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DUAL EARNER COUPLES' ADJUSTMENTS TO WORK AND FAMILY ROLE STRAIN

IDEAL EMPLOYEE

Stage 1: Identify the types of values that an ideal employee should have (ex. Hard working...)

Stage 2: Identify the behaviors that values make an employee to perform (ex. Attentiveness to schedule...)

Stage 3: Estimate the time it takes to accomplish each behavioral tasks (hours per working day)

Stage 4: Identify if there is any particular time block that is needed for this activity (ex. 7.30-12.00)

VALUE	BEHAVIOR	TIME COMMITMENT	SCHEDULE COMMITMENT

TOTAL TIME =

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IDEAL PARENT

Stage 1: Identify the types of values that an ideal parent should have (ex. Care-taking...)

Stage 2: Identify the behaviors that values make a parent to perform (ex. Picking up kids from school...)

Stage 3: Estimate the time it takes to accomplish each behavioral tasks (hours per day)

Stage 4: Identify if there is any particular time block that is needed for this activity (ex. 7.30-12.00)

VALUE	BEHAVIOR	TIME COMMITMENT	SCHEDULE COMMITMENT

TOTAL TIME =