

Research on Relationships of Married, Employed Women's Family Stress and Job Stress to their Leisure Constraints and ...

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ABSTRACT

The purpose of this study is to discuss career women's family stress, job stress to their leisure constraints and leisure satisfaction in Taichung, Changhua and Yunlin cities. This study adopts intended and convenient samples, and investigates those who are married women by questionnaires. We totally send out 630 copies, 540 are valid, with 86 % response rate. Those data we collect are studied by descriptive statistic, reliability statistic, one way ANOVA, and Pearson product-moment correlation respectively. Conclusions are drawn as follows: 1. The profiles of samples: The majority of subjects inhabit in Changhua city, married for 11~20 years, being career women after marriage for 0~10 years; besides, most of their level of education falls on high school, come from nuclear family, their youngest children are between age 6 to age 18. Most of subjects serve in educational area and service industries, their salary is primarily under 30,000, their age centers on 31~41 years old, with average age of 39 years old. 2. The results of hypothesis: (1) Age, marriage terms, being career women after marriage, inhabitation, education level, and their children's situation are related to family stress except family styles, monthly salary in family and their careers. (2) Age, marriage terms, being career women after marriage, inhabitation, education level, and their children's situation are related to job stress except education level, family style, and their careers. (3) Age, marriage terms, education level, monthly salary and descendants are related to leisure constraint except the term of being career women after marriage, inhabitation, family styles and their careers. (4) There is an obvious variation lies in marriage terms and descendants in the leisure satisfaction. (5) Family stress from work, the disorder of role play in family, the pressure of economic stress, the support for the priority of family, and the overall family stress are linearly related to leisure constraints. (6) Anxiety, fatigue, depression, low self esteem, intention to quit and overall family stress are linearly related to leisure constraints. (7) Job interference with family, the disorder of role play, the understanding from families, the support for the priority of family and overall family stress are linearly related to overall leisure satisfaction. (8) Fatigue from job stress, depression, low self-esteem, and the intention to quit are linearly related to overall satisfaction of leisure. (9) Intrapersonal constraints, interpersonal constraints, and structural constraints are linearly related to overall leisure satisfaction. This study carries out integrated discussion and provides referent suggestion

Keywords : married, employed women, family stress, job stress, leisure constraints, overall leisure satisfaction. overall leisure satisfaction.

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