

Chapter 2: Everyday Hassles and Family Relationships

Test Bank

Multiple Choice

1. In Chapter 2, the authors ground their approach in feminism because _____.

- A. gendered meanings are attached to many routinized family activities
- B. the authors are women
- C. traditional family forms are inferior to nontraditional family forms
- D. historically, family studies have disregarded feminist interpretations

Ans: A

Cognitive Domain: Analysis

Answer Location: Introduction

Difficulty Level: Medium

2. One reason that everyday hassles are important to consider is that _____.

- A. historically, they have not been adequately considered
- B. they are more frequent than severe stressors
- C. families don't often admit that hassles are a problem
- D. how families address hassles reveals how they solve other problems

Ans: B

Cognitive Domain: Comprehension

Answer Location: What Are Everyday Hassles?

Difficulty Level: Medium

3. What term do the authors use to refer to the proximal stressors, strains, and transactions of day-to-day life, which could be viewed as common annoyances?

- A. obstructions
- B. annoyances
- C. hassles
- D. stressors

Ans: C

Cognitive Domain: Knowledge

Answer Location: What Are Everyday Hassles?

Difficulty Level: Easy

4. A single parent who suffers from depression just received a negative evaluation from work, her second in a row. She goes to pick up her preschooler and immediately gets into a power struggle over his snowsuit. This is an example of how _____ can interact with a parent's perception of daily hassles and affect how they adapt to them.

- A. a child's needs
- B. stressor events
- C. enduring vulnerabilities
- D. family wellbeing

Ans: C

Cognitive Domain: Application

Answer Location: The Vulnerability-Stress-Adaptation Model

Difficulty Level: Hard

5. A parent comes home after a long and very stressful day. When she gets home, she tells her children to leave her alone for an hour. The children are frustrated and angry but they turn on the TV. Following her break from the family, they all have a peaceful, enjoyable evening together. This is an example of _____.

- A. chance occurrences
- B. adaptive processes
- C. reciprocal parenting
- D. enduring vulnerabilities

Ans: B

Cognitive Domain: Application

Answer Location: The Vulnerability-Stress-Adaptation Model

Difficulty Level: Hard

6. Women report experiencing everyday hassles _____.

- A. less frequently than men
- B. more frequently than men
- C. at the same rate as men
- D. the research is inconclusive

Ans: B

Cognitive Domain: Knowledge

Answer Location: Everyday Hassles

Difficulty Level: Easy

7. What is the relationship between age and the perception of hassles?

- A. The younger population (under 60) perceive less severe hassles than those over 60.
- B. The older population (over 60) perceive less severe hassles than those under 60.

- C. Older men and younger women perceive more severe hassles.
- D. The research is not clear on whether age is a factor in perceived hassle severity.

Ans: B

Cognitive Domain: Analysis

Answer Location: Everyday Hassles

Difficulty Level: Medium

8. Identify the two most common responses generated when workdays are characterized by heavy workloads or negative interactions with coworkers.

- A. increased child/partner conflict and social withdrawal
- B. increasingly workaholic behaviors and increased time away from the family
- C. child dissatisfaction with parental involvement and time away from the family
- D. decreased marital satisfaction and decreased emotional well-being for children

Ans: A

Cognitive Domain: Comprehension

Answer Location: Adaptive Processes

Difficulty Level: Medium

9. In a recent study, women's daily hassles predicted their own well-being, anxiety, and _____.

- A. parental relationship stress
- B. both partners' relationship stress
- C. their perception of stressors
- D. their ability to empathize with their partner

Ans: B

Cognitive Domain: Analysis

Answer Location: Adaptive Processes

Difficulty Level: Medium

10. According to Falconier et al. (2014), the difference between women's and men's experiences as it applies to daily hassles and relationship stress is that _____.

A. men get more anxious and depressed than women, which is associated with higher relationship stress

B. women's daily hassles were related to their own relationship stress but not both partners' relationship satisfaction

C. men's daily hassles were related to their own relationship stress but not both partners' relationship stress

D. women prioritize minimizing hassles for their partners, increasing both the total number of hassles they experience and their own relationship stress

Ans: C

Cognitive Domain: Analysis

Answer Location: Adaptive Processes

Difficulty Level: Medium

11. In a study by Almeida and Horn (2004), women were more likely than men to report hassles involving their _____.

A. work overload

B. family responsibilities

C. social networks

D. in-laws

Ans: C

Cognitive Domain: Comprehension

Answer Location: Everyday Hassles

Difficulty Level: Medium

12. In a 2004 study, Schulz et al. found that wives in low-conflict marriages were less likely to withdraw at home following a stressful day than wives in high-conflict marriages. What do the authors suggest about why this occurs?

- A. Wives in high-conflict marriages may withdraw to avoid further negative interactions.
- B. The husband would not notice that she was stressed out and so she grew even more frustrated and showed her anger and withdrawal.
- C. The relationship quality actually buffered the husband's ability to handle the children's needs.
- D. The satisfying relationship wasn't as satisfying as the wife reported.

Ans: A

Cognitive Domain: Analysis

Answer Location: Adaptive Processes

Difficulty Level: Medium

13. A 2015 study from the Pew Internet and American Life Project found that increased access to technology is related to _____.

- A. lower overall wages for women who work from home compared to men who work from home
- B. the ability of single working mothers to outsource their childcare needs
- C. an increased number of men participating equally in domestic labor
- D. higher expectations from employers that workers remain engaged in work and available at all times

Ans: D

Cognitive Domain: Analysis

Answer Location: Adaptive Processes

Difficulty Level: Medium

14. What can employers do in order to combat antiquated social policies that do not reflect the needs of modern families?

- A. hire more women
- B. allow greater flexibility in work schedules, job sharing, and benefits
- C. recognize that if workers are motivated to excel, they will make family arrangements to do so
- D. support the creation and expansion of labor unions

Ans: B

Cognitive Domain: Comprehension

Answer Location: Adaptive Processes

Difficulty Level: Medium

15. What strategy is employed by low-income families to compensate for the inflexible work hours, low wages, and nonstandard shifts of working-poor parents?

- A. collecting unemployment benefits
- B. increasing their credit card debt
- C. engaging older children in household labor such as childcare
- D. outsourcing domestic labor to hired help

Ans: C

Cognitive Domain: Comprehension

Answer Location: Adaptive Processes

Difficulty Level: Medium

16. Which statement accurately compares how men and women experience everyday hassles?

- A. They report experiencing everyday hassles at the same rate.
- B. There is no difference in the number of days that women and men experience multiple hassles.
- C. Both women and men reported hassles involving social networks at the same rate.
- D. Women and men share household labor equally.

Ans: B

Cognitive Domain: Analysis

Answer Location: Everyday Hassles

Difficulty Level: Medium

17. _____ suggest that families function best when women focus on children and home management and men focus on breadwinning.

- A. Structural-functionalists
- B. Family stress researchers
- C. Feminists
- D. Sociologists

Ans: A

Cognitive Domain: Knowledge

Answer Location: Intervention: Toward a New Family-Responsive Policy Agenda

Difficulty Level: Easy

18. What personality trait is associated with an exaggerated stress response to everyday hassles?

- A. extroversion

- B. introversion
- C. higher levels of self-esteem
- D. higher levels of mastery

Ans: B

Cognitive Domain: Knowledge

Answer Location: Enduring Vulnerabilities

Difficulty Level: Easy

19. Bolger et al. (1989) found that on days when husbands experienced an argument at work with a coworker or supervisor, they were more likely to return home from work and _____.

- A. then leave before accomplishing any household labor
- B. socially withdraw from their children but not their wives
- C. argue with their wives but not with their children
- D. be physically aggressive toward wives and children

Ans: C

Cognitive Domain: Comprehension

Answer Location: Adaptive Processes

Difficulty Level: Medium

20. Which statement accurately compares how men and women experience childcare responsibilities?

- A. Both men and women report that childcare is less stressful and tiring than their jobs.
- B. Men spend more time disciplining children, while women spend more time negotiating with children.
- C. Relative to mothers, fathers experience childcare as more stressful and tiring.

D. Relative to fathers, mothers experience childcare as more stressful and tiring.

Ans: D

Cognitive Domain: Comprehension

Answer Location: Everyday Hassles

Difficulty Level: Easy

21. What impact has information and communication technology (ICT) had on women's workload?

A. Women are assigned more work when they are able to work at home using ICT.

B. Increased ICT drastically lowers the workload of women.

C. Because women are less familiar with ICT, they spend more time accomplishing daily work tasks that require ICT.

D. Increased ICT leads to more family demands spilling over into the workplace for women.

Ans: D

Cognitive Domain: Comprehension

Answer Location: Everyday Hassles

Difficulty Level: Medium

22. What was Karney and Bradbury's (1995) vulnerability-stress-adaptation (VSA) model originally designed for?

A. to explain what factors would enable children in the foster care system to be more resilient when facing everyday hassles

B. to offer a psychological perspective on post-traumatic stress disorder

C. to provide an integrative framework for understanding the empirical research on marital quality and stability

D. to offer a treatment model for homeless veterans

Ans: C

Cognitive Domain: Comprehension

Answer Location: The Vulnerability-Stress-Adaptation Model

Difficulty Level: Medium

23. The three primary components of the _____ as used in this chapter are adaptive processes, stressful events, and enduring vulnerabilities.

- A. endurance-adaptive-stress perspective
- B. vulnerability-stress-adaptation model
- C. stress process vulnerability framework
- D. enduring stress theory

Ans: B

Cognitive Domain: Analysis

Answer Location: The Vulnerability-Stress-Adaptation Model

Difficulty Level: Medium

24. Which syndrome, described by Selye (1978), describes the body's short- and long-term reaction to stress?

- A. General Adaptation Syndrome
- B. vulnerability-stress-adaptation syndrome
- C. enduring vulnerability syndrome
- D. the ABC-X syndrome

Ans: A

Cognitive Domain: Knowledge

Answer Location: The Vulnerability-Stress-Adaptation Model

Difficulty Level: Easy

25. Feminist scholars have found that although women may label many routinized tasks of daily life as essential and often unpleasant hassles, they also view these tasks as _____.

- A. protected “alone time”
- B. expressions of love
- C. an opportunity to relax
- D. inappropriate for men to perform

Ans: B

Cognitive Domain: Comprehension

Answer Location: Methods for Studying Everyday Hassles and Family Relationships

Difficulty Level: Medium

True/False

1. An important contribution of the vulnerability-stress-adaptation model is that it explains how stressful events can be linked to relational outcomes.

Ans: T

Cognitive Domain: Comprehension

Answer Location: The Vulnerability-Stress-Adaptation Model

Difficulty Level: Medium

2. Families that cope with everyday hassles could be described as having positive adaptive processes, which in turn improves family well-being.

Ans: T

Cognitive Domain: Application

Answer Location: The Vulnerability-Stress-Adaptation Model

Difficulty Level: Medium

3. Even though men are spending more time on household chores, women still do twice the amount of housework as their male partners.

Ans: T

Cognitive Domain: Knowledge

Answer Location: Everyday Hassles

Difficulty Level: Easy

4. If individuals have positive adaptive processes, they tend to manage their daily hassles better.

Ans: A

Cognitive Domain: Knowledge

Answer Location: The Vulnerability-Stress-Adaptation Model

Difficulty Level: Easy

5. Repetti's (1994) research suggested that both mothers and fathers were less behaviorally and emotionally engaged with their children following busy workdays.

Ans: T

Cognitive Domain: Knowledge

Answer Location: Adaptive Processes

Difficulty Level: Easy

6. Hassles related to the sharing of housework, different goals, and partners' annoying habits are collectively referred to as daily relationship stress.

Ans: T

Cognitive Domain: Knowledge

Answer Location: Adaptive Processes

Difficulty Level: Easy

7. Relative to husbands, wives spend a greater percentage of time on occasional household tasks that require less time and regularity.

Ans: F

Cognitive Domain: Knowledge

Answer Location: Everyday Hassles

Difficulty Level: Easy

8. Enduring vulnerabilities are an individual's relatively stable characteristics, including personality, and family background variables, like the structure of an individual's family of origin.

Ans: T

Cognitive Domain: Knowledge

Answer Location: The Vulnerability-Stress-Adaptation Model

Difficulty Level: Easy

9. The authors define hassles as dramatic changes or high-impact stressors in an individual's life.

Ans: F

Cognitive Domain: Knowledge

Answer Location: Methods for Studying Everyday Hassles and Family Relationships

Difficulty Level: Easy

10. Everyday hassles can have a large cumulative impact on an individual's well-being.

Ans: T

Cognitive Domain: Knowledge

Answer Location: What Are Everyday Hassles?

Difficulty Level: Easy

Essay

1. Define what is meant by proximal stressors. Provide examples in your response. Why are these stressors important to consider in the study of family stress?

Ans: Varies and may include:

- Everyday hassles are the proximal stressors, strains, and transactions of day-to-day life that can be viewed as common annoyances.
- These events are relatively minor and arise out of routinized daily activities such as the tasks involved in maintaining a home, caring for family members, working at a paid job, and participating in community activities (e.g., Serido et al., 2004). Both anticipated and unanticipated events constitute daily hassles (Wheaton, 1999).
- First, everyday hassles represent a more frequent and continuous form of stress than the relatively rare events that constitute major life changes. Because of their frequency, everyday hassles may be more important determinants of family stress than major, but less frequent, life events (Repetti & Wood, 1997b; Serido et al., 2004).
- The aggregate effects of everyday hassles have the potential to compromise family and individual well-being and even increase vulnerability to major life events. Second, hassles are characterized by relatively minor ongoing stressors that occupy daily living.

Cognitive Domain: Analysis

Answer Location: What Are Everyday Hassles?

Difficulty Level: Medium

2. How has research on everyday hassles evolved? Describe how feminist methodologies have advanced the field.

Ans: Varies and may include:

- Feminist scholars who have used qualitative methods to study everyday, routinized experiences within families have also emphasized the multidimensional nature of daily hassles. Focusing on the routine, gendered experiences of everyday family life, feminist researchers have conducted in-depth, face-to-face interviews to uncover valuable insights regarding daily hassles. These studies provide rich sources of information about the nuances of daily family life that include participants' own, often quite complex, appraisals of their experiences.
- In addition to underscoring the complex and sometimes contradictory nature of family members' experiences of daily hassles, a rich history of qualitative research has uncovered routinized aspects of daily family life previously overlooked by researchers. This body of work directs our attention beyond the activities typically identified in survey studies to include (a) emotion work (Dressel & Clark, 1990), (b) kin work (DiLeonardo, 1987), (c) marriage work (Oliker, 1989), (d) the scheduling of family time (Daly, 1996; Roy et al., 2004), (e) the feeding of the family (DeVault, 1991), (f) the enactment of family rituals (Oswald, 2000), (g) household labor (Coltrane, 2000), (h) childcare and care for aging or sick family members (Abel & Nelson, 1990), and (i) volunteer or service work (Hunter et al., 1998).
- At the start of the 21st century, researchers began to examine whether and how fluctuations in daily hassles affected daily interactions in families.
- Influenced by family systems and stress transmission literatures as well as ecological and psychobiological perspectives, contemporary scholars have conducted daily experience studies focusing on how one family member's daily stress is linked to another family member's affect or behavior, as well as the reactivity of men versus women to daily stressors, and--most recently--family members' physiological arousal.

Cognitive Domain: Analysis

Answer Location: Methods for Studying Everyday Hassles and Family Relationships

Difficulty Level: Medium

3. Outline the vulnerability-stress-adaptation model.

Ans: Varies and may include:

- The vulnerability-stress-adaptation model was originally designed to provide an integrative framework for understanding the empirical research on marital quality and stability. In order to predict family well-being, everyday hassles are treated as stressful events, and the authors apply the model to explore how hassles interact with enduring vulnerabilities and adaptive processes. The opportunities and constraints afforded by the ecological niches that family members inhabit are viewed as central to each element of the model.
- Adaptive processes, which play a central role in the model, are the ways in which individuals and families cope with everyday hassles.
- Family well-being and functioning changes as a function of the way family members behave in response to everyday hassles, and, in turn, family well-being can affect how family members appraise daily hassles.
- The model also proposes a reciprocal relationship between adaptive processes and daily hassles. The level of stress is partially determined by the number, severity, and centrality of daily hassles that the family and its members encounter. Karney and Bradbury (1995) defined enduring vulnerabilities as family members' relatively stable intrapersonal characteristics (e.g., personality, child temperament) and family background variables (e.g., structural and behavioral patterns in family of origin).

Cognitive Domain: Analysis

Answer Location: The Vulnerability-Stress-Adaptation Model

Difficulty Level: Medium

4. What role do adaptive processes play in how men and women respond to their families following days characterized by heavy workloads or negative interactions with coworkers?

Ans: Varies and may include:

- According to the VSA, the processes that family members use to cope with everyday hassles have important implications for how those hassles affect family interactions.
- In general, two different patterns of responses have been identified following workdays characterized by heavy workloads or negative interactions with coworkers: (1) increases in marital or parent–child conflict and (2) social withdrawal.
- These patterns, however, vary across studies, within couples, and by reporter.

Cognitive Domain: Analysis

Answer Location: Methods for Studying Everyday Hassles and Family Relationships

Difficulty Level: Medium

5. Outline how workplaces can be more responsive to the needs of contemporary families.

Ans: Varies and may include:

- Government and workplace policies may actually amplify sources of hassles if ineffectively administered. Moen (2003) suggested that we must “re-imagine and reconfigure work hours, workweeks, and occupational career paths in ways that address the widening gaps between the time needs and goals of workers and their families at all stages of the life course on the one hand and the time available to them on the other.”
- Priorities will vary for parents who want to focus more of their time on family obligations, flexibility in the workplace is of paramount importance.
- Family-responsive employers must offer employees the following: (a) a broad range of work–life programs that provide employees with control over their working time and support in meeting their family and personal needs; (b) adequate pay, benefits, and employment security; (c) work designed to provide employees with discretion and control in meeting work and life demands; and (d) a workplace culture, transmitted formally by organizational policies and informally by supervisors and coworkers, that values and supports the work–life integration of all employees.
- Family responsive reforms must uphold two essential principles: (1) gender equality in opportunity structures and (2) support for employees regardless of socioeconomic location.

Cognitive Domain: Analysis

Answer Location: Intervention: Toward a New Family-Responsive Policy Agenda

Difficulty Level: Medium