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And the Cosmopolitans Plan Parenthood . . . !

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This study investigates why some families are effective in family planning while others are not. It is concerned with selected social-psychological factors that influence the process of family planning and the outcome of fertility in the family. It deals specifically with the relationship between the self-conception of the wife and the degree of effectiveness in planning the family. Self-concept of the wife, as used here, is defined as the particular composite of roles with which she identifies.

Importance of the Study

The foremost impetus for the study was derived from the universality of the population problem. Population control is a worldwide problem that requires continuing attention in both the developing and the more developed countries.

The rate of world population has been accelerating over the years. The precise statistics of the rate of the growth since the creation of man do not exist; however, we can safely assume that during the course of man's existence on the face of earth the rate of growth has increased from about 2 percent per millenium to 2 percent per year, i.e., a thousand-fold increase. The meaning of that 2 percent rate is far more meaningful if we look at the population's approximate growth rates. While in 1830 there were only one billion people on earth, in 1930 the population doubled to 2 billion, in 1960 there were 3 billion. The population of the world is predicted to increase from three billion in 1960 to an approximate of eight billion by the year 2000.

In the United States the population might level off and stop growing if couples had an average of 2.3 children; however, if each couple had only one more child, the population would double within 40 years. (24) The acuteness of the problem was voiced by President Richard Nixon in a congressional meeting. He recommended that a committee should ". . . seek to stimulate public awareness, understanding, and action in the face of the greatest population increase mankind has experienced." (9) On the basis of that statement, the Population Crisis Committee was formed in 1969.

The few studies that have been concerned with the broad topic of family planning and the use of the different contraceptive techniques have dealt mainly with general surveys of families in terms of education, social class, type of family, and the effect of these variables on the fertility rates. There has been an apparent paucity of studies on the dynamics of family social-interactional factors which lead to the creation of roles and self-concepts in the families and the effect of these variables on attitudes and behavior supportive of or in opposition to birth control.

The medical developments in family-planning techniques have been impressive. Family-planning clinics have been established to serve the public. For those who cannot afford to buy certain products or have certain operations performed, such services are offered on a sliding payment scale to interested applicants. Families interested in using birth control measures can obtain such information and devices in most communities at a price they can afford. Yet many do not use the services; of those who do, many are ineffective family planners. Such is the basis for the second impetus for this study.

Attempts to investigate the problem of ineffective family planners have led to answers dealing with social classes and the degree of education. The findings in general are that families with higher education and/or who are in the higher socioeconomic classes have made the most effective use of family planning and vice versa. Yet we find that some of these families do not manifest effective family planning and miss clinic appointments. These actions suggest the possibility of other social-psychological variables to account for these lapses.

Purpose of the Study

The primary purpose of the study was to determine whether the self-concept of the wife, as viewed both by herself and the husband, is related to the process and the circumstances under which the family is willing and able to initiate and effectively carry through a program of birth control and family planning. A secondary purpose was to explore the theoretical nature of role theory and self-conception and to test their applicability and usefulness in an empirical study concerning family planning.

It is the purpose of this paper to demonstrate that the more inclined a wife is toward perceiving herself as having a high community orientation, i.e., having a cosmopolitan outlook on marriage and sharing in extra-familial activities, the greater the effectiveness in family planning. Of those families where there is a high success in family planning, a positive congruency between self-conception of wife and her roles as perceived by herself and as perceived by her husband will prevail. In such cases both the husband and the wife will perceive the wife as cosmopolitan-oriented to a high degree.

Theoretical Framework and Major Assumptions

A theoretical framework was needed to insure a systematic design for the study and to give focus to the issues to be investigated. A guiding theoretical framework points to the focal and relevant questions and to the indices to be used within the design. The major conceptual unit for this study was the marriage pair. Several approaches to family study were considered initially. These were the structural-functional approach, social system analysis, and the developmental approaches to the study of the family. The interactional approach for the study of a social group is the framework ultimately selected for the study. Under the auspices of this approach, it is essential to view the human being as an actor as well as a reactor. Man does not respond to the environment as physically given, rather to an environment that is filtered through symbolic processes, i.e., man reacts selectively to a symbolic environment. (18: 135-136) Methodologically, this indicates that the researcher should investigate the subjective view of the world as seen by the human being when explicating and interpreting the social behavior of subjects.

A person not only acts and reacts to an environment, he acts and reacts to the significant others in the environment, and accordingly he redefines and modifies his behavior. One cannot talk meaningfully about the behavior of a mother without considering that of her child. Every role has a meaningful counter role. To use those terms more explicitly is to refer to interpersonal relations, i.e., to the relevant interactions. This study includes pertinent questions about different patterns of interactions in the family setting that might lead to different role conceptions, such as community-oriented versus non-community-oriented roles; it also attempts to investigate, in turn, the effect of these role-conceptions on family planning effectiveness.

Definitions of Concepts

1. Self-Concept

The most important independent variable in the study is that of self-conception. At the present time there is not one definition that draws an absolute agreement among the social scientists. The author adopted

the general definition of self-conception as presented by Turner. (22) The definition to follow is based on role theory, and is an extension of the Meadian-Cooley framework. Role, according to Turner, ". . . is not merely a set of behaviors or expected behaviors, but a sentiment or goal which provides unity to a set of potential actions." (20:26) These roles make up the organizing framework for self-conception. The imputed self-conception is derived from interaction with the significant others. It is communicated from ego to other and vice versa.

Self-conception could be considered as the cognitive awareness of the self, derived from interactions with significant others. This cognitive awareness is based on ego's perception of the responses of others to him and his conception of the role of the generalized other. An underlying assumption guiding the present research is that ". . . social roles constitute the organizing framework for self-conception." (8)

Self-conception, as was used in this study, presumed the possibility of a repertoire of roles of varying extent from highly institutionalized to those that were formulated as a product of a certain interaction situation. Self-conception, as perceived by ego, constitutes what ego thinks he is, what he can do, achieve, or what he can do once the social structure supplies the incentive and possibility of executing the effort. It is the more stable "real me" of the ego.

The interactive world of the wife encompasses a repertoire of major significant others, i.e., the persons or actors with whom she will interact by virtue of the social structure surrounding her. It is assumed in this study that the significant other with whom her interactions will be considered is the husband. The husband-wife relationship will be a major factor in determining the repertoire of roles with which a wife identifies and makes the framework for her self-conception. An underlying factor for considering the husband as a significant other is by virtue of the fact that the study deals with family planning and birth control which involves the two designated partners.

Roles, the major component of self-concept in this study, are created and stabilized or modified in the course of interaction between ego and the significant other. Role identification is a function of the nature of reciprocity between the actor and the manifested-other role. To the extent that this is so, then ego must receive validation of this role from the significant other. If the behavior of the relevant other is congruent with the assigned purpose or sentiment, ego's verification of his own role is perceived. Otherwise a process of modification and redefinition comes into play.

In this study the repertoire of roles with which ego identifies are assumed to be the net product of the previous process. The wife identifies with the particular roles through many interactions with husband and through many modifications. That does not preclude the fact that the process of modification and redefinition is continuous, but it indi-

cates that the instant the interview was rendered, ego had achieved a temporary stability in the imputed self-conception.

The different roles with which a woman in the American society can identify could be divided into two broad categories: family-oriented and community-oriented roles. If these are allocated on two separate continua, ranging from low to high involvement on each one of the repertoire of roles, wives could have high or low identification on the two of them, or high and low on one or the other as shown on a, b, c, d of Figure 1.

FIGURE 1

a	X		X a
low	high	low	high
b	X	X	b
low	high	low	high
c X			X c
low	high	low	high
d X		X	d
low	high	low	high
(1) Cosmopolitan Orientation		(2) Family Orientation	

One finds that some of the roles with which women are inclined to identify are those that have a family orientation and are basically related to the sentiments and goals of raising a family and keeping a house. A wife who shares the social life of her husband has extra-familial activities; community orientation is one that is considered in this study as cosmopolitan-oriented. It is anticipated that both the cosmopolitan-oriented wife and the non-cosmopolitan-oriented wife will identify, to a certain extent, with the repertoire of the roles that identify family orientation.

2. Interactions in the Family

The study was also concerned with communication in instrumental areas of life, as well as in the self-disclosure of personal feelings, communication in leisure spheres, i.e., in the expressive areas in the lives of the married couples. Two facets of interaction were investigated. The first was the expressive facet of action which encompasses the companionship. It was further necessary to subdivide the expressive segment of interaction into:

a. Qualitative interaction, where the attributes and traits of interaction were interpreted. It included intimacy in matters like sex.

b. Quantitative interaction, where merely the frequency of interaction was explored.

The second facet considered was that related to interactions between husband and wife concerning family planning and birth control.

3. Powerlessness

Seeman (13) postulated that an individual's response to mass society is one of alienation. The specific aspect of it that influences social learning is "powerlessness." (14) Powerlessness is defined as the "expectancy or probability held by the individual that his own behavior cannot determine the occurrence of the outcome, or reinforcements, he seeks." (13) External powers and events control the life of individuals who have a high degree of powerlessness.

To plan one's own family, a great deal of knowledge needs to be sought and learned. If the person who is highly powerless does not feel he can control his external environment and therefore does not seek the knowledge, would not that highly powerless person also be ineffective in family planning? The same question could also be posed in terms of the learning motivation required for roles including these cosmopolitan ones.

4. Effectiveness and Ineffectiveness in Family Planning

Success in family planning is the conscientious planning of each and every pregnancy, while failure in family planning means the occurrence of unwanted pregnancies. Success in planning a family could be achieved by using birth control until pregnancy is wanted. On the other hand, failure in family planning is subdivided into different categories. In one we find the families who have never used contraceptive methods. These people have made no effort to plan pregnancy; they indicate a lack of urgency for planning, yet they already have more children than they want. Some indicate that they have given thought to use of contraception and add, "I was planning to go to the clinic to get something when I got pregnant." In the third group are the sporadic users. They might have used several different kinds of contraceptive devices, but they were not able to use them in any satisfactory, consistent, or successful way.

Success or failure could be defined as above, objectively, and also could be defined subjectively by each couple. It was expected that the subjective view would be as important in relation to the independent variables as the objective measure is predicted to relate.

In order to differentiate between the subjective and objective designations of success and failure in family planning, two different terms are applied. "Effectiveness" in family planning is the term used to designate the way each wife perceived the history of her pregnancies to date; "success" was used to designate the author's evaluation objectively of the sum total of planning in all the previous pregnancies.

Hypotheses

Three major hypotheses and two subhypotheses guided the study. These were:

1. The more inclined a wife is toward perceiving herself as having a high community orientation, i.e., having a cosmopolitan outlook on marriage and sharing in extra-familial activities, the more the effectiveness in family planning. Effectiveness was that subjectively indicated by the wife and as objectively calculated by the number of pregnancies the wife indicated were planned.

1a. Of those families where there is high effectiveness in family planning, a positive congruency between self-conception of wife and her roles as perceived by her husband will prevail, i.e., both husband and wife will perceive the wife as high cosmopolitan-oriented.

2. The higher the score of husband-wife interaction, the higher both the success and effectiveness in family planning; while the lower the husband-wife interaction score, the greater the possibility of a lower effectiveness and lower success in family planning.

3. The higher degree of community orientation of the wife, the more likely she will be a less powerless person, and she will perceive herself as controlling the environment.

3a. Consequently, the less powerlessness the wife manifests, i.e., the more control she perceives she has over the environment, the higher the possibility of effectiveness and success in family planning.

The Research Design

1. Population and Setting

The respondents for this study were 126 wives and 72 of their husbands. The sample was selected from the general population of wives who attended the different clinics in a county health department center and a planned parenthood office in a major city in the United States. The de facto randomization was accomplished by interviewing whatever patient who happened to be in the waiting room and was married and living with her husband at the time of the interview. Names of respondents who were married and living with their husbands were also obtained from nurses, clerks, and from charts.

The clinics of the Public Health Department serve a number of small cities within the larger metropolitan county. As might be expected, more of the clinic patients were from the lower classes than the middle classes. The planned parenthood center is located in a poorer neighborhood; nevertheless, it drew middle and lower class patients in about the same proportions.

2. The Measurement Instruments

Several indices were used to gather data for the different variables.

A. *Self-Conception*

As old as the concept is, the literature still lacks a definitive index that will test the concept in its totality and in the interactionist approach. The index used was developed in several steps.

A group of 20 wives was interviewed during the first phase of the pilot study. Half of these wives were housewives only; the other half had community activities and outside interests, and some of them were working. Some of the 20 were senior nursing students in a university and were married. The interview was based on the widely known "Who am I?" questionnaire. (6) Each wife was asked to write twenty possible answers starting with "I am — — —," "I — — —," and "I have — — —." These answers were collated and the relevant role orientation answers were reduced. Since the interactionist framework for self-conception used in this investigation is defined as the repertoire of roles imputed by significant others and identified with by ego, the purpose of the pilot study was to find out the repertoire of roles identified with by non-community-oriented and community-oriented wives.

Initially the author planned to describe each of the decided-upon roles on a separate card and ask the respondents through a Q-sort technique to divide the cards into two piles, those roles that represent them and those that do not. Since this procedure might have been somewhat abstract for the segment of the population that was interviewed in the public clinics, a simpler index was developed. Each one of the 18 designated roles was reduced to a picture.

The 18 roles depicted and enacted in the pictures were randomly arranged and numbered and given to both wives and husbands. Some of the roles enacted are those of a leader role (could also be a teacher role); the community-oriented role, where the model is in a discussion with a group of associates, friends, or colleagues in a place that could be a home, work, or in a community setting. Other pictures show a housewife washing dishes, a housewife ironing, and so on. The intended cosmopolitan roles were presented in 10 pictures and eight provided the non-cosmopolitan roles or familial roles. The Q-sort procedure guided the picture interview.

B. *Interactions in the Family*

Two types of interactional circumstances have been investigated as complementary to each other. One aspect is quantitative interaction. The empirical measure of this was obtained from questions which always started with "How often . . ."; e.g., How often do you discuss birth control mechanisms with your husband?

The second and more significant aspect of interaction considered the quality of the communication process. It was decided that interaction would be enhanced if intimacy was an integral part of the relationship, whether between friends or a couple. The more often two people are willing to reveal themselves and their problems to each other, the higher the likelihood of a high quality interaction. Interaction in sex matters was considered to be an important aspect of intimacy in general.

The second and third subdivisions of the quality of interactions are preference and trust. In common sense language, interaction is expected to be enhanced if the two people who are interacting prefer to be with each other. Undoubtedly a person is more able and willing to reveal his problems, his real self, if he trusts his partner—either wife, relative, or friend in an interaction situation. An underlying assumption stems from the interactionist approach. Since roles are imputed by significant other and communicated in an interaction situation, the quality of interaction would then affect the degree of congruency of roles between roles as perceived by ego (wife) and as perceived by the significant other (husband).

C. *Powerlessness*

The measure of this variable was derived from an instrument designed and used in several studies reported by Seeman and Evans. (14) It is composed of forced-choice items.

D. *Success and/or Failure in Family Planning*

Measurement of this variable required a full pregnancy history, the number of children the subject had, what birth control methods were used, how often and when they were stopped. The subject was asked if each pregnancy occurred in spite of birth control, because no birth control was used, because it was stopped specifically to have a baby, or because birth control was stopped for other reasons. This information was needed to arrive at the objective measure of success or failure in family planning. The subjective view of the subject was sought by asking the wives whether or not they considered themselves effective or ineffective in family planning.

3. Method of Collecting Data

The wife respondents were interviewed in the offices of a health department or a family planning center. The interview-questionnaire method was utilized for the collection of data.

After the completion of the questionnaire part of the questionnaire-interview conference, the second part ensued. The 18 randomly-arranged pictures were handed to the respondent, and she was asked to look at each picture carefully and then to place the pictures into two groups: "those that remind her very much of herself" and "those that do not remind her of herself." After the two groups were isolated, the number on the back of each picture was recorded. The next portion of the collection of data involved an interview concerning the history of pregnancies and the use of chemical or mechanical birth control methods.

Husbands were interviewed at home by a male interviewer. The routine followed that for wives; it involved to a certain extent the same set of questions for powerlessness and interactions. The "picture set" was then given to the husbands; they were asked to look at each one carefully and to place each picture in one of two groups, "those that

most reminded you of your wife" and "those that least reminded you of your wife." The numbers on the back of each picture were recorded in the "most" and "least" columns.

Findings

Two measures of the dependent variable were used: one was the wife's subjective evaluation of her effectiveness in planning her own family; it ranged from high to low effectiveness. The second, the objective measure, placed the family as high, medium, or low at success in family planning, depending on the percentages of the planned pregnancies as determined from the history of each pregnancy. Data for the two variables were compared. About 97 percent congruency was established between the low subjective and low objective measures, while around 90 percent congruency was found between the highs of the objective and subjective measures.

Two interpretations of this congruency are: first, wives are realistic about the evaluation of the state of effectiveness in their families and/or, second, the evaluation was somewhat implied by the interviewer and, through discussion, the wife adopted the idea. The second alternative seems unlikely; in the great majority of instances, the researcher, at the time of asking these particular questions, had no idea about the degree of effectiveness in family planning.

The conceptualization of the problem concerning the relationship between the self-conception of the wife and the success or failure in family planning led to the hypothesis that the more inclined a wife is toward perceiving herself as having a high community orientation, i.e., having a cosmopolitan outlook on marriage and shares in extra-familial activities, the more effectiveness in family planning is anticipated, as subjectively indicated by the wife. As shown in Table I, the directional relationship anticipated is manifested and it is unlikely that it is due to chance. The wives who saw themselves as occupants of more cosmopolitan roles, whether or not their conception included all or few of the non-cosmopolitan roles, were found to be much more effective in planning their families. They were able to get almost exactly the number of children they had intended. In the families classified as highly effective the wives were found to have high cosmopolitan orientation in that they participated in community activities, either worked, or were active in church, Parent Teacher Associations, volunteer agencies, or the like. Moreover, they perceived themselves as formal or informal leaders or both. By no means did a wife have to be a working wife to perceive herself high cosmopolitan. The pictures attempted to depict neutral roles that could be interpreted as formal or informal roles in a structured job or as formal or informal roles in community function.

The diversification of the roles of a wife will influence her to investigate and follow effectively a successful course of family planning so

that she will deliberately plan her pregnancies. This usually is done so that she may still enjoy her chosen and diversified role repertoire.

TABLE I

FREQUENCY AND PERCENTAGE OF THE RELATIONSHIP BETWEEN EFFECTIVENESS IN FAMILY PLANNING AND WIVES' SELF-CONCEPTION

Self-conception of wife	Effectiveness in Family Planning			
	High	Medium	Low	Total
Low cosmopolitan	25.7% (10)	84.8% (22)	93.5% (56)	(88)
High cosmopolitan	74.5 (30)	15.4 (4)	6.7 (4)	(38)
Totals	100.0 (40)	100.0 (26)	100.0 (60)	(126)

Internalization of role repertoire occurs particularly when significant others approve and reward the roles. In this study, high positive congruency between husband and wife concerning the cosmopolitan roles of the wife was anticipated to result in high family planning effectiveness. Theoretically, implementations of roles are intensified when husbands agree with the sentiments, goals, and behaviors of the roles with which wives chose to identify. These families were expected to be more effective planners than families with low congruency or those in which husbands and wives agreed on the wife's self-conception as being low cosmopolitan. As shown in Table II, two forms of incongruencies were delineated. In one the wife perceived herself as high cosmopolitan and the husband perceived her as low; in the other the reverse occurred. Since the wife is the one who is expected to deal with family planning, then it is reasonable that the first type would be more effective in family planning. This subhypothesis was not supported by the data.

The interaction index was composed of three indices combined: intimacy, preference, and trust. The directional relationship in the hypothesis was not supported by preference or trust index. However, the predicted relationship did hold for the intimacy measure. In other words, intimacy was shown to be the most important index in comparison with preference and trust.

Of respondents scoring high on husband-wife intimacy, 47 percent were also high in effectiveness as compared with 37 percent with low effectiveness. For those low on husband-wife intimacy, 79 percent were also low in effectiveness and nine percent scored high on family-planning effectiveness.

Husband-wife interactions, measured by the three combined indices, were found to have some relationship to effectiveness in family planning. The higher the score for husband-wife interactions, the higher was the degree of effectiveness. A low husband-wife interaction score referred

TABLE II

FREQUENCY AND PERCENTAGE OF CONGRUENCY BETWEEN SELF-CONCEPTION OF WIFE AND HUSBAND'S CONCEPTION OF WIFE'S ROLES AND EFFECTIVENESS IN FAMILY PLANNING

Wife's self-conception	Effectiveness in Family Planning: Low Effectiveness, Conception of wife by husband: High cosmopolitan	Low Effectiveness, Conception of wife by husband: Low cosmopolitan	Medium Effectiveness, Conception of wife by husband: High cosmopolitan	Medium Effectiveness, Conception of wife by husband: Low cosmopolitan	High Effectiveness, Conception of wife by husband: High cosmopolitan	High Effectiveness, Conception of wife by husband: Low cosmopolitan	Total
Low cosmopolitan	100.0% (9)	95.5% (21)	100.0% (4)	85.8% (12)	11.2% (1)	58.4% (7)	(54)
High cosmopolitan	0 (0)	4.6 (1)	0 (0)	14.3 (2)	88.9 (8)	41.7 (5)	(16)
Totals	100.0 (9)	100.0 (22)	100.0 (4)	100.0 (14)	100.0 (9)	100.0 (12)	(70)

to a relationship in which the predominant pattern of marital life involved a lack of intimacy, companionship, and an inability of the husband and wife to discuss with each other such subjects as religion, birth control, etc., that might reveal their inner feelings (67 percent). Husbands and wives in the low interaction category had little knowledge of each other's friends and each other's social activities. Elizabeth Bott described some of these patterns of interaction under what she called ". . . segregated conjugal role relationships," where: ". . . husband and wife have a clear differentiation of tasks and a considerable number of separate interests and activities. They have a clearly defined division of labor into male tasks and female tasks. They expect to have different leisure pursuits, and the husband has his friends outside the home and the wife has hers." (2:54) In other words, while in the first group there is a much higher degree of emphasis upon the husband and wife relating as persons and as individuals, in the second we find them relating more as actors of normatively-specified and circumscribed roles. (4:150-152) There is a sense of togetherness, companionship, and joint relating to a higher degree in the first group and to a lower degree in the second group. The couples in the first group were more effective in family planning because they are able to discuss it freely, deal with it, and share with each other all aspects of life, including planning their own family.

Husband-wife interactions were found to be positively related to self-conception. Whether high cosmopolitan self-conception promotes high husband-wife interactions, or high husband-wife interaction predisposes to high cosmopolitan self-conception was beyond the scope of this study. Of those wives who perceived themselves as high cosmopolitan, 80 percent had a high effectiveness in family planning, and of those wives who perceived themselves as low cosmopolitan, 65 percent had also low effectiveness in family planning.

It was anticipated that a higher congruency would prevail among husbands and wives in their perception of husband-wife interactions among the successful than among the unsuccessful family planners. The findings were that husbands and wives who perceived their interactions as high had a slightly higher success in planning their families, 100 percent (N=11), while husbands and wives who perceived their interactions as low had the lowest success in the planning, 70 percent (N=14). There is a tendency toward supporting the directional relationships anticipated.

More wives in the low cosmopolitan group showed high powerlessness (66 percent) and more wives in the high cosmopolitan group showed low powerlessness (74.6 percent). The significance of this result could be clarified by recapitulating it qualitatively. The larger the repertoire of roles with which the wife identified, the more she perceived herself as controlling the environment. Sixty percent of the wives who were high in powerlessness were also low effective, and 48.5 percent who were low in powerlessness were also high in effectiveness. The anticipated directional change was slightly documented.

Three major independent variables—wife's self-conception, husband-wife interactions, and powerlessness—were anticipated to affect the variability of effectiveness in family planning. Findings presented thus far support the anticipated direction of relationships. Of the three variables, which might be contributing the highest variability in the dependent variable? Tables III and IV aid in dealing with this question. Noting Table III, 81 percent (N=17) of high cosmopolitan wives with high husband-wife interactions and low degree of powerlessness are also high effectiveness in family planning, while only 3 percent (N=1) of low cosmopolitan wives with low husband-wife interactions and high degree of powerlessness are high effectiveness. By contrast, for those rated as low effectiveness five percent (N=1) were high cosmopolitan wives, with high husband-wife interactions and low degree of powerlessness, and 80 percent (N=27) were low cosmopolitan wives with low husband-wife interactions and high degree of powerlessness. Thus, high cosmopolitan orientation plus high husband-wife interactions plus high degree of control over environment (low powerlessness) will *lead to more effective* family planning. Low cosmopolitan orientation, plus low husband-wife interactions, plus high powerlessness lead to *less* effective planning.

Table IV shows that the effect of the wife's self-conception on the variability in effectiveness in planning is 44 percent of the total variability. Husband-wife interactions accounted for 18 percent, while powerlessness accounted for only 6 percent. The total effect of the three independent variables is 64 percent. The "t" test for the wife's self-conception as perceived by wife and effectiveness was significant ($p < .05$). The "t" test for husband-wife interactions and powerlessness did not yield significant findings.

Summary

The purpose of this study of the problem of family planning was to investigate why some families are effective in family planning and others are not. The design of the research was based on the interactionist approach to the study of dyadic members in a family constellation. The main theory used was that of role and its importance in the establishment of the self-conception. The study investigated the high cosmopolitan and low cosmopolitan self-conception, interaction patterns in the family, and powerlessness, as these views concerned the degree of effectiveness in family planning. Indices were designed to test for each variable and then indices were combined to form the interview-questionnaire material.

Tests of significance were applied between the independent variables and the dependent variable in order to be able to determine the significance of each one on the variability of the dependent variable. Wive's self-conception had the highest effect on effectiveness in family planning. It was found to be significant at the $p < .05$ level. The variables, husband-wife interactions and powerlessness, had a lesser effect on the variability of the effectiveness in family planning, with husband-wife interactions having the higher effect of the two.

TABLE III

FREQUENCY AND PERCENTAGE OF THREE INDEPENDENT VARIABLES
BY EFFECTIVENESS IN FAMILY PLANNING

Wife's Self-conception

Effectiveness in Family Planning	High Cosmopolitan				Low Cosmopolitan				Totals
	Husb-Wife Interaction by Wife				Husb-Wife Interaction by Wife				
	Low		High		Low		High		
	Powerlessness		Powerlessness		Powerlessness		Powerlessness		
	High	Low	High	Low	High	Low	High	Low	
High Effectiveness	100.0% (1)	60.0% (3)	75.0% (6)	81.0% (17)	3.0% (1)	11.8% (2)	11.2% (2)	29.5% (5)	(37)
Medium Effectiveness	0 (0)	0 (0)	12.5 (1)	14.3 (3)	17.7 (6)	29.5 (5)	22.3 (4)	41.2 (7)	(26)
Low Effectiveness	0 (0)	4.0 (2)	12.5 (1)	4.8 (1)	79.5 (27)	58.9 (10)	66.7 (12)	29.5 (5)	(58)
Totals	100.0 (1)	100.0 (5)	100.0 (8)	100.0 (21)	100.0 (34)	100.0 (17)	100.0 (18)	100.0 (17)	(121)

TABLE IV

PROPORTION AND "t" TEST OF WIFE'S SELF-CONCEPTION, HUSBAND-WIFE INTERACTION, AND POWERLESSNESS, AS PERCEIVED BY WIFE, BY EFFECTIVENESS IN FAMILY PLANNING

Effectiveness in Family Planning	Wife's Self-conception								
	High Cosmopolitan Husb-Wife Interaction by Wife				Low Cosmopolitan Husb-Wife Interaction by Wife				
	Low Powerlessness		High Powerlessness		Low Powerlessness		High Powerlessness		
	High	Low	High	Low	High	Low	High	Low	Totals
High and Med. Effectiveness	1.00 (1)	.60 (5)	.88 (8)	.95 (21)	.21 (34)	.41 (17)	.34 (18)	.71 (17)	(121)
Estimated variance	.000	.048	.013	.043	.064	.014	.123	.012	E = .319

Effect of Wife's Self-conception on variations in family planning = .44, $t = 3.14$, $p < .05$

Effect of Interaction on variations in family planning = .18, $t = 1.3$, $p > .05$

Effect of Powerlessness on variations in family planning = .06, $t = .4$, $p > .05$

Total effect of above three independent variables on Effectiveness in Family Planning = .64

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