SOCIAL AND WORK INVOLVEMENT OF MIDDLE-AGED

WOMEN WITHIN THE FIRST THREE YEARS

OF WIDOWHOOD

by

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Abstract

The involvement of widows in voluntary associations and employment since the husband's death was investigated. Eighty-one middle-aged women widowed for two to three years and resident in the city of Winnipeg completed a questionnaire on various types of involvement. The data indicated that high income widows were more socially and work involved than low income widows. Although there was no clear evidence that higher education was directly related to either type of involvement, there was a tendency for high education widows to be more socially involved than low education widows. The presence of children in the home also affected type of involvement, with those having children at home generally being more socially involved and those without children at home generally being more work involved. Widows with many close friends were on the average more socially involved than those with few friends. Those with no religious affiliation were much less socially involved than either Protestants or Catholics. In contrast, Protestants were the least work involved. Neither the nature of the husband's death nor the widow's age at that time were significantly related to present levels of total involvement.

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Chapter I

Introduction

With the death of her husband, a married woman who then becomes
a widow experiences needs which are unique to her situation. In spite
of these needs, researchers and society have to date directed little
attention to the topic of widowhood.

The problems faced by widows and the adjustments necessary are
understandably numerous and varied. The present study focused on
several factors which may affect the degree of a widow's involvement
in activities outside her home. The major factors considered, based
on a review of the existing literature, were the widow's present in-
come level, her education, the presence or absence of children in her
home, the number of her close friends, her age at the time of her
husband's death, and her religious affiliation. Other important
issues such as the legal aspects of widowhood, problems confronted in
running a home, raising children, and finding employment were not
investigated. This should not imply that these other issues are not
salient ones, but that it was necessary to reduce the scope of the
present research.

Only widows under the age of 65 were included in the present
study. In this way it was possible to avoid confounding the results
with factors which are more properly associated with aging - factors
such as physical problems due to aging, having fewer responsibilities
associated with child-rearing and wage-earning, and finding one's
circle of friends diminishing due to death.

Scope of Widowhood in Canada

In 1971 in Canada, 6.2% of the total population over 15 years of
age were widowed compared to 28.2% who were single, 64.4% who were
married, and 1.1% who were divorced. In the same year, the number of
widows in the female population of Canada was 6.9%, while widowers
represented only 1.8% of all males. Over the past 50 years, widows
in the Canadian population have been outnumbering widowers by a stead-

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ily widening margin - possibly a consequence of the higher mortality rate among men than women, and also of the higher remarriage rate among widowers. In 1971, the ratio of widows to widowers was about four to one, while in 1921, it was not quite two to one (Appendix A).

While widowhood is more frequently a problem in old age (57.7% of all women and 22.1% of all men 70 years of age and older were widowed in 1971), there are also significant numbers of widowed persons in younger age groups. From percentages based on age group totals (Appendix B), it is evident that in 1971 the percentage of widows exceeded the percentage of widowers in every age group. For example, of those people between 55 and 64 years of age, the percentages of widows and widowers were 18.2 and 3.7 respectively. However, with percentages based on marital status totals (Appendix C), it is possible to determine into which age groups the majority of widowed persons fell. In 1971, 35.9% of all widowed persons were under the age of 65 (36.9% of the widows and 31.9% of the widowers).

Some Previously Studied Aspects of Widowhood

The topics of death and widowhood have been approached and studied by many writers of differing orientations. Psychiatrists, psychologists, theologians, sociologists, anthropologists, and physicians have all been interested in some aspect of death and its consequences on either the dying person himself or those who survive him.

Much of the literature regarding the effects of death on survivors follows the pattern set by Lindemann (1944), who discussed various grief reactions and the stages of grief which are undergone during the critical transition period of bereavement. A longitudinal study of the reactions of London widows to the death of their husbands was conducted by Parkes (1970). In his investigation of the various phases of the grief reaction, Parkes found that even 13 months after the husband's death, the process of grieving was ongoing. Psychiatrists working with people who have been recently bereaved currently agree that the most important need at this stage of widowhood is for

the process of "grief work," namely, the "emancipation from the bondage to the deceased, readjustment to the environment in which the deceased is missing, and the formation of new relationships (Lindemann, 1944, p. 143)." The process of grief work seems also to require that the grieving individual be allowed to express all of the emotions which death activated.

The increased frequency of physical and mental disorders, suicide, and death among widowed persons has been noted by several investigators. In a detailed study of 132 young and middle-aged widows, Maddison (1968) found that one in every five sustained a substantial health deterioration in the year following bereavement. The criterion Maddison used to indicate an unsatisfactory crisis resolution was a physical and/or mental deterioration. Those widows who were rated as having "bad outcome," when interviewed 15 months after their bereavement, reported a high frequency of perceived unhelpful interactions with persons in their social network during the three months following the husband's death, and also experienced a large number of their needs as unmet during that period. This observation was somewhat similar to that of Rees and Lutkins (1967), who felt that such factors as a nonsupportive family could increase mortality among bereaved individuals. Maddison (1968) also found a significant relationship between bad outcome and young age of the widow. An excessive mortality among widows under 34 years of age relative to the death rate of married women generally had been noted earlier by Kraus and Lilienfeld (1959).

Because of the emphasis on "bad outcomes," the investigation of increased frequency of physical and mental disorders tends to lack a concern regarding the social life of mourners and their long term adjustments. In this way, it becomes difficult to understand the widowed person in his normal roles and relationships in the family and the larger society (Berardo, 1968).

Our society's attitudes toward death, funerary practices, and associated rituals may well affect the widow. In a number of instances, these attitudes have been documented from religious, sociological,

and anthropological points of view, and in a variety of settings.
In a survey of studies dealing with religious attitudes toward death,
Fulton (1964) found that the studies generally reflected a concern
for particular groups within the population, such as college students,
mentally ill patients, and the aged. Because of the diversity among
techniques for eliciting responses and the differences in sampling
procedures, these studies often led to contradictory conclusions.
It appears from such studies that religion plays a dual role in a
person's attitude toward death. "Religion for the deeply devout per-
son may be 'functional' and supportive, or it may be 'dysfunctional'
with the threat of judgment day and eternal damnation overhanging his
hope for heaven and eternal bliss (Fulton, 1964, p. 363)."

Bereavement reaction, death, and its associated rituals in our
own society as well as in others have been studied by behavioral
scientists (Gorer, 1965; Kephart, 1950; Krupp & Kligfeld, 1962; and
Mathison, 1970). The traditional funeral ritual has in the past
helped in the process of grief work for the widow. Its relatively
formalized and specific role expectations allowed the widow to engage
in activities rather than reflect on her loss for a relatively extend-
ed period of time. Blauner (1966), however, suggested that changes
taking place currently in the funeral ritual tend to reduce this
effect for the widow. He states, "Since mourning and a sense of loss
are not widely shared, as in premodern communities, the individuali-
zation and deritualization of bereavement make for serious problems
in adjustment...Thus at the same time that death becomes less disrup-
tive to the society, its prospects and consequences become more
serious for the bereaved individual (p. 389)."

The literature cited thus far has focused on survivors in the
period following death. Having recognized the fact that pre-death
circumstances can have a direct bearing on the subsequent mourning
period, Kubler-Ross (1969) offers considerable insight into the
handling of terminally ill patients for those in a position to offer
assistance. Relatives and friends of a dying person have a unique
opportunity to help that person work through the stages of denial,
anger, bargaining, depression, and finally acceptance.

When anger, resentment, and guilt can be worked through, the family will then go through a phase of preparatory grief, just as the dying person does. The more this grief can be expressed before the death, the less unbearable it becomes afterward (Kubler-Ross, 1969, p. 169).

Theoretically, a lengthy terminal illness provides an opportunity for the family to make preparations for the death. Legal and financial matters can be put in order, thus reducing the number of decisions and problems after the event. However, the findings of Maddison (1968) do not suggest any relationship between outcome and the length of time for which death was anticipated. It is possible that survivors who were previously unwilling to accept the approaching death later found themselves in the same situation as those who experienced loss due to an unanticipated, sudden death.

Factors Affecting the Life Style of Widows

Some sociologists investigating topics other than widowhood (usually studies of aged populations) have discussed widowhood in passing (Kutner et al., 1956; Rosow, 1967; Schlesinger, 1959; Shanas et al., 1968; and Townsend, 1957), but generally speaking, it is difficult to find data on the life styles and adjustments made by widows. However, there have been several studies concerning various aspects of widowhood in American communities, and it is from the results of these investigations that a framework for the present study emerged.

In 1966, Adams and Pihlblad (1972) interviewed 1551 non-institutionalized married or widowed men and women 65 years of age and older from 64 small towns of Missouri. They divided their sample into three groups - the married (pre-widowed), the recently widowed (within four years), and the late widowed (widowed five or more years). Using the Havighurst Life Satisfaction Scale to analyze the relation between widowhood, social participation, and life satisfaction, they found no significant change in female activity patterns following the husband's death. It appeared that satisfaction among the small town elderly was affected most by participation in formal organizations, to a lesser extent by friend associations, and least by family contacts.

Berardo (1967), in a secondary analysis of interview data from a study of 549 persons over the age of 65 who resided in the State of Washington in 1956, investigated social adjustment to widowhood. Among other findings, Berardo reported that widowhood led to a deterioration in health status and a decline in the level of living. Adaptation to widowhood was dependent upon and affected by age, education, and place of residence. In his sample, the age factor was more important than the duration of widowhood. Religion played an important role in the process of adapting to widowhood, especially for females.

The wide range of factors which influence the life style of a widow have been categorized by Lopata (1971) into three major groups: (a) the social structure and culture of the society and of the community in which a widow is located; (b) the family institution, especially the norms surrounding the roles of wife, mother, and kin member, and (c) the widow's personal characteristics. The first two sets of factors are primarily sociological in nature, concerning institutions, roles, and norms. The third set includes such variables as the age of the widow, the age, sex, number, and geographic location of her children, her income, health, and capacity to function in society, the degree of her involvement in a kin group, her employment, and friendship patterns.

In an attempt to study the pattern of personal characteristics for widows involved in the roles of mother, friend, and community member (the last of which was subdivided into the roles of neighbor, participant in voluntary associations, and worker), Lopata (1973) conducted the most intensive investigation of widows to date. Her 301 respondents, who were 50 years of age and older, resided in their own dwellings or in the home of others in the Chicago area. Many of her results, which provided direction in the present investigation, are outlined below.

The widow as a mother. The old stereotype of the woman as specializing in the role of mother to the exclusion of other social relations was not supported by Lopata's (1973) study. In her sample, those widows who were active in the role of mother tended to interact more with other

people, while those most isolated from living offspring also tended to be isolated from other people. Adult children seemed to help pull their widowed mothers into the mainstream of societal life or at least into familial institutions. On the other hand, women with no living children were less concerned with family roles, and were more apt to become dramatically involved in the extremes of the roles of neighbor, housewife, and worker than were women who had been engaged in the role of mother.

The widow as a friend. Among Lopata's widows, several factors were related to friendship - most notably the woman's education and her financial condition.

> Present circumstances often reflect a past income which allowed for different life styles. In addition, it takes money to keep in contact with friends and to engage in the round of activity which guarantees frequent interaction. The lower the comfort level of the financial situation, the lower the probability that the widow has a high friendship score (Lopata, 1973, p. 210).

Protestant widows had a greater probability of being friend-oriented than those of any other religious group. Catholic women, on the other hand, were less friend-oriented.

In view of the stereotyped image of the widow eagerly awaiting the occasion to join the "society of widows" as described by Cumming and Henry (1961), Lopata asked her sample what proportion of their friends were also widows. In fact, very few of the Chicago widows limited their contacts to other widows. Only 23% answered "all" or "most," 21% "half and half," and 54% either "a few," "one or two," or "none" (p. 184). These figures were felt to be highly significant.

The importance of having a close, personal friend has also been emphasized by Lowenthal and Haven (1968), who studied 280 residents of San Francisco over the age of 60, some of whom were widowed. They found that the happiest and healthiest persons (as indicated by both a subjective indicator of their sense of well-being and their mental health as judged by psychiatrists) often seemed to be those who were, or had been involved in one or more close personal relationships. It appeared that the "losses of widowhood and retirement are ameliorated by the presence of a confidant (p. 29)." The availability of one or

more close personal friends (confidants) was more important than the
number of social contacts and roles which the individual experienced.

The widow as a neighbor. The Chicago widows who were highly in-
volved in the role of neighbor tended to have very distinctive traits.
They tended to be under the age of 60, widowed one to two years, Protes-
tant, and at least high school graduates. In addition, their husbands
were likely to have been managers or professional men. These widows
were more apt to define their financial condition as comfortable or
above, and to live in buildings of seven or more dwelling units. Lopata
noted that children were an asset to neighboring, since they restricted
the movement of mothers and brought them into contact with each other.
Further, she reports that generally speaking, those highly involved in
neighboring had good health, money, and sufficient education to have the
self-confidence and skills to enter and retain new relations.

The widow as a participant in voluntary associations. Lopata
(1973) found that education was the characteristic which differentiated
most strongly the amount a widow had participated in voluntary associa-
tions prior to her husband's death. Income was important in regard to
current memberships. A widow's occupation seemed related to her in-
volvement in voluntary associations, particularly if she was a profes-
sional woman, saleswoman, or craftswoman. Though the group of Protest-
ant widows was most likely to be involved in a number of voluntary
associations, it also included the second highest proportion of women
who were not active in any organization. However, the least active
widows were those who had no religious affiliation.

The widow as a worker. The general trend among the Chicago
widows seemed to be that those who came from large families (i.e.,
those who had many living siblings with families of their own) did not
put working roles in the top positions in an order of importance. The
less educated and poorer widows tended to rank the occupational role
higher than that of community member, daughter, friend, and sometimes
even above wife and mother. The more they needed income from employ-
ment, the more highly they valued the role of worker. This attitude

seems applicable if an occupation or career is seen as significant for women only because of the money, and in fact, this is precisely what employment meant to those generations of women represented in Lopata's sample.

Whether widows who seek employment are "better adjusted" than those who remain unemployed is a matter of some debate. Adams and Pihlblad (1972) stated that going to work was one adjustment to widowhood for women. Kutner et al. (1956) and Silverman (1972) also have reported that widows who sought employment or remained employed seemed to be better adjusted and had more roles available to them than retired widows or those who never worked other than as housewives. However, Abrahams (1972) warns that, "the work situation does not provide the social intimacy necessary for a healthy recovery after the disruption of a way of living. Employment may even to some extent deter the widowed from facing the realities of their social disengagement (p. 59)." In the same vein, Silverman (1972) says that by working, the widow may be postponing a confrontation with her new reality at home.

In contrast to the widows who were most socially involved, Lopata describes the characteristics of the widows who tended to be social isolates.

> The woman who is passive and uninvolved is apt to have received little education. Skills in building social relations are learned or encouraged in the formal school system and those women who never became involved in this social structure or who spend few years within it are not apt to engage strongly in other areas of community life during adult and old age. The same characteristics of social class and consequent personality which keep them from school are the ones that operate throughout life. They led them to a marriage with a man of the same low level of schooling or with one whose accomplishments the widow does not even know. The family income of such people was minimal when the husband was alive, and the widow is financially very restricted at the present time. After the death of a husband with whom she led a sex-segregated life, the woman may be left alone or with small children. Her isolation is made easy by the fact that she was always marginal to the social system and that she was not socialized into any skills for expanded re-engagement into society. Fearful and lacking self-confidence, her social involvement is dependent upon chance and the action of others. Having had a hard life in the past, she is often willing just to sit out the rest of her years, without work or irritation produced

by sharing a home or maintaining too close contact with
anyone, even her offspring (Lopata, 1973, p. 269f).

The Present Study

The present study attempted to determine whether some of the
widow's personal characteristics were related to the degree of her
involvement in several of the roles mentioned above, primarily those
of participant in voluntary associations and as worker. The major
independent variables included the widow's level of income since her
husband's death (referred to as present income), her education level,
whether or not she had children living in her home at the time she
was contacted, and the number of close friends she had available to
her. The dependent variable was involvement, which was considered to
be of two types - the widow's social involvement (i.e., the frequency
of her participation in voluntary associations) and work involvement
(i.e., length of employment since the husband's death). Previous
research suggested the following hypotheses concerning the relationships
between these independent and dependent variables.

Hypothesis 1: Widows with high present income are more socially and
work involved than widows with low present income.

Hypothesis 2: Widows with a high level of education are more
socially and work involved than widows with a lower level of education.

Hypothesis 3: Widows with children living at home are more socially
involved and less work involved than widows without children living at
home.

Hypothesis 4: Widows with many confidants are more socially and
work involved than widows with few confidants.

Several other variables examined were religious affiliation, the
widow's age at the time of her husband's death, the nature of his
death (i.e., whether it was expected or unexpected), and the widow's
perception of her present status.

Chapter II

Method

Subjects

Widows who had been without their spouses for a maximum of three years and a minimum of two years were obtained from all 1970 issues of the <u>Winnipeg Tribune</u> by referring to the "deaths" column where the name of the husband, his age at death, and the widow's name and address were usually listed. The second major city newspaper carried no additional information. Only those widows whose husbands had died between the ages of 30 and 60 inclusive, and who had resided in Winnipeg at the time of his death were included in the sample.

Using this criteria, 316 names were obtained. Of these, 176 of the wives' addresses in the 1972 telephone directory were the same as those listed in the 1970 death notice. In the remaining 140 cases, the widow could not be located or identified in the telephone directory. It was recognized that this method of selection may have resulted in a biased sample, since it excluded those widows who had changed their place of residence, whether such a move had been within the city, out of the city, or into the home of children or friends. It was, however, not possible to determine how many persons were excluded from the sample for each of these reasons. The sample thus obtained consisted of 176 widows whose addresses in the 1972 telephone directory were the same as those addresses given in the 1970 newspaper.

The Questionnaire

The data of the present study were derived from a questionnaire (Appendix D_2) which was mailed to all widows in the sample. The questionnaire was designed to obtain background information such as the length of the marriage, the age of the husband and wife at the time of his death, the nature of his death, the age, number, and location of her children, the sources of the widow's income, her income

bracket both before and after her husband's death, her education level, and and her employment history over a 10-year period. Questions were included regarding the number of close friends and their relationship to the widow, as well as the length of the friendships. Several items concerned the type and frequency of involvement in various formal groups or organizations. The questions concerning religious affiliation were worded conditionally to avoid prompting a defensive reaction among the non-religious widows.

Procedure

Questionnaires were mailed out on January 30, 1973 to all 176 widows in the sample, along with a cover letter explaining the purpose of the investigation, describing the method in which the names had been selected, and reassuring them about the confidentiality of the information (Appendix D_1). The questionnaires were not to be signed and were not coded, so that they were completely anonymous. A reminder letter was mailed out to the entire sample 16 days after the mailing of the questionnaire, at which time 58 had already been completed and returned.

Scoring

Two types of involvement scores, which constituted the dependent variable in this study, were derived for each respondent. These types included a frequency score related to participation in voluntary associations (social involvement), and a score related to involvement due to employment (work involvement). Together, the two scores comprised a total involvement (TI) score.

The social involvement (SI) score, based on the response to question 25 of the questionnaire, was a frequency score representing the total number of times per month the widow attended groups or activities outside her home at the time of completing the questionnaire. For example, if a respondent attended church services, bridge clubs, and sports teams three times, once, and two times per month respectively, her SI score would be 6.

The work involvement (WI) score, based on the response to question 14, represented the widow's involvement in either part time or full time employment since January, 1970. By categorizing employment into full time, part time, and unemployed, the number of years could be weighted, with full time work being more heavily weighted than part time work. The number of years in full time work was multiplied by two; the number of years in part time work, by one; and the number of years unemployed, by 0. Thus, the highest possible score was 6, and the lowest, 0. Though it was recognized that with this weighting a widow who worked full time for one year would receive the same score as one who worked part time for two years, it was the amount of time the widow had an opportunity to interact with other people that was of concern in this investigation.

Chapter III

Results

Following a report describing the rate of return of the question-
naires and a brief description of the sample, the findings related to
the major hypotheses will be presented. Subsequently, additional
findings are outlined.

Return of Questionnaires

Three months after the mailing of the questionnaire, at which
time 81 completed and one partially completed questionnaire had been
returned, the data from the questionnaires were analyzed. Two of the
widows had moved, one had died, three persons informed the researcher
that they did not want to complete the questionnaire, and two arrived
too late to be included in the analyses. It was thus possible to
account for 90 questionnaires of the original 176, or 51%. The analy-
ses were based on the 81 completed questionnaires, or 46% of the origi-
nal sample.

Description of the Sample

The widows in the final sample had been married for an average
of 23.9 years ($s.d.$ = 7.65) and had an average of 2.8 children ($s.d.$ =
1.36). Only three widows in the sample had no children. At the time
of the husband's death, the mean age of the husbands was 50.5 years
($s.d.$ = 7.50) and that of the wives, 47.1 years ($s.d.$ = 7.48). A
description of the sample by length of marriage, age of widow at the
husband's death, and number of children is shown in Table 1. At the
time of completing the questionnaires, 44 widows had a yearly income
below $5,000, and 36 greater than that amount. This compared to 10
whose joint income was under $5,000 while the husband was living and
68 whose joint income was previously over $5,000. The decrease in wid-
ow's mean income from before the husband's death to the period after
his death was significant (t = 6.32, $p<.001$). While 20.5% of the

Table 1

Description of Sample by Length of Marriage, Age of
Widow at Husband's Death, and Number of Children in Family

Variable	($\underline{n}$)	%
Length of Marriage (years)		
under 10	(4)	4.9
11 to 20	(22)	27.2
21 to 30	(38)	46.9
31 to 40	(17)	20.9
Age of Widow at Husband's Death		
under 30	(2)	2.5
31 to 40	(17)	20.9
41 to 50	(34)	41.9
51 to 60	(28)	34.6
Number of Children in Family		
0	(3)	3.7
1	(11)	13.6
2	(16)	19.8
3	(28)	34.6
4	(15)	18.5
5 or more	(8)	9.9

widows in the lower income category shared their residence with persons other than, or in addition to their children, only 2.8% of those in the higher income category did so.

Major Hypotheses

TI scores, which included SI and WI scores, were used for the analysis of the major hypotheses. The effects on involvement of income, education, presence or absence of children, and number of confidants were examined by means of analyses of variance. All of the analyses were of the Type III design (a three factorial mixed design) as outlined by Lindquist (1956, p. 281ff). The SI and WI scores were converted to z scores and a constant (2.00) was added to each score to eliminate negative values. The SI and WI scores, thus converted, were treated as repeated measures.[1]

In cases where there were significant multiple interactions, post hoc pair-wise comparisons of the means were made using Tukey's Honestly Significant Difference (HSD) test (Kirk, 1968) with Kramer's (1956) correction for unequal cell sizes. In all comparisons, the .01 level of statistical significance was used.

Involvement, income, and children. Three categories were established for the children factor: (a) those widows who presently had children living at home, at least one of whom was under the age of 14 (n = 23); (b) those who had children living at home, all of whom were 14 years or older (n = 34); and (c) those who either had no children (n = 3) or whose children were no longer living at home (n = 21). Two categories of income were considered: the lower income category included widows presently receiving less than $5,000 per year, and the higher income category, those receiving $5,000 or more.

The analysis of variance of these factors (Table 2) indicated the

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[1] It was realized that by using z scores for SI and WI scores there would be no main effect possible for the type of involvement. The absence of a main effect for involvement will thus not be reported in subsequent discussion of the results.

Table 2

Summary of Mean Involvement $\bar{z}$ Scores and Analysis of
Variance for Types of Involvement, Income, and Children

Item	Present Income		Presence of Children			Total
	0-$4,999	$5,000+	under 14 years	14 years or older	no children at home	
(n)	(44)	(36)	(23)	(34)	(23)	(80)
SI	1.84	2.17	2.11	2.08	1.72	1.99
WI	1.64	2.47	2.14	1.87	2.09	2.01
Total	3.48	4.63	4.25	3.95	3.81	4.00

Source	df	MS	F
Between subjects	79		
Income (B)	1	13.200	8.260*
Children (C)	2	0.590	0.369
B X C	2	1.005	0.692
Error	74	1.598	
Within subjects	80		
Involvement (A)	1	0.028	0.143
A X B	1	2.420	12.410**
A X C	2	1.123	5.759*
A X B X C	2	1.397	7.164**
Error	74	0.195	

* $p < .01$
** $p < .005$

higher the widow's current income, the higher was her TI score (F = 8.26, df = 1/74. $p<.01$). Post hoc comparison of mean involvement scores (Appendix E_1) indicated, as expected, that widows who had a higher income were significantly more work and socially involved than widows with low income (Figure 1). These comparisons indicated further that widows whose income was low were both less work involved than widows with high income were socially involved and less socially involved than those with high income were work involved. However, within the income categories, the amount of work and social involvement did not differ significantly.

Although the presence or absence of children at home did not affect the widow's total involvement, the analysis indicated the presence of children differentially affected work and social involvement (F = 5.76, df = 2/74, $p<.01$). Within the children categories, the most consistent tendency toward difference was shown by those widows with children under 14 years who were more work involved than widows with no children were socially involved (Figure 2).

However, income and children together affected involvement differentially (F = 7.16, df = 2/74, $p<.005$; Figure 3). Post hoc comparisons (Appendix E3) revealed that the widows with high income and no children at home were significantly more work involved than any others except those with high income and children under 14 years. The high income widows with no children at home were also more work involved than all of the others were socially involved, with the sole exception of the high income widows with children under 14 years.

The high income widows with children under 14 years had higher WI scores than the low income widows. They were also more work involved than the low income widows with no children were socially involved. Furthermore, high income widows with children under 14 years were more socially involved than were low income widows with no children at home, and also were more socially involved than low income widows with children over 14 years or no children at home were work involved. Lastly, high income widows with children over 14 years were more socially involved than low income widows with no children were work involved.
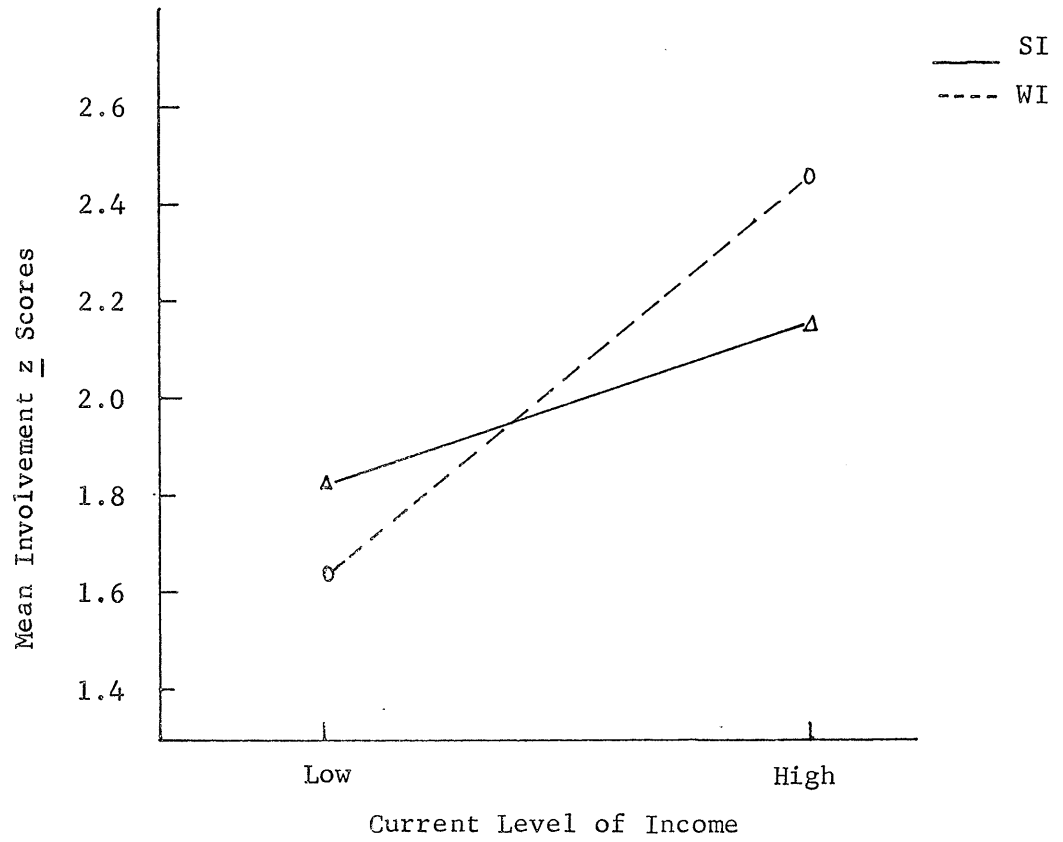
Fig. 1. The interaction of involvement and income
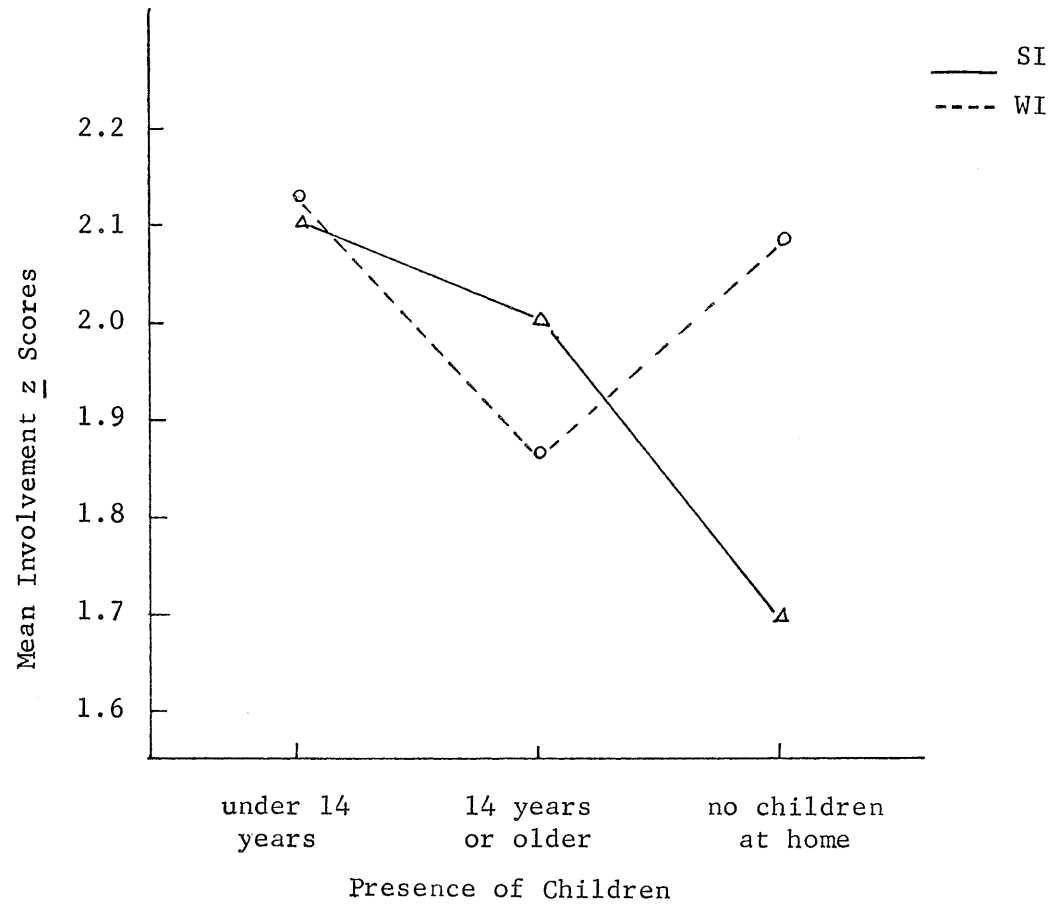
Fig. 2. The interaction of involvement and children
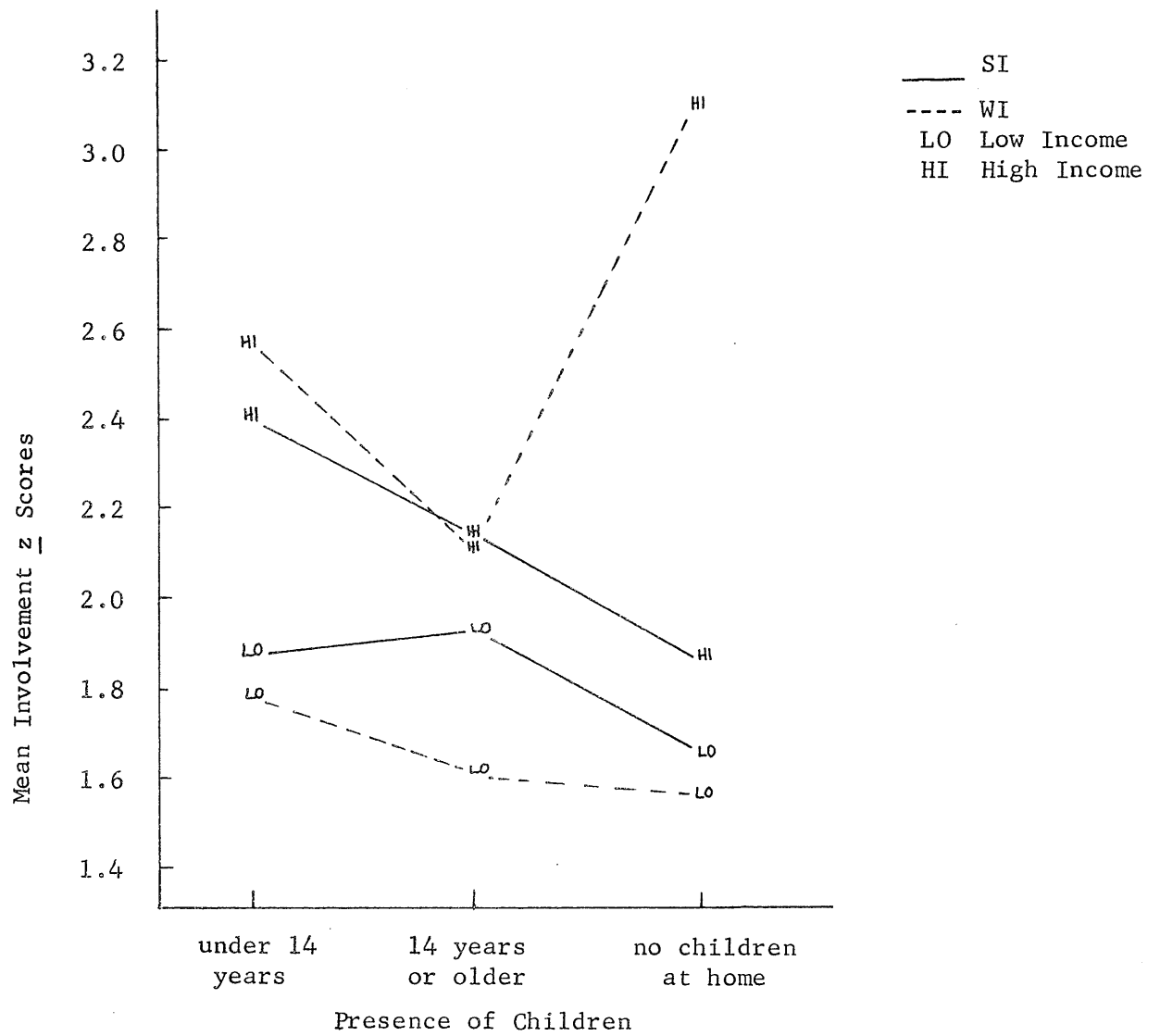
Fig. 3. The interaction of involvement, income, and children

Because of the correlation between income and education (r = 0.52, p<.01), an analysis of covariance was calculated for income and total involvement, with education as the covariate. It was found that even with the effects of education removed, TI was significantly different at the low and high income levels (F = 16.89, df = 1/76, p<.01).

Involvement, education, and children. For the analysis including education, children, and involvement, the sample was divided into high and low education categories, with the former including those with formal education beyond grade 10 (n = 43) and the latter including those with formal education up to and including grade 10 (n = 38).

Neither the presence of children at home nor the education level of the widow significantly affected the level of her total involvement (Table 3). The interaction between education and TI scores did not even achieve significance when an analysis of covariance was calculated, with income as the covariate (F = 0.19, df = 1/76, p = $n.s.$).

Because income and education were highly correlated, the interaction between children and involvement in this analysis (F = 4.08, df = 2/75, p<.025) could be expected. However, children and education together affected SI and WI differentially (F = 20.66, df = 2/75, p< .005), as illustrated in Figure 4. Post hoc comparison of means (Appendix E4) indicated that widows with high education and no children at home were more work involved than socially involved, and were more work involved than all the other widows except those with children under 14 years, whether of high or low education. These high education widows without children at home were also more work involved than low education widows with younger or older children at home were socially involved. In contrast, widows without children at home of low education were not only less work involved than high education women without children at home, but also were less work involved than high education women with either younger or older children were socially involved.

Involvement, confidants, and children. For this analysis, two categories of confidants were obtained on the basis of the response

Table 3

Summary of Mean Involvement z Scores and Analysis of
Variance for Types of Involvement, Education Level,
and Children

Item	Education Level		Presence of Children			Total
	Grade 10	Grade 11+	Under 14 years	14 years or older	no children at home	
($\underline{n}$)	(38)	(43)	(23)	(34)	(24)	(81)
SI	1.86	2.13	2.11	2.08	1.79	2.00
WI	1.82	2.17	2.14	1.87	2.05	2.00
Total	3.68	4.30	4.25	3.95	3.84	4.00

Source	$\underline{df}$	$\underline{MS}$	$\underline{F}$
Between subjects	80		
Education (B)	1	3.863	2.256
Children (C)	2	0.547	0.319
B X C	2	0.741	0.432
Error	75	1.712	
Within subjects	81		
Involvement (A)	1	0.000	0.000
A X B	1	0.057	0.296
A X C	2	0.784	4.083*
A X B X C	2	3.966	20.656**
Error	75	0.192	

* $\underline{p} < .025$
** $\underline{p} < .005$
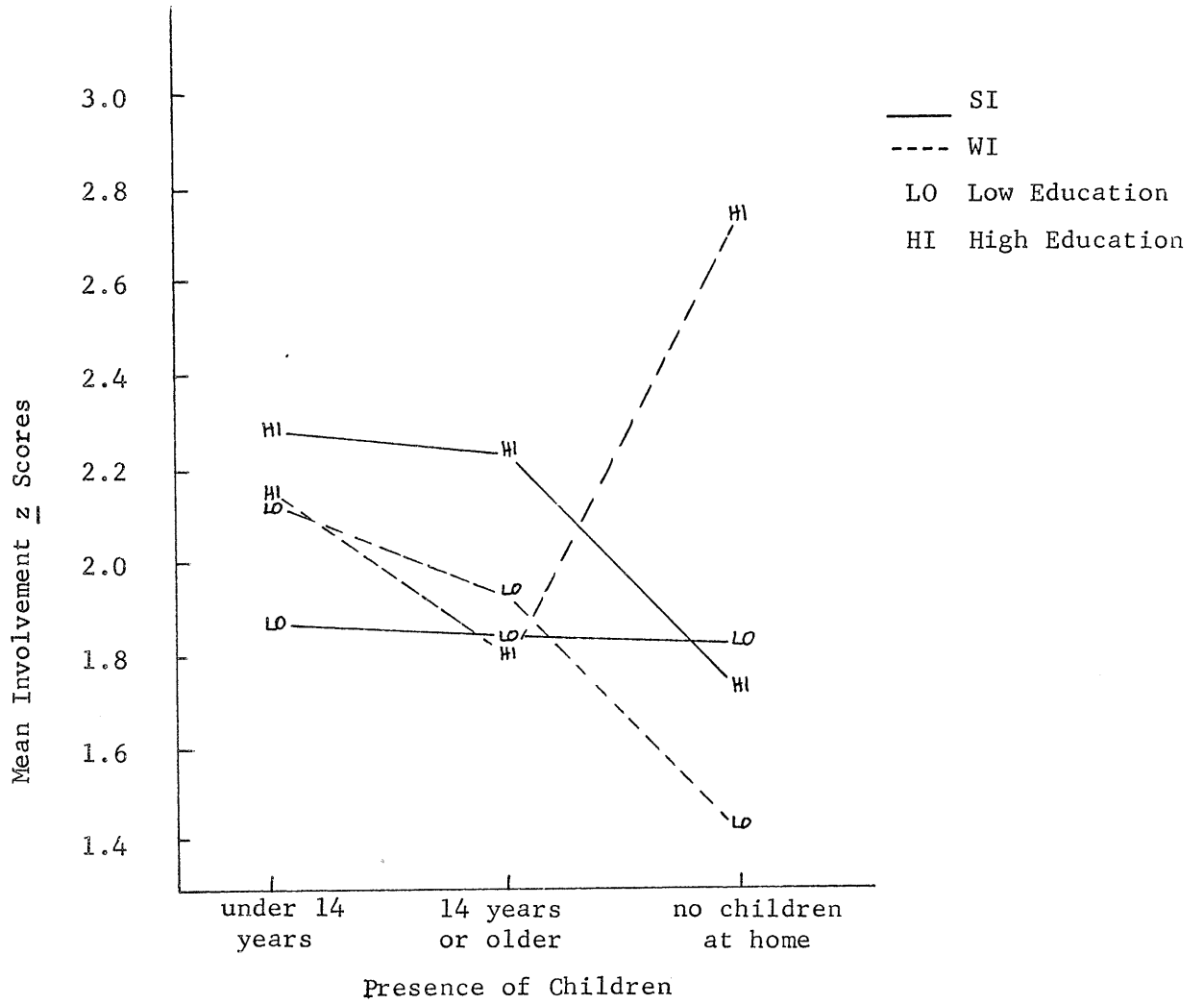
Fig. 4. The interaction of involvement,
education, and children

to question 20. One category included those who had as many as three
confidants, and the other, those who had four or more confidants.

Levels of total involvement were not significantly affected by
either the number of confidants or the presence of children in the
home (Table 4). As in the earlier analyses, the interaction of type
of involvement and children was significant ($\underline{F}$ = 3.86, $\underline{df}$ = 2/75,
$\underline{p}$<.05). The number of confidants and presence of children together
affected SI and WI differently ($\underline{F}$ = 15.76, $\underline{df}$ = 2/75, $\underline{p}$<.005). The
highly differential effects of number of confidants on SI and WI of
widows with younger, older, and no children at home are illustrated
in Figure 5.

From the post hoc comparisons (Appendix E_5) it was evident that
widows with older children at home and many confidants were more
socially involved than work involved and also more socially involved
than either those with older or no children at home who had few con-
fidants or those with younger children and many confidants. These
same widows with older children and many confidants were more socially
involved than widows with no children and few confidants were work
involved. On the other hand, widows with children under 14 years and
few confidants were more socially involved than widows with older or
no children at home and few confidants and they were more socially
involved than widows with older children and many confidants were
work involved. However, widows with no children and many confidants
were more work involved than widows with older children and few confid-
ants were socially involved.

Additional Variables

Because of the exploratory nature of the present study, more
information was obtained through the questionnaire than was required
for the testing of the major hypotheses. Several additional variables
examined included the widow's age and religious affiliation, the
nature of the husband's death, and the widow's perception of her
present status.

Table 4

Summary of Mean Involvement $\bar{z}$ Scores and Analysis of
Variance for Types of Involvement, Number of Confidants,
and Children

Item	Number of Confidants		Presence of Children			Total
	0 - 3	4 or more	under 14 years	14 years or older	no children at home	
(n)	(41)	(40)	(23)	(34)	(24)	(81)
SI	1.92	2.09	2.11	2.08	1.79	2.00
WI	1.96	2.05	2.14	1.87	2.05	2.00
Total	3.88	4.14	4.25	3.95	3.84	4.00

Source	df	MS	F
Between subjects	80		
Confidants (B)	1	0.692	0.399
Children (C)	2	0.547	0.315
B X C	2	1.490	0.859
Error	75	1.734	
Within Subjects	81		
Involvement (A)	1	0.000	0.000
A X B	1	0.750	3.694
A X C	2	0.784	3.862*
A X B X C	2	3.200	15.763**
Error	75	0.203	

* $p < .05$
** $p < .005$
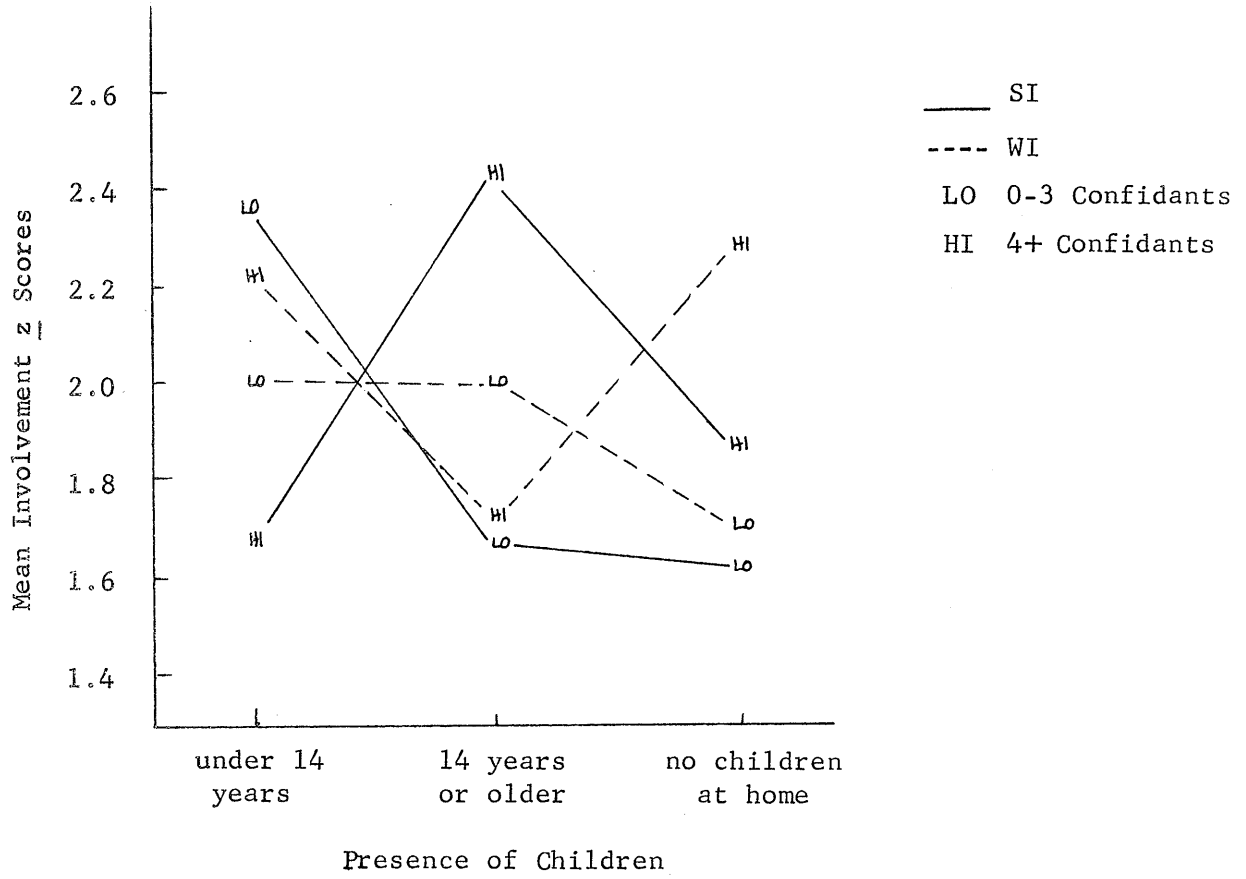
Fig. 5. The interaction of involvement, confidants, and children

Age and religion. For the examination of the effects of the widow's age at the time of her husband's death and her religious affiliation on involvement, the sample was divided into two groups of widows: 50 years of age or older at the time of the husband's death, and under 50 years of age at that time. All but four of the respondents could be classified either as Catholics, Protestants, or as having no religious affiliation. An analysis of variance of the type used earlier was applied.

The age of the widow and her religious affiliation did not affect levels of total involvement (Table 5), but religion did have an influence on the type of involvement (F = 7.07, df = 2/71, $p<.01$). As illustrated in Figure 6, and verified by post hoc comparisons (Appendix E_6), SI was equally high among Protestant and Catholic widows but significantly lower among those with no stated religion. Widows with no religious affiliation were also less socially involved than Catholic widows were work involved. It may be recalled that among Lopata's sample of widows, those with no religious affiliation were least involved in voluntary associations.

Expectation of husband's death. To determine whether those widows who had expected their husband's deaths were, at the time of completing the questionnaire, more or less socially and work involved than those for whom the event was unanticipated, t tests were carried out to compare the mean SI scores of the two groups and also the mean WI scores. In neither case did the difference in the means achieve significance, suggesting that the nature of the husband's death did not appreciably affect the widow's involvement in social or work-related activities within three years of his death.

The widow's perception of her own feelings. In an attempt to determine whether reported feelings of loneliness were related to levels of involvement, responses to the questions, "How often do you feel lonely?," and "How often do you feel that people forget about you?" were correlated with both SI and WI scores. Since the responses to the two questions were positively and significantly correlated

Table 5

Summary of Mean Involvement $\bar{z}$ Scores and Analysis of Variance
for Types of Involvement, Widow's Age, and Religion

Item	Widow's Age		Religious Affiliation			Total
	Under 50 years	50 years or older	None	Catholic	Protestant	
(n)	(44)	(33)	(16)	(27)	(34)	(77)
SI	2.03	1.90	1.50	2.17	2.04	1.97
WI	2.04	1.89	2.04	2.08	1.86	1.98
Total	4.06	3.79	3.54	4.25	3.90	3.95

Source	df	MS	F
Between subjects	76		
Age (B)	1	0.673	0.383
Religion (C)	2	1.344	0.765
B X C	2	0.483	0.275
Error	77	1.756	
Within subjects	77		
Involvement (A)	1	0.000	0.000
A X B	1	0.003	0.014
A X C	2	1.484	7.066*
A X B X C	2	0.037	0.176
Error	71	0.210	

* $p < .01$
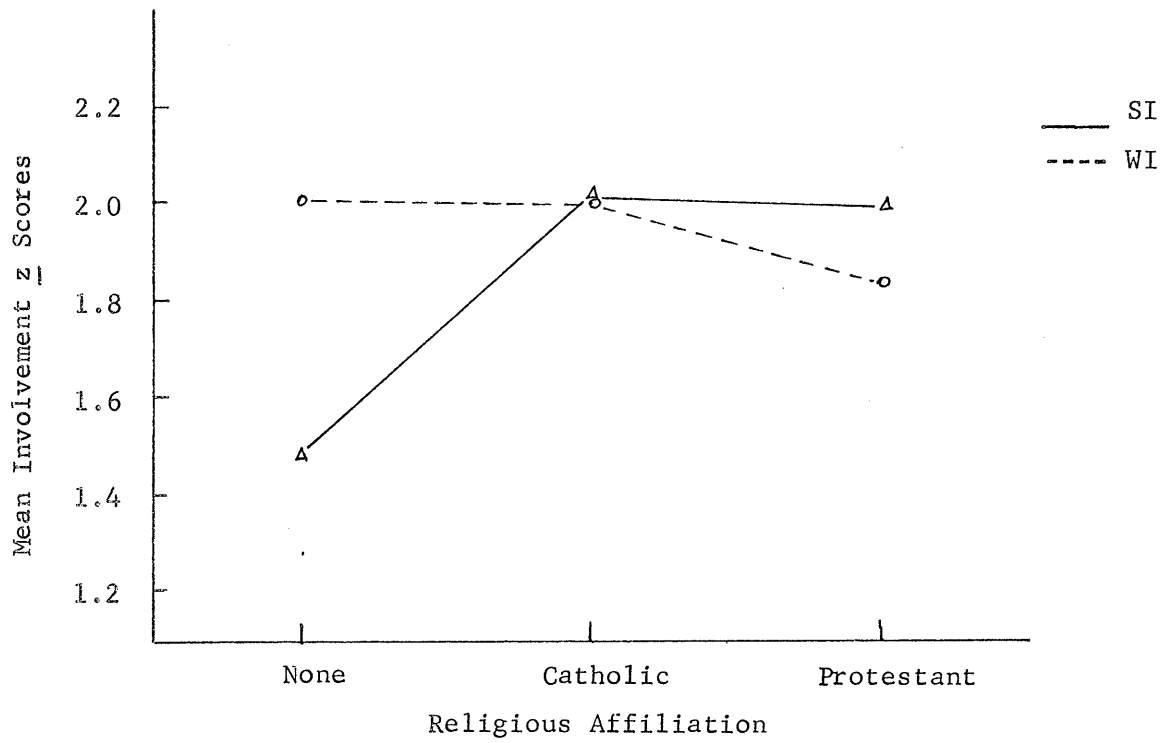
Fig. 6. The interaction of involvement and religion

(r = 0.35, p<.01), the two scores were summed to yield a lonely-forgotten score, and the relationship between this score and the SI and WI scores were then examined. The negative correlation between the lonely-forgotten scores and the SI scores (r = -0.33, p<.01) indicated that those who felt the most lonely were also the least socially involved. A non-significant, but positive tendency was suggested in the correlation between the lonely-forgotten scores and WI scores (r = 0.16, p = n.s.).

The widow's perception of relative frequency of involvement. Included in the questionnaire were several items regarding the widow's perception of her present level of involvement relative to the period before her husband's death. These items concerned the frequency of inviting friends into her home (Q. 21), the frequency of contact with relatives (Q. 24), and the level of activity in formal groups (Q. 27). In all three cases, the response "more often now" was given a score of 3, "equally often," a score of 2, and "less often now," a score of 1. It was thus possible to determine if the responses to the three items were correlated.

Those widows who felt they invited people into their homes more frequently after the husband's death also felt they were presently more active in groups and activities outside the home (r = 0.61, p<.01) and that they contacted relatives more frequently at present (r = 0.35, p<.01). Those who felt they contacted relatives more frequently at present also perceived themselves being more active in groups and activities outside the home since the husband's death (r = 0.38, p<.01).

Because the scores for the three items (perceptions regarding frequency of inviting friends, contacting relatives, and attending groups) were highly correlated, they were combined in order to examine the relationship between SI and WI scores. There was a significant tendency for those who thought they were more active at present to have the highest SI scores (r = 0.39, p<.01), but no meaningful trend was evident with the WI scores (r = -0.02, p = n.s.).

The widow's perception of her income level. Two types of informa-

tion regarding the widow's level of income were obtained. The first, an objective measure, was derived from questions 10 and 11, and reflected the income bracket of the widow both while her husband was living (i.e., joint income) and at the time of completing the questionnaire. Scores were obtained from these responses by subtracting the former income bracket from the present one. For example, if the income bracket was previously "four" ($10,000 - $14,999) but presently "two" ($2,000 - $4,999), that person's score would be -2. Similarly, an increase in income would be reflected in a positive score, and no change, in a score of 0. The second measure of income was taken from question 12, and reflected the widow's impression of her living standard relative to that before her husband's death. Here a response "higher now" received a score of 3, "same now," a score of 2, and "lower now," a score of 1.

The widows' perception of their change in living standard was found to be significantly related to their actual change in income category from the period prior to the husband's death ($r = 0.36$, $p<.01$). This positive correlation between the perception and the objectively stated income category would tend to confirm the reliability of the responses of the widows in regard to income and more generally in regard to their responses to the questionnaire.

Chapter IV

Discussion

The results of this study supported the majority of the research
hypotheses. As expected, widows with high present income were more
socially and work involved than widows with low income. With respect
to the second hypothesis, which predicted that widows with a high
level of education would be more socially and work involved than those
with less education, there was no clear evidence that higher education
was directly related to either type of involvement. The third hypo-
thesis, in which the presence of children in the home was expected to
affect the type of involvement, was supported in the major analysis.
However, due to variability in the scores, no significant differences
were detected at the .01 level in the post hoc analyses. Whereas it
had been predicted in the fourth hypothesis that the number of confid-
ants would be related to higher social and work involvement among
widows, this was not always the case. The discussion will be concern-
ed with the major findings and the majority of the interactions.

Involvement, Income, and Children

It was demonstrated that the higher a widow's income, the greater
was her social and work involvement. In this respect, the present
sample was very similar to the widows in the Chicago area studied by
Lopata (1973). It may be argued that those widows who were employed
full time would almost certainly be in a higher income category than
those who were not employed, or who were employed only part time, and
thus income and work involvement may be somewhat confounded. In fact,
27 (75%) of the high income widows had worked full time and only six
(17%) had been unemployed since January, 1970, whereas 13 (30%) of the
low income widows had worked full time and 18 (41%) had been unemploy-
ed since that time.

Though income, which may have been contingent upon employment,
would seem to have channelled the widow's involvement towards persons

at work, the presence of children was also a factor that determined the major type of involvement. To find that widows without children at home were so much less involved in social activities than those with children is contrary to what might be expected. It may be argued that older widows whose children were mature adults lacked the energy required to be involved in social activities. On the other hand, widows with children at home may have had higher social involvement scores because they had responsibilities and concerns regarding their children and were thus more greatly involved in activities with them. One respondent, for instance, claimed to attend "young people's and family night with my children on Friday night" at her church, and another reported that she went to the hockey games in which her son played. Several respondents shared the following idea which was expressed by one woman who had teen-aged children:

> There is a long period of difficult adjustment. Finally you begin again, and realize you must make an effort to participate - especially for the children's sake.

Though it might be expected that widows with older children at home of an age to be almost self-sufficient would be relatively free to remain in or re-enter the job market, these widows were the least work involved. It is possible that the widows with younger children had a greater financial need to be employed whereas the financial burden of widows with older children may have been alleviated by their children's incidental earnings. Furthermore, those with teen-aged children may have been more socially involved because of their concern about the social development of their children at this stage. In order to determine whether it was the older or younger of those widows with older children at home who were least work involved, the ages of those employed and unemployed since the husband's death were examined. Of the 34 widows in the group with older children at home, 19 had been employed while 15 had been unemployed. The ages of the employed widows were evenly distributed over the years 40 to 60, but there was a concentration of unemployed widows (60%) between the ages of 47 and 50. It would be difficult to infer from such small numbers that the different generations of women in the present sample held divergent opinions regarding the meaning and value of working, as Lopata (1973)

found in her sample of widows over the age of 50.

Because the high income group with older children at home was so much less work involved than either of the other high income groups (Figure 3), a more careful examination was made of their income sources. If the widows in this one group were so much less work involved, it would seem likely that they had been receiving income from other sources. In order to compare the sources of income across younger, older, and no children groups, and also to determine whether those in the high income group obtained income from different sources than those with low income, this information was compiled in Table 6. Surprisingly, 72% of those widows with older children and high income claimed earnings from employment. The comparatively low work involvement score for the group was due to a disproportionate number of widows who had not been employed at all since the husband's death. Since they had more income from insurance and/or investments than any other group, it is possible they had less need to work.

Many more older widows than younger widows in the high income group received income from an inherited estate. There was also a trend appearing for the income from the federal government in the form of Widows' Allowance, with the number of women receiving benefits dropping off as the number of children at home diminished. This was a reflection of the government policy for the distribution of the allowance. Under the plan, all widows whose husbands paid into the Canada Pension Plan for a minimum of three years receive a monthly allowance for themselves and for each child under the age of 18 living at home and any unmarried children over the age of 18 who are still in school or university. Thus, older widows would be expected to receive smaller benefits than younger widows with children at home.

Involvement, Education, and Children

The analysis including the three factors of involvement, education, and children yielded no main effects for either education or presence of children, but the interaction of all three factors was significant.

Among the high education groups, work involvement was low for the

Table 6

Sources of Income for Widows with Low and High Income,
with and without Children at Home

Income Source		Level of Income					
		Low			High		
		Presence of Children			Presence of Children		
		under 14	14 or older	not home	under 14	14 or older	not home
Employment	(n)	(6)	(9)	(9)	(8)	(13)	(8)
	%	46.1*	56.3	60.0	80.0	72.0	100.0
Insurance and/ or Investments and/or Husband's pension	(n)	(7)	(4)	(9)	(7)	(15)	(5)
	%	53.8	25.0	60.0	70.0	83.3	62.5
Widows' allowance	(n)	(13)	(14)	(12)	(10)	(17)	(7)
	%	100.0	87.5	80.8	100.0	94.4	87.5
Estate	(n)	(2)	(3)	(2)	(1)	(5)	(3)
	%	15.3	18.7	13.3	10.0	27.7	37.5
Total in category	(n)	(13)	(16)	(15)	(10)	(18)	(8)

* Interpretation: 46.1% of those widows with low income who
have young children at home obtain at least
part of their income from employment.

widows with older children at home, and extremely high for those without children at home. Those with no children at home and less formal education had very low work involvement scores. In fact, when the widows with low and high education in the group with no children at home were compared with respect to employment, it was found that of the 13 with less formal education, eight (62%) had been employed part time, and four (31%) had been unemployed since January, 1970. Of the 11 widows with high education, nine (82%) had been employed full time and none had been unemployed since that time. Among the widows in the no children group, those with less education were older on the average (54.2 years) than the more educated women (50.5 years). These facts may suggest something about the type of job the more educated women were able to obtain. Whereas most of them had full time jobs, the less educated, older women in this group had either part time jobs or none at all.

Just as Lopata (1973) found among the Chicago area widows, education seemed to be an important factor in determining the level of involvement of the widows in the present sample. On the average, the widows with more formal education were more socially involved (with the exception of those with no children at home) and were more work involved (with the exception of those with older children at home).

Involvement, Confidants, and Children

There seemed to be several possible explanations for the fact that among those widows with young children at home, those with the smaller number of close friends were much more socially involved than those with many close friends. For the purpose of closer examination, the mean number and age of children in the family and the mean number of children living at home were calculated for the six groups (Table 7). Among those with young children at home, family size was similar for those with few and many confidants, but they differed in the mean number of children living at home. Those with few close friends had more than twice as many children at home. Thus their higher social involvement scores may have reflected involvement in activities which centered around their children and may not have involved their own friends at

Table 7

Number and Age of Children in Family
and Number of Children Living at Home
for Widows with Few and Many Confidants

Group	Mean Number of Children in Family	Mean Age of Children	Mean Number of Children at Home
Few Confidants			
Children under 14 years	3.2	13.1	2.9
Children 14 years or older	2.6	23.3	1.3
No children at home	2.4	29.6	0.0
Many Confidants			
Children under 14 years	3.2	14.4	1.3
Children 14 years or older	3.1	21.8	1.9
No children at home	2.5	29.4	0.0

all. The mean ages of the children for the widows with few and many confidants and young children were almost identical.

It is also possible that the widows with few confidants (and young children) had higher social involvement scores than those with many confidants because they made frequent contact with a few friends. That is, they may have had one or two friends with whom they shared many activities. Alternately, those widows with young children and many confidants may have contacted their friends through more informal channels and consequently this was not reflected in their social involvement scores. The social involvement scores reflected only participation in voluntary associations and did not take into account informal visits with neighbors, children, and relatives. This possibility was explored by determining the "identity" of the confidants (i.e., whether the confidant was a parent, sibling, neighbor, etc.) for the widows in each group. This information is shown in Table 8. The fact that 44% of the widows with young children and many confidants were on an intimate basis with a neighbor, and the same percentage confided in a professional person supports the idea that many of them carried on close friendships outside the formal groups and associations about which they were asked. Many more of them also confided in parents, children, and siblings. Thus, they may have been involved in fewer formal activities because a certain part of their time was spent informally with relatives and friends.

Among the widows with older children at home, those with many confidants were much more socially involved than those with few confidants. The former had more children at home and confided in parents, siblings, and professional persons much more than the group with few close friends. It would be interesting to know whether these women had always felt that these persons were available to them but had been too busy with young children to contact them more frequently, or whether they had made a conscious effort to expand their circle of friends as their children grew older. Unfortunately, the question which might have provided some insight into this issue was poorly answered, since many respondents stated they had known a person "all my life," or "a long time," and others left this portion blank. It is possible that some widows

Table 8

Identity of Confidants

Identity of Confidants		Number of Confidants					
		0 to 3			4 or more		
		Presence of Children			Presence of Children		
		under 14	14 or older	not home	under 14	14 or older	not home
Son or daughter (or in-laws)	(n)	(0)	(8)	(4)	(2)	(11)	(12)
	%	0.0	47.1	40.0	22.2	64.7	85.7
Mother or father (or in-laws)	(n)	(2)	(0)	(0)	(5)	(3)	(5)
	%	14.3*	0.0	0.0	55.5	17.6	35.7
Brother or sister (or in-laws)	(n)	(1)	(3)	(2)	(3)	(10)	(10)
	%	7.1	17.6	20.0	33.3	58.8	71.4
Friend	(n)	(9)	(10)	(4)	(5)	(14)	(11)
	%	64.3	58.8	40.0	55.5	82.4	78.6
Neighbor	(n)	(3)	(1)	(1)	(4)	(2)	(2)
	%	21.4	5.9	10.0	44.4	11.8	14.3
Professional person (e.g. doctor, minister)	(n)	(0)	(1)	(0)	(4)	(4)	(2)
	%	0.0	5.9	0.0	44.4	23.5	14.3
Total number in category	(n)	(14)	(17)	(10)	(9)	(17)	(14)

* Interpretation: 14.3% of those widows with few confidants and young children at home had at least one confidant who was her mother/father.

confided less in their parents because they were unavailable. That is, the parents could have been dead or senile, or lived too far away to make contacts feasible. Perhaps they had few or no relatives to contact. In future, it would be helpful to know how many persons are available to the widow in addition to how often she makes contacts with others.

With regard to work involvement, it was generally true that the widows with many confidants had worked more since the husband's death than those with few confidants, with the exception of those with older children at home. Again it would be interesting to know whether women with many friends are more likely to seek employment, or make their friends at their place of employment.

The widows in the present study, like those in the Chicago area (Lopata, 1973), did not confine their friendships to other widows. In fact, only one respondent (1.2%), in response to question 16, indicated that most of her friends were widowed. The majority of respondents (59.3%) had friends in multiple categories, while the remainder (39.4%) indicated the majority of their friends were married couples. This finding is in contrast to those of earlier studies such as that of Cumming and Henry (1961). One possible explanation could be that most of the previous studies were conducted among older populations, usually over 65 years of age, and it would thus be more likely for widows to find themselves coming into contact with other widows.

Involvement and Religion

It was noted earlier that widows who were not affiliated with any particular church were significantly less socially involved than either the Catholics or Protestants in the present sample. In addition, the Protestants were the least work involved, even though fewer of them claimed any income from insurance, investments, the estate, or the husband's pension than did the Catholic widows. The reasons for these differences are not readily apparent, but it may be recalled that the same trend was noted for the social involvement of the Chicago area widows. When the mean number of children was compared across the three categories, the Protestant widows had more children at home (1.6) than

either the Catholics (1.2) or those with no religious affiliation (1.3).
If the Protestant widows were more strongly engaged with children, this
could possibly explain their lower work involvement scores.

When the mean number of confidants was calculated for each reli-
gious group, the widows without religious affiliation appeared to be
much more alone in the world (only 2.9 confidants) than either the
Protestants (4.0) or Catholics (4.7). This does not necessarily mean
that the Catholic and Protestant widows contacted their close friends
through the church, but the chances were good that if they were invol-
ved in a church on a regular basis, they would have had several church
friends.

Even though the interaction observed seemed to be a distinct one,
it would be misleading to attribute differences in social or work in-
volvement to religion alone. The fact that some widows classified
themselves in one or another religious category did not necessarily
mean that they were actively or even marginally involved in that insti-
tution. One respondent, a Protestant, explained her religious activi-
ties as follows:

> I am not or ever have been active in religious organiza-
> tions or affiliated with them....There must be others like me
> too, who are not atheists; I believe in my God, etc., and I
> pray to him and know he looks after me - I know that for sure.
> But I'm not and have never been a church-goer.

Research and Action Needs

The present study of the involvement of a small sample of widows
led to some interesting comments about this aspect of their lives, but
also pointed out, as has been pointed out by others before, that there
are some widows who are either less able to remain active and/or have
close friends or who have remained at or retreated to a low level of
engagement in the community as their type of adjustment to the situa-
tion. For example, when asked about confidants, one widow explained,
"I find I have no one to confide in. I feel everyone I talk to is
afraid I will ask for help of some sort," and another commented, "No,
I never discuss too many personal or family problems with anyone. If

I am discouraged with my lot in life, I try to accept it. I don't want to burden anyone - family or friends - with my troubles."

Lopata (1970), speaking primarily about older widows, commented on factors in today's American society which make it difficult for the widow to establish a new pattern of life in her new role as widow.

> The widows of America are living in social areas in which they must be able to regain past social relations or engage in new social roles if they are to avoid isolation. The first possibility is slowly diminishing in proportion to the total number of widows, as urbanization, industrialization, and increased societal complexity result in a constant shift of people and roles. This fact leaves a rather sizeable number of widows who are relatively isolated or living on a minimal level of contact with a few nearby children, siblings, and/or friends... Ascribed or gradually developed relations are less and less available, while the older widows lack the skill to replace them with new relations of equal or at least satisfying intimacy. Our voluntaristic society assumes that each member is "plugged in" at a level and in the roles he desires, and thus it does little to facilitate re-engagement of persons whose life pattern is broken or for other reasons are unable to involve themselves (Lopata, 1970, p. 55).

Two areas which have received very little attention in previous research are the personality of the widow and the relative importance which she places on the roles of mother, wife, kin member, and community member. These factors must play a major part in determining whether or not the widow wants to interact with other people.

Assuming that at least some widows find themselves socially isolated, what can be done to re-engage such individuals? One respondent suggested that she would like to see a reasonably priced travel club for unattached people, so that "people on low income could take advantage of it." She lamented being below senior citizen's age, yet feeling like a senior citizen. She asked, "Is the church the only organization; the only answer? If so, then I'm out."

Having recognized that many widows need help in their adjustment to widowhood but perhaps do not know where to turn, several researchers have decided to do something about it. The Widow-to-Widow Mutual Help Program, under the direction of the Harvard Medical School, has been established (Silverman, 1969, 1970, 1972). Volunteers, who are themselves widows, contact new widows and arrange meeting times. The "widow aide," who is matched to her "client" with respect to socio-

economic background, is not seen as a professional or counsellor, but as a role model and "bridge person" who attempts to help the widow cope with her grief and make a satisfactory transition into her new role. Another phase of the program, a telephone service line, was set up in the Boston area (Abrahams, 1972). Two significant points have emerged from the research of Silverman and Abrahams. First, a considerable number of widows have no one to turn to in their transition from wife to widow, and welcome such intervention programs. Second, friends and relatives seem to be important contacts for widows - especially in helping them handle their adjustment problems.

If such intervention programs have already been shown to have at least some success in providing channels toward reinvolvement in society, they should be picked up and tried in other locations. With the number of widowed individuals increasing yearly, and our society becoming increasingly urban and streamlined, something must be done for and with those who are finding it difficult or impossible to keep up.

Chapter V

Summary

In the present study, social and work involvement of 81 middle-
aged women widowed for a maximum of three years and resident in the
city of Winnipeg was examined in relation to their income, education,
presence of children in the home, number of confidants, and several
other variables. It was generally found that the higher their present
level of income (and to some extent education), the greater their
total involvement. Those who had children at home were more socially
involved than those without, while those without children at home were
generally more work involved. Widows with many confidants were gener-
ally more work involved than those with few, with the exception of
those with older children at home. Widows with many confidants were
also generally more socially involved, except for the group with young
children at home. Those widows with no religious affiliation had much
lower social involvement scores than the Catholics and Protestants in
the sample, while the Protestants were the least work involved. The
nature of the husband's death and age of the widow at that time were
not significantly related to their present levels of total involvement.
Those widows who reported feeling most lonely were also the least so-
cially involved, and those who perceived themselves as being more in-
volved at present than prior to the husband's death had the highest
social involvement scores.

Many of the findings were similar to those reported by Lopata
(1973). In both instances, a group of relatively non-involved widows
emerged which was the cause of some concern. The indicators did not
suggest that such women chose to be non-involved but perhaps never had
the financial resources or educational background required to re-engage
themselves. While their children are still at home, they seem to be
embedded in the role of mother, but when the children have become adults
there appear to be problems for some widows in finding new areas of
interest. The comment of one respondent reflected what the role of
mother may mean to some widows: "My family is my whole life. Without
them I'd not care to remain."

Although the study was exploratory and limited in scope, the findings would suggest that indeed the needs and concerns of widows, though in part similar to those of married couples, are unique in other respects. Consequently, our society, through its research and planning programs must take into account those needs that are distinctive to widowhood.

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Appendix A

Population by Marital Status for Canada, 1921-1971
(in thousands)

Year		Marital Status				
		Total	Single	Married	Widowed	Divorced
1921	T	8,787	5,086	3,337	357	7
	M	4,529	2,703	1,702	120	3
	F	4,258	2,382	1,635	237	3
1931	T	10,376	5,953	3,978	437	7
	M	5,374	3,181	2,039	149	4
	F	5,002	2,772	1,938	288	3
1941	T	11,506	6,230	4,736	525	14
	M	5,900	3,323	2,400	170	6
	F	5,606	2,907	2,336	354	7
1951	T	14,009	7,072	6,261	643	31
	M	7,088	3,747	3,141	186	13
	F	6,920	3,325	3,119	456	18
1961	T	18,238	9,385	8,024	778	52
	M	9,218	4,977	4,019	199	22
	F	9,019	4,405	4,004	578	30
1971	T	21,568	10,671	9,777	944	175
	M	10,795	5,641	4,888	191	74
	F	10,772	5,030	4,888	752	100

Source: 1971 Census of Canada: Population.   Catalogue 92-717

Appendix B

Percentage Distribution of Population by Marital Status,
Age Groups, and Sex, Canada, 1971

Percentages based on age group totals

Age	Marital Status				
	Total	Single	Married	Widowed	Divorced
Total	100.0	28.2	64.4	6.2	1.1
15-24	100.0	76.6	23.0	0.2	0.2
25-34	100.0	16.3	81.8	0.4	1.4
35-44	100.0	8.5	88.4	1.3	1.8
45-54	100.0	8.1	86.0	4.1	1.8
55-64	100.0	9.5	78.0	11.0	1.5
65-69	100.0	10.7	67.2	20.9	1.1
70+	100.0	10.6	46.4	42.3	0.7
Males	100.0	31.6	64.9	2.5	1.0
15-24	100.0	84.0	15.7	0.1	0.1
25-34	100.0	20.0	78.7	0.2	1.1
35-44	100.0	9.8	88.1	0.5	1.5
45-54	100.0	8.9	88.1	1.4	1.6
55-64	100.0	9.4	85.5	3.7	1.4
65-69	100.0	10.8	80.4	7.7	1.1
70+	100.0	10.5	66.6	22.1	0.8
Females	100.0	25.0	63.9	9.8	1.3
15-24	100.0	69.1	30.4	0.2	0.3
25-34	100.0	12.5	85.0	0.7	1.7
35-44	100.0	7.1	88.6	2.1	2.1
45-54	100.0	7.3	84.0	6.7	2.0
55-64	100.0	9.5	70.7	18.2	1.6
65-69	100.0	10.7	55.2	33.0	1.1
70+	100.0	10.7	31.0	57.7	0.6

Source: 1971 Census of Canada: Population. Catalogue 92-730

Appendix C

Percentage Distribution of Population by Marital Status,
Age Groups, and Sex, Canada, 1971

Percentages based on marital status totals

Age	Marital Status				
	Total	Single	Married	Widowed	Divorced
Total	100.0	100.0	100.0	100.0	100.0
15-24	26.4	71.5	9.4	0.7	4.7
25-34	19.0	11.0	24.2	1.4	23.0
35-44	16.6	5.0	22.8	3.6	26.1
45-54	15.1	4.3	20.2	10.0	23.1
55-64	11.4	3.8	13.8	20.2	15.0
65-69	4.1	1.6	4.3	13.7	4.0
70+	7.4	2.8	5.3	50.4	4.2
Males	100.0	100.0	100.0	100.0	100.0
15-24	26.8	71.2	6.5	1.4	3.4
25-34	19.4	12.3	23.5	1.8	20.6
35-44	17.1	5.3	23.2	3.7	26.2
45-54	15.0	4.2	20.4	8.5	23.9
55-64	11.3	3.4	14.9	16.5	16.3
65-69	3.9	1.3	4.9	11.9	4.5
70+	6.4	2.1	6.6	56.3	5.1
Females	100.0	100.0	100.0	100.0	100.0
15-24	26.0	71.8	12.3	0.5	5.7
25-34	18.7	9.4	24.8	1.3	24.8
35-44	16.2	4.6	22.5	3.5	26.0
45-54	15.1	4.4	19.9	10.4	22.5
55-64	11.5	4.4	12.7	21.2	14.0
65-69	4.2	1.8	3.7	14.2	3.5
70+	8.3	3.6	4.1	49.0	3.6

Source: 1971 Census of Canada: Population. Catalogue 92-730

THE UNIVERSITY OF MANITOBA

FACULTY OF HOME ECONOMICS
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DEPARTMENT OF FAMILY STUDIES

The Department of Family Studies at the University of Manitoba is embarking on a research project for which we would like to ask your assistance. We have found that many research projects have tended to focus on areas such as dating, marriage, parent-child relationships, and so on. However, very little seems to be known about some of the less "romantic" aspects of marriage. One of the areas least studied has been widowhood. Thus, our present project will be concerned with problems which arise following a husband's death, and the methods widows may use for coping with these problems. Hopefully, our findings will help widows in our society to better cope with the many problems which may arise for them.

In order to carry out this study, we need the cooperation of widows who are willing to complete a questionnaire such as the one enclosed. From past copies of the Winnipeg Free Press and Winnipeg Tribune we have learned that your husband has died within the past several years. We are writing to you at this time to invite you to assist us in our present work. Upon completion of this research, we would be glad to send you a summary of the information we have obtained. We assure you that all of the information which is received from you will be kept strictly confidential, and that any summaries or reports will not contain material which could be linked to any individuals in the study.

By completing the enclosed questionnaire, you will be making a major contribution to this study, and hopefully helping other widows to cope with widowhood. We hope you are able to complete and return the questionnaire within the next few days. For your convenience, we have enclosed a self-addressed, stamped envelope. If you have any questions concerning this project, please feel free to contact one of us at 474-9432. We would like to thank you in advance for your cooperation in this project.

Yours Sincerely,

Lois Brockman, PhD,
Associate Professor

Emily Hunsberger,
Research Assistant

Appendix D₂

Questionnaire

1. What is the size of the community in which you live?

_____ under 1,000
_____ 1,000 - 25,000
_____ 25,000 - 100,000
_____ 100,000 - 500,000
_____ over 500,000

2. How many years had you been married when your husband died? _____

3. (a) How old was your husband at the time of his death? _____

   (b) How old were you at that time? _____

4. Was your husband's death anticipated at that time (that is, due to illness, etc.)? Yes _____ No _____

5. Do you have any children? Yes _____ No _____

   If "no," go on to question 8.

   If "yes," please list their present ages, their sex, and whether they are single or married in the chart below.

CHILD	AGE	SEX	SINGLE OR MARRIED
1			
2			
3			
4			
5			
6			
7			
8*			

   * Please continue on the back of this page if you need more space.

6. Do you have any grandchildren? Yes _____ No _____
   If so, how many grandchildren do you have? _____

7. (a) How many of your children were living at home when your husband died? _____

(b) How many of your children are living at home now? _____

8. Do you share your living quarters with any of the following?

_____ unmarried children
_____ married children
_____ parent(s)
_____ other relatives
_____ boarders
_____ a housekeeper
_____ no one
_____ Other arrangement (specify) _____

_____

9. From which of the following do you now obtain your income?

_____ earnings from employment
_____ earnings from renters or boarders
_____ inherited estate
_____ insurance
_____ investments
_____ Mothers' Allowance
_____ Workmen's Compensation
_____ Canada Pension Plan (Widows' Allowance)
_____ municipal welfare assistance
_____ donations from children
_____ another source (specify) _____

_____

10. Into which category do your yearly earnings now fall, before deductions?

_____ $0 - $1,999
_____ $2,000 - $4,999
_____ $5,000 - $9,999
_____ $10,000 - $14,999
_____ $15,000 or more

11. While your husband was living, into which category did your combined earnings fall, before deductions?

_____ $0 - $1,999
_____ $2,000 - $4,999
_____ $5,000 - $9,999
_____ $10,000 - $14,999
_____ $15,000 or more

13. What was the last grade which you completed in school? _____

Did you take any courses or special training since then? Yes ___ No ___

If "yes," please describe the type of training. _____
_____

14.   Below, you will find two lines which have been marked off into
small units, each unit representing one year. By filling in the
correct units, would you indicate those years in which you were
employed (a) full time since 1960, and
              (b) part time since 1960.

      First, here is an example. The lines immediately below show how a
person would answer this question if she had been employed as follows:
   (a) full time from the beginning of 1960 to the end of 1963, and
also all of 1968, and
   (b) part time from the beginning of 1964 to mid-1966, and also
from 1970 to the present.

(a) Full
    Time   1960 '61 '62 '63 '64 '65 '66 '67 '68 '69 '70 '71 '72 '73

(b) Part
    Time   1960 '61 '62 '63 '64 '65 '66 '67 '68 '69 '70 '71 '72 '73
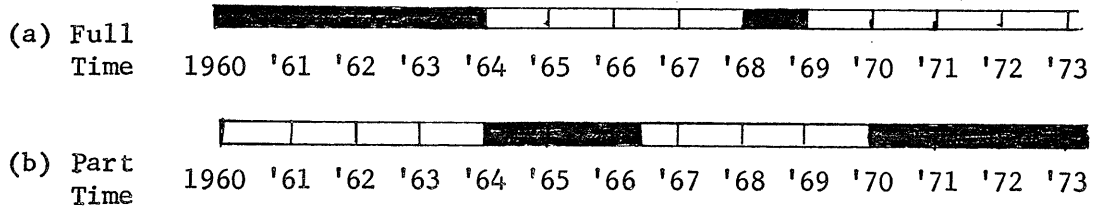
      Now, please fill in the lines below, showing
   (a) those years in which you were employed full time since 1960, and
   (b) those years in which you were employed part time since 1960.

(a) Full
    Time   1960 '61 '62 '63 '64 '65 '66 '67 '68 '69 '70 '71 '72 '73

(b) Part
    Time   1960 '61 '62 '63 '64 '65 '66 '67 '68 '69 '70 '71 '72 '73
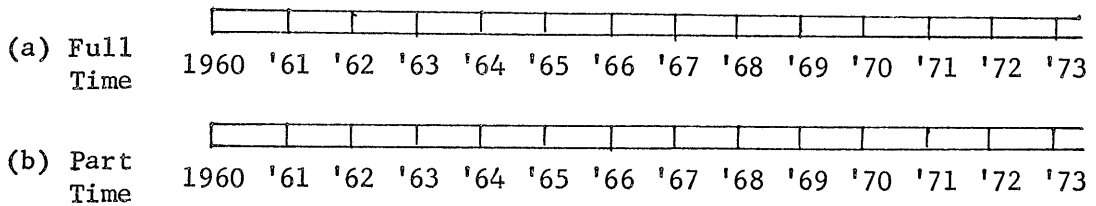
15. (a)   How important is your ethnic background to you?

          _____ not very important at all
          _____ somewhat important
          _____ very important

    (b) Which ethnic group(s) most influence your way of life?

         _____
         _____

    (c) Was your husband's ethnic background the same as yours? Yes___ No___

16. Into which category would the majority of your friends fall?

_____ married and living with their spouse
_____ widowed
_____ separated, divorced, or single persons
_____ single adults (never married)
_____ I have equal numbers of friends in all of the above groups.

17. How often do you feel lonely?

_____ never
_____ very rarely
_____ occasionally
_____ quite often
_____ always

18. How often do you feel that people forget about you?

_____ never
_____ very rarely
_____ occasionally
_____ quite often
_____ always

19. With about how many friends would you discuss each of the following topics?

TOPIC	NUMBER OF FRIENDS I WOULD TALK TO
- family news	
- social events concerning yourself	
- emotional problems	
- your financial matters	
- medical problems	
- sexual problems	
- child discipline	
- thoughts about remarriage	
- questions about the meaning of life	

20. (a) Of your friends, how many are there with whom you would talk about a personal problem? _____

(b) Could you indicate in the chart below both their relation to you, and about how many years you have confided in them? (Please do <u>not</u> give their names; just indicate whether it is a friend, a neighbor, your mother, father, son, daughter, a relative, a minister, etc.)

THIS PERSON'S RELATION TO YOU	ABOUT HOW MANY YEARS YOU HAVE CONFIDED IN HIM OR HER
	-
	-
	-
	-
	-
	-

21. Do you invite people into your home

_____ more often now than you did four years ago?
_____ equally often now as you did four years ago?
_____ less often now than you did four years ago?

22. How many of your relatives, including your in-laws, live less than 150 miles from your home? _____

23 (a) How many of your relatives do you now get in touch with at least once a month? (This includes visits, phone calls, and letters.)

_____

(b) How many of your relatives did you get in touch with at least once a month while your husband was living? _____

24. Would you say that you contact your relatives <u>more</u> or <u>less often</u> now than you did when your husband was living?

_____ more often now
_____ about the same number of times now
_____ less often now

25. The following is a list of activities and organizations in which you may or may not be involved. In the column at the left, please indicate how many times in an average month you now attend each listed activity. For example, if you go bowling four times a month, put a "4" opposite "sports teams."

NUMBER OF TIMES ATTENDED A MONTH	TYPE OF ACTIVITY
_____	church services
_____	church-sponsored groups
_____	community service groups
_____	bridge or social clubs
_____	business or professional groups

	labor union meetings
_____	YWCA or YMCA programs
_____	charity or welfare organizations
_____	neighborhood or community centers
_____	an organization of people of the same
	ethnic background
_____	sport teams
_____	political clubs or organizations
	other clubs, etc. (specify)
_____	_____
_____	_____
_____	_____

26. Are you involved in the same type of activity now as you were before your husband's death? Yes _____ No _____

If not, (a) which ones have you dropped?

_____

_____

(b) which ones are you now involved in that you were not involved in before your husband's death?

_____

_____

27. Would you say that you are now more or less active in outside groups than you were while your husband was living?

_____ more active now
_____ equally active now as before his death
_____ less active now

28. Are you involved in any church-affiliated groups or clubs?
       Yes _____ No _____

29. If you belong to a church group, what is your religious affiliation?

_____ Protestant (Which denomination? _____)
_____ Catholic (_____ Roman, _____ Greek, or _____ Ukrainian?)
_____ Jewish (_____ Orthodox, or _____ Non-orthodox?)
_____ A religion not listed above (Specify: _____)

30. If you do attend church, about how often do you attend?

_____ on special occasions
_____ about once a month
_____ two or three times a month
_____ once a week
_____ more often than once a week

31. If you are involved in activities sponsored by a church-affiliated group, please list them below and indicate about how many times a month you attend.

Type of Activity	Number of Times Attended a Month

32. Compared to the amount of time that you spent in church-sponsored activities before your husband's death, would you say that you are _more_ or _less_ involved at the present time?

    _____ more involved now
    _____ involved about the same now
    _____ less involved now

Appendix E$_1$

Differences between Means in the
Involvement X Income Interaction

Differences between Means

	A$_1$B$_1$	A$_1$B$_2$	A$_2$B$_1$	A$_2$B$_2$
A$_1$B$_1$	X	.330*	.196	.629*
A$_1$B$_2$		X	.526*	.299
A$_2$B$_1$			X	.825*
A$_2$B$_2$				X

* $p < .01$

A_1 = SI
A_2 = WI
B_1 = Low Income
B_2 = High Income

Appendix E_2

Differences between Means in the
Involvement X Children Interaction

Differences between Means

	A_1C_1	A_1C_2	A_1C_3	A_2C_1	A_2C_2	A_2C_3
A_1C_1	X	.037	.389	.028	.242	.021
A_1C_2		X	.352	.065	.205	.016
A_1C_3			X	.417	.147	.368
A_2C_1				X	.270	.049
A_2C_2					X	.221
A_2C_3						X

Note: At $p = .01$, none of these differences were
significant.

A_1 = SI

A_2 = WI

C_1 = Children under 14 at home

C_2 = Children 14 or older at home

C_3 = No children at home

Differences between Means

	$A_1B_1C_1$	$A_1B_1C_2$	$A_1B_1C_3$	$A_1B_2C_1$	$A_1B_2C_2$	$A_1B_2C_3$	$A_2B_1C_1$	$A_2B_1C_2$	$A_2B_1C_3$	$A_2B_2C_1$	$A_2B_2C_2$	$A_2B_2C_3$
$A_1B_1C_1$	X	.048	.243	.516	.278	.018	.099	.288	.335	.709	.222	1.211*
$A_1B_1C_2$		X	.327	.432	.294	.102	.183	.372	.339	.625	.138	1.127*
$A_1B_1C_3$			X	.759*	.521	.225	.144	.045	.092	.952*	.465	1.454*
$A_1B_2C_1$				X	.238	.534	.615	.804*	.851*	.193	.294	.695
$A_1B_2C_2$					X	.296	.377	.566	.613*	.431	.056	.933*
$A_1B_2C_3$						X	.081	.270	.317	.727	.240	1.229*
$A_2B_1C_1$							X	.189	.236	.808*	.321	1.310*
$A_2B_1C_2$								X	.047	.997*	.510	1.499*
$A_2B_1C_3$									X	1.044*	.557	1.546*
$A_2B_2C_1$										X	.487	.502
$A_2B_2C_2$											X	.989*
$A_2B_2C_3$												X

*$\underline{p} < .01$

A_1 = SI B_1 = Low Income C_1 = Children under 14 at home

A_2 = WI B_2 = High Income C_2 = Children 14 or older at home

C_3 = No children at home

Differences between Means

	$A_1B_1C_1$	$A_1B_1C_2$	$A_1B_1C_3$	$A_1B_2C_1$	$A_1B_2C_2$	$A_1B_2C_3$	$A_2B_1C_1$	$A_2B_1C_2$	$A_2B_1C_3$	$A_2B_2C_1$	$A_2B_2C_2$	$A_2B_2C_3$
$A_1B_1C_1$	X	.027	.039	.411	.370	.158	.251	.060	.446	.268	.064	.903*
$A_1B_1C_2$		X	.012	.438	.397	.131	.278	.086	.419	.295	.037	.930*
$A_1B_1C_3$			X	.450	.409	.119	.290	.098	.407	.307	.025	.942*
$A_1B_2C_1$				X	.041	.569	.160	.352	.857*	.143	.475	.492
$A_1B_2C_2$					X	.528	.119	.331	.816*	.102	.434	.533
$A_1B_2C_3$						X	.409	.217	.288	.426	.094	1.061*
$A_2B_1C_1$							X	.192	.697	.017	.315	.652
$A_2B_1C_2$								X	.505	.209	.123	.844*
$A_2B_1C_3$									X	.714	.382	1.349*
$A_2B_2C_1$										X	.332	.635
$A_2B_2C_2$											X	.967*
$A_2B_2C_3$												X

*$p < .01$

A_1 = SI B_1 = Low Education C_1 = Children under 14 at home

A_2 = WI B_2 = High Education C_2 = Children 14 or older at home

C_3 = No children at home

Differences between Means

	$A_1B_1C_1$	$A_1B_1C_2$	$A_1B_1C_3$	$A_1B_2C_1$	$A_1B_2C_2$	$A_1B_2C_3$	$A_2B_1C_1$	$A_2B_1C_2$	$A_2B_1C_3$	$A_2B_2C_1$	$A_2B_2C_2$	$A_2B_2C_3$
$A_1B_1C_1$	X	.691*	.751*	.694	.073	.488	.298	.377	.676	.144	.651*	.085
$A_1B_1C_2$		X	.060	.003	.764*	.103	.385	.314	.015	.547	.040	.606*
$A_1B_1C_3$			X	.057	.824*	.263	.443	.374	.075	.607	.100	.666
$A_1B_2C_1$				X	.767*	.206	.386	.317	.018	.550	.043	.609
$A_1B_2C_2$					X	.561	.381	.450	.749*	.217	.724*	.158
$A_1B_2C_3$						X	.180	.111	.188	.344	.163	.403
$A_2B_1C_1$							X	.069	.368	.164	.343	.223
$A_2B_1C_2$								X	.299	.233	.274	.292
$A_2B_1C_3$									X	.532	.025	.591
$A_2B_2C_1$										X	.507	.059
$A_2B_2C_2$											X	.566
$A_2B_2C_3$												X

* $p < .01$

A_1 = SI B_1 = 0 - 3 Confidants C_1 = Children under 14 at home

A_2 = WI B_2 = 4+ Confidants C_2 = Children 14 or older at home

C_3 = No children at home

Appendix E_6

Differences between Means in the
Involvement X Religion Interaction

Differences between Means

	A_1C_1	A_1C_2	A_1C_3	A_2C_1	A_2C_2	A_2C_3
A_1C_1	X	.675*	.542*	.540	.587*	.364
A_1C_2		X	.133	.135	.088	.311
A_1C_3			X	.002	.045	.178
A_2C_1				X	.047	.176
A_2C_2					X	.223
A_2C_3						X

*$\underline{p} < .01$

A_1 = SI

A_2 = WI

C_1 = No religious affiliation

C_2 = Catholic

C_3 = Protestant