleaning, and food preparation. More time was spent in buying goods which substitute for home-produced goods (Stafford, 1983).

A study by Ortez, McDonald, Ackerman, and Goebel (1981) found that homemakers who were employed full-time outside the home spent less time on meal preparation than those who worked part-time and significantly less time in food preparation than those who were full-time homemakers. The sample consisted of 210 Wisconsin families each having two children under

18. Information was recorded on how each family member spent two 24-hour periods. Food preparation was one of ten distinct measures of home production studied. The age of the youngest child was also significantly related to time spent on food preparation. As the age of the children increased, the amount of time spent in food preparation decreased. A study conducted by Jackson, McDaniel, and Rao (1984) investigated the psychographic differences in food shopping and preparation. Participants of the study included 246 working wives and 181 housewives. Working wives displayed a greater dislike for food shopping and cooking than did housewives. Working wives preferred meals that were quickly prepared and meals eaten away from home. Redman (1980) concluded that employed wives buy more prepared foods for household consumption than unemployed wives.

Increased attention has been given to the purchase of meals away from home as an alternative to meals prepared and eaten at home. For every ten percent in the disposable income of the American family, the amount of money spent on food purchases away from home increases eight percent (Salathe, 1979). Ortiz et al. (1981) revealed conclusive evidence that families with full-time employed women ate a large proportion of their meals away from home. In a study of families with

two children, Nichols (1983) found that families with older children were more likely to eat dinner away from home. It appeared to be a time-buying strategy. Fast food outlets were frequently used and seemed to be directly related to the hours spent in employment the week before the interview. Time saving features of eating at fast food outlets may have been a major consideration. Employment status of wives was not related to purchases of meals in restaurants, but the ages of the youngest children were. In a consumer expenditure survey of 9,392 households, Redmon (1980) found that families with young children spent significantly less for food away from home than families with older children.

All of these factors imply that family food consumption is altered by the mother's entrance into the labor market. Less time for meal preparation and more time spent purchasing meals away from home means a likelihood of increased purchases of processed foods and lower nutritional intakes for families.

Adolescent Nutrition and the Evening Meal

Frequently, adolescents are identified as a group with poor dietary habits, and at risk nutritionally. In order to influence adolescents enrolled in nutrition education programs, the factors that contribute to

their dietary habits must be identified. The adolescent's hormonal system is being developed during these years. If this physical change is not supported by adequate nutrition, chronic diseases may follow (Martin, 1984).

In a study of food intakes of working and nonworking adolescents, Skinner, Salvetti, and Penfield (1985) compared evening meal patterns and the quality of diets of 140 adolescents. Half of the subjects worked on the day of the survey and half did not. They completed 24-hour food pattern logs and questionnaires which provided information regarding their eating patterns. Eleven percent of the working and three percent of the non-working subjects skipped the evening meal. Slightly more than 25 percent of the entire sample self-prepared their evening meal. It appears that in many cases, eating may be a non-scheduled and individual event in households. Many individuals reported that they were responsible for their own diets (Helmick, 1978). Given the wide selection of available food, an adolescent may have difficulty in making decisions which are nutritionally sound (Gussow, 1981).

In a four-year longitudinal study of 122 adolescents, it was apparent that many adolescents were forced to take the responsibility for their own meals. They helped themselves to odd combinations of foods

which represented unconventional eating patterns. Over one third reported irregular eating habits that suggested a way of living which differed from the traditional three meal pattern (Huenemann, 1968).

Scheduling forces teenagers into a distorted pattern of grabbing any food they can for nourishment. Little relationship has been found between the frequency of teenage eating and overall nutritive quality of their diets except for when they ate fewer than three times a day. The evening meal has become an important access point for nutrition. When poor selection existed, the quality of the diet suffered to an even greater extent (Leverton, 1968).

Convenience foods allow for saving time and increased participation by other family members in the preparation of dinner. In a study of 262 school children in north Texas, Brooks (1981) discovered that children received fifty percent of their energy from snacks that were high in carbohydrates and fat and low in protein. Brooks predicted that this trend would continue throughout their lifetimes unless there was a change in eating patterns. Expenditures for convenience foods were a large share of total expenses for purchased foods in a nationwide survey conducted in 1968 (Adelson, 1968). A more recent study conducted by Smith (1984) surveyed home tasks performed by 1252

adolescents in 1983. Sixty-five percent helped prepare meals at home and 17 percent were solely responsible for preparing meals for their family.

Story and Resnick (1986) surveyed 900 high school students in Minnesota concerning a range of nutrition related topics. The vast majority felt that it was important to eat family meals together, but stated that schedules often prevented this practice. Factors such as both parents working, parents being away from home in the evening, and hectic family schedules interfered with family meals, thus having a negative impact on their diet. Several students blamed their poor eating habits on their parents because the parents held them completely responsible for their own meal preparation. The students felt that three barriers prevented them from improving their diets: a lack of time, a lack of self discipline, and the lack of a sense of urgency.

Adolescent Diet and Maternal Employment

Results of previous studies contradict the theory which states that maternal employment is partially responsible for inadequate nutrition of the adolescent. Skinner et al. (1985) examined specific eating occasions and nutrient intakes for one 24 hour period. The subjects were 211 male and female high school students in Tennessee. The dietary scores reflected no

significant differences between adolescents with employed mothers and those with nonemployed mothers. Data indicated that many diets did not meet two thirds of the recommended dietary allowances (RDA) for several nutrients. Few differences existed in evening meals. Geary (1972) found that no appreciable difference existed between the eating habits of adolescents whose mothers were employed compared to those whose mothers were full-time homemakers. The subjects were 280 4-H members in rural Tennessee. In a comparison of seven-day diets of nearly 2,000 males and females aged six to nineteen, Siler (1963) found significant differences in the consumption of nutrients of children of employed and unemployed mothers. The employed group's consumption of nutrients was superior to the unemployed group. A relationship emerged between the educational background of the mother and the rate of employment. The level of socioeconomic status appeared to be a significant factor in the results. The mothers with the most education and socioeconomic status showed the highest level of nutrient consumption in their children. These women were most often employed. In another study of over 1000 teenagers, information concerning their food consumption over a five day period was recorded. For the evening meal, as the grade level increased, the percentage of students who missed

the meal increased steadily. As students become older, they tended to report having more commitments outside of the home (Martin, 1984). Hinton (1962) found that maternal employment was not significantly related to the dietary adequacy of the 140 girls surveyed in an Iowa town. However, the daughters of employed mothers had more responsibility for the preparation of family meals than those of unemployed mothers.

Summary

As women's participation in employment increased, attention to the nutritional well-being of the family came into focus. Adolescents with busy schedules did not take the time to eat regularly scheduled meals. Snacking and eating at fast food restaurants became a common practice, especially when mothers did not provide a substantial meal because of their busy schedules. In our society, the family has assumed responsibility for providing the evening meal for its members. The bulk of the daily nutrient intake has been provided by the evening meal. When the mother's employment interfered with the ability to provide the evening meal, the quality of the adolescent diet has been affected. Overall, the evening meal has become snack-oriented and inadequate in providing dietary needs.

With such limited amounts of research on this particular aspect of adolescent nutrition, it seems reasonable that there is a definite need to investigate the problem more thoroughly. For millions of adolescents, the healthy, hearty evening meal of the past is the exception rather than the rule. Saving time through the use of convenience and fast foods could result in long-term effects in adolescent health and diet.

CHAPTER III

METHODS AND PROCEDURES

Sample

A convenience sample for the study included 1180 male and female high school students. The students, grades 10 to 12, were enrolled in health and home economics classes of the Hurst-Euless-Bedford Independent School District, a suburban area in the Dallas-Ft. Worth metroplex. The sample included students whose mothers were employed full-time (30 hours or more per week), part-time (less than 30 hours per week), and those students whose mothers were full-time homemakers. Since health classes are required courses, the sample was representative of high school students in the area. Since home economics is an elective course, it can be assumed that students enrolled in these classes might have had an interest in nutrition.

Instrumentation

The Teen Evening Meal Survey was designed to collect data concerning the evening meal intakes and patterns of adolescents, as well as their attitudes toward the mother's role in evening meal preparation.

The questionnaire assessed the individual evening meal habits of the subjects and the level of participation of their mothers in the preparation of evening meals. The survey was tested with thirty students in a home economics class for clarity, usability, and the amount of time needed. A copy of the instrument is included in Appendix C.

Collection of Data

Home economics and health teachers in the suburban area of Hurst-Euless-Bedford were contacted by campus mail and asked to cooperate in the study. A copy of the letter is included in Appendix A. A second letter was sent prior to distribution of the questionnaire requesting specific class populations. At the beginning of the week, the questionnaires were delivered to each teacher in an individual packet for each class period. Included was a sample for the teacher with the main concepts of each question highlighted for easier reading. At that time, they were able to ask any questions concerning their instructions for administering the instrument. To avoid duplication, health classes were surveyed the last week of April, and home economics classes during the first week of May. The students were instructed to take the survey only once, and participation was voluntary.

Questionnaires were collected from each instructor by the researcher at the end of the week.

Analysis of Data

Descriptive statistics were used to describe the sample and meal habits of the adolescents. Chi square analysis was used to determine relationships between those with employed and unemployed mothers and evening meal habits. Pearson product moment correlation was used to determine if there were relationships between the activities, employment, and evening meal habits of adolescents. One-way analysis of variance (ANOVA) was used to analyze the differences between the attitudes of younger and older adolescents, male and female adolescents, and those whose mothers were employed and unemployed towards the mother's role in meal preparation.

CHAPTER IV

PRESENTATION AND ANALYSIS OF DATA

Demographic Information

Hurst-Euless-Bedford is a suburban area located midway between Dallas and Fort Worth and commonly referred to as the Mid-cities area. The three towns compose 23% of the entire population for the general Mid-cities area with a mean population of 47,000. Sixty-four percent of the residents are employed in professional occupations. The average resident's length of education is 13 years, and the mean income is \$36,600 for a household. The average resident's age is 33 years old, with 10.4 % of the population being high school age adolescents. The average price of a home in the area is \$96,000. Trinity and Bell High Schools were chosen for the survey. Both high schools have student populations between 2,000-2,300. The minority population for the district is 11.6%. Bell High School has a 5% minority population, and Trinity High School has a 14% minority population. The majority for both high schools is Caucasian.

The sample was composed of 494 males (41.9%) and 686 females (58.1%). In the 15-16 years age group, there were 652 (55.3%) subjects, and 521 (44.2%) of the

subjects were 17 or older. The number of students enrolled in home economics semester courses was 508 students, and 672 were enrolled in health classes.

An analysis of the maternal employment status of the subjects revealed that 62.1% had mothers who were employed full-time outside the home, 13.1% had mothers who were employed part-time, and 24.2% had mothers who were full-time homemakers.

Presentation and Analysis of Data

The purpose of this study was to investigate and compare the effects of maternal employment on the evening meal habits of adolescents. The general hypothesis was that the evening meal habits of adolescents whose mothers are employed full or part-time outside the home are different from those whose mothers are full-time homemakers. It was hypothesized that there was a significant relationship between outside activities, employment, and evening meal habits of adolescents. It was also hypothesized that there was a difference in attitudes towards the mother's role in meal preparation among males and females, younger and older adolescents, and those whose mothers are employed and full-time homemakers.

The instrument used to measure these effects and attitudes was the Teen Evening Meal Survey, a

questionnaire containing twenty-five questions investigating the subjects' evening meal habits and attitudes towards the mother's role in meal preparation. The questionnaire was administered during the last week of April and the first week of May, 1987, to 1180 health and home economics students at two high schools in the Hurst-Euless-Bedford Independent School District, a suburban area of Dallas-Fort Worth. The data was compiled from the 1180 completed questionnaires.

Since health is a required subject for graduation, the sample could be considered representative of the adolescents in that area. Home economics is an elective course, and it could be assumed that these students might exhibit some interest in nutrition.

The statistical procedures used for analysis of data were descriptive statistics, Chi square, Pearson product moment correlation, and one-way analysis of variance (ANOVA).

The mean scores for the sample are located in Table 1, and divided according to health students, home economics students, and total sample. The questions were answered according to the frequency of days per week (Monday-Friday) that pertained to the students' evening meal habits. The maximum answer was five and the minimum answer was zero. The Teen Evening Meal

TABLE 1
Sample Means

Variable	Home Economics Mean	Health Mean	Total Mean	# Observ.
Scheduled meal	3.17	3.39	3.29	1174
Eaten away from home	1.67	1.80	1.55	1171
Extra curricular meal missed	1.20	1.44	1.33	1178
Community activities meal missed	.68	.64	.65	1156
Meal preparation by mother	2.86	2.94	2.90	1171
Self- preparation by adol.	1.36	1.15	1.25	1174
Frozen convenience foods	.79	.71	.75	1173
Take-out or delivery	1.34	1.21	1.29	1171
nutritious meal	3.10	3.25	3.12	1169

Note: Answer indicates number of days per week.
 Maximum =5

Survey contained 10 questions directly related to evening meal patterns and the role of mother in meal preparation.

In order to complete the objectives of the study, five hypotheses were tested.

Hypothesis one. The evening meal habits of adolescents whose mothers are employed full-time are different than those adolescents with mothers who are full-time homemakers.

When asked how many evenings a week there was a regularly scheduled evening meal, 36% had a scheduled evening meal five days a week (Mon-Fri). Thirty percent of the adolescents whose mothers were employed full-time reported a scheduled meal five evenings a week, as opposed to 49% of the adolescents whose mothers were full-time homemakers. There was no appreciable difference between the percentages for employed and unemployed mothers in any other category. The percentages of evening meals scheduled four evenings a week was 16%-18%. Those who had meals three days a week were 13%-19% of the sample. Eleven percent of the sample reported having no scheduled evening meals. Chi square was used to test Hypothesis 1 for possible relationships between maternal employment, the number of scheduled meals offered, how often and what type of food is purchased away from home, and who is

responsible for evening meal preparation. A positive relationship between the number of scheduled evening meals and maternal employment was evident by the results of the analysis. Chi square was $(21, N=1174), =78, p < .001$. Table 2 illustrates the results.

When asked how many weekdays the evening meal is eaten away from home, 31% of the students responded that they ate one meal per week (Mon-Fri) away from home. Twenty-seven per cent (27%) of those with mothers employed full-time, and 34% of those with unemployed mothers, reported eating one meal away from home per week. Twenty-four per cent (24%) reported eating away two evenings a week. Twenty-six percent (26%) of those with mothers employed full-time and 21% of those with unemployed mothers were in that group. Twenty-one percent (21%) of the sample did not eat away from home during the week. Nineteen percent (19%) of those with mothers who were employed full-time and 28% of those with unemployed mothers did not eat away from home. A positive relationship was noted between those who did not eat away from home at all during the week and the maternal employment factor. Chi square was $(15, N=1171)=32.9, p > .005$. Refer to Table 2 for the results.

TABLE 2
Significant Differences Between Adolescents
With Employed And Unemployed Mothers

Variable	Employed Full Time	Full Time Homemaker	Chi square	DF	Sign. Level	# Observ.
Scheduled meal 5 days	30%	49%	78.1	21	.0001	1174
Do not eat away from home	19%	28%	32.9	15	.0005	1171
No meals available if gone	16%	7%	32.0	6	.0001	1162
Mother fully prepares meal 5 days	17%	43%	135.6	18	.0001	1166
No meals prepared by mother	17%	7%	135.6	18	.0001	1166
No meals prepared by adolescent	36%	50%	45.5	18	.0004	1174

Note: significance level recorded at .005

When asked how many evening meals would be prepared and available to the adolescent when they returned home from activities or work, 63.3% answered that they "sometimes" have a meal ready for them. Of those, 62% with mothers employed full-time, and 62% with unemployed mothers were in that category. Only 24% of the sample "always" had a meal available. Twenty-two percent (22%) of those with mothers employed full-time and 28% of those with unemployed mothers were in that group. Within the entire sample, 13% never had a meal ready for them. Sixteen percent (16%) of those whose mothers were employed full-time and 7% whose mothers were full-time homemakers never had a meal ready. When tested, Chi square was $(6, N=1162)=32, p<.001$. A positive relationship occurred between those who never had a meal ready and maternal employment. Table 2 illustrates the results.

When asked how many weekdays the mother fully prepared the evening meal, 25% reported five days. Seventeen percent (17%) of those with mothers employed full-time and 43% of those with unemployed mothers reported 5 days. There was little difference in percentages for meals prepared three and four times a week, but 19% of the adolescents with employed mothers had an evening meal prepared by mother two evenings a week as compared to 9% of those with unemployed

mothers. Thirteen percent (13%) of the total sample had no evening meals during the week prepared by their mother. Of that group, 17% of those with mothers employed full-time and 7% of those with unemployed mothers had no scheduled meals. Chi square was $(18, N=1162)=135.6, p<.001$. Results showed a relationship between maternal employment and the amount of meals prepared weekly by the mother. Table 2 illustrates the results.

When asked how many weekdays the adolescent fully prepared the evening meal, 24% of the sample prepared the meal once a week. Twenty-three percent (23%) with mothers employed full-time and 23% of those with unemployed mothers fully prepared the evening meal. Forty percent (40%) of the sample did not prepare any meals for themselves during the week. Thirty-six percent (36%) of those with employed mothers did not self-prepare the evening meal while 50% of the unemployed group did not self-prepare any meals. Chi square was $(18, N=1169)=45.5, <.0004$. The results showed a positive relationship between maternal employment and adolescent participation in meal preparation. Table 2 illustrates the results.

When asked what kind of eating establishment the student most often chose when eating out, 58% of the sample chose fast food and 24% chose a sit-down service

restaurant. There was no significant difference between those with employed and unemployed mothers. Between 56% and 59% chose fast food and 27% to 30% chose sit-down restaurant service in each group.

When asked how often the subjects ordered food for take home or delivery, 41% responded to one evening a week, and 20% chose two evenings a week. There was no significant difference between those with employed and unemployed mothers.

When asked how many evenings a week they ate frozen dinners or entrees for the evening meal, 22% responded with one evening a week; 58% reported not eating frozen dinners or entrees any evening of the week. There was no significant difference between those with employed and unemployed mothers.

According to the statistical results, there was a significant difference between the scores of adolescents with employed and unemployed mothers, exhibiting a positive relationship between maternal employment and evening meal habits of adolescents. The hypothesis was retained.

Hypothesis 2. There is a significant relationship between outside activities, employment, and evening meal habits of adolescents. Hypothesis 2 was tested using the Pearson product moment correlation. Since there were no significant correlations between

extracurricular activities, employment, community activities and evening meal habits of adolescents, Hypothesis 2 was rejected. The correlation scores are shown in table 3 below.

Table 3

Correlation of Outside Activities and Employment

	Meal during work hour	Excurr. during meal	Community during meal
Meal prepared by mother	-.036	.005	.067
Adol. prepared meal	.066	.097	.083
Food ordered out	.109	.098	.073

Hypotheses 3, 4, and 5 explored the attitudes of the adolescents surveyed concerning the maternal role in evening meal preparation. The response requested a level of agreement with the statement given. The range was from 5 (strongly agree) to 1 (strongly disagree)

with 3 being neutral. Table 4 illustrates the mean ratings for attitudes of the sample.

Hypothesis 3. There is a difference between the attitudes of younger (15-16) and older (17 or older) adolescents concerning the mother's role in evening meal preparation. The sample contained 56% in the 15-16 year old group and 44% in the 17 or older group. The hypothesis was tested using one-way analysis of variance (ANOVA). Overall significance was accepted at the .05 level.

When asked if full-time employed mothers of adolescents should not be expected to prepare the evening meal for the family, no significant difference was reported between the two age groups.

When asked if the family should share in the preparation of the evening meal if the mother is employed full-time, no significant differences between the groups were reported.

When asked if more convenience foods should be served if mothers work full-time, no significant differences between the groups were recorded.

When asked if full-time homemakers should be expected to prepare the evening meal, no significant differences between the groups were recorded.

When asked if full-time homemakers should spend more time preparing the evening meal for the family, no

TABLE 4
Mean of Attitudes by Age, Gender,
and Maternal Employment

Variable	15-16 Yrs.	17+ Yrs.	Male	Female	Unempl. Mother	Empl. Mother	Total Mean
Working mothers should not prepare meal	3.15	3.05	3.16	3.02	3.05	3.09	3.10
family sharing of meal prep.	4.09	4.04	3.87	4.21	4.07	4.05	4.07
More convenience foods served	3.03	2.93	2.96	3.02	2.89	3.02	2.99
Full-time homemaker prepares meal	4.13	4.19	4.21	4.13	4.0	4.22	4.16
Full-time homemaker spends more time	3.53	3.61	3.71	3.46	3.35	3.69	3.57

Note: Strongly disagree=1, Neutral=3, Strongly agree=5
 Number of Observations= (15-16=652, 17+=521) (M=494, F=685)
 (Emp=733, Un=286)

significant differences between the groups were recorded.

According to the statistical results, there was no difference in attitudes among the younger and older adolescents concerning maternal role in evening meal preparation. Hypothesis 3 was rejected.

Hypothesis 4. There is a difference between attitudes of male and female adolescents towards the mother's role in meal preparation. Forty-two percent (42%) of the sample was male, and 58% was female. The hypothesis was tested with a one-way analysis of variance (ANOVA). Overall significance was accepted at the .05 level.

When asked if mothers of adolescents employed full-time should not be expected to prepare the evening meal, a significance value of .02 was reported. Females showed a slightly higher level of agreement with the statement. The mean for the females was 3.16, and the mean for the males was 3.02. The response was neutral.

When asked if the family should share in the preparation of the evening meal in homes with a mother employed full-time, a highly significant difference of less than .001 indicated a disagreement among males and females. The females recorded a stronger agreement with the statement with a mean of 4.21, and the mean for the males was 3.87.

When asked if more convenience foods should be prepared in homes with full-time employed mothers, there was no level of significance. The response by both sexes was neutral.

When asked if mothers who are full-time homemakers should be expected to prepare the evening meal, no significant difference was reported. Both sexes agreed with the statement.

When asked if full-time homemakers should spend more time preparing the evening meal, a highly significant difference of .001 indicated disagreement between the sexes on this issue. The mean for the males was 3.71, and the mean for the females was 3.46. The males showed stronger agreement with the statement than the females.

Statistical analysis revealed that there is significant difference in attitudes between the sexes concerning evening meal preparation and maternal employment, family sharing of meal preparation, and the amount of time spent preparing the meal by a full time homemaker. The hypothesis was retained.

Hypothesis 5. There is a difference between the attitude of the adolescent whose mother is employed and the adolescent whose mother is unemployed towards the mother's role in meal preparation. One-way analysis of

variance (ANOVA) was used to test the hypothesis. Overall significance was accepted at the .05 level.

When asked if mothers of adolescents who are employed full-time should not be expected to prepare the evening meal, there was no significant difference. All groups reported a neutral response.

When asked if mothers employed full-time should have family assistance in evening meal preparation, no significant difference was reported. All groups agreed with the statement.

When asked if more convenience foods should be served by employed mothers, no significant difference was reported. The response to the statement was neutral.

When asked if full-time homemakers should be expected to prepare an evening meal, a highly significant level of .009 was recorded. The mean for the employed group was 4.22, and the mean for the unemployed group was 4.0. Although both groups agreed with the statement, the employed group showed a much stronger agreement.

When asked if mothers who are full-time homemakers should spend more time in evening meal preparation, a highly significant level of less than .001 was recorded. The mean for the employed group was 3.69, and the mean for the unemployed group was 3.35. Again,

those with employed mothers exhibited a stronger level of agreement with the statement.

Statistical analysis revealed a significant level of difference of attitudes towards the maternal role in evening meal preparation between adolescents whose mothers are employed full time and those whose mothers are full time homemakers. The differences occurred in the employed group's perception of the full time homemaker's responsibility toward preparation of the evening meal. The hypothesis was retained.

Discussion and Summary of Findings

There is evidence that maternal employment does affect the evening meals of adolescents. There were significant differences in the percentage of students who had regularly scheduled meals five evenings a week. Sixty-two percent (62%) of the sample had mothers who were employed full-time and only 30% of those had a scheduled evening meal five days a week. Twenty-four percent (24%) of the sample had unemployed mothers, and 49% of those had a scheduled evening meal five days a week. Those subjects who did not eat away from home during the week comprised 19% of the adolescents with employed mothers and 28% of those with unemployed mothers. A statistical difference existed when tested with Chi square. It should be noted that no significant

differences in the two groups occurred when comparing other categories. When the number of days evening meals were offered decreased to three or four, those with employed and unemployed mothers were nearly equal in frequency. Thirteen percent (13%) of the subjects never had a meal ready for them when they returned home from work or activities. Sixteen percent (16%) of the group with employed mothers and 7% of the group with unemployed mothers were in that category. This represents a positive relationship with maternal employment. There was no relationship between the responses "always" and "sometimes."

A highly significant difference was evident in the number of evening meals per week fully prepared by mother. Twenty-five percent (25%) of the entire sample reported having five meals per week fully prepared by their mothers. Seventeen percent (17%) of those with mothers who were employed full time and 43% of those with unemployed mothers were in that category. A Chi square of less than .001 showed a relationship to the number of meals fully prepared by mother per week and maternal employment. A highly significant difference of less than .001 was recorded when considering adolescent preparation of the evening meal. Those who fully prepared the evening meal once a week for themselves or others were equally represented by the employed and

unemployed group. However, a larger proportion of those who never fully prepared the evening meal during the week were from the group with the unemployed mothers. Fifty percent (50%) of those with unemployed mothers never fully prepared the evening meal during the week. Thirty-six percent (36%) of those with employed mothers did not fully prepare the evening meal.

Chi square analysis did not reveal any significant differences in choices of eating establishments, how often the subjects ordered food for take-out or delivery, or the consumption of frozen dinners between the groups.

Analysis of Hypothesis 2 demonstrated that there was no evidence that outside activities or employment affected evening meal habits of the sample. Pearson product moment correlation found no relationships between the variables. Community or extracurricular activities seldom conflicted with the evening meal during the week. Forty two percent (42%) of the adolescents were employed. Of those who were employed during the evening meal and chose to eat at work, 65% chose vending machine snacks such as candy and soda. Sixty-two percent (62%) of those subjects were female.

Hypotheses 3, 4, and 5 measured attitudes of adolescents towards maternal employment and meal preparation. Age, sex, and maternal employment status

were compared for relationships using one-way analysis of variance (ANOVA).

Using the ANOVA program to analyze Hypothesis 3 resulted in no significant differences between the attitudes of younger adolescents and older adolescents towards the mother's role in evening meal preparation.

Testing of Hypothesis 4 resulted in evidence of some differences in attitudes between the sexes towards the maternal role in evening meal preparation. The statistical results revealed significant differences. Females agreed more strongly than males that family members should share in evening meal preparation in a home with a full-time employed mother. Males responded with a higher level of agreement to full-time homemakers spending more time in evening meal preparation than employed mothers. When comparing male and female attitudes towards obligations of the groups of mothers to prepare a meal or serve convenience foods, there were no reportable differences.

Similarly, in Hypothesis 5, there were two areas of differences of attitudes between those adolescents with employed mothers and those with unemployed mothers. Statistical results indicated little difference in opinion in three areas. The attitudes that produced significant differences pertained to the amount of time spent and the responsibility towards

preparation of the evening meal by the full-time homemaker. The employed group perceived the unemployed mother to have more obligation to provide the evening meal and spend more time preparing it than the adolescents who lived in homes with a full time homemaker.

This study can best be summarized by stating that maternal employment does have some effects on the evening meal habits of adolescents. Areas that are most affected are (1) how often scheduled meals are available, (2) the frequency of eating the evening meal away from home, (3) the number of evening meals fully prepared by mother during the week, and (4) adolescent participation in preparation of the evening meal.

The attitudes of the adolescents towards the mother's role in meal preparation differed somewhat among the sexes and those with employed and unemployed mothers. The male/female differences were in traditional areas of participation in preparation and the role of the full-time homemaker. Adolescents of employed mothers felt strongly about full-time homemakers preparing and devoting more time to evening meal preparation.

CHAPTER V

SUMMARY, FINDINGS, CONCLUSIONS, AND RECOMMENDATIONS

Summary

This study investigated the effect of maternal employment status on the evening meal patterns of adolescents. The objectives of the study were to determine if maternal employment was a contributing factor to the general inadequacy of the adolescent's evening meal, and to examine the attitudes of the adolescent regarding mother's role in evening meal preparation.

The study compared a group of high school students with mothers employed full time and a group of high school students with mothers who were full time homemakers to determine (1) if the evening meal habits of adolescents whose mothers are employed full-time are different than those whose mothers are full-time homemakers; (2) if there is any relationship between outside activities, employment, and evening meal habits of adolescents; (3) if there is a difference in attitudes between the sexes, the younger and older adolescents, those with mothers who are employed full-time, and those with mothers who are full-time

homemakers towards the maternal role in evening meal preparation.

The data was collected from 1180 high school students from L. D. Bell and Trinity High Schools in the Hurst-Euless-Bedford Independent School District, a suburban area of Dallas-Fort Worth. The sample consisted of health and home economics students. Health is a required subject and should be considered representative of the student population. Since home economics is an elective, it could be assumed that these students might exhibit some interest in nutrition. The number of students enrolled in home economics semester classes was 508, and 672 were enrolled in health classes. Over half of the students in the sample were 15-16 years of age, and 58% were female.

An analysis of the maternal employment status revealed that 62% of the sample had mothers who were employed full-time, 13% had mothers employed part-time, and 24% had mothers who were full-time homemakers.

The instrument was administered by classroom teachers during the last week of April and first week of May, 1987. The questionnaire contained twenty-five questions designed to assess the evening meal habits

and attitudes towards the maternal role in meal preparation. Thirteen questions directly dealt with evening meal habits and five questions measured the adolescents' attitudes. The attitudes were recorded as levels of agreement to a statement. The response range was from 1 (strongly disagree) to 5 (strongly agree) with 3 meaning neutral.

Findings

Three significant findings resulted from this study:

1. Based on the findings of this study, there is evidence that maternal employment does affect the evening meal habits of adolescents. When adolescents of mothers who are employed full-time are compared to adolescents of full-time homemakers, a significant difference exists to a level of less than .001. This indicated a relationship between maternal employment and (a) the number of meals fully prepared by mother during the week, (b) the number of scheduled meals per week, (c) the number of times the evening meal is eaten away from home during the week, (d) and the amount of adolescent participation in meal preparation.

2. Based on the findings of this study, there is evidence of differences in attitudes towards the mother's role in evening meal preparation between the

sexes. Males agreed more strongly than females that full-time homemakers should spend more time preparing the evening meal than employed mothers. Females had a stronger conviction than the males towards the family sharing in the evening meal preparation in a home with an employed mother.

3. Based on the findings of the study, there is some evidence that adolescents with full-time employed mothers have different attitudes about evening meal preparation than adolescents with mothers who are full-time homemakers. Significant differences resulted in both statements pertaining to meal preparation by full-time homemakers. Both groups agreed that full-time homemakers should prepare and spend more time in preparation of the evening meal. The degree of agreement was much higher for those with employed mothers.

Conclusions

The conclusions of this study are pertinent to the body of research concerned with the effects of maternal employment on adolescent evening meals. No previous study has concluded significant effects of the mother's role in the workplace conflicting with the ability to provide evening meals. Much has been written about the ramifications of maternal employment on household

duties, child rearing, and family life. Little has been written about the family evening meal and how changes in modern families may have magnified the problem of adolescent nutrition.

When considering the conclusions of this study, it is important to examine the entire results before concluding that maternal employment is yet another impediment to the adolescent. Overall, working mothers are providing meals for their adolescents. They are not providing them every day of the week. The most significant differences occurred with meals provided five days a week, and the number of fully prepared meals by mother. Employed mothers fell far short of the unemployed in these areas. This is a true indicator that others in the household are participating in meal preparation. Husbands and children have been forced into the kitchen out of consideration for the employed mother, or possibly out of desperation to feed the household. Previous studies have found that adolescents have been participating in meal preparation for years (Helmick, 1978). Huenemann (1968) concluded in a four-year longitudinal study that the adolescents combined odd combinations of food because they were forced to take responsibility for their meals. Smith (1984) and Story and Resnick (1986) had similar findings.

This situation may account for the fact that the attitudes of the employed group strongly favored the full-time homemaker to prepare the evening meal and spend more time in preparation. Their perception of the mother who is home all day may appear to be less realistic than the adolescent with an unemployed mother. The difference in attitude may indicate an underlying desire to come home to a meal on the table, instead of instructions for preparing or starting dinner.

In the case of this study, those who had outside activities indicated that there was little conflict with evening meals during the week. Traditionally, poor dietary habits of adolescents have been blamed on employment and extracurricular activities. However, most of the sample "sometimes" or "always" had a meal ready for them when returning home from work or activities. The problem occurred with those who "never" had a meal ready. Considerably more of them came from homes with employed mothers. Scheduling and lack of time may force working mothers to clear away dinner early or consider the absence of the adolescent as an excuse for not preparing a meal. Thus, there is nothing ready when they return.

Another area of significance was the group that never had a "scheduled" meal. The majority came from

households with employed mothers. The percentage was small, in comparison to the entire sample. Possibly, these households operate on a nonstructured basis or the mother may work during the evening hours.

The differences in attitudes between the sexes seem traditionally oriented. Roles of men and women continue to be controversial. Males could be less willing to participate in meal preparation because they lack experience or confidence. Some may come from homes where male/female roles are sharply defined.

Adolescents of unemployed mothers ate out less frequently during the week than those with employed mothers. Increased incomes could make eating out more affordable and more convenient for the working mother. The nonworking mother may be less apt to hand her son or daughter money for fast food if she's been home all day.

Based on the findings for this study, the following conclusions can be made:

1. In this study, the number of scheduled meals during the week was influenced by the maternal employment status. Homes with employed mothers had fewer meals scheduled per week.

2. A higher percentage of adolescents with mothers who were full-time homemakers did not eat away from home during the week.

3. There were more adolescents with employed mothers who never had a meal ready for them when they returned home from work or activities.

4. A higher percentage of adolescents with unemployed mothers reported evening meals prepared by their mother five days a week.

5. More adolescents with employed mothers had no evening meals prepared by their mother during the week.

6. There were more adolescents of unemployed mothers who did not self-prepare their evening meals.

7. Female adolescents were more willing to have the family share in the preparation of the evening meal in a home with an employed mother.

8. Males agreed more strongly than females that an unemployed mother should spend more time on the evening meal than an employed mother.

9. Adolescents of employed mothers more strongly agreed that full-time homemakers should prepare and spend more time preparing the evening meal than employed mothers.

Recommendations

On the basis of reported research and findings of this study, further research in the following areas is recommended:

1. More in-depth analysis of the evening meal habits of adolescents with employed mothers is necessary in order to evaluate their actual dietary intake. Definitions of the "evening meal" can and do range from a balanced meal to a candy bar, depending on the interpretation. Dietary logs or records would be the next step in the process of determining more specific problem areas and relationships to maternal employment.

2. The perspective of the mothers needs to be examined in order to further investigate the findings of this study. Directing the research from the point of view of the adult and approaching it in the same way would be a valuable effort.

3. The effects of environment on the evening meals of adolescents of employed and unemployed mothers need to be examined in order to determine if geographical or cultural differences alter the results of this study. Adolescents in rural, urban, and small town areas should be compared for similar findings.

Implications for nutrition educators from the results of this study are:

1. There is a need for a realistic approach to nutrition education. Stressing the "basic four" is not what the adolescents of the '80's need. The dietary guidelines should be the basis for modern nutrition

education. Nutrition educators should stress and place more emphasis on high quality snacks, simply prepared meals, and lower salt, sugar, fat, and additive intakes. This could prevent poor choices for the evening meal.

2. Those educators who teach cooking in their classes should incorporate easy, quick meals and microwave cooking into the curriculum. Practice in these areas could be applicable to the students' lifestyles and helpful to their nutrition at the evening meal.

3. Educators should promote independence of choice and self reliance among the adolescents. Adolescents are making decisions and preparing their own meals. They should be encouraged to consider their nutritional needs when doing so.

The results of this study would be helpful to the general public. Employed mothers who may not be providing adequate nutrition for their children should be made aware of this. All too often, people are consumed by their busy schedules and do not think of the ramifications of their actions. Stressing strategies for nutritious meals, when they are offered, is an important step in correcting the problem. This could be accomplished through articles, and adult education.

The results of this study could be useful to the food industry. The responsibility of fast food operations is increasing as new data reveals that a higher percentage of the population relies on their menus for nutritional intake. Pressure to provide nutritional information and introduce new items compatible to the dietary requirements for fiber, less salt, and less fat has improved the choices. More improvement is needed in these areas. With this information, opportunities are evident for food companies to enter the market with concepts of innovative approaches to provide the evening meal for working families. Pioneers have begun this effort to furnish "entrees to go." Large companies could possibly bring the cost into a more affordable range for the general public.

APPENDIX A

Sample Letter

date

Dear Colleague,

As an instructor in the field of nutrition, I am sure that you are interested in increasing your understanding of the nutritional problems of your students.

I am conducting a study of the eating patterns of adolescents at the evening meal, and the relationship to maternal employment on their diets. The health and home economics teachers of Trinity and Bell have been contacted and asked to participate in this study. If you choose to participate, you will be provided with a summary of the results.

Completion of the questionnaire should only take ten minutes and could help to stimulate classroom discussion in the area of adolescent nutrition.

I hope that you will be willing to cooperate with me in this research. I will be contacting you

personally in the next two weeks to confirm your decision.

Thank you for your time.

Sincerely,

Karen Hebert
master's candidate
North Texas State
University

APPENDIX B

LETTER TO PRINCIPALS

date

address

Dear _____,

I am conducting a graduate research study for my thesis in the area of adolescent nutrition and would like your permission to poll the health and home economics students at _____ High School.

The questionnaire is brief and will only take a few minutes of class time. This could be used as a pre-test or an introduction to discussion of adolescent nutrition. The results of the study could be relevant for curriculum development in nutrition education.

Currently, over 50% of women in the United States are employed outside the home. In our district, the percentage is higher. The results of this study might help our teachers to better meet our students' needs in relation to their lifestyles.

Thank you for your consideration. I will contact you concerning your decision.

Sincerely,

Karen Hebert

Home Economics Dept.

Bell High School

master's candidate

North Texas State

University

APPENDIX C

TEEN EVENING MEAL SURVEY

Please answer the following questions by circling the correct answer.

INFORMATION ABOUT YOU

I. Sex

1. male
2. female

II. Age

1. 15 or 16
2. 17 or older

III. Have you ever been enrolled in a Food and Nutrition class in high school or Homemaking 1 in Junior high?

1. yes
2. no

IV. What is your mother's employment status?

1. full-time job (30 hrs. or more per week)
2. part time job (less than 30 hrs. per week)
3. not employed

INFORMATION ABOUT YOUR EVENING MEAL HABITS

I. How many evenings a week (MON-FRI) do you have a regularly scheduled evening meal offered in your household? (answer 0-5)

1. ___

II. How many weekdays (MON-FRI) is your evening meal eaten away from home? (answer 0-5).

1. ___

III. Are you employed? if not, skip question IV.

1. yes

2. no

IV. If you are employed, how many weekdays (MON-FRI) do your work hours include your normal evening meal hours? (answer 0-5)

1. ___

V. If you eat your evening meal at work, what foods do you most often eat? (If not, go to the next question.)

1. vending machine snacks (candy, soda)
2. vending machine meals (sandwiches)
3. food prepared where you work
4. food bought at a nearby store
5. food brought from home
6. other (describe)

VI. Do you participate in extra-curricular school activities (sports, clubs) during the week (MON-FRI)?

1. yes

2. no

VII. How many weekdays (MON-FRI) in a typical week do you participate in extracurricular activity during your normal evening meal hours? (answer 0-5)

1. _____

VIII. Do you participate in community or church activities (youth club, club sports) during the week?

1. yes

2. no

IX. How many weekdays (MON-FRI) in a typical week do you participate in community activities during your normal evening meal hours?

(answer 0-5)

1. _____

X. If you are gone from home during the evening meal because of work or activities, is there a prepared meal available to you when you return home?

1. Always

2. Sometimes

3. Never

XI. How many weekdays (MON-FRI) in a typical week do you have an evening meal fully prepared by your mother? (not your father) (answer 0-5)

1. _____

XII. How many weekdays (MON-FRI) in a typical week do you fully prepare the evening meal for yourself or others in the household? (answer 0-5)

1. _____

XIII. How many weekdays (MON-FRI) in a typical week do you eat frozen dinners or entrees for the evening meal? (answer 0-5)

1. _____

XIV. How many weekdays in a typical week do you order fully prepared food for takeout or delivery to be eaten at home? (pizza or deli or fast food)

1. _____

XV. When eating away from home, to which type of eating establishment do you go to MOST OFTEN?

1. fast food
2. pizza
3. cafeteria
4. (sit down service) restaurant

XVI. How many weekdays in a typical week would your evening meal be one that you considered nutritious?
(answer 0-5)

1. ____

Answer the following questions by circling the response that indicates your reaction to the statement. If you STRONGLY AGREE, CIRCLE 5. Circle the number that best describes your opinion.

1. If mothers of teenagers work full time, they should NOT be expected to prepare an evening meal for the family.

2. If mothers of teenagers work full time, other members of the family should share in the preparation of the evening meal.

3. If mothers of teenagers work full time, they should serve more convenience foods at the evening meal.

4. If mothers of teenagers are full time homemakers, they should prepare the evening meal for the family.

5. If mothers of teenagers are full time homemakers, they should spend more time preparing the evening meal than working mothers.

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