

**Chapter 1 : Family Life Cycle and Leisure Behavior Research by E. Laird Landon, Jr. and William B. Locantore**

*People usually have some 'freedom' to organise their lives. But a distinctive feature of modern society is the emphasis placed on freedom of choice as a social value. Economic and political advances are, accordingly, evaluated in terms of their power to make these choices available. Changes in key.*

Each family passes through a cycle that begins with the marriage of two young persons grows with the coming of children and then again becomes a home of two persons. Each stage has its own clearly defined situations and problems. If the adults will develop knowledge on time, energy and money adjustment then problems of each stage can be easily resolved. The family life cycle may be divided into three major stages, the beginning family, the expanding family and the contracting family. The eminent scholar of home science. Bigelow adds eight sub stages to these three major stages. Most families with children go through all these sub stages. If college sub stage is omitted, a family goes directly from the high school sub stage to the period of vocational adjustment. Three Major Stages of the Life Cycle: The first sub stage of the family life cycle is the period of establishment. It begins with marriage and continues until the first child is born. Both the partners should learn to manage the resources of time, energy and income properly to achieve their long term goal in their married life. The expanding family stage covers a longer period than the beginning family stage and includes a number of sub stages. It begins with the birth of the first child and ends when the last child leaves home. The first sub stage is known as child bearing and per school and is also marked by the accumulation of goods. This in turn brings about the development of attitudes that influence future family living. During this period parents take necessary steps to make adjustments with their relations and new child as well. The parents have to shoulder different responsibilities to keep pace with rapid change of the situation. The elementary school period begins a series of overlapping experiences that cover the time when the children are about 6 to 12 years of age. During this sub stage the children begin their formal education and make their first independent contacts with the outside world. In this sub stage parents are primarily concerned with the educational and health needs of the children, creating an environment in which the children will have a feeling of belongingness. Parents will provide nutritious food, suitable clothing and adequate housing to children for physical development as well as provides opportunity to them for social contacts outside the home for social and emotional development. The High School Period: It includes the teen age period of children i. Parents will assist to their children whole heartedly in their high school or vocational education to solve their educational, social, recreational and vocational problems by which the children become independent and self-reliant individual. It covers the college period of children. The chief parental duties now-are helping them in choosing a suitable college and financing their education. So during this period a lot of financial adjustment is needed by parents. They have to spend more from their savings for college expenses. The parents have to carry out all activity with planned budget during their period. Their planning should involve three steps: They should give more emphasis on surplus budget during expanding family stage. The contracting family Stage: This stage begins when the first child leaves home as a young adult and ends when the last child leaves home for a life of his or her own. It is marked by the departure of young adult for service or marriage. It is a period of adjustment for parents and children. The period of financial recovery begins after the children leave home and become self supporting. Some persons develop their former professional interests like writing, painting, music, teaching etc. Some may spend money for travel. So the period of financial recovery calls for social and vocational adjustments that look toward retirement. People must plan regarding their time, money and energy to feel independence in their later life. They must make time plan to spend their leisure time for watching the television, reading the spiritual and story books, so that they can develop feeling of fulfillment and adequacy despite their age. The last sub stage is the time of retirement. The wants of individuals during this stage usually grow less intense and the need for care and protection increases. It is the period of adjustment to physical changes, to changes in environmental conditions, to changes in human relations, and often to changes in income. For those who can make the necessary adjustments and who have health and strength, human relations will continue to be satisfying even though the physical setting of the home may change. This is the period not only a vocational

arts but also management of time energy and money are important both to the family and to the aging person.

## Chapter 2 : Family Life Cycle: 3 Main Stages

*The Work and Family Researchers Network (formerly the Sloan Network) is an international membership organization of interdisciplinary work and family researchers.*

Change is a natural rhythm of life. It includes the building up and breaking down of structure. Changes in the family structure are stimulated by the needs of its individual members. Stress is a signal that a change is coming. Often the transition from one primary structure to another is assisted by rituals such as a funeral, marriage, or graduation. New needs appear through development, e. There is unrest and demand for change in basic rules, e. The former structure is destabilized and becomes chaotic, e. Continued attempts are made to solve new problems using old ways, e. Irritation grows and the family bogs down, e. Faced with this emerging need, the family has two choices: Any number of symptoms may appear as parents search for way to reduce their stress without changing their basic lifestyle. Some common ones in this example are: Change occurs as threshold for one or both parents is reached, e. For the positive exchange to happen, the couple must develop a new ensemble of behaviors and attitudes. In order for the couple to remain with their old behaviors and roles they must adopt symptoms to distract from their need to change. The overall effect of this choice on the family will be negative. The process includes broadening, contracting, and realigning of relationship patterns to support the entry, exit, and development of members in a healthy way. This spiraling allows opportunities within the family for members to work and rework issues of closeness and individuality. Symptoms occur for individuals and families when: These members then get symptomatic and less able to meet his needs, etc. This dysfunctional transactional spiral becomes an unhealthy element of the cycle. The birth of a child, the launching of a young adult, the decline of an elderly family memberâ€” all are normal life changes dealt with by families around the world. In , Carter and McGoldrick wrote a book about family development in which they identified six normal stages and three special stages of family life Carter, E.

## Chapter 3 : FAMILY LIFE CYCLE THEORY

*ABSTRACT - The present research investigates the usefulness of Family Life Cycle (FLC) in the study of leisure/recreation behavior. The survey results presented show that FLC groupings capture much of the variance in recreation behavior. Implications are drawn for both public and private sector.*

According to the Tutor 2U website, the family life cycle marketing model was created in the s by Wells and Gruber. Young and Single The young and single demographic includes those who are unmarried and do not have any children, as well as same-sex couples, whether or not the couple has children, according to the Marketing Teacher website. This demographic is most interesting in buying fashionable clothing and vehicles. People in the young and single category will also buy basic kitchen appliances such as toasters or can openers, as well as basic furniture such as beds or couches, but there are unlikely to splurge on fancier items such as chaises or ottomans. These consumers make several purchases that will make them attractive to a potential mate as well, such as designer cologne, facials or hair salon services. Newlyweds According to the Tutor 2U website, couples who are newly married with no children are in better financial shape than they will be once they have kids. However, these couples may have just entered into a mortgage commitment, which means they may cut their spending on vanity items. People in the newlywed category may purchase high-end furniture that will last for years, along with life insurance, as a precautionary tool to keep their potentially growing family financially safe. Full Nest 1, 2 and 3 Families in the Full Nest 1 classification have more children in the home than adults. The kids in the house are all younger than 6, the parents rely primarily on credit for purchases and buy mainly household necessities. The Tutor 2U website asserts that people purchase home-related items the most during the Full Nest 1 stage. Full Nest 2 families have children 6 and older. The house is still dominated with children, but these individuals tend to have a little more control over their finances, as wives who took off work to raise children are likely returning to work around this time. When a family reaches Full Nest 3 status, its children are older, and in many cases, the children in the family are also working or in college. Empty Nest 1 and 2 Empty Nest 1 families have adult children who are no longer living at home. Home ownership is very common for this group. Those in the Empty Nest category are very likely to spend money on vacations and hobbies and have plenty of retirement money saved. Empty Nest 2 families have taken a reduction in income, as the breadwinner is retired. People in this category most likely spend significant money on medical care and prescriptions and will often assist their children and grandchildren financially. She also has extensive experience writing SEO and alternative health articles, and has written published interviews and other pieces for the "Atlanta Tribune" and Jolt Marketing. She possesses a Bachelor of Arts in English and is currently pursuing higher education to become a creative writing professor.

*The authors describe people's preoccupations at different stages of the life cycle, and look at holidays, hobbies, and institutionalised leisure, in terms of the contemporary changes in society.*

The survey results presented show that FLC groupings capture much of the variance in recreation behavior. Implications are drawn for both public and private sector decision-makers interested in leisure behavior. Most of the research to date has focused on describing recreation behavior through large scale surveys. Many of the studies have been atheoretical in that they employ little behavioral theory in the research design. The present article examines the Family Life Cycle FLC concept as a useful tool in understanding leisure and recreation behavior. FLC appears to have much potential for explaining leisure behavior because it matches needs with groups of peoples. That is, FLC offers a construct that is both multidimensional and dynamic. Its multidimensional nature is attributed to the fact that FLC is a composite of several important demographic variables. FLC is dynamic because it accounts for the changing family needs and structure over time. If FLC does capture differences in recreational needs, it would be an extremely useful variable for both recreation product companies and public recreation administrators to use in segmenting markets and predicting demand Engel, Kollat, and Blackwell, , p. The purpose of this paper is to examine recreation behavior from an FLC perspective. This research attempts to answer four questions: Does FLC significantly relate to the frequency and kinds of leisure behavior? Will the FLC concept provide a means of helping both public and private sector decision makers analyze leisure markets? The answers to the above questions might well reveal that researchers should devote more study to FLC as an important correlate of recreation and leisure behavior. Family Life Cycle was reported to be better than age for predicting vacation travel and lodging out of the home city. FLC was correlated with ownership of many recreational objects like toys, sleds, bicycles, boats and trailers. Thus, the study of FLC has examined some leisure pursuits, but there has been no work to date examining family life cycle as an exploratory variable relating group needs to recreation activities. The interviews averaged 45 minutes in length questioning respondents on leisure behavior away from home and about attitudes of existing and proposed facilities. The study was part of a program to develop a master recreation plan for the city and county. Sample The sample was a three stage probability sample. Fifty sampling units were allocated to each of 13 geographical strata, 10 blocks were selected from each stratum proportional to size, and 5 households were selected from each block in a systematic interval way. As they indicate there is no consensus among researchers as to the definition of each category. Table 1 also presents the operational definitions for FLC used in the present study. Several deviations and clarifications should be noted: Researchers have split the age variable at 35, 40, and Forty was used in this study because it is closest to the median household age in the sample. In stages 3 and 4, the young and married descriptions were not operationalized. Having young children was felt to be more important than age or even marital status. For example, those who were divorced or who are over 40 with children could not be classified if age and marital status were included. To exclude these people from the child rearing stages was thought to be a misclassification. The higher incidence of divorce today was not a theoretical consideration when the original life cycle was described. Stages 8 and 9 were combined because there were few people in each stage. The combined stages improved the appropriateness of Chi-Square tests. However, for leisure activities one might expect these groups to differ since retirement provides time for additional recreation. Finally, age of children was inferred from a question asking if they were preschool, grade school, or high school age. Even though some ages misclassifications probably resulted, school and grade status are probably more predictive than age. For example, a five and a six year old both in the first grade are probably more alike than two six year olds, one in school and the other not yet in school. Analysis FLC was cross tabulated with all demographic variables, recreation activity variables, and facility use and attitude variables. Chi-Square was computed using alpha equal to. Of course, many of the relationships are self evident in that variables like occupation, marital status, number of members in household, number of children in different school grades, and age of household head are part of FLC. Finally, some demographic variables relate to FLC for conceptual reasons. Occupation,

accounting for retirement, was related to FLC. Income rises until stage 5; then it drops. The extended families of Mexican-Americans clearly influence this relationship. FLC is a quite robust measure for capturing the variance of the demographic variables. As a general measure of influence it is statistically useful and analytically meaningful. Only one variable, area type, was not related to FLC. Finally, it appears that FLC is distributed similarly in rural, urban, and suburban areas. Frequency of Recreation Table 2 presents the hours per week spent in recreation away from home by FLC. As might be expected, bachelors spend the greatest amount of time in recreation away from home. Likewise, over half the newly married couples without the responsibility of children spend more than 5 hours per week recreating. The frequency patterns of stages 3 and 4 are quite similar in that there is a slight drop in the greater than five hour per week categories. The most dramatic change in recreation frequency occurs between stages 4 and 5. Fifty-four percent of the full nest II stage recreate less than 2 hours per week away from home. This might be attributable to the fact that the youngest child at home is older than Thus, the children are becoming responsible for their own recreation lessening the frequency of family type outings. This recreation frequency pattern appears to continue through stages 6, 7, and 8. Overall, Table 2 shows definite patterns of recreation shifts over the family life cycle.

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*The family life cycle is hypothesized to affect residential area aspirations through changes in the frequency and location of leisure activities. The results indicate that the importance of eight residential area attributes varies significantly with life cycle status.*

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### Chapter 8 : - Leisure and the Family Life Cycle by Rhona Rapoport

*Max Kaplan, "Leisure and the Family Life Cycle. Rhona Rapoport, Robert N. Rapoport, Ziona Strelitz," American Journal of Sociology 82, no. 2 (Sep., ):*