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DEVELOPING A SHORT-FORM SCALE OF MEN-WOMEN ROLE EXPANSIONS IN DOMESTIC WORK

MASTER'S THESIS

EYLÜL YILMAZ

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ABSTRACT

DEVELOPING A SCALE OF MEN-WOMEN ROLE EXPANSIONS IN THE DOMESTIC WORK SCALE

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Master's Program in Clinical Psychology

Supervisor: Assist. Prof. Dr. Sibel Çalışkan

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In this thesis, inspired by the "Sharing of Housework Scale" (SHS) used by Eker in 1994, the aim is to create a short form scale of men-women role expansions in housework (MWRE) adapted to today. Two-stage study was carried out to revise this scale. A list of housework was inspired by the list of housework listed by Tienoven, et al. in 2023. In study 1, sample of 100 university students was reached whose parents were still alive and married. In Study 2, a survey was applied to a sample of 100 people, that is 50 real pairs. The study, which started with 44 items, left with 20 items in its final version with two subscales, namely routine (order) and non-routine (maintenance-production) housework. Both men and women had their MWRE and SHS scores, along with their participation status (low-high) obtained from two scale. At the same time, roles and general functionality subdimensions of the McMaster Family Assessment Device, which measures family functionality, were also included in the study. The study found that routine housework was mostly done by women, and non-routine housework was mostly done by men. As a result of the research, it was observed that family functionality increased as the equal participation of men and women in housework increased. As women's participation in housework increased, there was a decrease in family functionality. This shows that the current traditional role distributions, in terms of family well-being, are open to question, and expanding the role of men-women roles is discussed.

Key Words: Housework Participation, Housework Sharing, Domestic Responsibilities, Family Functioning, Gender Roles.

ÖZ

EV İÇİ İŞLERDE KADIN-ERKEK ROL SINIRLARI ÖLÇEĞİNİN GELİŞTİRİLMESİ

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Bu tezde, Eker'in 1994 yılında kullandığı "Ev İşlerinin Paylaşımı Ölçeği"nden (EİPÖ) esinlenerek, ev işlerinde kadın-erkek rol sınırlarının günümüze uyarlanmış kısa halinin (KERS) oluşturulması amaçlanmaktadır. Bu ölçeğin revize edilmesi için iki aşamalı bir çalışma yapılmıştır. Ev işleri listesi, Tienoven ve diğerleri (2023) tarafından listelenen ev işleri listesinden ilham alınarak oluşturulmuştur. Birinci araştırmada ebeveynleri hayatta ve evli olan 100 üniversite öğrencisi örneğine ulaşılmıştır. İkinc çalışmada 100 kişilik bir örneklem yani, 50 gerçek çifte anket uygulanmıştır. 44 maddeyle başlayan çalışma, rutin (düzen) ve rutin olmayan (bakım-üretim) ev işleri olmak üzere iki alt boyuta sahip son versiyonunda 20 madde kalmıştır. Hem erkeklerin hem de kadınların KERS ve EİPÖ puanları ve ev işlerine katılım durumları (düşük-yüksek) iki ölçekten elde edilmiştir. Aynı zamanda aile işlevselliğini ölçen McMaster Aile Değerlendirme Aracı'nın roller ve genel işlevsellik alt boyutları da çalışmaya dahil edilmiştir. Araştırmada rutin ev işlerinin çoğunlukla kadınlar tarafından yapıldığı, rutin olmayan ev işlerinin ise çoğunlukla erkekler tarafından yapıldığı ortaya çıkmıştır. Araştırma sonucunda kadın ve erkeğin ev işlerine eşit katılımı arttıkça aile işlevselliğinin de arttığı gözlemlenmiştir. Kadınların ev işlerine katılımı arttıkça aile işlevselliğinde azalma yaşanmıştır. Bu durum mevcut geleneksel rol dağılımlarının sorgulanmaya açık olduğunu ve kadın-erkek rollerinin genişletilmesinin tartışıldığını göstermektedir.

Anahtar Kelimeler: Ev İşlerine Katılım, Ev İşlerinin Paylaşımı, Ev İşlerinde Sorumluluklar, Aile İşlevselliği, Cinsiyet Rolleri.

To my beloved mother and father,
who always
aim to raise me as a
strong and independent woman.
To all the inspiring women out there,
who never stop fighting.
And to Mustafa Kemal ATATURK,
who gave me a chance to practice science and all.

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In my opinion, this thesis is much more than scientific research. I feel that every study and every line written about women in Turkey and their position in the home and society is precious. Inspiring stories of fellow women have always encouraged me. For this reason, I would like to dedicate this thesis to women who had to fight for their rights anywhere in the world and to Mustafa Kemal Atatürk, one of the biggest reasons I wrote these lines. Please allow me to express the honor I feel to have undertaken such a scientific study on the centenary of the proclamation of the Turkish Republic.

Finally, I would like to thank my primary school teachers Çiğdem Çopur and Hülya Derdiyok, who were the first to hold my hand in my education adventure and whose smiling faces I have never forgotten; I would like to thank the faculty members of Çukurova University Psychology Department, especially to Assoc. Pof. Dr. Esef Ercüment Yerlikaya, who developed and supported me during my graduate education. I would also like to thank my friends who supported me throughout this process and often reminded me of the value of the work I do.

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TABLE OF CONTENTS

ETHICAL CONDUCT……..…… Iii

ABSTRACT……. iv

ÖZ……. v

DEDICATION……. vi

ACKNOWLEDTMENTS……. Vii

TABLE OF CONTENTS……. viii

LIST OF TABLES……...……. Xi

LIST OF ABBREVIATIONS AND SYMBOLS……..…….…… xii

Chapter 1: Introduction…….. 1

1.1 Statement of the Problem ……..…… 1

1.2 Purpose of the Study……...…….. 2

1.3 Research Questions…….…….. 3

1.4 Significance of the Study……. 3

1.5 Definitions……...……. 4

1.5.1 Definition of routine and non-routine housework (maintenance-production and order)…..... 4

1.5.2 Definition of family functionality……...……... 5

1.5.3 Definition of roles and general functionality……. 5

Chapter 2: Literature Review…… 6

2.1 Sharing of Housework……. 6

2.1.1 Gender role theories…….……...……... 6

2.1.2 Family gender theories…….……...……... 7

2.2 Family Functionality…… 9

Chapter 3: Study 1 Methodology…….. 12

3.1 Research Design……..…… 12

3.2 Participants…….. 13

3.3 Procedures……..……. 16

3.3.1 Data Collection Instruments……... 16

3.3.1.1 Demographic Questionnaire……. 16

3.3.1.2 Men-Women Role Expansions in Domestic Work (MWRE)……. 16

3.3.1.3 Sharing of Housework Scale (SHS)…….. 17

3.3.1.4 McMaster Family Assessment Device (FAD)…… 17

3.3.2 Data Colletction Procedures……..…… 18

3.3.3 Data Analysis Procedures……..…… 19

3.3.4 Reliability and Validity...……...…… 19

3.4 Limitations..... 21

Chapter 4: Study 1 Findings…….…….. 27

4.1 Descriptives Statistics…… 27

4.2 Correlational Analysis…….……..…… 29

4.3 Group Differences……..…… 31

4.3.1 Participation Status Differences…… 32

4.3.2 Working Status Differences……..……..….. 32

4.3.3 Working Condition Differences……..…..… 32

4.3.5 Income Contribution Differences……..…… 33

Chapter 5: Discussion for Study 1…..…… 34

5.1 Discussion of Findings……...…… 34

Chapter 6: Study 2 Methodology…….. 37

6.1 Research Design……..…… 37

6.2 Participants…….. 37

6.3 Procedures……..……. 40

6.3.1 Data Collection Instruments……... 40

6.3.2 Data Colletction Procedures……...…… 40

6.3.3 Data Analysis Procedures……...…… 41

6.3.4 Reliability and Validity...……...…… 41

6.4 Limitations…… 47

Chapter 7: Study 2 Findings…….. 48

7.1 Descriptives Statistics…… 48

7.2 Correlational Analysis…….……..…… 51

7.3 Group Differences……..…… 55

7.3.1 Gender Differences…… 56

7.3.2 Participation Status Differences…… 56

7.3.3 Working Status Differences……..……..….. 57

7.3.4 Income Contribution Differences……..…… 57

Chapter 8: Summary of the Two Study……... 58
Chapter 9: Discussion and Conclusion…… 59
9.1 Discussion of Findings for Research Questions……...…..…… 59
9.1.1 Discussion on main variables…….…….. 60
9.1.1.1 Theoretical implications……...….. 60
9.1.1.2 Practical implications……...…….. 63
9.2 Conclusion…….. 64
9.3 Recommandations and Limitations.…….. 65
REFERENCES…….. 67
APPENDICES 70
A. Study 1 Version of Demographic Form and MWRE ……..……. 71
B. Study 2 Version of Demographic Form and MWRE …… 78
C. Final Version of MWRE……..…….. 83
D. Sharing of Housework Scale…...…… 85
E. McMaster Family Assessment Device ……..…… 87
F. Items Removed……..……..……. 88
G. Ethics Committee Approval……..…… 89

LIST OF TABLES

TABLES

Table 1 Demographic Characteristics of the Participants for Study 1……..… 14

Table 2 Marriage Age and Year for Study 1…….……. 16

Table 3 Factor Loadings of Items for Study 1…..……..…….…….. 21

Table 4 Reliability Statistics for Study 1…..…….…….…….. 21

Table 5 Descriptive Statistics of the Scores for Study 1……..…….…... 27

Table 6 Descriptive Statistics of the Participation Status for Study 1…..…… 28

Table 7 Pearson Correlation Coefficients of the Variables for Study 1…..…. 29

Table 8 Pearson Correlation Coefficients of FAD Study 1 (cont)……... 31

Table 9 Demographic Characteristics of the Participants for Study 2……. 39

Table 10 Factor Loadings of the Final Version…….…….…….. 43

Table 11 Reliability Statistics for Study 2…….……..…..…... 45

Table 12 Cronbach's Alpha if Item Deleted for Study 2……..…..…….. 45

Table 13 Descriptive Statistics of the Scores for Women…….…….. 48

Table 14 Descriptive Statistics of the Scores for for Men……...…….…... 49

Table 15 Descriptive Statistics of the Participation Status for Women…...… 50

Table 16 Descriptive Statistics of the Participation Status for Men…..…….. 50

Table 17 Pearson Correlation Coefficients of the Variables for Study 2……. 51

Table 18 Gender-Based Correlations for Women…….……... 53

Table 19 Gender-Based Correlations for Men…….…… 53

Table 20 Evaluations of Spouses Correlations…….…….….. 55

Table 21 Gender Differences for Study 2…….……...…… 56

LIST OF FIGURES

Figure 1 Scree Plot for Study 1…… 21
Figure 2 Scree Plot for Study 2…… 42

LIST OF ABBREVIATIONS AND SYMBOLS

FAD	Family Assessment Device
RSD	Family Assessment Device – Roles Subdimension
GFSD	Family Assessment Device – General Functioning Subdimension
TFAD	Family Assessment Device – Total
MWRE	Men Women Role Expansions
MWRE-FPS	Men Women Role Expansions – Female Participation Points
MWRE-MPS	Men Women Role Expansions – Male Participation Points
MWRE-EPS	Men Women Role Expansions – Equal Participation Points
MWRE-RT	Men Women Role Expansions – Routine Houseworks
MWRE-NRT	Men Women Role Expansions – Non-Routine Houseworks
SHS	Sharing of Housework Scale
SHS-F	Sharing of Housework Scale – Feminin Houseworks
SHS-M	Sharing of Housework Scale – Masculine Houseworks
F	F-Statisticss
M	Mean
Max.	Maximum Value
Min.	Minimum Value
N	Sample Size
P	Probablity
R	Pearson Correlation
SD	Standart Deviation
KMO	Kayser-Meyer Olkin
$\chi 2$	Chi-square
$\bar{x}$	Mean

Chapter 1

Introduction

1.1 Statement of the Problem

The study intends to modify and update a domestic work scale in applied to measure the expansion of women's and men's roles in housework in regard to today's family and relationship structures. Given recent worldwide plagues, disasters, and quarrels, changes in the distribution of household tasks must also be measured. In Turkey, Eker introduced the Sharing Housework Scale (SHS) in 1994, based on a scale developed by Horna and Lupri (1987). This measure was designed to evaluate men and women's participation in housework. However, no further scale has been brought to Turkish literature in the field since 1994. This study aims to create an updated, and enriched version of this scale based on Eker (1994).

Esping-Andersen and Billari (2015) give us a new model in which all nations in the world are progressing at varying speeds. According to them, with this model, domestic duties are shared more and are realized through changes in women's behavior. This model, which they call gender-egalitarian equilibrium", is currently seen as what the world is evolving into. Knowing what kind of model, the world has evolved in this regard can also highlight possible differences that can be observed in the sharing of housework.

A study conducted by Carlson and Petts (2022) showed differences regarding the distribution of domestic duties in families were observed during the pandemic. It is observed that such social situations affect the distribution of domestic duties within the family. For this reason, in addition to the scale planned to be updated, family functionality was also measured and its relationship with expansions in domestic roles was examined. For this reason, an up-to-date scale is needed to detect domestic life in Turkey. Family functionality (on a healthy and unhealthy basis) and the subject of family should be studied with an *updated* housework-sharing scale.

1.2 Purpose of the Study

This study aims to update the scale adapted by Eker in 1994. A list of domestic chores of Tienoven et al. (2023) was also added based on their recent list of housework. The study aims to contribute to the literature with a scale for the distribution of housework. This scale aims to make the domestic work part of the changing Turkish family structure measurable. Many social, cultural, technological, and scientific

changes have occurred since 1994 which changes wording in the scales. In line with these changing factors, changes in housework may also be observed. Based on this, it became necessary to develop a version of the scale adapted to today's conditions. The name of the scale planned to be updated and enriched is the Men-Women Role Expansions in Housework Scale (MWRE).

As a result of the updated scale, individuals' evaluations for both themselves and their partners were obtained. MWRE and SHS scores and participation status (low-high) for both men and women were obtained. Thus, many different evaluations could be made.

In addition, the scale developed by Eker is included in the study and it was aimed to look at the relationship between two scales planned to serve the same purpose. Thus, it was tested whether the updated version measured what it was intended to measure, in other words, validity has been tested.

Since domestic work is frequently studied on a family basis, the relationship of the updated scale with domestic roles and family functionality was also examined. The roles and general functionality subdimensions of the Family Assessment Device (FAD), adapted by Bulut in 1990 and developed by Epstein, Baldwin, and, Bishop in 1983 for family assessment, were included in the research.

1.3 Research Questions

In the current study, the mentioned terms are operationally tested first in terms of reliability and validity. For criterion validity, the previously inspired validated version (SHS) tested for the relationship in the study. For external validity, real couples (pairs) are used as sampling in the second wave. Accordingly, those main assumptions are tested throughout the Study 2:

Research Question 1 (RQ1). Since MWRE and SHS scales measure the same variable, what is the relationship between them? (For criterion validity)

Research Question 2 (RQ2). What is the relationship between the MWRE scale and family functioning in the measured context? (For construct validity)

Research Question 3 (RQ3). What differences are observed according to gender in terms of sharing housework? How is men's higher participation in housework associated with higher family functioning? (For construct validity)

1.4. Significance of the Study

When the literature examined, such a detailed study of housework has not been found in Turkish literature. This may be due to a lack of measurement tools that can be used. The primary purpose and significance of this thesis is to provide the Turkish literature with a scale that can be used in both gender, family, and relationship studies. Another important aspect of the research is that, in addition to introducing the scale to the literature; The scale also looks at the relationship with family functionality. The functionality of the family is related to people's family members, friends, romantic partners, dating, and even sexual content (Türküm, et al., 2005). The relationship between a factor that is so effective at every stage of a person's development and the sharing of housework is also one of the topics studied in the research. To test the scale, a measure that evaluates family functionality was added to the study to obtain solid validity.

Looking through the Turkish literature, it is observed that studies on the sharing of housework were carried out in the 90s and early 2000s. Such a study needs to be carried out on an up-to-date basis, as family structure and domestic order changed in the 2010s and 2020s when major disasters and global events such as pandemics and earthquakes occurred. Changing world order, change in social roles and behaviors as a result of global events such as pandemics, and Since the concept of gender is addressed in different dimensions compared to the past, an updated tool that measures male-female role expansions in housework may be necessary.

1.5. Definitions

1.5.1 Definition of routine and non-routine housework (maintenance-production and order). According to Nutz, Schmid, and Pollak (2023), routine housework is heavier and more rigid housework that is done constantly and at regular intervals (cleaning, etc.) and mostly done by women; non-routine housework is housework that is done less frequently and on more flexible schedules (such as maintenance, repairs, renovations, etc.) and mostly men undertake more non-routine housework. Connelly and Kongar (2017) divide housework into cooking/washing up, housekeeping, maintenance and repair, shopping, childcare, and other households. According to their findings, women did all of the housework except the "maintenance and repair" category. This lends credence to the distinction in factor structure in this

thesis. Domestic maintenance, repair, and production fall under the maintenance-production category. There is also a housework in the “order” category that deals with the general cleanliness and order of the house.

In his study, Dale (2022) classified housework as management and production. While the work we describe as maintenance and repair here falls into the category that Dale calls production; The order category corresponds to the management category stated by Dale. Additionally, according to Dale's study, there is no gender discrimination in paying bills and driving, while maintenance and outdoor duties are generally performed by men. This actually points to similar point of view in this thesis study.

In her study, Eker (1994) emphasized the distinction between feminine and masculine housework with the Sharig of Housework scale. However, this thesis focuses on housework itself rather than that.

1.5.2 Definition of family functioning. Family functionality is the evaluation of the structural and systematic characteristics of the family. This evaluation is made on the basis of healthy and unhealthy. The functionality of the family is related to the systemic and transmission characteristics of the family structure. Family functionality is a complex phenomenon that can be evaluated in many ways (Epstein, Baldwin, and Bishop, 1983), here in this study, the role and general functionality of the family will be included:

1.5.3 Definition of roles and general functionality of the family. Role functionality is related to whether the family produces healthy behavioral patterns regarding roles. This is about producing role patterns that will support and sustain the personal development of family members, manage the family dynamic, and provide the right resources to the family. Additionally, this part includes assigning equal and fair duties to family members, equality in the distribution of roles, and fulfilling responsibilities.

General functioning, a subdimension of FAD, defines whether the family is healthy or pathological. General functionality can be viewed as a combination of all factors related to functionality. It is an evaluation of the family in general terms and points out the healthy or pathological aspects of the family with a general inference (Epstein, Baldwin, and Bishop, 1983).

Family Assessment Device evaluates the functionality of the family, based on a system, rather than the behaviors of individual family members. FAD evaluates the functionality of the entire family system, whether healthy or unhealthy. (Çuhadar, et al., 2015). As stated by Prazeres and Santiago (2016), healthy family functionality is associated with a high quality of life. As Hazlett (2013) states, the holistic functionality of the family is directly related to the well-being of children. In this regard, healthy family functionality, which increases people's quality of life, may be related to housework sharing, which directly concerns the interior of the home.

Chapter 2

Literature Review

2.1 Sharing of Housework

According to Davis and Greenstein's (2009) gender theory, men perform less and more acceptable housework. According to this theory, men may not do the housework that women do to protect their masculine ideal identity.

Gender roles are created and maintained through daily social interactions, and as an outcome of all these interactions, individuals adopt roles that become consistent with their prevailing and cultural social perceptions (Connell, 2009; West and Zimmerman, 2009). In addition to observing throughout their lives, people gain

knowledge about the behavior of men and women through indirect observations of social interactions and cultural elements. As a result, people acquire these stereotypes by exhibiting gender behavior patterns belonging to the culture they belong to (Eagly, et al., 2020).

2.1.1 Gender role theories. Gender role expectations imposed on individuals are associated to attitudinal differences observed for both men and women, as per gender role perspective. According to the perspective, these expectations adhere women to their roles within the family, while they adhere men to the role of economic supporter of the family. In this way, women take care of housework and family at home, while men are breadwinners, in accordance with established cultural norms. Gender role expectations motivate both men and women to contribute in these roles. (Gutek, Searle, and Klepa, 1991).

According to this perspective, traditional gender roles indicate different situations for men and women. According to these gender-based references, work, and business are for men; housework and family duties are for women (Gutek, et al., 1991). According to Gutek et al. (1991), expectations based on gender roles may deviate from the rational view and lead to some conflicts.

According to Eagly and Wood's (2012) social role theory, women and men have gender-specific roles. As seen in gender stereotypes, men and women exhibit behavioral patterns appropriate to these roles. Just as a person has roles such as student, parent, or employee, he or she also has social roles based on gender. According to the theory, these roles are formed by biological and psychological effects. Biological effects are hormonal balances and behaviors regulated as a result of these hormonal balances. Psychological processes are also shaped by a person's internalization of gender roles and the expectations of the rest of humanity regarding these gender roles. According to the theory, these social gender roles are inevitable because they indicate an innate phenomenon. These roles are fixed because they are constructed with cultural and environmental factors, but the behavioral patterns included in the roles and the areas they cover may differ according to cultural and environmental influences.

2.1.2 Family-gender theories. When looking at the literature "instrumental" and "expressive" roles defined by Parsons and Bales (1995), we see that these roles differ for men and women. According to them, the instrumental role includes behaviors aimed at achieving the goals of the larger group. Within the family, this is seen as

making a living, earning a living, and meeting financial needs. Expressive roles are seen as expressive, solidaristic behaviors that ensure consistency and harmony within the group. This is related to raising children within the family, doing housework, emotional support, and care within the family. According to this definition of Parsons and Bales, women take on more expressive roles while men take on more instrumental roles (Gutek, Searle, and Klepa, 1991). However, it is a matter of curiosity what kind of difference this role distribution creates when women become breadwinners and take on instrumental roles in the industrializing world.

Since the individual does not have a biologically stable and fixed identity, he must acquire a sense of belonging in the social field to achieve a sense of self. On top of that, the process of belonging is not automatic and most masculine performance or practice is central to acceptance by a particular male community. This desire to belong creates gender and develops the individual's sense of self (Itulua-Abumere, 2013).

According to Bianchi, Milkie, Sayer, and Robinson (2000), there are three theoretical approaches to sharing housework. These are the time availability perspective, the relative resources perspective, and the gender perspective. According to the time availability perspective, a sharing is made by the partners' time availability, based on the workload to be done (Coverman 1985; Hiller 1984). According to the relative resources perspective, sharing occurs as a result of the resources individuals offer to the relationship. Having more resources in matters such as financial income and educational status determines how much housework a person will undertake (Blood & Wolf 1960; Brines 1994). According to the gender perspective, partners behave according to their ideal gender identities and this approach depends on gender roles ideology. The sharing of housework is done according to ideal gender roles for men and women (Coverman 1985).

The basis on which housework is shared has been studied many times in the literature. According to the time availability approach, the partner who spends less time at work does more housework. According to the gender ideology approach, expectations and beliefs about gender roles affect the sharing of housework. According to the relative resources approach, spouses who earn less do more housework. In the study of Aasve, Fuochi, and Mencarini (2014), one more approach was added to these approaches, which is economic dependency. According to economic dependency, those who contribute less to the household income do more housework. Although time

availability is a universal approach, relative resources are considered more important in more egalitarian countries.

Routine housework are tasks that must be done regularly during the week, cannot be postponed, and take more time. For example, cooking, doing laundry, sweeping the floor, etc. Non-routine jobs are jobs that can be postponed and have more flexible time intervals, such as repairs, renovations, and gardening. While women tend to undertake routine housework, men tend to undertake non-routine housework (Borra, Browning, and Sevilla, 2021).

In a study by Bod'a, Považanová, Nedelová, and Vallušová (2023), housework was examined in three parts: routine, non-routine, and care work. As a result of this research, it was found that women are more interested in routine housework and teach routine housework to their children while men are more interested in non-routine housework and teach children non-routine housework. In addition, this study observed that time availability and gender ideology perspectives were insufficient to explain the sharing of housework. Based on this, this research also touched upon the family part. It has been observed that as women's economic independence increases, the time spent on routine housework within the family decreases, and as men's education level increases, men participate more in both non-routine and routine work. In this case, the relative resources and economic dependency perspectives can be seen as a more effective approach to explaining the sharing of housework.

As a result of a study conducted by Borra, Browning, and Sevilla (2021), it was observed that married men did one hour less routine housework per week than single men, while they did non-routine housework one and a half hours more than single men. This reveals that marriage and perhaps family dynamics are one of the factors affecting the sharing of housework.

2.2 Family Functionality

By general definition, a family is a group of two or more people living together who are connected by birth, marriage, or adoption; such people are all considered members of the same family (Glick 1957; Casper and O'Connell 2000; Fields and Casper 2001).

The definition of family has shifted frequently in response to social and cultural movements. Furthermore, issues such as low birth rates and women's increased labor-force participation have had repercussions on these changes in the concept of family.

There have been changes in family structure and intra-family relations, particularly since the 1960s, with the understanding of individualism that has come to the surface in modern society (Elias, et al., 2018).

As Hortaçsu (1995) stated, despite the women's movements taking place around the world, a male-dominated formation is observed in the family structure in Turkey. According to Hortaçsu, Baştuğ, and Muhammedberdiev (1996), the male-dominated traditional Turkish family structure also includes sexist stereotypes, and these stereotypes seem to be compatible with Turkic cultures and Islamic approaches (as cited in Boratav, Fişek, and Eslen-Ziya, 2017).

According to Canatan (2020), changes in the Turkish family structure have been observed as a result of migration from rural to urban areas and increased industrialization in Turkey. While traditional families resist change and preserve their cultural assets, some families have gone beyond traditional boundaries by implementing new attitudes.

According to Hallaç and Öz (2014), the traditional family structure is the family structure that is accepted in society. In traditional families, men are in the dominant role and have authority over other family members, and men adopt traditional gender role attitudes more than women.

According to Perrone (2009), while it is deemed normal for a woman to be a full-time mother due to her caregiving nature, a man being at home and being a full-time father is considered a nontraditional situation. Women are caregivers in traditional families, while men are providers.

There are both emotional and affective aspects within the functional family. Functional families can cope with negativities and conflicts to maintain emotional stability and use their resources for effective solutions (Elias, et al., 2018). In poor functioning, families fail to cope with crises, and failures are observed in problem-solving skills, development of family members, affect, friendship-making, and adaptation.

Adaptation, Partnership, Growth, Affection and Resolve (APGAR) model created by Smilkstein (1978), is a practical approach used to measure family functionality. According to this usage, adaptation is the family's use of internal and external resources during a crisis to resolve the crisis. The partnership is sharing the decisions and nurturing. The growth represents the emotional and physical support

family members show to each other and the mutual maturation that occurs thus. Affection represents the loving and caring relationship that family members have with each other. Resolve, on the other hand, is a situation in which family members make time for physical and emotional nurturing towards each other and includes sharing wealth and space.

Following APGAR, the McMaster Family Assessment Device was developed in 1983 to measure family functionality. The Family Assessment Device (FAD) used in the study is based on the *McMaster Model of Family Functioning (MMFF).* According to this model, six dimensions represent the integrity and functionality of the family. The first of these, *problem solving*, is the family's ability to solve problems without disrupting family functioning. The second is *communication*, which is the ability of family members to transfer information to each other. It represents open and direct communication. The third dimension is the *roles* dimension. This dimension represents the role patterns that the family creates in order to maintain family business, ensure the personal development of family members, provide care and support, and manage family systems. This dimension also includes the fair distribution of tasks within the family, their fulfillment, and their timeliness. The *affective responsiveness* dimension is the ability to experience appropriate emotions to an appropriate extent within the family. The *affective involvement* dimension represents the ability of family members to relate to each other's emotions and processes. Healthy families have moderate affective involvement. The last dimension, *behavior control*, represents the family's ability to react differently to different situations. While developing the FAD, the *"general functioning"* dimension was added in addition to these six dimensions. general functioning represents the general functionality of the family (Epstein, Baldwin, and Bishop, 1983).

Considering previous studies and theories, it was deduced that domestic work and family functionality differ in terms of traditional and egalitarian role expansion. This difference might affect the gender, marital (years), and work status (hybrid, etc.). The current study aims to explore the validation of the MWRE scale through related healthy vs unhealthy functioning of the family and gender roles.

Chapter 3

Study 1 Methodology

This thesis study consists of two stages. The first phase, Study 1, is a pilot study implemented with the full agreement of couples in the items via convenience sampling to determine the factor structure of the scale planned to be developed. Study 2 was applied to real couples using the targeted dyadic sampling method and was a study in which the final version of the scale was measured.

3.1 Research Design

Study 1 aims to determine the factor structure of the scale that is aimed to be updated and to assess the relationship between family dynamics, working situations, and conditions (remote, face-to-face, or hybrid) and education levels of the men and women with the scale that is aimed to be updated. The variables within the scope of Study 1 are numeric and categorical but also include demographic variables. This study is quantitative. The variables in this study are as follows: women's, men's, and equal participation in housework scores taken from the MWRE scale, women's, men's, and equal housework participation scores taken from the SHS, scores for the roles and general functioning sub-dimensions of the FAD, and participation in housework scores taken from the MWRE scale status (low-high), participation in housework from SHS (low-high). The mean value of people's MWRE scores was used to calculate low and high participation in housework. In other words, low and high housework participation were categorized based on housework participation scores. Housework participation scores were compared with the sample mean. This comparison was based on equal participation in housework and the scores people gave themselves. In this case, if at least one of the two scores was above average, participation was considered high. In other words, people who scored below the sample average were considered to have low participation in housework. These people do less housework, both their own and shared, compared to other participants. This scarcity actually represents low participation in household chores. The MWRE scale is the scale updated within the scope of the research. The purpose of Study 1 is to test the use of the updated scale and conduct factor analysis

In addition to the scale that was aimed to be updated, the Sharing of Housework scale developed by Eker in 1994 was used. It is aimed to examine the relationship

between them by using similar scales serving the same purpose. In addition, it seeks to investigate the relationship of the researched subject with family dynamics by using the roles and general functions sub-dimension of the McMaster Family Assessment Device, which was developed by Epstein, Baldwin, and Bishop in 1983 and adapted into Turkish by Bulut in 2000.

The Turkish version of the scale was delivered to the participants as part of the course. Participants completed the questionnaire in return for the Research Methods and Statistics course bonus points. The research link directed the participants to the Qualtrics page. The Ethics Committee of Bahçeşehir University obtained Ethics Committee Approval before the data collection phase. Before participating in the study, consent was obtained from each participant through the Informed Consent Form. The data collected through Qualtircs were transferred to the SPSS program for further analysis.

3.2 Participants

To realize the objectives mentioned below, the scale that was planned to be updated to the present day was applied to a group of university students by reaching a consensus with their parents. Data for the Study 1 were collected from Bahçeşehir University Psychology students in exchange for bonus points for the Research Methods and Statistics course. A total of 100 students were asked to fill out the questionnaire in full agreement with their parents. The condition is that the parents of the students are still together and that both parents have at least 2 years of work experience. The dataset has been cleaned several times. Initially, incomplete questionnaires were deleted from the questionnaire filled by 116 couples. Since it is a scale that is aimed to be adapted to today, the questionnaires with blank answers in the updated scale were also deleted from the dataset. Finally, the data cleaning process was completed with the response of 100 couples.

The mean of the mother's age is 50.2, and the mean age of the fathers is 54.6. 38% of the mothers and 41% of the fathers are university graduates. When looking at the working status of the mothers and fathers, it is seen that 51% of the mothers, and 87% of the fathers are currently working. When we look at the working styles of the mothers and fathers, it is seen that 87% of the fathers and mothers work face-to-face, and the rest work either or remotely/online. Based on the minimum wage (8500 ₺ -

2022), 28% of mothers receive a salary below the minimum wage, 41% receive a salary twice the minimum wage, and the rest is more than that. When looking at fathers, 10% of fathers receive a salary below the minimum wage, 17% receive a salary twice the minimum wage, and the rest is more than that (see Table 1).

Table 1

Demographic Characteristics of the Participants for Study 1

Characteristic	Mothers (n=100)	Fathers (n=100)
Age		
Maximum	67	83
Minimum	38	43
Mean Value	50.2	54.6
Education Level		
Primary School	9	11
Middle School	5	9
High School	42	30
University	38	41
Master/PhD	6	9
Working Status		
Yes	51	87
No	49	13
Working Conditions		
Face-to-face	87	87
Hybrid	7	8
Online	6	5
How many times the minimum wage (8500 ₺ - 2022) does he/she earn?		

Table 1 (cont.d)

Demographic Characteristics of the Participants for Study 1

Characteristic	Mothers (n=100)	Fathers (n=100)
Less than 8.500	28	10
2 times more	41	17
3 times more	11	18
4 times more	6	16
5 times and more	14	39

When asked who contributed more to the household's financial income, 68% said their fathers contributed more and %22 of the participants said that their mothers contributed more. The rest said that the fathers and mothers contribute equally or someone else contributes more to the financial income of the house.

100 couples within the scope of Study 1 were asked at what age their parents got married and how long they had been married (if they were not married, they were together). Accordingly, while the minimum number of years of marriage is 11, the number of couples who have been married the longest is 50 years. The mean value years of marriage is 27.63. The youngest mother to get married was married at the age of 16, while the oldest mother was married at the age of 36. While the youngest father got married at the age of 16, the oldest father got married at the age of 62. The average marriage age of mothers is 22.52, while that of fathers is 26.34. These data can be observed in Table 2.

Table 2

Marriage Age and Year for Study 1(n=100)

	Min	Max	*M*
How many years have the mother and father been married (together)?	11	50	27.63
Mother's marriage age	16	36	22.52

Table 2 (cont.d)

Marriage Age and Year for Study 1(n=100)

	Min	Max	*M*
Father's marriage age	16	62	26.34

Note. *M* = Mean Value, Min = Minimum, Max = Maximum

3.3 Procedures

3.3.1 Data collection instruments. Within the scope of Study 1, a demographic form, the MWRE scale, which is planned to be updated, the SHS scale, which serves the same purpose as the main scale intended to be adapted to the present day, and the FAD, where we look at the roles and general dimensions of family functionality.

3.3.1.1 Demographic Questionnaire. In the demographic information form, the participants were asked about their gender and their parents' age, education level, working conditions, how many times the minimum wage they were paid, who contributed more to the financial income of the house, whether the parents are currently working, how many years they were married, how old when they got married and their profession (see Appendix A).

3.3.1.2 Men-Women Role Expansions in Domestic Work (MWRE). This is the scale that is scheduled to be updated. The scale, which consists of 44 items, includes questions about domestic work. The items of the MWRE scale were adapted from housework listed by Tienoven et al. (2023). First, this list was translated into Turkish together with the thesis advisor. While creating the scale items, expert opinion was received from Eker, who adapted the SHS scale to Turkish, for content validity. SHS scale author (Eker) as an expert was given a Likert scale from 1 (not relevant) to 4 (very relevant) (3 and above is considered as an agreement for the relevance of the item) and agreed items are kept for Study 1.

Participants were expected to fill out this questionnaire in consensus with their parents. The scale is a 5-point Likert-type scale. The options are as follows, "Man more than woman, woman more than man, sometimes woman sometimes man, someone else, and nobody". In these options, what is meant by men and women are mothers and fathers. When the “Man more than woman” option is selected, men get 1 point, and

when the “Woman more than man” option is selected women get 1 point. The “sometimes woman sometimes man” option gives 1 equal participation point. And “someone else or “nobody” options selected no points gained.

The scores received by men and women were evaluated based on means, including equal participation scores. For example, to determine whether a woman's participation is low or high, at least one of the female participation scores or equal participation scores must be higher than the mean (see Appendix A).

3.3.1.3 Sharing of Housework Scale (SHS). The sharing housework scale was developed by Eker. There are 12 items on the scale, and 7 of these 12 items indicate feminine and 5 masculine housework. Items 1, 2, 3, 4, 5, 6, and 11 include feminine housework; 7, 8, 9, 10, and 12 indicate masculine housework. It is a 5-point Likert-type scale. The options are "usually man or more man than woman, usually woman or more woman than man, sometimes woman sometimes man, someone else, nobody". The “Usually man or more man than woman” option gives 1 point to men and the “Usually woman or more woman than man” option gives 1 point to women. The “Sometimes woman sometimes man” option gives 1 equal participation point. When “someone else” or “nobody” options are selected no points are gained. As in the MWRE scale, it was determined that the participation rates for men and women were high or low based on means (see Appendix C).

3.3.1.4 McMaster Family Assessment Device (FAD). The entire scale consists of 53 items and is a self-report scale. A score from 1 (stongly agree) to 4 (strongly disagree) is given when answering the scale. Scale items indicate healthy and unhealthy situations. Since some items indicate healthy statements and some items indicate unhealthy statements, the answer "strongly agree" to some questions and the answer "totally disagree" to others indicate healthy functionality. For this reason, the scale includes reverse-scored items.

The test-retest reliability scores for the sub-dimensions were defined in the original study as follows: Problem-Solving (.66), Communication (.72), Roles (.75), Affective Responsiveness (.76), Affective Involvement (.67), Behavior Control (.73), and General Functioning (.71) (Miller, Epstein, Bishop, and Keitner 1985).

The roles and general functions sub-dimension of this scale were included in the research. It is aimed to examine the relationship between sharing housework and family dynamics. A total of 23 items from these sub-dimensions were included in the

study. 4, 8, 10, 15, 23, 30, 34, 40, 45, 53, 58 in the roles sub-dimension. materials: in the general functions sub-dimension, there are items 1, 6, 11, 16, 21, 26, 31, 36, 41, 46, 51 and 56. Among these items, items 4, 8, 15, 34, 45, 53, 58, 1, 11, 21, 31, 41 and 51 are reverse coded. It is stated that as the scores obtained from this scale increase, family functionality decreases (see Appendix D).

3.3.2 Data collection procedures. The Study 1 was conducted online via Qualtrics. Participants were given a consent form before the research and their consent was obtained. In this consent form, the identity of the researcher, contact information, and the purpose of the research are stated. In addition, participants were informed that the research was not expected to cause them any discomfort, but that they could withdraw from the research at any stage if they felt such a thing. The researcher's contact information is also provided in this section for participants to ask any questions they may have. For bonus credits to be given to students, student IDs, and course codes were requested after the consent form question. It is stated that these IDs and codes are received only to give bonus points and will not be used under any other conditions or circumstances. To avoid injustice among students, students who did not meet the requirements included an acquaintance who met the conditions for bonus credit, and that person was included in the research with the student's ID.

Necessary permissions were obtained from the Turkish adaptation developers of the scales for SHS and FAD. Permission to conduct this thesis study was given by the Bahçeşehir University Scientific Research and Publication Ethics Board (see Appendix F). The data collected for this study were kept confidential and used for scientific purposes only.

The data sets obtained in the first and second studies are stored in the Open Science Framework (OSF) repository https://osf.io/tqa53/?view_only=81d707c7fb7f41f6974006a13736190c to ensure the reproducibility of the research, following open science practices.

3.3.3 Data analysis procedures. The data collected via Qualtrics was transferred to SPSS version 25. Before starting the analysis process, the data were checked for missing values and these missing values were excluded from the study. Just in case, it was checked whether there were participants who did not meet the participation criteria

and participants who did not meet the criteria were excluded from the study. Then, the frequency distributions and descriptive analyses of the demographic characteristics of the participants were checked. Then, reliability analyses of the scales and factor analyses were performed. In line with factor analyses, the factor loadings of the scale items planned to be adapted to today were checked, and accordingly, some items were removed from the scale after Study 1. Reliability analyses of the final version of the scale and its factors were conducted.

The relationship between the scores obtained from the scales was analyzed with Pearson Correlation analysis. The categorical variable of housework participation status (low-high) obtained according to MWRE and SHS was subjected to chi-square analysis. However, group differences between demographic variables were examined via an independent sample t-test. All these analyses were performed via SPSS 25.

To evaluate the validity of the data collection tools, factor analysis was conducted. Factor loadings of the items were examined and items deemed necessary were excluded from the scale. Following this, the factor analysis was repeated by forcing the scale into a two-factor structure, named routine and non-routine housework, equivalent to the findings in the literature, as also stated by Tienoven et al. (2023).

First, for factor analysis, The Varimax rotation method was applied with Kaiser Normalization. Coefficients below .10 are suppressed first, and then coefficients below .20 are suppressed to strengthen the analysis. In the first stage of analysis, all 44 items with eigenvalues of 1 and above are studied. In this phase, items representing a single factor were removed from the scale. In other words, if a factor consisted of only a single item, that item was excluded from the scale. For example, as a result of the analysis, if the items collected under the fifth factor were listed and there was only one item, that item was described as "representing a single factor" and was excluded from the scale. Items 24, 14, 5, 3, and 32, respectively, were excluded from the scale as they represented a single factor. Subsequently, if an item had factor loadings for more than one factor, this item was also excluded from the scale. Then because it works on more than one factor, item 25 was dropped from the scale. Then again, items 23 and 17 were removed from the scale, as they represented a single factor. Then, items 7, 34, 15, 40, 21, 19, 8, 42, and 33, which were found to work for more than one factor, were removed from the scale in order. After each item removal, EFA is applied again. At

this stage, a total of 17 items were removed from the scale and 27 items remained out of 44 items. The first stage ended with 6 factors explaining 57.7% of the total variance.

Additionally, when looking at the scree plot, the two-factor structure is more eligible. According to Cattell (1966), eigenvalues decrease rapidly before the structure flattens, and this part is called "elbow". This elbow point provides information about the number of factors for the structure (Kaplan, 2004; Cattell, 1966). Looking at the elbow point of the scree plot in Figure 1, a two-factor structure may be suitable.

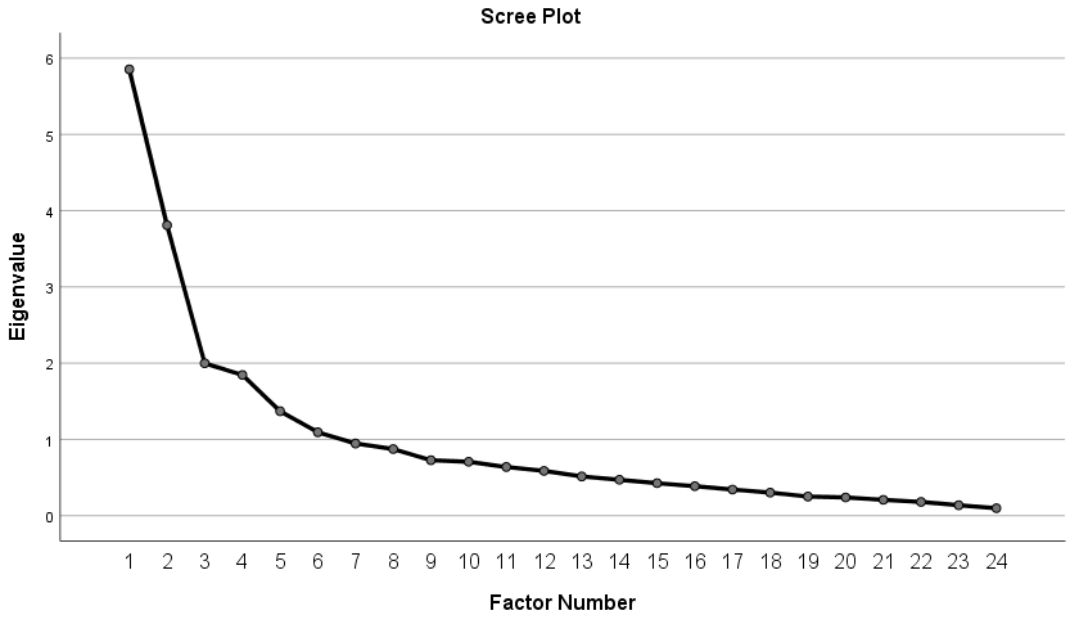

Figure 1. Scree Plot of Study 1.

The second stage of factor analysis is carried out with two factors. This two-factor structure overlaps with the feminine-masculine housework specified in the SHS scale by Eker (1994) and the routine and non-routine housework defined by Tienoven et al. (2023). This two-factor structure explained 40.6% of the total variance. While the first factor's explanation rate of the total variance is 24.68%, the second factor's rate is 40.6%. At this stage, items 6, 38, and 37 without factor loading were also removed from the scale. As a result of factor analyses, the final structure consists of 2 factors and 24 items. Items 1, 2, 4, 9, 10, 11, 12, 13, 16, 18, 20, 22, and 35 are a factor; items 26, 27, 28, 29, 30, 31, 36, 39, 41, 43, and 44 formed a second factor. Bartlett's test of sphericity, which tests the overall significance of all correlations in the correlation matrix, was significant (χ 2 = 1178.76, p <.001), and the Kaiser-Meyer-Olkin sampling adequacy measure showed high strength of the relationships between

variables (KMO = .75). While the eigenvalue of the first factor was 5.85, the eigenvalue of the second factor was found to be 3.80. Factor loadings of the items can be seen in Table 3. Items that were excluded from the study are listed in Appendix-F.

Table 3

Factor Loadings of Items for Study 1

Factors	1	2
Dust off	.843	
Wiping floors and windows	.830	
Sweep the house	.798	
Outdoor area (balcony, terrace, porch, etc.) cleaning	.772	
Making beds and changing linens	.757	
Laying out and collecting washed clothes and textiles	.716	
Hand washing of clothes and textiles	.500	
Collection and disposal of garbage	.456	
Producing new clothing and textile products (sewing, knitting, embroidery, etc.)	.402	
Coffee, tea etc. preparation of drinks	.365	
Cooking and preparing food	.301	.253
Serving food, setting the table	.272	
Maintenance/repair of household transportation vehicles (cars, bicycles, scooters, etc.)		.826
Other activities related to construction and repair	.226	.821
Washing of transport vehicles (cars, bicycles, scooters, etc.)	.222	.761

Table 3 (cont.d)

Factor Loadings of Items for Study 1

Factors	1	2
Household appliances, tools, items, etc. construction, maintenance/repair	.206	.716
Construction and renovation (home, shed, garage or landscaping)		.682
Home maintenance/repairs (painting/wallpapering, plumbing/electrical repairs, decor changes, carpentry, etc.)	.357	.667
Go to garage/mechanic, car wash, warranty check and inspection		.662
Managing the house, preparing for things to do during the day, trips and invitations		.404
Financial management (e.g. paying bills, paying rent, taxes, mortgage, insurance, etc., both face-to-face and online)		.401
Communication with institutions, organizations and service providers, both face to face and online (phone, e-mail, subscription...)		.380
Other activities related to local government and organization, both face to face and online	-.254	.332

Reliability analyses were conducted for the scales used in the research and their subdimensions after the factor analyses. While the general Cronbach alpha value of the FAD used within the scope of the research was .89, the Cronbach alpha values for the roles and general functionality subscales were calculated as .67 and .90. While the Cronbach alpha value for SHS was .62, the Cronbach alpha values of the groups consisting of feminine and masculine housework were calculated as .71 and .38, respectively. For the MWRE scale, reliability analysis was conducted after factor analysis. Following the factor analysis, reliability analyses were conducted separately for the remaining items and the resulting factors. While the overall Cronbach's alpha value of the MWRE scale was .83, the Cronbach's alpha values of the two-factor

routine and non-routine housework subscales were calculated as .80 and .84, respectively. Reliability coefficients and if-item-deleted table can be seen in Table 4 and 5.

Table 4

Reliability Statistics for Study 1

	Cronbach's Alpha	*n of items*
MWRE (Routine – Order Tasks)	.80	13
MWRE (Non-routine – Manintenance-Production Tasks)	.84	11
MWRE	.83	24
FAD (Roles Sub-Dimension)	.67	11
FAD (General Functioning Sub-Dimension)	.90	12
FAD	.89	23
SHS (Feminin Houseworks)	.71	7
SHS (Masculine Houseworks)	.38	5
SHS	.62	12

Note. MWRE = Men - Women Role Expansions in Housework Scale, FAD = Family Assessment Device, SHS = Sharing of Housework Scale

Table 4

Cronbach's Alpha if Item Deleted for Study 1

	Cronbach's Alpha if Item Deleted
Serving food, setting the table	.83
Cooking and preparing food	.83
Coffee, tea etc. preparation of drinks	.83
Sweep the house	.83

Table 4 (cont.d)

Cronbach's Alpha if Item Deleted for Study 1

	Cronbach's Alpha if Item Deleted
Dust off	.82
Wiping floors and Windows	.82
Outdoor area (balcony, terrace, porch, etc.) cleaning	.82
Collection and disposal of garbage	.83
Making beds and changing linens	.82
Hand washing of clothes and textiles	.83
Spreading and collecting washed clothes and textiles	.83
Producing new clothing and textile products (sewing, knitting, embroidery, etc.)	.83
Construction and renovation (home, shed, garage or landscaping)	.82
Home maintenance/repairs (painting/wallpapering, plumbing/electrical repairs, decor changes, carpentry, etc.)	.82
Household appliances, tools, items, etc. construction, maintenance/repair	.82
Maintenance/repair of household transportation vehicles (cars, bicycles, scooters, etc.)	.81
Washing of transport vehicles (cars, bicycles, scooters, etc.)	.81
Other activities related to construction and repair	.81
Supermarket shopping, also online grocery shopping	.84
Go to garage/mechanic, car wash, warranty check and inspection	.83
Financial management (e.g. paying bills, paying rent, taxes, mortgage, insurance, etc., both face-to-face and online)	.83

Table 4 (cont.d)

Cronbach's Alpha if Item Deleted for Study 1

	Cronbach's Alpha if Item Deleted
Managing the house, preparing for things to do during the day, trips and invitations	.83
Communication with institutions, organizations and service providers, both face to face and online (phone, e-mail, subscription...)	.83
Other activities related to local government and organization, both face to face and online	.84

3.4 Limitations

The biggest limitation of the Study 1 is that a data set open to gender-based analyses was not obtained. This limitation was tried to be eliminated by selecting the pair sample in the Study 2. Since the data were collected online, it became difficult for participants to solve the survey in the same environmental conditions and to follow the expected "consensus with parents" condition. Collecting data online has additional costs. It may have become difficult for participants to understand the questions correctly and to answer clearly and honestly.

It was aimed to ensure that the award of bonus points for participation in the research was made as fair as possible for all students. However, collecting student numbers for bonus points may have created performance anxiety in participants. It can be said that the scale is open to study and testing with larger sample groups.

Chapter 4
Study 1 Findings

4.1 Descriptive Statistics

In Table 4 below, the average, minimum, and maximum values and standard deviations of the scores received from the scales answered by the participants in agreement with their parents are given. A maximum of as many points as the number of items can be obtained from the scale by choosing the same option for each item. In other words, for Study 1, 44 points can be obtained from 44 items and a maximum of one type of score. While the mean value of the male participation score (MWRE-MPS) obtained from the MWRE scale was 6.71, the mean value of the female participation score (MWRE-FPS) obtained from the same scale was 8.54. The mean value of the equal participation score (MWRE-EPS) for the MWRE scale is 3.86. Looking at these values for SHS, it can be seen that while the mean value of the male participation score (SHS-MPS) is 2.16, the mean value of the female participation score (SHS-FPS) is 5.42. According to SHS, the mean value of the equal participation score (SHS-EPS) is 2.68. While the mean value of the scores obtained from the roles sub-dimension (RSD) of FAD is 2.44, the mean value of the scores obtained from the general functionality (GFSD) sub-dimension is 1.84 (The lower the FAD score, the healthier the functionality; the higher the scores from FAD and its subscales, the unhealthier the functionality is). Descriptive statistics for the scores are listed in Table 5.

Table 5

Descriptive Statistics of the Scores for Study 1(n=100)

Variable	*M*	SD	Min.	Max.
MWRE-MPS	6.71	3.56	0	15
MWRE-FPS	8.54	3.96	1	19
MWRE-EPS	3.86	3.11	0	15
SHS-MPS	2.16	1.41	0	6
SHS-FPS	5.42	2.61	0	11

Table 5 (cont.d)

Descriptive Statistics of the Scores for Study 1(n=100)

Variable	*M*	SD	Min.	Max.
SHS-EPS	2.68	2.30	0	10
RSD	2.44	35.34	1.82	3.27
GFSD	1.84	62.45	1.00	3.67

Note. M = Mean, SD = Standard Deviation, Min. = Minimum Value, Max. = Maximum Value, MWRE-MPS = Men-Women Role Expansions in Housework – Male Participation Scores, MWRE-FPS = Men-Women Role Expansions in Housework – Female Participation Scores, MWRE-EPS = Men-Women Role Expansions in Housework – Equal Participation Scores SHS-MPS = Sharing of Housework Scale – Male Participation Scores, SHS-FPS = Sharing of Housework Scale – Female Participation Scores, SHS-EPS = Sharing of Housework Scale – Equal Participation Scores, RSD = Roles Subdimension of Family Assessment Device, GFSD = General Functioning Subdimension of Family Assessment Device

The other purpose of the scale is to evaluate whether participant's participation in housework is low or high, in addition to these scores. This evaluation is made by comparing means. This scoring system is the same scoring system that used for SHS. If at least one of the score of the participant's is above the sample mean (his/her own score or equal participation score), that participant's housework participation is considered high. Participation status for men and women according to two scales can be seen in Table 6.

Table 6

Descriptive Statistics of the Participation Status for Study 1(n=100)

Variable	High Participation	Low Participation
MWRE-MP	79%	21%
MWRE-FP	78%	22%
SHS-MP	71%	29%
SHS-FP	87%	13%

*Note.*MWRE-MP = Men-Women Role Expansions in Housework – Male Participation, MWRE-FP = Men-Women Role Expansions in Housework – Female Participation, SHS-MP = Sharing of Housework Scale – Male Participation, SHS-FP = Sharing of Housework Scale – Female Participation, SHS-EP = Sharing of Housework Scale – Equal Participation

4.2 Correlational Analyses

The relationship between variables was analyzed by Pearson correlation coefficient analysis. In this regard, firstly, the relationship between the scores obtained from the SHS and MWRE scales, which serve the same purpose, was examined. A positive significant relationship (r = .55, p <.05) was detected between MWRE-MPS and SHS-MPS from the scale. A positive significant relationship (r = .76, p <.05) was also detected between MWRE-FPS and SHS-FPS. Finally, a positive significant relationship (r = .63, p <.05) was detected between MWRE-EPS and SHS-EPS. Pearson correlation coefficients between the two scales are shown in Table 67

Table 7

Pearson Correlation Coefficients of the Variables for Study 1(n=100)

Variable	SHS-MPS	SHS-FPS	SHS-EPS
MWRE-MPS	.55*	-.03	.02
MWRE-FPS	-.16	.76*	-.31*
MWRE-EPS	.08	-.49*	.63*

*Note.*MWRE-MPS = Men-Women Role Expansions in Housework – Male Participation Scores, MWRE-FPS = Men-Women Role Expansions in Housework – Female Participation Scores, SHS-MPS = Sharing of Housework Scale – Male Participation Scores, SHS-FPS = Sharing of Housework Scale – Female Participation Scores, SHS-EPS = Sharing of Housework Scale – Equal Participation Scores

Then, the relationship between MWRE and RSD was examined. Accordingly, a negative significant relationship (r =-.20, p < .05) was detected between MWRE-MPS and RSD scores. A positive significant relationship (r = .41, p <.05) was detected between MWRE-FPS and RSD scores. A significant negative relationship (r =-.29, p < .05) was detected between MWRE-EPS and RSD scores. Finally, the relationship between MWRE and GFSD was examined. A positive significant relationship (r =-.28, p < .05) was detected only between GFSD scores and MWRE-FPS. No relationship was found between GFSD scores and MWRE-MPS and MWRE-EPS.

When looking at the relationship between SHS and RSD and GFSD, there is a positive significant relationship between SHS-FPS and RSD (r = .40, p <.05), and a negative significant relationship between SHS-EPS and RSD (r = -.35, p < .05) was detected. No relationship was observed between SHS-MPS and RSD. A positive significant relationship was detected between SHS-FPS and GFSD (r = .25, p <.05), and a negative significant relationship between SHS-EPS and GFSD (r = .20, p < .05) was detected. No relationship was found between SHS-MPS and GFSD.

In Study 1, no relationship was found between marriage duration and MWRE scores (p>.05).

Table 8

Pearson Correlation Coefficients of the Variables for Study 1 (cont.) (n=100)

Variable	RSD	GFSD
MWRE-MPS	-.20*	-.18
MWRE-FPS	.41*	-.28*
MWRE-EPS	-.29*	-.13
SHS-MPS	-.10	-.08
SHS-FPS	.40*	25*
SHS-EPS	-.35*	-.20*

*Note.*MWRE-MPS = Men-Women Role Expansions in Housework – Male Participation Scores, MWRE-FPS = Men-Women Role Expansions in Housework – Female Participation Scores, RSD = Roles Subdimension of Family Assessment Device, GFSD = General Functioning Subdimension of Family Assessment Device, TFAD= Total Family Assessment Device, SHS-MPS = Sharing of Housework Scale – Male Participation Scores, SHS-FPS = Sharing of Housework Scale – Female Participation Scores, SHS-EPS = Sharing of Housework Scale – Equal Participation Scores

4.3 Group Differences

At this stage, the differences between the groups in the study were compared. The working status of women and men (currently working or not), working conditions (face-to-face, online, hybrid), and income contributions (mother, father, both equally, someone else) according to the MWRE scale. compared. In this section, independent samples t-test and ANOVA analyses were used.

4.3.1 Participation status differences. Since there are no gender differences but the full agreement of couples in Study 1, only the reported participation status of

males and females in housework is measured. It was tested whether RSD and GFSD scores differ according to the participation status of high or low of men and women according to MWRE. Independent samples t-test was used for these analyses.

High ($\bar{x}$ = 2.45, *SD* = .35, *n* = 78) or low ($\bar{x}$ = 2.39, *SD* = .34, *n* = 22) participation of women did not differ ($p > .05$) according to women's RSD scores. High ($\bar{x}$ = 1.85, *SD* = .61) or low ($\bar{x}$ = 1.77, *SD* = .67) participation of women, did not differ ($p > .05$) according to women's GFSD scores.

High ($\bar{x}$ = 2.38, *SD* = .35, *n* = 79) or low ($\bar{x}$ = 2.64, *SD* = .29, *n* = 21) participation of men, did differ ($p < .05$) according to men's RSD scores. High ($\bar{x}$ = 1.79, *SD* = .57) or low ($\bar{x}$ = 2.01, *SD* = .76) participation of men, did not differ ($p > .05$) according to men's GFSD scores.

4.3.2 Working status differences. It was tested whether MWRE-MPS, MWRE-FPS, and MWRE-EPS scores differ according to the working status (currently working). Independent samples t-test was used for these analyses.

Working status, yes ($\bar{x}$ = 6.70, *SD* = 3.65, $n_{couples}$ = 87) or no ($\bar{x}$ = 6.77, *SD* = 2.94, $n_{couples}$= 13) for men, did not differ ($p> .05$) according to men's MWRE scores. Working status, yes ($\bar{x}$ = 8.47, *SD* = 4.27, $n_{couples}$= 51) or no ($\bar{x}$ = 8.61, *SD* = 3.64, $n_{couples}$= 49) for women, did not differ ($p> .05$) according to women's MWRE scores.

Working status, yes ($\bar{x}$ = 3.66, *SD* = 2.94, $n_{couples}$= 87) or no ($\bar{x}$ = 5.23, *SD* = 3.91, $n_{couples}$= 13) for men, did not differ ($p> .05$) according to equal MWRE scores. Women's working status yes ($\bar{x}$ = 3.78, *SD* = 2.99, $n_{couples}$= 51) or no ($\bar{x}$ = 3.94, *SD* = 3.26, $n_{couples}$= 49), did not differ ($p> .05$) according to equal MWRE scores. Thus, the current working status shows no difference in MWRE scores.

4.3.3 Working condition differences. It was tested whether MWRE-MPS, MWRE-FPS, and MWRE-EPS scores differ according to the working conditions face-to-face, online, or hybrid of men and women. One-way ANOVA was used for these analyses.

MWRE-MPS differences between the working condition of men were not significant (F (2, 97) = 1.560, $\bar{x}$ = 1.18, *SD*= .50, $p> .05$). MWRE-MPS, the working condition of women were not significant (F (2, 97) = .341, $\bar{x}$ = 1.19, *SD*= .52, $p> .05$). MWRE-FPS differences between the working condition of men were not significant

(F (2, 97) = .139, $\bar{x}$ = 1.18, SD= .50, p> .05). MWRE-FPS, the working condition of women were not significant (F (2, 97) = .356, $\bar{x}$ = 1.18, SD= .50, p> .05).

MWRE-EPS differences between the working conditions of men were not significant (F (2, 97) = .484, $\bar{x}$ = 1.18, SD= .50, p> .05). MWRE-EPS, the working conditions of women were not significant (F (2, 97) = .961, $\bar{x}$ = 1.18, SD= .50, p> .05). Thus, working condition across gender show no difference on MWRE scores.

4.3.4 Income contribution differences. It was tested whether MWRE-MPS, MWRE-FPS, and MWRE-EPS scores differ according to the income contribution. Participants asked who contributes more to the household income. One-way ANOVA was used for these analyses.

MWRE-MPS differences between the income contribution were not significant (F(3, 96) = 2.610, $\bar{x}$ =2.18, SD= .59, p> .05). MWRE-FPS differences between the income contribution were not significant (F(3, 96) = 1.496, $\bar{x}$ =2.18, SD= .59, p> .05). MWRE-EPS differences between the income contribution were not significant (F(3, 96) = .545, $\bar{x}$ =2.18, SD= .59, p> .05). Thus, income contribution across gender has no difference on MWRE scores.

Chapter 5

Discussion for Study 1

5.1 Discussion of Findings

Different findings emerged when the relationship between MWRE scores and FAD scores was examined. FAD is a scale that evaluates the functionality of the family, and if the scores obtained from the FAD increase, the functionality of the family decreases.

As a result of the analysis, a negative correlation was found between MWRE-EPS and the roles sub-dimensions of FAD (RSD). As the equal participation scores increased, the scores from the roles scores sub-dimension of FAD decreased. In other words, the family's functionality based on roles increased as women and men participated in housework *equally*. This shows that equal participation of men and women in housework increases with role-based functioning.

A positive correlation was found between the scores of women's participation in housework MWRE-FPS and roles sub-dimensions of FAD (RSD). In other words, women's participation in housework increased, and the RSD scores also increased, that is, the family's functionality based on roles decreased. In other words, as women's participation in housework increased, there was a decrease in the role-related functionality of the family. According to the findings of a study conducted by Durak, Şenol-Durak, and Karaköse (2023), when housewives who are busy with housework do not receive assistance from family members, they experience burnout, worthlessness, and boredom. In other words, not getting help and support with housework was associated with negative emotions (psychological distress and anxiety), and it was encountered that not receiving help with housework and taking on all of the responsibility caused burnout and negatively affected well-being.

A significant negative relationship was also detected between MWRE-MPS, MWRE-EPS, and RSD. As MWRE-MPS and MWRE-EPS scores increases there is a decrease in RSD scores. In other words, as men's participation and equal participation in housework increased, there was also an *increase* in the role-based functionality of the family.

When looking at GFSD, no relationship was found between MWRE-MPS and MWRE-EPS. In other words, there was no relationship between the general

functionality of the family and men's participation in housework and the equal participation of men and women in housework. However, a significant positive relationship was detected between MWRE-FPS and GFSD. In other words, as women's participation in housework scores increased, their GFSD scores increased. In other words, as women's participation in housework increases, a decrease in the general functionality of the family is expected. However, rather than the agreement of couples, which can be the limitation since who dominates the survey is not known, gender-based evaluations are needed. Therefore, Study 2 considered gender-based evaluations.

While a more egalitarian distribution of housework increases the functionality of the family also increses. Family functionality is decreased when the women's housework participation increases. At this point, it can be said that the traditional family roles and understandings that have been adhered to for so many years can be questioned. It has been reported that women who are intensely preoccupied with housework have an increase in cortisol levels, which is related to stress, and that this stress can lead to poor sleep quality and early awakening and this shows that women who take on too much responsibility for housework may experience psychological stress, their quality of life may decrease and may affect their well-being (Sjörs, Ljung and Jonsdottir, 2014).

When looking at the relationship between the scores obtained from SHS and MWRE, there is a positive significant relationship between SHS-EPS and MWRE-EPS; a positive significant relationship between SHS-FPS and MWRE-FPS and a positive significant relationship between SHS-MPS and MWRE-MPS was found. In other words, the scores of *women* and *men* and *equal* participation of men and women in SHS and MWRE are corelated. In this regard, the relationship between these two scales shows that the MWRE scale is showing criterion validity with related measures.

While MWRE-EPS and MWRE-MPS were not associated with GFSD, SHS-EPS was associated with GFSD. In other words, while there is no relationship between men's participation scores in housework or equal participation of men and women in housework scores and the general functionality of the family. Men's participation in housework score was not found to be related to the general functionality of the family for either scale (MWRE and SHS). Thus, SHS which relies on 1990s items, can be found much clearer cut between gender roles, however, MWRE with many items

(routine and non-routine) work involved may open family functionality to the discussion.

According to MWRE, women's, men's, and equal participation in housework scores are all related to RSD, while according to SHS, no relationship was found between men's housework participation scores and RSD. In other words, according to MWRE, women's, men's, and equal participation in housework are related to the role-based functionality of the family; According to SHS, no relationship was found between men's participation in housework and the role-based functionality of the family.

Chapter 6

Study 2 Methodology

6.1 Research Design

In Study 2, the factor structure of the MWRE was again investigated and the final version of the scale was aimed. At the same time, the relationship between the variables mentioned in the Study 1 was also studied. Items excluded from the MWRE in the Study 1 were removed from the Study 2. Apart from that, no extra questions were added or removed from the study questions. Only because Study 2 was no longer conducted with students but with pairs, changes were made in the grammar and Turkish spelling of the questions. The variables within the scope of the Study 2 are numeric and categorical but also include demographic variables. This study is a quantitative study with targeted sampling. Since Study 2 was applied to paired couples (target sampling), gender-based analyses will be included in this section. Within the scope of Study 2, women and men were in a position to evaluate both themselves and their spouses in terms of participation in housework. In this way, it was observed that the scale could be open to different analyses. Women's and men's self-evaluation was taken as a basis, and how they evaluated their partners was also included in the analysis. Variables included in this research; equal participation scores for women, men, and housework taken from the MWRE and the SHS scales, and scores related to roles and general functionality sub-dimensions. In addition, the two factors obtained in Study 1 were used in the analysis as sub-dimensions of the scale (routine and non-routine).

6.2 Participants

Within the scope of Study 2, 50 married couples, that is, 100 people, were reached. An ID was sent to the participants by the participant before filling out the scale. These IDs consist of number and gender components. For example, for a couple who receives the number 04, while the woman's ID number is 04K; The man's ID number was determined as 04E. In this way, it is possible to look after them in pairs. Both parties from the couple were expected to fill out the survey. However, before participating in the research, the couples were told that they should fill out the scale separately and based only on their own opinions. It is based on people's evaluations. For example, the score a man received from the jobs he marked as done by men on the

MWRE scale became that man's domestic participation score. The tasks that women marked as doing were for that man to "evaluate" his partner. People's scores and statuses (low-high) for participating in housework were determined according to the scores they gave themselves.

Of the total 100 participants, 50 are women and 50 are men. The mean value of the age of these 100 participants was 42.9 years. Among 100 people, the youngest person is 26 years old, and the oldest person is 70 years old. The mean value of the year of marriage is 16.20. While the shortest marriage duration is 1 year, the longest marriage duration is 36 years. While 89% stated that they are currently working, 11% stated that they are not currently working. 70% is a university graduate and 24% is a master's/PhD graduate. 92% of them work face-to-face, 2% work online, and 6% work hybrid (see Table 8).

All these descriptive analyses were also conducted on a gender-based basis, separating men and women. Accordingly, while the average age of women is 41.36, the average age of men is 43.22. The youngest of the women is 26 years old, while the oldest is 70 years old. The youngest male is 28 years old and the oldest is 67 years old. Women’s 66% are university graduates, and 30% are masters/PhD graduates. There are no secondary school graduates. Among the men, %74 university graduate and 18% is a masters/PhD graduate; there are no primary school graduates. While 84% of the women are currently working, 16% are not currently working. While 94% of the men are currently working, 6% of them are not currently working. 92% of the women worked face-to-face while 92% of the men worked face-to-face. There are no men working online. While 24% of the women said that their partners contribute more to the household income, 64% said that both of them contributes equally to the household income and rest of that said they contirubute more. None of the women said that someone else contributes more to the household income. While 6% of the men said that their partners contributed more to the household income, 28% of them said that they contributed more to the household income, and 66% said that both contributed equally to the household income. None of the men said that someone else contributed more to the household income. Considering the age at which marriage begins, the average for women is 24.7, while for men it is 26.8. Among women, the youngest person who started a relationship started at the age of 16, and the oldest started at the age of 34. For men, the youngest started their relationship at 17, while the oldest was

37. While 5 of the women received less than the minimum wage (2022 - 8,500 TL), 28 said that they received twice that amount, 14 said that they received three times that, 1 said that they received four times that, and 2 said that they received five times or more. For men, 1 said that he was paid less than the minimum wage, 27 said that he was paid twice that, 13 said that he received three times that, 3 said that he received four times that, and 6 said that he received five times or more. Required data for demographic pieces of information is presented in Table 9.

Table 9

Demographic Characteristics of the Participants for the Study 2

Charecteristic	Females (*n*=50)	Males (n=50)
Age		
Minimum	26	28
Maximum	70	67
Mean	41.36	43.22
Working Status		
Currently working	42	47
Currently not working	8	3
Education Level		
Primary School	1	0
Middle School	0	1
High School	1	3
University	33	37
Master/PhD	15	9
Working Conditions		
Face-to-face	46	46,
Hybrid	2	4
Online	2	0
Marriage Age		
Minimum	16	17
Maximum	34	37
Mean	24.7	26.8

Table 9 (cont.d)

Demographic Characteristics of the Participants for the Study 2

Charecteristic	Females (*n*=50)	Males (n=50)
Wage		
Less than 8.500	5	1
2 times more	28	27
3 times more	14	13
4 times more	1	3
5 times and more	2	6

6.3 Procedures

6.3.1 Data collection instruments. Within the scope of the Study 2, the same tools were used. The demographic form, the last version of the MWRE scale, the SHS scale, and the FAD, where we look at the roles and general dimensions of family functionality.

6.3.2 Data collection procedures. The Study 2 was conducted online via Qualtrics. With the assistance of the advisor network, sampling was accomplished through target sampling. Participants were given a consent form, just like in the Study 1, before the research, and their consent was obtained. In addition, participants were informed that the research was not expected to cause them any discomfort, but that they could withdraw from the research at any stage if they felt such a thing. The researcher's contact information is also provided in this section for participants to ask any questions they may have. To identify spouses, participants' IDs and surnames were requested after the consent form question. It is stated that these IDs and surnames are received only to identify spouses and will not be used under any other conditions or circumstances. The data collected for this study were kept confidential and used for scientific purposes only.

6.3.3 Data analysis procedures. Data collected through Qualtrics were transferred to SPSS version 25 and Microsoft Excel. Before starting the analysis process, missing values in the data were checked and these missing values were removed from the study. Just in case, it was checked whether there were participants who did not meet the participation criteria. Control of the couples was ensured and both parties from the couples were enabled to participate in the research. If only one

of the couples participated in the study, that couple was also excluded from the study. Then, frequency distributions and descriptive analyses regarding the demographic characteristics of the participants were checked. Then, the reliability analyses of the scales were examined again. For the MWRE scale, factor analysis also repeated in Study 2. Reliability analyses of the final version of the scale and its factors were conducted.

The relationship between the scores obtained from the scales was analyzed with Pearson Correlation analysis. The categorical variable of housework participation status (low-high) obtained according to MWRE and SHS was also subjected to analysis. However, group differences between demographic variables were examined with an independent samples t-test. All these analyses were carried out using SPSS version 25. Study 2 data set can be accessed from the previously mentioned OSF link.

6. 3.4 Reliability and validity. EFA is tested in Study 2. At this stage, the two-factor structure was tested again. The reason for testing the two-factor here is that the reference sources used in the research have a two-factor structure. The SHS scale, which is planned to be updated, and Tienoven et al.'s (2023) housework list indicate a two-factor structure. In Eker's SHS scale, there are two factors consisting of feminine and masculine housework. Housework listed by Tienoven et al. (2023) has a two-factor structure as routine and non-routine, consistent with the literature. For this reason, the MWRE scale was analyzed by forcing two factors.

For EFA, the Varimax rotation method with Kaiser Normalization was first applied. Coefficients below .20 were suppressed to clarify the factor distribution. At this stage, factor loadings were checked for the last time. First, since coefficients of .20 and below were suppressed, items with loading values below .20 were excluded from the research. First, item 25 was removed from the scale and the analysis was repeated. Then, the 20th item, which did not have factor loading, was removed from the scale and the analysis was repeated. Finally, the 24th item was removed from the study because its factor load was below .20. Finally, after all these stages, item 9, which was found to work on both factors, was removed from the scale. Finally, factor analysis was repeated on the remaining items, and analysis was repeated after each item was removed. At this stage, a total of 4 items were excluded from the scale and 20 items remained out of 24 items. Which item was removed at which stage is given sequentially in Appendix-F with the item numbers specified in the thesis. Bartlett's test

of sphericity, which tests the overall significance of all correlations in the correlation matrix, was significant (χ 2 = 876.566, p < 0.000), and the Kaiser-Meyer-Olkin sampling adequacy measure showed high strength of the relationships between variables (KMO = .75). This two-factor structure explained 43.1% of the total variance which is a better ratio than Study 1.

While the eigenvalue of the first factor was 5.91, the eigenvalue of the second factor was found to be 2.08. Cattell's (1966) scree plot was also used to clarify the factor structure. When deciding on the factor structure in the scree plot, the elbow part of the plot can be focused on (Iantovics, Rotar, and Morar, 2019). The elbow part of the scree plot emphasizes the suitability of the two-factor structure. Compared to the scree plot, the two-factor structure was deemed more appropriate (see Figure 2). The items are given in Table 10 with factor loadings and subdimensions.

Connelly and Kongar (2017) divide housework into cooking/washing up, housekeeping, maintenance and repair, shopping, childcare, and other households. According to their findings, women did all of the housework except the "Maintenance and Repair" category. This lends credence to the distinction in factor structure in this thesis. Domestic maintenance, repair, and production fall under the Maintenance-Production category. There is housework in the Order category that deals with the general cleanliness and order of the house. Table 10 shows the final items and their factor loadings.

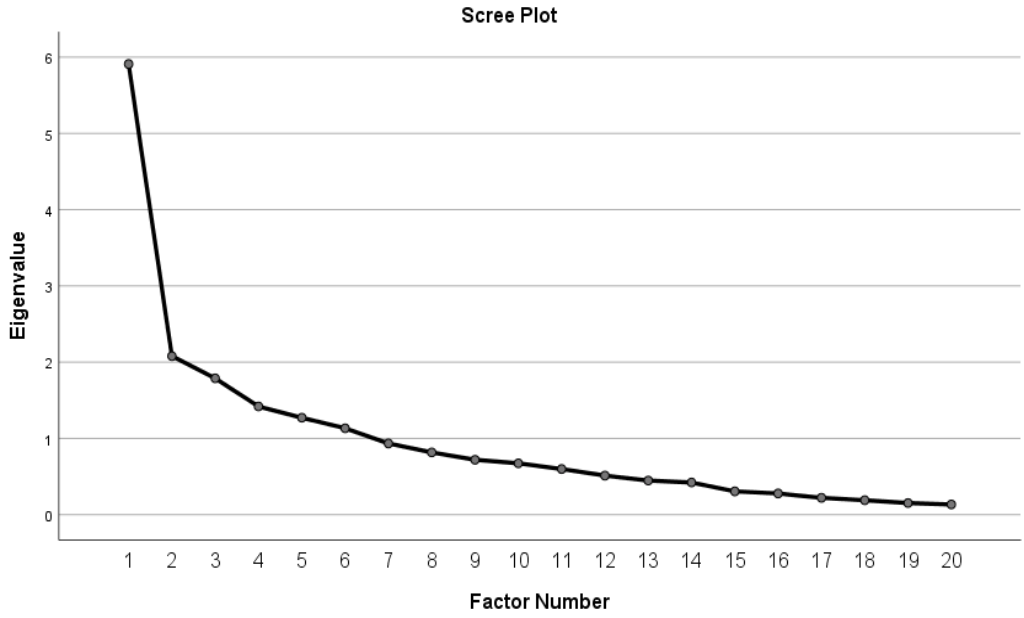

Figure 2. Scree Plot for Study 2.

Table 10

Factor Loadings of the Final Version

Routine (Order)	Non-Routine (Maintenance-Production)
Dust off *(.78)*	Household appliances, tools, items, etc. construction, maintenance/repair *(.81)*
Sweep the house *(.77)*	Other activities related to construction and repair *(.77)*
Wiping floors and Windows *(.75)*	Home maintenance/repairs (painting/wallpapering, plumbing/electrical repairs, decor changes, carpentry, etc.) *(.71)*
Making beds and changing linens *(.70)*	Home maintenance/repairs (painting/wallpapering, plumbing/electrical repairs, decor changes, carpentry, etc.) *(.71)*
Spreading and collecting washed clothes and textiles *(.64)*	Washing of transport vehicles (cars, bicycles, scooters, etc.) *(.61)*
Outdoor area (balcony, terrace, porch, etc.) cleaning *(.54)*	Maintenance/repair of household transportation vehicles (cars, bicycles, scooters, etc.) *(.60)*
Hand washing of clothes and textiles *(.40)*	Going to garage/mechanic, car wash, warranty check and inspection *(.50)*

Table 10 (cont.d)

Factor Loadings of the Final Version

Routine (Order)	Non-Routine (Maintenance-Production)
Serving food, setting the table *(.32)*	Producing new clothing and textile products (sewing, knitting, embroidery, etc.) *(.40)*
Coffee, tea etc. preparation of drinks *(.30)*	Preparing the meal *(.33)*
Communication with institutions, organizations and service providers, both face to face and online (phone, e-mail, subscription...) *(.28)*	Other activities related to local government and organization, face to face and online *(.20)*

After the factor analysis, reliability analysis were conducted again for the scales and sub-dimensions used in the research. While the general Cronbach's alpha value of the FAD used within the scope of the research was .83, Cronbach's alpha values for the roles and general functionality subscales were calculated as .55 and .85, respectively. While the Cronbach alpha value for SHS was .63, the Cronbach alpha values of the groups consisting of feminine and masculine housework were calculated as .61 and .40, respectively. Reliability analysis was conducted for the MWRE scale after factor analysis. Following the factor analysis, reliability analyses were conducted separately for the remaining items and the resulting factors. While the overall Cronbach alpha value of the MWRE scale was .85, the Cronbach alpha values of the two-factor routine and non-routine housework subscales were calculated as .77 and .80, respectively. For MWRE, the Cronbach alpha coefficient, which was .83 in Study 1, increased to .85 in Study 2. Reliability coefficients can be seen in Table 11 and if-item-deleted values can be seen Table 12.

Table 11

Reliability Statistics for Study 2

	Cronbach's Alpha	*N*
MWRE (Routine Tasks)	.77	10
MWRE (Non-routine Tasks)	.80	10
MWRE	.85	20
RSD	.55	11
GFSD	.85	12
TFAD	.83	23
SHS (Feminin Houseworks)	.61	7
SHS (Masculine Houseworks)	.40	5
SHS	.63	12

Note. MWRE= Men-Women Role Expansion in Housework Scale, FAD= Family Assessment Device, RSD= Roles Sub-dimension of FAD, GFSD= General Functioning Sub-dimension of FAD, TFAD= Total Family Assessment Device, SHS= Sharing Housework Scale

Table 12

Cronbach's Alpha if Item Deleted for Study 2

	Cronbach's Alpha if Item Deleted
Serving food, setting the table	.84
Cooking and preparing food	.85
Coffee, tea etc. preparation of drinks	.84
Sweep the house	.84
Dust off	.84
Wiping floors and Windows	.84
Outdoor area (balcony, terrace, porch, etc.) cleaning	.84
Making beds and changing linens	.84
Hand washing of clothes and textiles	.84

Table 12 (cont.d)
Cronbach's Alpha if Item Deleted for Study 2

	Cronbach's Alpha if Item Deleted
Spreading and collecting washed clothes and textiles	.84
Producing new clothing and textile products (sewing, knitting, embroidery, etc.)	.84
Construction and renovation (home, shed, garage or landscaping)	.83
Home maintenance/repairs (painting/wallpapering, plumbing/electrical repairs, decor changes, carpentry, etc.)	.84
Household appliances, tools, items, etc. construction, maintenance/repair"	.84
Maintenance/repair of household transportation vehicles (cars, bicycles, scooters, etc.)	.83
Washing of transport vehicles (cars, bicycles, scooters, etc.)	.83
Other activities related to construction and repair	.84
Go to garage/mechanic, car wash, warranty check and inspection	.84
Communication with institutions, organizations and service providers, both face to face and online (phone, e-mail, subscription...)	.85
Other activities related to local government and organization, face to face and online	.85

6.4 Limitations

Although Study 2 opens an area suitable for gender-based analysis by applying and strengthening the scale to a different sample, it has some limitations. First, the scale needs to be tested again and again by working with larger samples because it could only be tested with a small number of people within the scope of this thesis study.

Second, although conducting Study 2 with couples is a plus, collecting data online poses many drawbacks. First, questions arise whether the scale items are solved as expected and whether they are clearly understood. In addition, it was not possible to check online whether the couples had to resolve the issue without consulting each other.

Nevertheless, Study 2, including Study 1, can be seen as a step towards making the scale more reliable and valid. Although there are areas for improvement, this master's thesis has introduced a new and necessary measurement tool to the literature that is open to measurement.

Chapter 7
Study 2 Findings

7.1 Descriptive Statistics

Tables 13 and 14 below show the mean, minimum, and maximum values and standard deviations of the scores that the participants received from the scales they answered. For women, the mean value of the housework participation score obtained from the MWRE (MWRE-FPS) scale was 7.16, while the mean value of men's scores from the same scale (MWRE-MPS) was found to be 7.18. For the routine tasks subscale of MWRE (MWRE-RT), the mean value of women is 5.84, while the mean value of men is 1.08. For the non-routine housework subscale of MWRE (MWRE-NRT), the mean value of women is 1.32, while the mean value of men is 6.10. The rest of the scores can be seen in Tables 13 and 14.

While the mean value of the housework participation scores that men give to their wives is 6.72, the mean value of the housework participation scores that women give to their spouses is 6.16. If a participant says that he/she does more of all routine or non-routine tasks (10 items), a maximum of 10 points can be received from each subdimension and a maximum of 20 points in total.

Table 13

Descriptive Statistics of the Scores for Women (n=50)

Variable	*M*	*SD*	Min.	Max.
MWRE	7.16	1.05	0	14
MWRE-MPS	6.16	2.44	0	10
MWRE-RT	5.84	2.91	0	10
MWRE-NRT	1.32	1.05	0	4
SHS	5.38	2.09	0	9
SHS-F	4.48	1.76	0	7
SHS-M	.90	.76	0	3
RSD	2.00	.43	1	3
GFSD	1.65	.54	1	3

Table 13 (cont.d)

Descriptive Statistics of the Scores for Women (n=50)

Note. M = Mean, SD = Standard Deviation, Min. = Minimum Value, Max. = Maximum Value, MWRE = Men-Women Role Expansions in Housework Scale, MWRE-MPS = Men-Women Role Expansions in Housework Male Participants Points, MWRE-RT = Men-Women Role Expansions in Housework Scale Routine Tasks Subscale, MWRE-NRT = Men-Women Role Expansions in Housework Scale non-Routine Tasks Subscale, SHS = Sharing Housework Scale, SHS-F = Sharing Housework Scale Feminin Houseworks Subscale, SHS-M = Sharing Housework Scale Masculine Houseworks Subscalei TFAD = Total Family Assessment Device, RSD = Roles Sub-dimension of Family Assessment Device, GFSD = General Functioning Sub-dimension of Family Assessment Device

Table 14

Descriptive Statistics of the Scores for Men (n=50)

Variable	*M*	*SD*	Min.	Max.
MWRE	7.18	2.76	0	13
MWRRE-FPS	6.72	3.87	0	12
MWRE-RT	1.08	1.02	0	5
MWRE-NRT	6.10	2.37	0	9
SHS	3.22	1.64	0	7
SHS-F	.68	.84	0	3
SHS-M	2.54	1.26	0	5
TFAD	3.37	.74	2	6
RSD	1.97	.36	1	3
GFSD	1.56	.50	1	3

Note. M = Mean, SD = Standard Deviation, Min. = Minimum Value, Max. = Maximum Value, MWRE = Men-Women Role Expansions in Housework Scale, MWRE-FPS = Men-Women Role Expansions in Housework Female Participants Points, MWRE-RT = Men-Women Role Expansions in Housework Scale Routine Tasks Subscale, MWRE-NRT = Men-Women Role Expansions in Housework Scale non-Routine Tasks Subscale, SHS = Sharing Housework Scale, SHS-F = Sharing Housework Scale Feminin Houseworks Subscale, SHS-M = Sharing Housework Scale Masculine Houseworks Subscale, TFAD = Total Family Assessment Device, RSD = Roles Sub-dimension of Family Assessment Device, GFSD = General Functioning Sub-dimension of Family Assessment Device

By comparing the scores obtained from the SHS with the sample mean, participants' participation in housework was determined as low or high. Detailed descriptives about participation status are given in Tables 15 and 16.

Table 15

Descriptive Statistics of the Participation Status for Women (n=50)

Variable	High Participation	Low Participation
SHS	86%	14%
SHS-M	90%	10%
SHS-F	94%	6%
MWRE	88%	12%
MWRE-RT	94%	6%
MWRE-NRT	64%	36%

Note. MWRE = Men-Women Role Expansions in Housework Scale, MWRE-RT = Men-Women Role Expansions in Housework Scale Routine Tasks Subscale, MWRE-NRT = Men-Women Role Expansions in Housework Scale non-Routine Tasks Subscale, SHS = Sharing Housework Scale, SHS-F = Sharing Housework Scale Feminine Housework Subscale, SHS-M = Sharing Housework Scale Masculine Houseworks Subscale

Table 16

Descriptive Statistics of the Participation Status for Men (n=50)

Variable	High Participation	Low Participation
SHS	74%	26%
SHS-M	84%	16%
SHS-F	76%	24%
MWRE	86%	14%
MWRE-RT	50%	50%
MWRE-NRT	88%	12%

Note. MWRE = Men-Women Role Expansions in Housework Scale, MWRE-RT = Men-Women Role Expansions in Housework Scale Routine Tasks Subscale, MWRE-NRT = Men-Women Role Expansions in Housework Scale non-Routine Tasks Subscale, SHS = Sharing Housework Scale, SHS-F = Sharing Housework Scale Feminine Housework Subscale, SHS-M = Sharing Housework Scale Masculine Houseworks Subscale

7.2 Correlational Analyses

The relationship between variables was analyzed by Pearson correlation coefficient analysis. In this regard, firstly, the relationship between the scores obtained from the SHS and MWRE scales and their subscales, which serve the same purpose, was examined. A positive significant relationship (r = .54, p <.05) was detected between MWRE points and SHS points. A positive significant relationship (r = .86, p < .05) was also detected between MWRE-RT and SHS-F. Finally, a positive significant relationship (r = .65, p < .05) was detected between MWRE-NRT and SHS-M. Thus, routine domestic work is strongly related to feminine work and vice versa.

Additionally, there is a significant positive relationship between MWRE (for both men and women) scores and the feminine (r = .35, p <.05) and masculine (r = .25, p <.05) subscales of the SHS. While there was a positive significant relationship between SHS and the routine tasks subscale of MWRE (r = .71, p <.05), no relationship was detected with the non-routine tasks subscale (r =-.18, p >.05).

There is a negative significant relationship between the same MWRE subscale and SHS-M (r =-.36, p <.05). There is a negative significant relationship between the same MWRE subscale and SHS-F (r =-.54, p <.05). First research question of the thesis is supported.

When looking at the equal participation of men and women in housework, a negative significant relationship was found between MWRE-EPS and SHS (r =-.24, p <.05) and SHS-M (r =-.20, p <.05). No relationship was found between MWRE-EPS and SHS-F.

Pearson correlation coefficients between the two scales are shown in Table 17.

Table 17

Pearson Correlation Coefficients of the Variables for the Study 2(n=100)

Variable	SHS	SHS-F	SHS-M
MWRE	.54*	.35*	.25*
MWRE-RT	.71*	.86*	-.36*
MWRE-NRT	-.18	-.54*	.65*
MWRE-EPS	-.24*	-.10	-.20*

Table 17 (cont.d)

Pearson Correlation Coefficients of the Variables for the Study 2(n=100)

Note. MWRE = Men-Women Role Expansions in Housework Scale, MWRE-RT = Men-Women Role Expansions in Housework Scale Routine Tasks Subscale, MWRE-NRT = Men-Women Role Expansions in Housework Scale non-Routine Tasks Subscale, MWRE-EPS = Men-Women Role Expansions in Housework Scale, MWRE-RT = Men-Women Role Expansions in Housework Scale Equal Participation Scores, SHS = Sharing Housework Scale, SHS-F = Sharing Housework Scale Feminine Housework Subscale, SHS-M = Sharing Housework Scale Masculine Houseworks Subscale

Correlation analyses were made on a *gender-based* basis for Study 2. Correlation analyses based on participants' *self-evaluations* are listed. According to gender-based analyses, for women, there was a significant relationship between MWRE scores and RSD (r = .33, p <.05), and GFSD (r = .43, p < .05) a positive significant relationship was found. For men, no relationship was found between MWRE scores and RSD (r = -.03, p >.05) and GFSD (r =-.06, p >.05). Thus, the more women are involved in domestic work, the more roles and general functioning of the family deteriorates for women, and vice versa for men.

When both genders are considered together for equal participation scores (MWRE-EPS), a negatively significant relationship between RSD and MWRE-EPS has been detected. Thus, equal participation in couples increases the role functioning of the family also increases. The second research question of the thesis is supported.

When looking at MWRE-RT scores, for women, no relationship was found between MWRE-RT scores RSD (r = .27, p >.05). But there was a positive significant relationship was found between MWRE-RT and GFSD (r = .42, p <.05). For men, there was no relationship between MWRE-RT, RSD (r =-.08, p >.05), and GFSD (r =-.14, p >.05) detected. Thus, according to women the more women are involved in non-routine domestic work, the more the role functioning of the family deteriorates. For men, the relationship between MWRE-NRT scores and RSD (r = .00, p >.05), and GFSD (r = -.01, p >.05) could not be detected. For women's MWRE-NRT, a significant positive relationship was found between, RSD (r = .41, p <.05) and GFSD (r = .33, p <.05).

In Study 2, the relationship between marriage year and MWRE scores was examined separately for men and women. For women, a significant positive

relationship was found between the duration of marriage and their MWRE scores (r = .36, p <.05). A negative significant relationship was found between the MWRE-EPS (r = -.28, p <.05) given by women for equal participation in housework and marriage year. While a positive significant relationship was found between women's routine housework scores MWRE-RT (r = -.40, p <.05) and marriage year, no relationship was found between non-routine housework and marriage year. For men, no relationship was found between marriage duration and MWRE scores.

When looking at the marriage age, a negative significant relationship was observed between the marriage age and MWRE (r =-.30, p <.05) and MWRE-NRT (r =-.28, p <.05) for men. In other words, as the marriage age increased for men, their participation in housework decreased. For women, marriage age was not related to any housework participation scores. Gender-based correlation analyses are listed in Tables 18 and 19.

Table 18

Gender-Based Correlations for Women (n=50)

Variable	RSD	GFSD	Marriage Year	Marriage Age
MWRE	.33*	.43*	.36*	.05
MWRE-EPS	-.30*	-.14	-.28*	.02
MWRE-RT	.27	.42*	.40*	.02
MWRE-NRT	.41*	.33*	.12	.13

Note. MWRE = Men-Women Role Expansions in Housework Scale, MWRE-RT = Men-Women Role Expansions in Housework Scale Routine Tasks Subscale, MWRE-NRT = Men-Women Role Expansions in Housework Scale non-Routine Tasks Subscale, RSD = Roles Sub-dimension of Family Assessment Device, GFSD = General Functioning Sub-dimension of Family Assessment Device

Table 19

Gender-Based Correlations for Men (n=50)

Variable	RSD	GFSD	Marriage Year	Marriage Age
MWRE	-.03	-.06	.03	-.30*
MWRE-EPS	-.37*	-.21	-.25	.06
MWRE-RT	-.08	.-14	-.13	-.14
MWRE-NRT	.00	-.01	.10	-.28*

Table 19

Gender-Based Correlations for Men (n=50

Note. MWRE = Men-Women Role Expansions in Housework Scale, MWRE-RT = Men-Women Role Expansions in Housework Scale Routine Tasks Subscale, MWRE-NRT = Men-Women Role Expansions in Housework Scale non-Routine Tasks Subscale, RSD = Roles Sub-dimension of Family Assessment Device, GFSD = General Functioning Sub-dimension of Family Assessment Device

Participants' evaluations of their spouses' participation were also considered in the correlation analyses. When the participants responded to the survey questions, if they said that they did a job more, they were given one point, and if they said that the opposite sex did it more, their partner was given one point. As a result of this scoring, people's participation scores and the scores they gave to their spouses' participation were formed. Accordingly, no relationship could be detected between women's evaluations of their husbands (MWRE-MPS) and their GFSD ($r = .01$, $p > .05$) scores. However, a significant negative relationship was found between women's evaluations of their husbands and their RSD scores ($r = -.32$, $p < .05$). There is a positive significant relationship between men's evaluations of their wives (MWRE-FPS) and RSD ($r = .35$, $p < .05$), and GFSD ($r = .36$, $p < .05$) scores have been detected. That is, as the housework participation score women gave to their husbands increased, women's role-based functionality increased. As the housework participation score given by men to their wives increased, men's role-based functionality and general functionality decreased.

For equal participation in housework, scores evaluated (MWRE-EPS), for women, there is a negative significant relationship between GFSD and MWRE-EPS ($r = -.30$, $p < .05$). For men, there is a negative significant relationship between GFSD and MWRE-EPS ($r = -.32$, $p < .05$). No relationship could be found between MWRE-EPS and RSD for men. That is, as the equal participation of men and women in housework increased for women, there was also an increase in women's role-based functionality. Evaluations of spouses' correlations are listed in Table 20.

Table 20

Evaluations of Spouses' Correlations (n=100)

Variable	RSD	GFSD
MWRE-MPS (Women's Evaluation on men)	-.32*	.04
MWRE-FPS (Men's Evaluation on women)	.35*	.36*
MWRE-EPS (for women)	-.30*	-.14
MWRE-EPS (for men)	-.37*	-.21

Note. MWRE-MPS= Men-Women Role Expansions in Housework Scale Male Participation Scores, MWRE-FPS= Men-Women Role Expansions in Housework Scale Female Participation, TFAD = Total Family Assessment Device, RSD = Roles Sub-dimension of Family Assessment Device, GFSD = General Functioning Sub-dimension of Family Assessment Device

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7.3 Group Differences

At this stage, the differences between the groups were examined for the Study 2. MWRE scores are given based on people's self-evaluation. While looking at the differences between the groups, they were evaluated based on the scores people gave themselves. Some of the group differences were examined on a gender basis. According to the MWRE scale, gender differences, the working status of men and women (high or low), the working status of men and women (currently working or not), and income contributions (partner, themselves, both equal, someone else) were compared. In this section, independent samples t-test and ANOVA analyses were used.

7.3.1 Gender differences. It was examined whether the scores obtained from MWRE and its subscales differed according to gender. Accordingly, MWRE scores did not differ ($p > .05$) according to gender for men ($\bar{x} = 7.18$, $SD = 2.76$) or women ($\bar{x} = 7.16$, $SD = 3.63$). However, MWRE-RT scores differed ($p < .05$) depending on gender between men ($\bar{x} = 1.08$, $SD = 1.02$) and women ($\bar{x} = 5.84$, $SD = 2.91$). MWRE-NRT scores differed ($p < .05$) according to gender, men ($\bar{x} = 6.10$, $SD = 2.37$) or women ($\bar{x} = 1.32$, $SD = 1.05$). Gender differences are listed in Table 21.

Table 21

Gender Differences for Stduy 2 (n=100)

Variable	Participation Status		*P*
		Mean (*SD*)	
MWRE	Men	7.18 (2.76)	.97
	Women	7.16 (3.63)	
MWRE-RT	Men	1.08 (1.02)	.00
	Women	5.84 (2.91)	
MWRE-NRT	Men	6.10 (2.37)	.00
	Women	1.32 (1.05)	

Note. MWRE-RT = Men-Women Role Expansions in Housework Routine Tasks Subscale, MWRE-NRT = Men-Women Role Expansions in Housework non-Rouitne Task Subscale, MWRE = Men-Women Role Expansions in Housework Scale, *SD* = Standart Deviation

7.3.2 Participation status differences. It was examined whether RSD scores differed according to the participation of men and women in housework. Accordingly, it was determined that women's RSD scores did not change ($p > .05$) depending on their low ($\bar{x} = 2.12$, $SD = .380$) or high ($\bar{x} = 1.99$, $SD = .437$) participation in housework. For men, it was found that men's RSD scores differed ($p < .05$) depending on their low ($\bar{x} = 2.34$, $SD = .416$) or high ($\bar{x} = 1.92$, $SD = .320$) participation in housework.

When looking at the GFSD, it was found that women's GFSD scores did not change ($p > .05$) depending on their low ($\bar{x} = 1.46$, $SD = .336$) or high ($\bar{x} = 1.64$, $SD = .563$) participation in housework. For men, it was found that men's GFSD scores varied ($p < .05$) depending on their low ($\bar{x} = 1.90$, $SD = .740$) or high ($\bar{x} = 1.50$, $SD = .438$) participation in housework.

7.3.3 Working conditions differences. Considering working conditions (face-to-face, online, hybrid), MWRE scores did not differ ($p > .05$) according to participation in housework for both genders.

7.3.4 Working status differences. Working status (currently working or not) and MWRE scores are examined. An independent sample t-test was used. When looking at the differentiation according to current working status, women's participation in routine housework scores (MWRE-RT) did not change ($p > .05$) according to current working status yes ($\bar{x} = 5.83$, $SD = 2.89$) or no ($\bar{x} = 5.88$, $SD =$

3.22). Women's non-routine housework participation scores (MWRE-NRT) did not change (p>.05) based on current working status yes ($\bar{x}$ = 1.33, SD = 1.09) or no ($\bar{x}$ = 1.25, SD = .88), and women's general housework participation scores (MWRE) did not change (p>.05) based on current working status yes ($\bar{x}$ = 7.17, SD = 3.68) or no ($\bar{x}$ = 7.13, SD = 3.60).

For men, men's routine housework participation scores (MWRE-RT) did not change (p>.05) based on current working status yes ($\bar{x}$ = 1.11, SD = 1.04) or no ($\bar{x}$ = .67, SD = .57). Men's non-routine housework participation scores (MWRE-NRT) varied (p<.05) according to current working status yes ($\bar{x}$ = 6.04, SD = 2.44) or no ($\bar{x}$ = 7.00, SD = .00). Men's overall housework participation scores (MWRE) did not change (p>.05) based on current working status yes ($\bar{x}$ = 7.15, SD = 2.84) or no ($\bar{x}$ = 7.67, SD = .57). Thus, only men who do not currently work may involve more in non-routine domestic work.

7.3.5 Income contribution differences. Participants were asked who contributed more to the household income; their spouse, themselves, both equally, or someone else. One-way ANOVA was used. It was tested whether MWRE, MWRE-RT and MWRE-NRT scores differ according to the income contribution.

For women, MWRE differences between the income contribution were not significant (F(2, 47) =.828, p > .05). MWRE-RT differences between the income contribution were not significant (F(2, 47) = 1.316, p > .05). MWRE-NRT differences between the income contribution were not significant (F(2, 47) = .620, p > .05).

For men, MWRE differences between the income contribution were not significant (F(2, 47) =2.872, p > .05). MWRE-RT differences between the income contribution were not significant (F(2, 47) = .356, p > .05). MWRE-NRT differences between the income contribution were not significant (F(2, 47) = 2.889, p > .05).

Chapter 8

Summary of the Two Study

In Study 1, the factor structure of the scale intended to be developed was studied. The sample of Study 1 is a convenience sample and consists of students' parents. Study 1 is considered a preliminary study and factor analyses were applied. In the first study, the 44-item scale was reduced to 24 items as a result of factor analysis. This last two-factor structure explained 40.2% of the total variance. The reason for conducting a second study is to run the scale with a more targeted sampling. In the second study, a dyadic sampling of married couples was studied. This was a study in which the scale was applied to the target audience. In Study 2, four items that were found to have factor loadings below .20 were removed from the scale, and the final version of the scale was determined as a two-factor structure consisting of 20 items. This two-factor structure explained 43.1% of the total variance.

These results in Study 2 are at a better level of explanation compared to Study 1. While 40.2% of the total variance was explained for the two-factor structure in Study 1, this rate increased to 43.1% due to Study 2. While the Cronbach alpha reliability coefficient of the scale was .83 for Study 1, this Cronbach alpha reliability coefficient increased to .85 with Study 2. In other words, as can be seen in these results, Study 2 contributed to the improvement of the scale planned to be developed. In addition, choosing the target audience of the scale as a sampling in the second study allowed the scale to be evaluated better.

To sum up, Study 2, MWRE, and old version SHS showed a strong criterion validity that the subscales of both scales have strong positive correlations. Also, MWRE and FAD show a positive correlation in the expected direction that equal participation in housework increases, and family functionality also increases. Lastly, there are expected group differences, where female participants were found to be more related to routine domestic work than men, and an increase in men's participation in housework there is also an increase in family fauncitonality (FAD).

Chapter 9
Discussion and Conclusion

9.1 Discussion of Findings for Research Questions

This thesis study aims to provide an up-to-date measurement tool to the literature for couples' role in domestic work. In this regard, the study is inspired by the Sharing of Housework Scale used by Eker in 1994. Since there have been significant changes in both the world and the Turkish social structure since 1994, there is a need for an up-to-date scale for the sharing of housework. There is no scale come across in terms of development of the scale for further studies in the literature so far.

The main expectation for the research is to determine a relationship between the older version of SHS, which serves the same purpose, and the current scale, to test the validity and reliability of the scale, and to examine the relationship of the scale with another variable, which can be seen as a preliminary study.

As a result of the factor analyses, the final version of the Men-Women Role Expansions scale consists of 20 items. In Study 1, which started with 44 items, the final version of the scale remained with 20 items. While creating the scale items, Eker's expert opinion was consulted on all 44 items individually. According to the factor distribution, two-factor distributions suitable for routine and non-routine housework in the literature were observed. When looked at in light of the information in the literature, it is thought that routine housework meets the feminine housework part of SHS, and non-routine housework meets the masculine housework part of SHS.

As a result of the analyses, primarily the relationship between the MWRE and SHS scales was examined. As expected, a significant positive relationship was found between the MWRE and SHS subscales. Likewise, a positive significant relationship was found between the routine housework subscale of MWRE and the feminine housework of SHS. A significant positive relationship was also detected between the non-routine housework subscale of MWRE and the masculine housework of SHS. As a result, as expected, a positive significant relationship was observed between the MWRE scales and subscales and the SHS scale and subscales. This shows the criterion validity of the scale.

For the routine and non-routine subscales of the MWRE scale, it was determined that women did more routine housework and men did more non-routine housework. This coincides with the findings in the literature. When looking at the literature, it is generally thought that routine housework is seen as feminine and represents the female stereotype, while non-routine housework is seen as more masculine and represents the male stereotype (Baxter, 2002, Kan, Sullivan, and Gershuny, 2011, Craig, Powell and Brown, 2016). In this thesis study, it was determined that men participate more in non-routine housework compared to routine housework and, that they see routine housework as more feminine.

9.1.1 Discussion on main variables. In this section, theoretical and practical implications are discussed based on the research findings.

9.1.1.1 Theoretical implications. The roles and general functionality subdimensions of the Family Assessment Device, which measures family functionality, were included in the study. As the scores from the FAD increase, a decrease in the family's functionality is observed. In Study 2, gender-based analyses were conducted separately for men and women since couples were studied, which increases the external validity of the findings. Accordingly, as women's participation in housework increased, their general FAD scores also increased. Likewise, as women's participation in housework increased, there was a decrease in the family's general functionality and role-based functionality.

The most substantial finding here is that as women's participation in housework increases, the functionality of the family decreases according to all sub-dimensions. For both men and women, the functionality of the family has deteriorated as women's responsibilities for housework have increased. In other words, according to these findings, traditionally known family roles disrupt the functionality of the family. According to Bulog, Pepur, and Smiljanić (2022), it is necessary to diminish the intense housework burden on women to ensure family well-being. These could lead to less stressed women and families and hence increase the well-being of society. These shows that the benefits of traditional family roles to family and society are open to question. With the increase in women's participation in housework, a decrease in family functionality has been observed. An increase in family functionality was observed with the increase in the equal participation of men and women in housework. These showed that rather than women taking more responsibility in housework

compared to men, equal participation of men and women in housework may be related to higher family functionality. According to men, family functionality decreased as their wives' participation in housework increased.

When equal participation scores are examined, as equal participation in housework increases, an increase in functionality is observed. In other words, the equal participation of men and women in housework is related to the functionality of the family.

Another opportunity provided by the scale is that spouses also give each other a score. Among the MWRE items, the spouses of the participants were given one point for the tasks that their spouses stated they did more. In other words, while the participants gave themselves a score, they also gave a score to their spouses. This evaluation was also included in the Study 2.

According to these spouse evaluations, no relationship was found between the housework participation scores that women gave to their husbands and the general functionality of the family. However, the housework participation scores that women give to their husbands are related to role-based functioning. That is, as women see their husbands participating more in housework, role-based functionality increases.

For men, the housework participation score they give to their wives is related to role-based and general functionality of the family. That is, when men said their wives participated more in housework, a decrease was observed in all family-related functions. It shows that women's taking on too much responsibility at home may be related to a decrease in family functionality according to men (see Table 20).

When considering these, traditional family role distributions seem to be related to the unhealthy functionality of the family. In other words, as a result of gender-based housework distribution, women taking more responsibility for housework seems to be related to more unhealthy family functionality. On the other hand, equal participation of men and women in housework seems to be related to more healthy family functionality.

According to Carlson, Miller, and Rudd (2020), when housework is shared equally, partners are more satisfied. It is consistent with the findings of this research. Additionally, according to Frisco and Williams (2003), it is observed that inequality in the sharing of housework could result in an unhappy marriage and divorce. In this regard, it can be said that the equal participation of men and women in housework may

affect the family's functionality. That is, while more egalitarian structures may be related to healthier family functionality; structures in which housework is shared more gender-based may be related to unhealthy family functioning.

Although the housework participation score from the entire scale does not differ by gender, the scores from the routine (order) and non-routine (maintenance-production) subscales differ by gender. In addition, when the average scores of women and men in the routine and non-routine housework subscale are examined, it is seen that women's routine housework average score averages are higher than men's, and men's non-routine housework average score averages are higher than women's. In other words, participation in routine or non-routine housework differs depending on whether the participant is a woman or a man. As stated by Craig and Powell (2016), women are more interested in routine work than men, while men are more interested in non-routine work than women. This coincides with the general knowledge in the literature.

Women's participation in housework increased as the duration of marriage increased. In addition, women's participation in routine (order) housework increased as the duration of marriage increased. According to women, as the equal participation of men and women in housework decreased, the duration of marriage increased. In other words, women do more housework as the duration of their marriage increases, and as the duration of marriage for women increases, the equal participation of men and women in housework decreases. However, for men, the duration of marriage was not related to participation in housework. This shows that, while the duration of marriage may affect to participation in housework for women, it is not so for men.

As men's age at marriage increased, their participation in housework decreased. The same situation was observed for non-routine tasks. That is, the earlier a man in the sample got married, the more his participation in housework and non-routine (maintenance-production) housework increased. For women, marriage age was not related to participation in housework.

Then, it was examined whether the participants' family functioning varied according to their low or high involvement in housework. Accordingly, for men, role-based functionality and general functionality differed according to their participation in housework, whether it was low or high. For women, role-based functionality and general functionality did not differ according to women's participation in housework.

When the working status considered wheter it will differ according to housework participation scores, a surprising finding has emerged here. Only for men, participation scores of non-routine housework differed according to whether they were currently working or not. No other housework participation scores differed by working status for either gender. Another striking finding was that housework participation scores did not vary according to contribution to household income. At this stage, these findings may be due to working with a relatively small sample.

9.1.1.2 Practical implications. As a result of this study, a valid and reliable measurement tool for sharing housework has been added to the Turkish literature. It is anticipated that, this measurement tool will pave the way for studies on the distribution of male and female roles in domestic responsibilities in terms of housework in Turkey. The scale, can be used in future studies to strengthen its place in the literature.

Unlike the distinction between routine and non-routine housework in the literature, a distinction between order and maintenance-production was identified in this thesis study. This factor structure may become clear with the use of the scale in future studies. Further studies are considered as important to name the factor structure of the scale. The scope of the scale should be expanded by reusing the scale with larger sample groups and by including different relationship dynamics (living together but not married, homosexual relationships, etc.). No current housework-sharing study has been found in the Turkish literature. For this, such a measurement tool will pave the way for studies on the sharing of housework in the literature. The scale will be strengthened by being used again. Since the distinction between routine and non-routine housework in the literature has not been studied in Turkey before, future studies can be based on whether this division will differ within Turkey and be compatible with the structure of family and domestic roles in Turkey. The scale has proven to be a valid and reliable measurement tool, but it should strengthen its place in the literature by working with different sample groups in the future. For further studies, all these findings should be tested with different and larger samples for Turkey.

9.2 Conclusion

In Study 2, gender-based analyses could be included, because couples were reached. As a result of these analyses, a relationship was detected between the MWRE scale, which is intended to be updated, and the scores obtained from the SHS. The

significant correlation between these two scales, which serve the same purpose, shows that the updated scale makes an accurate measurement.

According to the MWRE scale, as the score women gave to their husband's participation in housework increased, that is, as their husbands participated in housework, there was an increase in the functionality of the family based on roles. However, as the scores women gave to their partners' housework participation scores increased, no change was detected in general functionality.

General functioning decreased as men rated their partners' involvement highly. In other words, while traditional gender roles that women take more responsibility for housework increase, there is a decrease in the functionality of the family. Men taking more responsibility for housework did not relate to this functionality.

Additionally, for both men and women, there was an increase in functionality on some points, as the equal participation in housework score increased. As equal participation for men increased, the general functionality of the family increased. For women, as equal participation increased, the roles-based functionality of the family increased. In other words, equal participation is also related to the family functionality.

Briefly, as a result of this thesis study, all questions of the research were confirmed. That is, MWRE and SHS are strongly related, MWRE and family functioning (FAD) are strongly related, women undertake more routine housework (order), while men undertake more non-routine (maintenance-production) housework, and men's high participation in housework is strongly related to high family functioning.

9.3 Recommendations and Limitations

All of the research questions in the study were answered. The non-routine tasks, identified with masculine tasks include household tasks that are considered routine, such as "cooking and preparing food" and "producing new textile products". While the item "Communication with institutions and organizations" was thought to be non-routine, it was seen with routine tasks in the factor distribution. As a result of this factor structure, it was observed that the housework in the 1st factor was maintenance-production tasks, and the tasks in the 2nd factor were order tasks. Although there is no prominent distinction in the literature, this is one of the aspects of the study that can be improved. This distinction should be taken into consideration in future studies. The division may become clearer as more different and larger sample groups are studied.

Routine and non-routine tasks are distributed within themselves in a way that overlaps with what is in the literature. A relationship has been determined between the scores of the SHS and MWRE. But, when participation status is considered, it may be necessary to test the scale with different and larger samples.

This scale can be used frequently in the future to measure the impact of global disasters and situations on the family structure in Turkey. The updated scale can be included in the literature as a useful scale to measure how the changing Turkish social structure affects the family, the smallest unit of society.

There have not been many studies on housework in Turkey since 1994. This scale, developed by Eker in 1994, has to be updated after almost 30 years. Although many studies have been conducted in the world on the sharing of housework and the distribution of roles in domestic responsibilities after COVID, such studies are not often found in Turkey. Although it is necessary to work with larger groups, this updated scale and this thesis study have paved the way for literature on housework. A scale was added to the literature to be used in future studies.

The biggest limitation of the research is that married couples cannot be reached face-to-face. Applying and retesting the scale face-to-face through more comprehensive and in-depth research will strengthen the scale. In addition, two data collection studies were carried out within the scope of this master's thesis, and a total of 150 couples people were reached. Carrying the study further and working with a larger sample of couples will strengthen the scale's place in the literature.

It has been established that participation in housework is related to family functionality. However, a situation that related to family functionality has not been studied sufficiently in Turkey. By introducing this updated scale into the literature, the way for further studies on housework has been paved. However, the scale that is intended to be updated should be tested by applying it to larger sample groups in future studies. The scale should be used with different and larger groups in the literature. For example, in the future, the distribution of domestic roles within different family and relationship dynamics should be observed by working with heterosexual and homosexual couples who are not married but living together.

It would be very valuable to test the scale again for future research. This study meets all the necessary conditions for the scale to be included in the literature, but for

the scale to find its place in the literature, it is necessary to work with different sample groups.

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