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A PILOT STUDY OF A METHOD FOR DETERMINING THE AMOUNT OF TIME  
SPENT IN CERTAIN LEISURE-TIME ACTIVITIES BY THE AGED

by

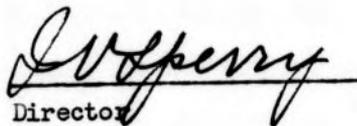
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M. R. G.

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## CHAPTER I

### THE PROBLEM AND DEFINITION OF TERMS USED

During the past decade (1950-1960) the aged population in the United States increased by nearly 35 per cent, while the total population increased by only 18.5 per cent. In 1920, one out of every twenty persons was sixty-five years of age or older; in 1960, one in every eleven was sixty-five or older. Population projections made by the Department of Health, Education, and Welfare indicate that in the forty year period between 1960 and 2000 the aged population will more than double in number, bringing the total to over thirty million.<sup>1</sup>

During the era in which our society was largely agricultural, retirement was gradual and self-imposed. When the aging farmer no longer felt physically able, or just didn't care, to carry on the operations of the farm, he relegated this job to a son or found a tenant farmer to continue his farm productions. Even in his retirement, he was free to watch his life's work being continued and to make suggestions and add a helping hand when he wanted to do so.

Today in our mechanized industrial society, retirement for most is enforced at age sixty-five--or earlier in some cases. The retired person,

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<sup>1</sup>New Population Facts on Older Americans, 1960, A staff report to the Special Committee on Aging, United States Senate--with a Statistical Supplement prepared by the Department of Health, Education, and Welfare's Special Staff on Aging, May 24, 1961 (Washington: Government Printing Office, 1961), p. 7.

as a rule, is not free to supervise or make suggestions concerning the job that has been his lifetime occupation; instead, he is told that because of his age he no longer is needed.

One segment of our aged population is this group of persons which has been forced to retire although physically and mentally they may be as capable now as they have ever been. When they must retire they do not know what to do with their time because throughout life they have been too busy working to allow time for extensive leisure-time pursuits.

Another segment of our aged population and one closely related to the first, though it presents an almost reverse work-leisure pattern, is the housewives who have had the day free to do whatever they chose. The day their husbands retire, they find their activity pattern must change too. Having another person in the house all day means added responsibility for cleaning, cooking, and planning. Instead of their husbands' retirement meaning less work for them, they find that there is more work to be done now than they have had since they had small children.

Because of the near separate lives so many husbands and wives lead with the husband working all day and the wife caring for the home and family, socializing, or doing community service work, few couples develop early in life leisure-time activities that are satisfying for both. When they reach the age that they are both home together most of the time, they are at a loss to know what to do with their time.

Still another segment of our aged population is the group that is either physically or mentally incapable of pursuing the leisure-time activities that it has previously enjoyed. Theirs is a special problem

because they need help in acquiring interests in new activities that will be both enjoyable and within their capabilities.

Those who have recently lost a spouse represent a quite different group. After sharing experiences, planning activities, and making decisions with a partner for forty, fifty, or more years; making decisions alone, planning activities alone, and accepting all the responsibilities of a household plus accepting the loss of a mate becomes a burdensome task for many. Leisure-time activities that were once enjoyed jointly no longer bring pleasure. Some even entertain the idea that no pleasure should be sought in any activity; only grief must fill their free time.

There are many other factors that are indicative of segments of our aged population. Some of these are: reduced incomes, slowed mobility, lack of transportation, different and changing living arrangements, and reduced circle of friends. Each of these is a limiting factor in itself and each is one to which a degree of adjustment must be made.

It has been suggested by some investigators that what an individual actually does in his free time more clearly indicates the kind of human being he is than any other outward expression. However, little has been done to find out how the aged, our largest adult leisure group, is spending its free time.

From the relatively few studies on leisure-time activities of the aged there is an indication that a method and technique is needed for finding out how leisure time is used by this group.

## I. THE PROBLEM

Statement of the problem. The purpose of this study was (1) to develop a method and technique by which the amount of time and types of certain leisure-time activities engaged in by persons sixty-five years of age and older could be determined, (2) to establish procedures for the administration of such a method and technique, (3) to test the method and technique with a selected group of aged persons, and (4) to evaluate and make recommendations for the use of the method and technique on the basis of this study.

Importance of the study. The use of leisure time has frequently been suggested as the most important element in aging successfully. However, society has been slow to define the role of those who are no longer actively producing goods and services; and, consequently, detachment from employment has become frequently social detachment as well. Observers seem willing to accept the aged as pioneers in leisure, but few instruments have been developed to determine what these pioneers are doing in their leisure time. Most of the instruments that have been designed for and used with the aged have sought participation in leisure time not as a primary concern but as a secondary one. The primary concern has been: (1) to determine the amount or degree of social or personal adjustment; (2) to determine the use, need, or lack of community facilities; (3) to determine the amount of recreational activity engaged in by the aged; or (4) to determine the needs of the

aged. In this study an attempt was made to develop a method and technique to determine how the leisure time of aged persons was used.

## II. DEFINITION OF TERMS USED

There exists a widely divergent freedom of terminology even among investigators who are studying basically the same human traits. For clarification and better understanding of the present study, the following terms are defined.

Leisure. The time that an individual had in which he could do whatever he chose shall be referred to as leisure. Time necessary for employment on a job, for preparing meals and keeping house, and other tasks necessary to everyday living was excluded.

Aged. Aged in this study shall refer to those persons who are sixty-five years of age and over. This specific age was selected because it included those persons to whom the study was confined.

Education. Education in this study shall refer to the amount of formal schooling an individual had. It is recognized that education neither begins nor ends with one's formal schooling; however, in this study no other measure of education was obtained.

Trip. Travel which extended beyond the city limits of Greensboro, North Carolina, was considered a trip. Visits to friends or relatives, sight-seeing, vacations and business were included. Though there may be an implication that one or more nights were spent away from home, this was not a criterion for determining trips.

Income. Any money received in payment for a job as salary, wages, or a gift, all pensions, social security funds, annuities, stocks, and bonds shall be interpreted as income. Any monies that were received less frequently than once a month were totaled and averaged on a monthly basis.

## CHAPTER II

### REVIEW OF THE LITERATURE

Much of the literature which is concerned with the aged and their use of leisure time has been the result of opinions, unscientific observations, and speculations. Relatively few research studies have been conducted. For presentation here the investigator has isolated those works and studies which seem to have direct bearing on this study because of: (1) materials which helped in gaining a better understanding of the aged and the development of concern for them, (2) methods and techniques which were employed, and (3) findings which bear a relationship to those in this study.

#### I. GROWTH AND EMPHASIS OF CONCERN FOR THE AGED

Shortly after the turn of the century, the first real attempts to assist the aged were begun. Financial support was worked out in the form of old age pension schemes, county homes were established where the dependent aged could find a place to live out their days, and individualized case-work services were made available.<sup>1</sup>

In the early thirties the Benjamin Rose Institute, a foundation which has given assistance to the aged since its organization in 1908, assigned a casework staff to study the needs of older people and to

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<sup>1</sup>Robert J. Havighurst, "A World View of Gerontology," Journal of Gerontology, 13:2-5, (Supplement to the April issue), 1958.

seek ways and means of helping them live more "active and satisfying" lives.<sup>2</sup> As a result of this study, the idea of clubs for older people was conceived. The first such club was established in 1939 by this foundation in cooperation with Western Reserve University School of Applied Social Studies. A second was begun the next year by Goodrich House Settlement and soon the movement had spread throughout the nation.<sup>3</sup>

The Social Security Act went into effect in 1935;<sup>4</sup> however, it was about two years before payments were being made in all states. These benefits along with the state old age assistance enabled many aged to live more independent lives.

Under the sponsorship of the Josiah Macy, Jr. Foundation, scientific attention was focused on the aged problem by the organization of the Club for Research on Aging in 1937. This interdisciplinary club has met annually to discuss research problems on aging.<sup>5</sup>

In 1944 a Gerontological Society was formed and has held annual meetings since. The next year the Society established the Journal of Gerontology "devoted to the publication of original manuscripts dealing

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<sup>2</sup>James H. Woods, Helping Older People Enjoy Life (New York: Harper and Brothers Publishers, 1953), p. ix.

<sup>3</sup>Ibid., p. x.

<sup>4</sup>Ibid., p. ix.

<sup>5</sup>Nathan Shock, "Broadening Horizons in Gerontology" in Planning the Older Years, edited by Wilma Donahue and Clark Tibbitts (Ann Arbor, Michigan: University of Michigan Press, 1950), p. 15.

with the problems of aging in the fields of natural and social science and the humanities."<sup>6</sup>

About that time, the first attempt in the United States to hold a conference on problems and adjustments in later maturity and old age was held. It was called the Charles A. Fisher Memorial Institute on Aging and served both professional and lay persons.<sup>7</sup>

President Harry S. Truman, in 1950, called for a National Conference on Aging, sponsored by the Federal Security Agency with the assistance of several other agencies and departments of the government. The conference met in Washington, D. C., in August, 1950, and arranged an interdisciplinary forum where ideas and plans for a broad program of action were formulated.<sup>8</sup>

Growing out of this conference, an extensive study was made by the Council of State Governments and published as The States and Their Older Citizens. Among other recommendations, this study suggested that each governor appoint a special assistant in aging to plan and carry out a comprehensive aging program for his state.<sup>9</sup>

In 1956, the President appointed a Federal Council on Aging representing thirteen federal agencies to coordinate planning of the

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<sup>6</sup>Ibid.

<sup>7</sup>Clark Tibbitts, Living Through the Later Years (Ann Arbor, Michigan: University of Michigan Press, 1949), p. 3.

<sup>8</sup>Clark Tibbitts, in The Older Population of the United States, edited by Henry D. Sheldon with Clark Tibbitts (New York: John Wiley and Sons, Inc., 1958), p. 2.

<sup>9</sup>Ibid., p. 3.

various services of their agencies.<sup>10</sup> In June of the same year, the Council on State Governments and the Federal Council on Aging jointly sponsored a Federal-State Conference on Aging. At this conference, a Federal-State Committee on Aging composed of three representatives of the federal government and three representatives of state government were elected. This committee concluded that "there was a great need for making available to the states--on a regional basis--existing knowledge and resources in order to establish and carry out effective programs for the aging and the aged."<sup>11</sup>

In 1958 a still greater emphasis to the problems of aging was given by the Congressional Act (Public law 85-908) calling for a White House Conference on Aging.<sup>12</sup> The first White House Conference on Aging met in 1961 and has been responsible for the publication of countless articles, pamphlets, and inexpensive literature on problems of aging.

Financial support for research and training in social gerontology has come chiefly from the National Institutes of Health of the United States Department of Health, Education, and Welfare although other

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<sup>10</sup>White House Conference on Aging, "Background Paper on Free Time Activities" (Prepared under direction of National Advisory Committee for the White House Conference on Aging, January 9-12, 1961), pp. 28-29. (Mimeographed.)

<sup>11</sup>Southern Regional Conference on Aging, Proceedings of the Southern Regional Conference on Aging, February 28-March 1, 1958, Atlanta, Georgia (Chicago: The Council of State Governments), p. 6-7.

<sup>12</sup>United States Department of Health, Education, and Welfare, The Nation and Its Older People, Report of the White House Conference on Aging, January 9-12, 1961 (Washington: Government Printing Office, 1961), pp. 283-289.

federal agencies have assisted. Needed contributions have come from many foundations, such as Josiah Macy Jr., Kellogg, Ford, and Rockefeller.<sup>13</sup>

## II. METHODS AND TECHNIQUES

One of the first and most extensively used methods of collecting data of the use of time was developed in the late twenties by the Bureau of Home Economics of the United States Department of Agriculture.<sup>14</sup> It allowed for recording on one page all of the activities of a woman during a twenty-four hour period. A large circle simulating the face of a clock, with each hour divided into five-minute segments, was used to record each day's activities. To represent the amount of time used in any activity, two lines were drawn from the center to the edge forming a pie-shaped block of time into which was written the particular activity.

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<sup>13</sup>Clark Tibbitts, Handbook of Social Gerontology (Chicago: The University of Chicago Press, 1960), p. 24.

<sup>14</sup>Inez F. Arnquist and Evelyn H. Roberts, The Present Use of Work Time of Farm Homemakers (Agricultural Experiment Station, Bulletin No. 234, Pullman, Washington: State College of Washington, July, 1929), pp. 1-31; Ina Z. Crawford, The Use of Time by Farm Women (Agricultural Experiment Station, Bulletin No. 146, Moscow, Idaho: University of Idaho, January, 1927), pp. 1-14; Dorothy Dickens, Time Expenditures in Homemaking Activities by White and Negro Town Families (Agricultural Experiment Station, Bulletin No. 424, State College, Mississippi: Mississippi State College, October, 1945), pp. 1-26; Blanche M. Kuschke, Allocation of Time by Employed Married Women in Rhode Island (Agricultural Experiment Station, Bulletin No. 237, Kingston, Rhode Island: Rhode Island State College, July, 1938), pp. 1-20; J. O. Rankin, The Use of Time in Farm Homes (Agricultural Experiment Station, Bulletin No. 230, Lincoln, Nebraska: The University of Nebraska, December, 1928), pp. 1-50; Jessie E. Richardson, The Use of Time by Rural Homemakers in Montana (Agricultural Experiment Station, Bulletin No. 271, Boseman, Montana:

On the reverse side, space was provided for recording information concerning the amount and source of help in homemaking. The greatest limitation of this method, as viewed by this investigator, was that there was no allowance for overlapping and simultaneous activities as only one activity at a time could be graphically represented with clarity.

Personal interviews were used by Jean Warren to determine farm homemakers' use of time.<sup>15</sup> Each respondent was asked about activities on the day preceding the interview and the week preceding the interview. A similar study by Marianne Muse<sup>16</sup> in 1943, asked only for activities on the preceding day; however, this study took into consideration simultaneous and overlapping activities and time so used was distributed between the activities. Weigand's study<sup>17</sup> used the same general interview

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Montana State College, February, 1933), pp. 1-28; Grace E. Wasson, Use of Time by South Dakota Farm Homemakers (Agricultural Experiment Station, Bulletin No. 247, Brookings, South Dakota: South Dakota State College of Agricultural and Mechanic Arts, March, 1930), pp. 1-29; Margaret Whittemore and Bernice Neil, Time Factors in the Business of Homemaking in Rural Rhode Island (Agricultural Experiment Station, Bulletin No. 221, Kingston, Rhode Island: Rhode Island State College, September, 1929), pp. 1-35; Maud Wilson, Use of Time by Oregon Farm Homemakers (Agricultural Experiment Station, Bulletin No. 256, Corvallis, Oregon: Oregon State Agricultural College, November, 1929), pp. 1-71.

<sup>15</sup>Jean Warren, Use of Time in Its Relation to Home Management (Agricultural Experiment Station, Bulletin No. 734, Ithaca, New York: Cornell University, June, 1940), pp. 1-98.

<sup>16</sup>Marianne Muse, Time Expenditures on Homemaking Activities in 183 Vermont Farm Homes (Agricultural Experiment Station, Bulletin No. 530, Burlington, Vermont: University of Vermont and State Agricultural College, June, 1946), pp. 1-71.

<sup>17</sup>Elizabeth Weigand, Use of Time by Full-time and Part-time Homemakers in Relation to Home Management (Agricultural Experiment Station, Memoir 330, Ithaca, New York: Cornell University, July, 1954), pp. 1-13.

schedule as Warren; however, the questions were asked in relation to the preceding day and the preceding Saturday and Sunday, rather than the whole week.

The method and technique developed by Snow<sup>18</sup> for determining the amount of time and types of activities which were shared by family members incorporated the use of personal interviews supported by daily time schedules. On the daily time schedules were listed nine categories with a general description of each and suggestions as to the types of activities which may be included in that category. The answers to these questions: (1) who was together, (2) what did they do, (3) how long were they together, and (4) when were they together (morning, afternoon, or evening) were recorded in columns, each activity forming another row of the tabled answers.

One of the first leisure-time studies, conducted during 1931-1933 by the Young Women's Christian Association,<sup>19</sup> employed the use of a questionnaire schedule, designed with a check list of interests and activities and a check list of social and economic problems, and a diary form, which divided the day into half-hour units. For the data analysis, the major reliance was placed on the diary.

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<sup>18</sup>Carolyn Baldwin Snow, "A Study in the Development of a Technique for Determining the Amount of Time and Types of Activities which Family Members Share," (Unpublished Master's thesis, University of Georgia, Athens, 1950), pp. 1-108.

<sup>19</sup>Young Women's Christian Association, Leisure-Time Interests and Activities of Business Girls, A research study conducted during 1931-1933 (New York: The Woman's Press), pp. 1-83.

Diary records representing 4,460 days and recorded by 2,460 different individuals were analyzed in Leisure--A Suburban Study.<sup>20</sup>

The main difficulties of this method, as noted in the study, were:

(1) obtaining cooperative subjects of different classes who may view the study with little interest to them individually, (2) relying on memory of the person keeping the record although he may make notations every few hours, (3) interpreting and condensing accurately long descriptive entries, and (4) determining the correct analysis of several activities which may be carried on at the same time and may overlap in various ways.<sup>21</sup> This study reported only one subject who kept a diary for an entire year, a few subjects who kept diaries for seven days; but most recorded their activities for three successive days or for a single day. It was noted that by concentrating upon a single day, rather than an entire week or year, a much fuller record was obtained.

Interview schedules have been used more widely than any other instrument in determining the utilization of leisure-time by the aged. This seems justified since many of the aged are likely to have poor eyesight, unsteady hands, and failing memories, and, therefore, would be unable to keep an accurate diary or to record activities which required much writing.

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<sup>20</sup>George A. Lundberg, Mirra Komarovsky and Mary Alice McInerney, Leisure--A Suburban Study (Morningside Heights, New York: Columbia University Press, 1934), pp. 1-396.

<sup>21</sup>Ibid., p. 85.

Nelson Foote reports that "where the conventional question-and-answer type of door-to-door survey normally finds about ten per cent of respondents in an area random sample refusing to be interviewed, the private testimony of various previous investigators whom we approached indicate refusal rates on activity diaries running as high as eighty or ninety per cent."<sup>22</sup> This, alone, seems to be a rather strong argument for the interview method.

### III. LITERATURE ON USE OF LEISURE-TIME

It appears that unemployment, or the prospect of unemployment, may be a strong element in the use of leisure time. It is evidenced by the dates of available studies that mass unemployment was a very influential factor in guiding researchers toward studies of the use of leisure time. From 1929 to 1934--during the depression years--a number of leisure-time studies were undertaken involving, chiefly, working-age subjects; during the later 1930's and throughout the 1940's only a scattering of studies are found; and, then, beginning around 1953 and until the present, a new surge of leisure-time studies are reported. However, the latter studies concern a different leisure group--the aged. They, like the would-be-workers of the 1930's, are the largest unemployed adult group in our economy today.

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<sup>22</sup>Nelson N. Foote, "Methods for Study of Meaning in Use of Time" in Aging and Leisure, edited by Robert W. Kleemeier (New York: Oxford University Press, 1961), pp. 163-164.

Margaret Mead has explained our society's conception of leisure thus:

Within traditional American culture, leisure is something that has to be earned and re-earned, except for the very old. Seen as play for the child, recreation for the adult, and retirement for the old, both child and adult have to earn their rights--the child by growing and learning, the adult by working. Unearned leisure is something which will have to be paid for later. It comes under the heading of vice--where the pleasure comes first and the pain afterwards--instead of virtue, where the pain or work precedes the reward.<sup>23</sup>

The limitations of leisure-time pursuits imposed by one's economic status may become a compelling force for many. It has been stated that "Leisure and recreation are indeed to a large extent coming to be regarded as commodities to be purchased rather than as experiences to be lived."<sup>24</sup> The National Recreation Association study found (1) that to a large degree the leisure-time activity was determined mainly by low cost and availability rather than real desires or interests of the people and (2) that people with "reasonable security" and short working hours were using their leisure increasingly in a wider range of varied activities.<sup>25</sup>

A comparison of the rank order of activities reported under interests with those under participation in the Young Women's Christian

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<sup>23</sup>Margaret Mead, "The Pattern of Leisure in Contemporary American Culture" in Mass Leisure, edited by Eric Larrabee and Rolf Meyersohn (Glencoe, Illinois: The Free Press, 1958), p. 10.

<sup>24</sup>Lundberg, Komarovsky, and McInerny, op. cit., p. 85.

<sup>25</sup>National Recreation Association, The Leisure Hours of 5,000 People (New York: National Recreation Association, February, 1934), pp. 64-72.

Association study<sup>26</sup> reveals a similar finding. Interests rank was higher than participation rank for these activities: movies, theater, concerts, giving parties, horseback riding, boating, picnics, more education, and travel--activities, which, for the most part, require monetary exchange. However, participation rank was higher than interest rank for: cards, shopping, handicrafts, sewing, gardening, helping around the house, letter writing, and church--activities which require little or no money or are necessary for daily living.

Added support of the economic influence on leisure time was given in Chalfen's study. He found that persons of higher socio-economic status were more dependent upon themselves and had a "greater breadth of activity" than those of lower socio-economic status who were more dependent upon their environment and those around them for their leisure-time satisfaction. However, the lower socio-economic segment professed a greater "breadth of interests" than the higher socio-economic group.<sup>27</sup>

In studying each member of the family in rural Rhode Island it was found that the number of activities reported by some members of the family "appeared to be influenced by the economic level."<sup>28</sup> In the

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<sup>26</sup>Young Women's Christian Association, loc. cit.

<sup>27</sup>Leo Chalfen, "Leisure-time Adjustments of the Aged: II Activities and Interests and Some Factors Influencing Choice," Journal of Genetic Psychology, 88:261-276, June, 1956.

<sup>28</sup>Ethyl R. Grady, Grace H. Smith, and Blanche M. Kuschke, Rhode Island Rural Housing and Family Leisure (Agricultural Experiment Station, Bulletin 315, Contribution 798, Kingston, Rhode Island: University of Rhode Island, April, 1953), p. 13.

upper economic levels, the proportion of families who reported participation in each type of activity was highest; in the lowest economic level, the proportion was lowest. This difference, however, was not noted in either reading or listening to the radio.

Flad's findings could discourage any idea of public or community support of leisure-time activities, for he advanced this conclusion: "A large number of personal enjoyment activities as opposed to group welfare ones are revealed."<sup>29</sup> This investigator would suggest the possibility that the attitudes of people during a depression along with the term "welfare" may have been largely responsible for this result. The subsequent successes of golden age clubs just following the depression seem to justify this opinion.

A number of studies have suggested that education is not a determinant of participation in leisure-time activities but rather a guide to the choice of activities an individual is likely to select. One study<sup>30</sup> reported that high educational attainment was related to interest in civic and cultural items while low educational attainment was related to social pursuits. Rodenwold's finding, however, contradicts this categorical conclusion; for, though a relation was reported between education and type of activity, her study reports the higher education group devoted more leisure to educational clubs, social service, and entertainment

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<sup>29</sup>Marion Flad, "Leisure Time Activities of 400 Persons," Sociology and Social Research, 18:274, January-February, 1934.

<sup>30</sup>Chalfen, loc. cit.

type clubs--all social pursuits.<sup>31</sup>

Still a different type relationship between education and leisure-time activities is reported in the Rhode Island study of rural families. The higher the level of education of the homemaker, the greater was the participation of some members of her family in most leisure activities. The same study reports that the education of the head of the family appeared to have little relation to his activities. Therefore, it seems that the maternal influence dominated the participation in activities for all family members.<sup>32</sup> MacLean reported no significant relationship between years of formal education and number of activities in which the aged were involved.<sup>33</sup>

On the occasion of the Second Annual Southern Conference on Gerontology, Clark Tibbitts said that "inactive, withdrawn people become frustrated, restless, and malcontented, and that active people, being satisfied and self-sufficient, make a minimum of demands on their families and communities."<sup>34</sup> This suggests, then, that the degree of participation,

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<sup>31</sup>Zelta Feike Rodenwold, "The Use of Leisure by Homemakers in a College Community," (Unpublished Master's thesis, Iowa State College, 1929).

<sup>32</sup>Grady *et al.*, *loc. cit.*

<sup>33</sup>Janet R. MacLean, "An Analysis of Leisure Time Activities of Selected Aged Residents of Bartholomew County," (Unpublished Doctoral dissertation, Indiana University, 1959).

<sup>34</sup>Clark Tibbitts, "Cultural Activities in the Later Years" in Living in the Later Years, edited by T. Lynn Smith. Second Annual Southern Conference on Gerontology (Gainesville, Florida: University of Florida Press, 1951), p. 156.

whether in one activity or many, may indicate an individual's personal adjustment. Findings of Cavan et al.,<sup>35</sup> Folsom and Morgan,<sup>36</sup> Havighurst and Albrect,<sup>37</sup> Kutner et al.,<sup>38</sup> and Morrison and Kristjanson<sup>39</sup> agree that those who are involved in activities of various kinds have a higher adjustment score. Although Kutner warns that it may not be the level or degree of one's activity that makes for good adjustment but that those whose adjustment is good tend to be more active and those who are not well adjusted are less inclined to be active.<sup>40</sup>

John E. Anderson says:

In a real sense a person can be defined by his interests and activities, including those related to his work, since they reveal the way in which he spends his time. While there is a relation between the individual's verbal expression of his interest and his activities, what the person does shows

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<sup>35</sup>Ruth Shonle Cavan, Ernest W. Burgess, Robert J. Havighurst, and Herbert Goldhamer, Personal Adjustment in Old Age (Chicago, Illinois: Science Research Associates, Inc., 1949), p. 91.

<sup>36</sup>Joseph K. Folsom and C. Margaret Morgan, "The Social Adjustments of 381 Recipients of Old Age Allowances," American Sociological Review, 2:223-229, 1937.

<sup>37</sup>Robert J. Havighurst and Ruth Albrecht, Older People (New York: Longmans, Green and Company, 1953), p. 54.

<sup>38</sup>Bernard Kutner, David Fanshel, Alice M. Togo and Thomas S. Langmer, Five Hundred Over Sixty (New York: Russel Sage Foundation, 1956), pp. 104-107.

<sup>39</sup>Denton E. Morrison and G. Albert Kristjanson, Personal Adjustment Among Older Persons (Agricultural Experiment Station, Technical Bulletin 21, Brookings, South Dakota: South Dakota State College of Agriculture and Mechanic Arts, June, 1958), p. 48.

<sup>40</sup>Kutner, et al., op. cit., p. 108.

more clearly how he has organized his life-pattern within the time he has available.<sup>41</sup>

A study, most closely related to the present study and published since this study was begun, was made jointly by the Department of Rural Sociology at the University of Kentucky and the Farm Population Branch, Economic Research Service of the United States Department of Agriculture. Its purpose was:

1. To examine the use and perception of leisure time by older persons living in a rural and an urban area.
2. To point out some implications concerning free-time activities for organizations and persons involved in developing programs for older people.<sup>42</sup>

For analysis, the leisure-time activities were classified into these categories: (1) immobile pastimes, (2) exploration pastimes, (3) creative pastimes, and (4) sociability and association. After questioning a relatively large rural and urban aged population on their use of leisure-time activities, these conclusions were drawn: (1) that leisure-time activities in which the aged are now participating are not necessarily an indication of what they can do, (2) that the aged who are living in widely divergent settings and circumstances may have very different needs and interests for leisure-time activities, and (3) that because our aged population has spent most of its adult years in work-

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<sup>41</sup>John E. Anderson, "The Use of Time and Energy" in Handbook of Aging and the Individual, edited by James E. Birren (Chicago, Illinois: The University of Chicago Press, 1959), p. 787.

<sup>42</sup>E. Grant Youmans, Leisure-Time Activities of Older Persons in Selected Rural and Urban Areas of Kentucky (Agricultural Experiment Station, Progress Report 115, Lexington, Kentucky: University of Kentucky, March, 1962), p. 7.

oriented activities, leisure-time programs need to substitute in some way for work activity.<sup>43</sup>

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<sup>43</sup>Ibid., p. 42.

## CHAPTER III

### METHODS AND PROCEDURES

To assist in developing a list of activities, preliminary activity records were obtained from selected persons. These, along with the current literature, were used in developing the battery of questions for the interview schedule and the items on the activity checklist. The interview schedule and activity checklist were pre-tested and revisions made.

#### I. CONSTRUCTION OF INTERVIEW SCHEDULE AND ACTIVITY CHECKLIST

Preliminary activity records. To aid in formulating the list of leisure-time activities which would be included in this study, five selected persons aged sixty-five and older--two men and three women--were asked to keep a record of all their activities from the time they arose in the morning until they went to bed at night for one week--seven consecutive days. Beside each activity was recorded the amount of time used for that specific activity. Of the two men selected, one was retired and spent the warmer months of the year in his native state, Maine, and the colder months in an apartment in Greensboro, North Carolina, where he and his wife were near their son and his family; the other man was married, employed on a full-time basis, and, seemingly, had changed his life's work-leisure pattern very little. Of the three women selected, one was a widow who was self-employed on a full-time basis;

another was an unemployed widow who maintained a home for herself and an unmarried, self-supporting daughter; and, the third assumed a part-time supervisory position with her husband who was retired from his vocation but was continuing and expanding an avocation which had developed into a small manufacturing plant. It was believed that each of these people represented a specific type of person who might be found in the general population. These preliminary activity records were kept during March and April of 1962.

General characteristics of interview schedule and activity checklist. Using these thirty-five daily activity records with reports from other studies as guides, leisure-time activities for this study were classified into fifteen categories: television and radio, reading, visiting and trips, commercial entertainment, church activities, clubs and organizations, cards and other table games, writing, entertaining, gardening, sewing and related activities, arts and crafts, games and sports, sit and think, and others.

A two-part interview schedule was constructed. Part one sought information concerning sex, age, living arrangements, marital status, financial status, education, lifetime occupation, employment status, and the amount of free time available to each respondent each day. Part two asked specific questions about each of the fifteen leisure-time activity categories to be examined to determine if the respondent participated in the specific activity, and, if so, how often and how much time he spent engaged in the activity.

There were one hundred and twelve questions on the interview schedule. Ten of these sought demographic information; fifty-nine were specific questions about particular leisure-time activities; fourteen were questions of a general nature aimed at helping the respondent recall activities; and, the remainder probed deeper into the amount of participation in particular activities.

An activity checklist was designed to be used in conjunction with the interview schedule. The items on the activity checklist paralleled the fifteen leisure-time activities included in the interview schedule. To minimize the time necessary for the respondent to keep the activity checklist, it was constructed in three columns. Column one listed the fifteen leisure-time activity categories, and it was necessary to mark only a check (✓) by the name of the activity if the respondent participated in that activity. Column two left space to write in the name or a description of the activity. Column three provided space to record the amount of time for the specific activity.

## II. PRETEST AND REVISIONS

After the construction of the interview schedule and activity checklist, the investigator sought ten persons aged sixty-five or older for a pretest of the instrument. To conserve time and expense it was decided that five husband-wife teams would be acceptable. The investigator telephoned acquaintances, explained the study and its possible implications, and asked for their participation. It was explained that their participation was necessary and important to the study, that their

names would not be used in any way, that any suggestions and ideas they had about the interview or activity checklist would be appreciated and considered, and that the investigator would call at their homes at a time which was most convenient for them. Of the first eight couples who agreed to participate in this manner, seven telephoned before the scheduled appointment and for various "stated" reasons refused to allow the interview. It should be noted that in every case the investigator, when she telephoned, had asked the person to whom she had talked to consult with his or her spouse about the possibility of participating and about the time when it would be convenient. In at least three cases it was even necessary to telephone a second time because the spouse was not home or they wished to discuss their participation before deciding. The reason for this change in attitude and unwillingness to cooperate was unknown.

The investigator recalled the specific telephone conversation with each of the couples who had changed their minds about participating. It was noted that in each telephone conversation there had been some question asked or some comment made about "leisure time." It was suspected that this term was objectionable to the older person and should not be used in future communications with prospective respondents. With the deletion of "leisure time" and "leisure-time activities," the remaining four couples were obtained easily.

Four of the couples were interviewed jointly. The investigator asked a question and, then, allowed each one to answer individually and for himself only. For the fifth couple, the husband answered each

question twice, first for himself and, then, for his wife because she was ill and did not feel like being disturbed. The answers for each person were recorded separately on individual interview forms. At each home two groups of seven activity checklists were left, one for each day of the week. One group was stapled together and the other was held with paper clips. In some cases the husband had the stapled group; in others, the wife. The participants were asked to decide if they preferred the activity checklists stapled or paper clipped after they had used them. Although each activity checklist displayed a code number, it was marked also with "Mr." or "Mrs." so that they would not get switched during the week the activities were being recorded.

Each of the five couples who participated in the pretest were cooperative and contributed ideas to improve the interview or gave suggestions for successful aging as they saw the problem. One couple-- obviously, with labored efforts since there were many typographical errors--had typed a page and a half of "hints for growing old" which they gave to the investigator "to pass along to those folks you meet." Two retired psychologists, who were more familiar with interviews than some of the other participants, contributed several valuable suggestions which were incorporated in the revision of the interview. It was the opinion of all ten participants that the stapled checklists were more satisfactory, although four did point out certain advantages of using the paper clip. Although they were not asked about the length of time required to fill out the checklist each day, eight of the ten reported that less than five minutes was sufficient time to allow for this chore.

The major revisions had to do with phraseology and order of questions. To facilitate data analysis, it was decided to record all answers in the left hand margin except where tabled answers were more feasible.

## CHAPTER IV

### GROUP STUDIED AND DESCRIPTION OF TECHNIQUE

A report for the White House Conference on Aging<sup>1</sup> estimated from three to five per cent of the aged were in institutions and an untold number of these were possibly homebound; thus, it seemed of greater merit to select non-institutionalized persons who would come from the other ninety-five to ninety-seven per cent of the aged population for this study. Since no census report, Social Security files, or other lists were available of all the aged residents in Greensboro, the Greensboro Ministerial Association was asked to aid in the selection of aged individuals. The respondents were randomly selected from the names of the aged supplied from the rolls of six white, Protestant churches in Greensboro, North Carolina.

After the group had been selected, a carefully constructed letter was sent to each individual explaining the purpose of the study, how they might participate, that names would be strictly confidential, and that the interviewer would call at their homes within the next few weeks.

All interviews were conducted in the home of the subject with the exception of one that was conducted in the subject's office. All interviews and all contacts with the subjects were made by the investigator.

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<sup>1</sup>White House Conference on Aging, "Background Paper on Free Time Activities" (Prepared under direction of National Advisory Committee for the White House Conference on Aging, January 2-12, 1961), p. 21. (Mimeographed.)

## I. THE GROUP

The area. Greensboro, with a population of 125,000 of whom 99.9 per cent are American born, is a manufacturing and industrial area located in almost the geographical center of North Carolina. It has more than 200 churches representing all popular denominations, seven radio stations, two television stations, two daily and three weekly newspapers, six colleges, a number of golden age clubs, and many parks and recreational areas. A recently constructed coliseum-auditorium-town hall has added to the cultural and entertainment opportunities of the community.

Of Greensboro's total population in 1960, 6,935, or 5.8 per cent, were sixty-five years of age or older; and, a population projection suggested that by 1980 this figure would rise to 15,400, or 7.7 per cent of the projected total population.<sup>2</sup> The size of the aged population, recreational opportunities, and the convenience to the interviewer's home were the main reasons for choosing Greensboro residents for the test group.

Method of choosing respondents. Various agencies and organizations were contacted in an effort to get a list of all persons aged sixty-five and older who were residing in the city limits of Greensboro. Finding none, the Greensboro Ministerial Association was telephoned,

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<sup>2</sup>Statistical summary presented at Conference on Leisure Time Programs for Senior Citizens, Greensboro, North Carolina, November 7, 1962.

told of the study, and asked to supply the names of six churches that may be representative of these socio-economic levels: (1) low, (2) medium, and (3) high--allowing two churches for each level. It should be noted that this classification was strictly an opinion and no measure of level of living utilized. The Ministerial Association expressed interest in the study and agreed to assist in this capacity.

The minister of each of the six churches selected was telephoned, told of the general nature of the study and how his church might participate, and asked for an interview to discuss further any questions that he might have. Each minister was asked to supply a list of names of all the persons aged sixty-five or older on his church roll with an understanding that the investigator would not reveal to the subjects how their names were obtained. In addition, each minister was asked to include a short paragraph in his church bulletin the following Sunday stating that the Institute for Child and Family Development at Woman's College of the University of North Carolina was conducting a study of the senior citizens in Greensboro, and, if members of their church should be contacted, that their cooperation would be appreciated.

Four of the ministers readily made appointments for interviews and willingly supplied the list of names and agreed to publicize the study in their church bulletins. One minister said that an appointment was not necessary and that he would have his secretary send the desired information. Another minister declined to grant an interview with the investigator and, also, declined to furnish the information on the grounds that he would be "violating a confidence of his people" in doing so.

Whereupon, the Ministerial Association was asked to supply an alternate church the minister of which agreed enthusiastically to participate and asked to have a report of the study sent to him upon completion.

A random sample of aged church members whose names were supplied from the rolls of six white, Protestant churches in Greensboro, North Carolina, was drawn. A complete alphabetized list was compiled for each church and a table of random numbers was used to draw a sample of five possible respondents from each church. To insure at least thirty subjects in the group, an alternate sample was drawn from all the churches but one. This one had reported only six aged members. This figure was presumed accurate since the total family membership for this church was less than fifty.

General characteristics of the group. The ages of the respondents ranged from sixty-five to ninety-four with the mean age for men being seventy-two and the mean age for women being seventy-six.

Marital status and living arrangements differed markedly between the sexes. Ninety-one per cent (ten) of the men were married and living with their spouses, while 71 per cent (fifteen) of the women were widowed, separated or divorced and 52 per cent (eleven) were living with their children or friends.

More than half the men (54 per cent) and almost half the women (48 per cent) had at least a high school education. Thirty-eight per cent (twelve) of all the respondents reported college or special training in addition to high school.

The monthly income of the men exceeded that of the women. Of the men, 81 per cent (nine) reported a monthly income of more than \$150, while 71 per cent (fifteen) of the women reported a monthly income of less than \$150 and 9 per cent (two) reported less than \$40.

All of the women were unemployed as were 55 per cent (six) of the men. Twenty-seven per cent (three) of the men were employed part time and 18 per cent (two) full time.

The lifetime occupations of the male subjects included all classifications except service. Four men reported skilled occupations, and three reported agricultural. More women (ten) reported having spent their lives as housewives than at any occupation. Three women reported professional and managerial occupations, and three reported skilled occupations.

More than half of all respondents, 62 per cent (thirteen) of the women and 55 per cent (six) of the men, reported most of the day free to do whatever they chose.

A complete tabulation of the general characteristics of all respondents is given in Table XVII, Appendix B.

## II. DESCRIPTION OF METHOD AND TECHNIQUE USED IN DATA COLLECTION

Introductory letter. To further acquaint the subjects with the study, a simple, friendly letter written in the first person was sent to each about a week before the investigator expected to call at his home (Appendix A). It was explained in the letter that a study of the

activities of senior citizens was being made, that this study could be a help to churches, civic organizations, and to individuals who had not yet reached this stage of maturity, that their names would not be revealed, and that the investigator would call at their homes within a few weeks. It should be noted that "activities" and not "leisure-time activities" was used in all communication with the subjects due to the earlier seeming distrust of the term leisure-time activities. The letters were sent to the latest address for the subject as found in the Greensboro City Directory-1962. No letters were returned, although four persons reported not having received a letter, and the interviewer was unable to locate one subject. Introductory letters were sent to forty-four persons--fifteen men and twenty-nine women.

Interview and checklist. The interviewer called at the subject's home, introduced herself and asked for the subject's participation in the study. Apparently, due to the introductory letter, most of the subjects had made up their minds to assist or not before the personal contact because there was little hesitation; and, as soon as the interviewer had identified herself, she was invited in or told that the person did not wish to participate.

An attempt to establish rapport before beginning the interview was accomplished in many ways. The investigator joined in such tasks as hanging out the clothes, gathering flowers before the first fall frost, watching the rest of a television program, caring for a young grandchild, and totaling a column of figures for a man who was having some difficulty

with addition. An interest was expressed in whatever seemed of obvious interest to the subject, such as a display of antique china, many pictures of young children, more than usual number of hand painted pictures, an unusual art work made of seeds, a beautiful well-kept landscape, and civil war relics.

When a degree of relaxation seemed evident, the subject was reassured that his name would not be used in any way and that any question he preferred not to answer could be left unanswered. Even then, a few subjects said they were not sure if they wanted to do this or not, at which time it was suggested that the interviewer would ask, with their permission, some of the questions and, if they wished to terminate the interview, it could be stopped at any time. Only one subject asked to have the interview terminated before the completion.

The interviews were made during a seven weeks period beginning the latter part of October and extending into December of 1962. The length of the interviews ranged from fifty-five minutes to four hours and five minutes with the average length of time being one hour and fifty-five minutes. The time of day--morning, afternoon or evening--seemed to be related to the length of time used for the interview. Those interviews conducted in the morning averaged one hour and fifty-two minutes; in the afternoon, one hour and thirty-nine minutes; and, in the evening, two hours and fifty-seven minutes. This may be explained by the demands on the subject's time during different hours in the day.

All interviews were made in the subject's home with the exception of one that was made at the subject's office. However, this interview

was not interrupted with business demands because he asked his secretary to hold any calls until he had finished.

At the completion of the interview the activity checklist, described in Chapter III, was explained to the respondent and any activity in which the subject had been involved that day was recorded on the first page in the desired manner. Where this illustration was not possible, a hypothetical example was given. Each respondent was given seven stapled activity checklists. The first one was dated the day of the interview, and the next six were dated the following consecutive calendar dates. Any questions were answered and the subject was told that the interviewer would return to pick up the checklists when they were completed.

When the checklists were picked up, each respondent was asked, "Was this a usual week for you?" All respondents who kept checklists reported that it was a usual week.

## CHAPTER V

### ANALYSIS OF DATA

The usability of the interview schedule and activity checklist in determining participation in certain leisure-time activities and the amount of time that the participation involved as indicated by the administration to a group of thirty-two aged respondents will be discussed. A comparison will be made between the amount of participation of all subjects and the amount of participation of subjects who kept completed checklists for a week. The types of favorite television shows and types of magazines usually read, as reported on the interview schedule, will be discussed. The relationship of employment status, monthly income, education, and age on participation in certain leisure-time activities will be explored. The data will be analyzed only to the extent it seems necessary to show the use of the method and technique that were presented.

#### I. USABILITY OF METHODS

Interview schedule. As reported by other investigators and confirmed in the present study, about 75 per cent of aged respondents can be interviewed. In studies of the aged no other method of data collection was found which consistently produced as high a percentage.

Of the forty-four persons who were sent introductory letters asking for their participation in this study, usable interviews were obtained from 73 per cent; 11 per cent refused to be interviewed; and,

16 per cent were either not at home, mentally incompetent, in the hospital, could not be located, or terminated the interview before its completion (Table I).

The stated reasons for refusing to be interviewed were these:

Mrs. \_\_\_\_\_. "No, I can't help you. I'm not interested."

Mrs. \_\_\_\_\_. "I haven't heard of any of my friends doing this. If they decide to, then, I will too; but, I'm not interested in taking up my time now."

Miss \_\_\_\_\_ spent one hour and twenty minutes explaining why she would not answer the questions during which time she took the interview schedule from the interviewer and proceeded to ask and answer orally more than three-fourths of the questions--never skipping a single question. Some of her remarks were: "If I had been six instead of plus sixty I think I should have fallen into the floor and had a temper tantrum when I received your letter (introductory letter)." . . . "I couldn't be more indignant. The very idea of classing people as 'senior citizens' or 'golden age' or anything else. We are just people. We think, act, and do just what we have always done."

TABLE I

ANALYSIS OF INTERVIEW PARTICIPATION WITH RESPECT TO SEX  
BY NUMBER AND PER CENT

Subjects	Male N=15		Female N=29		Both N=44	
	N	%	N	%	N	%
Interviewed	11	73	21	72	32	73
Incomplete interview			1	3	1	2
Mentally incompetent	2	13			2	5
Could not be located			1	3	1	2
Not at home	1	7	1	3	2	5
In hospital			1	3	1	2
Refused to be interviewed	1	7	4	14	5	11
Totals	15	100	29	98	44	100

NOTE: Percentages that do not total 100 are due to rounding error. All percentages were computed to the nearest whole number.

Mrs. \_\_\_\_\_. "I'm a Canadian and I don't understand this sort of thing. You'd better get Greensboro people to help you. I can't talk with you."

Mr. \_\_\_\_\_. "I don't have the time to fool with such stuff."

These results follow rather closely the projected expectations as presented by Havighurst. He says that only 75 per cent of people over sixty-five can be interviewed, that 10 per cent are usually too ill, and that 10 to 15 per cent will refuse to cooperate.<sup>1</sup>

It was believed that a different classification, and justifiable when the circumstances were considered, might have included the incomplete interview, mentally incompetent and the hospital case all as too ill.

The respondent who asked to have the interview terminated seemed to the interviewer to be highly emotional. The two subjects listed as mentally incompetent were so classified because of the reasons given by members of their households for their inability to be interviewed. Using this revised classification, the results for too ill would be 9 per cent.

There were only three questions to which an answer was not obtained. Two ladies refused to divulge their ages; one gentleman said he did not remember what grade in school he completed; and, one lady did not know her income because a son (who lived with her) took care of her finances.

Activities in which participation was seasonal or sporadic were totaled and calculated for the length of time specified.

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<sup>1</sup>Robert J. Havighurst, "Problems of Sampling and Interviewing in Studies of Older People," Journal of Gerontology, 5:158, February, 1950.

Activity checklist. Usable completed checklists were returned from 34 per cent, or eleven of the subjects. Another 34 per cent made no attempt to fill out any checklist (Table II).

The men indicated more interest in keeping the checklists than the women, for only two men made no attempt to fill out a checklist and those who didn't present usable records returned records that showed considerable effort had been made. Sixty-four per cent (seven) of the men returned usable checklists while only 19 per cent (four) of the women returned usable checklists.

It is noted that all who returned usable checklists had at least an elementary school education or better (Table XVII, Appendix B).

The total number in this study was small; however, it should be noted that the women who kept checklists had a mean age of seventy-one, while the mean age of all women was seventy-six. The mean age for male

TABLE II

ANALYSIS OF ACTIVITY CHECKLIST PARTICIPATION WITH RESPECT TO SEX  
BY NUMBER AND PER CENT

Subjects	Male N=11		Female N=29		Both N=44	
	N	%	N	%	N	%
Completed all copies	7	64	4	19	11	34
Completed all, but obvious errors			1	5	1	3
Some checklist incomplete	2	18	7	33	9	28
Made no attempt	2	18	9	43	11	34
Totals	11	100	21	100	32	99

NOTE: Percentages that do not total 100 are due to rounding error. All percentages were computed to the nearest whole number.

subjects in both classifications was seventy-two.

Marital status, living arrangements, monthly income, employment status, amount of free time, or lifetime occupation did not appear to influence respondents' willingness to keep activity checklists.

## II. COMPARISON OF INTERVIEW ANSWERS WITH ACTIVITY CHECKLIST RECORDS

A comparison of the amount of time and frequency of participation the subject recalled at the time of the interview with his record as reported on the activity checklists were in close agreement in most activity categories. The frequency of participation rather than actual amounts of time were used in some categories because of the nature of participation imposed by that category.

Degree of participation. An average difference of more than fourteen minutes per day per person was found in only two categories--television and radio and sit and think. For television and radio the average difference was fifty-nine minutes per day per person. For sit and think the average difference was thirty-two minutes per day per person. There were four categories (reading, writing, sewing, and arts and crafts) in which the recorded average difference was less than ten minutes per day per person.

One explanation for television and radio and sit and think reflecting such a large portion of the difference may be that they are engaged in more as "time fillers" and not for their pleasure alone. It

should be noted that in both categories the amount of time reported in the interview was larger than the amount of time recorded on the activity checklist. Most observers accept the theory that activities which give greatest pleasure seem shorter while those which give least pleasure seem longer. If this theory is accepted, it would be assumed that television and radio and sit and think gave much less pleasure than most categories.

In Table III, it is noted that for all categories, except writing,

TABLE III

COMPARISON OF RESPONSES ON THE INTERVIEW SCHEDULE WITH RESPONSES ON ACTIVITY CHECKLISTS AS TO DEGREE OF WEEKLY PARTICIPATION IN LEISURE-TIME ACTIVITIES OF ELEVEN AGED RESPONDENTS

Category	Interview schedule Time in min.	Activity checklist Time in min.	Differences between schedule--checklist		
			Total	Avg. per person	Avg. per person per day
Television and radio	14,805	10,290	4,515	410	59
Reading	7,035	6,920	115	10	1
Writing	565	1,295	730	66	9
Gardening	2,070	1,005	1,065	97	14
Sewing	330	120	210	19	3
Arts and crafts	1,800	1,070	730	66	9
Sit and think	5,460	2,990	2,470	226	32

NOTE: On the interview schedule the amount of time for television and radio, reading, and sit and think was reported on a daily basis. These activities have been computed for a week. Average time has been computed to the nearest whole number.

time reported on the interview schedule was greater than time recorded on the activity checklists.

Frequency of participation. The frequency of participation in various activity categories as determined by the number of times an activity was undertaken during a week is presented in Table IV. The agreement between the interview schedule answer and activity checklist record was two or less in all categories but one.

A difference of fourteen is noted in visits and trips, the activity checklist recording the greater number of times. This difference is

TABLE IV

COMPARISON OF RESPONSES ON THE INTERVIEW SCHEDULE WITH RESPONSES ON ACTIVITY CHECKLISTS AS TO FREQUENCY OF WEEKLY PARTICIPATION IN LEISURE-TIME ACTIVITIES OF ELEVEN AGED RESPONDENTS

Category	Interview schedule No. of times	Activity checklist No. of times	Difference in schedule--checklist No. of times
Visits and trips	16	30	14
Commercial entertainment			
Church activities	19	21	2
Clubs and civic organizations			
Cards and table games	7	5	2
Entertaining	29	28	1
Games and sports	2	3	1
Others	5	6	1

explained by the inclusion of daily week-day visits to the neighborhood grocery store for two subjects. These grocery store visits appeared to be legitimate social outings and a continuation of former pot-bellied stove, cracker-barrel philosophizing periods rather than necessary shopping trips. Grocery shopping, when reported, was not included as a leisure-time activity for other respondents.

In contrast to the number of minutes used for an activity category, the number of times a category was participated in was reported higher on the activity checklist than the interview schedule for all categories except two: cards and table games and entertaining.

### III. PARTICIPATION IN LEISURE-TIME ACTIVITIES

Days of the week. As indicated (Table V) by the activity checklist records more time was spent in leisure-time activities on Fridays than any other day of the week and less time on Saturdays. However, the average difference per activity category for these two days was less than one-half an hour.

Of the total time used for each category during the week, more time was spent watching television and listening to the radio than any other activity category. An average of almost one-third of the week's total leisure-time was so used. Reading, visits and trips, entertaining, sit and think, and church activities, in that order, accounted for the next larger amounts of time.

The average time per day per activity category was sixteen minutes. The average total time per day per person for all categories was 460

TABLE V

NUMBER OF PERSONS REPORTING PARTICIPATION AND AMOUNT OF TIME USED IN LEISURE-TIME ACTIVITIES  
AS RECORDED ON ACTIVITY CHECKLISTS WITH RESPECT TO DAYS OF THE WEEK

Category	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Avg./Day	
	N	Min	N	Min	N	Min	N	Min	N	Min	N	Min	N	Min	N	Min
Television and radio	11	1105	11	1535	11	1650	11	1800	10	1350	11	1590	9	1260	10.5	1470
Reading	11	1155	9	970	9	1055	9	880	10	850	10	965	10	1045	9.7	989
Visits and trips	2	150	4	630	5	720	5	1080	4	480	6	870	4	345	4.2	611
Commercial entertainment																
Church activities	8*	1230	3	270	1	120	4	420					1	60	2.4	300
Clubs and civic organizations																
Cards and other table games			2	105	4	285	3	80	1	60			1	60	1.5	84
Writing	3	270	4	195	3	200	3	95	5	205	4	210	4	120	3.7	185
Entertaining	4	510	3	450	3	300	2	135	4	630	5	1335	7	555	4.0	559
Gardening			2	210	3	300	3	370	2	65			1	60	1.5	134
Sewing			1	30							1	30	1	60	.4	17
Arts and crafts			1	150	1	150	1	160	1	260	1	170	1	180	.8	153
Games and sports			1	120			2	170	1	300	1	60	1	90	.8	106
Sit and think	7	600	5	420	6	420	5	255	5	255	8	470	7	570	6.1	427
Others	2	75					1	15							.4	13
Totals		5095		5085		5200		5460		4455		5700		4405		5057
Average time per category		106		110		113		111		104		121		94		16
Average time per person		463		462		473		496		405		518		400		460

\*One person listened to church service on radio.

NOTE: This table should be read: Eleven persons reported spending 1105 minutes watching television or listening to the radio on Sunday; a like number reported the same category was engaged in for 1535 minutes on Monday.

minutes, or seven hours and forty minutes--almost equivalent to an eight hour work day. In the interviews more than half of those who kept checklists reported most of the day free. These results indicate that they were occupying much of this free time in some activity.

Although there was little difference in total time for all categories by days of the week, the distribution of time on Sundays was very different from other days. As would be expected, more time was spent in church activities than on any other day; however, less time was spent in television and radio and visits and trips. On Sundays more time was spent in sitting and thinking, writing, reading, and "other" activities than any other day. The "other" activities recorded were hiking and telephoning.

The least number of different activities was reported on Sundays.

None of the subjects who kept checklists recorded participation in commercial entertainment or clubs and civic organizations. At least three persons reported participation in all other categories.

Daily participation. In Table VI a comparison of the daily participation in activities of all subjects and of subjects who kept activities checklists reveals little difference. However, due to the relatively small group even one subject causes the percentages to vary considerably.

All respondents reported more daily participation in reading a newspaper than in any other activity. An equal number of men also reported sitting and thinking daily.

In rank order, more than half of all the men also watch television, listen to the radio, and read a book daily. In rank order, more than

TABLE VI  
DAILY PARTICIPATION IN ACTIVITIES BY NUMBERS AND PERCENTAGES OF ALL  
SUBJECTS AND OF SUBJECTS WHO KEPT ACTIVITY CHECKLISTS

Activity	All subjects				Subjects who kept checklists			
	Male N=11		Female N=21		Male N=7		Female N=4	
	N	%	N	%	N	%	N	%
Read newspaper	10	91	18	86	6	86	4	100
Television	9	82	16	76	6	86	4	100
Sit and think	10	91	15	71	7	100	3	75
Radio	8	73	11	52	7	100	3	75
Read a book	6	55	6	29	5	72		
Whistle	2	18	2	9	2	29		
Sing			4	19			2	50
Visit my children	2	18	1	5	1	14		
Rest	1	9			1	14		
Solitaire			2	9				
Cooking	1	9			1	14		
Crossword puzzle			1	5				

NOTE: All percentages were computed to the nearest whole number.

half of all the women watch television, sit and think, and listen to the radio daily.

Of the subjects who kept activity checklists, all of the men reported listening to the radio and sitting and thinking each day; while all of the women reported watching television and reading a newspaper each day. Only one man did not read a newspaper or watch television each day and only one woman did not listen to the radio or sit and think each day.

Other activities in which daily participation was reported were: whistling, singing, visiting my children, resting, playing solitaire, working crossword puzzles and cooking. The one man for whom cooking was included as a hobby was seventy-two years old and after twenty-one years of widowhood was being taught to cook by his bride of less than two years.

Weekly participation. Weekly participation in activities as indicated in Table VII reveals that all subjects reported gardening, attending church services, singing, and visiting friends and relatives more frequently than any other activities; however, the percentage of the men participating in these activities far exceeded that of the women. More than 50 per cent of the men reported weekly participation in each of these activities, while the percentage of the women reporting participation ranged from 34 to 67 with participation in only one activity being more than 50 per cent.

Other activities in which more than three subjects reported weekly participation were: sewing, Sunday school, writing to relatives, working with hobbies, writing to friends, reading a book, whistling and

TABLE VII

WEEKLY PARTICIPATION IN ACTIVITIES BY NUMBERS AND PERCENTAGES OF ALL SUBJECTS AND OF SUBJECTS WHO KEPT ACTIVITY CHECKLISTS

Activity	All subjects				Subjects who kept checklists			
	Male N=11		Female N=21		Male N=7		Female N=4	
	N	%	N	%	N	%	N	%
Gardening	9	82	14	67	6	86	3	75
Attend church service	10	91	10	48	7	100	3	75
Sing	7	64	7	34	5	71	1	25
Visit friends and relatives	7	64	7	34	5	71	1	25
Sew	3	27	10	48	1	14	4	100
Sunday School	6	55	4	19	5	71	1	25
Write to relatives	1	9	9	43			4	100
Work with hobbies	4	36	5	24	2	29		
Write to friends	1	9	6	29			3	75
Read a book	2	18	2	9			1	25
Whistle	1	9	3	14	1	14	1	25
Attend sports events	3	27			1	14		
Play cards	1	9	3	14				
Other church organizations	1	9	1	5	1	14	1	25
Relatives overnight			1	5			1	25
Embroider, knit, or crochet			3	14			1	25
Play piano			2	9			2	50
Draw	1	9	1	5	1	14		
Fish	1	9	1	5	1	14		
Clubs	1	9	1	5				
Hike			1	5				
Hunt	1	9			1	14		
Paint			1	5				
Give a party			1	5				
Read newspaper			1	5				
Go out of town to visit relatives	1	9						

NOTE: Percentages were computed to the nearest whole number.

playing cards.

Of the subjects who kept activity checklists, weekly participation was reported by all the men in attending church services and by all the women in sewing and writing to relatives. Little difference in weekly participation was indicated between all subjects and subjects who kept checklists.

Monthly participation. Church organizations, visiting friends and relatives, writing to relatives, and having overnight guests claimed the greatest number of participants in monthly activities. As indicated in Table VIII no other activity was engaged in monthly by more than two subjects. Less than 50 per cent of all subjects reported monthly participation in any activity.

Of all subjects who kept checklists, monthly participation in church organizations was the most frequently mentioned activity; however, having overnight guests was mentioned more frequently by the women.

Less than monthly but more than yearly participation. Less than monthly but more than yearly participation in any activity was reported by less than half of all subjects. The most frequently mentioned activity reported was spending holidays with relatives. Having overnight guests, taking trips to visit relatives, and sightseeing, in that order, were the next most frequently mentioned activities. A like amount of participation was reported by subjects who kept checklists.

Fifty-five per cent (six) of all men respondents reported less than monthly but more than yearly participation in various other church organi-

TABLE VIII

MONTHLY PARTICIPATION IN ACTIVITIES BY NUMBERS AND PERCENTAGES OF ALL SUBJECTS AND OF SUBJECTS WHO KEPT ACTIVITY CHECKLISTS

Activity	All subjects				Subjects who kept checklists			
	Male N=11		Female N=21		Male N=7		Female N=4	
	N	%	N	%	N	%	N	%
Other church organizations	4	36	9	43	4	57	2	50
Visit friends and relatives	1	9	8	38			2	50
Write to relatives	2	18	4	19	2	29		
Overnight guests	2	18	4	19			3	75
Attend church and Sunday School			2	9			1	25
Give a party			2	9				
Go to the movies	1	9			1	14		
Clubs			1	5				
Cards and table games	1	9	1	5	1	14		
Play piano			1	5				
Whistle	1	9			1	14		
Shuffleboard	1	9			1	14		
Miniature golf	1	9			1	14		

NOTE: All percentages were computed to the nearest whole number.

zations. These other organizations were such things as prayer meeting, deacon, stewards, or elders meetings, finance committees, board of trustees, ushering staff, and "looking over the church."

Fifty-five per cent (six) of all men subjects reported an equal amount of participation in having overnight guests and sightseeing.

Of all women subjects, 43 per cent (nine) reported trips to relatives and 38 per cent (eight) reported spending holidays with relatives less than monthly but more than yearly as found in Table IX.

Yearly participation. As indicated in Table X, page 54, only about 20 per cent of all subjects reported yearly participation in any activity. The "other coliseum activities," which were a circus, flower shows, and an ice show, were the activities most frequently mentioned under yearly participation--27 per cent (three) of all male subjects and 19 per cent (four) of all female subjects mentioned one of these. Making trips to visit relatives, sightseeing, and spending holidays with relatives, in that order, were the next most frequently mentioned activities.

The same rank order of participation was reported by subjects who kept checklists.

Possible locale. Although the actual mobility of the subjects cannot be determined by their participation in specific activities, the possible location at which the participation occurred is suggested by the nature of the activity.

Of the twelve daily activities reported only one was of such a nature as to require going outside of one's home. There were twenty-

TABLE IX

LESS THAN MONTHLY BUT MORE THAN YEARLY PARTICIPATION IN ACTIVITIES  
 BY NUMBERS AND PERCENTAGES OF ALL SUBJECTS AND OF  
 SUBJECTS WHO KEPT ACTIVITY CHECKLISTS

Activity	All subjects				Subjects who kept checklists			
	Male N=11		Female N=21		Male N=7		Female N=4	
	N	%	N	%	N	%	N	%
Overnight guests	6	55	6	29	6	86		
Trips to relatives	2	18	9	43	2	29	3	75
Spend holidays with relatives	5	45	8	38	4	57	2	50
Sightseeing	6	55	3	14	4	57	1	25
Other church organizations	6	55			4	57		
Read a book	1	9	2	9	1	14		
Visit friends and relatives	1	9	2	9	1	14		
Attend musical programs	2	18	1	5	2	29		
Attend plays	1	9	2	9	1	14		
Other commercial entertainment	2	18	1	5	1	14		
Write to friends			3	14				
Fish	3	27	1	5	1	14	1	25
Swim	2	18	1	5	2	29		
Write to relatives	1	9	1	5	1	14		
Croquet	1	9			1	14		
Give a party	1	9						
Cards and table games	1	9	4	19	1	14	1	25
Clubs	1	9	1	5				
Attend church service			1	5				
Go to the movies	1	9			1	14		
Business trip	1	9			1	14		

NOTE: All percentages were computed to the nearest whole number.

TABLE X

YEARLY PARTICIPATION IN ACTIVITIES BY NUMBERS AND PERCENTAGES OF ALL SUBJECTS AND OF SUBJECTS WHO KEPT ACTIVITY CHECKLISTS

Activity	All subjects				Subjects who kept checklists			
	Male N=11		Female N=21		Male N=7		Female N=4	
	N	%	N	%	N	%	N	%
Circus, flower shows, or ice show	3	27	4	19	2	29		
Trip to relatives	2	18	4	19	1	14	1	25
Sightseeing	2	18	3	14	1	14	1	25
Trip to friends	1	9	1	5				
Holidays with relatives	2	18	2	9	2	29		
Holidays with friends	1	9	1	5	1	14		
Overnight guests	2	18	2	9				
Attend musical programs			1	5				
Clubs	1	9			1	14		
Write to friends	1	9			1	14		
Embroider			1	5			1	25
Play piano			1	5				

NOTE: All percentages were computed to the nearest whole number.

six weekly activities mentioned; ten of these would have necessitated participation away from home. Seven of the thirteen monthly activities, fifteen of the twenty-one less than monthly but more than yearly activities, and eight of the twelve yearly activities mentioned suggested participation out of the home.

All activities. Although the degree or frequency of participation varied, all men subjects as well as all men who kept activity checklists reported some participation in the same average number of different activities (Table XVIII, Appendix B). Both groups reported an average of twenty-one different activities.

The average number of different activities for women respondents who kept checklists was slightly more than for all women respondents. Women who kept checklists reported an average of eighteen different activities and all women subjects reported an average of sixteen different activities.

All male subjects reported going to church services and more than 75 per cent of them reported watching television, reading newspapers, reading magazines, reading books, entertaining overnight guests, cutting grass, pruning shrubs, caring for indoor plants, and sitting and thinking.

There was no activity in which all female subjects reported participation. Ninety per cent (nineteen) reported reading a newspaper, and 76 per cent (sixteen) reported watching television, writing to relatives, and sitting and thinking. More than half also reported listening to the radio, reading magazines and books, spending holidays with relatives,

taking trips to visit relatives, attending church services, entertaining overnight guests, caring for indoor plants, sewing, and singing.

Activities in which no one reported participation were: checkers, chess, dominoes, monopoly, golf, tennis, bowling, and ice skating.

Participation was reported by only one person in each of these activities: business trips, knitting, weaving, painting, shuffleboard, croquet, hunting, chinese checkers, jigsaw puzzles, parcheesi, tating, horseback riding, and miniature golf.

Only two persons reported participation in: spending holidays with friends, going to the movies, and crocheting.

The last question on the interview schedule was: "What other things do you enjoy doing in your free time?" Eighteen of the respondents replied, "Nothing." Two people reported that they enjoyed hiking; and, two, talking to anyone.

Other activities reported were: watching stock exchange quotations, resting, listening to records, riding in an automobile, sitting at the window and watching cars go by, sitting on the porch and watching people go by, making my home look pretty, telephoning, talking to children (just any children), and planning a Bible class for a neighborhood group that meets once a week.

Of the thirty-two respondents, twenty-nine reported reading a newspaper; twenty-six, sitting and thinking and attending church services; twenty-five, watching television; and, twenty-four, reading magazines.

#### IV. TYPES OF TELEVISION PROGRAMS AND MAGAZINES REPORTED

Television. Of the forty-five different favorite television programs reported, the serial type show led all the rest with 63 per cent (twenty-three) of the respondents reporting this as one of their favorites. Panel shows were next in order with 41 per cent (thirteen) choosing them as favorites; 25 per cent (eight) reported news programs; 25 per cent, comedy shows; 22 per cent (seven), westerns; and, 22 per cent, quiz shows.

A greater percentage (73 per cent) of the men reported panel shows as their favorite; and, 36 per cent reported news, comedy, and serial shows.

As noted in Table XI, 76 per cent (sixteen) of the women reported the serial shows as their favorite, 33 per cent (seven) reported dramas, 24 per cent (five) reported westerns, and 24 per cent (five) reported panel shows.

Magazines. Of the thirty different magazines reported as usually read, the popularity of Reader's Digest far exceeded any other. Fourteen of the thirty-two respondents reported reading Reader's Digest and seven reported Ladies Home Journal. No other magazine was reported by more than four people.

As can be seen in Table XII, page 59, the total numbers and percentages of those reading literary and general magazines far exceeds all other types, with 66 per cent (twenty-one) reporting this type. In rank order, women, pictorial and religion follow as the most read types of magazines.

TABLE XI  
 NUMBERS AND PERCENTAGES OF ALL SUBJECTS WITH RESPECT TO SEX  
 WHO REPORTED FAVORITE TELEVISION SHOWS

Type of program*	Male N=11		Female N=21		Both N=32	
	N	%	N	%	N	%
Religion	1	9	1	5	2	6
News	4	36	4	19	8	25
Music	2	18	2	9	4	13
Comedy	4	36	4	19	8	25
Western	2	18	5	24	7	22
Serial	4	36	16	76	20	63
Panel	8	73	5	24	13	41
Variety	1	9	3	14	4	13
Quiz	3	27	4	19	7	22
Drama	2	18	7	33	9	19
Sports	3	27			3	9
Police			1	5	1	3
Mystery			1	5	1	3
Special			2	9	2	6
(No. different programs)	(22)		(36)		(45)	

\*Television programs were classified into the categories used in TV Guide.

NOTE: All percentages were computed to the nearest whole number.

TABLE XII  
 NUMBERS AND PERCENTAGES OF ALL SUBJECTS WITH RESPECT TO SEX  
 WHO REPORTED READING MAGAZINES

Type of magazine*	Male N=11		Female N=21		Both N=32	
	N	%	N	%	N	%
Current affairs	4	36	1	5	5	16
Geography and travel	1	9	1	5	2	6
Business and Finance	1	9			1	3
Literary and general	7	64	14	67	21	66
Home and garden	2	18	3	14	5	16
Hobbies and handicraft	1	9	2	9	3	9
Food production	1	9	1	5	2	6
Military			1	5	1	3
Pictorial	3	27	5	24	8	25
Religion	4	36	4	19	8	25
Women	1	9	13	62	14	44

\*Magazines were classified into the categories suggested for library identification in The 1962-1963 Periodical Handbook.

NOTE: All percentages were computed to the nearest whole number.

## V. VARIABLES

Employment. In this study all female respondents were unemployed; however, some males were employed fulltime or parttime, and others were unemployed.

The average number of activities reported by fulltime employed males was nineteen, just three less than for the unemployed and one more than for the parttime employed.

Table XIII shows unemployed men reporting some participation in all categories. The parttime employed reported no participation in three categories--clubs and civic organizations, cards and table games, and writing. Those employed fulltime did not report participation in two categories--sewing and games and sports. These differences are possibly due to the small number of respondents and not to employment since the same categories were not affected in both groups.

Monthly income. As shown in Table XIV, page 62, both the highest average number of activities (twenty-three) and the lowest (eight) occur within the same monthly income bracket, \$300 to \$500 per month.

Male respondents whose monthly income was \$300 to \$500 reported the greatest average number of activities, twenty-three. Those whose monthly income was over \$500 reported the fewest average number of activities, seventeen.

Female respondents whose monthly income was under \$40 reported the greatest average number of activities, twenty-one; while those whose monthly income was \$300 to \$500 reported an average of only eight.

TABLE XIII

NUMBERS OF MALES BY EMPLOYMENT STATUS REPORTING  
PARTICIPATION IN EACH ACTIVITY CATEGORY

Category	Fulltime N=2	Parttime N=3	Unemployed N=6
Television and radio	3	4	10
Reading	5	8	15
Visits and trips	6	9	20
Commercial entertainment	2	1	9
Church activities	4	7	13
Clubs and civic organizations	3		1
Cards and table games	1		2
Writing	2		4
Entertaining	2	2	6
Gardening	5	9	26
Sewing		1	2
Arts and crafts	2	5	10
Games and sports		4	6
Sit and think	1	3	6
Others	1	2	1
Average per person	19	18	22

NOTE: Participation numbers may exceed number of subjects in that classification due to multiple responses within the category.

TABLE XIII

NUMBERS OF MALES BY EMPLOYMENT STATUS REPORTING  
PARTICIPATION IN EACH ACTIVITY CATEGORY

Category	Fulltime N=2	Parttime N=3	Unemployed N=6
Television and radio	3	4	10
Reading	5	8	15
Visits and trips	6	9	20
Commercial entertainment	2	1	9
Church activities	4	7	13
Clubs and civic organizations	3		1
Cards and table games	1		2
Writing	2		4
Entertaining	2	2	6
Gardening	5	9	26
Sewing		1	2
Arts and crafts	2	5	10
Games and sports		4	6
Sit and think	1	3	6
Others	1	2	1
Average per person	19	18	22

NOTE: Participation numbers may exceed number of subjects in that classification due to multiple responses within the category.

TABLE XIV

NUMBERS OF ALL SUBJECTS BY MONTHLY INCOME AND BY SEX REPORTING PARTICIPATION IN EACH ACTIVITY CATEGORY

Category	No response		Under \$40		\$40-\$75		\$75-\$150		\$150-\$300		\$300-\$500		Over \$500	
	N=1		N=2		N=6		N=2	N=7	N=4	N=1	N=4	N=1	N=1	N=3
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
Television and radio			4		6		3	9	5	1	7	2	2	5
Reading	3		5		11		5	16	11	3	10	1	2	7
Visits and trips	1		7		16		4	16	16	4	13		2	7
Commercial entertain- ment	1						1	4	4	2	7		1	2
Church activities			3		9		4	11	7	1	11		2	6
Clubs and civic organi- zations								2			1		3	2
Cards and table games	1		1		4					1	2		1	2
Writing			3		6		1	14	1		2	2	2	5
Entertaining			2		6		2	3	5	1	3	1	1	4
Gardening	2		7		18		9	3	16	1	15			4
Sewing			2		7		2	5	2					6
Arts and crafts	1		3		9		2	9	8	1	9			7
Games and sports			1		1		1		3	1	6			
Sit and think	1		2		5		2	6	4	1	4	1		
Others	1		1		1		1	4			3	1	1	1
Average number per person	11		21		17		19	15	21	17	23	8	17	19

NOTE: Participation numbers may exceed number of subjects in that classification due to multiple responses within the category.

No one whose monthly income was more than \$500 reported participation in games and sports or sitting and thinking.

Although the number of respondents was small, there seemed to be a slight trend for those with higher monthly incomes to belong to clubs and civic organizations and to participate in commercial entertainment.

Education. Table XV reflects a slight trend for those with more education to participate in clubs and civic organizations and commercial entertainment; however, it should be noted that those with higher monthly incomes reported more participation in these activity categories too. This finding may be due to the small number of subjects in each educational range.

Both the highest and the lowest average number of activities was reported by the women. The one woman who reported no schooling reported the least number of activities, ten; and the one woman who reported having completed elementary school reported the highest number, twenty-seven.

Men who had completed elementary school reported the highest average number of activities, twenty-six; while men who had some elementary schooling or had completed high school reported the smallest number, eighteen.

Age. Table XVI, page 65, shows a decided decline in the number of activities participated in by females as their age increased. Many investigators assert that "felt" age is more indicative of an individual's potentialities than actual age; and, therefore those who refused to divulge their

TABLE XV

NUMBERS OF ALL SUBJECTS BY FORMAL EDUCATION AND BY SEX REPORTING  
PARTICIPATION IN EACH ACTIVITY CATEGORY

Category	No response or no schooling		Some elementary		Completed elementary		Completed high school		College or special	
	N=1	N=1	N=2	N=7	N=2	N=1	N=3	N=3	N=3	N=9
	M	F	M	F	M	F	M	F	M	F
Television and radio	1		1	10	4	2	5	4	6	11
Reading	3	2	6	13	4	3	8	6	7	22
Visits and trips	3	2	6	18	8	4	7	7	11	21
Commercial entertain- ment	1		1	1	5				5	8
Church activities	2		3	9	5	3	8	5	6	13
Clubs and civic organi- zations					1				3	4
Cards and table games		2		1		1		1	3	4
Writing				7		2	2	8	4	13
Entertaining	1	1	2	5	2	1	2	3	3	7
Gardening	4	1	9	16	10	5	9	5	8	8
Sewing	1		1	7		1	1	2		10
Arts and crafts	1	1	3	10	3	2	6	3	4	14
Games and sports	1		1	1	6	1	1		1	1
Sit and think	1	1	2	5	2	1	3	3	2	6
Others	1			2	1	1	1	2	2	4
Average number per person	20	10	18	15	26	27	18	16	22	16

NOTE: Participation numbers may exceed number of subjects in that classification due to multiple responses within the category.

TABLE XVI

NUMBERS OF ALL SUBJECTS BY AGE AND BY SEX REPORTING PARTICIPATION IN EACH ACTIVITY CATEGORY

Category	No response		65-69		70-74		75-79		80-over	
	N=2		N=3	N=5	N=4	N=1	N=3	N=9	N=1	N=4
	M	F	M	F	M	F	M	F	M	F
Television and radio		3	6	8	6	1	3	9	2	6
Reading		6	8	11	10	3	8	19	2	7
Visits and trips		6	14	15	12	3	4	22	5	5
Commercial entertainment		4	2	2	9			3	2	
Church activities		4	8	8	9	3	6	11	1	4
Clubs and civic organizations		4	1		3					
Cards and table games		1	2	3	1			4		1
Writing		5	3	7	2	3	1	8		7
Entertaining		4	3	4	5	1	2	6	1	2
Gardening		2	14	12	14	1	9	20	3	
Sewing		3		7	2		2	8		2
Arts and crafts		5	5	7	6	2	6	14	2	2
Games and sports			4	2	4		1	1	1	
Sit and think		1	3	4	3	1	3	7	1	3
Others		1	1	3	3	1	1	3		1
Average per person		25	25	19	22	19	15	15	20	10

NOTE: Participation numbers may exceed number of subjects in that classification due to multiple responses within the category.

ages were referred to as "youngest." Thus, the average number of activities per person dropped from twenty-five for the "youngest" group to nineteen for both the sixty-five to sixty-nine group and the seventy to seventy-four group, to fifteen for the seventy-five to seventy-nine group, and to ten for those eighty and over.

A comparable pattern began in the first three age groups for the men but was broken by the one man who was over eighty. It was believed that a larger number of subjects in each age group would have presented a pattern similar to that of the females.

Men who were sixty-five to sixty-nine reported an average of twenty-five activities; those seventy to seventy-five reported twenty-two; those seventy-five to seventy-nine reported fifteen; and, those eighty and over reported twenty.

As shown in Table XVI, there seems to be a slight trend for the younger respondents to participate more in clubs and civic organizations and in commercial entertainment; however, this may be due to the small number in the study group.

CHAPTER VI

SUMMARY, INTERVIEW SUGGESTIONS, AND CONCLUSIONS

I. SUMMARY

Since the turn of the century the constantly increasing number of older people has come to be one of the major social problems of our times.

Medical advancements have greatly increased life expectancy. Mechanical and technical developments have decreased the necessary number of man-hours per unit of production and industry has found it necessary to compensate with enforced retirement programs. This combination of longer life and unemployment has resulted in thousands of people finding themselves in a state of leisure at an earlier age.

More people are confronted with problems of the aged such as the death of a spouse, a change in living arrangements, reduced incomes, lack of transportation, failing eyesight and hearing, and general slowing down of physical energies.

Foundations and government agencies, both federal and state, have planned conferences, organized societies and clubs, and published countless articles to explore the needs of aged individuals. Biological, sociological, and psychological needs all have been considered.

Government agencies have pointed out problem areas among the aged and have encouraged action at a local level; but, adequate programs of action take time to develop and put into practice and few oldsters are

aware of the assistance that does exist. However, the Social Security Act and old age assistance laws in most states have helped many aged to live more independent lives although not without a feeling of financial insecurity.

A commonly accepted point of view and one confirmed in part by research findings is that meaningful leisure-time pursuits (hobbies, church work, community service organizations, social participation, creative activities, and other forms of personal expression) help lessen the strain and anxieties created by aging. In a work-oriented society, where leisure is a commodity chiefly for the rich and the aged, few have developed early in life interests and activities that will be satisfying and rewarding in old age. Thus, the aged may be forced to explore and manage this new and foreign block of time that has never existed before for them.

Relatively few studies have been made of the use of leisure time; the first such studies concerned not the aged, but the unemployed persons of the depression years. Most of the research on the utilization of leisure time by the aged has been published since 1953.

For determining the use of time, interviews, questionnaires, diaries, and checklists have been used. The most widely used method of recording time was developed by the Bureau of Home Economics and employed by many Agricultural Experiment Stations throughout the nation. Interview schedules have been more successful than any other method for determining time utilization by the aged.

Those factors that appear to have the greatest influence on the leisure-time activities of the aged, as evidenced by previous studies, are: (1) employment status, (2) economic level, and (3) education.

Though some investigators have attempted to determine the degree of social and personal adjustment of the aged as suggested by their participation in the social life of the community, few have attempted to find out what leisure-time activities the aged participate in or how much time they use in this participation. Investigation reveals an inadequacy in methods and techniques for determining the amount of time and participation in leisure-time activities by the aged. It was the purpose of this study to develop and test such a method and technique.

To aid in the development of a method and technique by which leisure-time activities of the aged could be determined, five selected persons were asked to keep records of all their activities for one week. Using these records and the current literature as guides, an interview schedule and activity checklist were constructed, pretested with ten people, and revisions made.

The interview schedule and activity checklists were administered to non-institutionalized individuals who had been randomly selected from the names of the aged on the rolls of six, white Protestant churches in Greensboro, North Carolina. Forty-four persons were sent an introductory letter which asked for their participation, explained the purpose of the study and stated that the interviewer would call at their homes within a few weeks.

The interviews were made in the subjects' homes (with the exception of one that was made in the subject's office) during a seven week period beginning the latter part of October and extending into December of 1962.

At the completion of the interview, each respondent was given seven activity checklists which he was asked to keep for seven consecutive days beginning the day of the interview. The checklists were explained and examples given to acquaint the respondent with the manner in which they should be kept.

When the checklists were picked up all respondents who had kept records reported that the week in which they kept the record was a usual week for them.

Of the forty-four persons who were sent introductory letters, usable interviews were obtained from thirty-two (73 per cent) and usable checklists from eleven (34 per cent). There seemed a greater willingness to keep the activity checklists among respondents who had at least an elementary school education.

Seven (64 per cent) of the men kept checklists while only four (19 per cent) of the women did. Those women who returned usable checklists were slightly younger than all women subjects. The mean age for all women subjects was seventy-six; for those who kept checklists it was seventy-one.

A comparison of the amount of time (minutes per week) and frequency of participation (number of times per week) the subject recalled at the

time of the interview with his record as reported on the activity checklists were in close agreement in most activity categories. The greatest disagreement was reported for television and radio, sit and think, and visits and trips.

As reported on the activity checklists of eleven subjects, more time was used for leisure-time activities on Fridays than any other day of the week and less time on Saturdays. A comparison of these two days reveals an average difference per activity category of less than one-half an hour.

The average total time per day per person for all activity categories was 460 minutes, or seven hours and forty minutes.

There was little difference in total time for all categories by day of the week; however, a difference was noted in the distribution of time on Sundays. The smallest number of different activities also was reported on Sundays.

When participation in leisure-time activities was tabulated by daily, weekly, monthly, less than monthly but more than yearly, and yearly participation, little difference was revealed between all subjects and subjects who kept activity checklists.

The most frequently mentioned daily activities for all subjects were: reading a newspaper, watching television, listening to the radio, and sitting and thinking. Fifty-five per cent (six) of the men reported reading a book each day.

A greater percentage of male subjects reported weekly participation in leisure-time activities than female subjects. Those weekly activities

reported most frequently were: gardening, attending church services, singing, and visiting friends and relatives.

Monthly participation in leisure-time activities was reported by less than 50 per cent of the respondents. Church organizations, visiting friends and relatives, writing to relatives, and having overnight guests were the activities most frequently mentioned.

In rank order, spending holidays with relatives, having overnight guests, taking trips to relatives, and sightseeing were the activities in which less than monthly but more than yearly participation was reported. Less than half of all subjects reported any activity in which participation was less than monthly but more than yearly and only about 20 per cent reported participation yearly in any activity.

"Other coliseum activities" (circus, flower shows, and ice shows), taking a trip to visit relatives, sightseeing, and spending holidays with relatives--in that order--were the most frequently mentioned yearly activities.

It was observed that those activities that might occur in one's home were the activities in which more frequent participation was reported.

All male subjects and male subjects who kept activity checklists reported the same average number of different activities, twenty-one. Female subjects who kept activity checklists reported a greater average number of different activities (eighteen) than all female subjects (sixteen).

Attending church services was reported by all male subjects and more than 75 per cent also reported watching television, reading news-

papers, magazines and books, entertaining overnight guests, cutting grass, pruning shrubs, caring for indoor plants, and sitting and thinking.

Ninety per cent of all female subjects reported reading a newspaper and 76 per cent reported watching television, writing to relatives, and sitting and thinking.

Of favorite television shows, 63 per cent mentioned a serial type show and 41 per cent mentioned a panel type show. The types of shows varied between the sexes. Men reported panel, news, comedy, and serial-- in that order, while women reported serial, drama, western, and panel-- in that order.

In rank order, the magazines usually read were in these classifications: literary and general, women, pictorial, and religion. Reader's Digest was reported by almost half of the respondents and Ladies Home Journal by almost one-fourth.

Although the number of respondents was small in this group, the average number of activities in which participation was reported did not seem to be influenced by monthly income, formal education, or employment status. There did appear to be a decline in the number of activities as the age of the respondents increased.

There seemed to be a slight trend for those who were younger, had a higher monthly income, and more education to participate in clubs and civic organizations and commercial entertainment.

## II. RECOMMENDATIONS FOR INTERVIEWING THE AGED

The success of the interview schedule in eliciting information from the aged depends not only on its construction but on the manner of administering the instrument and on the technique of interviewing. Granted, one of its greatest limitations is its dependence on the recall ability of respondents; however, with a carefully designed schedule, proper administration, and adequately trained interviewers this limitation can be greatly reduced. Experience gained from this study suggests that special emphasis should be placed on the following interview techniques.

To be adequately trained the interviewer needs to know and understand the study and what information is to be obtained; he should have sufficient knowledge of related information to enable him to foresee possible developments and accidental happenings during the interview; and he should be acquainted with the type of persons and problems of personality make-up likely to be encountered among the aged. This investigator found that the literature on the general problems of the aged, associations with aged acquaintances, and experiences gained from the administration of the pretest were invaluable in overcoming some situations that may have developed into real problems.

Every interviewer needs to be aware of what he takes to the interview. Facial expressions, tonal quality of voice, word inflection, and the right choice of words are just some of the qualities needed for successful interviewing. A genuine interest in the respondent, a sincere acceptance of him, and an ability to reflect this interest and acceptance to the respondent are most important.

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Exaggerated mannerisms, punctilious speech, or extremes in dress are to be avoided. One's outward appearance alone may determine whether an interview can be obtained. Desirable communication will take place only if the respondent perceives the interviewer as one who is capable of understanding and accepting him and his basic situation. Usually a general knowledge of the community, street or rural address, and outside appearance of the home are sufficient clues to enable the interviewer to present himself to the prospective respondent in a manner that will be conducive to establishing good rapport.

The interviewer should watch for any signs that the respondent is ill at ease. In this study when a respondent hesitated or reworded his reply too carefully it was recognized that the investigator's grammar may be the reason for this and succeeding questions were reworded to comply with the respondent's ability to understand and react more favorably. The interviewer should make an effort to reduce any gap in education or economic difference that may exist between the respondent and himself.

It was found that the aged need motivation and preparation for an interview. A simple, friendly, personal letter may introduce them to the investigation and help them to see that their participation could be a real service to others. Even if some other form of original contact is made, the contact should be personal and should prepare the respondent for the interview and the interviewer.

The introduction and the interview should be made in a clear, distinct tone employing adequate simple grammar. An alertness to the

respondent's attitude, his physical and mental condition, and a warm, friendly, understanding manner will help make the interview more pleasant for the respondent as well as the interviewer. Many aged are likely to be hard of hearing. If a vague or incoherent answer is given, the interviewer should tactfully rephrase the question and ask it louder and slower.

Every effort should be exerted to make the interview as interesting to the respondent as possible. The time of day may make a difference on the kind of reception the interviewer receives. Mid-morning or early evening seemed to be good times for most aged respondents; many either rest or nap in the afternoon; and, of course, there is some added pressure near the noon and evening meals that should be considered in choosing the hour to make a call. As evidenced by the acceptance of this investigator, bad weather seems to be very favorable for interviewing the aged; they must stay inside anyway and they are happy to have someone with whom to talk, even a stranger.

It was found that the aged need reassurance in their ability to answer questions. It should be made clear to the respondent that information about himself may be known only to him and that he is in the most favorable position to answer the questions. Some pressure of the query seemed to be relieved in this study by telling the respondent at the beginning of the interview that he could refuse to answer any question that he did not choose to answer.

An interview should have the warmth and personal exchange of a conversation between friends. Being a good listener and allowing the

respondent to reflect and recall to his satisfaction the details and situations that lead to a correct answer to a question are matters of courtesy. The interviewer should not rush the questions but neither should he allow the interview to lag. An answer is a response to a question; but even more important at times, it may also be the stimulus that activates the mind into a pattern or series of related events that brings forth more and better information. In this study it was found that many times the first answer the respondent gave referred to what he had done during his life time and was not the true picture of his present daily living. The investigator should be sure that the respondent has answered one question completely and fully before proceeding to the next one.

### III. CONCLUSIONS

These conclusions are based on the use of the method and technique employed herein rather than on the findings of amounts of time and types of certain leisure-time activities engaged in by the thirty-two respondents since this was a pilot study of methods and techniques.

#### Further use of the method and technique:

1. This study showed that the interview schedule may be successfully used by a trained investigator to obtain information as to the amounts of time and types of leisure-time activities engaged in by aged respondents.
2. It is recommended that questions in the interview schedule

pertaining to friends and relatives be revised so that relatives always precedes friends. It was noted during the administration of the interview schedules that in reverse order these were ambiguous terms.

3. It is further recommended that the administration of the interview schedule be flexible enough to allow discreet changes in phraseology to increase the maximum clarity and understanding for the respondent. For instance, instead of, "With whom are you living?" the investigator may ask, "Who are you living with?" This investigator found that "whom" was a word that was not in the vocabulary of some aged respondents.

4. It is recommended that in the interview schedule, the question, "How often do you go to other events (other than above) at the coliseum?" be deleted or a similar question appropriate to a particular city or area be substituted. The question was needed for Greensboro residents because the coliseum was the scene of so many activities.

5. It is recommended that a larger study might include all seasons of the year and time would not need to be calculated for sporadic and seasonal activities. It is believed that the elderly, as any age group, tend to participate more in some activities during a particular season of the year.

6. Although the role of the church in supplying the names of its members for a study should be confidential, the willingness and interest of the churches in the present study suggest that this method of choosing a sample is adequate.

7. Due to the small number of usable activity checklists returned in this study, this method and technique is not recommended for use with aged respondents.

Value of the method and technique:

1. Records of the participation in leisure-time activities and the amounts of time used form a basis on which to gain an understanding of the abilities, needs, and adjustments of the aged. This kind of information would be helpful in planning for group activities or individual activities.

2. This interview schedule produced a sufficient number of usable records to provide valuable information of the amounts of leisure-time and types of activities engaged in by aged respondents.

3. The cooperation of aged church members as encountered in this study seems to indicate that respondents so selected will be able and willing to participate in a similar study.

4. The broad activity categories used in the present study appear to be effective in seeking the various leisure-time activities engaged in by the aged. Few activities were reported in the space provided for other activities and of those that were reported, many defy categorization.

5. Recording answers in the left-hand margin of the interview schedule facilitates tabulation. The information obtained in the interview schedule and activity checklists may be machine tabulated.

6. The day by day records of leisure-time activities may be reported on the activity checklists but can not be accurately obtained from the interview schedule.

7. The activity checklists in this study produced an insufficient number of usable records to provide valuable information of the amounts of leisure-time and types of activities engaged in by aged respondents.

Limitations of the method and technique:

1. The use of an interview schedule is limited in that it is costly and time consuming to administer and must be used by a trained investigator. As evidenced by the amount of free time reported by the respondents in this study, this age group has much free time and may prolong an interview just to have someone with whom to talk.

2. The investigator's perceptive and intuitive ability to phrase or rephrase questions in order to maintain maximum rapport throughout the interview further limits its use.

3. Fifteen broad categories of leisure-time activities cannot be all inclusive and even one category might suggest varying responses.

4. The recall ability of aged respondents further limits the accuracy of answers to the questions in the interview schedule.

5. The use of activity checklists recorded during only one season of the year may limit, to some degree, the types of leisure-time activities engaged in and the amounts of time used.

6. The use of activity checklists when kept for only seven consecutive days may limit the number of leisure-time activities recorded.

7. The ability of respondents to record accurately their activities further limits the use of the activity checklists.

8. The activity checklists are limited in that their use is recommended only after the interview schedule has been completed.

The findings of this study indicate that the methods and techniques employed are worthy of due considerations in conducting a larger investigation. This writer believes that such investigations could lead to a better understanding of the aged and their role in the community, could aid churches and civic organizations in planning for aged individuals, and could help younger people to plan earlier in life leisure-time activities that would be interesting and satisfying through-out their lives.

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APPENDIX A

## THE INSTITUTE FOR CHILD AND FAMILY DEVELOPMENT

The Woman's College  
of The University of North Carolina  
Greensboro

Dear \_\_\_\_\_,

I am beginning a study of our senior citizens in Greensboro and would like to have your cooperation. You would need to answer some questions for me and you could feel perfectly free to do this because I will not use the names of those participating in this study. I will be the only person who knows your name and I will not record it on your answer sheet.

It is hoped that the information you can give me (along with information from other older people) will be helpful to churches and community organizations in planning their programs better to meet the needs of the senior citizens. I think other individuals will find this information helpful to them in planning their own lives toward these later years.

Within the next few weeks I will come to see you and ask you to help me with this study. I shall look forward to meeting you personally.

Sincerely,

Mrs. L. Robert Grogan

MG/nn

Code No. \_\_\_\_\_

Date \_\_\_\_\_

## INTERVIEW DATA SHEET

## I. Demographic Information.

Sex:

\_\_\_\_\_ Male

\_\_\_\_\_ Female

\_\_\_\_\_ How old were you on your last birthday?

\_\_\_\_\_ With whom are you living? (relation)

\_\_\_\_\_ Which one of the following statements applies to you?

\_\_\_\_\_ Never married

\_\_\_\_\_ Married and living with spouse

\_\_\_\_\_ Married but separated or divorced

\_\_\_\_\_ Widow or widower

\_\_\_\_\_ Which of the following figures represents your approximate income for one month?

\_\_\_\_\_ under \$40

\_\_\_\_\_ \$40 - \$75

\_\_\_\_\_ \$75 - \$150

\_\_\_\_\_ \$150 - \$300

\_\_\_\_\_ \$300 - \$500

\_\_\_\_\_ over \$500

What was the last grade of regular school you finished?

- 0 No schooling
- 1 2 3 4 5 6 7 8 Elementary school
- 1 2 3 4 High school
- 1 2 3 4 College
- 1 2 3 4 5 or more Post graduate
- \_\_\_\_\_ Special training (specify)

\_\_\_\_\_ What has been your lifetime occupation?

\_\_\_\_\_ What were your duties?

Are you now gainfully employed?

- \_\_\_\_\_ Yes
- \_\_\_\_\_ Fulltime?
- \_\_\_\_\_ Parttime?
- \_\_\_\_\_ No

Which of the following represents the amount of free time you have each day to do whatever you choose?

- \_\_\_\_\_ Most of the day
- \_\_\_\_\_ Half day
- \_\_\_\_\_ A few hours
- \_\_\_\_\_ Almost none

II. Leisure-time Activities

A. Television and Radio

What are your favorite TV programs?

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---

Do you watch TV more

---

alone?

---

with others?

---

How much time do you spend watching TV each day?

---

How much time do you spend listening to the radio each

day?

B. Reading

---

How often do you read a newspaper?

---

Which paper (or papers) do you read?

---

---

What magazines do you usually read?

---



---



---



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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ How often do you read a book?

\_\_\_\_\_ How much time do you spend reading each day?

C. Visiting and Trips

\_\_\_\_\_ Are you able to visit your friends and relatives as  
often as you used to? If no, why?

\_\_\_\_\_ How often do you visit them?

\_\_\_\_\_ How often do you spend holidays with friends?

\_\_\_\_\_ With relatives?

\_\_\_\_\_ How many trips do you make each year? Specify.

\_\_\_\_\_ To relatives

\_\_\_\_\_ To friends

\_\_\_\_\_ Sightseeing

\_\_\_\_\_ Business

D. Commercial Entertainment

\_\_\_\_\_ How often do you go to the movies?

\_\_\_\_\_ To musical programs?

\_\_\_\_\_ To plays?

\_\_\_\_\_ To sports events?

\_\_\_\_\_ How often do you go to other events (other than above)  
at the coliseum?

E. Church Activities

\_\_\_\_\_ How often are you able to attend church services?

(Use table below for answers) To what church organizations do you belong?

How often do you attend each?

Do you hold office in any of these? If yes, what office do you hold?

Are you on any committees? If yes, which committees are you on?

ORGANIZATION	HOW OFTEN ATTEND	OFFICE	COMMITTEE

F. Clubs and Organizations

To what clubs do you belong?

To what civic organizations do you belong?

How often do you attend each?

Do you hold an office in any of these? If yes, what office do you hold?

Are you on any committees? If yes, which committees are you on?

CLUB OR ORGANIZATION	HOW OFTEN ATTEND	OFFICE	COMMITTEE

G. Card and Other Table Games

Do you play any card games? If yes, what? How often do you play?

Do you play other table games, such as checkers, chess, dominoes, monopoly, or others? How often do you play these?

GAMES	YES	HOW OFTEN PLAYED	NO
<u>Cards</u>			
<u>Cards</u>			
<u>Checkers</u>			
<u>Chess</u>			
<u>Dominoes</u>			
<u>Monopoly</u>			
<u>Others</u>			

H. Writing

- \_\_\_\_\_ How often do you write to friends?  
 \_\_\_\_\_ To relatives?  
 \_\_\_\_\_ Do you ever write stories, poems, or music either for  
 your own enjoyment or for money?  
 \_\_\_\_\_ If yes, specify.  
 \_\_\_\_\_ How much time do you spend writing each week?

I. Entertaining

- \_\_\_\_\_ How often do you have over night guests?  
 \_\_\_\_\_ Friends?  
 \_\_\_\_\_ Relatives?  
 \_\_\_\_\_ How often do you give a party?  
 \_\_\_\_\_ When you are having guests, what kind of entertainment  
 do you find most enjoyable?  
 \_\_\_\_\_

J. Gardening

- \_\_\_\_\_ Do you do any work in the garden?  
 \_\_\_\_\_ Do you grow vegetables?  
 \_\_\_\_\_ Flowers?  
 \_\_\_\_\_ Do you help with cutting the grass?  
 \_\_\_\_\_ Do you help with pruning the shrubs?  
 \_\_\_\_\_ Do you have indoor plants?  
 \_\_\_\_\_ How much time do you spend gardening each week?

K. Sewing (knit, crochet, embroider, etc.)

Do you sew? Knit? Crochet? Embroider? Weave?

How much time do you spend in each of these activities each week?

ACTIVITY	YES	AMT. OF TIME EACH WEEK	NO
<u>Sewing</u>			
<u>Knit</u>			
<u>Crochet</u>			
<u>Embroider</u>			
<u>Weave</u>			

What articles do you usually make?

\_\_\_\_\_

L. Arts and Crafts

\_\_\_\_\_ Do you play any musical instrument?

\_\_\_\_\_ If yes, what?

\_\_\_\_\_ How often do you play?

\_\_\_\_\_ How often do you sing?

\_\_\_\_\_ How often do you whistle?

\_\_\_\_\_ Do you draw?

\_\_\_\_\_ If yes, how often?

\_\_\_\_\_ Do you paint?

\_\_\_\_\_ If yes, how often?

\_\_\_\_\_ Do you have any hobbies?

\_\_\_\_\_ If yes, what?

\_\_\_\_\_ How much time do you spend with your hobby each week?

\_\_\_\_\_ Are there other arts and crafts that you enjoy?

\_\_\_\_\_ If yes, what?

\_\_\_\_\_ How much time do you spend with other arts and crafts each week?

M. Games and sports

Do you play golf? Shuffleboard? Croquet? Tennis? Swim? Bowl? Ice Skate? Others? How often do you play each? Do you hunt? Fish? How often do you hunt? Fish?

<u>GAME OR SPORT</u>	<u>YES</u>	<u>HOW OFTEN</u>	<u>NO</u>
<u>Golf</u>			
<u>Shuffleboard</u>			
<u>Croquet</u>			
<u>Tennis</u>			
<u>Swim</u>			
<u>Bowl</u>			
<u>Ice Skate</u>			
<u>Others</u>			
<u>Hunt</u>			
<u>Fish</u>			

N. Sit and Think

\_\_\_\_\_ How much time do you spend sitting and thinking each day?

O. Others

\_\_\_\_\_ What other things do you enjoy doing in your free time?

Code No. \_\_\_\_\_  
Date \_\_\_\_\_

ACTIVITY CHECKLIST

ACTIVITY	NAME OR TITLE (a description of activity)	TIME (Min. or Hrs.)
____ Television and radio	_____ _____ _____ _____	_____ _____ _____ _____
____ Reading	_____ _____	_____ _____
____ Visiting away from home and trips	_____	_____
____ Commercial entertainment (any entertainment for which you must pay admission)	_____	_____
____ Church activities	_____	_____
____ Clubs and civic organizations	_____	_____
____ Cards and other table games	_____	_____
____ Writing	_____	_____
____ Entertaining (include uninvited guests who stop by for a short visit)	_____	_____
____ Gardening	_____	_____

100

_____ Sewing (knit, crochet, etc.)	_____	_____
_____ Arts and crafts	_____	_____
_____ Games and sports	_____	_____
_____ Sit and think	_____	_____
_____ Others	_____	_____

**APPENDIX B**

TABLE XVII

GENERAL CHARACTERISTICS OF ALL SUBJECTS AND OF SUBJECTS  
WHO KEPT ACTIVITY CHECKLISTS

Activity	All Subjects				Subjects who kept checklists			
	Male N	Female N=11 %	Male N=21 %	Female N=21 %	Male N=7 %	Female N=4 %	Male N=7 %	Female N=4 %
<u>Age</u>								
65-69	3	27	5	24	3	43	3	75
70-74	4	36	1	5	1	14		
75-79	3	27	9	43	2	29		
80 and over	1	9	4	19	1	14	1	25
No response			2	9				
(Range)	(65-80)		(65-94)		(65-80)		(66-81)	
(Mean)	(72)		(76)		(72)		(71)	
<u>Marital status</u>								
Never married			6	29	6	86	2	50
Married	10	91	1	5				
Separated or divorced			14	66	1	14	2	50
Widowed	1	9						
<u>With whom living</u>								
Spouse	10	91	6	29	6	86	2	50
Children			9	43			1	25
Friend			2	9			1	25
Alone	1	9	4	19	1	14		
<u>Monthly income</u>								
Under \$40			2	9			1	25
\$40-\$75			6	29			1	25
\$75-\$150	2	18	7	33	1	14	1	25
\$150-\$300	4	36	1	5	2	29		
\$300-\$500	4	36	1	5	4	57		
Over \$500	1	9	3	14			1	25
No response			1	5				
<u>Formal education</u>								
No schooling			1	5				
Some elementary	2	18	7	33				
Completed elementary	2	18	1	5	2	29	1	25
Completed high school	3	27	3	14	3	43	1	25
College or special training	3	27	9	43	2	29	2	50
No response	1	9						

TABLE XVII (continued)

Activity	All Subjects				Subjects who kept checklists			
	Male N	Female N	Male N	Female N	Male N	Female N	Male N	Female N
<u>Employment status</u>								
Unemployed	6	21	5	4				
Fulltime	2							
Parttime	3		2					
<u>Amount of free time</u>								
Most of day	6	13	5	1				
Half day	3	5	1	2				
A few hours	2	1	1	1				
Almost none		2						
<u>Lifetime occupation*</u>								
Professional and managerial**	2	3		1				
Clerical and sales Service		2		1				
Agricultural, fishery, forestry, and kindred occupations	3				2			
Skilled	4	3			2			
Semiskilled	2	2		1				
Unskilled	1			2				
Non-classified***		11						

\*Occupations were classified in accordance with the Dictionary of Occupational Titles.

\*\*One man reported both farming and preaching as his lifetime occupations and explained that they were carried on simultaneously.

\*\*\*The non-classified included ten housewives and one woman who had hand rolled cigars until machinery replaced her. One housewife kept activity checklists.

NOTE: All percentages were computed to the nearest whole number.

TABLE XVIII

NUMBERS AND PERCENTAGES OF ALL SUBJECTS AND OF SUBJECTS  
WHO KEPT ACTIVITY CHECKLISTS REPORTING PARTICIPATION  
IN CERTAIN LEISURE-TIME ACTIVITIES

Activity	All Subjects				Subjects who kept checklists			
	Male N	N=11 %	Female N	N=21 %	Male N	N=7 %	Female N	N=4 %
<u>Television and radio</u>								
Television	9	82	16	76	6	86	4	100
Radio	8	73	11	52	7	100	3	75
<u>Reading</u>								
Newspaper	10	91	19	90	6	86	4	100
Magazines	9	82	15	71	5	71	4	100
Books	9	82	12	57	6	86	1	25
<u>Visits</u>								
Holidays								
friends	1	9	1	5	1	14		
relatives	7	64	14	66	5	71	4	100
Relatives	5	45	12	57	4	57	4	100
Friends	2	18	1	5	1	14		
Sightseeing	8	73	6	29	5	71	2	50
Business	1	9			1	14		
<u>Commercial entertainment</u>								
Movies	2	18			2	29		
Musical programs	2	18	2	9	2	29		
Plays	1	9	2	9	1	14		
Sports events	3	27			1	14		
Circus, ice show, flower show	5	45	5	24	3	43		
<u>Church activities</u>								
Church service	11	100	15	71	7	100	3	75
Sunday school	7	64	6	29	6	86	2	50
Other church organi- zations	6	55	9	43	7	100	3	75
<u>Clubs and civic organi-     zations</u>								
	2	18	3	14	1	14		

TABLE XVIII (continued)

Activity	All Subjects				Subjects who kept checklists			
	Male N	Female N	%	%	Male N	Female N	%	%
<u>Card and other table games</u>								
Cards	2	6	18	29	2	2	29	50
Checkers								
Chess								
Dominoes								
Monopoly								
Parcheesi	1		9		1		14	
Chinese checkers		1		5				
Jigsaw puzzle		1		5				
Crossword puzzles		1		5				
<u>Writing</u>								
Friends	2	10	18	48	1	1	14	25
Relatives	4	16	36	76	3	4	43	100
Stories, poems or music		4		19		1		25
<u>Entertaining</u>								
Overnight guests	10	13	91	62	6	3	86	75
Party	1	4	9	19				
<u>Gardening</u>								
Vegetables	6	5	55	24	4	2	57	50
Flowers	7	7	64	34	5	2	71	50
Cutting grass	9	4	82	19	6	2	86	50
Pruning shrubs	9	8	82	38	6	3	86	75
Indoor plants	9	11	82	52	6	2	86	50
<u>Sewing</u>								
Sew	4	11	36	52	1	4	14	100
Knit		1		5				
Crochet		2		9		1		25
Embroider		3		14		2		50
Weave		1		5				
Others	1	2	9	9				
<u>Arts and crafts</u>								
Play instrument		4		19		2		50
Sing	7	11	64	52	6	3	86	75
Whistle	4	5	36	24	4	1	57	25
Draw	1	2	9	9	1		14	
Paint		1		5				

TABLE XVIII (continued)

Activity	All Subjects				Subjects who kept checklists			
	Male N=11 N	Female N=21 %	Male N=21 N	Female N=4 %	Male N=7 N	Female N=4 %	Male N=7 N	Female N=4 %
Hobbies	6	55	4	19	3	43		
Others	1	9	3	14			1	25
<u>Games and sports</u>								
Golf								
Shuffleboard	1	9			1	14		
Croquet	1	9			1	14		
Tennis								
Swim	2	18	1	5	2	29		
Bowl								
Ice Skate								
Others	1	9			1	14		
Hunt	1	9			1	14		
Fish	4	36	2	9	2	29	1	25
<u>Sit and think</u>	10	91	16	76	7	100	3	75
<u>Others</u>	5	45	9	43	3	43	2	50
<hr/>								
Average number of activities per person	21		16		21		18	

NOTE: Percentages and average numbers have been computed to the nearest whole number.