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FAMILY LEISURE INVOLVEMENT AND FAMILY FUNCTIONING
IN SAMOA

by

Irene Dora Annandale Fotu

A thesis submitted to the faculty of

Brigham Young University

in partial fulfillment of the requirements for the degree of

Master of Science

Department of Recreation Management and Youth Leadership

Brigham Young University

December 2007

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BRIGHAM YOUNG UNIVERSITY

GRADUATE COMMITTEE APPROVAL

of a thesis submitted by

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This thesis has been read by each member of the following graduate committee and by majority vote has been found to be satisfactory.

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As chair of the candidate's graduate committee, I have read the thesis of Irene Dora Annandale Fotu in its final form and have found that (1) its format, citations, and bibliographical style are consistent and acceptable and fulfill university and department style requirements; (2) its illustrative materials including figures, tables, and charts are in place; and (3) the final manuscript is satisfactory to the graduate committee and is ready for submission to the university library.

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ABSTRACT

FAMILY LEISURE INVOLVEMENT AND FAMILY FUNCTIONING IN SAMOA

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Master of Science

The purpose of this study was to (a) examine the relationship between family leisure involvement and aspects of family functioning (adaptability and cohesion) among Samoan families residing on American Samoa, and (b) to compare the Samoan data to a broad sample of American families to provide a cross-cultural comparison. The sample consisted of 340 adult participants. The Family Leisure Activity Profile (FLAP) was used to measure family leisure involvement. FACES II was used to measure family functioning. Regression analyses conducted on the 340 individuals indicated a positive relationship between core family leisure involvement and family cohesion, adaptability, and overall family functioning. The analyses also indicated a positive relationship between balance family leisure involvement and family adaptability, but no relationship between balance family leisure and family cohesion and overall family functioning. In addition, results indicated that there was no significant difference between American and

Samoan families in their family functioning, but their family leisure involvement patterns differed.

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Fa'afetai Tele Lava!

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Family Leisure Involvement and Family Functioning in Samoa

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Abstract

The purpose of this study was to (a) examine the relationship between family leisure involvement and aspects of family functioning (adaptability and cohesion) among Samoan families residing on American Samoa, and (b) to compare the Samoan data to a broad sample of American families to provide a cross-cultural comparison. The sample consisted of 340 adult participants. The Family Leisure Activity Profile (FLAP) was used to measure family leisure involvement. FACES II was used to measure family functioning. Regression analyses conducted on the 340 individuals indicated a positive relationship between core family leisure involvement and family cohesion, adaptability, and overall family functioning. The analyses also indicated a positive relationship between balance family leisure involvement and family adaptability, but no relationship between balance family leisure and family cohesion and overall family functioning. In addition, results indicated that there was no significant difference between American and Samoan families in their family functioning, but their family leisure involvement patterns differed.

Key words: Samoan family, core and balance, family leisure, family functioning.

Family Leisure Involvement and Family Functioning in Samoa

Introduction

High functioning families develop basic strengths that enable them to protect their family system from breakdown during crisis situations and to foster the family's ability to adapt to changes or transitions (McCubbin, Kapp, & Thompson, 1993). These basic strengths include cohesiveness and adaptability, two components of family functioning. Olson (1993) defined family cohesion as "the emotional bonding that family members have toward one another" (p. 105). This dimension balances the importance of independence with the support of being a member of a family unit. Family adaptability is related to the family's ability to adapt to various leadership roles and changing "rules" of relationships. This dimension refers to the family system's need to appropriately change, be flexible, or to adapt and learn from different experiences and situations. Families who balance their lives in between the two dimensions are considered healthy families (Olson, 1993). One way families have enhanced healthy family functioning is through family leisure involvement.

Researchers have consistently demonstrated a positive relationship between family leisure involvement and family functioning (Christenson, Zabriskie, Eggett & Freeman, 2006; Dodd, 2007; Freeman & Zabriskie, 2002; Hawks, 1991; Hornberger, 2007; Orthner & Mancini, 1991; Zabriskie, 2000; Zabriskie & McCormick, 2001). Family leisure involvement includes all leisure and recreation activities that family members do together (Zabriskie, 2000). The Core and Balance Model of Family Leisure Functioning (Zabriskie, 2000) is one particular model used to demonstrate how family

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leisure strengthens families. This model indicates that family leisure involvement consists of two types of family leisure patterns that families use to meet needs of stability and change—core and balance. Core family leisure activities are common, low-cost, relatively accessible activities that require little planning, are often home-based, and participated in frequently. On the other hand, balance family leisure activities often require a greater investment of resources (such as time, effort, and money), occur less frequently, and are usually not home based. Families who regularly participate in both core and balance family leisure patterns are more likely to function successfully than those who focus on one or the other. Though family leisure research has steadily increased in the past decade, one way researchers need to expand family leisure studies is to look at leisure involvement among broader, diverse samples, such as ethnic minority groups (Gobster, 2002),

Within the last decade, leisure research has begun to focus more on examining leisure involvement among minority groups in the United States, with specific interest in Hispanic (Carr & Williams, 1993; Christenson et al., 2006; Gobster, 2002; He & Baker, 2004; Kruger, Ham, & Kohl III, 2005; Shaull & Gramann, 1998; Stodolska, 2000) and African-American groups (Gobster, 2002; He & Baker, 2004; Henderson & Ainsworth, 2001; Kruger et al., 2005; Littlejohn-Blake & Darling, 1993; Shinew et al., 2006; Stodolska & Yi, 2003). Although positive influences of family leisure involvement on family functioning have been consistently demonstrated in Caucasians and a few Hispanic and African-American samples, it is unknown whether similar results of leisure involvement are evident within other cultural minority groups (Gobster, 2002). Similar

findings may be true for Pacific Islander families, specifically Samoan families, but limited research is available about the Samoan family, specifically, their family functioning and family leisure involvement.

In the Samoan culture, the *'aiga* (family) has long been recognized as the basic unit of the Samoan social structure (Fitzgerald & Howard, 1990) and the most important social unit in traditional Samoan culture (Canfield & Cunningham, 2004). The *'aiga* includes both immediate family members and extended family members. In the traditional Samoan culture, or *Fa'a Samoa*, a good Samoan person is believed to be one who sacrifices for his or her family. According to Lilomaiava-Doktor (2004), “we are nobody without our *'aiga* and without our *'aiga* there would be nothing to speak of in *fa'a Samoa*” (p. 176). This strong, unique perspective of the family seems to differ from other ethnicities previously examined by researchers (Lilomaiava-Doktor). A cross-cultural comparison would allow for further understanding of cultural differences and similarities between Samoan families and American families (Shin & Koh, 2007). Therefore, the purpose of this study was to (a) examine the relationship between family leisure involvement and aspects of family functioning (adaptability and cohesion) among Samoan families residing on American Samoa, and (b) to compare the Samoan data to a broad sample of American families to provide a cross-cultural comparison.

Review of Literature

Family Functioning

Family systems theory describes the family as a system that works together, with actions from individual family members affecting the others. In order to create a healthy,

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high functioning family system, each member of the family must be involved in various aspects of family life. Zabriskie and McCormick (2001) stated that the family systems theory “holds that families are goal directed, self-correcting, dynamic, interconnected systems that both affect and are affected by their environment and by qualities within the family system itself” (p. 281). Changes in individuals affect the family system’s behavior as a whole, just as changes in the system affect each individual family member’s behavior (White & Klein, 2002). High functioning families have been studied from a variety of perspectives and have been shown to develop basic strengths that affect each individual within the family system. These strengths enable them to better negotiate crisis situations and challenging experiences as a family system. The Circumplex Model, developed by Olson, Sprenkle, and Russell (1979), is one approach to studying family functioning. It illustrates how the interplay between cohesion and adaptability indicates family functioning.

Circumplex Model. Olson’s (1993) Circumplex Model of Marital and Family Systems is a well established model commonly used to describe the family systems framework. This model was developed to bridge the gap between research, theory, and practice. It emphasizes how family members and their behaviors are interconnected through three dimensions: cohesion (defined as togetherness), adaptability (defined as the ability to cope with change), and communication (Olson & Gorall, 2003). Olson defined family cohesion as “the emotional bonding that family members have toward one another” (p. 105). This dimension indicates the degree to which family members are separated from or connected to their family. Family adaptability is related to the family’s

ability to appropriately change, or to adapt to different experiences and situations. Family communication is a critical facilitating dimension. Through effective communication and interactive skills, families facilitate their movement along the other two dimensions.

According to Iso-Ahola (1984), a high functioning family displays a balance between the family needs of stability and novelty. Families meet the need for stability (cohesion) through interactions, structure, and relationships, and the need for novelty (adaptability) is fulfilled through various experiences and challenges (Zabriskie & McCormick, 2001). These two opposing family needs simultaneously influence family functioning. Given the importance of high family functioning, it is important to understand what contributes to or enhances it.

Family Leisure Involvement and Family Functioning

Until the last decade, researchers primarily studied family leisure's relationship to family functioning from the perspective of either individuals or couples (Baldwin, Ellis & Baldwin, 1999; Hawks, 1991; Hill, 1988; Orthner, 1998; Orthner & Mancini, 1991). Recently, however, researchers have extended their research to include both parent and child perspectives on family leisure involvement (Dodd, 2007; Christenson et al., 2006; Freeman & Zabriskie, 2003; Hornberger, 2007; Zabriskie, 2000; Zabriskie & McCormick, 2003; Zabriskie & Freeman, 2004;). They have consistently demonstrated that family leisure activities are positively related to family functioning, and this relationship was examined through a family systems perspective.

Family systems theory focuses on family dynamics that include power, relations, structures, boundaries, communication patterns, and roles (Rothbaum, Rosen, Ujjiie, &

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Uchida, 2002). High functioning family systems are goal oriented, dynamic, self-correcting, and are affected by and affect their environment (Klein & White, 1996). Using this family system framework, family leisure involvement can be understood by viewing leisure activities the family does together as a unit rather than as individual parts. According to Zabriskie (2000), family leisure involvement refers to all leisure and recreation activities that family members do together. The family system perspective provides an opportunity to examine how high functioning family systems meet their needs through family leisure involvement.

Olson and Gorall (2003) suggested that a family's ability to successfully function as a system is demonstrated through its capacity to meet needs for cohesion and adaptability. Zabriskie and McCormick (2001) suggested that all three dimensions (cohesion, adaptability, and communication) of Olson's (1993) Circumplex Model are enhanced by family leisure involvement. They provided evidence to support the use of the Core and Balance Model of Family Functioning for exploring family leisure relationships (Zabriskie, 2000).

Core and Balance Model and Families

According to Zabriskie (2000, p. 286) "Both core and balance family leisure patterns (are) significantly related to family cohesion and adaptability." The Core and Balance Model of Family Leisure Functioning has been utilized as a sound theoretical framework in examining this relationship in a variety of studies (Baker, 2004; Christenson et al., 2006; Dodd, 2007; Johnson, 2005; Zabriskie & Freeman, 2004; Zabriskie & McCormick, 1999, 2003; Zabriskie, McCormick & Austin, 2001).

Core family leisure patterns. According to Zabriskie (2000), core family leisure patterns primarily address a family's need for stability (cohesion) by regularly providing family leisure experiences that are familiar and predictable for family members. These leisure patterns foster relationships and feelings of family closeness. They are common, low-cost, relatively accessible, and often home-based activities that families can do often or regularly. Examples include watching television together, playing board games, being together in the yard, and gardening. In addition, they are generally nonthreatening and safe because of their regularity and familiar environment. Family members can safely explore boundaries, clarify family roles and rules, and practice ways to enforce them. Family members often are comforted, refreshed, and rejuvenated through these core leisure experiences that increase personal relatedness and feelings of family closeness.

Balance family leisure patterns. Balance family leisure patterns primarily address a family's need for novelty and change (adaptability) by providing new, unpredictable experiences (Zabriskie, 2000). These types of experiences expose families to new and unexpected stimuli from the outside environment, which provides the input and challenge necessary for families to learn and progress as an evolving and developing system. These types of family leisure patterns often require a greater investment of resources (such as time, effort, and money), occur less frequently, and are usually not home based; thereby, providing novel experiences that also tend to be of longer duration than most core activities. Examples include family vacations, many outdoor recreation activities (camping, boating, skiing), and trips to a theme park, sporting event, or bowling alley. Such activities often require planning that involves various family members to negotiate

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and adapt to new input. Family members can develop and practice these adaptive skills in the context of family leisure that can be applied to other areas of family life.

Although most family leisure activities tend to fall into either the core or balance activity category, research shows that participation in both family leisure patterns best fosters feelings of family cohesion and family adaptability (Zabriskie & McCormick, 2001). One way the Core and Balance Model can add further understanding to the relationship between family leisure involvement and family functioning is by examining diverse samples. Aside from family leisure research that has examined Caucasians and Hispanics (Christenson et al., 2006) the Core and Balance Model has not yet been used to provide insight on family leisure involvement and family functioning among other ethnic minority families.

Leisure and Minority Families

Leisure researchers have consistently recommended a need to extend family leisure research among other ethnic minority groups (Christenson et al., 2006; Henderson & Ainsworth, 2001; Zabriskie & McCormick, 2001). According to Shinew et al. (2006), “understanding leisure as it relates to the richness that racial and ethnic diversity brings to community life as well as the marginalization and exploitation of particular subgroups of our population is an exciting and worthwhile endeavor that deserves further investigation” (p. 407). The increase of racial and ethnic minority groups in communities encourages leisure researchers to explore issues and topics relating to family leisure (Shinew et al., 2006). One ethnic minority group that has been neglected in this line of family leisure research is the Samoan population. Previous studies examining the Samoan

family focused mostly on the *Fa'a Samoa* or Samoan way (Lilomaiava-Doktor, 2004; Poasa, Mallinckrodt & Suzuki, 2000), the Samoan family system breakdown (Fitzgerald & Howard, 1990, Oakey, 1980), and Samoan family leadership roles (Canfield & Cunningham, 2004; Fitzgerald & Howard, 1990; *The Samoan Way*, 1993; Thompson, 2004).

The Samoan Way

The *Fa'a Samoa*, or the Samoan way, is what Samoans do, value, and respect in the Samoan culture. It is a *lived* experience that provides stability, guidance, and responsibility as Samoans measure themselves, and each other, against this cultural norm (Lilomaiava-Doktor, 2004). The actions of a Samoan represent not only the individual person, but the entire collective *'aiga*, or family. According to the *Fa'a Samoa*, a good Samoan is considered to be someone who sacrifices for their collective *'aiga*, and who considers the needs of their family members before their personal needs. According to Lilomaiava-Doktor (2004), it is the family that makes the *Fa'a Samoa*. He also concluded that the *Fa'a Samoa* “is greater than the nation, because it is unrestrained by territorial boundaries” (p. 354). Subsequently, the cultural traditions of the *Fa'a Samoa* (i.e., weddings, funerals, kava ceremonies, etc.) are so strong that Samoans are linked across place as *'aiga*, or family, because of their cultural identity.

Samoan Family

The *'aiga* has long been recognized as the basic unit of the Samoan social structure (Fitzgerald & Howard, 1990). The *'aiga* holds such a high priority within the Samoan culture that there is an understanding of respect and sacrificing for family

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members, where giving and taking freely is common. Although understanding close family attachment within Samoan families is one concept, defining “family” in the Samoan culture is another.

When Samoans define “family” or their *‘aiga*, it is common for them to go far beyond their immediate biological family residing in the household—spouses and their biological and/or adopted children. The entire extended family, in-laws and some local villagers are culturally accepted as *‘aiga*. Traditionally, the Samoan family is organized into an identifiable extended family hierarchy (Canfield & Cunningham, 2004). Matai (family chiefs) in the Samoan culture are paramount leaders of extended families that are elected by a consensus of extended family members. They are family representatives on the Village Council of Chiefs and function as local government officials (Thompson, 2004). They also play an important role in the operation of the village through their numerous responsibilities. Responsibilities of the chiefs include promoting family unity and prestige, settling disputes, supporting church activities, serving as trustee of family communal land, and having control over the labor and resources of the *‘aiga*.

Since Samoans experience such close kinships and social networks within this traditional extended family hierarchy, it is not unusual to find many different family members living in a single Samoan household. According to Oakey (1980), a composite of the Samoan family household includes “two parents, four to six children and two other adults, either brothers or sisters of the parents or other relatives. Only a small percent had grandparents ... but in-laws, nieces, nephews, cousins, uncles and aunts and grandchildren were common” (p. 195). Additionally, Samoan households may have at

least three to four people to a bedroom, plus two to four people sleeping in the living room and so a single Samoan household may be composed of 10 to 15 people or more (Oakey). Although research has focused on various aspects of Samoan families, such as the *Fa'a Samoa*, the Samoan household, and traditional hierarchy and family leadership roles, limited information is known about their leisure time.

Although researchers have consistently reported positive correlations between family leisure involvement and family functioning, limited research has looked at ethnic minority families, specifically, Samoan families. Given the consistent reports of the Samoan people being a strong family focused culture, it is necessary to further examine how their family leisure patterns influence their family functioning. Therefore, the following hypotheses were tested:

Hypothesis 1. There is a positive relationship between family leisure involvement and family functioning among Samoan families.

Hypothesis 2. There is a difference between Samoan families and American families in their family functioning and family leisure involvement.

Methods

Sample

The sample consisted of 340 Samoan individuals from American Samoa, from 53 different villages, who were at least 18 years of age. The ages ranged from 18 to 84 years ($M = 38.81$, $SD = 12.510$), and the majority were female (66.4%). Most were of Pacific Islander ethnicity (90.2%) while the remaining 9.8% were Caucasian, Asian, or “other.” The majority of the sample were married (73.2%), and 18.3% were single and the

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remaining 8.5% were either divorced, separated, widowed, or living with a partner. Furthermore, 91.0% of the sample had never been divorced. The total number of people living in a household ranged from 1 to 44 ($M = 6.64$, $SD = 4.800$), with a median of 6; and 93.5% of the total sample indicated that they had a household size ranging from 1-11 persons. Annual household income ranged from less than \$10,000 to more than \$150,000, and half (50.7%) had an annual income of less than \$30,000. The participants' highest level of education ranged from elementary to post-graduate degree, with 27.2% indicating they had completed 9th to 12th grade, and 27.8% were college graduates. Most of the participants (51.1%) indicated they received their highest level of education in American Samoa, while 30.6% completed their education in the United States. Most of the sample (87.2 %) had traveled off island, and 60.5 % of the total sample had lived off-island for at least six months. The amount of time living off-island ranged from 6 months to 46 years ($M = 13.82$, $SD = 10.951$).

Procedures

A convenience sample, including the snowball technique, was used to find participants through family home visits, approaches in public areas (i.e., outside of shopping areas, market, parks, sport fields, etc.) and family referrals throughout the villages. These home visits lasted approximately an hour in length as the family participants completed the research questionnaires and then names of possible eligible participants were discussed and recorded to visit later. The referred participants who lived outside the current village were contacted by phone, by the researcher or by the researcher's family friend or relative, in order to set up an appointment for a later visit. If

referred participants lived nearby in the same village, the researcher, accompanied by the relative or friend, spent approximately 3-4 hours walking to various homes within the village, recruiting families who were willing to participate in the study.

The purpose of the study as well as instructions were explained to each participant. They were also informed that their responses would be kept confidential. Participants were given an English or Samoan version of the questionnaire, depending on their preference. Those who struggled with reading were assisted by the researcher reading the questions out loud, and the participant's answers were marked on the survey by the researcher. Upon completion, the participants were asked if they knew anyone who might be willing to participate in this study in order to gain more referrals. Finally, \$5 gift certificates to Laufou, a family shopping center, were distributed to those who completed the research questionnaire.

Instrumentation

The research questionnaire included the following: (a) a 30-item Family Adaptability and Cohesion Evaluation Scale (FACES II) that measured family cohesion, adaptability, and total family functioning (dependent variables) based on Olson's (1993) Circumplex Model of Family Functioning, (b) the 16-item Family Leisure Activity Profile (FLAP) that measured family leisure involvement (independent variable) based on the Core and Balance Model of Family Leisure Functioning, and (c) demographic data.

FACES II. The Family Adaptability and Cohesion Scale (FACES II), based on Olson's Circumplex Model of Family Functioning, provides an "insider's perspective" on family functioning from different family members (Olson, 1986). It enables researchers

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to place individual family members or groups of families within the Circumplex Model in order to determine their overall family functioning. McCubbin et al. (1993) suggested utilizing FACES II as an indicator of overall family functioning because the scale looks at the “good” in families by emphasizing family strengths, capabilities, and coping techniques. It provides empirically reliable, valid, and independent dimensions that measure a family’s cohesion, adaptability, and total family functioning (Olson, McCubbin, Barnes, Larsen, Muxen, & Wilson, 1992). This 30-item scale contains 16 questions measuring cohesion and 14 questions measuring adaptability. The items asked the respondents how frequently the described behavior occurred and responses range from 1 (*almost never*) to 5 (*almost always*). For example, “In our family, it is easy for everyone to express his/her opinion.”

Family cohesion and adaptability scores were calculated by adding and subtracting items following Olson et al.’s (1992) formula. After obtaining cohesion and adaptability scores, corresponding 1-8 values were assigned based on Olson et al.’s linear scoring and interpretation scale. Summing the 1-8 cohesion and adaptability scores and then dividing by two provided a general score that indicated overall family functioning.

The FACES II has demonstrated good internal consistency and test-retest reliability (Olson et al., 1992). Internal consistency (Cronbach Alpha) measures were obtained from a total sample of 2,412 respondents that were divided into two equal subgroups. The total scale (both cohesion and adaptability) had acceptable internal consistency with $\alpha = .90$. Furthermore, Cronbach Alpha coefficients of $\alpha = .88$ and $\alpha = .86$ were reported for cohesion for the two subgroups, and $\alpha = .78$ and $\alpha = .79$ were

reported for adaptability for the two subgroups. For this study, both the total scale and adaptability demonstrated acceptable internal consistency ($\alpha = .751$, $\alpha = .688$ respectively); cohesion, however, did not ($\alpha = .487$). In addition, test-retest reliability was also determined for the FACES II with a four to five week time lapse between the first and second administration. Pearson correlations of $r = .84$ for the total scale, $r = .83$ for cohesion, and $r = .80$ for adaptability were also reported.

Family Leisure Activity Profile. The Family Leisure Activity Profile (FLAP) is an instrument that measures family leisure involvement based on the Core and Balance Model of Family Leisure Functioning. It asked respondents to indicate their family leisure participation across 16 activity types. Half of the 16 activity types related to core family leisure patterns, including family dinners, home-based television and video watching, games, and yard activities. The other half related to balance family leisure patterns, including community-based events, outdoor activities, water-based activities, adventure activities, and tourism. Items in the FLAP asked if the respondent participates in a specific activity type with family members. For example, “Do you participate in home-based activities (such as watching TV/videos, listening to music, reading books, etc.) with family members?” If respondents answered yes to a question, they were indicating that their family participated in the certain type of activity together. Then the respondents who answered yes were asked to complete ordinal scales of estimated frequency by answering how often the activity is performed, as well as typical duration of the activity each time it is done. Frequency responses included *at least daily*, *at least weekly*, *at least monthly*, or *at least annually*. Duration responses included *less than 1*

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hour to an entire day for the core activities and *less than 1 hour to 3 or more weeks* for the balance activities. The duration options were included to account for possible multiday experiences (for example, vacation trips) where extended periods of leisure activities were spent with family members.

In calculating the scores for the FLAP, the first step was to multiply the ordinal indicators of frequency and duration of participation in each category (Zabriskie & McCormick, 2001). The eight core categories were then added up to provide a core family leisure index, and the eight balance categories were added up to provide a balance family leisure index. Finally, the core and balance family leisure scores were added together in order to indicate the total score of family leisure involvement. The FLAP shows acceptable reliability and validity for the core, balance, and family leisure involvement scores (Zabriskie, 2001). Construct validity, content validity, inter-rater reliability, and test-retest reliability are also evident for core ($r = .74$), balance ($r = .78$), and total family leisure involvement ($r = .78$) (Freeman & Zabriskie, 2003). Reliability and validity of the FLAP were not assessed for this sample.

Additionally, minor modifications were made to the FLAP for this study in order to better suit Samoan families. Examples of family leisure activities were taken into consideration that were not familiar or applicable to the Samoan families. For example, instead of using *visiting museums, zoos, theme parks* and *fairs* as examples of community-based special events (which are not available on American Samoa), they were changed to *Flag Day celebrations, pageants, circus, and school activities*.

Demographics. Demographic information for this study included the following: gender, age, ethnicity, education level, country where highest education level was obtained, socioeconomic status, immediate family size, number of individuals living in the household, marital status, length of marital status, status of whether or not the participant has ever traveled off-island, lived off-island, and the length of time the participant has lived off-island.

Instrument Translation. The FACES II and FLAP were double translated as suggested by Marin and Marin (1991). The double translation process required that the instrument be translated from its original English form into the language of the target sample (Samoan) by one translator. After the instrument was translated into the Samoan language it was then translated back into its original English language by a second translator. The original English instrument was then compared to the new translated English instrument in order to ensure that there were no inconsistencies. The researcher found no inconsistencies in word meaning for items in the instruments.

Data Analysis

The analysis of the data was performed using the statistical package SPSS. Descriptive statistics were used to explore the underlying characteristics of the research variables. The researcher reviewed the data set for any missing responses or data entered incorrectly, as well as for skewing and outliers. Subscale scores were then calculated for core, balance, total family leisure, family adaptability, family cohesion, and total family functioning. Pearson Product Moment Zero-Order Correlations were calculated among the study variables and socio-demographics to check for multicollinearity and significant

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relationships. Independent variables and demographic variables that were significantly correlated or believed to be theoretically related to the dependent variables were included in multiple regression models as controlling factors in order to examine the unique contributions of family leisure involvement to family functioning among Samoan families.

Multiple regression analyses were performed on each of the three dependent variables: family cohesion, family adaptability, and family functioning for the participants, to examine the relationships between family leisure patterns and family functioning (Hypothesis 1). Using the blocked entry method, family functioning variables were regressed on the demographic variables (age, gender, income, education level, number of children, and whether or not the participant has ever lived off-island) and family leisure variables (core and balance). The models were tested at an alpha level of .05. In the significant models, the standardized regression coefficient (Beta) indicated the contribution of each variable to the variance in the dependent variable.

Analysis of covariance (ANCOVA) was used to examine differences in family functioning and family leisure patterns between Samoan families and a national sample of American families (Hypothesis 2), after adjusting for pertinent demographic information. ANCOVA was performed using the demographic variable of gender (categorical variable set), and the demographic variables of income, age, and family size (continuous variable set) as the independent variables, with the dependent variables of family leisure involvement and family functioning. Differences in the effect of these demographic variables between Samoan and American families were examined as part of

the ANCOVA. They were tested at the $p < .01$ level of significance in order to protect the analyses from multiple comparisons or to reduce experimental errors.

Results

From the sample of 340 Samoan individuals, cohesion scores on the FACES II ranged from 32 to 79 ($M = 60.6$, $SD = 9.23$), adaptability scores ranged from 21 to 65 ($M = 47.89$, $SD = 7.62$), and family functioning scores ranged from 1 to 7.50 ($M = 4.84$, $SD = 1.50$). The scores of core family leisure involvement ranged from 5 to 180 ($M = 60.02$, $SD = 24.71$), balance family leisure involvement scores ranged from 0 to 252 ($M = 55.71$, $SD = 38.02$), and total family leisure involvement ranged from 16 to 344 ($M = 115.74$, $SD = 53.32$).

Zero-Order Correlations

Bivariate analyses were conducted using Pearson Product Moment Zero-Order Correlations to examine the relationships among family leisure involvement, family functioning, and demographic variables (Table 1). Significant relationships ($p < .05$) were found between family leisure involvement variables (core, balance, and total leisure) and family functioning variables (cohesion, adaptability, and total family functioning). Results indicated that core leisure involvement was significantly correlated to family cohesion ($p = .012$), family adaptability ($p < .001$) and total family functioning ($p = .006$). Results also indicated that balance leisure involvement was significantly correlated to family adaptability ($p < .001$). Furthermore, total family leisure involvement was significantly correlated to family adaptability ($p < .001$) and total family functioning ($p = .027$).

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Zero-order correlations also showed significant correlations among family leisure involvement, family functioning variables, and various socio-demographic variables. Core leisure involvement was significantly correlated to gender ($p = .042$), and the total number of family members living in a household ($p = .001$). Balance leisure involvement was negatively correlated to the number of children the participant had ($p = .003$). Family cohesion was significantly correlated to age ($p = .017$), income ($p = .009$), education level ($p < .001$), and whether the participant had lived off-island ($p = .005$), and family adaptability was significantly correlated to age ($p < .001$), and education level ($p = .008$). Finally, total family functioning was significantly correlated to age ($p < .001$), education level ($p < .001$), and whether the participant had lived off-island ($p = .023$).

Multiple Regression

Multiple regression analyses were performed on the sample of 340 to test the first hypothesis of this study, which was to examine the relationship between family leisure involvement and family functioning among Samoan families. Total family functioning as well as cohesion and adaptability (dependent variables) were regressed on the independent variables of family leisure involvement (core, balance, total leisure involvement), and socio-demographic variables (age, gender, income, number of children, education level, and lived off-island), resulting in a total of four multiple regression models. Independent variables were included in the regression models if they had significant zero-order correlations with the dependent variables.

In the first model, family cohesion was regressed on the independent variables of core and balance family leisure involvement and socio-demographic variables (Table 2).

The first block included only socio-demographic variables and it was a significant model ($R^2 = .135, p < .001$). When core and balance family leisure involvement was added to the 2nd block, the model showed a statistically significant change in the total amount of variance explained ($\Delta R^2 = .049, p = .002$). Although, core family leisure involvement was a significant contributor to family cohesion ($\beta = .212, p = .002$), balance family leisure involvement was not ($\beta = .034, p = .619$).

Family adaptability was regressed on the independent variables of core and balance family leisure involvement and socio-demographic variables (age, gender, income, number of children, education level, and lived off-island) (Table 3). The first block included only socio-demographic variables and was a significant model ($R^2 = .092, p = < .001$). When core and balance family leisure involvement was added to the 2nd block, the model showed a statistically significant change in the total amount of variance explained by the model ($\Delta R^2 = .074, p < .001$). According to the model, both core ($\beta = .186, p = .008$) and balance ($\beta = .148, p = .035$) family leisure involvement were significant predictors of family adaptability.

Total family functioning was regressed on the independent variables of core and balance family leisure involvement, as well as the socio-demographic variables (Table 4). The first block included only socio-demographic variables and it was statistically significant ($R^2 = .120, p = < .001$). Core and balance family leisure involvement was added to the 2nd block and showed a statistically significant change in the total amount of variance explained by the model ($\Delta R^2 = .052, p = .001$). Core leisure involvement ($\beta =$

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.194, $p = .006$) was a significant predictor of total family functioning, while balance leisure involvement ($\beta = .078$, $p = .266$) was not.

Finally, total family functioning was regressed on the independent variables of total family leisure involvement and socio-demographic variables (Table 5). The first block included only socio-demographic variables and it was statistically significant ($R^2 = .120$, $p = <.001$). When total family leisure involvement was added to the 2nd block, there was a statistically significant change in the total amount of variance explained by the model ($\Delta R^2 = .044$, $p = .001$). Total family leisure involvement was a significant predictor of total family functioning ($\beta = .215$, $p = .001$).

Sample Comparisons

To make important cross-cultural comparisons that allow for better understanding of cultural differences and similarities, the Samoan data set was compared to a national sample of American families. This cross-cultural research method was used to test the second hypothesis, which was to examine how Samoan family leisure patterns and family functioning compare to American families. A national sample of 495 American individuals reported the following subscale scores of zero-order correlations (Hornberger, 2007).

Cohesion scores on the FACES II ranged from 26 to 80 ($M = 63.46$, $SD = 9.36$), adaptability scores ranged from 26 to 66 ($M = 47.14$, $SD = 6.89$), and family functioning scores ranged from 1 to 8 ($M = 4.98$, $SD = 1.54$). The scores of core family leisure involvement ranged from 6 to 107 ($M = 43.26$, $SD = 16.28$), balance family leisure involvement scores ranged from 0 to 147 ($M = 49.30$, $SD = 24.0$), and total family leisure

involvement ranged from 8 to 237 ($M = 92.56$, $SD = 34.60$). Additional analyses were conducted to further examine the differences between the two groups.

ANCOVA. Several ANCOVAs were performed to examine the differences in the main effects of family functioning and family leisure patterns among Samoan and American groups, along with the differences in the demographic variables within each group. ANCOVA tables reference the relationship between the Samoan and American groups as “set”. Additionally, Table 12 illustrates the ANCOVA performed on the categorical variable set (gender) between Samoans and Americans, and table 13 illustrates the ANCOVA on the continuous variable set (age, family size, and income). The first ANCOVA examined the relationship of family functioning and demographic variables (age, gender, income and family size) between the two groups.

Results indicated no overall significant difference in family cohesion between Samoan and American families (Table 6). However, gender had a significant effect on family cohesion ($p = .003$) with females scoring higher than males (Table 12), and the difference in age affect between Samoan and American families approached significance ($p = .079$) (Table 13). The Samoans had a positive correlation with age and family cohesion, while the Americans had no correlation. Likewise, the difference in family size affect approached significance ($p = .074$), with the Americans having a strong positive correlation with family size and family cohesion ($p = .013$). There was no correlation among the Samoans. Finally, income had a significant positive correlation to family cohesion ($p = .004$).

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Results also indicated that there was no overall significant difference in family adaptability between the Samoan and American groups (Table 7). Gender did not have an affect on family adaptability, and there was no significant difference in the scores of males and females (Table 12). On the other hand, the difference in age affect and family adaptability between Samoan and American families was significant ($p = .012$) (Table 13). Samoans had a strong positive correlation while the Americans had no correlation. Furthermore, family size and income showed no difference in affect on family adaptability between the two groups.

The ANCOVA analysis that examined total family functioning indicated that there was no overall significant difference in the Samoan and American groups (Table 8). The affect of gender approached significance ($p = .065$) with a slight difference in females scoring higher than males (Table 12). The difference in age affect and family functioning between Samoan and American families was significant ($p = .038$) (Table 13). The Samoans had a strong positive correlation with age and family functioning while the Americans indicated no correlation. Moreover, Americans had a strong positive correlation with family size and family functioning ($p = .011$), and the negative correlation with family size among the Samoans approached significance ($p = .064$). Also, income had a significant positive correlation to family functioning overall ($p = .018$).

The second ANCOVA examined the relationship of family leisure patterns and demographic variables (age, gender, income and family size) between the Samoan and American data sets. Results indicated a significant difference ($p < .0001$) in overall core

family leisure activities with Samoans scoring higher than American families (Table 9). Gender and age did not have a significant effect in core activities overall (Table 12-13). However, the difference in family size affect and core activities between Samoans and Americans was significant ($p = .03$). The Americans had a positive correlation with family size and core activities, while the Samoans had no correlation. Furthermore, the difference in income affect between Samoan and American families approached significance ($p = .069$). The Samoans had a negative correlation with income and core family leisure involvement, while the Americans had no correlation.

Results also indicated an overall significant difference in their balance family leisure activities ($p < .0001$) with Samoans scoring higher than American families (Table 10). The difference in gender affect between Samoans and Americans approached significance ($p = .075$). There was no difference in female scores among both groups, but Samoan males had much higher balance activity scores than American males (Table 12). Moreover, age and family size had no significant correlation (Table 13). Furthermore, the difference in income affect on balance family leisure activities between the Samoan and American families was significant ($p = .010$); the Americans had a positive correlation, while the Samoans had no correlation.

The ANCOVA on total family leisure involvement indicated a significant difference ($p < .0001$) with Samoans scoring higher than Americans (Table 11). Although gender and age were not significant factors, the difference in family size affect was significant ($p = .037$) between both groups (Table 12-13). Americans had a positive correlation with family size and their total family leisure involvement, while Samoans

had no correlation. Furthermore, the difference in income affect between Samoans and Americans was significant ($p = .010$). The Samoans had a negative correlation with income and total family leisure involvement, while the Americans had a positive correlation.

Discussion

The findings of this study provided support for the hypothesized relationships. Results indicated that there was a relationship among Samoan family leisure patterns and family functioning (Hypothesis 1). Findings also indicated that there was no difference in family functioning between Samoan and American families, but there was a difference in their family leisure patterns (Hypothesis 2).

Core and Balance Leisure Patterns Among Samples

Core family leisure patterns. Core family leisure involvement among Samoan families was positively correlated to their family cohesion, family adaptability, and family functioning. This finding supported previous researchers (Baker, 2004; Christenson et al., 2006; Dodd, 2007; Johnson, 2005; Zabriskie & Freeman, 2004; Zabriskie & McCormick, 1999, 2003; Zabriskie, McCormick & Austin, 2001) who indicated that core family leisure activities address a family's need for stability by providing common, familiar experiences for families.

This study reported that the most common types of core family leisure activities among Samoans, or those with the highest involvement scores (frequency x duration), included playing cards, watching television, and engaging in or watching regular sporting events at home (i.e., volleyball) and in the village (i.e., village cricket). On the other

hand, Americans in this sample had high involvement scores (frequency x duration) on home-based activities (i.e., watching television, listening to music, singing, etc.), participating in crafts, cooking, gardening, and walking pets. (Hornberger, 2007). Not only were their core leisure involvement scores significantly different but their individual patterns were also different.

Balance family leisure patterns. Balance family leisure patterns among Samoans positively correlated to their family adaptability. Based on their balance family leisure scores, relatively few Samoan families participated in some of the eight balance activities illustrated on the FLAP. For example, only 167 of the 340 (49.3%) individuals participated in outdoor activities (i.e., camping, hiking), 196 (57.5%) participated in water-based activities (i.e., boating, sailing), and only 65 (19.2%) participated in outdoor adventure activities (i.e., surfing, ocean kayaking, scuba diving) as a family.

One reason that culture may have played a role in the lack of participation in these specific balance activities could be a lack of resources, as Samoans may not be familiar with or practice these types of activities due to the island's difference in culture, climate, landscape, and economy. In addition, many of the families may not have been able to afford the necessary equipment (i.e., boats, kayaks, scuba diving gear, etc.) for these activities. Furthermore, the lack of participation in certain balance family leisure activities may reflect that participants were unable to distinguish leisure activities from work. Balance family leisure activities on the research questionnaire may be considered "work" for some as they *need* to do these activities in order to provide for their family. Shopping at the market, working on plantations and cattle farms, fishing on boats, or

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hunting trips may be difficult activities for Samoan families to distinguish them as leisure from work.

Balance family leisure activities with the highest involvement scores (frequency x duration) among Samoans included community-based social and sporting activities (i.e., village celebrations, village sport tournaments, shopping in town), and spectator activities (i.e., dance performances), while Americans reported their lowest involvement scores in these two activities. For community-based activities, 324 (95.3%) Samoan participants did these types of activities on a weekly basis for an average of 2-3 hours. Likewise, for spectator activities 296 (87.1%) Samoans participated in these activities mostly on a monthly basis for an average of 2-3 hours. In contrast, balance family leisure activities with the highest involvement scores among Americans included outdoor activities (i.e., camping, hiking) and water-based activities (i.e., skiing, jet skiing, boating). Interestingly, these activities had the lowest involvement by the Samoans.

The high involvement scores (frequency x duration) of Samoan balance family activities in comparison to the American sample (Hornberger, 2007), reflect how important these family and community-based activities were when practicing the Fa'a Samoa. These community-based activities distinguish the Fa'a Samoa from other cultures, specifically the American culture. A senior orator in Salelologa (a village in Samoa) stated, "God gave us this culture to guide our lives and it differentiates us from other cultures...as a Samoan you will never forget that you are a Samoan" (Lilomaiava-Doktor, 2004, p. 176). According to Lilomaiava-Doktor, these types of cultural traditions and community social performances contribute to closely knit relations among family

members and villagers throughout the island. These findings supported previous researchers who indicated that the traditional Fa'a Samoa culture is very much a community oriented culture and these unique community based activities and celebrations have always been a powerful asset to the Fa'a Samoa (Canfield & Cunningham, 2004). As previously mentioned, these types of traditional balance family leisure activities positively related to Samoan family adaptability, an aspect of family functioning.

Cohesion and Adaptability Scores Among Samples

Aside from traditional family leisure activities that were examined among Samoans, cohesion and family adaptability, two aspects of family functioning were also studied. Results indicated that as Samoan families participated in core family leisure patterns, their family cohesion, family adaptability, and overall family functioning increased. Additionally, the more Samoan families participated in traditional balance family leisure activities (i.e., community-based activities), their family adaptability scores increased. Furthermore, findings indicated that there was no difference on overall family functioning, cohesion, and adaptability between Samoans and Americans. One explanation for this finding may reflect a lack in cultural sensitivity of the instrument. The instrument may not have grasped cultural definitions of aspects of family functioning among the Samoans as it did among the Americans in this sample. Cronbach Alpha coefficients demonstrated acceptable internal consistency among the American sample for cohesion ($\alpha = .602$), adaptability ($\alpha = .733$), and total family functioning ($\alpha = .809$),

while the Samoan sample did not (as previously reported). Therefore, study results related to cohesion should be interpreted with caution.

Demographic Comparisons Among Samples

To further understand the differences and similarities between the Samoan and American sample, socio-demographic variables were examined. Age positively contributed to Samoan scores of family cohesion, family adaptability, and family functioning, while age was not a main factor for the Americans. In other words, as the Samoan participant's age increased, the higher they scored on their overall family functioning. This may reflect how many Samoan families have older unemployed family members who stay at home throughout the day. They either worked on their plantations and farms, or looked after their grandchildren as the young adult children worked full time to earn the family's household income. Therefore, these older aged family members may have viewed their family functioning as positive and healthy, as they did not have to worry or stress about working daily to provide for the family, as they were around various family members (i.e. villagers) throughout the day. Such findings suggest that age can be an essential factor to take into consideration when examining family leisure patterns within ethnic families in cross-cultural studies.

Family size was also an important aspect to examine. It was common for Samoans to refer to their extended family members, villagers, and others who reside in their household as '*aiga*, or family (Canfield & Cunningham, 2004). This study reported that 1 to 44 family members lived in a single Samoan household, with a median of 6 persons; 93.5% of the total sample indicated that they had a household size ranging from 1-11

persons. Based on the results of this study, as the number of family members increased within a Samoan household, the amount of time they spent together in core family leisure activities also increased. Similar to previous studies (Roggman, 1994), aspects of positive family functioning were related to an increase in overall leisure time spent with extended family members. In comparison to American families in this sample, the household size ranged from 1 to 11 persons ($M = 4.48$, $SD = 1.3$), with a median of 4 persons. This comparison supported previous researchers who have stated Samoan family households differ from other researched samples in family size (Oakey, 1980).

Although the Samoans in this study tended to have larger family sizes when compared to Americans family size, it was not a significant factor in their family functioning and family leisure patterns. This may have resulted from Samoans always being around large numbers of family members, both immediate and extended family members (i.e. villagers) on a daily basis. Samoans have always been closely associated with extended family members and are commonly engaged in various community and family based activities with family in large numbers.

Further analyses on the demographic variables indicated that there was a difference with gender and family leisure patterns, specifically balance family leisure activities. Samoan males reported higher scores of balance activities ($M = 56.1$) than American males ($M = 45.9$) in this study. The high balance family leisure scores of Samoan males may have resulted due to the hierarchy of men within the Samoan culture. Samoan men are chiefs or *matais* of their extended families and villages (Lilomaiava-Doktor, 2004). They have the responsibility and obligation to attend and participate in

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traditional community-based events (i.e., village ceremonies and celebrations, Flag Day, etc.) as they represent their family and village.

Results also indicated that there was a difference in how income affected family leisure patterns among Samoan and American families. American core activities were not affected by income, nor were Samoan balance activities affected by income. This may have resulted from Samoans participating in traditional, balance family leisure events (family and community based) that do not require a lot of money to participate in, such as shopping at the market in town. At times, a bus fare to take the family to and from the event (costing a total of 0.50 cents) is all that is necessary. However, Samoan's annual household income negatively affected their core and total family leisure scores so the more time Samoans spent working to make money, the less time they spent at home participating in core family activities. Moreover, as Americans' annual household income increased so did their balance and total family leisure scores. This indicated that as Americans made more money, they were spending more leisure time together as a family.

Furthermore, income was an important demographic factor that correlated to family cohesion among Samoans. As their family's annual household income increased, their level of family cohesion increased. On the other hand, the American families in this sample demonstrated income as a positive significant factor in their family leisure patterns, specifically with their balance and total family leisure involvement. These findings may indicate that income is an important factor in understanding how family leisure patterns influence attributes of family functioning.

More importantly, education affected all three variables: family cohesion, family adaptability, and overall family functioning. Similarly, Hagger, Barkoukis, Chatzisarantis, Wang, and Baranowski (2005), reported that education positively influenced the behavior of family members at home, specifically children, during their overall leisure time together. As the education level of Samoan participants increased, their overall level of family functioning increased. Results from this study suggest that it is necessary to further examine how demographic variables, and other important factors, influenced Samoan family leisure patterns and overall family functioning.

Recommendations for Future Research

Cross-cultural studies have suggested that cultural diversity factors need to be taken into consideration when comparing ethnic minority cultures to the mainstream American culture (Ogbu, 1992). One explanation that may be used in understanding family leisure patterns in future cross-cultural studies is the concept of time. The difference in how time is conceptualized among Samoans and Americans may have been one explanation in understanding how family leisure patterns differed in this study, specifically with the high involvement balance family leisure scores among Samoans. Samoans have a different notion of time, living each day with a “go with the flow” mentality (unlike many Americans who live according to their daily planner). Furthermore, large traditional community-based activities may have also made it difficult for participants to quantify the length of time as these events extended throughout the day, and family members (i.e. extended family members, villagers) continually come and go throughout the extended event. Due to the possible difficulty in quantifying the typical

length of time for a family leisure activity, it is necessary to consider the concept of time, as well as other cultural diversity factors in future cross-cultural studies.

The cross-cultural research method should be used in future research to further understand similarities and differences of family leisure patterns among various ethnic cultures. Such comparisons enable researchers to further understand how culture may play a role in family leisure patterns. Furthermore, as Samoan families were compared to American families in this study, family leisure patterns should be further examined in additional ethnic samples to further expand family leisure research. For example, future research should examine other Samoan groups who reside outside of the Samoan islands (i.e., United States, New Zealand) and compare their family leisure patterns to Samoans in the islands or other Polynesian groups. This may highlight cultural differences in family leisure patterns, due to assimilation to a new culture.

Furthermore, as Samoan families participated in more core family leisure activities together, their family cohesion, family adaptability, and overall family functioning scores increased. This relationship of family leisure patterns and family functioning must be examined further among a larger sample of Samoan families. By doing so, researchers and professionals can gain a better understanding of what specific core family activities are participated in most frequently, and how they relate to overall Samoan family functioning. Likewise, it is necessary that balance family leisure involvement be further examined among additional and larger samples of Samoan families. This may provide further understanding in which specific core and balance activities are essential attributes within the Samoan culture, which do not reflect their

cultural traditions, and which traditional activities may have been overlooked or were not specified in the research questionnaire.

The research instrument may have lacked cultural sensitivity toward the Samoan culture in some ways; such as in understanding leisure-type activities, missing important family leisure activities in the Samoan culture, and quantifying time or the length of an activity. Future researchers need to consider using more culturally sensitive instruments that have successfully been used to measure family leisure patterns in other ethnic cultures. The qualitative research method should also be used to further study how specific family leisure patterns influence Samoan family functioning as it may better address important cultural views of family leisure time.

The qualitative research method may also be desirable since the method of completing research questionnaires were foreign to many Samoan families. Although the participants filled out their answers on paper, they additionally vocalized reasons for their answers to the researcher. In the Fa'a Samoa, families pass on their history, values, and traditions to their children and future generations through narrative story telling. Samoans, especially the elderly, are very comfortable talking as they are used to orally sharing family life stories and interesting insights on how culture plays a role in their family leisure patterns. Qualitative methods (i.e., interviews) should be utilized in future studies to more fully understand and discuss the meaning of family leisure patterns among Samoan families, as well as other ethnic minority families. Consequently, findings from the current study should be interpreted with caution until more research can be done

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investigating family leisure patterns and family functioning among Samoan families, specifically among those residing in the Samoan islands.

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Table 1

Zero Order Pearson Correlations Among Study Variables

Variable	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1. Age	1	-.157**	.395**	.129*	.150*	.277**	-.018	-.174**	.151**	-.138*	.068	-.016	.130*	.203**	.195**
2. Gender		1	.016	.082	-.102	-.055	-.043	-.032	.018	.110*	.015	.062	.055	.012	.012
3. Marital Status			1	.308**	-.099	.141*	-.005	-.128	.077	-.098	-.037	-.072	-.028	.041	-.015
4. Divorce				1	.058	.068	-.002	-.057	.112	-.017	-.067	-.055	-.012	-.006	-.034
5. Income					1	.139*	.155*	-.026	.151*	-.135*	-.036	-.088	.171**	.013	.099
6. Children						1	-.016	.090	.013	-.175**	-.188**	-.216**	-.004	-.020	-.028
7. Education level							1	-.026	.199**	.000	-.072	-.051	.301**	.145**	.252**
8. Total in household								1	-.128	.213**	-.057	.054	.053	-.004	.028
9. Live-off Island									1	-.045	.030	.001	.155**	.057	.125*
10. Core										1	.419**	.762**	.137*	.196**	.148**
11. Balance											1	.907**	.036	.207**	.072
12. Total Leisure												1	.089	.238**	.120*
13. Cohesion													1	.632**	.877**
14. Adaptability														1	.810**
15. Family Functioning															1

Note. * $p < .05$ (2-tailed); ** $p < .01$ (2-tailed)

Table 2

Summary of Blocked Regression Equation Predicting Family Cohesion

Predictor	B	SE B	β	<i>p</i>
Block 1 $R^2 = .135$ ($p = .000$)**				
Age	.117	.053	.150	.029*
Gender	1.896	1.275	.096	.139
Income	.475	.271	.115	.081
Children	-.258	.260	-.065	.323
Grade (Education level)	1.772	.425	.274	< .001**
Live-off Island	1.149	1.252	.060	.360
Block 2 $\Delta R^2 = .049$ ($p = .002$)**				
Age	.119	.053	.152	.026*
Gender	1.952	1.248	.099	.119
Income	.569	.265	.138	.033*
Children	-.111	.259	-.028	.667
Grade (Education level)	1.741	.415	.269	< .001**
Live-off Island	1.523	1.231	.080	.217
Core family leisure	.096	.031	.212	.002**
Balance family leisure	.010	.020	.034	.619

Note. * $p < .05$; ** $p < .01$; $n = 225$.

Table 3

Summary of Blocked Regression Equation Predicting Family Adaptability

Predictor	B	SE B	β	<i>p</i>
Block 1 $R^2 = .092$ ($p = .002$)**				
Age	.174	.045	.269	< .001**
Gender	.528	1.082	.032	.626
Income	-.142	.230	-.041	.538
Children	-.262	.221	-.080	.236
Grade (Education level)	1.097	.360	.205	.003**
Live-off Island	-.405	1.063	-.026	.703
Block 2 $\Delta R^2 = .074$ ($p = .000$)**				
Age	.163	.044	.251	< .001**
Gender	.715	1.045	.044	.495
Income	-.056	.222	-.016	.801
Children	-.083	.217	-.025	.703
Grade (Education level)	1.094	.347	.204	.002**
Live-off Island	-.185	1.030	-.012	.858
Core family leisure	.070	.026	.186	.008**
Balance family leisure	.035	.016	.148	.035*

Note. * $p < .05$; ** $p < .01$; $n = 225$.

Table 4

Summary of Blocked Regression Equation (Core & Balance) Predicting Family Functioning

Predictor	B	SE B	β	<i>p</i>
Block 1 $R^2 = .120$ ($p = .000$)**				
Age	.030	.009	.226	.001**
Gender	.160	.216	.048	.460
Income	.025	.046	.036	.592
Children	-.058	.044	-.087	.191
Grade (Education level)	.289	.072	.266	< .001**
Live-off Island	.083	.213	.026	.696
Block 2 $\Delta R^2 = .052$ ($p = .001$)**				
Age	.029	.009	.221	.001**
Gender	.181	.212	.054	.394
Income	.040	.045	.058	.369
Children	-.030	.044	-.044	.500
Grade (Education level)	.286	.070	.263	< .001**
Live-off Island	.137	.209	.043	.513
Core family leisure	.015	.005	.194	.006**
Balance family leisure	.004	.003	.078	.266

Note. * $p < .05$; ** $p < .01$; $n = 225$.

Table 5

Summary of Blocked Regression Equation (Total Family Leisure) Predicting Family Functioning

Predictor	B	SE B	β	<i>p</i>
Block 1 $R^2 = .120$ ($p = .000$)**				
Age	.030	.009	.226	.001**
Gender	.160	.216	.048	.460
Income	.025	.046	.036	.592
Children	-.058	.044	-.087	.191
Grade (Education level)	.289	.072	.266	< .001**
Live-off Island	.083	.213	.026	.696
Block 2 $\Delta R^2 = .044$ ($p = .001$)**				
Age	.027	.009	.204	.003**
Gender	.200	.212	.060	.346
Income	.036	.045	.052	.423
Children	-.029	.044	-.043	.511
Grade (Education level)	.291	.070	.268	< .001**
Live-off Island	.100	.208	.031	.632
Total family leisure	.007	.002	.215	.001**

Note. * $p < .05$; ** $p < .01$; $n = 225$.

Table 6

Univariate Analysis of Variance on Family Cohesion

Tests of Between-Subjects Effects				
Source	Type III Sum of Squares	df	Mean Square	F
Corrected Model**	3562.207	7	508.887	5.915
Intercept**	50928.297	1	50928.297	591.934
Set	101.495	1	101.495	1.180
Gender**	790.927	1	790.927	9.193
Age	96.157	1	96.157	1.118
Famsize**	704.433	1	704.433	8.188
Income**	730.487	1	730.487	8.490
Set x Age	266.560	1	266.560	3.098
Set x Famsize	274.996	1	274.996	3.196
Error	57472.775	668	86.037	

Note. * $p < .05$ (2-tailed); ** $p < .01$ (2-tailed)

Table 7

Univariate Analysis of Variance on Family Adaptability

Tests of Between-Subjects Effects				
Source	Type III Sum of Squares	df	Mean Square	F
Corrected Model**	957.159	6	159.527	3.123
Intercept**	35371.285	1	35371.285	692.393
Set	168.844	1	168.844	3.305
Gender	61.550	1	61.550	1.205
Age	192.387	1	192.387	3.766
Famsize	17.348	1	17.348	.340
Income	126.240	1	126.40	2.471
Set x Age*	321.408	1	321.408	6.292
Error	34176.230	669	51.086	

Note. * $p < .05$ (2-tailed); ** $p < .01$ (2-tailed)

Table 8

Univariate Analysis of Variance on Family Functioning

Tests of Between-Subjects Effects					
Source	Type III Sum of Squares	df	Mean Square	F	
Corrected Model**	56.368	7	8.053	3.370	
Intercept**	230.737	1	230.737	96.555	
Set	2.039	1	2.039	.853	
Gender	8.183	1	8.183	3.424	
Age	6.470	1	6.470	2.708	
Famsize*	15.489	1	15.489	6.482	
Income*	13.426	1	13.426	5.618	
Set x Age*	10.376	1	10.376	4.342	
Set x Famsize	8.227	1	8.227	3.443	
Error	1596.326	668	2.390		

Note. * $p < .05$ (2-tailed); ** $p < .01$ (2-tailed)

Table 9

Univariate Analysis of Variance on Core Family Leisure Involvement

Tests of Between-Subjects Effects				
Source	Type III Sum of Squares	df	Mean Square	F
Corrected Model**	39203.112	7	5600.445	18.932
Intercept**	39981.018	1	39981.018	135.156
Set**	6659.384	1	6659.384	22.512
Gender	646.393	1	646.393	2.185
Age	31.132	1	31.132	.105
Famsize**	5291.183	1	5291.183	17.887
Income*	1628.568	1	1628.565	5.505
Set x Famsize*	1393.566	1	1393.566	4.711
Set x Income	978.978	1	978.978	3.309
Error	197604.171	668	295.815	

Note. * $p < .05$ (2-tailed); ** $p < .01$ (2-tailed)

Table 10

Univariate Analysis of Variance on Balance Family Leisure Involvement

Tests of Between-Subjects Effects				
Source	Type III Sum of Squares	df	Mean Square	F
Corrected Model**	16881.738	7	2411.677	3.343
Intercept**	33573.211	1	33573.211	46.545
Set**	9160.234	1	9160.234	12.699
Gender	983.457	1	983.457	1.363
Age	1736.158	1	1736.158	2.407
Famsize	1376.495	1	1376.495	1.908
Income	450.362	1	450.362	.624
Set x Income*	4787.899	1	4787.899	6.638
Set x Gender	2299.715	1	2299.715	3.188
Error	481834.788	668	721.310	

Note. * $p < .05$ (2-tailed); ** $p < .01$ (2-tailed)

Table 11

Univariate Analysis of Variance on Family Leisure Patterns

Tests of Between-Subjects Effects				
Source	Type III Sum of Squares	df	Mean Square	F
Corrected Model**	62838.086	7	8976.869	6.295
Intercept**	135298.760	1	135298.760	94.880
Set**	28727.421	1	28727.421	20.145
Gender	3158.564	1	3158.564	2.215
Age	1246.662	1	1246.662	.874
Famsize*	6155.897	1	6155.897	4.317
Income	256.780	1	256.780	.180
Set x Famsize*	6210.921	1	6210.921	4.355
Set x Income	9597.388	1	9597.388	6.730
Error	952571.204	668	1426.005	

Note. * $p < .05$ (2-tailed); ** $p < .01$ (2-tailed)

Table 12

Estimated Marginal Means (Standard Error) on Study Variables within Samoan & American Sets

	<i>Cohesion</i>	<i>Adaptability</i>	<i>Family Functioning</i>	<i>Core</i>	<i>Balance</i>	<i>Leisure</i>
Set						
Samoan	60.7 (.71)	48.4 (.55)	4.88 (.12)	54.2 (1.54)**	52.2 (2.4)**	106.1 (3.4)**
American	62.5 (.62)	46.7 (.45)	5.0 (.10)	45.6 (1.2)	46.6 (2.0)	95.0 (2.6)
Gender						
Male	60.1 (.83)	47.2 (.63)	4.75 (.14)	51.2 (1.6)	51 (2.5)	103.4 (3.5)
Female	63.0 (.47)	48.0 (.35)	5.0 (.08)	48.6 (.10)	47.8 (1.5)	97.7 (2.2)
Set x Gender						
Samoan						
Male					56.1 (3.4)	
Female					48.19 (2.8)	
American						
Male					45.9 (3.6)	
Female					47.4 (1.4)	

Note. ** $p < .01$ (2-tailed) = Positive significant difference overall between Samoan and American groups; Standard error in parenthesis.

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Table 13

Estimated Effects (Standard Error) for Study Variables

<i>Variable</i>	Parameter Estimates					
	<i>Age</i>	<i>Age x Set</i>	<i>Famsize</i>	<i>Famsize x Set</i>	<i>Income</i>	<i>Income x Set</i>
Core	-.025 (.078)			S: .703 (.676)* A: 2.17 (.630)**		S: -1.25 (.597) A: -.17 (.318)
Balance	.190 (.123)		-.501 (.363)			S: -0.83 (.94)* A: 1.58 (.50)**
Total Leisure	.161 (.172)			S: .001 (1.48)* A: 3.10 (1.38)*		S: -1.98 (1.31)** A: 1.42 (.70)*
Cohesion		S: .12 (.08) A: -.03 (.07)		S: .20 (.37) A: .85 (.34)*	.43 (.15)**	
Adaptability		S: .15 (.06)* A: -.02 (.05)	.06 (.10)		.18 (.11)	
Fam Functioning		S: .03 (.01)* A: -.003 (.01)		S: .02 (.06) A: .13 (.06)*	.06 (.02)*	

Note. * $p < .05$ (2-tailed); ** $p < .01$ (2-tailed); S = Samoan; A = American; Standard error in parenthesis.

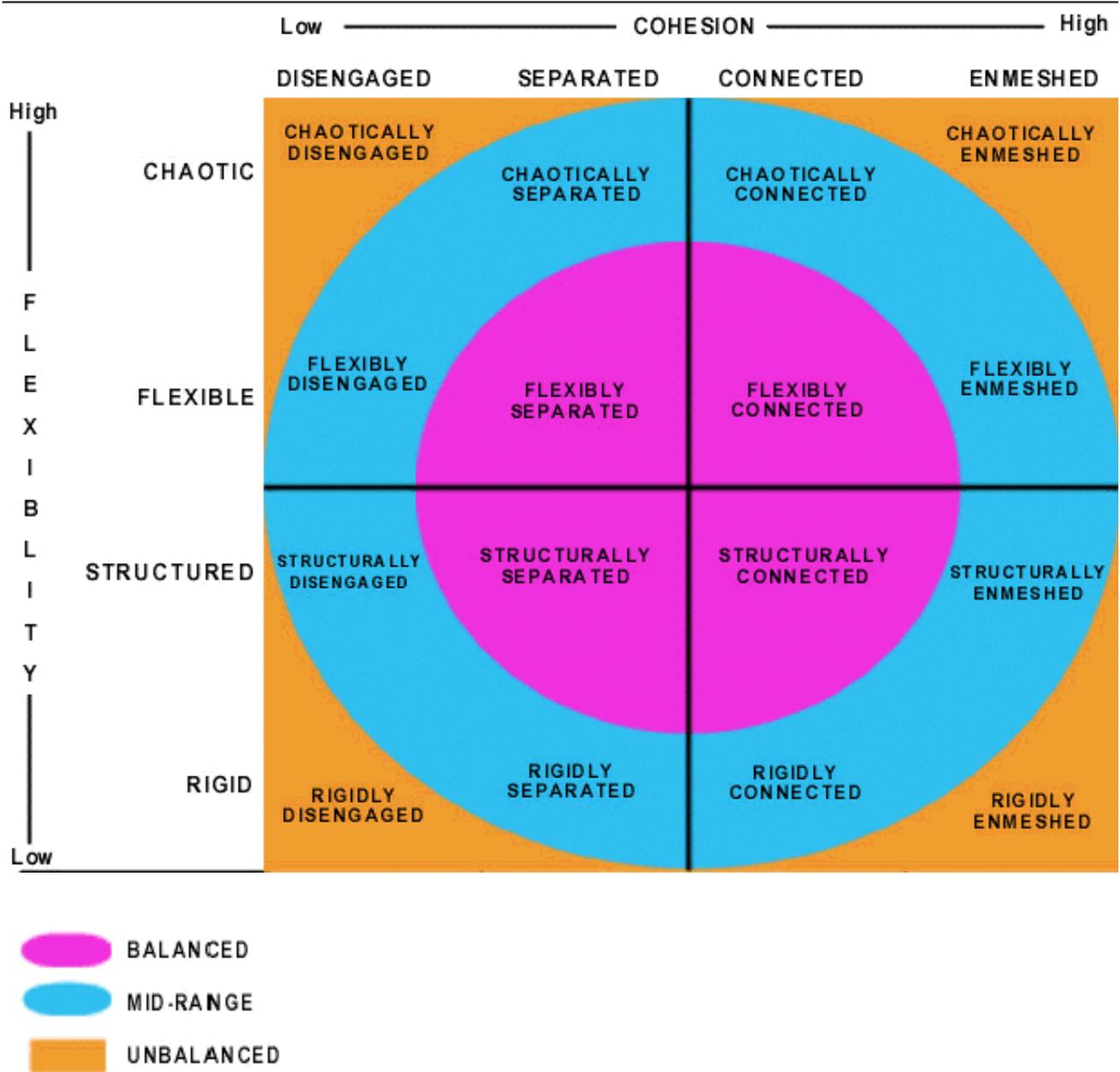


Figure 1. Circumplex Model of Marital and Family Systems

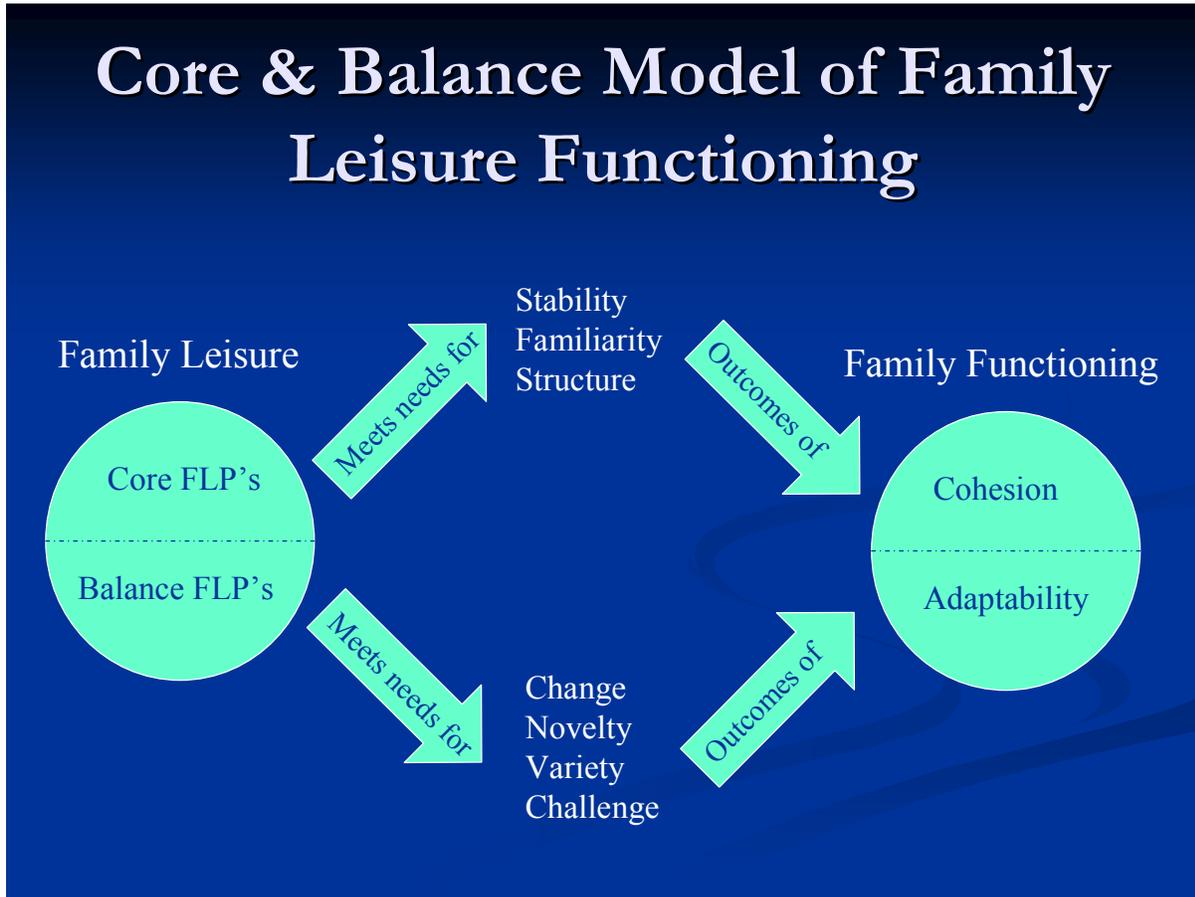


Figure 2. Core and Balance Model of Family Leisure Functioning

Appendix A
Prospectus

Chapter 1

Introduction

High functioning families develop basic strengths that enable them to protect their family system from breakdown during crisis situations and to foster the family's ability to adapt to changes or transitions (McCubbin, Kapp, & Thompson, 1993). These basic strengths include cohesiveness and adaptability, two components of family functioning. Olson (1993) defined family cohesion as "the emotional bonding that family members have toward one another" (p. 105). This dimension balances the importance of independence with the support of being a member of a family unit. Family adaptability is related to the family's flexibility in leadership roles and in rules of relationships. This dimension refers to the family system's need to appropriately change, be flexible, or to adapt and learn from different experiences and situations. Families who balance their lives in between the two dimensions are considered to have healthy family functioning (Olson, 1993). One way families can enhance healthy family functioning is through family leisure involvement.

Leisure researchers have consistently demonstrated a positive relationship between family leisure involvement and family functioning (Freeman & Zabriskie, 2002; Hawks, 1991; Orthner & Mancini, 1991; Zabriskie, 2000; Zabriskie & McCormick, 2001). Family leisure promotes family interactions, social support, and an overall positive outlook on life within the family unit (Driver, 1992). Family leisure involvement includes all leisure and recreation activities that family members do together (Zabriskie, 2000). One way to explain how family leisure activities are related to aspects of family

functioning is by using the Core and Balance Model of Family Leisure Functioning (Zabriskie, 2000).

The Core and Balance Model of Family Leisure Functioning (Zabriskie, 2000) indicates that family leisure involvement consists of two types of family leisure patterns that families use to meet needs of stability and change—core and balance. Core family leisure patterns are common, low-cost, relatively accessible activities that require little planning, are often home-based, and that families do frequently. On the other hand, balance family leisure patterns often require a greater investment of resources (such as time, effort, and money), occur less frequently, and are usually not home based. Families who regularly participate in both core and balance family leisure patterns are likely to function more successfully as a family than those that focus on either one or the other. The Core and Balance model provides considerable insight and adds further understanding by demonstrating how core and balance family leisure patterns strengthen families. One way this model can be used to extend this line of family leisure research is by looking at family leisure and family functioning among varied samples, such as minority families. One particular minority group that has been overlooked in family leisure literature is Pacific Islanders, specifically the Samoan people.

Statement of the Problem

The problem of this study is to (a) examine the relationship between family leisure involvement and aspects of family functioning (adaptability and cohesion) among Samoan families residing on the Samoan Island(s), and (b) to compare the Samoan data to a broad sample of American families to provide a cross-cultural comparison.

Purpose of the Study

The purpose of this study is to positively influence family leisure involvement and leisure programming among Samoan families to promote positive family functioning. Specifically, this study will suggest opportunities for a) improving Samoan family relations, b) improving family programs and leisure programs among Samoan communities on the Samoan Islands or elsewhere, c) assisting recreation therapists, professionals, and others involved in decision-making situations regarding Samoan families worldwide, d) expanding family leisure literature regarding racial minority groups, and e) conducting further cross-cultural studies among normative groups, and ethnic minority groups.

Significance of the Study

As previously mentioned, participation in family leisure activities has consistently been demonstrated to be positively correlated with family functioning (Baldwin, Ellis, & Baldwin, 1999; Freeman & Zabriskie, 2003; Hawks, 1991; Hill, 1988; Holman & Epperson, 1989; Orthner & Mancini, 1991; Orthner, 1998; Zabriskie, 2000). Researchers consistently recommend that one way researchers need to expand family leisure studies is by looking at leisure involvement among broader, diverse samples, such as ethnic minority groups (Gobster, 2002). By studying ethnic minority groups, researchers are able to explore the role leisure involvement plays in their diverse cultural lifestyle and family functioning. With this knowledge, local community leaders and leisure researchers are more capable of making decisions about how best to serve and strengthen diverse families in local communities (Shinew, et al., 2006). Nevertheless, the issues of race,

ethnicity, and culture related to family leisure involvement are only beginning to be examined in depth (Henderson & Ainsworth, 2001).

Within the last decade, leisure literature has expanded by focusing more on leisure involvement among minority groups in the United States, with specific focus on Hispanic groups (Carr, & Williams, 1993; Christenson, 2006; Gobster, 2002; He & Baker, 2004; Kruger, Ham, & Kohl III, 2005; Shaull & Gramann, 1998; Stodolska, 2000) and African-American groups (Gobster, 2002; He & Baker, 2004; Henderson & Ainsworth, 2001; Kruger et al., 2005; Littlejohn-Blake & Darling, 1993; Shinew et al., 2006; Stodolska & Yi, 2003). Due to this research focus, leisure-related agencies and services are becoming more aware of diverse families in their communities and are making adjustments to better accommodate their leisure needs (Stodolska, 2000). For example, official signs, directions to city parks or family attractions, and instructions of how to access public outdoor equipment in leisure settings are now commonly available in both the English and Spanish languages in many communities. Although positive influences of family leisure involvement have been consistently demonstrated in Caucasians and a few Hispanic and African American samples, it is unknown whether similar results of leisure involvement would be evident within other cultural minority groups (Gobster, 2002). Although similar findings may be true for Pacific Islander families, specifically Samoan families, limited research is available about their family functioning and family leisure involvement.

Studying Samoan families responds to the need for extensive race and ethnicity family leisure research as the United States is experiencing a demographic shift with

Pacific Islanders (Shinew et al., 2006). According to the 2000 U.S. Census, Samoans were the second largest Pacific Islander group residing in the United States. There were 91,000 who reported being Samoan only, and 42,000 reported Samoan in combination with one or more other races or Pacific Islander groups, which gives a total of 133,000 people in the United States reporting they are of Samoan ethnicity. The reported data on Samoan residents in the United States demonstrates cultural diversity that contributes to the “increasingly multi-ethnic and multi-racial populations” that are expected to come into American society (Floyd, 1998, p. 17). According to Floyd (1998), the field of leisure studies will face an even greater demand for social science research concerning race and ethnicity as culturally diverse groups continually increase in the coming decades. This family leisure study responds to this demand by examining a fundamental component of the diverse Samoan culture, the family unit.

In the Samoan culture, the *'aiga* (family) has long been recognized as the basic unit of the Samoan social structure (Fitzgerald & Howard, 1990) and the most important social unit in traditional Samoan culture (Canfield & Cunningham, 2004). The *'aiga* includes both immediate family members and extended family members. In the traditional Samoan culture, or *Fa'a Samoa*, a good Samoan person is believed to be one who sacrifices for their family. According to Lilomaiava-Doktor (2004), “we are nobody without our *'aiga* and without our *'aiga* there would be nothing to speak of in *fa'a Samoa*” (p. 176). Due to the high priority and unique perspective of families embedded within the Samoan culture, Samoans and non-Samoans will benefit from examining this cultural family system from a family leisure perspective.

Native Samoans will better understand how family leisure involvement is used as an asset to strengthen family relations within their own cultural ties. Samoans who have been raised outside of the Samoan islands and are not as familiar with the Samoan culture will have the opportunity to learn directly about family life in Samoa (Thompson, 2004). Additionally, researchers, theorists, businesses, counselors, educators and others who make decisions about or with Samoan families, in the United States (Samoan migrants) or those living on the Samoan islands, will learn how to promote healthy family functioning within Samoan families. One way individuals in these professions can learn how to promote healthy Samoan family functioning is by using the cross-cultural research method to compare Samoan family relations and leisure behavior to American families.

The cross-cultural research method allows researchers to make valid comparisons, similarities and differences, between different cultures (Ovretveit, 1998). The main purpose of a cross-cultural study is “to learn differences from others to reflect on the present paradigm from different perspectives” (Shin & Koh, 2007, p. 304). This research method will be used to investigate cross-cultural differences in family leisure involvement and family functioning in Samoan families and American families, a comparison no known study has performed. Therefore, a new direction in cross-cultural research is necessary in examining the relationship between family leisure involvement and aspects of family functioning (cohesion and adaptability) within Samoan families, and to compare the Samoan data to a broad sample of American families.

Delimitations

This study is delimited to the following:

1. Data collected from approximately 300 individuals from approximately 150 different households; including adult-aged individuals (18 years old and above) and parents.
2. A relatively equal number of male and female participants.
3. Data will be collected over a 14-day period in May 2007.
4. Participants will be selected through convenience sampling.
5. Parents of adult-aged individuals will have been married to a spouse for at least two years.
6. Participants will be of Samoan ethnicity, and will have resided on the Samoan Island(s) for at least three years.
7. The use of the (a) Family Leisure Activity Profile (FLAP) to measure leisure patterns, and the (b) Family Adaptability and Cohesion Evaluation Scales (FACES II) to measure family functioning within Samoan communities.

Limitations

The study is limited by the following:

1. A non-random sample; therefore, generalizability is limited to this sample.
2. Participants will be volunteers who meet the requirements to participate in this investigation.
3. The degree of effort by participants may be influenced by the researcher being a female and conducting the study in a strong patriarchal society.

4. The questionnaire may have been completed during a difficult situation or challenging time within the family's household (i.e., death of a family member).
5. The ability of participants to read in either English or Samoan or to understand how to complete the questionnaire.
6. The FLAP has not been administered to Samoans before; therefore, the reliability and validity of this instrument for this population is unknown.
7. All instruments will be translated from English to Samoan; some words may not translate well across the languages thus distorting the original meaning.
8. Honesty of the subjects who need assistance in reading the questionnaire outloud or marking their answers on the questionnaire may be influenced.

Assumptions

The study was based upon the following assumptions:

1. The length of time a participant has been married will have some impact on their answers.
2. Participants may refer to not only their spouse and/or immediate family members as their "family," but to extended family members living in the same household as well.
3. Participants will fill-out the questionnaire to the best of their ability and will be honest.
4. Aspects of well-balanced Samoan family functioning will be seen through family leisure behavior.

5. The FLAP will measure family leisure patterns of Samoan families in a reliable and valid manner.

Hypotheses

The study is designed to test the following null hypotheses:

1. There is no relationship between family leisure involvement and aspects of family functioning in Samoan families.
2. There is no difference between family leisure involvement and aspects of family functioning among Samoan families and a broad sample of American families.

Definition of Terms

The following terms are defined to clarify their use in this study:

'Aiga. Family; the basic unit of Samoan social structure, and one of Samoan society's most stable features (Fitzgerald & Howard, 1990).

American family. Families who have been raised in the United States and define themselves as "Americans."

American Samoa. A group of Samoan islands in the South Pacific Ocean; an unincorporated territory claimed by the United States after the mid 1800s (Poasa, Mallinckrodt & Suzuki, 2000).

Balance family leisure pattern. Activities with family members which are novel, usually out of the home, and less spontaneous. For example, family vacations and camping trips (Zabriskie, 2001).

Core family leisure pattern. Activities which are consistent, accessible, common, inexpensive, and often home-based. For example, reading together, playing card games, and eating together as a family (Zabriskie, 2001).

Fa'a Samoa. Samoan way; it is what Samoans traditionally do and value, which in turn gives Samoans guidance, roles, and responsibility (Lilomaiava-Doktor, 2004).

Family adaptability. The “ability of a family system to change its power structure, role relationships, and relationship rules in response to situational and developmental stress” (Olson, McCubbin, Barnes, Larsen, Muxen, & Wilson, 1992, p. 1).

Family cohesion. The emotional bonding that family members have for each other (Olson, 1993).

Family leisure involvement. “All recreation and leisure activities family members participate in with other family members, including both core and balance family leisure patterns” (Zabriskie, 2000, p. 7).

Leisure. An activity that is undertaken during free or spare time, resulting in fun and enjoyment (Henderson & Ainsworth, 2001).

Matai. The elected head of a family clan; chief or leader of extended families and the extended families’ representatives on the Village Council of Chiefs (The Samoan Way, 1993).

Minority group. A group of individuals who experiences a wide range of discriminatory treatment and is assigned to a low-status position in society because of race or ethnicity (Floyd, 1999).

Samoa. A group of islands in the South Pacific located 1,600 miles northeast of New Zealand and 2,300 miles southwest of Hawaii; it has been inhabited by Polynesian peoples since at least 600 B.C. (Poasa et al., 2000).

Samoaan. A native or inhabitant of the Samoan Islands who indicate their race as *Samoaan*; relatively tall, solid brown-skinned people of Western Polynesian ancestry, a category shared with native people of Hawaii, New Zealand, Tonga, Niue, Tokelau, and to some extent with Fijians (Oakey, 1980).

Samoaan household. Includes parents and their children, as well as other adults, such as brothers or sisters of the parents or other relatives (such as cousins, nephews, nieces, and grandparents) (Oakey, 1980).

Chapter 2

Literature Review

The problem of the study is to (a) examine the relationship between family leisure involvement and aspects of family functioning (adaptability and cohesion) among Samoan families residing on the Samoan Island(s), and (b) to compare the Samoan data to a broad sample of American families to provide a cross-cultural comparison. Topics to be examined in this chapter include (a) family functioning, (b) family leisure involvement, (c) family leisure involvement and family functioning, (d) core and balance model and families, (e) leisure and minority families, (f) the Samoan way, (g) Samoan family, and (h) summary.

Family Functioning

Family systems theory describes the family as a system that works together, each action from individual family members affects the others. In order to create a healthy, successfully functioning family system each member of the family must be involved. No individual family member can act on its own without affecting the other members of the family. Healthy functioning families are goal oriented, dynamic, self-correcting, and are affected by and affect their environment (Klein & White, 1996). They tend to develop basic strengths in order to survive crisis situations and challenging experiences. Cohesiveness and adaptability, two components of family functioning, are basic family strengths that prepare families for such experiences. Healthy functioning families have been studied from a variety of perspectives. One approach to studying family functioning,

with specific focus on how cohesiveness and adaptability strengthen families, is the Circumplex Model, developed by Olson, Sprenkle, and Russell (1979).

Circumplex Model. Olson's (1993) Circumplex Model of Marital and Family Systems is a well established model commonly used to describe the family systems framework. This model was developed to bridge the gap between research, theory, and practice (Olson). It emphasizes how family members and their behaviors are interconnected through three dimensions; cohesion (defined as togetherness), flexibility (defined as the ability to cope with change), and communication (Olson & Gorall, 2003). Olson defined family cohesion as "the emotional bonding that family members have toward one another" (p. 105). This dimension indicates the degree to which family members are separated from or connected to their family. Family adaptability is related to the family's flexibility to appropriately change, or to adapt to different experiences and situations. Families learn to adapt to various leadership roles and in rules of relationships. Family communication is a critical facilitating dimension. Through effective communication and interactive skills, families facilitate their movement along the other two dimensions.

According to Iso-Ahola (1984), there are two opposing family needs that simultaneously influence family functioning. First, families must meet the need for stability (cohesion) in interactions, structure, and relationships; secondly, the need for novelty and change (adaptability) is fulfilled through experience, input, and challenge (Zabriskie & McCormick, 2001). A healthy functioning family displays a balance of both adaptability and cohesion. One measure that has been consistently used to measure a

family's level of adaptability and cohesion is the Family Adaptability and Cohesion Evaluation Scales II (FACES II).

FACES II. The Family Adaptability and Cohesion Evaluation Scales II (FACES II) (Olson, Portner, & Bell, 1987) provide an “insider’s perspective” on family functioning from a variety of family members, by measuring family cohesion and family adaptability. It enables researchers to place individual family members or groups of families within the Circumplex Model in order to determine their family functioning. McCubbin et al. (1993) suggested utilizing FACES II in placing a greater emphasis on family strengths, capabilities, and coping in order to see what is good about families even during their weakest moments. As FACES II provides an indicator of family functioning, family leisure involvement has been shown to positively contribute to family functioning.

Family Leisure Involvement

Family leisure involvement includes all leisure and recreation activities that family members do together (Zabriskie, 2000). Leisure involvement has recently become an important topic for families. Until the last decade, leisure research relating to families came mostly from studies about individuals or couples, demonstrating a positive relationship of family leisure and family interaction, family cohesion, and family satisfaction (Baldwin, et al. 1999; Hawks, 1991; Hill, 1988; Orthner & Mancini, 1991; Orthner, 1998). Recently, family leisure researchers have extended their research to include parent and child perspectives of family leisure involvement (Christenson, Zabriskie, Eggett, & Freeman, 2006; Zabriskie & McCormick, 2003; Zabriskie & Freeman, 2004). Leisure researchers consistently demonstrate family leisure and

recreation activities as an essential part of high functioning families (Freeman & Zabriskie, 2003; Hawks, 1991; Orthner & Mancini, 1991; Zabriskie, 2000).

Family Leisure Involvement and Family Functioning

The relationship between family functioning and family leisure can be examined using the family systems theoretical perspective (Orthner & Mancini, 1991). The family systems theory focuses on family dynamics, which include power, relations, structures, boundaries, communications patterns, and roles (Rothbaum, Rosen, Ujiie, & Uchida, 2002). Using this framework, family leisure behavior can be understood by viewing the family as a unit rather than as individual parts. Changes in individuals affect the family system's leisure behavior as a whole, just as changes in the system affect each individual family member's leisure behavior (White & Klein, 2002). Zabriskie and McCormick (2001) summarize the family systems theory by referring to Klein and White's (1996) work. They state that the family systems theory "holds that families are goal directed, self-correcting, dynamic, interconnected systems that both affect and are affected by their environment and by qualities within the family system itself" (p. 281).

As mentioned previously, Olson's (1993) Circumplex Model is commonly used to describe the family systems framework. Zabriskie and McCormick (2001) suggest that all three dimensions of this model (cohesion, adaptability, and communication) are facilitated through family leisure involvement. They provided evidence to support the use of the Core and Balance Model of Family Functioning for exploring family leisure relationships (Zabriskie, 2000). "Both core and balance leisure patterns (are) significantly related to family cohesion and adaptability" (p. 286). This model is grounded in the

family systems theory and implies a direct relationship between family leisure patterns and family cohesion and adaptability (Zabriskie & Freeman, 2004).

Core and Balance Model and Families

The Core and Balance Model of Family Leisure Functioning (Zabriskie, 2000) explains how family leisure involvement influences family functioning and suggests that various family leisure patterns are related to two aspects of family functioning (cohesion and adaptability). The model, which has been developed and tested in recent years (Zabriskie, 2000; 2001; Zabriskie & McCormick, 2000), has been utilized as a sound theoretical framework in a variety of studies examining family leisure involvement (Baker, 2004; Johnson, 2005; Zabriskie & Freeman, 2004; Zabriskie & McCormick, 1999; Zabriskie & McCormick, 2003; Zabriskie, McCormick & Austin, 2001). These studies report that families seek to balance their needs through their leisure behavior.

Core family leisure patterns. According to Zabriskie (2000), core family leisure patterns address a family's need for stability (cohesion) by regularly providing family leisure experiences that are familiar and predictable for the family members. These leisure patterns foster relationships and feelings of family closeness. They are common, low-cost, relatively accessible, require little planning, and often home-based activities that families do frequently. Examples include watching television and videos together, playing board games, playing together in the yard, shooting baskets together in the driveway, and gardening. These common and often spontaneous family activities are generally nonthreatening and safe because of their regularity and familiar environment. Family members can safely explore boundaries, clarify family roles and rules, and

practice ways to enforce them. Family members often are comforted, refreshed, and rejuvenated through these core leisure experiences that increase personal relatedness and feelings of family closeness and cohesion.

Balance family leisure patterns. Balance family leisure patterns address a family's need for novelty and change (adaptability) by providing new, unpredictable experiences that may foster challenge (Zabriskie, 2000). These types of experiences expose families to new and unexpected stimuli from the outside environment, which provides the input and challenge necessary for families to learn and progress as an evolving and developing system. These types of family leisure patterns often require a greater investment of resources (such as time, effort, and money), occur less frequently, and are usually not home based; thereby, providing novel experiences that also tend to be of longer duration than most core activities. Examples include family vacations, most outdoor recreation (camping, fishing, boating), special events, trips to a theme park, a sporting event, or the bowling alley. Such activities often require planning that involves various family members to negotiate and adapt to new input. Family members can develop and practice these adaptive skills in the context of family leisure that can be applied to other areas of family life.

Although most family leisure activities tend to fall into one category or the other, core or balance, research shows that participation in both family leisure patterns best foster feelings of family cohesion and family adaptability (Zabriskie & McCormick, 2001). One way the Core and Balance Model can add further understanding to the relationship between family leisure involvement and family functioning is by examining

varied, diverse samples. Aside from family leisure research that has examined Caucasians and Hispanics (Christenson et al., 2006) the Core and Balance Model has not yet been used to provide insight on family leisure involvement and family functioning within other ethnic minority families.

Leisure and Minority Families

Limited research has been done on understanding family leisure involvement and family functioning within cultural minority families (Christenson et al., 2006; Henderson & Ainsworth, 2001; Zabriskie & McCormick, 2001). Much of the family leisure studies over the last few decades about minority groups have centered on Hispanics (Carr & Williams, 1993; Christenson et al., 2006; Gobster, 2002; He & Baker, 2004; Kruger et al., 2005; Shaull & Gramann, 1998; Stodolska, 2000) and African Americans (Chapman, 1991; Gobster, 2002; He & Baker, 2004; Henderson & Ainsworth, 2001; Kruger et al., 2005; Littlejohn-Blake & Darling, 1993; Shinew et al., 2006; Stodolska & Yi, 2003). Through this focus on ethnic minority groups, leisure researchers are beginning to understand how ethnicity plays a role in family leisure involvement among diverse cultures.

One particular study by Carr and Williams (1993) examined different meanings and preferences of outdoor recreation among Hispanics. They determined that social structural variables such as ethnic group membership could be used to predict or explain recreation experiences. Likewise, Shaull and Gramann (1998) examined how leisure activities provided a secure and supportive space for Mexican Americans and other Hispanic populations in the United States. Findings indicated that while extended family

was believed to be one of the most important aspects of Hispanic-American culture, leisure involvement strengthened family attachment and reinforced the central concept of familism in the Hispanic culture. Both studies indicated that leisure enables Hispanics to feel free to express their cultural identity within their home and family. By observing leisure and recreation experiences through a minority group's perspective, recreation program leaders and community services are able to better understand and accommodate their recreation and leisure needs according to their culture. Both studies also recommend understanding leisure experiences as they are experienced by the individuals.

One such study conducted by Christenson et al. (2006) looked at family leisure involvement, aspects of family functioning (cohesion and adaptability), and acculturation from parent, youth, and child perspectives in Mexican-American families. He found a positive relationship between family leisure involvement and aspects of family functioning within these Mexican-American families. Christenson et al. also concluded that there is a need to extend family leisure research among ethnic minority groups, to enable community leaders to know how to best serve diverse families through local recreation programs and activities.

Similarly, Shiner, Floyd and Parry (2004) recommend a need to focus on leisure involvement within African Americans and does so by examining leisure constraints and preferences of African Americans and Caucasians. Their findings challenged previous studies by suggesting African Americans are not as constrained as are Caucasians. Although the two groups did not feel a great deal of constraint in community park usage or in their desired leisure activity, Caucasians did feel more constrained participating in

desired leisure activities because they lacked time and felt too much planning was necessary for organized activities. Shinew et al. also determined that African Americans and Caucasians have distinct leisure preferences. For example, African Americans reported a lower preference for nature-based activities, and a higher preference for going to church and shopping when compared with Caucasians. Their study enables leisure researchers to better understand how leisure involvement affects the diverse African American culture in different ways when compared to Caucasians, which may also relate to the effects of leisure behavior within other diverse, unique cultures.

According to Shinew et al. (2006), “understanding leisure as it relates to the richness that racial and ethnic diversity brings to community life as well as the marginalization and exploitation of particular subgroups of our population is an exciting and worthwhile endeavor that deserves further investigation” (p. 407). This emergence of new racial and ethnic minority groups in communities encourages leisure researchers to explore additional issues and topics relating to family leisure (Shinew et al.). One ethnic minority group that has been neglected in this line of family leisure research is the Samoan population. Previous studies examining the Samoan family focused mostly on the *Fa’a Samoa* or Samoan Way (Lilomaiava-Doktor, 2004; Poasa et al., 2000), the Samoan family system breakdown (Fitzgerald & Howard, 1990, Oakey, 1980), and Samoan leadership roles (Canfield & Cunningham, 2004; Fitzgerald & Howard, 1990; The Samoan Way, 1993; Thompson, 2004). Samoans are a highly family oriented people with a distinct and unique perspective on family systems. No known study, however, has

examined Samoan families in relation to how their family leisure involvement relates to their family functioning.

The Samoan Way

The Fa'a Samoa, or the Samoan way, is what Samoans do, value, and respect in the Samoan culture. It is a *lived* experience that provides stability, guidance, role and responsibility as Samoans measure themselves, and each other, against this cultural norm (Lilomaiava-Doktor, 2004). The actions of a Samoan represent not only the individual person, but the entire collective 'aiga, or family. According to the Fa'a Samoa, a good Samoan is considered to be someone who sacrifices for their collective 'aiga, and who considers the needs of their family members before their personal needs.

Lilomaiava-Doktor (2004) examined how different Samoan age groups (the older and younger generation), both male and female, in Samoa and elsewhere, defined the Fa'a Samoa. Despite the different emphases each group pointed out, all referred to the Fa'a Samoa as maintaining va fealoa'i (social relations), service, love and respect between parents and children, and brothers and sisters. "We are nobody without our 'aiga and without our 'aiga there would be nothing to speak of in fa'a-Samoa" (Lilomaiava-Doktor, 2004, p. 176). He also observed how the Fa'a Samoa transformed or integrated Samoan identity in Samoan societies in Auckland, New Zealand and Santa Ana, California. He concluded that the Fa'a Samoa "is greater than the nation, because it is unrestrained by territorial boundaries" (p. 354); subsequently, the Fa'a Samoa, such as traditional weddings, funerals, or kava ceremonies, are so strong that Samoans are linked across place because of their cultural identity. Aside from age differences or place of

location (Auckland, New Zealand, or California), Samoans worldwide feel connected as family through this cultural pride, power, and Samoan identity that the Fa'a Samoa provides.

Samoan Family

The *'aiga*, or family, has long been recognized as the basic unit of the Samoan social structure (Fitzgerald & Howard, 1990). The *'aiga* holds such a high priority within the Samoan culture that there is an understanding of respect and sacrificing for family members, where giving and taking freely is common. Although understanding close family attachment within Samoan families is one concept, defining “family” in the Samoan culture is another.

When Samoans define “family” or their *'aiga*, it is common for them to go far beyond their immediate biological family residing in the household—spouses and their biological and/or adopted children. The entire extended family, in-laws and some local villagers are culturally accepted as *'aiga*. Traditionally, the Samoan family is organized into an identifiable extended family hierarchy (Canfield & Cunningham, 2004). Matai (family chiefs) in the Samoan culture are paramount leaders of extended families that are elected by a consensus of extended family members. They are family representatives on the Village Council of Chiefs and function as local government officials (Thompson, 2004). They also play an important role in the operation of the village through their numerous responsibilities. Responsibilities of the chiefs include promoting family unity and prestige, settling disputes, supporting church activities, serving as trustee of family communal land, and having control over the labor and resources of the *'aiga*.

Since Samoans experience such close kinships and social networks within this traditional extended family hierarchy, it is not unusual to find many different family members living in a single Samoan household. According to Oakey (1980), a composite of the Samoan family household includes “two parents, four to six children and two other adults, either brothers or sisters of the parents or other relatives. Only a small percent had grandparents ... but in-laws, nieces, nephews, cousins, uncles and aunts and grandchildren were common” (p. 195). Samoan households reported to have three to four people to a bedroom, plus two to four people sleeping in the living room and so a single Samoan household may be composed of ten to fifteen people or more (Oakey).

Fitzgerald and Howard (1990) looked at how modernization and migration influenced the household structure of the Samoan family, as well as how social networks changed according to where the Samoan family lived. Findings indicated that when compared with Western Samoa, American Samoan families were more heavily influenced by the commercialization of its economy, urbanization and “Americanization.” One result of this “Americanization” was the decrease in household size as family members increased their social networks and gradually began to move out of the household. Fitzgerald and Howard also found a dramatic decrease in participation in traditional village organizations in American Samoa and a decreased satisfaction with the *matai* (family chief). Moreover, “Americanization” in Hawaii demonstrated a dramatic decrease in the size of Samoan households when compared to Samoans residing on the Samoan Islands; along with a greater expansion in social networks and displeasure with the *matai*. Although Samoan families throughout the world may be influenced by

this “Americanization,” the priority of the family unit continues to hold strong, even if family members choose to leave their original household (Fitzgerald & Howard).

Although research has focused on various aspects of Samoan families, such as the *Fa’a Samoa*, the Samoan household, and the traditional hierarchy of the Samoan family, there is a need to further examine family leisure involvement amongst Samoan families.

Summary

Many studies indicate that family leisure involvement is positively related to family functioning. While this relationship has been found to exist among various groups, this relationship is largely unknown within most ethnic minority groups. Specifically, no study has examined the relationship between family leisure involvement and family functioning among Samoan families. Clearly, with such a strong cultural perspective on family systems, Samoan families need to be studied in relation to their family leisure involvement and family functioning. Therefore, the problem of this study is to (a) examine the relationship between family leisure involvement and aspects of family functioning (adaptability and cohesion) among Samoan families residing on the Samoan Island(s), and (b) to compare the Samoan data to a broad sample of American families to provide cross-cultural comparison.

Chapter 3

Methods

The problem of this study is to (a) examine the relationship between family leisure involvement and aspects of family functioning (adaptability and cohesion) among Samoan families residing on the Samoan Island(s), and (b) to compare the Samoan data to a broad sample of American families to provide a cross-cultural comparison. This section will discuss the following methodological steps: (a) sample and sampling method, (b) instrumentation, (c) administration of survey instrument, (d) identification of variables, and (e) data analysis.

Sample and Sampling Method

A convenience sample of approximately 300 individuals from 150 different households, aged 18 years old and above, will be sought throughout American Samoa to provide data for the study. Criteria for the selected participants include (a) claiming Samoan ethnicity, (b) at least 18 years of age, and (c) will have resided on the Samoan Island(s) for at least three years. The 300 surveys will be completed by a relatively equal number of males and females. The data collected from the American Samoan sample will be compared to a broad sample of American families in relation to their family leisure involvement and family functioning, which has been previously collected.

Instrumentation

The research questionnaire will include the following: (a) a 30-item Family Adaptability and Cohesion Evaluation Scale (FACES II) which measures family cohesion, adaptability, and total family functioning based on Olson's (1993) Circumplex

Model of Family Functioning, (b) the 16-item Family Leisure Activity Profile (FLAP) which measures family leisure involvement based on the Core and Balance Model of Family Leisure Functioning, and (c) demographic data.

FACES II. The Family Adaptability and Cohesion Scale—FACES II (Olson, 1993) is a 30-item scale based on Olson’s Circumplex Model of Family Functioning (Olson, 1986). An overview from family theory and family therapy literature revealed three main dimensions of family behavior: cohesion, adaptability, and communication (Olson et al. 1992). After categorizing these distinct dimensions of family functioning, Olson et al. (1979) integrated them into the Circumplex Model. The FACES II determines a family’s total family functioning by placing them within the three dimensions of the Circumplex Model.

The FACES II provides empirically reliable, valid, and independent dimensions that measure a family’s cohesion, adaptability, and total family functioning (Olson et al., 1992). It is divided into 16 cohesion items and 14 adaptability items. It is based on a Likert-scale ranging from 1 to 5. Items ask the respondents how frequently the described behavior occurs in his/her family. For example, “In our family, it is easy for everyone to express his/her opinion.” Responses range from 1 (*almost never*) to 5 (*almost always*). Family cohesion and adaptability scores can be calculated by utilizing the formula provided by Olson et al. (1992) that adds and subtracts items in a specific formula. After obtaining cohesion and adaptability scores, corresponding 1-8 values are assigned based on Olson et al.’s (1992) linear scoring and interpretation scale. Summing the 1-8 cohesion and adaptability scores and then dividing by two provides a general score which

indicates a family's overall level of family functioning. Family level scores will result from calculating the mean of the parent and adult-aged child score for cohesion, adaptability, and overall family functioning.

Reliability. The FACES II has demonstrated good internal consistency and test-retest reliability (Olson et al., 1992). Internal consistency (Cronbach Alpha) measures were obtained from a total sample of 2,412 respondents; they were divided into two equal subgroups. The total scale (both cohesion and adaptability) had acceptable internal consistency with $\alpha = .90$. Furthermore, Cronbach Alpha coefficients of $\alpha = .88$ and $\alpha = .86$ were reported for cohesion for the two subgroups, and $\alpha = .78$ and $\alpha = .79$ were reported for adaptability for the two subgroups. In addition, test-retest reliability was also determined for the FACES II with a four to five week time lapse between the first and second administration. Pearson correlations of $r = .84$ for the total scale, $r = .83$ for cohesion and $r = .80$ for adaptability, were reported.

Family Leisure Activity Profile. The Family Leisure Activity Profile (FLAP) is an instrument that measures family leisure involvement based on the Core and Balance Model of Family Leisure Functioning. It asks respondents to indicate their family leisure participation across 16 activity types. Half of the 16 activity types relate to core family leisure patterns, including family dinners, home-based television and video watching, games, and yard activities. The other half relates to balance family leisure patterns, including community-based events, outdoor activities, water-based activities, adventure activities, and tourism. Items in the FLAP ask if the respondent participates in a specific activity type with family members. For example, "Do you participate in home-based

activities (such as watching TV/videos, listening to music, reading books, etc.) with family members?” If a respondent answers yes to a question then the individual is indicating that their family participates in the certain type of activity together. Then the respondents who answer yes are asked to complete ordinal scales of estimated frequency by answering how often the activity is performed, as well as typical duration of the activity each time it is done. Frequency response options include *at least daily*, *at least weekly*, *at least monthly*, or *at least annually*. Duration variables include *less than 1 hour to an entire day* for the core activities (12 time options) and *less than 1 hour to 3 or more weeks* (33 time options) for the balance activities. The duration options are included to account for possible multiday experiences (for example, vacation trips) where extended periods of leisure activities are spent with family members.

The first step in calculating the scores for the FLAP is to multiply the ordinal indicators of frequency and duration of participation in each category (Zabriskie & McCormick, 2001). The next step is to add up the eight core categories to provide a core family leisure index and summing the eight balance categories to provide a balance family leisure index. The frequency variable alone would underweight balance activities, while the duration variable would overweight balance activities. On the other hand, the frequency variable alone would overweight core activities, whereas duration would underweight core activities. As a result, both frequency and duration variables must be used to account for both core and balance activities since the two identified domains have different patterns of participation. Subsequently, the researcher must add the core and balance family leisure scores together in order to indicate the total score of family leisure

involvement. The FLAP shows adequate reliability and validity for the core, balance, and family leisure involvement scores (Zabriskie, 2001). Construct validity, content validity, inter-rater reliability, and test-retest reliability are also evident for core ($r = .74$), balance ($r = .78$), and total family leisure involvement ($r = .78$) (Freeman & Zabriskie, 2003).

Additionally, the FLAP has minor modifications for this study in order to better suit the Samoan families that it will be administered to. Concepts (i.e., leisure) and examples of family activities provided are taken into consideration that are not familiar or applicable to the Samoan families. For example, instead of using *visiting museums, zoos, theme parks* and *fairs* as examples of community-based special events (which are not available on the Samoan islands), minor modifications in the FLAP include *Flag Day celebration, pageants, circus, and school activities*.

Demographics. Demographic information for this study will be used as controlling factors. It will include the following: gender, age, ethnicity, education level, socioeconomic status, immediate family size, number of individuals living in the household, marital status, length of marital status, and the length of time the participant has lived off-island.

Translation. The FACES II and FLAP will be translated from its original form into the language of the target sample (Samoan) by one translator. After the instrument has been translated into the target language it will then be translated back into its original language by another translator. The original English instrument will be compared to the new translated English instrument in order to ensure that there are no inconsistencies. This process is referred to as double translation.

Administration of the Survey Instrument

The researcher will give the questionnaire to each participant of the study in American Samoa. Instructions will be clearly explained as well as the purpose of the study. The researcher will record the participant's full name and village to ensure the same participant does not complete the research questionnaire more than once. Participants will be informed that their answers will be kept confidential and will only be used for the purposes of this study. Participants will be given an English or Samoan version of the questionnaire, depending on their request. The researchers will then ask if there are any questions before the administration of the questionnaire begins. Participants who may struggle with reading will be assisted by the research assistant in reading out loud, and the participant's answers will be marked on the survey by the assistant. After the questionnaires are completed, the research team will make sure each question on the questionnaire is filled out in order to ensure that no questions are left unmarked. The questionnaires will be coded with numbers and recorded onto a master list in order to keep track of survey completion and survey collection. The participants will be thanked and then asked if they know anyone who might be willing to participate in this study in order to gain more referrals. Using the referrals, the researcher will identify and contact those eligible, interested individuals who meet the requirements for the study. Finally, gift certificates that will include access to the local Cinemark theatre, bowling alley, and/or family attractions, will be distributed to those participants who have completed the research questionnaire. This data collection from American Samoa will be used by the researcher to make comparisons to a broad sample of American families, which was

collected by previous researchers who also measured family leisure involvement and family functioning.

Identification of Variables

The FACES II will be used to create a score for the following dependent variables: family cohesion, family adaptability and total family functioning. Independent variables will be created by utilizing core, balance, and total family leisure involvement scores from the FLAP; as well as the socio-demographic section of the questionnaires.

Data Analysis

The researcher will review the data for any missing responses or data entered incorrectly. The data will also be examined for skewing and outliers. The Pearson Product Moment Zero-Order Correlations will be run on the variables of family cohesion, family adaptability, family functioning, core family leisure patterns, balance family leisure patterns, total family leisure involvement, and demographics to check for multicollinearity. The demographic variables will be examined for correlations with the dependent variable to identify controlling factors that should be included in the regression equation. The following hypotheses will all be tested at the .05 alpha level.

Hypothesis 1. The family functioning scores (DV) will be regressed on the total family leisure involvement scores (core and balance) and demographic variables (IVs) in the following separate equations: (a) parent scores, (b) adult-aged children, and (c) family mean scores using blocked regression in order to determine the relationship between family leisure involvement and family functioning among American Samoan families.

Hypothesis 2. Analyses of covariance (ANCOVA) will be used to test the hypothesis that American Samoan families and American families have significantly different levels of family functioning (DV) and family leisure patterns.

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