

Practices of Time and Energy Management in Household Activities by Homemakers Working in Different Colleges of Karachi

Madiha Maryam¹, Parveen Saeed²

Hamdard Institute of Education and Social Sciences,
Hamdard University, Karachi
PAKISTAN.

¹madihamaryam@hotmail.com

ABSTRACT

The main aim of the study was to find out the practices of time and energy management in household tasks by 'Working Home Makers' who are employed in different educational institutions (Govt.) of Karachi. The scope of the study was limited to time and energy management in household tasks of homemakers working in different government colleges of Karachi. A sample of 200 homemakers was taken. Results revealed that working homemakers have knowledge of simplifying homemaking tasks but they practice work simplification methods in Dishwashing, Food preparation and housecleaning. They hire paid help in Laundering and housecleaning

Keywords: *time and energy management, household activities, working homemakers*

INTRODUCTION

During the last ten years there has been a colossal rise in the number of women entering the labor market of Pakistan due to inflation and technological development. These changing standards and values forced homemaker to enter the mainstream employment. Despite all the changing norms of our society it appears that society still scrutinize woman as a mother, daughter and wife along with employment.

Working homemaker want to accomplish more work within limited amount of time that is 24 hours as day and energy as reciprocal to this all they face psychological issues which affect their performance at both ends.

Household tasks in most of the countries are considered as unpaid work force though they involve loads of time and energy consumption of home makers. The 2001 Pakistan Demographic and Health Survey (DHS) revealed that more than 80% respondents reported that they decide what to cook whether alone or in consensus with another family member (Arshad et al., 2008). It is also discussed in the same study that tasks such as cooking, dishwashing, ironing, washing clothes, cleaning house are if contract out it would sum up around Rs. 4000/ month (Arshad et al., 2008, p. 14) Dishwashing is done only once by the paid worker and rest of the time it is lady of the house's responsibility.

This figure explains clearly the importance of unpaid working home makers. In the midst of such situations homemaker would lose terribly on effectiveness and efficiency. Its negative blow leads to mental stress and physical disorders. Irritable grumpy behavior at work and dullness would impact greatly on working homemaker performance.

In Pakistan, women are mostly involved in education sector and this field is one of the least vulnerable in terms of job security. (Statistics Division, Govt. of Pakistan, March 2012). Number of holidays with half day time dedication and steady income stream are seen beneficial particularly to female as this field allows women to manage both work and family

life (UNESCO & Agahi, 2008). Studies have already been carried out on balancing work and family life in Pakistan (Ahmad, 2013) (Arshad, Khanum, Ali, & Saeed, 2008).

Household activities includes dishwashing, food preparation, house cleaning, Laundering and Storage. If employed home makers can save their strength in these tasks, they can find the time for rest and recreation along with their best performances at work, it means they are good managers. (Gilberth, Scientific Management in the houshold, 1912), (Irene, 1972)(Gross, Crandal, & Knoll, Management for Modern Families, 1980)

Practical house cleaning tips for working home makers were suggested by (Lannin, 2009). Manual dishwashing habits were explored by (Berkholz, Stamminger, & et.al, 2010) . The research studies are also carried out on work and family life conflicts, stress faced by working home makers. Effect of body posture and stress experienced by workers during laundering were studied by (Kaushik & Charpe, 2008). They suggested that while during laundering it is less tiring if the arrangements for washing are made while standing.

Numerous researches have been carried out in household activities involved all tasks related to home making. Several questions can be asked from homemakers regarding their working attitude towards homemaking task like if they can substitute, combine the tasks, can use latest equipments etc. (Louis, 1943, pp. 629-630).

Time and motion studies were carried out in the kitchen activities (Gross & Everette, Research in Worksimplification, 1945), (Heiner, 1943) used several tools in order to identify simplest tool used for mashing, paring and cutting potatoes. She calculated the time consumed in food preparation activities.

Keeping in view these researches, this research aims in proper understanding of employed homemaker's time and energy management practices. There is a missing paradigm of how they carry out daily household chores, what type of help they take and if they feel distracted due to their multitasking jobs. With this point of view researcher aim in disclosing the importance of time and energy management in household activities since, peace at home life can bring an effective and promising career.

OBJECTIVES

The Overall purpose was to study the Practices of time and energy management in household tasks by 'Working homemakers' employed in different educational institutions (Govt.) of Karachi.

Specific Objectives

In more specific terms the study aimed following objectives:

1. Type of help taken During household chores by Home makers
2. Do employed homemakers have knowledge of time and energy saving methods in household activities
3. And if they have knowledge of those methods, do they practice those methods in their daily household activities

HYPOTHESIS

There is no significant affect of knowledge of time and energy saving methods in household activities on the practices of employed homemaker's household activities.

METHODOLOGY

The overall strategy of this study was a quantitative survey method. The **population** for this study were all the 'Working Home Makers' (female) who are currently employed as teaching staff in different Government colleges of Karachi. A **Sample** of 200 homemakers employed as teaching staff in different government colleges of Karachi were selected.

Sampling Design

Since the population was finite, large enough and looks homogenous, hence sampling was done employing multistage probability sampling.

- In Phase I, a list of 65 Government colleges (female) was obtained from CAP (central admission Policy) form published by Directorate general colleges (Sind) Karachi. Through systematic random sampling 10 colleges were selected from the list of 65 by using nth interval.

$$NthInterval = \frac{Population}{Sample} = 65 \text{ colleges}/10 \text{ colleges} = 6.6$$

- Hence every 7th college from the list was drawn.
- Metroville College Site was dropped from the list due to law and order situation and next College in the list was taken. In this way homemakers employed in female colleges from different towns of Karachi were included.
- In Phase II, from each of the 10 colleges selected from phase1, 20 homemakers employed as teaching staff were randomly selected.
- The procedure followed was to first enlist all the homemakers employed teaching staff of that particular college and then choosing 20 teachers through simple random sampling.

Research Tool

A semi structured questionnaire was used as a tool for the study. Questionnaire had two sections.

- The first section items related to demographic characteristics of the respondents, required to carry out the study. Most of these items/questions were close-ended but few items/questions were also kept open-ended.
- The second section consisted of 20 items/questions formulated mainly to achieve the information and data necessary to set and test the hypothesis.
- In the second section 20 items/questions were scale items/question employing Likert scale: Strongly Agree (5), Agree (4), Uncertain (3), Disagree (2), and strongly disagree (1).
- Interviewing technique was self administered and data was collected through face to face interviewing in personal visits.

Validity

Face and content validity was ensured during the development of the tool. A logical link was established between the items of the questionnaire with objectives of the study to ensure face validity. Content validity of each of the item was assured through review of literature (Irma H., 1963) (Lenon, 1994 ,September) (Maragaret, 1954) (Nickle, Rice, & Tucker, 1976) (Swanson, 1981) and consultation by the experts.

Reliability

Reliability of the 20 likert type items was tested through Cronbach's Alpha. The value of alpha is 0.860, which indicates high level of internal consistency of items. A pilot test of 20 - 50 cases is usually assumed to be sufficient to discover the major flaws in adds time to a pretest (Sudman, 1986). So in order to ensure reliability, a pilot study was conducted on a small scale (N=20) with working homemakers similar to those who were to be included in the final sample.

Based on learning arrived from pilot phase, the draft questionnaire was further modified and refined in respect of its wording, physical setting, meaningfulness, respondent's mood and timing etc. During this process outlook of the draft was also changed, few items were rephrased and modified.

Data analysis

Single quantitative analytical technique involving both descriptive and inferential statistical procedures was used. Tables with frequencies and percentages were used to describe the descriptive data. A paired sample t-test was used to test hypothesis. Data was analyzed using SPSS version 17.

RESULTS

1. Profile of the sample

Table 1. Demographic Characteristics of Employed homemakers (N=200)

| Characteristics | Count | Percentage |
|-----------------------|-------|------------|
| <i>Marital status</i> | | |
| Married | 129 | 64.5% |
| Never Married | 71 | 35.5% |
| <i>Family type</i> | | |
| Nuclear | 126 | 63% |
| Joint | 74 | 37% |
| <i>Qualification</i> | | |
| PhD | 6 | 3% |
| M-Phil | 7 | 3.5% |
| Masters | 187 | 93.5% |
| <i>Age</i> | | |
| Below 35 years | 134 | 67% |
| 36-45 years | 37 | 18.5% |
| 46 years & above | 29 | 14.5% |

The above table shows the demographic characteristics of working homemakers. Most of the respondents are Below 35 years, married and living in Nuclear families that is husband, wife and their children.

Average household size is 6.22 Persons of homemakers employed in different colleges of Karachi.

2. Hiring Paid help

Table 2: Distribution of working homemakers' Hiring of Paid helper for performing domestic chores According to Marital status

| <i>Hiring Paid help</i> | <i>Marital status</i> | | | | | |
|-------------------------|-----------------------|--------------|---------------|--------------|------------|--------------|
| | Married | | Never Married | | total | |
| | Count | Col % | Counts | Col % | Counts | Col % |
| <i>Yes</i> | 88 | 68.2 | 26 | 36.6 | 114 | 57.0 |
| <i>No</i> | 41 | 31.8 | 45 | 63.4 | 86 | 43.0 |
| <i>Total</i> | <i>129</i> | <i>100.0</i> | <i>71</i> | <i>100.0</i> | <i>200</i> | <i>100.0</i> |

At overall level about 57% respondents hired paid help for their household chores. Interestingly the incidence and tendency of hiring paid help is significantly higher among married home-makers working in educational colleges. Majority of those respondents who hired paid- help the average estimated to be Rs. 3422 per month.

3. Type of help and household activities

Table 3: Distribution of working homemakers' household activities with the type of help taken during household chores by Home makers

| <i>Type of help taken</i> | <i>Household activities</i> | | | | | | | | | |
|---------------------------|-----------------------------|------------|-----------------------------|------------|-----------------------|------------|---------------------------|------------|-------------------------------|-----------|
| | <i>For Dish washing</i> | | <i>For Food Preparation</i> | | <i>For Laundering</i> | | <i>For House Cleaning</i> | | <i>Maintenance of storage</i> | |
| | <i>F</i> | <i>%</i> | <i>F</i> | <i>%</i> | <i>F</i> | <i>%</i> | <i>F</i> | <i>%</i> | <i>F</i> | <i>%</i> |
| <i>Paid help</i> | 48 | 24 | 16 | 8.0 | 86 | 43 | 81 | 40.5 | 10 | 5 |
| <i>Members help</i> | 31 | 15.5 | 41 | 20.5 | 18 | 9 | 23 | 11.5 | 33 | 16.5 |
| <i>Themselves</i> | 79 | 39.5 | 97 | 48.5 | 58 | 29 | 59 | 29.5 | 83 | 41.5 |
| <i>Combination of all</i> | 42 | 21 | 46 | 23.0 | 38 | 19 | 37 | 18.5 | 72 | 36 |
| <i>Total</i> | <i>200</i> | <i>100</i> | <i>200</i> | <i>100</i> | <i>200</i> | <i>100</i> | <i>200</i> | <i>100</i> | <i>198</i> | <i>98</i> |

The above table explains the type of help taken whether the household tasks is done by working homemaker , by members of their family, paid help or they take combination of all these three in different household activities of working homemakers.

Apparently it is obvious from the above table that the working women are themselves involved in their households chores, however among those who are seeking paid-help, majority of them gets hired for house cleaning followed by laundering and dish-washing.

4.

H₀: There is no significant affect of knowledge on practices of time and energy methods in household activities among working homemakers

To find out the affect of knowledge on Practices of time and energy methods used in household activities among working home makers Paired sample t-test was applied. SPSS version 17 was used to analyze the data.

Table 4: Knowledge and Practices of working homemakers in Household activities

| | | <i>Paired sample test</i> | | | | |
|---|--|---------------------------|-------------|-----------------------------|------------|--------------------|
| | | <i>Correlation</i> | | <i>Paired Sample t-test</i> | | |
| | | <i>Value</i> | <i>Sig</i> | <i>T</i> | <i>d.f</i> | <i>Sig(2-tail)</i> |
| Pair 1 | Sorting dishes helps in reducing time & effort of dishes before washing (practice) | .200 | .005 | -9.74 | 199 | .331 |
| Pair 2 | Keeping dishes in order after washing helps in reducing time & effort (knowledge) - stacking & keeping dishes after washing (practice) | .328 | .000 | -6.36 | 199 | .000 |
| Pair 3 | Collection of all ingredients before cooking helps in reducing time & effort (knowledge) - collection of all ingredients on counter before washing them (practice) | .198 | .005 | -1.641 | 199 | .102 |
| Pair 4 | Ready to cook meals & partial cooking helps in reducing time & effort (knowledge) - using ready to cook and partial meals (practice) | .278 | .000 | -5.92 | 199 | .000 |
| Pair 5 | Cleaning or dusting from top to down helps in reducing time & effort (knowledge) - cleaning is done from top to down (practice) | .203 | .004 | 4.217 | 199 | .000 |
| Pair 6 | Proper storage helps in reducing time & effort (knowledge) - storage of all items is proper and organized (practice) | .444 | .000 | -.604 | 199 | .546 |
| Pair 7 | Labeling the household items helps in reducing time & effort (knowledge) - labeling of item for convenience (practice) | .425 | .000 | -3.284 | 199 | .001 |
| Pair 8 | User guide of latest equipment helps in reducing time & effort (knowledge) - user guide instruction use by homemakers (practice) | .119 | .092 | .060 | 199 | .952 |
| Pair 9 | Change in body postures & motion reduces stress of the body (knowledge) - adoption of best body postures by working home maker (practice) | .272 | .000 | -5.956 | 199 | .000 |
| <i>Accumulated affect of knowledge on Practices of household activities</i> | | <i>.011</i> | <i>.627</i> | <i>-6.10</i> | <i>---</i> | <i>.000</i> |

$\alpha = 0.05$

Out of 9pairs tested, the significant affect of knowledge on practice is found in 5pairs namely:

- Pair 2: Keeping dishes in order after washing helps in reducing time & effort (knowledge) - stacking & keeping dishes after washing (practice)
- Pair 4: Ready to cook meals & partial cooking helps in reducing time & effort (knowledge) - using ready to cook and partial meals (practice)
- Pair 5: Cleaning or dusting from top to down helps in reducing time & effort (knowledge) - cleaning is done from top to down (practice)
- Pair 7: Labelling the household items helps in reducing time & effort (knowledge) - labelling of item for convenience(practice)
- Pair 9: Change in body postures & motion reduces stress of the body (knowledge) - adoption of best body postures by working home maker (practice)

Accumulated results reveals negligible correlation Co-efficient ($r = 0.011$), and they are not significantly correlated. The negative t-value indicates that knowledge of working homemakers resulted in smaller mean than the Practices of working homemakers in household activities. Since, accumulated p value =0.00 which is less than 0.05. H_0 is rejected. It is therefore, concluded that there is a strong significant affect of knowledge on Practices of time and energy methods in household activities among working homemakers.

FINDINGS & CONCLUSIONS

The findings from the study are on the basis of the results revealed from the respondents:

1. 63% of working homemakers belonged to nuclear family system that is husband, wife, and their children. 37% of working homemakers were living in joint family that is husband, wife, and never married children with any other member of the family. This means that responsibility of working homemaker may over burden since sharing of work among family members makes household tasks easy. Average household size of the female homemakers employed in different educational Institution of Karachi is 6.22 Persons per household
2. Age of working homemakers plays an important role for performing household tasks. 67% homemakers were below 35 years, 18.5% were 36-45 years and 14.5% were 46 years and above. Since the age of the respondents is mostly 35 years and below and also most members are living in nuclear families their children must be very young and sharing of responsibilities become reduce working homemakers may feel stress.
3. 57% of homemakers hired Paid help for their household tasks and 43% of them didn't hire paid help. 62% of Married Homemakers and 36.6% of never married Homemakers hired paid help. It is quiet noteworthy that Married homemakers have shown relatively higher trend of hiring paid help than their Never married counter parts. That is because of the reason that never married don't have obvious responsibilities of looking after the husband and children. Additionally, never married have more options of sharing responsibilities among family members.
4. Affect of hired help on budget was also investigated and results revealed that on average homemakers were uncertain, but standard deviation is relatively large which indicates that opinions on issue regarding budget differs.
5. Affect of hired help on budget was compared between two groups of working homemakers that is 35 years and below with above 35 years. A slight difference among them was noticed in this regard. On average, young working homemakers

were uncertain about this and the older group was slightly towards disagreement in this regard. Employed (domestic servants) help is a tool of reducing time and effort in performing household activities. (Gross, Crandal, & Knoll, Management for Modern Families, 1980).

6. This study also explored that type of help taken by working Homemaker in household activities. The working homemakers were asked if they perform these chores themselves or the task is performed by others or they hire paid help and when working homemakers perform the tasks themselves with combination of any kind of help.
 - a. Dishwashing: 39.5% of working homemakers washed dishes themselves, 24% took paid help, 21% took combinations of all kinds of help and 15.5% took member help in washing dishes.
 - b. Food preparation : 48.5% cook food themselves, 23% cook food by combination of all kinds help, 20.5% takes members in cooking, only 8% of the homemakers take paid help
 - c. Housecleaning: 40.5% of homemakers take paid help, 29.5% themselves clean the house, 18.5 % homemakers clean house by involving all others help and 11.5 % members help in cleaning house.
 - d. Laundering : 43% of homemakers take paid help, 29% wash clothes themselves, 19% homemakers take combination of helps and 9% involves other members help as well
 - e. Storage is maintained by 41.5% homemakers, 36% involves combination of all kinds of help, and 16.5% takes members help and 5% takes paid help in maintaining help.
7. A comparison among knowledge and practices of time and energy management among working homemakers was carried out. Accumulate findings revealed that employed home makers do have knowledge of simplifying homemaking tasks and they practice most of those tasks in reality.
8. It was observed that working homemakers do have knowledge but at 5% significance level analysis revealed that working homemakers don't practice sorting of dishes before washing. For Dishwashing, working home makers wash dishes themselves but results revealed that working home makers don't use work simplification methods in dishwashing (Gross, Crandal, & Knoll, Management for Modern Families, 1980) (Irene, 1972).
9. Collection of all ingredients on counter before cooking helps in reducing time and effort and working homemakers agree to this but they don't practice it. Working homemakers consider ready to cook meal and partial cooking as time and energy saving tool and they also use ready to cook meals and partial cooked meals.
10. For Food preparation, working home makers usually don't employ any help. They have shown trend of using ready to cook meals (Maloch, Francille, & Deacon, 1966) suggest that ready to cook meals but collecting all ingredients on counter before cooking helps in reducing time and effort during Food Preparation.

11. Household cleaning is a series of activities that are necessary on regular bases. Regular cleaning prevents a lot of time and hardworking (Nickle, Rice, & Tucker, 1976). For house cleaning, trend of hiring paid help is higher among working home makers. Hiring of Paid help is also a way of reducing time and effort (R. Bakhshi, 2008).
12. Cleaning and dusting from top to down be an important tool in reducing time and energy consumption. Working homemakers do practice of cleaning their houses from top to down. Working homemakers do have knowledge of cleaning the house from top to down but they don't prefer to blow dry dust away before washing (Lannin, 2009). This may reduce their time and effort but cleaning is not up to standard as discussed by (Gross I. H., Management in modern families, 1963) (Nickel and Dorsey, 1959) that cleaning should be done first dusting and the applying wet method.
13. Storage maintenance of working homemakers have yielded that they maintain storage themselves and others member also maintain storage. (Irene, 1972) Stated that proper and organized storage of all items reduces effort.
14. Proper storage reduces great deal of time and energy and working homemakers knows about it but they have shown no significant affect of knowledge on practice. It is concluded that storage of working homemakers is unorganized statistically.
15. Labelling of items before storing also helps in reducing time and effort and while cooking it is often convenient to label jars. Working homemakers agree with this and they also label items that they store.
16. Working homemakers have knowledge that user guide of machines used in household tasks helps in reducing time and effort but they hardly follow it.
17. Change in body postures reduces stress while doing work and working homemakers showed significant effect of this knowledge and they adopt best body postures while performing household tasks.

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