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PLAYING TOGETHER AND STAYING TOGETHER: AN ANALYSIS OF LEISURE
ACTIVITIES AND MARITAL QUALITY ACROSS THE TRANSITION TO
PARENTHOOD

A Thesis Presented

by

AMY CLAXTON

Submitted to the Graduate School of the
University of Massachusetts Amherst in partial fulfillment
of the requirements for the degree of

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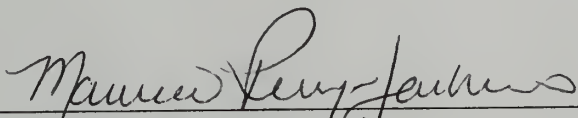
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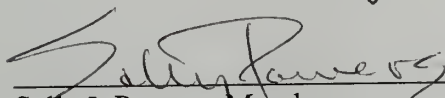
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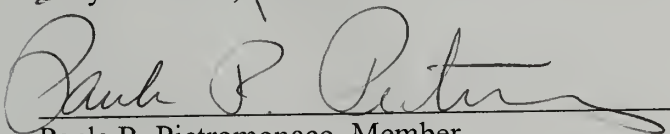
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ABSTRACT

PLAYING TOGETHER AND STAYING TOGETHER: AN ANALYSIS OF LEISURE ACTIVITIES AND MARITAL QUALITY ACROSS THE TRANSITION TO PARENTHOOD

MAY 2006

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This study examines leisure patterns during the transition to parenthood in dual-earner families in order to determine significant changes in leisure patterns during this time, as well as the effect that leisure patterns might have on marital quality. To this end, 153 dual-earner, working-class, heterosexual couples were interviewed four times across their first transition to parenthood. Findings indicate that during the transition to parenthood, both husbands and wives experience an initial sharp decline in all types of leisure, followed by a gradual incline in leisure in the months following the wife's return to work. Overall, husbands and wives who reported higher frequencies of leisure with their spouse before their baby was born also reported more love toward their spouse when their baby was one year old. Wives who reported more leisure with their spouse before their baby was born also reported less conflict with their spouse when their baby was one year old. Husbands who reported lower frequencies of leisure without their spouse before their baby was born also reported more love toward their spouse and less conflict with their spouse when their baby was one year old. Findings highlight the importance of premarital shared leisure between couple members.

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CHAPTER I

INTRODUCTION

Over the years, many researchers have attempted to uncover the keys to a successful marriage. Perhaps this is because marital satisfaction has been found to contribute to multiple aspects of mental health and well-being (Cowan & Cowan, 1988; Cowan & Cowan, 1995), good parenting (Belsky, 1984; Cowan & Cowan, 1988; Cowan & Cowan, 1995; Cox, Paley, & Payne, 1999; Cox, Owen, Lewis, & Henderson, 1989; Gable, Belsky, & Crnic, 1992; Cowan, Cowan, Heming, & Miller, 1991), physical health (Burman & Margolin, 1992), and work productivity (Forthofer, Markman, Cox, Stanley, & Kessler, 1996). On the other hand, it could also be due to the common sense notion that having a happy marriage is desirable in and of itself. After all, marriage remains a popular institution in the United States, with more than 90% of Americans choosing to marry (Wilson, 2002). For whatever reason, researchers have devoted an inordinate amount of time to studying the qualities that contribute to a satisfying marriage (for a review, see Bradbury, Fincham, & Beach, 2000).

With the study of happy marriages has come the study of unhappy marriages, and researchers have identified strategies to avoid marital dissatisfaction and dissolution. There is research evidence that, for couples at risk for relationship dissatisfaction, interventions have the ability to improve relationship satisfaction and stability (Cowan & Cowan, 1995). One intervention that has been suggested to enhance marital quality is to increase shared companionate leisure activities (Zabriskie & McCormick, 2003). It is also common in popular marital or life advice books to recommend that couples spend leisure time together to enrich their marriage. Books such as *100 Tips to be Happy*

Together (Bristow, 2004) and *101 Things I Wish I Knew When I Got Married* (Bloom & Bloom, 2004) encourage individuals to participate in leisure activities with a spouse, such as “dating” or relaxing with a spouse, as well as remembering to “keep a sense of self” by engaging in leisure activities with friends or alone. According to Chapman (1995) in *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate*, spending “quality time” with a loved one is one of the most important ways to communicate love to a partner. Finally, Gray (1996) explains why both men and women have an emotional need for leisure time in *Mars and Venus Together Forever: Relationship Skills for Lasting Love*.

Despite the consistency in the advice offered in self-help books, however, the research that has been done in this field is far less definitive. It seems that as individuals develop, get married and start families, leisure time is increasingly set aside and considered an additional bonus activity. In particular, the changing nature of modern marriage and families should be taken into account; individuals in American society have never been busier (Montemayor, 1984). Americans are also working more hours than ever before (Schor, 1991). The growing number of women in the work force has created many dual-earner families (Barnett, 2005). Little is known about the role that leisure plays in the life of dual-earner couples, who have less discretionary time “left over” for leisure after managing the demands of two jobs. Given the paucity of empirical research on the importance of leisure for marital quality, it is unclear to what extent encouraging couples to partake in leisure activities is a helpful recommendation. Therefore, the purpose of the study is to learn more about how the nature of leisure time is related to couples’ romantic relationships.

Marriage and the Transition to Parenthood

Emery and Tuer (1993) posit that in order to understand families and individuals, it is important to study their life-cycle transitions. Each major transition requires the family system to reorganize and accommodate change. During life transitions, family members renegotiate existing boundaries with regard to interpersonal power and the degree of emotional closeness in their relationships. Thus, the transition to parenthood is an important time to study marriages, and given the high time demands with a new infant, it is also an intriguing time to study changes in leisure patterns. The transition to parenthood has long been pinpointed as one of the key transitions in the life-cycle of the family (Birchler, 1992; Emery & Tuer, 1993; Lee, MacDermid, Dohring, & Kossek, 2005; Lewis, 1989; Nomaguchi, & Milkie, 2003).

Having a baby has been found to be a significant stressor for many couples (Cowan & Cowan, 1988; Cowan, Cowan, Heming & Miller, 1991; Lewis & Cooper, 1988; Ventura, 1987). Research also indicates that when stress is experienced by an individual, it has a tendency to spill over or become amplified in relationships with other family members, regardless of where the stress begins (Grossman, Pollack & Golding, 1988; Schulz, Cowan, Cowan, & Brennan, 2004). A body of research has arisen around the transition to parenthood documenting more negative changes in marital quality than positive changes (for example, see Cowan & Cowan, 1988). Clements and Markman (1996) note that new parents' well-being is likely to suffer, and most researchers agree that marriages are likely to be strained during this time (Cowan & Cowan, 1988).

Another reason that the transition to parenthood is an important time to study marriage is because research has documented a u-shaped curve in marital satisfaction for many married couples across the life-cycle. The highest levels of marital satisfaction are reported before the first child is born, and then satisfaction decreases as children are born and grow, only to increase again after the children leave home for college or work (Anderson, Russell, & Schumm, 1983; Belsky, Spanier, & Rovine, 1983). If this is the case, it is important to isolate factors that could contribute to the initial reported decline in marital satisfaction after the birth of the first child, in order to potentially insulate couples from the decline.

There is some debate concerning the specific nature of marital functioning during the transition to parenthood. Overall, there is a vast and consistent amount of research documenting a deterioration of marital functioning that occurs along with the birth of a child (Belsky, 1985; Belsky & Hsieh, 1998; Belsky & Rovine, 1990; Belsky, Spanier, & Rovine, 1983; Clements & Markman, 1996; Cowan & Cowan, 1995; Cowan, Cowan, Heming, & Miller, 1991; Crohan, 1996; Hock, Schirtzinger, Lutz, & Widaman, 1995; Levy-Shiff, 2004; Ruble, Fleming, Hackel, & Stangor, 1988). However, this view has not gone unchallenged. Some researchers argue that the observed decline in marital satisfaction across the transition to parenthood is merely capturing a piece of the normative decline that all couples experience over time, regardless of their decision to have children (Clements and Markman, 1996; Huston & Vangelisti, 1995). Thus, a debate among marital researchers has ensued.

On one side of the debate, researchers report a consistent decline in marital satisfaction that occurs specifically during the transition to parenthood; a decline from

which couple members may never recover to prenatal levels (Bost, Cox, Burchinal, & Payne, 2002; Cowan & Cowan, 1995; Feldman & Nash, 1984; Levy-Shiff, 1994; Ruble, Fleming, Hackel, & Stangor, 1988). Specifically, a decrease in marital love or marital satisfaction and an increase in marital conflict have been observed (Cowan & Cowan, 1995; Cowan & Cowan, 1988; Crohan, 1996). When Nomaguchi and Milkie (2003) compared different kinds of families undergoing the transition to parenthood (i.e., single mothers, cohabiting partners, and married partners), they found the decline in relationship satisfaction following the birth of a child to be particularly strong for married women. Some researchers found that the most extreme decline occurs within the first three months of the baby's life, after which satisfaction levels off (Belsky, Lang, & Rovine, 1985; Belsky, Spanier, & Rovine, 1983); other researchers have found that marital satisfaction declines more sharply after the first month has passed (Wallace & Gotlib, 1990). In a study of adjustment during the transition to parenthood, Bost, Cox, Burchinal, and Payne (2002) found that although many qualities demonstrate stability across the transition (i.e., social support, adjustment), satisfaction with the spousal relationship was a variable that undergoes the most negative change from prenatal time points to 24 months postpartum, which was especially true for wives. Overall, the majority of researchers seem to believe that the transition to parenthood is accompanied by a marked decline in marital satisfaction that is unique to couples undergoing the transition.

However, Clements and Markman (1996), on the other side of the debate, critique those researchers who argue that the transition to parenthood is "hazardous" to a marriage. They cite evidence that the documented decline in marital satisfaction

following the birth of a child is actually a brief adjustment period from which most couples recover (see also- Cowan & Cowan, 1988). They argue that many researchers who find a decrease in marital satisfaction following the birth of a child are discovering part of the normative decline in marital satisfaction that occurs for all couples (Huston & Vangelisti, 1995). Researchers in this camp cite studies that have found that couples without children also report a steady decline in marital satisfaction over the first ten years of marriage, followed by a more gradual decline in satisfaction after that (Glenn, 1998; Vaillant & Vaillant, 1993). Other researchers also argue that the recorded decrease in marital satisfaction might be due to researchers using measures that are insensitive to an increase in instrumentality in the marriage following the birth of a child (Clements & Markman, 1996) or capturing a decrease in certain marital maintenance behaviors or activities following the birth of a child (Huston & Vangelisti, 1995). It has also been argued that the deterioration in marital satisfaction following the birth of a child reflects group averages and does not accurately represent the minority of couples for which marital satisfaction actually *increases* following the birth of a child (Cowan & Cowan, 1995; Cowan & Cowan, 1988; Clements & Markman, 1996). Some researchers have estimated that as many as 10 to 30% of couples experience an increase in marital satisfaction following the birth of a child (Belsky & Rovine, 1990).

Contrary to these findings, there is some evidence that couple members place less importance on and devote less energy to their marital relationship after the birth of a child. In Cowan and Cowan's (1990) study involving the self-concept of couple members undergoing the transition to parenthood, they found that when participants rated their "parent" role as increasing after the birth of their first child, the roles that undergo a

corresponding decrease were the “partner” and “lover” roles. Similarly, Belsky, Spanier, and Rovine (1983) report that marriages become more focused on instrumental functions and less focused on emotional expressions or positively-toned marital interactions following the birth of a child. These changes support the idea that key dimensions of marital satisfaction may change following the birth of a child.

Furthermore, it could be problematic for marriage researchers to compare couples who have had children to couples without children. Some researchers posit that marriage and relationship satisfaction are defined differently by couples who are parents versus couple who are not parents (Guttman & Lazar, 2004). Many studies have discovered group differences concerning whether or at what point couples decided to have children (DeVries, 1988; Wu & MacNeill, 2002), and whether in fact they even made the planned decision to have a child (Bouchard, 2005; Clinton & Kelber, 1993; Gager, McLanahan, & Gleib, 2002), such as the availability of institutional support, education level, age, income, and length of relationship. Therefore, it is likely that studies that simply compare groups of new parents to groups of childless couples are confounding a number of unforeseen variables, and it might be more useful to instead use other categorizations of couples to draw conclusions (Belsky & Pensky, 1988; Cowan & Cowan, 1995; Guttman & Lazar, 2004).

Despite the debate over the state of marital satisfaction following the transition to parenthood, it is clear that the appearance of children makes it less likely that a couple will separate or divorce (Bradbury, Fincham, & Beach, 2000; Maneker & Rankin, 1987; Waite, Haggstrom, & Kanouse, 1985). Therefore, it is important to learn more about marriages during this transition in order to determine how some couples cope and others

experience substantial distress as they transition from couple to family life (Cowan & Cowan, 1988).

So much attention has been paid to describing the change in marriage across the transition to parenthood that not enough attention has been paid to searching for mechanisms leading to positive or negative change during this time (Cowan, Cowan, Heming, & Miller, 1991). To be able to positively influence marital relationships, it is important to study the factors that might contribute to change in a marriage. As Cowan and Cowan (1995) report, "what is missing, from our perspective, is identification of the specific risk factors, assessed before and after the birth of a child, that are associated with maladaptive changes" (p. 418). They also suggest that research should pay more attention to specific protective factors that could buffer the marriage during this time. After all, studies have shown that specific dimensions of marriage, such as leisure activity participation, that have been found to be a major determinant of *change* in marital quality over time (Belsky & Hsieh, 1998) and predictive of marital satisfaction in the long run (Cowan & Cowan, 1988). Other dimensions of marriage, such as psychological well-being, sex-role ideology, division of labor, and social support have been found to play an important role as well (Bost, Cox, Burchinal, & Payne, 2002; Cowan & Cowan, 1988; MacDermid, Huston, & McHale, 1990). Unfortunately, many studies assessing change in marital quality across the transition to parenthood have not factored in leisure time as an important variable (Belsky & Hsieh, 1998). More research on leisure and the transition to parenthood is needed to elaborate this connection.

The Transition to Parenthood and Leisure

Among the many documented lifestyle changes that the transition to parenthood brings about are changes in couple members' leisure practices. A husband who used to enjoy taking off on Saturdays to go fishing is now needed to help at home. A wife who used to enjoy spending her free time with friends now finds her time taken up with feeding and caring for a new baby. Couples undergoing the transition typically show a marked decline in joint leisure activities, which holds true even when compared to the leisure participation rates of couples who have not undergone the transition to parenthood (Belsky, Spanier, & Rovine, 1983; Clements & Markman, 1996; Cowan & Cowan, 1988). However, as in the literature describing marital change surrounding the transition to parenthood, there is some debate concerning the nature of change in leisure practices that occurs with the transition to parenthood.

Most researchers agree that leisure activities decline following the birth of a baby. In their study of the transition to parenthood, Belsky, Spanier, & Rovine (1983) report a sharp decline in joint leisure activities between the last trimester of pregnancy and three months postnatal, but then report no further change in the level of joint activities for the rest of the first year of the child's life. Cowan and Cowan (1988) report that childless couples, in comparison with couples who have children, tend to rate themselves as spending more shared companionate time together. Using data from the PAIR project (Processes of Adaptation in Intimate Relationships), Huston, McHale, and Crouter (1986) compare the leisure habits of a group of newlyweds who become parents within the first two years of marriage to a group of newlyweds who remain childless through those years. They found that new parents spend a higher proportion of time together completing instrumental tasks instead of leisure activities and recreation. Analyzing data from the

same project, Huston and Vangelisti (1995) found that although the total amount of leisure did not differ between new parents and nonparents, the leisure patterns of the groups were quite different. They discovered that the amount of time couples spend engaged in shared leisure activities without the baby decreases drastically once they become parents. They also found that, contrary to expectations, new fathers spent much less leisure time independently from their spouses than any other group (compared to new mothers and nonparents). They attributed this to the fact that new mothers will often spend leisure time with friends or family, which can be done comfortably with children. It is less acceptable, however, for new fathers to engage in leisure time with friends or family that involves the child. Finally, Huston and Vangelisti (1995) reported that new parents are dissatisfied with the amount of time they spend in leisure. Crawford and Huston (1993), who also use data from the PAIR project, reported that no differences were found between new parents and childless couples in terms of *total* time spent in leisure or in amount of time spouses spend in *shared* leisure. They did, however, report that new fathers participate in the least amount of leisure time away from their spouse. These different findings speak to the complexities involved in studying leisure time and also to the need for further study in this area.

Leisure and marital satisfaction

It is not enough to investigate the leisure patterns surrounding the transition to parenthood without also investigating the association between leisure patterns and marital satisfaction. The notion that leisure participation might improve marital satisfaction is not a new one. In 1951, Locke tested this common supposition by comparing couples divorced or contemplating divorce with "happily married" couples. He found that the

“happily married” couples reported more enjoyment of leisure activities and were also more likely to agree about the importance of spending leisure time with a spouse.

Throughout the next few decades, many researchers published similar findings, perpetuating the belief that shared leisure activities between spouses is beneficial for the relationship (Benson, 1952; Gerson, 1960; Klausner, 1968; West & Merriam, 1970).

The field of leisure research did not develop a strong theoretical background until 1975, when Orthner (1975) proposed that different types of leisure might affect marriage in different ways. He posited that whether or not couple members participate in leisure activities in the company of their spouse versus with friends or family would be important. Orthner also suggested that leisure’s function in a marriage was to facilitate communication, which would be particularly important during times of parental stress or relationship change. Therefore, any change in leisure participation patterns during stressful times would be likely to influence the ability of couples to adjust to this change, which could result in less perceived marital satisfaction. Orthner found support for these hypotheses through his research, in which he concluded that leisure activities that allow for a higher amount of communication were the most beneficial to a marriage. Orthner’s work represents the first time that a researcher used a theory to explain why leisure might or might not be beneficial for individuals.

Building on Orthner’s work (Orthner, 1975; Orthner & Mancini, 1991), other researchers explain leisure relationships using a family systems perspective (Iso-Ahola, 1984; Zabriskie & McCormick, 2001, Zabriskie & McCormick, 2003). From a systems perspective, families function on two primary dimensions: family cohesion (closeness or emotional bonding) and family adaptability (the ability to be flexible, adapt, and change)

(Olson, 1993). The necessary balance of these two dimensions is supposed to be facilitated through effective communication. The vehicle through which this communication often takes place is through shared leisure activities. Therefore, leisure activities are essential to healthy family relationships (Orthner, 1975; Orthner & Mancini, 1991; Zabriskie & McCormick, 2001; Zabriskie & McCormick, 2003).

Other researchers have also discovered connections between leisure and marital quality that seem to align with family systems theory. In their qualitative study of family leisure experiences, Shaw and Dawson (2001) found that most couples highly value "family leisure." Many couple members reported that they participated in leisure activities because they love their family. They also found that participation in family leisure led to improved interaction and cohesion, and that family leisure was seen as a vehicle that encourages positive interaction between family members. Stokowski and Lee (1991) reported that individuals who have the strongest ties with family are likely to engage in recreational activities with family members. Orthner, Barnett-Morris, and Mancini (1994) found that families will often engage in communication during leisure, which is beneficial to family relationships. These studies support the supposition that leisure experiences contribute to family cohesion. In addition, it has been posited that during times of relationship stress or change, leisure activities address the need for stability in families (Zabriskie & McCormick, 2001), which contributes to family adaptability. These studies serve to further support the benefits of leisure from a family systems perspective.

Other theories have been applied to the study of leisure as well. For example, Levy-Shiff (1994) was the first to apply the person-process-context model from the

ecological perspective (Bronfenbrenner, 1977, 1986) to the study of leisure. She posited that the ecological model recognizes the importance of a wide array of intrafamilial and environmental sources that may influence leisure activity patterns and, in turn, human development. The ecological model proposes that processes might operate differently in different contexts. For example, the relationship between leisure activity patterns and marital quality found for samples of white, middle-class heterosexual couples might differ in more diverse samples. Very little research has been completed on diverse populations, which has been cited as a major limitation of the existing research (Holman & Jaquart, 1988; Kunz & Graham, 1996; Orthner, 1975).

A number of researchers have examined the connection between participation in leisure activities and marital satisfaction (Crawford, Houts, Huston, & George, 2002; Kurdek, 1993; Holman & Jacquart, 1988; Huston, McHale, & Crouter, 1986; Huston & Vangelisti, 1995; Houts, Robins, & Huston, 1996; Hill, 1988). Most have recorded a positive relationship between time spent together participating in leisure and marital satisfaction (Hill, 1988; Holman & Jacquart, 1988; Huston, McHale, & Crouter, 1986; Orthner, 1975; Surra, 1985; Zabriskie & McCormick, 2001; Zabriskie & McCormick, 2003). Hill (1988) went so far as to suggest that a couple's failure to participate in joint leisure pursuits may contribute to the high divorce rate. However, the support for the relationship between leisure participation and marital satisfaction is not universal. Some researchers have reported finding only weak correlations between these constructs (Crawford, Houts, Huston, & George, 2002; Huston & Vangelisti, 1995; Huston, McHale, & Crouter, 1986). Ultimately, further research is needed in the area to discover

when leisure is beneficial to a marriage. Beyond documenting simple amounts of leisure, research indicates that various dimensions of leisure must be recognized and defined.

Shared vs. Independent Leisure

In addition to spending leisure time with one's spouse, many experts advise couple members to spend time apart from one's spouse as well, engaging in leisure either alone or with friends. However, others claim that this kind of leisure only occurs at a sacrifice to couple time, or time spent in shared companionate leisure with a partner. Consequently, leisure time spent by couple members independently from their partner has also been studied. Some researchers have hypothesized that independent leisure participated in by couple members, such as time spent with friends and family, will have a negative effect on marital satisfaction. It has been hypothesized that too much leisure time spent away from one's partner can create jealous feelings in that person. The partner might interpret excessive alone time as rejection and feel unwanted (Appleton & Appleton, 1978; Crawford, Houts, Huston, & George, 2002). That might account for the research findings in which wives who report higher levels of independent leisure also report decreasing marital satisfaction (Crawford, Houts, Huston, & George, 2002; Orthner, 1975). Marks, Huston, Johnson, and MacDermid (2001) found that husbands with more independent leisure time experience more role strain. Also, couple members who report high marital satisfaction also report more joint leisure time with their spouse, and they agree that husbands have less independent leisure time (Crawford, Houts, Huston, & George, 2002). In theory, however, the opposite can also be true. Too much shared leisure can result in a lack of separate identities. If two people are together all of the time, they will have little to tell each other (Appleton & Appleton, 1978). Crawford,

Houts, Huston, and George (2002) used data collected from newlyweds in 1983 and then followed up in 1995 in the PAIR project to determine whether leisure patterns affected marital satisfaction. They found that husbands' independent leisure activities negatively affect marital satisfaction, but that wives' independent leisure activities have no effect on marital satisfaction. This study raises two important points. First, independent leisure might be detrimental to marriage. Second, leisure activity patterns might affect husbands and wives differently. More study is needed to determine whether these findings will be confirmed using different samples.

The Current Study

Building on the previous research on leisure and marriage, the current study will make a number of contributions. First, it utilizes longitudinal data. Traditionally, many studies involving leisure have been cross-sectional in nature (Siegenthaler & O'Dell, 2000). Inherently, these studies cannot factor in the possibility that individuals and couples may change their activity choices and frequencies over time. Another unfortunate result is that the direction of influence between marriage and leisure cannot be determined. Longitudinal studies are essential for examining individual differences in the pathways to marital adaptation or distress (Cowan & Cowan, 1988).

The PAIR project (see Huston, McHale, & Crouter, 1986) is one of the only longitudinal studies to date that examines leisure activity as it relates to marital quality. While this is an invaluable contribution to the field of family psychology, there is a need for additional data to corroborate some of the findings. In addition, the current study is able to compare findings using slightly different measures, which might be useful to determine the robustness of these relationships across different measures. The data in the

PAIR project concerning leisure activities were collected over the course of nine phone calls over a two or three week period. In many ways, diary data is ideal, because it does not rely on an individual's memory of his or her leisure activities. However, there are also some disadvantages of using diary data. While it paints a fairly accurate picture of the leisure that occurs during those nine days, it fails to document the larger picture concerning leisure activities. Unless it is an activity done every day (i.e., watching television), chance may cause this dataset to miss out on specifically relevant leisure activities, such as going to a club meeting, church, or out to a movie. For these purposes, a measure asking participants to report their leisure practices over the last month might also be appropriate.

In the present study, a criteria for inclusion was that both parents be employed full-time prior to the birth and plan on returning to full-time employment soon after the birth. Thus, given the nature of our dual-earner sample, we are able to consider the role of employment as it may limit parents' time and energy for leisure variables (Kalmijn & Bernasco, 2001; Kunz & Graham, 1996). It has been found that time constraints play an important role in determining leisure patterns (Kalmijn & Bernasco, 2001; Ventura, 1987). In their study of how leisure patterns affect marital satisfaction, Crawford, Houts, Huston, and George (2002) determined that because they did not differentiate between single- and dual-earner couples, their results might partially reflect differences in leisure *opportunity*. In such cases, it is proposed that one spouse might have more opportunity to independently pursue leisure activities, and consequently that spouse might demand more of their spouse's available leisure time to be used in shared leisure instead of independent leisure (Crawford, Houts, Huston, & George, 2002; Kalmijn & Bernasco, 2001). Also,

there is evidence that when both parents work, role balance is disrupted, couple members are increasingly busy, and they have less leisure time available (Levy-Shiff, 1994; Marks, Huston, Johnson, & MacDermid, 2001). Therefore, since the number of dual-earner couples have drastically increased throughout the last four decades (Zimmerman, Haddock, Current, & Ziemba, 2003), it is even more important to discover ways to safeguard the marital satisfaction for this group.

Another advantage of the present study is that it examines multiple dimensions of marriage. Many researchers use measures for marital satisfaction that include companionate behaviors in the definition of satisfaction. This strategy results in a built-in correlation between marital satisfaction and joint-leisure patterns (Clements & Markman, 1996; Shaw & Dawson, 2001).

A common criticism of transition to parenthood studies is that they are confounded by the lack of a control sample of couples who are not undergoing the transition (Clements & Markman, 1996). Critics state that it can be difficult to differentiate effects of the transition to parenthood from the normative effects that time has on marital satisfaction, since declining marital satisfaction has been documented in both life stage processes (Clements & Markman, 1996). However, in a study headed by Cowan and Cowan (1985), couples undergoing the transition to parenthood exhibited a decrease in marital satisfaction that was significantly more than a control sample of childless couples. Given the participants' range in lengths of relationship in our study, extending from less than one year up to more than sixteen years, we can, in part, address the question of how length of relationship is related to marital quality both before and after the baby's birth. Thus, we can begin to tease apart whether marital decline is simply

a normative event for all couples or if it gets exacerbated with the birth of a baby. Thus, we will control for the length of the relationship and examine its differential effects on marriage over the transition to parenthood. A number of other key demographic variables must be considered as possible third level factors that can influence the marriage. Namely, family income, participants' work hours, and new parents' marital status are all conditions of close relationships that have been linked to satisfaction and thus will be controlled in all analyses.

Another important component of the current study is the utilization of both couple members' information. In past research, there has often been an emphasis placed on individual experiences and patterns of leisure (Shaw & Dawson, 2001), with analyses often including only one member of a family (Gonzalez & Griffin, 1997). This approach is problematic because, as Zabriskie and McCormick (2001) state, "It is difficult to get an accurate picture of a family system from reports by only one member of that system" (p. 287). Many transition to parenthood studies also fail to include the experiences of both the mother and the father as a dyad, often not including information from the father (Nomaguchi & Milkie, 2003). By including input of both couple members experiencing leisure and the transition to parenthood, the current study hopes to attain a more accurate picture of the family system.

Finally, most research completed on the transition to parenthood over-samples middle- and upper-class mothers (Clements & Markman, 1996; Holman & Jaquart, 1988; Orthner, 1975). Findings from middle class samples may not be generalizable to working-class families, who have to deal with additional life stressors and fewer resources (Belsky, Spanier, & Rovine, 1983; Cowan & Cowan, 1995). Working-class

couples often cope with economic strain that functions as an additional burden in marriages, in part because it magnifies existing stressors (Cowan & Cowan, 1992; Pittman & Lloyd, 1988). These barriers and constraints, such as inadequate resources and economic strain, are also believed to reduce perceived freedom to engage in leisure pursuits (Ellis & Witt, 1994). Scholars have also proposed that in modern societies, leisure time has a direct positive relationship to wealth (Kalmijn & Bernasco, 2001), which suggests that working-class populations might have less time available for leisure. On the other hand, some researchers have hypothesized that the transition to parenthood might go more smoothly for working-class couples, because the presence of children would interfere less with mothers' career aspirations and couples have lower expectations for leisure (Jacoby, 1969). There is currently very little data on working-class couples, so it is difficult to determine which theory is valid. Because our study only includes working-class, dual-earner couples as participants, this is a debate we can weigh in on with our data.

In conclusion, the literature suggests that couples who are undergoing the transition to parenthood may be at increased risk for declining rates of leisure participation and declining marital satisfaction. The current investigation examines the relationships among frequency of leisure participation and marital satisfaction for working-class, dual-earner couples making the transition to parenthood. Two major questions are addressed.

Question #1

How do shared and independent leisure activities change across the transition to parenthood? Do patterns change differently for males and females? It is expected that

joint and independent leisure activities will decrease across the first year of parenthood for both males and females (Belsky, Spanier, & Rovine, 1983; Clements & Markman, 1996; Cowan & Cowan, 1988; Kurdek, 1993). However, a sharper decline in independent leisure is expected for males, since they are not as able to include the newborn child in their independent leisure (Crawford and Huston, 1993; Huston and Vangelisti, 1995).

Question #2a

How do leisure activities relate to marital quality during the first year of parenthood? Specifically, how do prenatal shared and independent leisure activities relate to marital love and conflict one year later? We hypothesize that less shared leisure activities prenatally (Time 1) will correspond with lower marital quality one year later (Time 4) (Hill, 1988; Holman & Jacquart, 1988; Huston, McHale, & Crouter, 1986; Orthner, 1975; Surra, 1985; Zabriskie & McCormick, 2001; Zabriskie & McCormick, 2003). In addition, the frequent pursuit of independent leisure activities might induce marital unhappiness (Crawford, Houts, Huston, & George, 2002). Therefore, we also hypothesize that more independent leisure activities prenatally (Time 1) will be negatively related to marital love and positively related to marital conflict one year later (Time 4) for both women and men. We hypothesize that there will a stronger effect for women, due to previous findings that suggest that women might be more sensitive than men to life changes following the birth of a child (Belsky, Spanier, & Rovine, 1983; Cowan & Cowan, 1988), although there has been some disagreement over the issue (Cox, Paley, Burchinal, & Payne, 1999).

Question #2b

It is likely that *change* in leisure participation over the first year of parenthood will more strongly correlate with levels of marital love or conflict when the child is one year old, than simple levels of leisure measured before the baby's birth. To our knowledge, no one has used *change* in leisure participation over the first year of parenthood to predict marital quality. However, we hypothesize that decreases in shared and independent leisure participation will correspond with decreases in marital love and increases in marital conflict.

CHAPTER II

METHOD

Procedures

Data were obtained from the Work and Family Transitions Project, a 5-year longitudinal study conducted at the University of Massachusetts Amherst (Perry-Jenkins, 1996). The design of the larger study included four face-to-face interviews and one mail survey with 153 dual-earner couples experiencing the transition to parenthood for the first time. Interviews with each couple were conducted over a one year period: a third-trimester interview, a one-month postpartum interview, an interview within two weeks of mothers' return to work, a six-month postpartum interview (mail), and a one-year postpartum interview. During the interviews, mothers and fathers were asked to provide information in three general domains: 1) family (e.g., parental work situations, finances), 2) personal (e.g., psychological well-being, quality of marital relationship), and 3) work (e.g., hours, work place policies). Interviews were conducted separately with husbands and wives in their homes and were between two and three hours long.

Participants were heterosexual couples recruited at prenatal education classes at various hospitals throughout Western Massachusetts. Married or cohabiting couples were chosen for inclusion if they met the following criteria: (a) both partners were expecting their first child, (b) both parents held full-time jobs (at least 35 hours per week) prior to the birth of their baby, (c) both parents planned to return to work full-time within six months of the baby's birth, and (d) both parents were "working-class," which was defined by restricting the educational level of both parents to an Associate's Degree or less.

The present study focuses on data from the phase 1 (prenatal), phase 2 (one month postnatal), phase 3 (return to work), and phase 5 (one year postnatal) interviews. These time points will be referred to as “Time 1,” “Time 2,” “Time 3,” and “Time 4,” respectively. For the purposes of this investigation, 147 couples completed a series of standardized forms that assess marital satisfaction and leisure participation at all time points.

Participants

One of the criteria for inclusion in the current study was that the couple remain intact for the duration of the study, since we were interested in shared leisure; therefore, five couples were excluded because their relationship ended before the final phase in the study. Additionally, one couple was excluded because they did not reside together for the majority of the study. The final sample included 147 intact couples. Because the second research question requires completion of the questionnaires at Time 4, 20 additional couples were excluded because they did not complete questionnaires from the final phase in the study. The final sample for this question included 127 intact couples.

The average age at the prenatal visit for husbands was 29.0 years with a range of 18-41 and 27.2 years for wives with a range of 17-40. For simplicity, this thesis uses the words “husbands” and “wives” to describe the gender of the participants. However, both married and cohabiting couples were included in this sample. Nearly eighty percent (82.7%) of the couples were married for an average of 3.0 years. This was a first marriage for 88.9% of the husbands and 89.7% of the women. The remaining 17.3% of couples had been cohabiting for an average of 1.5 years, and had to be living together

prior to the mother getting pregnant. A majority of the participants were Caucasian (90.5% of men, 95.2% of women).

There was a range in educational attainment. The highest degree held by 63% of men and 59% of women was a high school diploma or GED. Many of the participants (22% of men, 14% of women) had some type of additional schooling following high school (e.g., cosmetology license, EMT certification) and 15% of men and 27% of women had earned an Associates Degree. None of the participants held a college degree.

Individually reported income ranged from \$6,000 to \$75,000 annually for men and from \$4,860 to \$70,000 for women. Median salaries were \$30,493 and \$23,254 for men and women respectively. It is important to consider that many participants earning high incomes do so through working multiple jobs or increased hours. Men worked an average of 48 hours per week at the prenatal interview and 47 hours per week at the one-year postnatal interview. Women worked an average of 41 hours per week at the prenatal interview and 36 hours per week at the one-year postnatal interview.

Measures and Variables

Marital Satisfaction

Perceptions of the marital relationship were operationalized by using two subscales from the Personal Relationship Scale developed by Braiker and Kelley (1979). The 10 items of the *Love* subscale tap into attitudes and beliefs about the relationship by assessing respondents' feelings of closeness or belonging toward their spouses. Participants are asked questions such as, "To what extent do you have a sense of belonging with your partner?" The 5 items of the *Conflict* subscale assess the interpersonal character of the relationship by indicating the extent to which the partners

experience conflict and negativity. Participants are asked questions such as, “How often do you and your partner argue?” Scale reliability alpha for the love items for men and women, respectively, was .88 and .91 at Time 4. For the conflict items, the alpha coefficient for men and women, respectively, was .78 and .77 at Time 4.

An advantage of this scale is that it avoids the conceptual ambiguities that plague commonly used measures of “satisfaction” or “adjustment” that combine partners’ description of their marriage as a behavioral system and their assessment of their satisfaction (Crawford, Houts, Huston, & George, 2002; Huston, McHale, & Crouter, 1986).

Leisure Behavior

Shared and Independent leisure was assessed by asking couple members how regularly they engaged in 24 recreational activities together. The items were adapted from the diary questionnaire developed by Huston, McHale, & Crouter (1986) for the PAIR project. Example items include: watching TV or video in VCR; Go, as a spectator, to the movies, a play, concerts, or dance performances; Go to a party; Go for a leisurely drive; and Play a sport. Responses ranged along a six-point Likert-type scale ranging from “less than once a month” to “more than once a day.” Leisure scores were determined by summing the scores of the 24 questionnaire items.

Marital Status

A dummy variable indicating whether a couple was married or cohabiting at the time of the birth was created (1 = married, 0 = cohabiting).

Job Hours

Wives and husbands reported the number of hours that they worked for all jobs during the first interview. These hours were summed to create a total work hour variable for each spouse.

Total Family Income

Wives and husbands reported their individual gross annual incomes independently during the first interview. Individual incomes were summed to create a total family income variable.

Length of Relationship

For both married and cohabiting couples, partners reported how long they had been in the relationship, in months, which was used to create a variable indicating the length of the relationship.

CHAPTER III

RESULTS

Descriptive Statistics

Before addressing the primary research questions, descriptive statistics on the independent and dependent variables were examined for both partners. Table B.1 provides means and standard deviations for *leisure with spouse* and *leisure with others* for wives and husbands across four time points. T-tests and correlations were completed to compare reported leisure at each time point between husbands and wives. Results of t-tests indicated that wives reported significantly less *leisure with spouse* than husbands at every time point. However, husbands and wives reported similar frequencies of *leisure with others* at every time point, with only one exception. Wives reported significantly less *leisure with others* than husbands in the month following the birth of the baby (Time 2). Correlations between husbands' and wives' *leisure with spouse* scores ranged from .15 to .34 across all four time points, and correlations between husbands' and wives' *leisure with others* scores ranged from .07 to .22.

The descriptive statistics for the dependent variables, *love* and *conflict*, used in the second research question are presented in Table B.2. An examination of the descriptive statistics and histograms for parents' report of *love* revealed significantly skewed distributions. Specifically, both husbands' and wives' reports were skewed towards a higher amount of love toward their spouse. Because normally distributed data is one of the assumptions of HLM analyses, it was necessary to transform *love* scores for husbands and wives by multiplying scores to the fourth power and then dividing by 1000 to retain a workable scale. The transformation of *love* scores resulted in an acceptable distribution

in terms of normality. The transformed scores for husbands' and wives' *love* are reported in Table B.2. The examination of the descriptive statistics and histograms for parents' report of *conflict* revealed distributions within the acceptable limits for normality.

Question 1 Analytic Strategy

The first research question addressed whether participation in leisure changed over the first year of parenthood, and whether the change in leisure was similar or different for husbands and wives. It was hypothesized that both *leisure with spouse* and *leisure with others* would decline over time for husbands and wives. Additionally, it was hypothesized that the decline would be more extreme for wives.

Because the data come from married or cohabiting couples, regular regression analyses are problematic given that the scores in a couple dyad are dependent upon one another. In contrast, Hierarchical Linear Modeling (HLM; Raudenbush & Bryk, 1992) offers a unique approach to account for the shared variance. HLM is a statistical procedure that extends multiple regression to dyadic or repeated-measures data and provides a framework for capturing patterns of linear or nonlinear change over time. It is a useful technique for the present study because it accounts for the inherent interdependence of dyadic data.

Both linear and quadratic rates of change in *leisure with spouse* and *leisure with others* were explored for each spouse across four time points. A Level 1 unconditional model was used to examine whether there was a significant degree of average change in level, slope, and curvature of the trajectory in leisure over time. In addition, it tests to see if there is a significant degree of variability in both levels of leisure and change in leisure (slope) for individual partners.

Unconditional models were tested separately for *leisure with spouse* and *leisure with others*. Level 1 analyses were conducted twice for each outcome. First, a model testing for linear change in leisure over time was run, followed by a model that also included an estimate of quadratic change over time, which tests for curvature in the trajectory. Model comparison tests indicated that the quadratic models explained more variance for *leisure with spouse* ($\chi^2 = 72.16, p < .001$) and for *leisure with others* ($\chi^2 = 22.60, p < .05$) than the models with only linear change. Therefore, a quadratic pattern of change was used in all analyses.

Question 1 Results

The Level 1 model defined three parameters that characterize participants' average trajectories over time: 1) the mean outcome for husbands and wives at time 0, which has been designated to be Time 1 (prenatal); 2) the average linear rate of change in *leisure with spouse* and *leisure with others* across all four time points, and 3) the rate of acceleration or deceleration (curvature) in the trajectories of *leisure with spouse* and *leisure with others* (quadratic effect). The Level 1 model was represented by the following equation:

$$Y_{ij} = \beta_{w1j}(\text{wife}) + \beta_{w2j}(\text{wife linear})_{ij} + \beta_{w3j}(\text{wife quadratic})_{ij} + \beta_{h4j}(\text{husband}) + \beta_{h5j}(\text{husband linear})_{ij} + \beta_{h6j}(\text{husband quadratic})_{ij} + e_{ij}$$

where Y_{ij} is the scale score (*leisure with spouse* or *leisure with others*) i for couple j on the outcome, with $i = 1, 2, 3, 4$ data points and $j = 1, \dots, 147$ couples. The variables “wife” and “husband” are dummy coded variables to indicate which partner a particular score belongs to, which also accounts for the shared variance. Thus, β_{w1j} and β_{h4j} represent the “true score” for the wives and husbands, respectively, in couple j . The rate

of change for the wife is represented by β_{w2j} , and β_{h5j} represents the rate of change for the husband. Finally, β_{w3j} represents the rate of change in the slope (curvature) for the wife, and β_{h6j} represents the same for the husband, for couple j . The errors are represented by the e 's and are assumed to have a constant variance.

Examining Leisure with Spouse

To determine whether *leisure with spouse* changes for couple members over time, an unconditional Level 1 model was created with *leisure with spouse* as the outcome. There were no Level 2 predictors. For wives, analyses revealed that there was a significant negative, linear change in *leisure with spouse* ($\beta = -0.079, t = -8.32, p < .001$) across four time points. Similarly, for husbands, analyses revealed that there was also a significant negative, linear change in *leisure with spouse* ($\beta = -0.076, t = -8.21, p < .001$) across four time points. Thus, for both husbands and wives, shared leisure declined over the first year of parenthood.

Moreover, there was also a significant quadratic change for wives' *leisure with spouse* ($\beta = 0.004, t = 6.19, p < .001$) and husbands' *leisure with spouse* ($\beta = 0.004, t = 6.59, p < .001$). This indicates a steep initial decline in *leisure with spouse* between Time 1 (prenatal) and Time 2 (one month postnatal), followed by a gradual incline over the next two time points up to one year following the baby's birth. Wives' and husbands' change in shared leisure over time are depicted in Figure C.1 and C.2, respectively.

An examination of variance components revealed no significant variability in the slope or curvature in *leisure with spouse* for husbands or wives. This indicates that although there is significant change for both wives' and husbands' *leisure with spouse* across time, all spouses' patterns of change are similar. That is, both partners tend to

experience a steep decline in leisure participation when their baby is born and experience a subsequent gradual incline across the following year, with little variation from this trend. Figures C.3 and C.4 display the change in shared leisure over time for a random selection of wives and husbands. The figures depict the individual frequencies of shared leisure changing in a similar way.

Examining Leisure with Others

To determine whether *leisure with others* changes for couple members over time, an unconditional Level 1 model was created with *leisure with others* as the outcome. There were no Level 2 predictors. For wives, analyses revealed that there was a significant negative, linear change in *leisure with others* ($\beta = -0.035$, $t = -3.10$, $p < .01$) across four time points. Similarly, for husbands, analyses revealed that there was also a significant negative, linear change in *leisure with others* ($\beta = -0.031$, $t = -2.74$, $p < .01$) across four time points. Thus, for both husbands and wives, independent leisure declined over the first year of parenthood. Additionally, there was also a significant quadratic change in wives' *leisure with others* ($\beta = 0.002$, $t = 2.52$, $p < .05$) and for husbands' *leisure with others* ($\beta = 0.002$, $t = 2.36$, $p < .05$), suggesting that *leisure with others* initially declines after the birth of the baby and then gradually inclines up until the baby turns one year old. These results are depicted in Figures C.5 and C.6, for wives and husbands, respectively.

An analysis of the variance components revealed that for wives, there was marginal significance in the slope of *leisure with others* ($\beta = 0.061$, $p < .10$). For husbands, there was significant variability in the slope of *leisure with others* ($\beta = 0.062$, $p < .05$). This indicates that although on average *leisure with others* declines for both

husband and wives, there is significant variation around these slopes with some spouses declining, some increasing, and some remaining stable in terms of *leisure with others*. For wives, there was not significant variability in the curvature of the trajectory for *leisure with others*; however, there was marginally significant variability in the curvature of the trajectory for husbands' *leisure with others* ($\beta = 0.004$, $p < .10$), indicating that husbands are experiencing different patterns of change in their trajectories of *leisure with others*. Figures C.7 and C.8 provide graphic illustrations of these changes in leisure patterns with others using a random selection of wives and husbands.

Question 2a Analytic Strategy

Question 2a addressed whether the amount of leisure participated in before the baby was born (recorded at Time 1) predicted the level of reported marital quality when their first child turned one year old (recorded at Time 4). It was hypothesized that more *leisure with spouse* at Time 1 would predict more *love* and less *conflict* at Time 4. Also, we hypothesized that higher levels of *leisure with others* at Time 1 would predict less *love* and more *conflict* at Time 4. To address these questions, a two-level HLM model was constructed for each outcome (*love* and *conflict*). The Level 1 equations contained separate intercepts for both husbands and wives, which were created by using two dummy-coded variables (husbands' intercept and wives' intercept). This provided for separate estimates of the mean levels of the outcome variable (*love* or *conflict*) while retaining a shared error term. The Level 2 equations included demographic control variables and either *leisure with spouse* or *leisure with others* as the primary independent variables.

Specifically, Level 1 analyses for question 2a involved constructing a separate model for each outcome of interest (*love* and *conflict*) using predictors and outcome scores. For example, to predict husbands' and wives' *love* at Time 4, the equation is as follows: $Y_j = B_1(\text{Husbands}) + B_2(\text{Wives}) + e_j$. In this equation Y_j represents the estimated true score for *love* for couple j , with $j = 1 \dots 127$ couples. The second step involved constructing Level 2 equations. The length of the couples' relationship, the couples' total income, the number of hours that the husband or the wife worked, and their marital status (whether they were married or cohabiting) were entered into the equation to predict the male and female intercepts—the average level of love after accounting for measurement error—and to determine the amount of variance in the outcome remaining unexplained after accounting for these demographic controls. The Level 2 equations were as follows:

$$\begin{aligned}\beta_1 &= g_{10} + g_{11}(\text{Marital Status}) + g_{12}(\text{H's Job Hours}) + g_{13}(\text{Total Family Income}) \\ &\quad + g_{14}(\text{Length of Relationship}) + e_1 \\ \beta_2 &= g_{20} + g_{21}(\text{Marital Status}) + g_{22}(\text{W's Job Hours}) + g_{23}(\text{Total Family Income}) \\ &\quad + g_{24}(\text{Length of Relationship}) + e_2\end{aligned}$$

where β_1 represents the husband's love and β_2 represents the wife's love. The variance remaining unexplained was found in the Final Estimation of Variance Components table and recorded.

Next, husbands' and wives' *leisure with spouse* scores were entered as predictor variables into the model to examine whether the addition of this variable explained any additional variance in love (Model 1). The *leisure with spouse* value was calculated by obtaining the “true scores” for Time 1 leisure that were used in the Question 1 analyses.

“True scores” are calculated in HLM analyses because HLM accounts for measurement error. The resulting Level 2 equations were:

$$\beta_1 = g_{10} + g_{11}(\text{Marital Status}) + g_{12}(\text{H's Job Hours}) + g_{13}(\text{Total Family Income}) \\ + g_{14}(\text{Length of Relationship}) + g_{15}(\text{H's Leisure with Spouse}) + \mu_1$$

$$\beta_2 = g_{20} + g_{21}(\text{Marital Status}) + g_{22}(\text{W's Job Hours}) + g_{23}(\text{Total Family Income}) \\ + g_{24}(\text{Length of Relationship}) + g_{25}(\text{W's Leisure with Spouse}) + \mu_2$$

Next, a model comparison test was run to compare the variance left unexplained in this model to the amount of variance left unexplained in the model with only the demographic controls as predictors. Additionally, the variance remaining unexplained was found in the Final Estimation of Variance Components table and recorded. These numbers were used to calculate effect sizes (pseudo R^2 statistics) of the leisure components in the final model by dividing the additional variance explained by the *leisure with spouse* variables in the final model (above and beyond the demographic controls) by the total variance remaining unexplained after only the demographic controls had been entered. A pseudo R^2 statistic was obtained and recorded.

The second step was to replicate these models, substituting the *leisure with others* variable for the *leisure with spouse* for Model 2 analyses. The *leisure with others* value was also obtained by using the “true scores” attained from Question 1, which is the recorded value accounting for measurement error. The analyses were identical and the findings were recorded.

Finally, all of the above analyses (using *leisure with spouse* for Model 1 and *leisure with others* for Model 2) were repeated using *conflict* as the outcome variable. The same equations were run [first with demographic controls, then with *leisure with*

spouse (Model 1), and then with *leisure with others* (Model 2)] and the findings were recorded.

Question 2a Results

Results are depicted in Table B.3 (*love*) and Table B.4 (*conflict*).

Using Leisure to Predict Love

Chi-square statistics indicated that the *leisure with spouse* variables explained a significant amount of the variance in *love* ($\chi^2 = 12.51$, $p < .01$) and the *leisure with others* variables explained a significant amount of the variance in *love* ($\chi^2 = 5.92$, $p < .05$), above and beyond that which was accounted for by the demographic controls.

In Model 1, above and beyond the control variables, wives' *leisure with spouse* reliably explained 8.96% of the remaining variance in wives' Time 4 *love*, and husbands' *leisure with spouse* reliably explained only 0.84% of the remaining variance in husbands' Time 4 *love*. As expected, for both wives and husbands, higher amounts of *leisure with spouse* at Time 1 predicted higher amounts of *love* at Time 4.

In Model 2, wives' *leisure with others* did not predict *love* for wives. However, husbands' *leisure with others* had a significant effect on husbands' reports of *love*, predicting 9.2% of the remaining variance in Time 4 *love*. As expected, for husbands, higher amounts of *leisure with others* at Time 1 predicted lower amounts of *love* at Time 4.

Using Leisure to Predict Conflict

Chi-square statistics indicated that the *leisure with spouse* variables explained a marginally significant amount of the variance in *conflict* ($\chi^2 = 5.04$, $p < .10$), and the *leisure with others* variables explained a marginally significant amount of the variance in

conflict ($\chi^2 = 5.15$, $p < .10$), above and beyond that which was accounted for by the demographic controls.

In Model 1, wives' Time 1 *leisure with spouse* reliably predicted Time 4 *conflict* for wives, explaining 5.64% of the remaining variance; more shared leisure predicted less conflict. However, for husbands, Time 1 *leisure with spouse* did not significantly predict Time 4 *conflict*. As expected, higher amounts of *leisure with spouse* at Time 1 predicted lower amounts of *conflict* at Time 4, but only for wives.

In Model 2, *leisure with others* did not reliably predict *conflict* for wives. However, it was a significant predictor for husbands' *conflict*, explaining 4.7% of the remaining variance. As expected, higher amounts of *leisure with others* at Time 1 predicted higher amounts of *conflict* at Time 4, but only for husbands.

Question 2b Analytic Strategy

The next question moved from trying to predict marital *love* and *conflict* from prenatal leisure (Time 1) to an examination of how changes in leisure patterns were related to *love* and *conflict* at one year postnatal (Time 4). The *change in leisure* variable was intended to account for how much leisure time had increased or decreased from before the birth of the baby until after the baby was one year old. It was hypothesized that the degree of decline (or incline) in leisure participation across the first year would predict marital quality more than the absolute amount of leisure engaged in prior to the birth of the baby. We had expected to find that, regardless of a couples' original level of leisure participation, a higher rate of negative change over the transition to parenthood would predict poorer marital quality. First, this variable was intended to be a score calculated by HLM that was the "true slope" of change for each participant, accounting

for measurement error and recorded change over time. However, in analyzing Question 1, we found that leisure changes across time in a quadratic fashion. A sharp decline in leisure participation occurs immediately after the baby is born, after which leisure participation increases at a slow rate for the remainder of the year (see Figure C.1 for wives and C.3 for husbands). Therefore, there was not an appropriate time point to use the slope as the rate of change, since it would either represent a sharp decline or a slight increase, neither of which represent the complete change over time. So, to obtain a more useful variable, a difference score was computed for each participant, which measures the overall change across the transition (Time 4 – Time 1). This was done using the “true scores” calculated for each time point by using HLM to account for the measurement error in each time point. Then, these change scores were entered as variables in the model to predict *love* and *conflict* at Time 4. The models were computed four times: using *change in leisure with spouse* and *change in leisure with others* as predictors for both outcome variables (*love* and *conflict*). As an example, Model 1 computed for *love* looked like this:

$$\begin{aligned}\beta_1 &= g_{10} + g_{11}(\text{Marital Status}) + g_{12}(\text{H's Job Hours}) + g_{13}(\text{Total Family Income}) + \\ &\quad g_{14}(\text{Length of Relationship}) + g_{15}(\text{H's Change in Leisure with Spouse}) + \mu_1 \\ \beta_2 &= g_{20} + g_{21}(\text{Marital Status}) + g_{22}(\text{W's Job Hours}) + g_{23}(\text{Total Family Income}) + \\ &\quad g_{24}(\text{Length of Relationship}) + g_{25}(\text{W's Change in Leisure with Spouse}) + \mu_2\end{aligned}$$

Question 2b Results

Results are depicted in Table B.5 (*love*) and Table B.6 (*conflict*).

Using Change in Leisure across Time Points to Predict Love

After controlling for the effects of the participants' marital status, the number of hours that participants work per week, the total family income, and the length of participants' relationships in Model 1, wives' *change in leisure with spouse* reliably explained 4.55% of the remaining variance in wives' Time 4 *love*. Husbands' *change in leisure with spouse* reliably explained 1.90% of the remaining variance in husbands' Time 4 *love*. Contrary to the hypothesis, the direction of effects was unexpected for both spouses. Specifically, a steeper decline in *leisure with spouse* predicted higher amounts of *love* at Time 4. In other words, the more leisure participation with one's spouse decreased over the first year of parenthood, the more love was reported.

In Model 2, wives' *change in leisure with others* did not reliably predict *love*, and husbands' *change in leisure with others* only marginally predicted *love* for husbands ($p < 0.10$), explaining 5.65% of the remaining variance in Time 4 *love*. The direction of the finding was again unexpected, as a steeper decline in *leisure with others* predicted less *love* at Time 4. This indicated that, for husbands, as leisure time alone and with others declined, the less *love* was reported.

Using Change in Leisure across Time Points to Predict Conflict

Results are depicted in Table B.6. In Model 1, wives' *change in leisure with spouse* reliably predicted wives' Time 4 *conflict*, explaining 8.82% of the remaining variance. However, it did not significantly predict *conflict* for husbands. The direction of this relationship was again unexpected, with a steeper decline in *leisure with spouse* predicting lower amounts of *conflict* at Time 4. In other words, for wives, the more their leisure participation with their husbands decreased over the first year of parenthood, the less conflict they reported.

In Model 2, *change in leisure with others* did not reliably predict *conflict* for wives, and it was only marginally significant ($p < 0.10$) for husbands, explaining 2% of the remaining variance in *conflict*. Unexpectedly, a steeper decline in *leisure with others* predicted higher amounts of *conflict* at Time 4.

The final set of research questions asked whether or not *change in leisure* can predict Time 4 *love* and *conflict* above and beyond what is explained by the level of *leisure* at Time 1. To answer this question, both variables (*change* and *level*) needed to be entered as predictor variables simultaneously with the demographic controls. Prior to running these models, however, we examined the relationship between the Time 1 levels of *leisure* and *change in leisure* to test for multicollinearity. As noted in Table B.7, the correlations were extremely high indicating that higher levels of *leisure with spouse* at Time 1 were correlated with steeper declines in *leisure* over the transition to parenthood. Figures C.9 and C.10 demonstrate this relationship by illustrating the change in leisure over time for two sets of spouses, those who had the highest or the lowest levels of leisure. As can be seen in the graphs, those spouses with the highest levels of leisure time with their spouse at Time 1, also reported the steepest decline in shared leisure, however, it is important to note that their mean levels of leisure across the first year remain higher than those couples who were low on leisure at Time 1. Thus those spouses reporting high initial leisure and reporting significant declines in leisure over time are still more likely to report the highest positive marital outcomes—a high amount of love and a low amount of conflict. In contrast, those couple members who reported the least leisure time with their spouse before their baby was born (Time 1) subsequently experienced less decline in shared leisure activities following the birth of their child. Yet

they still reported the least positive marital outcomes—a lower amount of love and a higher amount of conflict. These results help to explain the unexpected direction of effects when examining *change in leisure* and *love* and *conflict*. To summarize, although those spouses reporting the highest levels of leisure at Time 1 reported the steepest decline in leisure over time, as compared to spouses starting out low in leisure, the overall higher level of leisure appears to buffer the potentially negative effects on marriage of decline in leisure over the first year.

CHAPTER IV

DISCUSSION

In this study, spouses' leisure patterns were examined over a span of approximately 14 months to determine whether leisure practices change for husbands and wives over the transition to parenthood. Additionally, these leisure practices were used to predict spouses' marital quality one year after the birth of a baby, in the hope that we could determine whether leisure is a mechanism that can contribute positively or negatively to overall marital quality. It was speculated that leisure practices would decline for both husbands and wives over the transition to parenthood, and that more shared leisure time and less independent leisure time would contribute to more reported love and less reported conflict one year after the birth of the baby.

The first question to be addressed was whether frequencies of leisure participation, specifically both shared and independent leisure, undergo a significant change across the transition to parenthood for husbands and wives. Our hypotheses were generally confirmed. Husbands and wives experienced an immediate decline in both shared leisure and independent leisure after the birth of their child. In the months following the birth of the baby, however, couple members gradually began to increase their leisure activities. It is notable that for both husbands and wives, neither shared leisure nor independent leisure levels fully returned to prenatal levels of leisure. In other words, in terms of shared leisure, all spouses decreased their leisure participation across the transition to parenthood. Their frequencies of independent leisure also consistently declined, with 88% of husbands and 89% of wives reporting that their independent leisure levels did not recover to their prenatal reports of leisure. The significant quadratic

model implies that there is a period of readjustment in terms of leisure activities following the birth of a baby. It is possible that in the initial weeks following the birth of a child, spouses are too busy, too tired, or too interested and engaged with their new baby to find time to participate in their previous leisure interests. However, within several months of the baby's birth, and after the wife has successfully returned to work, both spouses gradually resume participating in leisure—both with and without their spouse present. Patterns of change in shared and independent leisure look similar for spouses when examining average change over time, and while little variability in shared leisure patterns emerged for our couples, there was significant variability in reports of independent leisure for both husbands and wives. Interestingly, both spouses report great variability in the degree to which they incorporate leisure alone or leisure with others into their lives once they become parents. Some individuals experience a steady decline in independent leisure, some experience an initial decline and then begin to resume more leisure outside of the marriage, while others actually increase their independent leisure time over the first year.

The second question to be addressed was whether leisure practices across the transition to parenthood influence marital quality when the baby is one year old, thus providing a “buffer” for the documented decline in marital satisfaction that takes place during the transition to parenthood. Our hypotheses were partially supported. It was found that, for wives, more prenatal shared leisure activities predicted higher marital love and less conflict when the baby was one year old. This relationship was found to exist for husbands' reported love as well, albeit with a very small effect size. This finding seems to support the popular marital and life advice books that recommend that couples

spend more time together in order to keep their marriages healthy. It also provides longitudinal support that a relationship exists between shared leisure and marital satisfaction (Kurdek, 1993; Holman & Jacquart, 1988; Houts, Robins, & Huston, 1996; Hill, 1988).

Turning to the results for independent leisure, significant findings emerged only for husbands. That is, the less independent leisure husbands participated in before the baby was born, the less conflict they reported in their marriage as the baby turned one year old. It is interesting to speculate why this might occur. Maybe husbands who spend more time with friends do so because they feel less connected to their spouse or less fulfilled in their marriage or partnership. Or, it may be that wives resent the time that husbands spend participating in leisure alone or with friends and family, which negatively affects their relationship. These potential explanations are speculations only, and further research is needed to understand this family process. Regardless, data from the current study suggest that too much leisure spent away from one's partner is a precursor of marital conflict, at least for husbands.

In summary, more prenatal shared leisure has a strong, positive effect on wives' marital assessments and a smaller, but positive effect on husbands' assessments. Less independent leisure bodes well for the marital relations of husbands.

Next, the amount of *change* that husbands and wives experience in their leisure (i.e., how much they increase or decrease their activities) throughout the transition to parenthood was examined in relation to their marriage. We expected steeper declines in leisure to be harmful to marital quality. Here, our hypotheses were not confirmed. We were surprised to find that decreases in shared leisure across the transition to parenthood

were associated with more *positive* marital outcomes. We were perplexed by this result and returned to the data to try and uncover why declines in leisure might be related to more love and less conflict. A close examination of Figure C.9 and C.10 tells the story. These exploratory analyses revealed that couple members with a high amount of prenatal shared leisure tended to experience the greatest declines in leisure participation over the transition to parenthood. Remarkably, those marriages were resilient to this decrease in leisure during this time—the reason being that those who declined the most still had higher levels of leisure than those who experienced less of a decline over the transition. This indicates that those couples who were participating in more shared leisure before the baby was born continued to experience its advantages, despite engaging in less shared leisure during the transition. This is a powerful finding that shows that the state of the marriage before the baby is born is a critical factor. It appears that couples are better able to withstand the decline in leisure during the transition when they have established frequent leisure activity patterns prior to the baby's birth. Perhaps engaging in more shared leisure prior to the birth leads couples to develop positive communication patterns that persist even when couples have less leisure time together. Alternatively, more prenatal shared leisure could be a result of spouses having more shared interests. In this case, a higher level of companionship between spouses could increase the number of positive interactions that couples experience. However, these are again topics for future research.

Another important finding was that wives consistently reported less shared leisure time than their husbands. This study utilizes self-report data, which is based on each person's perceptions of their leisure practices. Because the questionnaires were

administered individually, it is noteworthy that wives perceive themselves to be engaged in less leisure time with their spouse than their husbands, since the construct should, at least theoretically, be reported equally. Given some of the findings from previous literature, it is possible that husbands and wives interpret “shared leisure time” differently. Time that husbands might report as “leisure time” could involve a time when a wife is multitasking and would label this as “work time.” Regardless, it appears that women might experience less leisure time, but value it more.

Some researchers who study the transition to parenthood have found that when couples have their first child, they spend more time together doing instrumental tasks together, like bathing the baby and feeding the baby, instead of engaging in companionate leisure (Clements & Markman, 1996; Huston, McHale, and Crouter, 1986). This may explain why, even when leisure declines, marriages are not negatively affected. Shared time as parents, even when focused on caring for the infant, may be experienced as positive couple time. Unfortunately, our child care data do not distinguish how often couples share childcare and household tasks across the first year of parenthood, although, this would be a fruitful area of inquiry.

To summarize, we found support for Orthner, Barnett-Morris, and Mancini’s (1994) hypothesis that shared leisure activities are good for a marriage, and we also found support for Zabriskie and McCormick’s (2001) hypothesis that couple participation in these leisure activities, especially in times of stress or transition, contribute to family adaptability.

Our findings do not support those of Huston and Vangelisti (1995) and Crawford and Huston (1993), who found that new fathers experienced the least leisure time apart

from their spouse of any group (which included new mothers and non-parents). In our study, husbands and wives reported roughly equal frequencies of independent leisure time, with the exception of one month after the baby was born. At that time, wives reported having less leisure time independent of their husbands, which is understandable given the adjustments that they make as they recover physically and emotionally from childbirth. After wives go back to work and readjust to this change, they once again report roughly equal independent leisure time to their partners. Our findings may diverge from earlier work because we are studying a dual-earner sample in which both husbands and wives have relatively equal commitments to paid employment, thus limiting their time for independent leisure.

This research contributes to our knowledge of leisure and marriage in a number of ways. This study, which focuses exclusively on working-class couples during the transition to parenthood, challenges us to consider the relationship between leisure and marriage within a specific ecological context and during a significant developmental period in a family's life. Longitudinal data allow us to examine the complex relationship between level of leisure, change in leisure, and implications for marriage. Additionally, this study consists of only dual-earner couples, which is the normative family in the United States. This allows us to consider how couples who are pressed for time, given that both parents work, manage to fit in leisure into their lives and its implications for their marriage (Crawford, Houts, Huston, and George, 2002).

Clinical Implications

Results that leisure practices change during the transition to parenthood and that these patterns hold implications for marital quality are particularly compelling when

considering potential interventions for new parents' marriages. Leisure participation, especially shared couple leisure, has been a key target of research and popular literature, the notion being that shared time would help couples cope with declining marital satisfaction over time (Belsky & Hsieh, 1998; Zabriskie & McCormick, 2003). The results of this study suggest that leisure might be an appropriate target for point for intervention (or prevention) for couples, especially *before* they undergo the transition to parenthood. Findings from this study suggest that shared leisure has enduring, positive effects on marriage, and it seems to be beneficial to establish positive shared leisure practices before life stresses (such as parenthood) occur for couples.

Pre-marital and marital counseling are booming in popularity. Some states have even considered making premarital counseling mandatory, thinking that it would help couples to avoid divorce (McFeatters, 2005). Indeed, religious organizations have been offering premarital and marital counseling for decades, hoping to avert hasty marriages or divorces. These counseling sessions often cover such topics as finances, communication styles, and individual value systems. Currently, the importance of leisure pursuits is not necessarily stressed during premarital counseling. Its inclusion in premarital marriage counseling might provide couples with one more protective factor to strengthen the marriage.

Limitations

The results of this study should be viewed in light of its limitations. First, findings from this study are based on a working-class, dual-earner, heterosexual, Caucasian sample. Therefore, findings cannot be generalized to couples of other social

classes, ethnic minorities or homosexual couples. Leisure practices and the importance of leisure might be different within other sociocultural contexts.

Another limitation of the current study is that it is based on retrospective self-report data. Findings based on diary data or observational data might reveal different relationships. Also, the measures used did not take into account whether the baby participated in parents' reports of "shared leisure" and "independent leisure." Thus, we were unable to consider the idea that leisure may take on new forms (i.e., instrumental activities) and new members (i.e., the baby). We cannot accurately track change in leisure patterns over the transition to parenthood, since hobbies that had been for two people could now include three people, and certain tasks such as feeding or bathing the baby may become "leisure" for some parents. Future studies should take the presence of the baby during leisure practices into account, as well as obtain parents' perceptions of what they consider "tasks" versus "leisure."

Future Directions

Future research should address the bidirectional relationship between leisure and marital relationships. A logical question to follow this study would be that of causation. Does participating in more shared leisure activities lead to improved marital satisfaction, or does more marital satisfaction lead to increased shared leisure activities between spouses? This question could be answered by analyzing longitudinal data that has measured leisure and relationship variables for at least two different time points.

Another important point for future research to address is whether certain types of leisure are differentially associated with marital quality. It has been found that "active leisure" pursuits might involve more communication than "passive leisure" pursuits, and

might therefore be more beneficial for couples (Appleton & Appleton, 1978; Crawford, Houts, Huston, & George, 2002; Cowan & Cowan, 1988; Orthner 1975). This would also inform potential interventions that involve leisure education.

Despite the limitations, the current study extends our understanding of leisure practices and their benefits for marriage across the transition to parenthood. Some of the important contributions include the inclusion of both parents' reports of their leisure practices, the utilization of longitudinal data, the inclusion of working-class, dual-earner couples, and the utilization of measures that do not confound leisure with positive marital behaviors. Further, analyses accounted for the shared variance that is inevitable in dyadic data.

Overall, it is clear that researchers will continue to be curious to uncover the keys to successful marriages and relationships. As a companion to that line of research, the study of divorce and break-ups are also commonplace in our field. Along these lines, it is important to continue to inform popular life and marital advice books with data to support or debunk the common notions of what makes each relationship successful.

APPENDIX A

MEASURES

A.1 Leisure Behavior Questionnaire

A.2 Relationship Questionnaire

Appendix A.1: Leisure Behavior Questionnaire

This questionnaire was administered twice to participants. First, they answered the questionnaire with reference to leisure done with their spouse present. Next, they answered the questionnaire with reference to leisure done alone or with people other than their spouse (see directions below).

Using the scale below, please indicate how regularly you engage in each recreational activity alone or with people other than [spouse/partner]. We realize that your pregnancy may have changed the way you spend your leisure time, and ask you to think back to your usual habits before the pregnancy. IF YOU NEVER ENGAGE IN THE ACTIVITY, CIRCLE 7 FOR "NOT APPLICABLE".

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
Less than once a month	About once or twice a month	About once a week	2-5 times a week	About once a day	More than once a day

NA

1	Watch TV or a video on the VCR	1	2	3	4	5	6	7
2	Read (books, magazines, newspaper, etc.)	1	2	3	4	5	6	7
3	Listen to music (records, tapes, radio, etc.)	1	2	3	4	5	6	7
4	Work on a hobby or project	1	2	3	4	5	6	7
5	Talk on the telephone or write letters or cards to friends or family	1	2	3	4	5	6	7
6	Play a table, computer, or video game	1	2	3	4	5	6	7
7	Work on job related activities at home.	1	2	3	4	5	6	7
8	Go, as spectator, to movies, play, concerts, or dance performances	1	2	3	4	5	6	7
9	Go, as spectator, to sports events	1	2	3	4	5	6	7
10	Go to a bar, tavern, nightclub, or dancing	1	2	3	4	5	6	7
11	Go to a park or on a picnic	1	2	3	4	5	6	7
12	Go to a party	1	2	3	4	5	6	7
13	Go out to eat	1	2	3	4	5	6	7

Leisure Behavior Questionnaire (continued)

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
Less than once a month	About once or twice a month	About once a week	2-5 times a week	About once a day	More than once a day

NA

14	Go shopping, other than grocery shopping	1	2	3	4	5	6	7
15	Go for a walk	1	2	3	4	5	6	7
16	Go for a leisurely drive	1	2	3	4	5	6	7
17	Attend a meeting of a service club, hobby club, community organization, interest or political group	1	2	3	4	5	6	7
18	Attend a religious class or activity	1	2	3	4	5	6	7
19	Entertain friends or relatives in own home	1	2	3	4	5	6	7
20	Visit friends or relatives in their home	1	2	3	4	5	6	7
21	Go to a fair, outdoor show, garage sale, auction, flea market, or exhibit	1	2	3	4	5	6	7
22	Outdoor recreation (biking, hiking, sledding)	1	2	3	4	5	6	7
23	Play a sport on a team or just for fun (baseball, softball, basketball, football, tennis, Frisbee, etc.)	1	2	3	4	5	6	7
24	Exercise (aerobics, jogging)	1	2	3	4	5	6	7
25	Other: _____	1	2	3	4	5	6	7

Appendix A.2: Relationship Questionnaire
(Braiker & Kelly, 1979)

The following questions ask about certain aspects of your relationship with your partner/spouse. Please answer these questions for the present time in your romantic relationship. Circle the number which best represents your view of your relationship.

1.	To what extent do you have a sense of “belonging with your partner”?	<u>1 2 3 4 5 6 7 8 9</u> Not at all Very much
2.	How often do you and your partner argue with each other?	<u>1 2 3 4 5 6 7 8 9</u> Very Infrequently Frequently
3.	How much do you feel you “give” to the relationship?	<u>1 2 3 4 5 6 7 8 9</u> Very little Very much
4.	To what extent do you try to change things about your partner that bother you (e.g., behaviors, attitudes, etc.)?	<u>1 2 3 4 5 6 7 8 9</u> Not at all Very much
5.	To what extent do you love your partner at this stage?	<u>1 2 3 4 5 6 7 8 9</u> Not at all Very much
6.	To what extent do you feel that things that happen to your partner also affect or are important to you?	<u>1 2 3 4 5 6 7 8 9</u> Not at all Very much
7.	How often do you feel angry or resentful toward your partner?	<u>1 2 3 4 5 6 7 8 9</u> Never Very often
8.	To what extent do you feel that your relationship is somewhat unique compared to others you’ve been in?	<u>1 2 3 4 5 6 7 8 9</u> Not at all Very much
9.	How committed do you feel toward your partner?	<u>1 2 3 4 5 6 7 8 9</u> Not at all Extremely
10.	How close do you feel toward your partner?	<u>1 2 3 4 5 6 7 8 9</u> Not at all close Extremely close
11.	How much do you need your partner at this stage?	<u>1 2 3 4 5 6 7 8 9</u> Not at all Very much
12.	How sexually intimate are you with your partner?	<u>1 2 3 4 5 6 7 8 9</u> Not at all Extremely

Relationship Questionnaire (Continued)

13.	How attached do you feel to your partner?	<u>1 2 3 4 5 6 7 8 9</u> Not at all Very much
14.	When you and your partner argue, how serious are the problems or arguments?	<u>1 2 3 4 5 6 7 8 9</u> Not serious at all Very serious
15.	To what extent do you communicate negative feelings toward your partner (e.g., anger, frustration, etc.)?	<u>1 2 3 4 5 6 7 8 9</u> Not at all Very much
16.	How confused are you about your feelings toward your partner?	<u>1 2 3 4 5 6 7 8 9</u> Not confused at all Very confused
17.	To what extent do you reveal or disclose very intimate things about yourself or personal feelings to your partner?	<u>1 2 3 4 5 6 7 8 9</u> Very Frequently Infrequently
18.	How much do you think or worry about losing some of your independence by getting involved with your partner?	<u>1 2 3 4 5 6 7 8 9</u> Not at all Very much
19.	How much time do you and your partner spend discussing and trying to work out problems between you?	<u>1 2 3 4 5 6 7 8 9</u> Not very much Very much
20.	How much time do you and your partner talk about the quality of your relationship -- for example, how good it is, how satisfying, how to improve it, etc.?	<u>1 2 3 4 5 6 7 8 9</u> Not very much Very much
21.	How ambivalent or unsure are you about continuing in the relationship with your partner?	<u>1 2 3 4 5 6 7 8 9</u> Not at all Extremely
22.	To what extent do you feel that your partner demands or requires too much of your time and attention?	<u>1 2 3 4 5 6 7 8 9</u> Not at all Very much
23.	To what extent do you try to change your behavior to help solve certain problems between you and your partner?	<u>1 2 3 4 5 6 7 8 9</u> Not at all Very much
24.	To what extent do you feel "trapped" or pressured to continue in the relationship?	<u>1 2 3 4 5 6 7 8 9</u> Not at all Very much
25.	How much do you tell your partner what you want or need from the relationship?	<u>1 2 3 4 5 6 7 8 9</u> Not at all Very much

APPENDIX B

TABLES

- B.1 Descriptive Statistics for Leisure
- B.2 Descriptive Statistics for Outcomes (Time 4 Love, Conflict)
- B.3 Final Estimation of Fixed Effects for Spouses' Time 4 Love Using Time 1 Leisure Scores as Predictors: Leisure with Spouse (Model 1) and Leisure with Others (Model 2)
- B.4 Final Estimation of Fixed Effects for Spouses' Time 4 Conflict Using Time 1 Leisure Scores as Predictors: Leisure with Spouse (Model 1) and Leisure with Others (Model 2)
- B.5 Final Estimation of Fixed Effects for Spouses' Time 4 Love Using Leisure Change Scores (Time 4 – Time 1) as Predictors: Leisure with Spouse (Model 1) and Leisure with Others (Model 2)
- B.6 Final Estimation of Fixed Effects for Spouses' Time 4 Conflict Using Leisure Change Scores (Time 4 – Time 1) as Predictors: Leisure with Spouse (Model 1) and Leisure with Others (Model 2)
- B.7 Bivariate Correlations Between Time 1 *Leisure* and *Change in Leisure* Scores

Table B.1: Descriptive Statistics for Leisure

Husbands' Scores (n=147)		Wives' Scores (n=147)		t	r
	Mean	Standard Deviation	Mean		
Time 1: Leisure with Spouse	1.971	.324	1.846	2.26*	.34***
Leisure with Others	1.803	.375	1.851	- 0.20	.14
Time 2: Leisure with Spouse	1.743	.433	1.590	3.73***	.27**
Leisure with Others	1.654	.484	1.778	- 2.39*	.07
Time 3: Leisure with Spouse	1.715	.374	1.573	3.43**	.30**
Leisure with Others	1.715	.457	1.718	- 0.12	.22*
Time 4: Leisure with Spouse	1.476	.390	1.642	3.64***	.15 ⁺
Leisure with Others	1.693	.440	1.704	- 0.45	.08
Change in Leisure ^a	-0.365	.073	-0.417	21.97***	.95***
(Time 4 - Time 1)	-0.150	.137	-0.155	0.47	.51***

^a higher numbers = increase in leisureSignificance: ⁺ p<.10; *p<.05; **p<.01; ***p<.001 (two tailed tests)

Table B.2: Descriptive Statistics for Outcomes (Time 4 Love, Conflict)

Time 4:	Husbands' Scores (N=127)				Wives' Scores (N=127)			
	Mean	Standard Deviation	Skewness	Kurtosis	Mean	Standard Deviation	Skewness	Kurtosis
Love	7.831	0.848	-1.030	0.817	7.752	1.023	-1.570	3.801
Transformed Love	4.007	1.458	-0.299	-0.723	3.942	1.584	-0.358	-0.756
Conflict	3.410	1.293	0.305	-0.485	3.933	1.305	0.254	-0.175

Table B.3: Final Estimation of Fixed Effects for Spouses' Time 4 Love Using Time 1 Leisure Scores as Predictors: Leisure with Spouse (Model 1) and Leisure with Others (Model 2)

	Wives' Love		Husbands' Love	
	Model 1	Model 2	Model 1	Model 2
	Leisure w/Spouse	Leisure w/Others	Leisure w/Spouse	Leisure w/Others
Intercept	1.163 (1.26)	3.025 (1.34)*	2.332 (1.23) ⁺	5.387 (1.08)***
Demographic Controls				
Marital Status	0.045 (0.37)	0.146 (0.39)	0.195 (0.36)	0.261 (0.35)
Number of Hours Worked	-0.008 (0.02)	-0.004 (0.02)	-0.015 (0.02)	-0.020 (0.02)
Total Family Income	0.000 (0.00)	0.000 (0.00)	0.000 (0.00)	0.000 (0.00)
Length of Relationship	-0.041 (0.06)	-0.068 (0.07)	0.048 (0.06)	0.007 (0.06)
Leisure with Spouse at Time 1	1.507 (0.44) ***	-----	0.861 (0.40)*	-----
Leisure with Others at Time 1	-----	0.302 (0.43)	-----	-0.742 (0.31)*
Effect Sizes (Pseudo R ² Statistic)	.0896	.0019	.0084	.0920

Significance: ⁺ p<.10; * p<.05; ** p<.01; *** p<.001 (two tailed tests)

Standard errors in parentheses

Table B.4: Final Estimation of Fixed Effects for Spouses' Time 4 Conflict Using Time 1 Leisure Scores as Predictors: Leisure with Spouse (Model 1) and Leisure with Others (Model 2)

	Wives' Conflict		Husbands' Conflict	
	Model 1	Model 2	Model 1	Model 2
	Leisure w/Spouse	Leisure w/Others	Leisure w/Spouse	Leisure w/Others
Intercept	5.912 (1.12)***	4.345 (1.15)***	2.961 (1.11)**	1.781 (0.98) ⁺
Demographic Controls				
Marital Status	-0.207 (0.32)	-0.299 (0.32)	0.447 (0.31)	0.415 (0.31)
Number of Hours Worked	0.013 (0.02)	0.011 (0.02)	0.015 (0.01)	0.016 (0.01)
Total Family Income	-0.000 (0.00)	-0.000 (0.00)	-0.000 (0.00) ⁺	-0.000 (0.00)*
Length of Relationship	-0.085 (0.05)	-0.064 (0.06)	-0.016 (0.05)	-0.002 (0.05)
Leisure with Spouse at Time 1	-0.877 (0.39) *	-----	-0.019 (0.36)	-----
Leisure with Others at Time 1	-----	0.125 (0.37)	-----	0.651 (0.29)*
Effect Sizes (Pseudo R ² Statistic)	.0564	.0014	-.0006	.0470

Significance: ⁺ p<.10; *p<.05; **p<.01; ***p<.001 (two tailed tests)

Standard errors in parentheses

Table B.5: Final Estimation of Fixed Effects for Spouses' Time 4 Love Using Leisure Change Scores (Time 4 – Time 1) as Predictors: Leisure with Spouse (Model 1) and Leisure with Others (Model 2)

	Wives' Love		Husbands' Love	
	Model 1 Leisure w/Spouse	Model 2 Leisure w/Others	Model 1 Leisure w/Spouse	Model 2 Leisure w/Others
Intercept	2.180 (1.23) ⁺	3.483 (1.14)**	2.651 (1.14)*	4.275 (0.95)***
Demographic Controls				
Marital Status	0.043 (0.38)	0.191 (0.39)	0.087 (0.37)	0.392 (0.37)
Number of Hours Worked	-0.005 (0.02)	-0.004 (0.02)	-0.015 (0.02)	-0.022 (0.02)
Total Family Income	0.000 (0.00)	0.000 (0.00)	0.000 (0.00)	0.000 (0.00)
Length of Relationship	-0.047 (0.07)	-0.075 (0.07)	0.051 (0.06)	0.005 (0.06)
Change in Leisure with Spouse across Times	-3.826 (1.65) *	-----	-4.192 (1.93)*	-----
Change in Leisure with Others across Times	-----	0.069 (0.93)	-----	1.820 (0.95) ⁺
Effect Sizes (Pseudo R ² Statistic)	.0455	.0009	.0190	.0565

Significance: ⁺ p<.10; *p<.05; **p<.01; ***p<.001 (two tailed tests)

Standard errors in parentheses

Table B.6: Final Estimation of Fixed Effects for Spouses' Time 4 Conflict Using Leisure Change Scores (Time 4 – Time 1) as Predictors: Leisure with Spouse (Model 1) and Leisure with Others (Model 2)

	Wives' Conflict		Husbands' Conflict	
	Model 1	Model 2	Model 1	Model 2
	Leisure w/Spouse	Leisure w/Others	Leisure w/Spouse	Leisure w/Others
Intercept	5.913 (1.05)***	4.619 (0.98)***	3.246 (1.02)**	2.691 (0.85)**
Demographic Controls				
Marital Status	-0.140 (0.31)	-0.273 (0.33)	0.475 (0.32)	0.295 (0.32)
Number of Hours Worked	0.012 (0.02)	0.009 (0.02)	0.015 (0.02)	0.018 (0.01)
Total Family Income	-0.000 (0.00)	-0.000 (0.00)	-0.000 (0.00) ⁺	-0.000 (0.00) ⁺
Length of Relationship	-0.095 (0.05) ⁺	-0.066 (0.05)	-0.023 (0.05)	-0.000 (0.05)
Change in Leisure with Spouse	3.978 (1.36)**	-----	1.052 (1.68)	-----
across Times				
Change in Leisure with Others	-----	0.155 (0.80)	-----	-1.614 (0.86) ⁺
across Times				
Effect Sizes (Pseudo R ² Statistic)	.0882	-.0002	.0026	.0200

Significance: ^Tp<.10; *p<.05; **p<.01; ***p<.001 (two tailed tests)

Standard errors in parentheses

Table B.7: Bivariate Correlations Between Time 1 *Leisure* and *Change in Leisure* Scores

		Change in Leisure with Spouse (Time 4- Time 1)		Change in Leisure with Others (Time 4 – Time 1)	
		Husbands	Wives	Husbands	Wives
Time 1 Leisure with Spouse	Husbands	-.913**			
	Wives		-.862**		
Time 1 Leisure with Others	Husbands			-.851**	
	Wives				-.611**

Significance: ⁺p<.10; *p<.05; **p<.01; ***p<.001 (two tailed tests)

APPENDIX C

FIGURES

- C.1 Wives' Average Change in *Leisure with Spouse* over Time
- C.2 Husbands' Average Change in *Leisure with Spouse* over Time
- C.3 Individual Trajectories for *Leisure with Spouse* for a Random 15% of the Wives
- C.4 Individual Trajectories for *Leisure with Spouse* for a Random 15% of the Husbands
- C.5 Wives' Average Change in *Leisure with Others* over Time
- C.6 Husbands' Average Change in *Leisure with Others* over Time
- C.7 Individual Trajectories for *Leisure with Others* for a Random 15% of the Wives
- C.8 Individual Trajectories for *Leisure with Others* for a Random 15% of the Husbands
- C.9 Most Extreme *Change in Leisure with Spouse* Cases – Husbands
- C.10 Most Extreme *Change in Leisure with Spouse* Cases – Wives

Figure C.1

Wives' Average Change in *Leisure with Spouse* over Time.

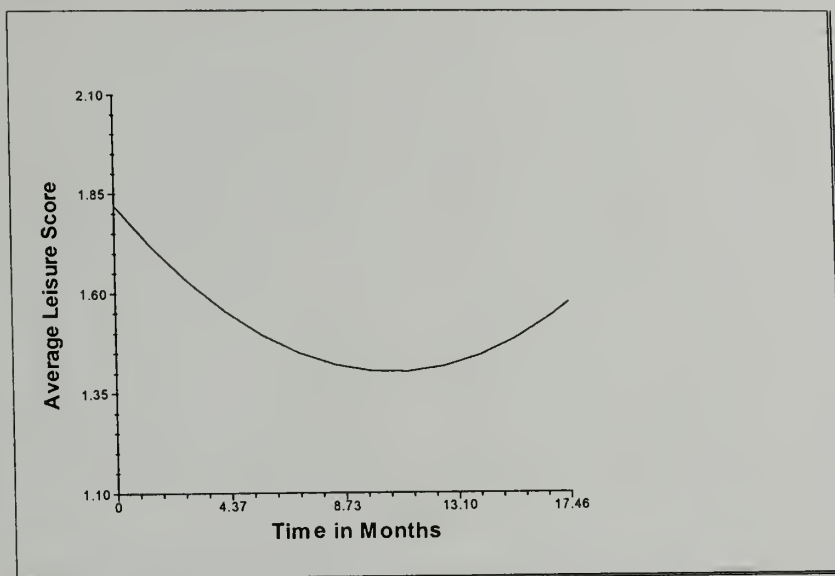


Figure C.2

Husbands' Average Change in *Leisure with Spouse* over Time

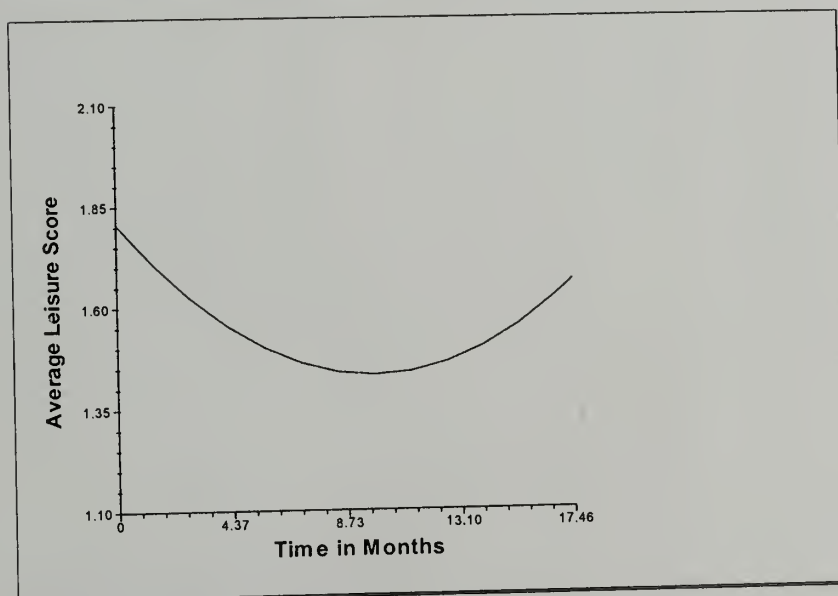


Figure C.3

Individual Trajectories for *Leisure with Spouse* for a Random 15% of the Wives.

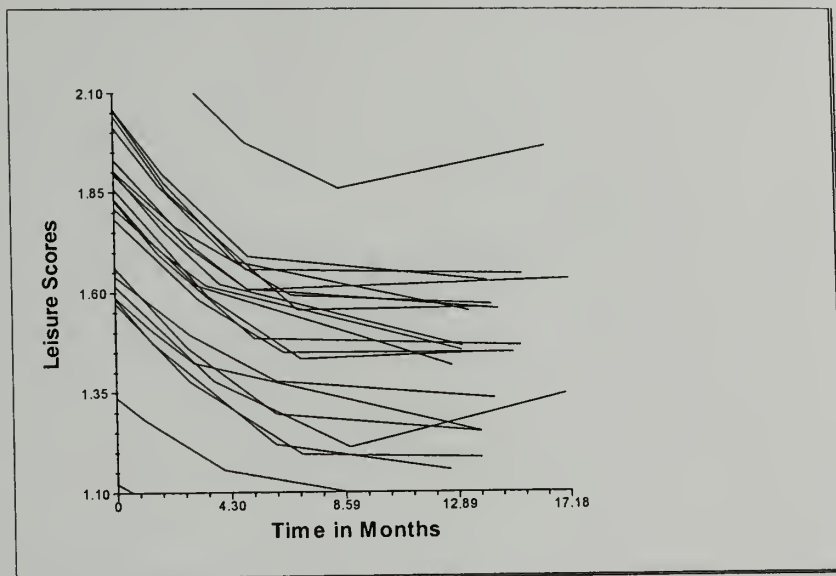


Figure C.4

Individual Trajectories for *Leisure with Spouse* for a Random 15% of the Husbands

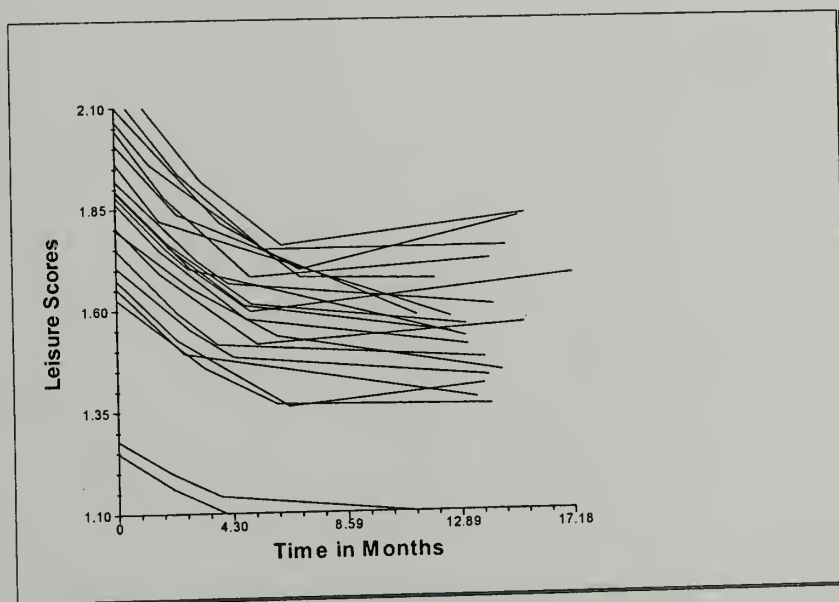


Figure C.5

Wives' Average Change in *Leisure with Others* over Time

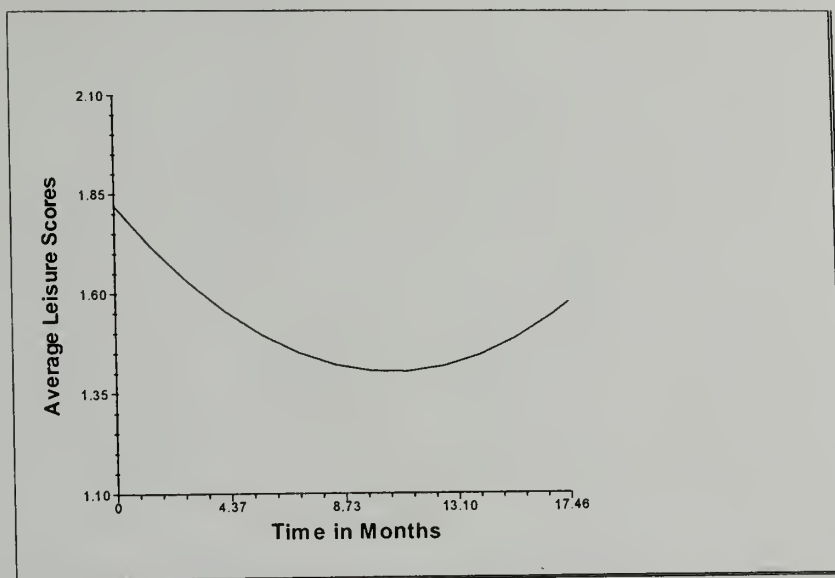


Figure C.6

Husbands' Average Change in *Leisure with Others* over Time

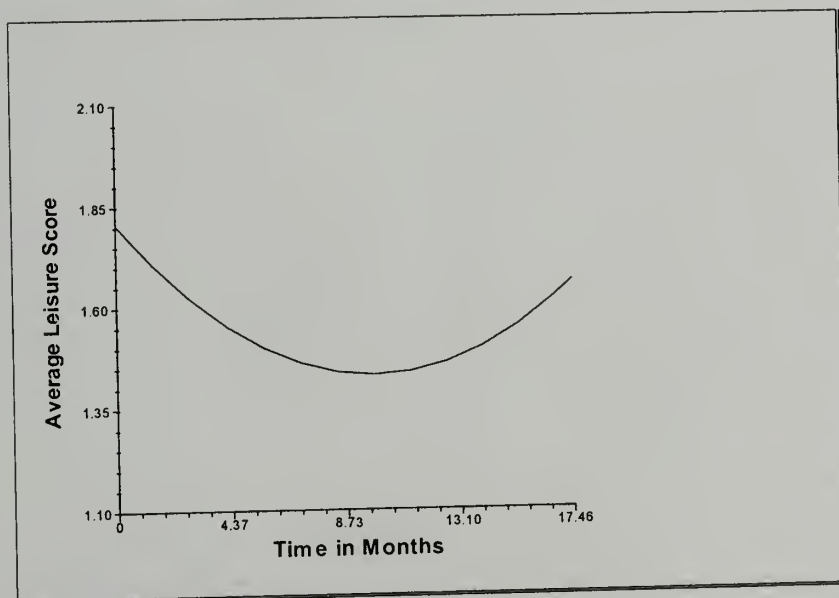


Figure C.7

Individual Trajectories for *Leisure with Others* for a Random 15% of the Wives

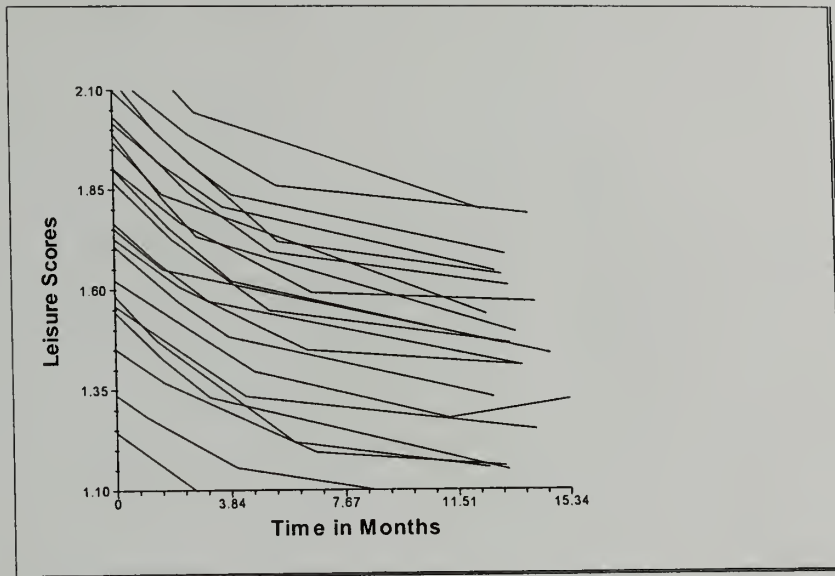


Figure C.8

Individual Trajectories for *Leisure with Others* for a Random 15% of the Husbands

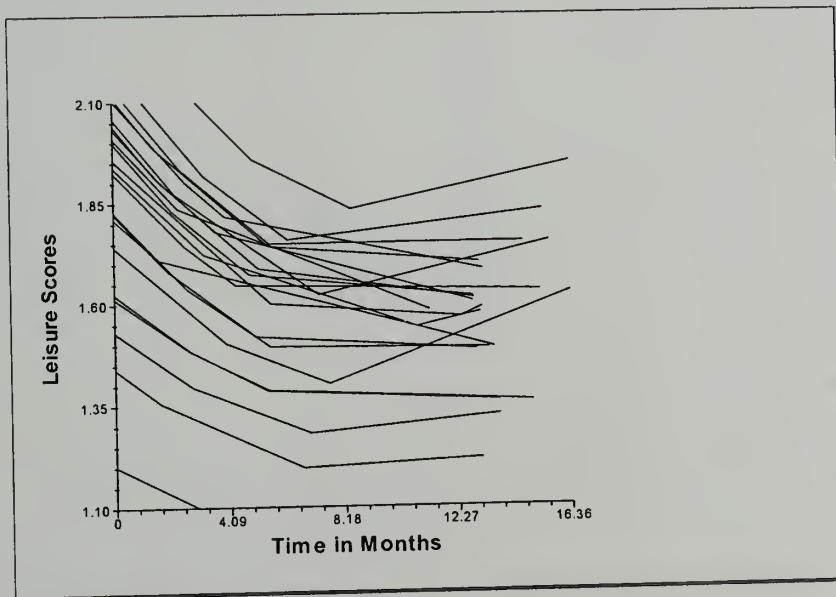


Figure C.9

Most Extreme *Change in Leisure* with Spouse Cases – Husbands

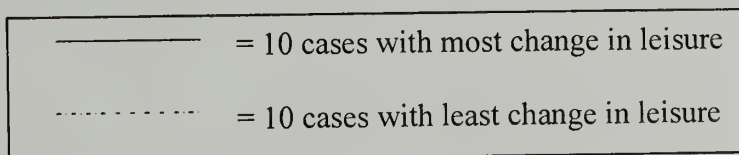
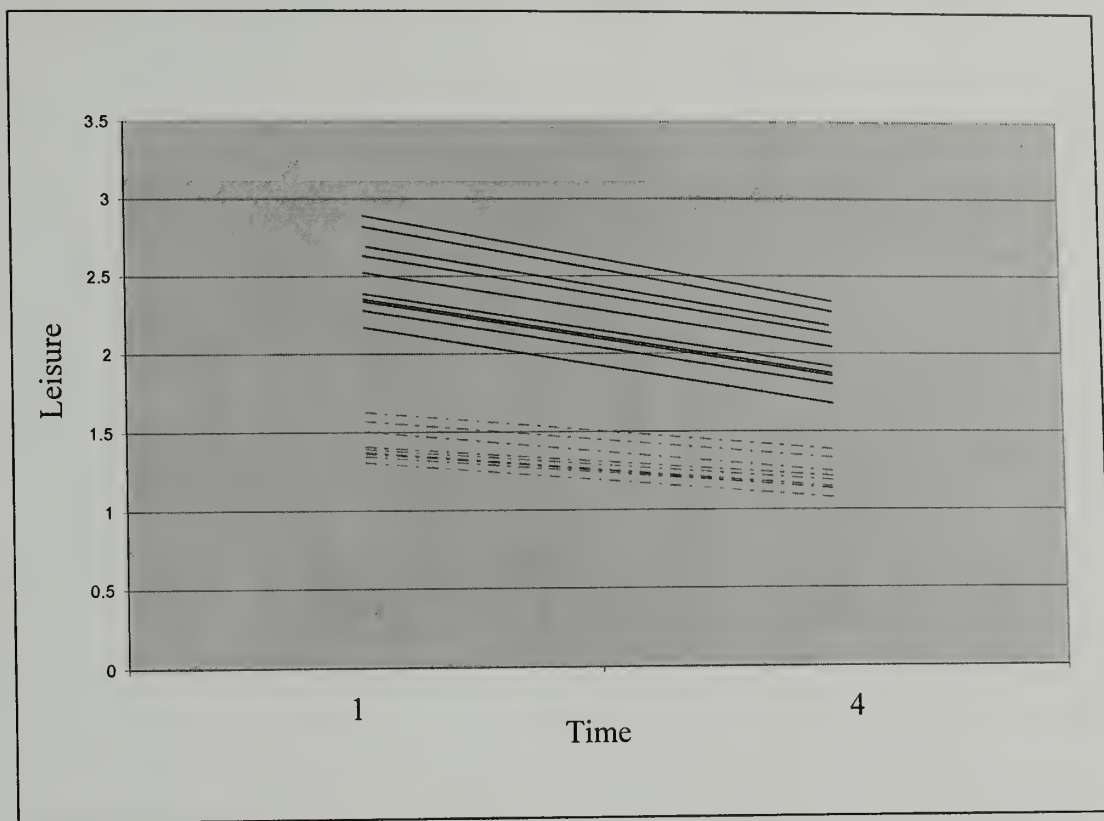
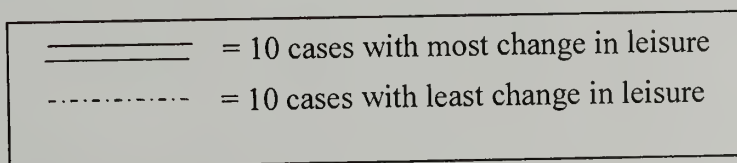
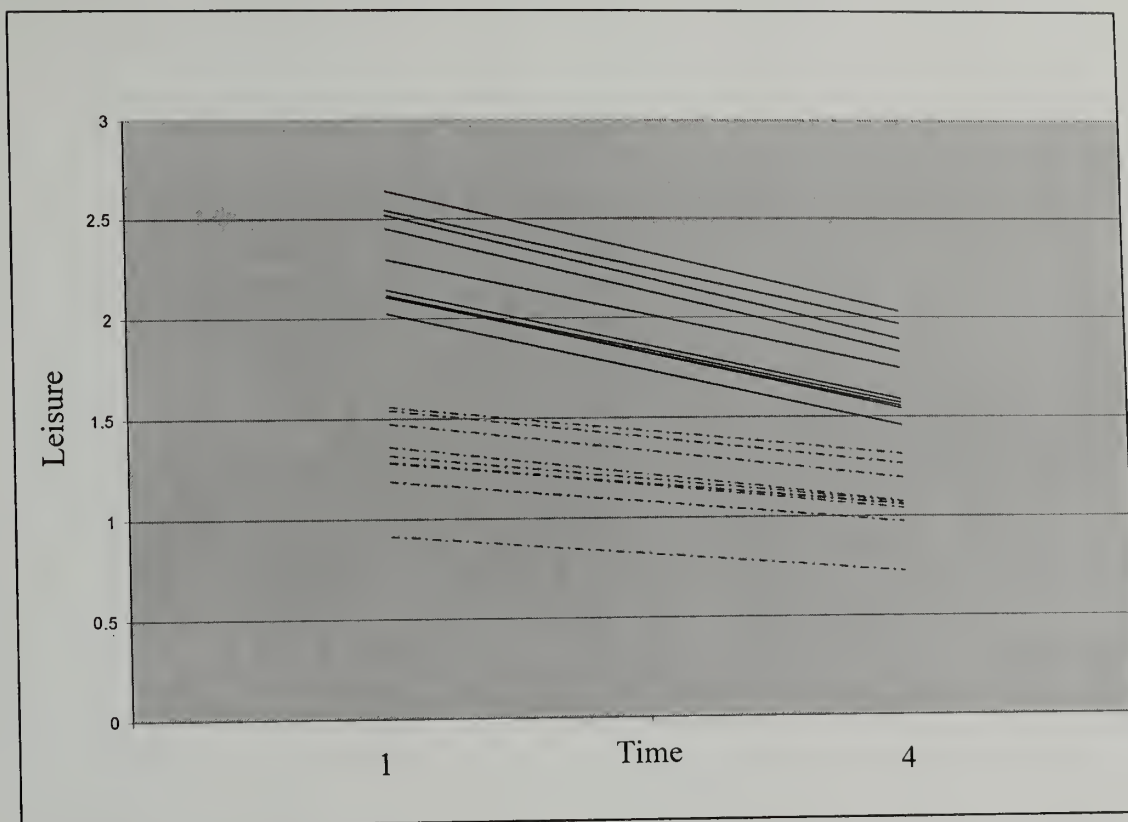


Figure C.10

Most Extreme *Change in Leisure with Spouse Cases – Wives*



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