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Chapter 2: Everyday Hassles and Family Relationships

Multiple Choice

1. Everyday hassles are seen as continuous. Other characteristics may include
*a. That they co-occur with other, more severe stressor events
b. That they increase family flexibility
c. That they give the family opportunity to build protective factors
d. That they decrease vulnerability because a family learns to face them head on
Answer Location: What Are Everyday Hassles?, p. 28
Question Type: MC
Cognitive Domain: Comprehension

2. One reason why everyday hassles are important to consider is that
a. Historically they have appeared less important
*b. Because they are more frequent than severe stressors, they may be more important determinants of family stress
c. Families don't often admit that they are a problem
d. While they are not a big concern in general, if they can be ruled out, the more serious stressors can be analyzed
Answer Location: What Are Every Day Hassles, p. 28
Question Type: MC
Cognitive Domain: Comprehension

3. A random group of research participants was given a list of everyday hassles to rate for how often they occurred and how severe the hassle had been over the past month.
a. This research was considered exemplary because it captured the complexity of people's experiences with this type of stressor
b. This research was conducted by feminist scholars
*c. This research is considered flawed because it demonstrated a lack of ability to capture the complexity
d. This research is considered to be a qualitative study
Answer Location: Methods for Studying Everyday Hassles and Family Relationships, p. 29
Question Type: MC
Cognitive Domain: Analysis

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 power struggles about putting on his snowsuit. This is an example of how __can interact with a parent's perception of daily hassles and affect how they adapt to those hassles.
a. Children's needs
b. Stressor event
*c. Enduring vulnerabilities
d. Family Well-being
Answer location: The Vulnerability-Stress-Adaptation Model, p. 33
Question Type: MC
Cognitive Domain: Application

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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. Positive chance occurrences
*b. Positive adaptive processes
c. Negative parenting skills
d. Enduring vulnerabilities
Answer location The Vulnerability-Stress-Adaptation Model, p. 32
Question Type: MC
Cognitive Domain: Application

6. Women report experiencing everyday hassles
a. Less frequently than men
*b. More frequently than men
c. At the same as men
d. Research is contradictory about gender differences in the frequency of experiencing everyday hassles
Answer location Everyday Hassles, p. 35
Question Type: MC
Cognitive Domain: Comprehension

7. The following is true in terms of the relationship of age to the perception of the hassles in that
a. The younger population (< 60) reported less severe perceptions of hassles than those over 60
*b. The older population (>60) reported less severe perceptions of hassles
c. There is not age difference between older, midlife and young adults
d. The research is not clear whether age is a factor in perception of hassle severity
Answer location Everyday Hassles, p. 35
Question Type: MC
Cognitive Domain: Application

8. Everyday hassles have been found to impact family interactions in two different ways including
*a. Increased child/partner conflict and social withdrawal
b. Increased workaholic behaviors and increased time away from the family
c. Child conflict but not partner conflict and time away from the family
d. Increased marital satisfaction and decreased positive time on family activities
Answer Location: Adaptive Processes, p.38
Question Type: MC
Cognitive Domain: Comprehension

9. In a recent study, women's daily hassles predicted their own well-being and anxiety and
a. Their personal relationship stress
*b. Both partners' relationship stress
c. It did not predict relationship stress
d. The relationship stress was associated to the anxiety only
Answer Location: Adaptive Processes, p. 39
Question Type: MC
Cognitive Domain: Knowledge

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10. The difference between women's and men's experiences as it applies to daily hassles and relationship stress according to Falconier et al. (2014) 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 her own relationship stress and not both partners' relationship satisfaction
*c. Men's daily hassles were related to their own relationship stress and not both partners' relationship satisfaction
d. There were no gender differences in the association between daily hassles and relationship difficulties
Answer Location: Adaptive Processes, p.39
Question Type: MC
Cognitive Domain: Comprehension

11. When workdays were highly stressful, women and men tended to withdraw from daily home tasks. A gender difference in how this was managed includes
a. Men would come home late and turn on the TV
b. Husbands would take on the tasks that their stressed wives could not manage but wives would not do the same for them
*c. Wives would take on the tasks that their stressed husbands could not manage but their husbands would not the same for them
d. Wives tended to do more child-related chores only when their husbands experienced work stress
Answer Location: Adaptive Processes, p.40
Question Type: MC
Cognitive Domain: Knowledge

12. Wives with satisfying marriages were found to withdraw and express more anger at home following a stressful day. One possible explanation offered includes
*a. The satisfying relationship actually allowed the wife freedom to express her frustrations
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
Answer Location: Adaptive Processes, p. 40
Question Type: MC
Cognitive Domain: Comprehension

13. It has become apparent throughout this chapter that mothers, daughters, and wives carry a disproportionate share of daily household tasks. In response to this, feminists argue for
a. Higher work for higher pay
b. More responsive employment leave policies for working mothers
c. Equality in terms of adaptive processes
*d. Gender equity
Answer Location: Intervention, p. 42
Question type: MC
Cognitive Domain: Knowledge

14. In order to combat antiquated social policies that do not reflect today's necessity of dual income families to make ends meet
a. Employers need to hire more women

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*b. Employers need to allow greater flexibility in work schedules, job sharing, and benefits
c. Employers need to continue to recognize that if workers are motivated to excel, they will make family arrangements to do so
d. The government alone needs to address gender equity issues
Answer location: Intervention, p. 43
Question type: MC
Cognitive Domain: Comprehension

15. Everyday hassles emerge because all but the following
a. There is a mismatch between the work environment of the family member and the family's needs
b. Work places seldom have family friendly policies and this creates constant stressors at home
*c. Because an individual struggles with balancing their academic load
d. Because contemporary families typically have parents experiencing workplace stress and come home to the tasks associated with raising children
Answer location: Intervention, p. 44
Question type: MC
Cognitive Domain: Comprehension

16. A commonality that both women and men experience as it applies to everyday hassles is
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. Women and men both reported hassles involving social networks at the same rate
d. Women and men share household labor equally
Answer location: Everyday Hassles, p. 36
Question type: MC
Cognitive Domain: Comprehension

17. Mardea comes home after work and is exhausted. She goes straight into her bedroom and shuts the door and pretty much ignores the children for about a half an hour. Once she emerges, she sits on the floor and is able to play with the children. This is an example of:
a. An enduring vulnerability
b. A chance occurrence
c. Family structure
*d. An adaptive process
Answer location: The Vulnerability-Stress-Adaptation Model, p. 32
Question type: MC
Cognitive Domain: Application

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.
*a. True
b. False
Answer Location: The Vulnerability-Stress-Adaptation Model, p.31
Question type: TF
Cognitive Domain: Knowledge

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2. The ways that families cope prevent daily hassles from impacting family well-being.
a. True
*b. False
Answer Location: The Vulnerability-Stress-Adaptation Model, p. 32
Question Type: TF
Cognitive Domain: Knowledge

3. Families that cope with everyday hassles well are said to have positive adaptive processes, which in turn improve family well-being.
*a. True
b. False
Answer Location The Vulnerability-Stress-Adaptation Model, p. 32
Question Type: TF
Cognitive Domain: Knowledge

4. Even though men are spending more time on household chores, women still do twice the amount of housework as their male partners.
*a. True
b. False
Answer location: Everyday Hassles, p. 36
Question type: TF
Cognitive Domain: Knowledge

5. Because the study of daily hassles focuses on home life and work life, financial difficulties are not seen to impact daily hassles.
a. True
*b. False
Answer location: Everyday Hassles, p. 34
Question type: TF
Cognitive Domain: Comprehension

6. If individuals have positive adaptive processes, they tend to manage their daily hassles better.
*a. True
b. False
Answer location: The Vulnerability-Stress-Adaptation Model, p. 32
Question type: TF
Cognitive Domain: Comprehension

7. Performing housework and child-care tasks elicited LESS positive reactions from husbands than from wives because the husbands perceived that they had LESS choice regarding their involvement in these domains than did the wives.
a. True
* b. False
Answer location: Everyday Hassles, p. 37
Question type: TF
Cognitive Domain: Knowledge

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8. Both mothers and fathers have been shown to be less behaviorally and emotionally engaged with their children following busy workdays
a.*True
b. False
Answer location: Adaptive Processes, p. 39
Question type: TF
Cognitive Domain: Comprehension

Essay

1. Define what is meant by proximal stressors, and give examples. Why are they important to consider in the study of family stress?
*a. Answers 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, Almeida, & Wethington, 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.

Answer Location: What Are Everyday Hassles?, p. 28
Question Type: ESS
Cognitive Domain: Analysis

2. How has research on everyday hassles evolved? Describe how feminist methodologies have advanced the field.
*a. Answers 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, Tubbs, & Burton, 2004), (e) the feeding of the family (DeVault, 1991), (f) the enactment of family rituals (Oswald, 2000), (g) household labor (Coltrane,

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2000), (h) child care and care for aging or sick family members (Abel & Nelson, 1990), and (i) volunteer or service work (Hunter, Pearson, Ialongo, & Kellam, 1998).

- At the start of the twenty-first 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.

Answer location, Methodologies, pp. 29-30
Question Type: ESS
Cognitive Domain: Analysis

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