

AN ANALYSIS OF HOMEMAKERS ATTITUDES TOWARDS HOUSEHOLD TASKS AMONG THE ACADEMIC AND NON- ACADEMIC STAFF IN TERTIARY INSTITUTION IN KOGI STATE

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ABSTRACT

The study was carried out to determine the characteristics of most and least liked household tasks among academic and non-academic staff in tertiary institutions in Kogi State. Survey methods using questionnaire was used to generate data from the respondents Person correlation coefficient was used in interpreting the relationship between the dependent and independent variables to establish statistical test at 5% and 1% levels of significance. A sample size of 200 respondents were selected from each of the five (5) sample areas making a total of 1000 respondents in all were carefully tested. The result showed that most of the independent variables like age, number of children, education, marital status, income, category of the workers (Academic, non-academic), number of equipment owned by the homemakers are positively related to the dependent variables like cooking tasks, laundry tasks and cleaning tasks. The relationship was found to be significant at 1% and 5% level of confidence respectively. Some tasks are liked while others are disliked depending on the characteristics, properties or qualities of those tasks. Some tasks are preferred because the result is satisfying, creative, family appreciating, relaxing, recreative, fun, adequate equipment, pleasing spouse, comfort and beauty, achieving target, skills/competences, ability to cope among others. Boring, fatigue, repetition, time consuming, physical strenuous, in adequate equipment/storage facilities, not creative, inability to cope, result not satisfying, monotonous are some of the reasons why some tasks are disliked. Level of education plays important role on the homemakers' job preference as the study showed that education is positively related to most of the household tasks tested. The relationship is significant at 1% level of confidence. This means that educated homemakers preferred more household tasks than the less educated homemakers. Education brings more clarity on a job. The more understanding a homemaker has on the job, the more his or her interest is increased on the job.

INTRODUCTION

Background of the Study

The homemaker plays multifarious roles in and out of the home and she may perform more than one of these functions at a time. As a family member, she shares, performs the following activities such as cooking, shopping, cleaning the house, washing cloths, interior decoration, sewing, gardening, ironing among others (Ajayi, 2000). As a mother, she shares her time, energy, and emotions with one or more children; and as a working class mother or wife, she must meet performance standards set by her job with or without the help of members of the family (Isyaku, 2001). All the activities described above have contrasting characteristics. The contrasting characteristic of activities according to Ajayi, (2000) is that some activities are physically demanding while others are mentally demanding. Some require continuity of action while some are complicated. Also,

some activities are liked while others are disliked. However, the liked and disliked activities are better discussed under the affective component of a task. The affective dimension is part of the four- component approach of the worker's input. These inputs could be used as assessments in the measurement of human cost of work and thus enable one to rationally choose the use of resources for work (Ajayi, 2000). In her analysis of work in the home, Ajayi, (2000) revealed that the affective component concerns the worker's personal feelings about the activity-her attitudes and interests, her preferences and dislikes. These aspects may contribute to the home maker's feelings of working hard or easily. According to Ostlund, (2000) feelings of working easily may contribute to greater satisfaction with the work. Feelings of working hard may be directly related to the unhappy feeling that one is doing more than necessary to accomplish the work.

JOB SATISFACTION

Job satisfaction is necessarily focused on satisfaction with home making work and the relationship of accomplishment to home making activities (Steidl and Bratton, 2007). Satisfaction with the role of wife and home maker is the province of specialists in family relationships and also concerned with mental health rather than work specialists (Steidl, 2009). One must be aware, of the close relationships between satisfaction with house hold task and with role of home maker. It is sometimes difficult to separate them for house hold is ever-present part of that role. Everyday tasks have to be planned and performed, supervised or delegated to keep the home going (Chandan, 2005). Also, one must be aware of the close relationship between the home maker's satisfaction and the well-being and development of other family members in the home. Women or home makers are not just house wives, they also contribute immensely to the advancement of their husband, children and to society through the effective management of the home. They provide maternal care, love and security to the early childhood. To this end, women bear a special responsibility for the future quality of our people. The importance of women's contribution to their family can never be over emphasized; women devoted most of their time, attention to the care and well being of individuals, primarily to their families (Joel and Dhesi, 2002).

STATEMENT OF THE PROBLEM

Based on a preliminary survey of homemakers in the area under study, it was revealed to the researcher that most of the homemakers are unable to some household task they dislike compared to those they like.

Some of the problem that arises as a result of their dislike are:

- It takes more out of them emotionally because it is not satisfying.
- It also affects the efficient management of their family resources and family relationship which could lead to family conflict. The home makers understudy is frustrated as a result of deficiency in skills it requires to

carryout their household responsibilities efficiently. When an employed person becomes dissatisfied with his or her job, he may be able to change to another that more nearly matches his interests. This is not often the case with homemakers. They have made their choice of an occupation that will continue throughout their married life; even when they are gainfully employed, they generally continue to manage domestic activities and carry on other aspects of the occupation of homemakers. Dissatisfaction with work may have many deleterious consequences, feelings of tiredness and fatigue may become chronic. The accomplishment of work – oriented goals may be hampered. The dissatisfaction may permeate other aspects of our lives and into the lives of others.

Most of the home makers under study lack the necessary knowledge/techniques of application of the available limited resources to accomplish their house hold tasks. In addition to the above, the researchers seek to proffer solution to the fundamental questions confronting the home maker in attempt to effectively manage his or her home.

Some of these questions are:

- How do homemakers feel about homemaking work in these - areas? Do they tend to like or dislike it?
- Are there many tasks that they dislike?
- How can negative qualities be minimized?
- What factors contribute to satisfaction with their job and to preferences for task?
- Is there a relationship between the goal character of work and satisfaction with works?

There is little or no research work done in this regard in the area under study due to the fact that the subject matter concerned is still new in this area. It is against this background or trend that the researchers consider it very important and necessary to prefers solution to the impending problems and challenges the homemaker faced in his or her attempt to manage her home efficiently through limited available resources.

OBJECTIVES

General Objective:

The general objective is:

To find out the characteristics of the most and least liked household tasks.

Specific Objectives

- i. To determine the various tasks that are most and least preferred by the home makers.
- ii. To determine the factors that contributes to the satisfaction of tasks.

- iii. To determine the relationship between the goal character of task and job satisfaction.
- iv. To determine the factors responsible for task preferences.

RESEARCH QUESTIONS

- 1. How can negative qualities be minimized about least like tasks?
- 2. What factors contribute to satisfaction with our work?
- 3. What are the factors responsible for task preferences?
- 4. Is there a relationship between the goal character of work and satisfaction with work?

SIGNIFICANCE OF THE STUDY

This study is significant in number of ways:

By finding out the most liked and disliked house hold tasks, the study will establish which of the house hold tasks that are most prefer than the other and their reasons for preference. The study will help the home makers to find out the difference between the preferred activities and disliked activities. The study will examine the problem towards disliked house hold activities and provide information that will help or enable the homemakers to carry out their responsibility efficiently. The primary business of a home maker as an entrepreneur is' her home, however, in her attempt to manage her home, she encounter various challenges such as the knowledge on how to run household activities effectively so as to earn satisfaction; hither to, the study will equip the homemaker on the knowledge of how to solve numerous challenges facing the homemaker in her attempt to carryout house hold activities efficiently. As it is widely believed that fatigue is the reason why some particular house hold tasks are disliked by some homemakers, the study will establish the best way to carryout house hold activities in such a way that more energy will be retained to support other life pursuit through work simplification method and other energy conservation method. The data from this research work will assist teachers in various colleges and schools in the teaching of home management. It will also assist opinion leaders, government and non-governmental organization such USAID, UNICEF, WHO and United state agency for family and international development (USAFID) in policies and programme implementation such as sensitization of women in the area of home management practices. It will also assist both federal and state government ministry of women affairs in policy formulation and programme implementation. Even the local government department of women and family affairs can use the information from this work for their rural sensitization programme.

JUSTIFICATION

The study of liked and disliked activities is important as increased satisfaction with work has implications for the individual's mental health as well as for all family members. In short, the accomplishment of home making activities is an ever present and changing problem that needed research to determine factors that are influencing the optimal duration of household tasks and the need for devising techniques that would remedy the performance of disliked tasks. Accomplishment of every task in the home extensively provides an opportunity for the family to achieve its satisfaction and desired goals.

THE SCOPE OF STUDY

The study is confined to homemakers in tertiary institutions in Kogi State. It concentrates on homemakers who are both academic and non academic, educated and uneducated, those of low and high socioeconomic status. Out of the total population of 3,977 homemakers (See table 3.1), the sample size of 200 will be drawn from each institution.

REVIEW OF RELATED LITERATURE

Task preference of home making has been a part of so many studies in some advanced countries such as the United State of America and India as reported by Steidl and Bratton, (2007), Deoi and Dhesi, (2000) in their work on the characteristic of the most liked and disliked house hold activities. According to Steidi and Bratton, (2007) much has been written about the dissatisfaction of the American woman with her role of house wife. Much of the discontent seems to stem from the better educated woman's desire to use more of her abilities. More and more women are receiving a college education. The value judgment in our society now is "a girl has the same opportunity and can do the same as a man", in the work of Steild & Brallon, (2007). Women have proved that they are mentally capable of doing more than house work, and it is culturally acceptable to seek education and employment. However, Korner continues" our present age does not emphasize the value 'house wife' either in education or in school. To the contrary, there is a thorough indoctrination that being a house wife is a fate and not a call. Becoming a house wife requires considerable value adjustments from any woman. Not only is there a lag between value change and cultural change, but there is also the conflict between the individual's conception of responsibilities of homemaker, wife, and mother and the desire for personal fulfillment. As Myrdal and Klein in the work of Steidle and Brattton, (2007) noted in their introduction, "the emphasis has now shifted from the discussion of: "what can women do"? To one of: "what should women do"? Implicit in this question is an interest both in women's individual well being and in the welfare of society".

Myrdal and Klein (2008), estimated that an average house wife can be considered to be employed full time in the home for only one-fourth to one-third of her normal adult life. The number of children average fewer than formerly thus reducing the time span for caring for children. Technological advances have lightened the physical input for doing housework and the decreased workload provides the basis for part of controversy. When women say, "I'm just a house wife," one might wonder if they really do place a low value on their work and thus do little to enhance their satisfaction with it. It would also appear that they do not recognize the contribution they make to their husbands, children, and to society through the effective management of the home. According to Myrdal and Klein, (2008), the mental health and happiness of coming generations depend to an extent which we have to date only begun to understand on the love and security which maternal care provides during early childhood. In this sense, women bear a special responsibility for the future quality of our people. A reputed scholar, Dr. Mead added that the very nature of a married woman's movement in and out of the labour force necessitates her being employed in the less skilled jobs where only a comparatively short training period is required. However, these issues connected with "what should women do?" are noted here because it is believed they have a direct relation to the cost of the homemaker in performing household work - whether she is in the paid labour force, active in the community activities or is a full time homemaker. A woman's lack of clarity about what she wants to do or a conflict among goals makes it difficult for her to assign priorities among her endeavours. The complexity of the situation is increased if dissatisfaction arises from a part of the activities such as house work. For these reasons, the minimizing of effort and dissatisfaction from doing home making work is desirable.

THE INFLUENCE OF JOB SATISFACTION ON MENTAL HEALTH

Work has an influence on many sides of our life. If we are unhappy in our work, this unhappiness has its effect on our home life. If we are happy with what we do and the people with whom we work, then this satisfaction contributes to more satisfying and richer living outside the work situation Solley *et al*, in the work of Steidl and Bratton, (2007). Satisfaction in work of course is not the only contributor to mental health. Whitehorn, in Steidl, (2009) includes the building of mental health and the imparting of mental health are not matters to be worked at in isolation but form a part of the context of living. According to Gurin *et al*, mental health spring not from avoiding all stress or always to accept normal amounts of stress with some ability to rebound or to bundle trouble; adding that mental wellbeing could be enhanced through happiness, absence of worries, and feelings of self-satisfaction from a given task. In their studies of how people cope with their problems as well as how people feel they have adjusted to life; Gurin *et al*, stated that there is a greater chance of dealing with problems if we wrestle with them actively rather than accept them with apathy.

In the study of stressful factors in the environment, Michael *et al*, in Steidi, (2009) pointed out that work worries was one of the 14 stress factors isolated for mental health impairment. Two worries, about work and about overwork were combined in the work worries factor. If work worries can be removed as one of the stress factors, the number of negative factors is thus decreased and the mental health risk lowered. In another related study, Gurin *et al* in Steidi, (2009) stated that of the 2,460 persons interviewed in the nationwide survey, men and women did not differ in their evaluation of present happiness or in anticipation of future happiness. Over one half (1,383) were women and 70 percent were married at the time of the interview. Sources of both happiness and unhappiness were most often in the category "economic and material" (29 and 27 percent). Children were mentioned as a source of happiness as frequently as economic and material reasons. Jobs were mentioned as a source of happiness slightly more often than as a source of unhappiness (14 and 11 percent) of the respondents respectively. However this percentage does not include the homemakers with respect of their occupation of house wife. When Nolan and Tuttle, (2000) asked 237 full time homemakers to evaluate the advantage of full time homemaking, a few 5% expressed dissatisfaction with housekeeping saying that they found it repetitious and monotonous; over one - half, however, said there was no disadvantage in particular, but dislike of a specific task was indicated as a disadvantage by over one - third. Advantages of full-time homemaking included: enjoying doing specific task; enjoying caring for families; being own boss; and like everything. The mean scores of attitudes for the 237 full-time homemakers as well as 59 employed wives towards "ability to cope: and satisfaction with own situation" indicated that those in both groups were satisfied with their situations.

Some association between socio- economic status and attitudes towards homemaking were suggested in comparison of the home management of "lower middle" and "upper middle" homemakers by Van Bortel and Gross, (2002). Those in the group had a less favourable attitude towards household work and tendency to express classification with the role of homemakers. Steidl, (2009) tapped a some what different dimension than overall satisfaction when she obtained a rating from 50 homemakers on how satisfied they were with the way they were managing their household work. Nearly one-tenth of the women were some what dissatisfied, almost one half were satisfied and the remainders (over two fifths) were some what satisfied with the way they were managing household work. Apparently, most of the homemakers in this group had achieved sufficient facility in managing to satisfy themselves on the average or across tasks. In rating individual tasks, however they gave more expressions of dissatisfaction with the way they were managing the household activities; this was particularly evident for the tasks of ironing, mending, regular care of house and sewing.

Reasons for Disliking Some House Hold Tasks

According to Nolan and Tuttle, (2000) in their study on satisfaction with home making stated that repetitions, monotonous and worries are among other reasons why some home maker's dislike some house hold tasks. On the other hands, some homemakers like some house hold task because they enjoy doing some specific task. For instance, some people enjoy caring for family, being own boss and like everything. Other reasons for liking some home work are ability to cope, and satisfaction with own situation. Similarly, some associations between socio-economic status and attitude toward homemaking were suggested in a comparison of lower and upper home makers by Van Bortel and Gross in Steild and Batton, (2007). Those in the latter group had a less favourable attitude toward house hold work and a tendency to express dissatisfaction, with the role of homemaker. In another study, Kelj, Steidi, (2009) pointed out that most homemakers disliked some house work for lack of carryout tasks efficiency. For instance, ironing, mending, regular care of the house, and sewing.

Liked and Disliked Tasks

Even though a general overall rating of satisfaction may be given the total job of homemaking, most time makers readily identify some tasks as liked and others as not liked. Almost traditionally, certain homemaking tasks are identified by homemakers as like (meal preparation, child care), others as disliked (dish washing, ironing, cleaning) and the remainder (washing, shopping for groceries) as intermediate zone of not most or least liked. According to Maloch, in Steidl and Bratton, (2007) on most liked and least liked house hold task revealed that an entire task may not be liked or disliked but rather a specific part of it. However, Steidl and Bratton, (2007) in his study of liked and disliked tasks on some homemakers in America provide a data or information on the most liked and least liked house hold tasks.

Below is the table showing the most and least liked house hold tasks.

Table 2.1 Attitude toward House hold tasks from selected studies in the United States.

Liked tasks	Disliked tasks
Cooking, canning, planning and meal preparation, caring for children.	Cleaning, ironing, dishwashing, washing clothes, care of house etc.

Reasons for Task Preferences

Knowledge of which factors are associated with liking and disliking tasks provides more information toward understanding worker input than merely knowledge of which tasks are generally preferred. The question "why" has been asked more consistently. In his own study of reasons for task preferences, Hunter, Steidi and Bratton, (2007) attempt to answer this question, he reported that many homemakers said they enjoyed certain situations and kinds of work

because of family appreciation for their efforts; a sense of creativity in doing certain jobs; skill acquired at an early age-do job well; physical conveniences, comfort and beauty; pride in accomplishment; meeting the standards of themselves, their husband, and/or their children; and seeing certain jobs as a challenge. Women who did not express these satisfactions were unhappy with various home making problems. Similarly, Wyskiel and Steidi, (2009) were also successful in determining reasons for preference. Over one - half of the reasons for liking homemaking tasks are classified in a single category-fun, creative, challenging; other categories were; satisfying results; pleases husband; and relaxing. Reasons for disliking home making tasks were more varied: boring, monotonous, repetitions; result not satisfying; physically strenuous; time-consuming and others.

Hiliman, reported similar reasons for disliking task; the many steps necessary to do the job; its monotony; the regularity of the job; the need for standing to do it; in adequate storage; lack of proper equipment and amount of time consumed. An association between fatigue and attitude has been noted by Van Bortel and Gross, (2002), Maloch and Wyskiel, Steidi, (2009) tentatively concluded that there might be a relationship between disliking a task and finding it tiring, for about one-half of the tasks reported as tiring were reported by the same homemakers as disliked. However, two of their earlier studies suggest that the relationship is not generalized to all disliked tasks but linked to specific tasks and other factors. Wilson, (2000) in studying the use of time over 500 homemakers, stated; "It is interesting to note the connection between fatigue and dislike for specific tasks. For instance, wishes are irksome but not tiring, while laundry work is more tiring than tiresome cleaning is both, and sewing neither. Cooking is more irksome than fatiguing".

In the second study, a time study of 183 homemakers, Muse, (2002) found an association between tiredness and dislike especially for washing. According to muse, "only a few of the housewives expressed dislike for washing for any reason other than because it was tiring". In contrast to the concentration of answers of "tiring" for washing are additional ones for ironing, house cleaning and dishwashing. The reason most often given for disliking ironing was that it was tiring. Other reasons were the attendant heat and steam and the fact that it was such a time-consuming job and had to be done with considerable frequency and regularity. His report also pointed out that, house cleaning or some phase of it was the most tiring for 40, the most disliked by 25 and both the most tiring and most disliked for 21 women. The reasons commonly given for disliking cleaning were that it was tiring, it was time-consuming and it had to be done too frequently. Dishwashing was the most disliked task by 32 women and most tiring for 11. The most common reasons for disliking it were the frequency of the job, its

monotony and the fact that it consumed so much time; In Moloch's study "tiring" was given as most important in disliking the least liked task by almost one third of the homemakers although tiring was not accepted as a characteristic of least liked task; that is, not enough homemakers agreed that their least liked task was tiring. Data from these studies indicate that certainly we should not be surprised to find that disliked tasks are tiring, but we should not preclude other reasons for dislike. Technological advances may be an important factor in fewer reports of tiredness.

In an attempt to answer the question of other reasons for liking and disliking the household tasks besides tiring, Maloch, in Steidi and Bratton, (2007) investigation had its major focus on these questions to determine the characteristics of most and least liked tasks. Using a cross-task approach, Moloch identified certain qualities of tasks as characterizing most and least liked tasks of a selected group of urban homemakers with young children. Characteristics and qualities of tasks were sought through the use of open-end questions, specific questions, and 24 graphic rating scales. Each scale comprised a bipolar phrase with five intervals or rating positions between the poles, such as;

Creative _____ : _____ : _____ : _____ : _____ :
 Not creative

Each homemaker rated her feeling about each pair of terms for her most and least liked tasks as well as about two tasks the researchers designated. The above graphic rating also comply with graphic rating scale as classified by Ryan in the work of Steidl and Bratton, (2007).

Properties of Most and Least Liked House Hold Tasks

According to Ryan activities as anticipated have the following directly experienced properties which are of special importance in determining the setting of acceptance of tasks and actual behavior:

- a. Means end relations
- b. Intrinsic interest, desirability or pleasantness of the activity
- c. Fittingness to a social or physical situation

The Characteristics of Most and Least Liked Task

Table 2.2 The Characteristics of the most and least liked task

Most Liked Tasks	Least Liked Tasks
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Means end relations Intrinsic interest like supplies and material completed as planned Almost always completed as planned Like time spent pride in result Satisfying Can set own pace Social or physical situation Adequate equipment Results are appreciated by family.	Means end relations Short term results Intrinsic interest Dislike time spent Not creative Monotonous Uses little mental skill Social or physical situation Another adult not generally Present
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The characteristics were determined from the homemaker's ratings on the graphic rating scales and represent high agreement among homemakers. The concentration of characteristics within "Intrinsic interest" emphasized this dimension of the affective component. Maloch also studied the 24 graphic rating scales to determine groupings of the scales. Three methods of factor analysis were used; Principal components analysis, centered factor analysis and cluster analysis. Grouping of the scales, or qualities were similar by the three methods. Of the 24 scales, 5 were classified as evaluative, 19 as non-evaluative. All of the bipolar phases were evaluated by the homemaker when she rated them, but 5 seemed more personally evaluative than others and had relatively high correlations for the least liked task. The basic problem was to find more discrete groupings of the qualities; one technique was to divide the qualities into two groups. The 5 evaluative scales were: pride in results – no pride in results; satisfying – not satisfying; creative – not creative; dislike interest – monotony and like time spent dislike time spent. For both the most and least liked tasks, the non evaluative qualities yield groupings or factor which were labeled: control over task, skill, demands of task and social or physical situation or a combination of these. The groupings were generally not separate but were related to one another, for a quality in one group was frequently related to a quality in other groupings. However, the numerous interrelationships indicated the difficulty of delineating these qualities of tasks.

Goal Character of Task

Accomplishment of household work is primarily a means goal of homemakers. Accomplishment is necessary if the family and home are kept going; since the total job of house hold work comprises many smaller jobs, tasks or subtasks, goals must be set for accomplishing each as the occasion arises. Such tasks then actually become means activities toward achieving major long range goals of homemaking. For the many homemakers who not only plan but also perform the

work themselves the parts of the total job must be accepted as tasks and the goal be set to initiate action and carry it to completion or the work will not get done. Certain forces may be present which encourage the homemaker to accept the various tasks. A minimal quality of work is necessary to keep the family going and the members expect the homemaker to do this minimum; a certain minimal quality is also expected. In a broader context, neighbors and relatives also impose standards for quantity and quality. Social pressures of these types are one type of coercion. Social prestige is another. The home maker herself selects standards which will be personally satisfying. In so doing she may perceive house hold tasks as obligations. The fulfillment of such obligations may become an end goal for the homemakers.

Certain forces also act to discourage the acceptance of a task. One consequence of choosing to act is that time and attention are committed to that task. More enjoyable activities may be forgone. The more substantial the commitment in time, attention, thinking, physical exertion or the like, the greater may be the reluctance to initiate action. When a person is absorbed in an activity, he is not free to plan or think about another. At certain times, this may be quite limiting to the homemaker. Reluctance to start a task may be expression in different ways, but avoidance tactics are among the more interesting. Infact, they may even afford a certain amount of amusement to those who recognize that this is happening and who can laugh at themselves. For instance, an individual who delayed starting a major task on first arriving at the office or laboratory (when time Permitted) by performing rituals such as sharpening a pencil or reorganizing papers or doing small tasks such as making a telephone call, reading a short article. These are all legitimate activities but not having a great important as the major task. Of course, such preliminary activities may serve as a warm-up, eliminate interruptions and distraction and/or give satisfaction from having completed something.

Homemakers may also do certain small tasks before initiating action on the larger ones. The daily care of the house or tidying the kitchen may functions as small tasks as well as serve the purpose of getting the house presentable in case unexpected guest appear. In industry, it has been observed by Dr. Patricia Cain Smith (2001), that some workers did short, less liked tasks first before those presenting difficulties or not permitting rhythm so that they could settle down to longer and more favoured tasks. Their procedure may also have had some of the element of postponing the acceptance of the larger task. Work may become interesting and achieve its own goal character, although originally the activity was only a means to some end or an obligation Ryan and Smith, 1984 in Steidi & Bratton, (2007). The advantages of developing the intrinsic goal character of house hold tasks may be too folded: a lower initial level of effort is required in

performing the activities and greater efficiency and ease are possible in maintaining performance.

Ryan and Smith, hypothesis that habit (a regular pattern of daily activity) tends to attain goal character and that developing skill tends to enhance the goal character of that activity. They suggest three conditions as important in the development of temporary goal character in means activities and activities performed as obligations:

- a. Division of the total performance into a series of sub – units. Goal character is especially strong during these sub-units.
- b. A regular or rhythmic temporal pattern in the performance.
- c. The requirement of close attention or absorption.

Condition (a) is a practical suggestion for us to consider, for it is an approach a homemaker can easily use to facilitate her work. In cleaning the house, subunits might be by process or by product, that is, all hand dusting, all vacuuming with the upholstery tool, all rugs or all carpets, or first one room, then another. In ironing subunits might be a proportion of total number of items, proportion of the basket of ironing or all items of each type. Another advantage of dividing the total task into subunits is that with the completion of each successive unit, the gain toward completing the total set becomes proportionately larger. For instance, if we have 6 beds to change and each bed is considered as a subunit, the first represents one – sixth of the total number or set, but the fifth bed represents one half of those remaining. Less tangible than the identification of subunits of a task but just as desirable is Ryan and Smith's second condition, (b) a regular or rhythmic temporal patterns. Tasks in which action are repeated lend themselves to a rhythmical sequence of motion; examples include folding diapers, scouring the tub or sink, peeling carrots and potatoes, chopping foods and ironing flat work. A regular tempo and pattern of work is also facilitated by having good quality materials or supplies, for the task and direct access to stored items; the rationale is that no part of the action is delayed or prolonged unnecessarily the worker can proceed from one phase to the next. Greater continuity of action is achieved. The design and arrangement of work places also influence the logical progression of parts of activity from one section of the work place to another.

Effect of Traction on Task Preference

Closely related to the three conditions identified by Ryan and Smith as important in the development of goal character in activities is the phenomenon of "traction". Baldamus, (2001a) in analyzing industrial work, has described a temporary interest and satisfaction in work as traction. Traction is simply the opposite of distraction. It is feeling of being pulled along by the inertia inherent in a particular activity. The experience is pleasant because it is associated with a

feeling of reduced effort. Traction in various forms is the most characteristic experience in industrial occupations. Traction is closely related to certain aspect of the task and one or more kinds of traction may be present: object, batch, process, and machine and line traction. The last named does not seem to be relevant to house work, for it refers to modern methods of flow production whereby the same object passes through a series of operations carried out by different workers, with or without the help of a conveyor belt" Baldamus, (2001a). Object, batch and process traction are found in household tasks. Object traction is the pull toward completion of an object; batch traction is similar. The desire to finish ironing a garment before stopping or to iron all of the batch of dampened cloths are examples. Object and batch traction seem closely related to dividing the total performance into series of subunits, a condition suggested by Ryan and Smith, as important in the development of temporary goal character. Process traction, Steidi, (2009) explained that, it is experienced in operations where the tempo and the nature of the movement are determined by the chemical or physical nature of the production processes e.g melting, casting, glass – blowing, pottery – throwing, plating, soldering, welding, painting, chocolate – dipping, forging among others. Examples of process traction are common in meal preparation like frosting a cake, mashing potatoes, making gravy etc. some cleaning operations may also be example: mopping the floor, waxing the floor, polishing furniture and washing wood work, to suggest a few. Machine traction is the feeling of being drowned along by operations on machines which are constantly running. The few household machines, with which machine traction may occur, include a rotary ironer, motor-driven clothes wringer, floor polisher and possibly the food mixers, grinders and blenders. The pulls to complete a particular area or to do all operations requiring a given attachment to the machine. Tool traction may occur partly because the get-ready phase of some tasks involves getting specific tools out of storage and the home maker wants to take advantage of this input. Tool traction probably pulls the individual along in connection with process traction or object traction. Examples include parts of such task like washing windows, washing wood – work, hand dusting or polishing or vacuuming the upholstered furniture.

Baldamus, (2001b) has also classified the various kinds of traction as strain – reducing factors. He believes that the specific conditions inherent in the type of work are more important in the worker's subjective experience and motivation than the general physical environment of a job such as heat, dust and noise. If a worker dislikes the type of work, this will influence his effort unfavorably. According to Baldamus, work under modern conditions requires sustained and regular performance. It is this element of coercion which gives rise to the worker's experience of effort, particularly the effort to 'keep going'; at the desired pace of work and to maintain regular attendance. This aspect may be referred to briefly

as 'strain'. Without coercion there would be no strain. Since strain is evidently an unpleasant experience, it follows that any specific condition which reduces strain will be conducive to a more favorable attitude towards work, while strain – increasing factors will be reflected in negative attitudes. Baldamus called factors intensifying the feeling of strain "resistance". These factors are irritating obstacle and difficulties impeding a smooth flow of continuous performance. Resistance may be stimulated by irregularities in materials, in machinery, in implements and in manufacturing processes. Faulty organization and layout can also bring about resistance, as for instance when the flow of production is uneven and entails much enforced waiting. Hence the nature and the intensity of resistance are not entirely determined by the type of work, but are to some extent linked with the efficiency of production management. Other strain – increasing factors besides resistance include direct supervision, monotony and lack of variety. Baldamus empirically examined the relation between type of work and labour turnover. He concluded "the evidence collected so far is at any rate sufficient to advance the statement that type of work is of far greater importance to the study of human factor in industry than it was thought hitherto. This implies that, the type of work or content of work has once again been emphasized as important in job satisfaction.

DURATION OF TASK

Steidi and Bratton, (2007) found that a significantly shorter time was spent in doing least liked tasks than in doing most liked tasks. Home makers with a favorable attitude toward cleaning performed more work and used more time in cleaning than those having an unfavorable attitude (Roberts, 2008). It is only reasonable that if the time is disliked and the task is not as satisfying as another activity might be, the task will not be prolonged beyond the minimum. Whether home makers spend a shorter time on disliked activities because they have found short cuts or whether quality and quantity standards have been reduced has not been determined. Ideally, a home maker will be able to design her work so that those aspects she enjoys can be accentuated and those she does not enjoy can be streamlined. If the quantity of work that must be done is such that we might become satiated before completing it, perhaps the technique of intentionally interrupting it with a change of activity might make it easier to resume and complete. This suggestion is based partly on an extension of the phenomenon known as the Zeigarnik effect, partly on the technique of setting up subunits of a task. The Zeigarnik effect is that an interrupted task is easier to recall than a completed task Steidi, (2009). Also, one is likely to resume performance on an interrupted task when the opportunity occurs. Zeigarnik explained that "tensions" are set up when a task is accepted, released when completed. The tensions make it easier to recall an activity and resume it if interrupted Zeigarnik

Steidi, (2009). Whether an intentional interrupted would operate in the same manner is highly problematical.

However, one would need to be selective in type of house work that is interrupted and at what stage, for some interruptions impair the quality of the product and others may actually increase the amount of work done. An intentional interruption may be most unreasonable when one recall that many home makers complain about frequent interruptions from the children and telephone and plan to do a particular task at a particular time so that they will not be interrupted.

Possible Solution to Least Liked Task

According to Steidi and Bratton, (2007), homemakers who feel inadequate in their house keeping or worry about it can be given some comforts and reassurance on how to handle the challenge of managing home effectively. Some reassurance can be given to those homemakers who carry a heavy workload, such as those with young children in knowing that others in the same situation have problems similar to theirs. They can also gain help from knowing how others have coped with similar problems. In other instances, it may be necessary to emphasize the need to change ourselves (attitude). In a house work, poor house keeping can result and change herself to accept the task of doing the work and/or of raising her standard for accomplishment. Techniques for carrying out tasks and development of skills may need to be learned. The design and organization of equipments and workplaces may constitute a major problem. The need to consult the management specialist can never be over emphasized. Other solutions are:

1. Understand the need to work on your interest (develop interest at the particular job or tasks).
2. Learn to stand by your decision.
3. Have a positive energy; always think you can do the task ahead of you.
4. Be passionate about your task/job.
5. Be encouraged from within; think you can.
6. Be a team player; have a feeling that without you the task cannot be done.
7. Make the working conditions and work place comfortable.
8. Adopt work simplification methods in order to save energy for the next task. Example of work simplification method can be by alternating the heavier tasks with the lighter tasks. Starting the tasks from a lighter task to reduce the bulk pressure of too many tasks at a time.
9. Create a strong desire to always finish a task at an allocated time. Of course, it brings satisfaction which could enhance the interest in a particular task.
10. Create forces that will allow the home maker to accept house hold tasks. Example, the neighbor and relatives which imposes certain standards.

Implication of Most and Least Liked Tasks

Most people find it more difficult to do those activities that they disliked compare to those they liked. It takes more out of them emotionally for they do not enjoy the time spent and it is not satisfying. This may lead to health disorder in an individual. Dissatisfaction with work may have many deleterious consequences. Frustration which is a product of feeling of tiredness and fatigue may become chronic. The dissatisfaction may permeate other aspects of an individual's life and into the lives of others. The reverse is the case when an individual derives satisfactions from the activities he or she preferred. When a home maker is satisfied with those tasks she preferred, it brings fulfillment, completeness and a huge sense of belonging to her and the entire family. It makes the family achieve its goal. When a task is disliked, it could be abandoned and procrastinated which could rendered the goal of an individual or even the entire family unachieved. This in turn may retard the prospect and positive ambitions of the family development. In a long term, it also affects their input on the society.

RESEARCH METHODOLOGY

The purpose of this chapter is to outline the design of the research by describing the research method and the procedure adopted for conducting the study. The chapter is organized into the following headings: Research method, population, sample size and sampling, instrument for collecting data and procedure for analyzing data.

Research Method

The research method was a survey method. It involved gathering of large data about a target population from a sample and generalizing the findings obtained to the population. Afolabi, (1993) stated that it seems to be the best method that is suitable for studies where the population is scattered over a wide area. The researcher would visit place in the study area to collect data because the people involved are widely scattered.

Population

The population for this study consisted of homemakers in five tertiary institutions in Kogi State. They are estimated to be 3,977 (See table 3.1). It consists of academic and non academic homemakers.

Sample and Sampling Procedure

According to Adetoro, (1986) and Shalangwa, (1994), enough samples should be used to ensure representativeness. They further explained that sample size depends on the nature of the population, the acceptability of margin of error, availability of time and subjects from (50 to 500).

The table below illustrates the distributions of population and sample by location of the homemakers.

Table 3.1 Population Distribution

Location	Population Size		Sample (Respondent)
	Academic	Non Academic	
K.S.U	310	715	200
F.P.I	269	533	200
Kogi Poly	209	483	200
F.C.E. Okene	200	490	200
C.O.E. Ankpa	258	510	200
Total Population	1246	2731	1000

The population size above was given by the registry department of the various institutions. The sample size of 1000 homemakers representing the entire tertiary institutions in Kogi State will be selected randomly from Kogi State University, Anyigba (K.S.U), Federal Polytechnic Idah (F.P.I), Kogi Polytechnic Lokoja, Federal College of Education Okene (F.C.E. Okene) and College of Education Ankpa (C.O.E. Ankpa) respectively.

Instrument for Collecting Data

The instrument for the collection of data in the research were questionnaire and oral interview. The questionnaire was formulated by the researcher based on the objectives and hypotheses of the study such as preference of activities using five (5) evaluating scales suggested by Tyan, (2000) which were as follows; no pride in results-Pride in results, satisfying – Not satisfying, creative – Not creative, interest – monotony, and liked time spent – disliked time spent.

The questionnaire consists of six sections (A – F).

Section 'A' of the questionnaire was designed to collect information about the demographic characteristics such as the age, location, religion, number of children, type of house hold equipment owned, socio-economic status, level of education and marital status. Section 'B' of the questionnaire was based on information of the income of the respondents while; section 'C' was based on the assets of the family (current family assets). Section 'D' pertains to household tasks while section 'E' pertains to the rating of liked and disliked tasks. Section 'F' will ask for clusters of questions on the activities liked and disliked. The liking and disliking of a task by the home maker will be rated on a five-point scale. The "most liked" response will be given a five point score and the "least liked" response will be given a one-point score. Oral interview was conducted to supplement information gathered through questionnaire. Randomly selected homemakers were instructed to ask question related to the variables contained in the questionnaire. Ndagi, (1984) explained that interview and questionnaire were attempted to get the feelings, beliefs, experiences or activities of respondents. In

support, Compton *et al*, (1972) further explained that interviews are used when responses need to be probed or if respondents cannot read or write.

Reliability of Measurement

This was achieved through the use of test – pretest method which is based on correlation coefficient. This measurement reveals that all the variables were reliable as the correlation coefficient range between 0.69 to 0.93.

Validity of Measurement

Instrument for data collection was validated by experts in the Department of Food, Nutrition and Home Sciences, Faculty of Agriculture, Kogi State University, Anyigba.

Procedure for Analyses of Data

The responses of the respondents was collected and analyzed statistically. Pearson’s correlation coefficient was used in interpreting the relationship between the dependent and independent variables. Statistical test was established at 1% and 5% level of significance. Statistical data collected was analyzed and from the available evidence, conclusion was drawn.

RESULT AND DISCUSSION

The questionnaires were administered to the respondents and the data generated. Task at home is majorly divided into cooking task, laundry tasks and cleaning task respectively Steidi & Bratton, (2009). In line with the above, the dependent and independent variables were carefully analyzed using Pearson correlation coefficient to determine the relationship between the dependent and independent variables.

The Results and Findings From Sample ‘A’ (Kogi State University, Anyigba)

Table 4.1.1: Result from sample (A) on cooking task.

CORRELATIONS

	Number of Cooking Task	Age	Sex	Number of Children	Education	Marital Status	Income	Category Workers	Number of Cooking Equipment
Number Pearson of Cooking Correction task	1	.431**	.224**	.466**	.306**	.520**	.411**	.342**	.751**
Sig. (2-tailed)	.000	.001	.000	.000	.000	.000	.000	.000	.000
N	200	200	200	200	198	200	200	200	200

**Correlation is significant at the 0.01 level (2-tailed).

From the result above, age is positively related to the number of cooking tasks. The relationship was found to be significant at 1% level of confidence. This means old people like more cooking task than the younger ones as they progress in

age. This agrees with Steidi, (2009), Nolan and Tuttle, (2000) which stated in their separate findings that some Home makers like cooking tasks because of pride in result, family appreciation, skill acquired at early, pleasing their spouses, pride in accomplishment, satisfying result among others. Sex is negatively related to the number of cooking tasks. However, the relationship was found to be significant at 1% level. This means female tends to like more cooking tasks than their male counterpart. This is because most women would want to do that to meet their family standards, pleasing their husbands, achieving their own target Steidl & Bratton, (2007). However, most men do not like cooking task because it is boring, lack of skills, time wasting among others. Mallock, (2007). Number of children is positively related to the number of cooking tasks. It is also significant at 1%. It shows people with more children tend to like more cooking tasks than ones with less children. The reasons for these results were found to be meeting family target, pleasing husband, comfort, satisfying results. These agree with Ajayi, (2000). Education is also positively related to the number of cooking tasks. The relationship is significant at 1% level of confidence which means more educated people like more cooking tasks than the less educated ones.

According to Dr. Mead in Steidi, (2009) lack of clarity makes it difficult to assign priority on a particular job. If it continues it 'brings dissatisfaction which could lead to total rejection of a job. A clear knowledge and understanding of a job increase an individual interest on a particular job but an individual misunderstanding of a job could bring apathy that could lead to job dissatisfaction. Marriage is positively related to the number of cooking task. The result shows that married people like more cooking tasks than singles. The reasons for liking were characterized with physical convenience, meeting family goal, sense of responsibility among others. Meanwhile, singles have less attraction for cooking tasks as a result of time wasting, lack of equipments, incompetence, boring irresponsibility etc. the category of people under study were also correlated and the result was found to be positive. More educated workers tend to like more cooking tasks than the less educated ones. This is because clarity of a particular job increases the individual interest on the job which brings satisfactions that could lead to enhanced mental health. Number of cooking equipment owned by the home makers were positively correlated of course, people with more cooking equipments like more cooking task than people with less cooking equipments. Some home makers like certain jobs because of availability of adequate employments for carrying out such tasks Steidi & Bratton, (2007). The incomes of the homemakers were also correlated and the result was found to be positive. It is significant at 1% level of confidence. This means, rich people like cooking tasks than the poor people simply because they have the financial capacity to afford the necessary equipments, facilities and even labour to enhance their standard of living or increase their level of interest in cooking tasks.

However, the less privileged people develop less attraction to kitchen work because of absence of facilities and physical convenience Muse (2002).

**Table 4.1.2 Results from Sample (A) on Laundry Task
 CORRELATIONS**

	Number of Laundry Task	Age	Sex	Number of Children	Education	Marital Status	Income	Category Workers	Number of Cooking Equipment
Number Pearson of Cooking Correction task	1	.318**	.140**	.189**	.332**	.42**	.345**	.326**	.551**
Sig. (2-tailed)		.000	.047	.007	.000	.001	.000	.000	.000
N	200	200	200	200	198	200	200	200	200

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

Age is positively related to number of laundry tasks. The result was found to be significant at 1% level of confidence. This means older people tend to like laundry task than younger ones among the group under study. According to the result obtained the elderly people are more interested in laundry for family appreciation, availability of adequate facilities, comfort and beauty, physical conveniences among other reasons. Where as young people dislike laundry most especially because they feel it is boring, physically strenuous and disliked time spent on the job. This result agrees with the report of Steidi, (2009) on the property of most liked least liked household task among the selected homemakers carefully studied in America. Sex of the respondents was found to be positively related to the number of laundry task. It is significant at 5% level of confidence. The physical convenience, availability of laundry equipments, achieving family goals were observed as reasons that informed the choice of men in laundry jobs over women.

However, fatigue, repetition, in adequate facilities, time consuming characterized the dislikeness of laundry jobs by women. According to Steidi, (2009) this dislikeness if not properly handled, could lead to job dissatisfaction which in turn affect the emotions and health of the homemakers. Education is positively related to laundry task. It was found to be significant at 5% level. This means more educated people liked laundry task than the less educated ones. The number of equipment owned was also positively related to laundry task. The result was significant at 5% level of confidence. The higher the number of laundry equipments the higher the interest in laundry tasks.

Table 4.1.3: The result from sample (A) on cleaning task

CORRELATIONS

	No of Cleaning Task	Age	Sex	No of Children	Education	Marital Status	Income	Category Workers	No of Cooking Equipment
Number Pearson of Cooking Correction task	1	.251**	.126	.171*	.233**	.250**	.245**	.233**	.501**
Sig. (2-tailed)		.000	.076	.016	.001	.000	.000	.001	.000
N	200	200	200	200	198	200	200	200	200

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

Sex was positively related to cleaning task. However, the result was insignificant. The number of children was also positively related. It was found to be significant at 5% level which means the more children the homemaker has the more interest he or she has in cleaning task because the result is satisfying, comforting and adding beauty to their homes. Education also plays a vital role in workers interest about a job, as the result from the categories of workers under study revealed that more educated people like cleaning task than the less educated ones. Cleanliness adds beauty and comfort to an individual's life. Number of equipments stimulates the home makers' interest in the cleaning task according to the result because the numbers of equipments owned were positively related to the cleaning task. It was discovered to be significant at 1% level of confidence.

The Results and Findings from Sample (B) (Federal Polytechnic, Idah, Kogi State)

Table 4.1.4: The result from sample (B) on cooking task:

CORRELATIONS

	Number of	Age	Sex	Number of	Education	Marital Status	Income	Category Workers	Number of Cooking
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	Cooking Task			Children					Equipment
Number of Pearson of Cooking Correction task	1	.162**	-.008	.444**	.347**	.616**	.471**	.357**	.807**
Sig. (2-tailed)		.022	.907	.000	.000	.000	.000	.001	.000
N	200	200	200	200	200	200	200	200	200

* Correlation is significant at the 0.05 level (2-tailed).

** Correlation is significant at the 0.01 level (2-tailed).

The findings revealed that the more children the homemakers have the more interest they developed in cooking task. Most people like cooking for family appreciation, meeting goals and standards among other reasons. Education also increase their interest in cooking because of clarity and skills acquired at the early age. Education is positively related to cooking task at 1% level of confidence. Equipment owned also increased the homemaker's interest in cooking task.

Table 4.1.5: The result from sample (B) on laundry task: CORRELATIONS

	Number of Laundry Task	Age	Sex	Number of Children	Education	Marital Status	Income	Category Workers	Number of Cooking Equipment
Number of Pearson of Cooking Correction task	1	.188**	.002	.361**	.394**	.432**	.584**	.487**	.927**
Sig. (2-tailed)		.008	.982	.000	.000	.000	.000	.000	.000
N	200	200	200	200	200	200	200	200	200

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

Age was found to be positively related to laundry task. It was significant at 1% level. Married people like laundry work than singles according to the findings. The result shows that marital status was positively related to laundry task at 1% level. Also, educated homemakers are more interested in laundry jobs than less educated people. The number of equipment owned also plays a vital role in the homemakers' interest in the laundry task.

Table 4.1.6: The result from sample (B) on cleaning task: CORRELATIONS

	Number of Cooking	Age	Sex	Number of Children	Education	Marital Status	Income	Category Workers	Number of Cooking Equipment
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	Task								
Number Pearson of Cooking Correction task	1	.193**	.001	.334**	.221**	.448**	.434**	.373**	.834**
Sig. (2-tailed)		.006	.989	.000	.002	.000	.000	.000	.000
N	200	200	200	200	200	200	200	200	200

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

The more income an individual has, the more interest he or she is in cleaning task according to the result. Income of the home makers are positively related to cleaning task. The more money an individual has, the more interested he or she is in cleaning the environment because he or she has the capacity to afford cleaning services and even purchase cleaning equipment. Similarly, educated people are more interested in cleaning task than the less educated people. This is because through knowledge and capacity building people are becoming aware of their immediate environment. They like to be clean as it makes them look good, comfortable and beautiful. This agrees with Steidl & Bratton, (2007) – 50 which reported that clarity, understanding knowledge of a particular job enhances the interest on the job. Married people also develop more interest in cleaning task than the singles according to the findings. Helping them to meet their family standard and goals where the reasons attributed for their interest.

The Results and Findings from Sample (C) (College Of Education Ankpa, Kogi State

Table 4.1.7: The result from sample (C) on cooking task:

CORRELATIONS

	Number of Cooking Task	Age	Sex	Number of Children	Education	Marital Status	Income	Category Workers	Number of Cooking Equipment
Number Pearson of Cooking Correction task	1	.154	-0.15	.094	.127	-.041	.104	.013	-.011
Sig. (2-tailed)		.030	.832	.188	.074	.566	.144	.850	.881
N	200	200	200	200	200	200	200	200	200

* Correlation is significant at the 0.05 level (2-tailed).

** Correlation is significant at the 0.01 level (2-tailed).

The number of children was found to be positively related to cooking task. The result was revealed to be significant at 1% level which informs that people with more children appreciate more cooking tasks than people without children or less

number of children. The same goes for education, marital status, income, category of workers and number of equipments owned by the home makers.

**Table 4.1.8: The result from sample (C) on laundry task:
CORRELATIONS**

	Number of Laundry Task	Age	Sex	Number of Children	Education	Marital Status	Income	Category Workers	Number of Cooking Equipment
Number Pearson of Cooking Correction task	1	.353**	-.061	.361**	.374**	.056	.458**	.342**	.827**
Sig. (2-tailed)		.000	.390	.000	.000	.431	.000	.000	.000
N	200	200	200	200	200	200	200	200	200

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

Equipment owned by home makers are positively related to the laundry task. The result was revealed to be significant at 1% level of confidence. The result was same with other variables like marital status, income, category, age and number of children owned.

**Table 4.2.0: The result from sample (C) on cleaning task:
CORRELATIONS**

	Number of Cooking Task	Age	Sex	Number of Children	Education	Marital Status	Income	Category Workers	Number of Cooking Equipment
Number Pearson of Cooking Correction task	1	.076	.000	.091	.098	.011	.057	.000	.147
Sig. (2-tailed)		.283	.997	.198	.169	.875	.425	.992	.038
N	200	200	200	200	200	200	200	200	200

* Correlation is significant at the 0.05 level (2-tailed).

** Correlation is significant at the 0.01 level (2-tailed).

The result clearly shows that, the higher the income of home maker the higher their interest on cleaning job. Number of equipments owned also increases their interest on laundry jobs. More educated people like cleaning task than the illiterate ones. Number of children owned, education, age of the home makers are

all positively related to cleaning task are found to be significant at 1% level of confidence.

The Results and Findings from Sample (D) (Kogi State Polytechnic, Lokoja)

Table 4.2.1: The Result from sample (D) on cooking task:

CORRELATIONS

	Number of Cooking Task	Age	Sex	Number of Children	Education	Marital Status	Income	Category Workers	Number of Cooking Equipment
Number Pearson of Cooking Correction task	1	.071	.076	.001	.157	-.016	.082	.053	.178
Sig. (2-tailed)		.314	.282	.991	.026	.820	.248	.459	.012
N	200	200	200	200	200	200	200	200	200

* Correlation is significant at the 0.05 level (2-tailed).

** Correlation is significant at the 0.01 level (2-tailed).

The result revealed that education and number of equipment are positively related to cooking task and were found to be significant at 5% level of confidence. Age, sex, income, were also positively related but insignificant.

Table 4.2.2: The result from sample (D) on laundry task:

CORRELATIONS

	Number of Laundry Task	Age	Sex	Number of Children	Education	Marital Status	Income	Category Workers	Number of Cooking Equipment
Number Pearson of Cooking Correction task	1	.089	.054	-.044	.284**	-.078	.077	.194**	.157
Sig. (2-tailed)		.210	.447	.539	.000	.273	.276	.006	.027
N	200	200	200	200	200	200	200	200	200

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

Age, sex, income and category of the workers under investigation were found to be positively related but insignificant. Education and number of equipments owned are positively related and revealed to be significant at 1% and 5% level of confidence respectively.

Table 4.2.3: The result of sample (D) on cleaning task:

CORRELATIONS

	Number of Cleaning Task	Age	Sex	Number of Children	Education	Marital Status	Income	Category Workers	Number of Cooking Equipment
Number Pearson of Cooking Correction task	1	.144	-.018	.116	.117	.187**	.041	.113	.418**
Sig. (2-tailed)		.043	.803	.103	.099	.008	.563	.110	.000
N	200	200	200	200	200	200	200	200	200

* Correlation is significant at the 0.05 level (2-tailed).

** Correlation is significant at the 0.01 level (2-tailed).

Number of equipment, age and marital status were all positively related and are showed to be significant at 1% level of confidence. However, number of children, education and category of workers are positively related but no significant difference.

The Results and Findings from Sample (E) (Federal College Of Education, Okene, Kogi State)

Table 4.2.4: The result from sample (E) on cooking task:

CORRELATIONS

	Number of Cooking Task	Age	Sex	Number of Children	Education	Marital Status	Income	Category Workers	Number of Cooking Equipment
Number Pearson of Cooking Correction task	1	.434**	-.074	.384**	.476**	.543**	.516**	.374**	.884**
Sig. (2-tailed)		.000	.297	.000	.000	.000	.000	.000	.000
N	200	200	200	200	200	200	200	200	200

** Correlation is significant at the 0.01 level (2-tailed).

Most of the variables examined are positively related to cooking task except sex of the respondents. The results were found to be significant at 1% level.

Table 4.2.5: The result from sample (E) on laundry task:

CORRELATIONS

	Number of Laundry	Age	Sex	Number of Children	Education	Marital Status	Income	Category Workers	Number of Cooking Equipment
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	Task								
Number Pearson of Cooking Correction task	1	.491**	.057	.316**	.354**	.266**	.443**	.306**	.758**
Sig. (2-tailed)		.000	.422	.000	.000	.000	.000	.000	.000
N	200	200	200	200	200	200	200	200	200

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

Number of children, Education, Marriage, Income, Category of the workers and equipment owned were all positively related to the laundry tasks. The results were also found to be significant 1% level. The higher the number of children the higher the interest on laundry task. The same finding was seen with income and other variables. Sex was positively related but insignificant.

Table 4.2.6: The result from sample (E) on cleaning task: CORRELATIONS

	Number of Cleaning Task	Age	Sex	Number of Children	Education	Marital Status	Income	Category Workers	Number of Cooking Equipment
Number Pearson of Cooking Correction task	1	-.021	.121	-.107	.104	-.109	.063	.123	.197**
Sig. (2-tailed)		.770	.089	.132	.143	.125	.377	.084	.005
N	200	200	200	200	200	200	200	200	200

** Correlation is significant at the 0.01 level (2-tailed).

Equipment owned was positively related and significant at 1% level of confidence. However, Sex, Education, Income and the Category of workers were also positively related but insignificant. Marital status, age and number of children were negative and insignificant.

The Results and Findings of the Overall Data from all the Sample Areas

Table 4.2.7: The result of the overall data on cooking task: CORRELATIONS

	Number of	Age	Sex	Number of	Education	Marital Status	Income	Category Workers	Number of
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	Cooking Task			Children					Cooking Equipment
Number Pearson of Cooking Correction task	1	.180**	-.021	.264**	.263**	.111**	.256**	.214**	.214**
Sig. (2-tailed)		.000	.515	.000	.000	.000	.000	.000	.000
N	1000	1000	1000	1000	1000	1000	1000	1000	1000

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

Most of the variables tested like Age, Number of children, Education, Marriage, Income, Category and number of equipment owned are positively related to cooking task. The relationships were found to be significant at 1% level of confidence. However, sex was negatively related and the relationship was found to be insignificant.

**Table 4.2.8: The result of the overall data on laundry task:
CORRELATIONS**

	Number of Laundry Task	Age	Sex	Number of Children	Education	Marital Status	Income	Category Workers	Number of Cooking Equipment
Number Pearson of Cooking Correction task	1	.135**	.008	.134**	.281**	.058	.210**	.226**	.385**
Sig. (2-tailed)		.000	.806	.000	.000	.065	.000	.000	.000
N	1000	1000	1000	1000	1000	1000	1000	1000	1000

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

All the tested variables are positively related to laundry task the relationship is revealed to be significant at 1% level of confidence except Sex marital status that are positively related but insignificant at both 1% 5% level.

**Table 4.2.9: The result of the overall data on cleaning task:
CORRELATIONS**

	Number of Cleaning Task	Age	Sex	Number of Children	Education	Marital Status	Income	Category Workers	Number of Cooking Equipment
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Number Pearson of Cooking Correction task	1	.152**	.013	.168**	.165**	.110**	.188**	.211**	.477**
Sig. (2-tailed)		.000	.688	.000	.000	.000	.000	.000	.000
N	1000	1000	1000	1000	1000	1000	1000	1000	1000

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

Age, Number of equipment owned, Income, Marriage, workers category and number of children are positively related to cleaning task. The relationship was discovered to be significant at 1% level of confidence. Similarly, sex was found to be positively related to cleaning task but the relationship was insignificant at both 1% and 5% level of confidence.

SUMMARY

The study shows that most of the independent variables tested like age, number of children, education, marriage, category of workers under study and number of equipment owned by the respondents are positively related to cooking tasks and the relationships are found to be significant at 1% level of confidence. Sex is negatively related to cooking task and the relationship is found to be insignificant. Similarly, the result of number of equipment owned by the respondents were positively related to laundry task and the relationship is significant at 1% level of confidence. The result is the same with other independent variables. Education is positively related to the number of cleaning task. The relationship is also found to be significant at 1% level.

CONCLUSION

The study has shown that education plays a vital role on the interest in a particular job or task by the home makers. The study has revealed that clarity, knowledge and understanding of a job enhance the home makers' choice of certain task. Some tasks are liked because of certain characteristics or properties there possessed. Some of these characteristics are; satisfying result, relaxing, recreation, meeting family standards and goals, comfort and beauty, physical convenience, sense of creativity. Other qualities that drives the home makers interest in a job are skills and competences, fun, achieving target, adequate equipment, like time spent, ability to cope, satisfying with own situation, setting own pace among others. However, the study established reasons for job dislikening or dissatisfaction such as fatigue, repetition, and result not satisfying, boring, inadequate equipments for carrying out task. Other reasons for dislikening tasks are; not creative, lack of clarity, monotonous, lack of ability to cope among others. Finally, the study has been able to point out that works are

not liked or disliked because of name; it is their characteristics or the properties that inform the interest of the homemakers' choice.

RECOMMENDATIONS

Base on the results and findings of this study, I therefore recommend the following:

- Since the study has shown that work is disliked because of its nature, it is now imperative to improve the characteristics and certain properties of a job so as to enhance the workers interest in the job.
- Since the choice or interest of workers on a particular job is largely depended on the characteristics of a particular job, workers should not be forced or coarsed to do certain jobs so as to avoid job dissatisfaction which could affect his or her mental health.
- If solution discovered by this study for job dissatisfaction as a result of poor worker's interest in a particular job is adhered to, it will bring an improvement to the level of interest of the workers thereby reducing job apathy or dissatisfaction.
- Further study can be made to determine factors influencing the optimal duration of household tasks.
- There is a need to device a technique to delay the situation incurred in performing disliked tasks. Such information is needed to contribute to guide for designing some aspects of the use of time for personal satisfaction and accomplishment.
- Factors determining characteristics need to be identified. What makes task monotonous? Which aspects of a task require the use of little mental skill? In what ways does the home maker set her own pace? Therefore, further study should be carried out on factors that determine job preference which enhance satisfactions.

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