

EXAMINER MANUAL

for

PRELIMINARY
EDITION

YOUR ACTIVITIES and ATTITUDES

Prepared by

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I PURPOSE AND BACKGROUND

YOUR ACTIVITIES AND ATTITUDES is a schedule and inventory planned specifically to study the social adjustment of older adults. The schedule consists of a number of background items and of two inventories, the Adult Attitude Inventory (pages 10 and 11 of the schedule) and the Adult Activities Inventory, discussed in detail on the pages beginning with 2 in this Manual.

YOUR ACTIVITIES AND ATTITUDES has been developed in response to the need for some instrument to evaluate and predict social adjustment in later maturity and old age. While the numbers and proportions of old persons in the population of the United States are rapidly increasing, little is known about the social factors associated with the aging process. For most persons, later maturity and old age are periods of progressively decreasing activity and a narrowing range of interests. Many persons are unable to adjust successfully to the aging process and find themselves unhappy, frustrated, resentful, and useless. Some individuals as they age, however, are able to adjust their activities to their changing capacities. These individuals continue to be and to feel useful to the end of their lives.

The extent to which an individual succeeds in reorganizing his activities and attitudes to his own satisfaction indicates his own evaluation of his personal adjustment and is measured by the Adult Attitude Inventory. The degree to which an individual is able to participate in the activities typical of adults gives a somewhat more external measure of his social adjustment and is measured by the Adult Activities Inventory. The developmental background of the Adult Attitude Inventory, the Adult Activities Inventory, and a detailed presentation of their conception, organization, and design may be found in the volume *Personal Adjustment in Old Age** by Ruth Shonle Cavan, Robert J. Havighurst, Ernest W. Burgess, and Herbert Goldhamer. The complete *Adult Activities Schedule*, which includes, in addition to the Inventory, a variety of background and opinion items, gives a rounded picture of the social life of the older adult.

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The schedule, YOUR ACTIVITIES AND ATTITUDES, in its present form is the result of five years of intensive research. Studies have been made of approximately 5,000 adults in the older age group, using two preliminary forms of the schedule. Almost 3,000 persons (2,988) were studied intensively, using the earliest form of the schedule. The results of these studies are reported in *Personal Adjustment in Old Age*. At the present time, no published reports have been made of studies using the second form of the preliminary schedule but several such studies are now being prepared for publication.

The schedule was standardized on a study group representing all educational levels of the population, from professional persons to persons with a minimum of formal educational training. It is therefore adaptable for use with almost all population groups.

Groups Who Will Find YOUR ACTIVITIES AND ATTITUDES Useful.

YOUR ACTIVITIES AND ATTITUDES is designed for use by workers in various fields.

1. *Group Work.* Recreational leaders or others working with groups will find YOUR ACTIVITIES AND ATTITUDES useful in several ways. The schedule may be administered in order to secure a better understanding of the individuals in the group, as well as to discover the particular areas of need to be met by recreational, educational, and other programs. The schedule may be used with groups at the time that a particular program is initiated and again after a period of some months to test changes in attitude and activities as a result of the program.

2. *Homes for the Aged.* Heads of homes for old people will find YOUR ACTIVITIES AND ATTITUDES useful in securing a basis of comparison between their clients and elderly people generally. The schedule may also be administered to old people when they enter institutions and at intervals thereafter to reveal any changes that may occur in the residents' attitudes and adjustment. The effect of special recreational programs or of changes in living routines may be studied by such comparisons.

3. *Social Work.* Social workers dealing with adults and particularly with the aged

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will find YOUR ACTIVITIES AND ATTITUDES valuable in rapidly screening out individuals who are poorly adjusted and who, therefore, may be in need of intensive individual study.

4. *Personnel Work.* Personnel workers in industry will find YOUR ACTIVITIES AND ATTITUDES useful in studying older workers to determine (1) those who may need counseling before retirement, and (2) those individuals who may still do useful work after the chronological retirement age. Industries with pension plans may wish to use the schedule with employees before and after retirement takes place to determine what type of pre-retirement counseling may be most needed.

5. *Research.* Research workers will find YOUR ACTIVITIES AND ATTITUDES adaptable to many types of studies, a few of which are listed:

a. Studies of groups with well-defined social characteristics, such as teachers, retired farmers, retired businessmen, retired factory workers, and housewives of a certain age range

b. Studies of the characteristics of elderly persons living with their children, by themselves, in boarding houses, in institutions, and in other living arrangements

c. Studies of the characteristics of elderly persons who are employed as contrasted with the characteristics of those who have retired, especially those in the age ranges of 60-64 and 65-69

d. Studies of comparable urban and rural groups of aged persons. Through the use of a standard schedule, comparisons can readily be made between the results of researches made by various workers

The authors of this schedule are extremely interested in its use in research studies. They are continuing to use it on their own research projects. In addition, they will be happy to cooperate with others who are planning projects using the schedule and to receive reports of such projects. Interested persons should write to Study of Later Maturity, 5835 South Kimbark Avenue, Chicago 37, Illinois.

II CONTENT AND STANDARDIZATION

YOUR ACTIVITIES AND ATTITUDES contains two parts. The first part, the *Adult Activities Schedule* consists of twelve sections and includes the items scored in the Activities Inventory. The second part, *Your Attitudes*, comprises the items scored in the Attitude Inventory.

The twelve sections in the *Adult Activities Schedule* provide a complete coverage of the current activities of the person, as well as information on changes in activities and life conditions. The titles of the sections

and, when necessary for clarification, brief descriptions of their contents, follow:

A. *General Information.* This section covers general information on sex, age, race and nationality, place of residence, and education.

B. *Your Health.* This section secures information on present health conditions and health history.

C. *Your Family.* This section is on marital condition, and certain aspects of the family relationship.

D. *Your Friends.*

E. *Leisure and Recreation.*

F. *Clubs and Organizations.* This section, in contrast to Section E, stresses the organizational and institutional interests of the adult.

G. *Your Employment History.*

H. *When You Were Not Gainfully Employed.* This section covers briefly the occupations of the adult who may lack a history of gainful employment or who may be unemployed at the time the schedule is completed.

I. *Your Security.*

J. *Your Religion.*

K. *Your Earlier Life.*

L. *What You Think About Things.* This section attempts to secure some estimate of present happiness and personal morale.

The *Adult Activities Schedule* is useful in giving a complete picture of an individual's current life condition, and in reporting changes in his activities. Unlike many schedules, it attempts to get at trends by asking for the subject's childhood situation in certain fields (health, economic condition, etc.). It also calls for an evaluation of his present situation as compared with past situations in other areas (living conditions, contacts with friends, etc.).

A discussion of the *Adult Activities Schedule* and its part in the total YOUR ACTIVITIES AND ATTITUDES may be found in Appendix B of the volume on *Personal Adjustment in Old Age*.

Adult Activities Inventory

The Adult Activities Inventory was constructed on the assumption that participating in activities is one of the factors making for personal adjustment in old age. The Inventory consists of nineteen selected questions from the *Adult Activities Schedule*: B 3, B 4, B 5, B 6, C 7, C 12, C 13, D 3, D 5, E 2, E 3, E 5, F 1, F 5, G 5, (or H 2, whichever is applicable), I 7, J 3, J 7, and J 8.

These questions deal with the topics of leisure-time activities, religious activities, intimate contacts, health, and security, and are designed to cover the objective aspects of adjustment. The health questions are not ac-

| Health | Intimate Contacts | Leisure | Security | Religious |
|--|---|---|---|--|
| B 3. (p. 2) 2 or more items exclusive of "No physical problems" 0 1 item exclusive of "No physical problems" 1 No physical problems 4 | C 7. (p. 3) With husband or wife 2 With husband or wife and children 2 With children alone 0 Alone 0 With parents 0 With relatives 0 With friends 0 Others 0 | E 2. (p. 4) 6 or more items exclusive of "Just sit and think" 2 1 to 5 items exclusive of "Just sit and think" 1 Just sit and think 0 | (G 5. and H 2. are alternate items. Score only one.) G 5. (p. 6) Full-time 5 Part-time 2 No 0 | J 3. (p. 7) Never 0 Less than once a month 1 Once or twice a month 2 Once a week 3 Twice a week or oftener 4 |
| B 4. (p. 2) 2 or more items exclusive of "No difficulties" 0 1 item exclusive of "No difficulties" 1 No difficulties 2 | C 12. (p. 3) Less than once a year 0 About once a month 0 Once or twice a week 1 Every day 2 No family or relatives 0 | E 3. (p. 4) No hobbies or no response 0 1 or 2 listed 1 3 or more listed 2 | H 2. (p. 6) No 0 Do a little or help 2 Everything myself 5 Other 0 | J 7. (p. 7) Never 0 Once in a while 1 About once or twice a week 2 Three or more times a week 3 |
| B 5. (p. 2) All the time 0 A month or more 0 Two to four weeks 0 A few days 1 None 2 | C 13. (p. 3) Yes, completely 0 A little 1 Not at all 2 | E 5. (p. 4) Never read 0 A few minutes 0 An hour or more 2 Practically all day 1 | I 7. (p. 7) 1 or more items exclusive of "Have not had to do any of these" 0 Have not had to do any of these 5 | J 8. (p. 7) Never 0 Less than once a week 1 Once a week 3 Every day 2 |
| B 6. (p. 3) 2 or more items exclusive of "Troubled with none of these" 0 1 item exclusive of "Troubled with none of these" 1 Troubled with none of these 2 | D 3. (p. 4) Less often now 0 About the same 1 More often now 2 | F 1. (p. 5) None 0 One 1 Two 1 Three 2 Four or more 2 | | |
| | D 5. (p. 4) Less than once a year 0 A few times a year 0 Once or twice a month 1 About once a week 1 Every day 2 No friends among young people 0 | F 5. (p. 5) None 0 Less than one a month 0 One or two a month 1 One a week 2 Two or more a week 2 | | |
| | | NOTICE Immediately upon completion of additional work on norms and validity data, a new, more complete manual will be prepared. To obtain a copy of this manual free of charge, fill in the label printed below and mail it to Science Research Associates, 228 South Wabash Avenue, Chicago 4, Illinois. | | |
| | | for YOUR ACTIVITIES AND ATTITUDES MANUAL | From: SCIENCE RESEARCH ASSOCIATES, AA 228 South Wabash Avenue, Chicago 4, Illinois To: _____ _____ _____ | |

ACTIVITIES INVENTORY SCORING KEY

Directions:

The key (found on the preceeding page) for each topic may be cut out and pasted on cardboard for ease in scoring.

Match each item on the scoring key with its corresponding item in the test booklet. Only the items listed under each topic are to be scored.

Obtain the score for each topic. Add these scores for the total Activities score.

| (Page 10) | | | | (Page 11) | | | |
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tually questions about activities; but since health is closely related to almost all of the activities of older people, items on health were included in the Activities Inventory.

Adult Attitude Inventory

The Adult Attitude Inventory, pages 10 and 11 of YOUR ACTIVITIES AND ATTITUDES, deals with the personal aspects of adjustment. The Inventory contains eight groups of statements, each of which deals with a phase of personal adjustment or some factor which might condition personal adjustment.

The groups or categories are:

- A. Health
- B. Friends
- C. Work
- D. Economic Security
- E. Religion
- F. Feeling of Usefulness
- G. Happiness
- H. Family

Section H is optional and is omitted where the respondent has no living family.

The Attitude Inventory was constructed on the basis of three factors which appear to be among those basic for personal adjustment in old age. These factors are the individual's satisfaction with his activities and status, his general state of happiness, and his overall feeling of usefulness.

Satisfaction with activities and status is expressed in sections A, B, C, D, E, and H, covering health, friends, work, economic security, religion, and family. General happiness and feeling of usefulness are expressed in sections F and G of the Inventory.

Reliability and Validity of the Schedule

The present instrument is a revision of an earlier form, and therefore reliability and validity data for this earlier schedule are of interest. The present schedule is considered an improvement over the earlier form and its actual reliability and validity will probably be equal to, or even higher than, the data presented here. As information on reliability and validity of the YOUR ACTIVITIES AND ATTITUDES schedule becomes available, such data will be incorporated into new editions of this manual.

One hundred and ten men and women completed an earlier form of YOUR ACTIVITIES AND ATTITUDES twice within intervals ranging from two weeks to two months. For this group 82 per cent of the replies on both schedules were in complete agreement. Items relating to physical condition, questions of fact relating to the past, and attitudinal questions showed the highest percentage of agreement, while questions involving periods of time and judgments and estimates of various sorts showed a lower

percentage of agreement. The lowest percentage of agreement, 60 per cent, occurred in those questions which called for judgments and estimates in regard to past experiences.

In a limited number of cases, schedule data were compared with social case records for the same persons. A few discrepancies were revealed, chiefly in such things as past street addresses and occasionally in regard to some items that the subject had not wished to reveal to the social agency involved. These discrepancies, however, were minor.

An attempt was made to test, in some measure, the validity of the Activities Inventory. Check-lists of various traits, and word-portraits of adjustment situations were scored by social case workers and other trained persons who knew certain of the subjects. The Pearsonian correlation between the Activities Inventory scores and the scores on the check-list and word-portraits, was .65 for 102 cases.

For these latter 102 cases the coefficient of correlation between the scores on the Activities Inventory and the scores on the Attitude Inventory was .78.

Reliability and validity statistics were also secured for the Adult Attitude Inventory.

For the group of 110 who filled out the schedule twice, the Pearsonian correlation coefficient of the scores on the inventory was .72.* An analysis of scores on the Attitude Inventory using the split-halves method was made for a group of 200 cases. The Pearsonian correlation coefficient for these cases was .90. When the Spearman-Brown prophecy formula was used with these same cases, the correlation was increased to .95.

In an effort to appraise validity, the score for the Attitude Inventory was correlated with the check-lists and word-portraits mentioned earlier. The resulting correlation was .53 for 149 cases.

III DIRECTIONS FOR ADMINISTRATION

YOUR ACTIVITIES AND ATTITUDES may be completed without assistance by an adult with elementary school education or its equivalent. All necessary instructions appear on the cover sheet.

Even persons of advanced age may use the schedule. Care must be taken, however, that the older person be physically able to fill out the questionnaire. Fatigue may result in partially answered or omitted questions. For persons who lack an adequate educational background, or who have physical difficulties,

*The data on reliability given here are based on a form of the Attitude Inventory which had ten sections instead of eight. In the revision of the Inventory, two sections, those on organizations and leisure, have been omitted.

such as poor vision, the schedule should be completed by an interviewer. It is suggested that the interviewer read the introductory statements on the cover sheet to such individuals and then read the questions exactly as they appear in the schedule. The order of the questions should not be varied in any way. If the subject appears over-fatigued, the interview should be terminated and completed at another session.

The time required to complete the schedule is between 60 and 90 minutes.

IV SCORING

The Adult Activities Inventory and the Adult Attitude Inventory are scored with the keys on the center pages of this *Manual*. (Persons interested in detailed tabulations of background items not included in the Inventories may secure a code for Hollerith card tabulation of the schedule from the publisher, Science Research Associates.)

Adult Activities Inventory

The scoring method for the Activities Inventory assigns a maximum score of ten to each of the five topics covered in the Inventory: Health, Intimate Contacts, Leisure-time Activities, Security, and Religious Activities. Each of the five sections of the Inventory should be checked before scoring. Reject any section in which half or more than half of the questions are unanswered.

Specific scores for each answer are included on the scoring keys. For example, question B 3 receives a score of 0, 1, or 4. The score is 4 if "No physical problems" is the only item checked. The score is 1 if one other item is checked; it is 0 if two or more other items are checked.

Score each question for a given topic. Add these scores to obtain the topic score. The score for each topic will be between 0 and 10, inclusive.

After scoring each topic separately, add the topic score to obtain the total Activity score. The minimum possible score is 0, the maximum possible score is 50.

Adult Attitude Inventory

The items of the Attitude Inventory ("Your Attitudes," pp. 10-11) are arranged in eight sections of seven statements each. The items are so designed that they may be marked "Agree," "Disagree," or "?." *Only the "Agree" column is used in scoring.* In each section of seven statements, three show favorable adjustment if

"Agree" is checked. They are indicated on the scoring key by a plus sign (+). Three show unfavorable adjustment if "Agree" is checked. They are indicated by a minus sign (-). One statement is neutral in connotation. It is indicated by a zero (0).

If three questions or less have been answered in any section, do not score that section. (Statements marked "?" are counted as answered.)

To obtain scores for each section, subtract the number of unfavorable (-) "Agree" replies from the number of favorable (+) "Agree" replies. Add 3 to the subscore of each section to eliminate negative scores. The score on each section may range between 0 and 6, inclusive.

After scoring each of the eight sections separately, add the section scores together. The sum of the section scores is the total score on the Attitude Inventory. The maximum possible score is 48; the minimum possible score is 0.

Interpretation

In the developmental studies, a variety of scoring methods have been used with the Attitude and Activities Inventories. To secure the interpretation given here, the present method of scoring these Inventories was employed in a sample of 120 of the preliminary schedules. These data are not conclusive and will undoubtedly be changed as more intensive studies are made with the present form of **YOUR ACTIVITIES AND ATTITUDES**.

Ten is the highest score which can be made in each of the five categories of the Activities Inventory, and fifty is the highest possible total score on this Inventory. Good adjustment on any section is indicated by scores from 8 to 10, average adjustment by scores from 4 to 7, and poor adjustment by scores below 4. For the total Inventory, good adjustment is indicated by scores between 40 and 50, average adjustment by scores between 20 and 39, and poor adjustment by scores below 20.

Scores on each section of the Attitude Inventory range from 0 to 6. Good adjustment in any category of the Attitude Inventory is indicated by positive scores of 5 or 6. Average adjustment is indicated by scores of 2, 3, or 4, and poor adjustment by scores below 2.

The highest score which can be made on the Attitude Inventory is 48. Good adjustment on the total Attitude Inventory is indicated by total scores of 40 or more, average adjustment by scores from 16 to 39 and poor adjustment by scores below 16.