

YOUR ACTIVITIES and ATTITUDES

Prepared by

Ernest W. Burgess, Ruth S. Cavan, and Robert J. Havighurst
The University of Chicago

Although the number of middle-aged and older persons in the United States is increasing, we know very little of what interests these people may have, of how they are spending their time, or the kind of work they do. The only reliable way to get information about experiences during the fifties, sixties, and the later years of life is to ask people of these ages.

If you will tell us about your past experience and your present condition of life, you will help in the gathering of information that may better the life conditions of middle-aged and older persons. It will take between 60 and 90 minutes to answer the questions in this booklet. Thank you for your cooperation.

Check the answers to each question in the spaces provided, as in the example below.

Are you a man? ✓ or a woman?

This schedule is designed to measure your activities and attitudes. Please do not discuss it with others.

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A. General Information

1. Are you a man?_____ or a woman?_____
2. How old were you on your last birthday?

3. What race are you? White
Negro
Other

4. In what country were you born?

5. In what country was your father born?

Your mother?_____
6. In what city do you live now? (If you live on a farm, give the nearest place where you usually shop.)
City _____
State _____
7. Do you live on a farm? Yes_____ No_____
8. How long have you lived in (or near) the city where you live?_____ years.
9. If you live in a city, in what kind of neighborhood do you live?
Business district
Rooming house district
Apartment house district
Hotel district
Small private homes
(5 rooms or less)
Large private homes
(6 rooms or more)

10. How long have you lived in this neighborhood?_____
11. Check the last grade of school that you have finished.
No schooling
Grades 1 2 3 4 5 6 7 8 _____
High School 1 2 3 4 _____
College 1 2 3 4 _____
Other schooling (number of years)
Business
College, post graduate
Trade
Other

12. If you went to an ungraded school, what was your age when you left school?.....

B. Your Health

1. How would you rate your health at the present time?
Very poor
Poor
Fair
Good
Excellent

2. Is your health better or worse now than it was when you were 55 years of age?
Worse now
About the same
Better now

3. What are your serious physical problems?
Poor sight
Blind or nearly so
Hard of hearing
Deaf or nearly so
Crippled arms, hands or legs
General rheumatic stiffness
Heart trouble
Stomach trouble
High blood pressure
No physical problems
Other (what is it?)

4. Below is a list of difficulties that people often have. Check those that trouble you.
Shortness of breath at night
Shortness of breath after slight
exercise
Heart burn
Swelling of feet or legs
Feeling tired
Have had nervous breakdown
Difficulty in urination
Constipation
Aching joints
Backache
Gas pains
Belching
Headaches
No difficulties

5. How many days did you spend in bed last year?
All the time
A month or more
Two to four weeks
A few days
None

6. Which of the following things often trouble you?

Sleeplessness
Bad dreams
Tire too easily
Food doesn't taste good
Feel "blue"
Nervousness
Dislike noise
Worry about my health
Forgetfulness
Troubled with none of these

7. Have you had any serious accidents in the last five years?

Yes
No

If so, what?

C. Your Family

1. Which of the following applies to you?

Never been married
Married and living with
husband or wife
Married but separated
Widow or widower
How many years ago were
you widowed?

2. How many times have you been married?

3. What was your age at the time of your (first) marriage?

4. How do you rate the happiness of your (last) marriage?

Very unhappy
Unhappy
Average
Happy
Very happy

5. If you had your life to live over, would you marry the same person?

No
Possibly
Certainly

6. How many living children do you now have?
.....

7. With whom are you living?

With husband or wife
With husband or wife and children
With children alone
Alone
With parents
With relatives
With friends
Others (who are they?)

8. Where do you live?

My own home or apartment
Someone else's home
Rooming house
Hotel
Home for old people
Other (where?)

9. How long have you lived in this place?
..... years.

10. How does your present neighborhood compare with the one you lived in when you were 55? (If you live in the same neighborhood, but it has changed, check any changes.)

Not so good
About the same
Better

11. Are your present living arrangements the result of:

Choice
Necessity
Both

12. How often do you see some of your family or close relatives?

Less than once a year
About once a month
Once or twice a week
Every day
Have no family or relatives

13. If you have a family or close relatives, do they neglect you?

Yes, completely
A little
Not at all

14. If you have a family or close relatives, do they try to interfere in your affairs?

Yes, often
Yes, once in a while
Almost never

D. Your Friends

1. How many friends do you have?
None
One to four
Five to nine
Ten or more
2. How many of these are such close friends that you can talk to them about almost anything?.....
3. Do you see your friends more or less often now than when you were 55 years old?
Less often now
About the same
More often now
4. If you do not see your friends often, is it because:
They have passed away
Can't afford it
Lost interest in them
Not physically able to get about
No longer live in same community.....
Other (what?).....
5. Do you often see or hear from children or young people who are friends? (Include nieces, nephews, grandchildren.)
Less than once a year
A few times a year
Once or twice a month
About once a week
Every day
Have no friends among children or young people

E. Leisure and Recreation

1. How much free time do you have?
All day
A half day
A few hours
Almost none

2. What do you do in your free time?

Work in and around the house
Work in garden or yard
Work on some hobby
Listen to the radio
Farm work
Write letters
Write books, articles, poems, etc.
Attend movies
Attend theaters, lectures, concerts
Attend clubs, lodges, other meetings
Shop
Participate in community or church work
Play golf, other sports
Play cards or other table games
Take rides
Visit or entertain friends
Sew, crochet, or knit
Read
Just sit and think
Other (what?).....

3. List the hobbies or favorite pastimes you now have

4. Are there things you plan to do in the next year or two?

Yes
No

If your answer is "Yes," what are these things?

Take a pleasure trip
Continue your present work
Begin new work
Redecorate or remodel home
Start a garden or farm
Visit children, relatives, or friends
Other (what?).....

5. How much time each day do you spend in reading?

Never read
A few minutes
An hour or more
Practically all day

6. What magazines do you read regularly?

7. How often do you attend the movies?

Never
 Less than once a month
 Two or three times a month
 About once a week
 Almost every day

8. How much time each day do you spend in listening to the radio?

Practically all day
 An hour or more
 A few minutes
 Almost never

9. What kind of radio programs do you particularly like?

Popular modern music
 News and commentators
 Quiz programs
 Humorous serials
 Popular serials
 Sermons
 Sports
 Old time songs
 Classical music
 Dramatic plays
 All of these
 Other

F. Clubs and Organizations

1. To how many organizations, such as clubs, lodges, unions, and the like, do you now belong?

None
 One
 Two
 Three
 Four or more

2. Check the kinds of organizations to which you now belong.

Luncheon club
 Bridge or other social club
 Lodge
 Study group
 Union
 Charitable or welfare organization
 Veterans' organization
 "Borrowed Time" or other club
 for elderly people
 Business or professional group ..
 Townsend club
 Church club or circle
 Women's club
 P.T.A.
 Music or art association or club ..
 Patriotic society
 Other (what?)

3. If you belong to organizations, do you hold an office in any one of them?

Yes
 No

4. If you hold office, in which organization is it?

5. How many club meetings do you usually attend each month?

None
 Less than one a month
 One or two a month
 One a week
 Two or more a week

6. Do you give more or less time to organizations now than when you were 55 years old?

Less now
 About the same
 More now

7. If you give less time now, why is it?

Not physically able to attend
 meetings
 Not interested
 Can't afford it
 Moved to a new neighborhood or
 city
 Other (what?)

G. Your Employment History

1. During your adult life, have you earned money, either working for others or for yourself?

Yes
No

If the answer to Question 1 is "No," omit the rest of this section and go on to: **H. When You Were Not Gainfully Employed.**

2. What work have you done most of the time during your adult years? (Tell what kind of work it was--for example, labor on a road construction gang, teller in a bank, etc.)

3. At what age did you have your best paying job?

20-29
30-39
40-49
50-59
60-69
70 and over

4. Comparing what you have done with the work of your brothers, sisters and first cousins, would you say that you have done:

Not as well as they did
About as well as they did
Better than they did

5. Are you working now?

Yes, full-time
Yes, part-time
No

6. If you are working, what do you do? _____

7. If you are working now, either part-time or full-time, how does this work compare with what you did at the age of 55?

Present amount earned: Less ..
Same ..
More ..

Enjoyment of present job: Less ..
Same ..
More ..

8. If you are not working full-time, why not?

Can't find work
Can't work because of health ...
Retired
Don't want a job
Prefer to work part-time
Married and stopped paid work ..

9. If you are not working now, how long is it since you held your last full-time job?
_____ years.

If you are a woman, or an unemployed man, please answer **H. When You Were Not Gainfully Employed.**

H. When You Were Not Gainfully Employed

1. If you had a regular job and stopped working, what did you do then? _____

2. If you are a woman, are you taking care of your home?

No
Do a little or help someone else
Do everything myself
Other (what?)

I. Your Security

1. How would you describe your present position in life?

Can't make ends meet
Enough to get along
Comfortable
Well-to-do
Wealthy

2. Are you in a better or a worse position now than you were at age 55?

Worse now
About the same
Better now

3. What is your chief means of support?

Your (or your husband's) present earnings
Social Security
Old Age Assistance from the state
Pension from earlier occupation
Relief agency
Home for old people
Aid from children
Aid from parents
Payments from insurance annuities
Investments or savings
Other (what?)

4. Do you feel that your present source of income gives you permanent security?

Yes
No

5. If you are a married woman, what was your husband's work during most of his life?

.....
.....

6. Do you own your own home?

No
Yes, still paying for it
Yes, clear

7. What things have you had to do since the age of 55 because of lowered income?

Gave up my home
Moved to less expensive home ..
Stopped going to church
Bought less expensive foods
Couldn't keep home or furnishings in repair
Gave up clubs
Bought less expensive clothes ...
Stopped taking vacations
Gave up auto or bought cheaper car
Have not had to do any of these ..
Other (what?)

J. Your Religion

1. What is your religion?

Roman Catholic
Greek Catholic
Jewish
Protestant
Denomination
Other (what?)

2. Are you a church member?

Yes
No

3. How often do you attend religious services?

Never
Less than once a month
Once or twice a month
Once a week
Twice a week or oftener

4. Do you attend services more or less often now than you did at age 55?

Less often now
About the same
More often now

5. If you attend church less often now, why is it?

Not physically able to go
Can't afford it
Lack of interest
Church is too far away
Other (what?)

6. Do you believe in an after life?

No
Not sure
Yes, sure of it

7. Do you listen to church services over the radio?

Never
Once in a while
About once or twice a week
Three or more times a week

8. How often do you read the Prayer Book, Bible, or other religious book?

Never
Less than once a week
Once a week
Every day

K. Your Earlier Life

1. What was your father's occupation? (Tell what kind of work it was--for example, labor on a road construction gang, teller in a bank, etc.) _____

2. Which child in the family were you?
 Only child _____
 Youngest _____
 In-between _____
 Oldest _____
3. How many children in your family lived to the age of 5 or older? _____
4. If your parents are alive, how old are they?
 Age of father _____
 Age of mother _____
5. If your parents are not living, how old were they at their death?
 Age of father _____
 Age of mother _____
6. How was your health when you were about 12 years old?
 Poor _____
 Fair _____
 Good _____
7. When you were in your teens, how did you feel toward your father?
 Considerable dislike _____
 Mild dislike _____
 Mild attachment _____
 Considerable attachment _____
 Very strong attachment _____
8. When you were in your teens, how did you feel toward your mother?
 Considerable dislike _____
 Mild dislike _____
 Mild attachment _____
 Considerable attachment _____
 Very strong attachment _____
9. When you were in your teens, about how many friends of the same sex did you have?
 Almost none _____
 Average number _____
 A great many _____

10. When you were in your late teens, how many friends of the opposite sex did you have?
 Almost none _____
 Average number _____
 A great many _____
 I was married in late teens _____

11. What was the position of your family when you were about 12 years of age?

Couldn't make ends meet _____
 Enough to get along on _____
 Comfortable _____
 Well-to-do _____
 Wealthy _____

12. How often did you attend some religious service when you were about 12 years of age?

Never _____
 Less than once a month _____
 Once or twice a month _____
 About once a week _____
 Almost every day _____

L. What You Think About Things

If you agree with the following statements, check Agree. If you disagree, check Disagree. If you cannot answer, check the ?.

- | | Agree | Dis-
agree | ? |
|---|-------|---------------|-------|
| 1. The people in our country are going to have greater prosperity and happiness than ever before. | _____ | _____ | _____ |
| The world is headed for destruction. | _____ | _____ | _____ |
| Young people are much worse than they used to be. | _____ | _____ | _____ |
| The country was much better off in the horse and buggy days. | _____ | _____ | _____ |
| 2. I feel that no one cares much what happens to me. | _____ | _____ | _____ |
| Life is just a series of disappointments. | _____ | _____ | _____ |
| People have generally worked against me. | _____ | _____ | _____ |
| The breaks in life have usually gone against me. | _____ | _____ | _____ |

3. What was the happiest period of your life?

Childhood, up to 12 years
Twelve to 19 years
Twenty to 39 years
Forty to 59 years
Sixty to 74 years
Since 75 years
Never had a happy period
All periods were equally happy

4. What was the least happy period of your life?

Childhood, up to 12 years
Twelve to 19 years
Twenty to 39 years
Forty to 59 years
Sixty to 74 years
Since 75 years
Never had an unhappy period
Whole life unhappy

5. As you look back over your life, what things were the hardest for you to bear?

_____ Your age _____

_____ Your age _____

_____ Your age _____

6. As you look back over your life, in general would you call it:

Very happy
Moderately happy
Average
Unhappy

7. If you could have three wishes, what would they be?

1. _____

2. _____

3. _____

8. How do you feel about what you have accomplished in life?

Well satisfied

Reasonably satisfied

Dissatisfied

9. In which age group do you feel that you now belong?

Aged

Old

Elderly

Middle-aged

Young adult

10. Did you vote in the last national election?

Yes

No

Go on to the next page

Your Attitudes

If you agree with the following statements, check Agree. If you disagree, check Disagree. If you absolutely cannot answer, check the ?.
BE SURE TO ANSWER EVERY QUESTION.

A.
Agree Dis-
agree ?

1. I feel just miserable most of the time. _____
2. I am perfectly satisfied with my health. _____
3. I never felt better in my life. _____
4. If I can't feel better soon, I would just as soon die. _____
5. When I was younger, I felt a little better than I do now. _____
6. My health is just beginning to be a burden to me. _____
7. I still feel young and full of spirit. _____

B.
Agree Dis-
agree ?

1. I have more friends now than I ever had before. _____
2. I never dreamed that I could be as lonely as I am now. _____
3. I would be happier if I could see my friends more often. _____
4. I have no one to talk to about personal things. _____
5. I have so few friends that I am lonely much of the time. _____
6. My many friends make my life happy and cheerful. _____
7. I have all the good friends anyone could wish. _____

C.
Agree Dis-
agree ?

1. I am happy only when I have definite work to do. _____
2. I can no longer do any kind of useful work. _____
3. I am satisfied with the work I now do. _____
4. I have no work to look forward to. _____
5. I get badly flustered when I have to hurry with my work. _____
6. I do better work now than ever before. _____
7. I have more free time than I know how to use. _____

D.
Agree Dis-
agree ?

1. I am just able to make ends meet. _____
2. I have enough money to get along. _____
3. I haven't a cent in the world. _____
4. All my needs are cared for. _____
5. I am provided with many home comforts. _____
6. I have everything that money can buy. _____
7. I have to watch how I spend every penny. _____

- E.**
Agree Dis-agree ?
1. Religion is fairly important in my life. _____
 2. I have no use for religion. _____
 3. Religion is a great comfort to me. _____
 4. Religion doesn't mean much to me. _____
 5. I don't rely on prayer to help me. _____
 6. Religion is the most important thing in my life. _____
 7. Religion is only one of many interests. _____

- F.**
Agree Dis-agree ?
1. I am some use to those around me. _____
 2. My life is meaningless now. _____
 3. The days are too short for all I want to do. _____
 4. Sometimes I feel there's just no point in living. _____
 5. My life is still busy and useful. _____
 6. This is the most useful period of my life. _____
 7. I can't help feeling now that my life is not very useful. _____

- G.**
Agree Dis-agree ?
1. This is the dreariest time of my life. _____
 2. I am just as happy as when I was younger. _____
 3. My life could be happier than it is now. _____
 4. I seem to have less and less reason to live. _____
 5. These are the best years of my life. _____
 6. My life is full of worry. _____
 7. My life is so enjoyable that I almost wish it would go on forever. _____

IF YOU HAVE NO LIVING FAMILY, OMIT H.

- H.**
Agree Dis-agree ?
1. My family likes to have me around. _____
 2. I am perfectly satisfied with the way my family treats me. _____
 3. I wish my family would pay more attention to me. _____
 4. I think my family is the finest in the world. _____
 5. My family is always trying to boss me. _____
 6. I get more love and affection now than I ever did before. _____
 7. My family does not really care for me. _____

NAME _____

ADDRESS _____