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THE DEVELOPMENT OF A SOCIAL NETWORK
FOLLOWING GEOGRAPHIC RELOCATION

by
JOAN E. STARKER

A dissertation submitted in partial fulfillment of the
requirements for the degree of

DOCTOR OF PHILOSOPHY
in
URBAN STUDIES

Portland State University


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TO THE OFFICE OF GRADUATE STUDIES:

The members of the Committee approve the dissertation of
Joan E. Starker presented March 15, 1988.


Nancy J. Chapman, Chairperson


Carl Abbott


Kathryn A. Farr


Robert Shotola


Cathleen L. Smith

APPROVED: 

Nohad A. Toulan, Dean, School of Urban and Public Affairs


Bernard Ross, Vice Provost for Graduate Studies

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presented March 15, 1988.

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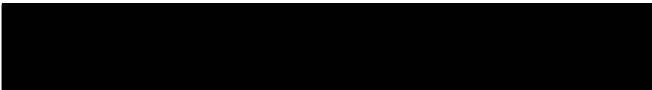
APPROVED BY MEMBERS OF THE DISSERTATION COMMITTEE:


Nancy J. Chapman, Chairperson


Carl Abbott


Kathryn A. Farr


Robert Shotola


Cathleen L. Smith

The United States is a strikingly mobile nation. Every year almost 20% of its population changes residence and about 45% moves at least once every five years. Economic considerations are a major reason for relocation as persons seek new employment or are transferred by their corporations.

Relocation, however, can be a stressful life experience.

It removes individuals from daily routines, alters social networks, and may be accompanied by a mixture of sadness, excitement, anger and anxiety. It requires an enormous investment of physical and emotional energy to reestablish order and stability to one's life in a new city. At the same time, relocation can be a challenge, an opportunity for advancement and adventure, and a chance to reevaluate goals and directions.

A critical factor influencing adaptation to a new city is an individual's social network. The very nature of moving, however, necessitates both the loss of previous social ties and the building of a new social network. There has been an absence of attention in previous research to the way in which networks evolve and change over time.

This descriptive study investigated the development of a social network following geographic relocation. The sample consisted of seventy newly relocated, married males and females referred by organizations, colleges and universities, realtors, and personal contacts. Two structured interviews were completed three months apart. The data were analyzed using descriptive and correlational statistics. A qualitative analysis of questions regarding the experience of network development was also conducted.

The results indicated that the size of the new social network changed little over time but did not reach the pre-move network size. There was an increase in levels of

intimacy and the amount of social and community activity over time although pre-move levels were not attained.

The building of a new network requires a considerable amount of time. A cross-sectional analysis of pre-move network data indicated it takes between 2.5 to 4.5 years in a community to attain stable levels of intimacy. The results suggested that network size stabilizes earlier than the level of intimacy.

Subjects relied on their spouses for support; they received minimal social support from their new network members at time one and time two. Moreover, the new social networks were in transition and unstable. The majority of the network members named at time one were deleted at time two. Lack of time and work commitments were perceived as main obstacles to network development.

Results showed that characteristics of the individual impact the development of a social network and the mobilization of social support. Gender, employment status, and social competence were the factors that most strongly influenced the social network.

Although this sample was not characterized by high stress, health, finances, and work were the primary stressors. The subjects were relatively satisfied with all areas of their lives except for friendships. With the exception of homemakers, there was an increase in dissatisfaction with friendships over time. Corporations and

community organizations might address this period of delayed social distress by facilitating social support at this critical time rather than ending their efforts soon after the individual arrives in the new city.

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CHAPTER I

INTRODUCTION AND LITERATURE REVIEW

INTRODUCTION

The United States is a strikingly mobile nation. Every year almost 20% of its population changes residence and about 45% moves at least once every five years (Long and DeAre, 1981). Economic considerations are a major reason for relocation as persons seek new employment or are transferred by their corporations.

Relocation, however, can be a stressful life experience. It removes individuals from daily routines, alters social networks, and may be accompanied by a mixture of sadness, excitement, anger and anxiety. It requires an enormous investment of physical and emotional energy to reestablish order and stability to one's life in a new city. At the same time, relocation can be a challenge, an opportunity for advancement and adventure, and a chance to reevaluate goals and directions.

Research efforts have focused primarily on the determinants and effects of relocation. More specifically, there have been attempts to delineate the predictors of relocation as well as the somatic and psychological effects upon those relocated. What emerges from the literature is that the effects of a move are not uniform but vary from individual to individual. Relocation can have deleterious

effects and/or be growth-producing. Recent research conceptualizes moving as lengthy and complex, rather than an isolated event, mediated by such factors as personality variables, coping strategies, life cycle stage, the frequency of mobility and attitudes towards the move.

A critical factor influencing adaptation to a new city is an individual's social network. The very nature of moving, however, necessitates both the loss of previous social ties and the building of a new social network. Although there has been extensive research on the role of social support in moderating stress, there has been a glaring absence of attention in the literature to the way in which networks naturally evolve and change over time.

This longitudinal study examines the development of social networks after relocation, the impact of personal characteristics and characteristics of the move on their structure, and their change over time. It also investigates the relationship between the new social network and measures of stress and well-being. Understanding the aims and methods of this study requires some acquaintance with relevant research literature regarding the determinants of relocation, relocation as a stressful life event, the effects of relocation, predictors of adjustment to relocation, the normal coping process, social support and social networks, stress and well-being, factors affecting social support, and the development of social networks.

RELOCATION:

A REVIEW OF THE LITERATURE

The Determinants of Relocation

A major emphasis in the literature has been delineation of the determinants of relocation. Although moves are frequently work related, there may be multiple reasons impelling people to move. An early, seminal study, Why Families Move (Rossi, 1955; 1980) examined relocation patterns within stable and mobile neighborhoods in Philadelphia. Rossi (1955; 1980) found that mobility resulted from varying housing needs generated by life cycle changes. Housing needs were altered by increases and decreases in family size, and space requirements were a critical factor in choosing to move. More recently, Michelson (1977) found support for the interrelationship among life cycle stage, family composition, and housing needs.

Other variables, such as community attachment, willingness to move, gender differences, and the spouse's employment, have also been found to influence relocation decisions. Fernandez (1976) and Fernandez and Dillman (1979) reported that community attachment was an important determinant, with mobility increasing with decreased attachment. Speare (1974) and Kennedy (1984) found that residential satisfaction/dissatisfaction was a major factor resulting in the desire to move.

Several researchers have studied willingness to accept job transfers. Brett and Werbel (1978) found that employees and wives who were particularly willing to move agreed that transfers provided opportunities for career development. Willingness to move was the main difference between employees who accepted and those who rejected a job transfer. Gender and willingness to move were studied by Markham and Pleck (1985) and Markham, Macken, Bonjean, and Corder (1983). Gender did prove to be a significant predictor of the willingness to relocate. The most critical gender difference affecting willingness to move was that males generally viewed themselves as primary providers whereas most women did not. Women who viewed themselves as primary providers, however, were just as willing to move as male primary providers (Markham et al., 1983).

Another line of inquiry has focused on the impact of a spouse's employment on relocation. With the proliferation of dual career couples, this has become a critical factor in job transfers. The results of several studies are contradictory. Duncan and Perrucci (1976: 252) found that a wife's employment did not affect the couple's "migration probability" regardless of her occupational prestige or contribution to the family's income. These results, however, cover the period between 1964 and 1968. Gilliland (1979) reported that relocation was not viewed as a major problem by the 13 dual career couples in her study. However, Brett and

Werbel (1978) found that the willingness of an employee to relocate was influenced not by whether or not a wife was employed, but by her degree of involvement in her job. Employed wives who were very involved in their jobs were less willing to support their husbands' future moves than those little involved in their jobs. More recently, nearly 3/4 of the respondents to a survey of Fortune 1300 companies (Catalyst, 1983) believed that unwillingness to interfere with a spouse's career will play a more critical role in future employee relocation decisions. These seemingly conflicting findings may actually reflect the increased importance of women's careers on a couple's decision to relocate.

Relocation as a Stressful Life Event

Relocation has been conceptualized as a stressful life event. The popular Holmes Rahe Social Readjustment Rating Scale (Holmes and Rahe, 1967) weights 43 stressful life events such as marriage, divorce, and the death of a spouse in terms of the length of time necessary to readjust. These empirical weights range from 11 for minor violations of the law to 100 for the death of a spouse. Although change of residence rates only 20 points, moving is caused by and triggers a wave of related events. For example, "business readjustment" rates 39 points. "Wife beginning or stopping work" is 26 and "change in living conditions" is 25. The higher the total score of experienced stressful life events,

the more likely a person is to become ill during the following year. A recent finding (Stokols and Shumaker, 1982) lends partial support to this conceptualization of relocation as a stressful life event. Although the effects of high mobility were mediated by psychosocial factors, frequent relocation was directly associated with greater illness symptoms. However, this result was found in "high mobile" subjects, a special group of individuals who move frequently.

The majority of individuals who experience stressful life events do not become seriously ill (Rabkin and Struening, 1976). As a result, other researchers have found it necessary to modify the Holmes-Rahe model to account for individual differences. Although Holmes and Rahe (1967) viewed change itself as stressful, Vinokur and Selzer (1975) found that only undesirable events were associated with adverse health effects. Lazarus and his colleagues (Lazarus and Folkman, 1984; Lazarus, DeLongis, Folkman, and Gruen, 1985) emphasize the appraisal of an event, with respect to its meaning for well-being, as shaping the somatic outcome.

Recent conceptualizations of relocation characterize mobility as a long-term, complex experience rather than an isolated life event (Puskar and Caffo, 1986; Stokols and Shumaker, 1982). Wapner (1981) observes that relocation can result in the addition, elimination, or substitution of critical activities of a person's daily life. It involves

such multiple adjustments as the sundering and building of social ties as well as new employment and housing. As a result, relocation can affect almost every aspect of a person's life (Stokols and Shumaker, 1982).

The Effects of Relocation

Early literature on the effects of relocation focused primarily on immigrants and working class subjects. The most commonly cited sociological study on the consequences of moving is that of Thomas and Znaniecki's (1927) The Polish Peasant in Europe and America. In this early classic, the emphasis was on the social disorganization associated with moving for Polish immigrants. Pauline Young's (1932) early study had a similar thrust but dealt with Russian immigrants. Other research found an association between mobility and poor mental health among immigrants (Kantor, 1965).

A few studies have documented the adverse psychological and somatic consequences of forced relocation due to urban renewal. In a seminal study of relocated working class men and women by Fried (1963), it was found that the majority experienced grief reactions including both psychological and physical symptomatology. Similarly, Brown, Burdett, and Liddell (1966) studied 644 families displaced by urban renewal. Whereas some families were resourceful in dealing with the crisis, others demonstrated inadequate coping skills. Some families also experienced hostility, suspicion,

and fear.

Until recently, however, there has been a surprising absence of research on the effects of voluntary residential mobility on the middle or upper middle class individual and his or her family. Prior to 1970, it was generally believed that most Americans adjusted relatively easily to moving. Moves were viewed as essential to climbing the corporate ladder and as resulting in only a minimal degree of suffering and stress. Women were expected to be compliant and cheerily accept their husband's job transfers (Upson, 1974). However, the 1970's marked an enormous change in the prevalent attitude toward moving. There was a growing awareness that the negative effects of relocation had been underestimated (Gaylord, 1979).

The popular literature contributed to the notion of moving as a traumatic experience. Alvin Toffler noted in Future Shock (1975: 75): "Never have man's relationships with place been more numerous, fragile and temporary ... We are breeding a new race of nomads and few suspect quite how massive, widespread and significant these migrations are." Similarly, Packard (1972) wrote about the evils of moving in A Nation of Strangers, attributing the fragmentation of the family to the rootlessness of America. However, in a critique of Packard's book, Herbert Gans (1972) calls attention to some of its difficulties:

Like many journalists, Packard seems most comfortable with a sample of one. Since many of the anecdotes he

chooses to report are sensational instances of mobility-induced pathology, and since he implies they are typical even though they sound quite atypical, the outcome of the analysis is an exaggerated picture of mobility and of its negative effects (25-26).

Nevertheless, several studies lend credence to this negative perspective of moving. A retrospective study conducted by Syme, Hyman, and Enterline (1965) specifically linked moving with poor physical health. They reported that geographically mobile men had a coronary heart disease rate twice as high as nonmobile subjects. More recent research found that mobile wives were particularly vulnerable to depression. Drawing upon clinical cases, Seidenberg (1973: 1-2) reported that mobile wives became "defeated people," "casualties of (their husband's) success," "chronically depressed," and "frequently addicted to alcohol, tranquilizers, and barbiturates." He suggested that, unlike their husbands, corporate wives had credentials that were not easy to transfer. They repeatedly had to cope with the difficulties of creating identities in new communities, leading to depression. In another clinical study of depressed women patients, Weissman and Paykel (1972: 26) found a significant temporal relationship between moving and depressive symptomatology in women. They attributed such depression to "faulty adaptation to the stresses and changes created by moving." Clearly, these authors painted a gloomy portrait of the mobile lifestyle. However, these latter clinical studies are problematic in that these samples are

not representative of relocated women in general but rather patients in therapy. As a result, it is difficult to generalize beyond these small samples.

A national longitudinal survey (Butler, McCallister, and Kaiser, 1973) also lent support to the negative impact of mobility on the mental health of women. However, in an extensive review of the job transfer literature, Brett (1980) found relatively little empirical evidence for the relationship between poor mental health and job transfer in women, despite the strong conceptual support for the association. Brett (1980) contended that the learned helplessness model of depression (Abramson, Seligman, and Teasdale, 1978) provided a conceptual framework for explaining the relationship between job transfer and depression in relocated wives. From this perspective, "an unwanted transfer may cause depression because the woman believed that if she does nothing about the transfer, it is bound to happen and there is nothing she can do to keep the transfer from happening" (Brett, 1982: 452).

Whereas relocation may have deleterious effects, numerous studies support a more benign perspective of relocation. These researchers have demonstrated that the consequences of relocation are not necessarily negative and that there may even be advantages to mobility. For example, Mann (1972) found that high mobile college students were better able to adapt to the college environment than their low mobile counterparts. The former reported less anxiety in both acute

and chronic stressful situations. In another study by Olive, Kelsey, Visser, and Day, (1976), executives of Northwestern Bell Company, their spouses, and their children perceived the advantages of moving in terms of self-renewal, the expansion of their horizons, and the growth resulting from meeting new people and living in different locations.

Several studies have specifically examined the responses of wives to a move. In a survey of 256 wives, Jones (1973) found that the women reported an increase in feelings of depression and excitement as well as crying behavior two weeks before and after the move. While women experienced stress during the moving process, most were able to adjust positively to the move. Jones (1973) also noted that women reported gains from the move such as increased coping and interpersonal skills, broader interests and greater flexibility. A study by Viney and Bazeley (1977) also found mixed reactions to moving in two groups of Australian housewives. In comparing a low socioeconomic status group with a high socioeconomic one, the authors found similar affective reactions to relocation in both, including feelings of loneliness and loss (separation anxiety), inadequacy and embarrassment (shame), feelings of enthusiasm and happiness, and a high level of cognitive anxiety resulting from the need for environmental mastery. A more recent study (Puskar, 1981) examined the reactions of 50 women who had recently moved due to their husband's job transfer. Unfavorable

reactions to the move were reported by 46% whereas 48% reported favorable reactions. All of these studies on relocated housewives demonstrated both the lack of uniformity and the mixture of responses to relocation.

There have also been several empirical studies which specifically examined the effects of relocation on health and well-being of both mobile and nonmobile samples. In a longitudinal study (Brett and Werbel, 1980; Brett, 1982) of male employees and their wives, there were strikingly few differences between mobile and nonmobile persons and little indication of negative effects from mobility. In fact, with the exception of the quantity and quality of their friendships, mobile employees and their wives were more satisfied with the quality of their lives, their marriages, and families than the nonmobile sample members. A longitudinal study of adult employees (Stokols and Shumaker, 1982; Stokols, Shumaker and Martinez, 1983) investigated the relationship between personal mobility rate (number of lifetime moves/respondent's age) and health. High-mobility individuals reported a greater number of illness symptoms than low mobile persons. However, these researchers also found that the negative health outcomes were mediated by psychological factors such as levels of environmental exploratory tendency, degrees of residential choice and congruence, and perceived available housing options for the future. In proposing a contextual analysis of relocation,

Stokols, Shumaker and Martinez (1983: 16) suggest that "the relationship between residential mobility and well-being is more adequately understood within the context of the individual's life history and future goals, rather than as an acute environmental stressor whose effects on health are uniformly negative."

In short, the literature has proceeded from a denial of effects to viewing the consequences of relocation as uniformly negative. The current perspective in the literature, however, is that the effects of a move vary from individual to individual. Moving can be conceptualized as a stressful life experience with potential negative effects. However, a more balanced picture emerges from the overall research findings, suggesting that moving brings "both rewards and costs" (Fischer and Steuve, 1977: 180) and its impact is moderated by personality and situational variables.

Predictors of Adjustment to Relocation

Several researchers have examined the impact of specific variables on adjustment to a move. A study of U.S. Air force non-commissioned officers before and three months after a move (Shaw, Fisher and Woodman, 1985) found that adjustment was predicted by pre-move attitude toward the move, adjustment and satisfaction with previous moves, number of dependents, unmet expectations, perceived job advancement and amount of information about new locations received prior to

the move. Another study (Cheston, 1983) investigated the relationship between family life cycle stages and recalled stress associated with long-distance, job-related relocation. The most stressful moves occurred primarily in families with older children whereas the least stressful moves were reported by subjects who were childless or had young children. In research conducted by Carter (1981) of twenty managerial level employees and their families, the relationship between corporate provision of social contacts and family adjustment to relocation was explored. Measures of life satisfaction demonstrated greater adjustment and satisfaction for those families who received the greater number of social support contacts. Urban factors as predictors of satisfaction with a move was the focus of Pinder's (1977) study of employees and spouses. He found that the preference for the new location over the previous one was the most significant predictor of post-transfer satisfaction. Of the determinants of location preference, size of city was the main predictor for both managers and their spouses. These studies lend credence to the multiplicity of factors determining adjustment to a move.

COPING

There has been growing interest in the role of coping in moderating the impact of stressful life events. Coping can be defined as "those behaviors and thoughts which are

consciously used by an individual to handle or control the effects of anticipating or experiencing a stressful situation" (Stone and Neale, 1984: 893). Although there has been little systematic investigation of coping with relocation, there has been extensive research on coping resources in general. However, there is considerable disagreement as to the conceptualization of coping. Investigators have viewed coping from a psychoanalytic perspective in terms of ego processes and defenses (Haan, 1977; Vaillant, 1977), in terms of the response to specific traumatic situations such as burns (Andreasen and Norris, 1972) and cancer (Weisman and Worden, 1976-7), as a trait (Lazarus, Averill, and Opton, Jr., 1974), and as a process influenced by the cognitive appraisal of the situation (Folkman and Lazarus, 1980; Lazarus and Folkman, 1984).

A particular source of controversy has been the assumption that persons act consistently across situations (Folkman and Lazarus, 1980; Kessler, Price and Wortman, 1985). Pearlin and Schooler (1978) investigated the strategies people used to cope with the four role areas of marriage, parenting, household economic manager, and occupation. Whereas certain coping mechanisms were reported in all four role areas, others appeared only in one area. In a study of 100 community-based men and women aged 45 to 64, Folkman and Lazarus (1980) found that there was great variability in coping patterns across life situations. High consistency was

demonstrated in only a small number of participants. Similarly, Folkman and Lazarus (1985) reported individual differences in the variability and stability of coping patterns across the three stages of a college examination (the anticipation stage before the exam, the waiting stage after the exam but before grades are announced, and after grades are received).

Although there is no consensus in the literature as to an accepted typology of coping behaviors (Kessler, Price, and Wortman, 1985; Schaefer, 1983), a couple of studies have investigated systematically the strategies individuals use to cope with relocation. Brett and Werbel (1980) reported that transferred employees and their wives utilized two distinct types of coping: active and passive coping. Active coping included such behaviors as searching for information, exerting extra effort, changing aspects of the environment, and changing oneself. Passive coping, on the other hand, included behaviors such as excessive smoking and drinking, irregular eating habits, and the receipt of social and emotional support. In examining specific strategies utilized by wives who have moved due to husband's job transfer, Puskar (1981) found that the most frequently reported strategy for locating such household and personal services as finding a babysitter was seeking advice from neighbors. Women most often made friends and overcame the feeling of being a stranger by joining clubs and found medical services by

asking neighbors. A more recent study (Neims, 1986: xi) of the accompanying spouse in dual-career couples found that "viewing change in general as providing more options, considering the relocation as a challenge, and assuming an active stance and 'making things happen' upon arrival" were the coping strategies most significantly associated with higher levels of adaptation to a geographic move.

SOCIAL NETWORKS AND SOCIAL SUPPORT: STRESS AND WELL-BEING

An individual's social support system or social network can be conceptualized as a coping resource (Folkman and Lazarus, 1985). In recent years, interest in social support and social networks has grown, particularly in regard to how they mediate responses to stressful experiences such as relocation. Although the concepts of social support and social networks are related, attempts have been made to differentiate between them (Hammer, 1981; Lin, Dean, and Ensel, 1981). Lin et al. (1981) have noted:

Social networks, as usually defined, describe the direct and indirect ties linking a group of individuals over certain definable criteria, such as kinship, friendship, and acquaintances. Social networks provide the structural framework within which support may or may not be accessible to an individual. Thus, social support extends beyond the structural characteristics of social networks and identifies the resources that are available to the individual in a crisis (74).

Social support analysts are concerned with the nature of the interactions occurring within social relationships as perceived by the person (Schaefer, Coyne, and Lazarus, 1981)

whereas social network analysts focus on structural components such as size, density, and range.

Although the distinction between social support and social networks has been clarified, there has been a lack of consensus among investigators as to the definition of social support. Myriad conceptualizations appear in the literature but the major emphasis seems to be on the affective bonds which comprise social support. This is to be expected since the very word "support" normally is associated with the expression of love, understanding, and friendship. Nuckolls, Cassel, and Kaplan (1972) offer a poorly delineated notion of social support in terms of "psychosocial assets." Kaplan, Cassel, and Gore (1977: 50) have defined support in terms of "relative presence or absence of psychosocial support resources from significant others" but have failed to spell out the meaning of psychosocial support resources. Such lack of definitional precision has led to inconsistencies which make it difficult to compare various studies.

Although emotional support is emphasized in the literature, several researchers have proposed differing classification schemes of the types of social support. Schaefer et al. (1981: 385-386) defined social support in terms of emotional support (including "intimacy and attachment, reassurance and being able to confide in and rely on another"), tangible support ("direct aid or services") and informational support ("information and advice which could

help a person solve a problem and provide feedback"). Kahn and Quinn (1976) identified aid, affirmation and affect as main components, whereas House (1981) suggested a four part classification consisting of emotional support, appraisal support, instrumental support and informational support. Similarly, Cobb (1979) proposed four components of support: social, instrumental, active (or mothering) and material aid. Barrera and Ainley (1983) included positive social interaction among their four dimensions of support. There is, however, enormous overlap in these classification schemes. For example, in a factor analytic study of taxonomies of social support, Wethington (1982) delineated four or five possible forms of social support but found many to be highly correlated.

On this same point, House (1981) noted that instrumental support could be differentiated from emotional support, but that it was difficult to separate informational support from emotional support. This same observation was made by Schaefer et al. (1981) who found that emotional support and information support were highly correlated whereas tangible support was a separate dimension. It is clear from these differing albeit overlapping classification schemes that social support is a multidimensional rather than unitary construct.

A major emphasis in the social support literature has been the relationship between stress, illness, and degree of social support. Several investigators have hypothesized that

the individual undergoing stressful life events will be less susceptible to illness if he or she has strong social support (Caplan, 1974; Cassel, 1974). In other words, social ties can help buffer or moderate the deleterious effects of stressful life events. This contention has been called the "buffering hypothesis" (LaRocco and Jones, 1978; Thoits, 1982). Although the evidence is inconclusive (LaRocco and Jones, 1978; Pinneau, 1975; Thoits, 1982), several studies lend credence to this argument (Gore, 1978; Hirsch, 1979; Lowenthal and Haven, 1968; Nuckolls et al., 1972). There is also evidence that social support has direct or main effects on psychological symptomatology (Andrews, Tennant, Hewson, and Vaillant, 1978; Lin, Ensel, Simeone, and Kuo, 1979; Turner, 1981). In other words, the absence or changes in social support can affect psychological well-being (Thoits, 1985).

Although there is considerable attention devoted to the contribution of social support to physical and psychological health, several researchers have begun to focus on the structure of the social network within which support occurs. Hammer (1981) argues that given the lack of clarity of the definition of social support, network variables are more precise measures. Network characteristics such as density, size, and range have been examined in the mentally ill (Dozier, Harris, and Bergman, 1987; Pattison, DeFrancisco, Frazier, Wood, and Crowder, 1975; Sokolovsky, Cohen, Berger, and Geiger, 1978), in women undergoing major life changes

(Hirsch, 1980), and in community-based adults (Fischer, 1982; Wellman, 1979). Although some studies document a significant relationship between structural network variables and well-being (George, 1978; Heller and Mansbach, 1984; Markides and Martin, 1979), other research does not support these results (Griffith, 1985; Israel and Antonucci, 1987; Israel, Hogue, and Gorton, 1983).

There have been only a few studies on the role of social support in coping with geographical mobility. Moving results in a sparsity of ties, making social support difficult to study. Brett and Werbel (1980) found that social support from the old boss, new boss, friends and wives effectively helped employees cope with their emotional responses to moving. Social support was also important to their wives. Almost all of the women discussed the move with members of their network. They also noted that the wives received active help and expressions of confidence from friends and relatives. Although their husbands provided them with support, they were most likely to help them in getting the house in order and in expressing confidence in their ability to adjust to the new community. Their husbands were less involved in helping them get the children settled as well as solve their adjustment problems. Similarly, the husbands in Puskar's (1981) study were perceived to be generally supportive by 85% of the wives.

The relationship between social support and well-being,

however, has rarely been studied within the context of relocation. In an examination of both company and community provided social support contacts, Carter (1981) found that newly relocated families with the highest number of social support contacts reported greater satisfaction with their neighbors, friendships, and leisure activities. Brett's (1982) study on job transfer and well-being found that mobile employees and their wives were dissatisfied with their social relationships compared to nonmobile subjects. At the same time, mobile subjects reported higher levels of satisfaction with their marriages and family life.

Factors Affecting Social Support

There has been relatively little attention in the literature to the impact of individual differences on levels of social support. Although age and employment status did not affect social support (Schaefer et al., 1981), there are some data on gender as a determinant of social support. In a review of the few available studies on gender differences and social support, Leavy (1983) found that women reportedly have more supportive relationships than men, especially intimate and confiding ones. In a study of gender differences among retirees, Ingersoll (1982) reported that women gave and received more support than their male counterparts. A study by Lowenthal and Haven (1968) also reported the greater likelihood of confidants among elderly women. In studies of younger samples, adolescent girls utilized more peer support

than boys (Burke and Weir, 1978) while college females received more emotional support than their male counterparts (Burda, Vaux, and Schill, 1984; Hays and Oxley, 1986; Hirsch, 1979). However, the female students expressed greater dissatisfaction with their support than the males (Hirsch, 1979).

With respect to network characteristics, Burda et al. (1984) found that females had larger social networks than males. In a study of community-based men and women, Phillips (1981) found that network size was the best predictor of avowed happiness in men whereas the number of social contexts in which individuals participated (e.g. school, church) was the best predictor in women.

Several researchers have discussed the importance of social skills in the development and mobilization of social support (Gottlieb, 1983; Hansson, Jones, and Carpenter, 1984; Monroe and Steiner, 1986). Although the data are scanty, recent studies (Cohen, Clark, and Sherrod, 1986; Sarason, Sarason, Hacker, and Basham, 1985; Sarason, Sarason, and Shearin, 1986) have found an association between social skills and high levels of social support. These findings, as Sarason et al. (1986) suggest, call attention to the importance of conceptualizing social support both as an individual difference variable and as a provision of the environment.

In addition to social skills, the specific activities and behaviors individuals engage in to meet people also affect network development. Participation in formal organizations

has been conceptualized as a measure of social relationships. Berkman and Syme (1979) developed a Social Network Index which utilized four measures of social ties: marital status, the number of contacts with extended family and close friends, church membership, and group associations. Similarly, in a community study of adults, House, Robbins and Metzner (1982) also included formal organization involvement as a measure of social connections and activities. Despite the inclusion of group and organizational membership as a measure of an existent social network, there is little documentation in the literature about the acts or behaviors involved in developing such networks.

The Development of Social Networks

Despite the extensive research on the stress-buffering role of social support, there is an absence of data about the development of social networks and their changes over time. Several studies on friendship have focused on variables affecting a person's initial attraction to another (Berscheid and Waster, 1978; Byrne, 1971; Huston and Levinger, 1978). However, there is little information on the natural development of friendships over time. Altman and Taylor (1973) found that relationships gradually proceed from superficial interaction to more intimate exchanges. In a longitudinal study of friendship, Hays (1985) found that as relationships progressed, both the benefits received from the friendships as well as reports of interpersonal conflict increased.

Only two studies have specifically investigated the development of a social network rather than dyadic relationships. One study (Jones, 1980) examined the social network patterns of married couples who had moved to Canberra, Australia but focused upon couple-network structures and did not apply standardized instruments or personality measures. A more recent longitudinal study (Hays and Oxley, 1986) explored the development of a social network during the life transition of entering college. The authors reported that "the structural and functional characteristics of the freshmen's networks were found to vary with the focal individual's gender, living situation, and the temporal stage of the network" (Hays and Oxley, 1986: 305). In addition, network characteristics such as size and density were related to the successful adaptation of the freshmen. The authors suggested that these findings were not necessarily generalizable, and that there may be important differences between the demands of entering college and other stressful life events.

CONCLUSIONS OF THE LITERATURE REVIEW

Several conclusions emerge from this review of the literature. Clearly, there are multiple determinants of relocation. Once the decision to move has been made, the experience of relocation reasonably can be categorized as a stressful life event. However, it needs to be viewed as a

lengthy and complex process rather than as a discrete life event. In addition, the effects of relocation are not uniformly positive or negative but are mediated by psychosocial factors. There is some evidence that internal, psychological coping mechanisms and social support are critical in adapting to relocation, but the data are scanty.

Although there is extensive research on the role of social support in moderating stress, there is little information on the process of developing a social network. The specific activities used to meet new people as well as the impact of social competence on the formation of a social network have not been well documented in the literature.

The social support literature suggests that there are gender differences, with women having more supportive relationships than men. However, the impact of gender on the mobilization of social support following relocation has not been examined. Although there is evidence that social support is positively associated with well-being, there are few systematic studies of the relationship between social networks and well-being within a relocation context.

CHAPTER II

THE PROBLEM, CONCEPTUAL FRAMEWORK, AND RESEARCH QUESTIONS

THE STATEMENT OF THE PROBLEM

Despite the extensive literature on mobility, Shumaker and Stokols (1982: 2) contend that "much remains unknown about mobility. It has become clear that in order to understand it, we need to look beyond outcomes and/or predictors of relocation." In particular, there has been a glaring absence of attention to the process of entering a new city. The impetus for the present study arises from this gap in the literature.

Research strongly suggests that moving has deleterious effects on some individuals and can result in psychological and somatic impairment. There is also considerable evidence that social support is positively related to subjective well-being and can serve as a buffer against stressful life events. However, the very nature of relocation requires an enormous change in one's social network. Relocation necessitates both the sundering of selected old ties and the development of new ties. We need to understand this process.

Although there has been a recent surge of interest among researchers and practitioners in the impact of social support on promoting psychological well-being, "there has been a lack

of information about the natural development of social networks and the changes over time and the impact of personal and environmental factors on the structure and functioning of social networks" (Hays and Oxley, 1986: 305). There are also few data on the specific behaviors persons utilize to develop social contacts in a new city or the contribution of an individual's social competence to his or her levels of support. In addition, there is a paucity of information on the relationship between the specific characteristics of a new network, stress, and well-being. This study investigates changes over time in the structure and functioning of social networks following adult residential relocation, effects of these changes upon stress and well-being, and the influence of personal characteristics on network structure and functioning.

CONCEPTUAL FRAMEWORK

In this study, based on the literature review, relocation is conceptualized as a dynamic, long-term experience (Puskar and Caffo, 1986; Stokols and Shumaker, 1982; Stokols, Shumaker and Martinez, 1983;) rather than an acute, stressful life event, as suggested by Holmes and Rahe (1967). The effects of relocation, according to this model, are not uniformly positive or negative but may vary from individual to individual and change over time. The building of a new social network is considered a significant part of the

post-move relocation process.

This model, and prior research findings, suggest that the creation of a new social network is influenced by: characteristics of the pre-move social network, characteristics of the person, characteristics of the move, and acts and strategies used to meet new people (See Figure 1). The characteristics of the person affect all other components of the model. In addition, the developing social network and the acts and strategies used to meet new people are involved in a reciprocal relationship, with each influencing the other. Perceptions of stress and well-being are impacted by all of these personal and situational factors and by the structure and functioning of the social network itself. This conceptual model allows for the examination of individual differences in social networks, stress, and well-being following relocation with particular emphasis on the sociodemographic variables of gender and employment status.

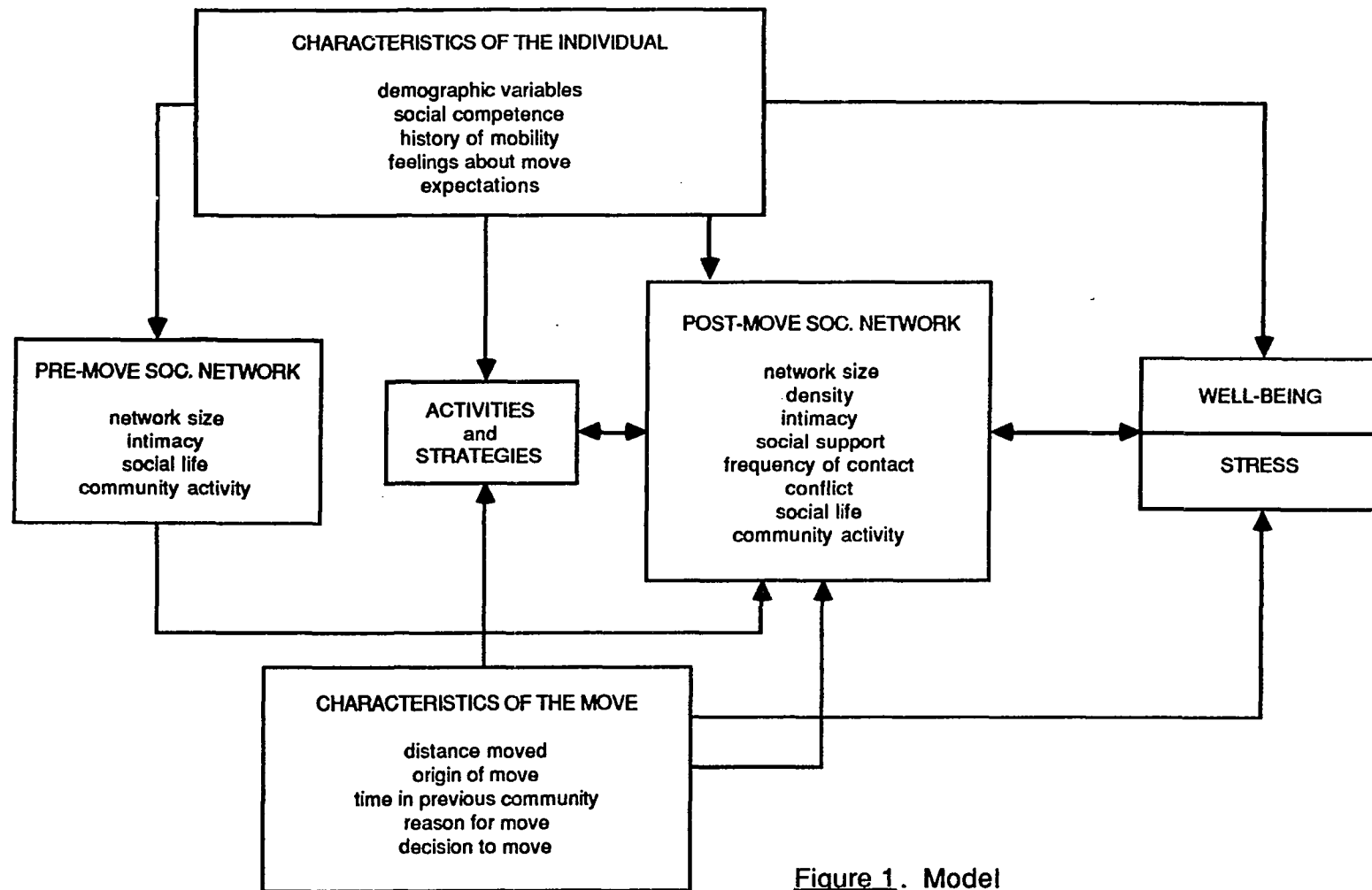


Figure 1. Model

RESEARCH QUESTIONS

1. What are the changes in the social network and social support system over time?
 2. What factors influence the new social network? In particular, how do gender and employment status influence the new network?
 3. What is the process and experience of developing a social network following relocation?
 4. How are social network variables related to well-being and stress?
-

CHAPTER III

METHODOLOGY

A panel survey research design was chosen for this study. Two structured interviews were the measurement tools for data collection. The first interview was conducted in person; the second, three months later, was a telephone interview.

SAMPLING PROCEDURE

The first interview was completed by 70 adult males and females who were new to the Portland (Oregon) metropolitan area. Since a sampling frame of new Portland area residents was unavailable, the sampling procedure was, by necessity, an "accidental" (Kerlinger, 1973) or convenience sample. One consequence of this approach was that more females were referred than males. Thirty-five subjects were referred by organizations such as Welcome Wagon and the Faculty Auxiliary of the medical school; thirteen were recruited through colleges and universities; seventeen were referred by friends and acquaintances of the investigator; and five were referred by realtors. Only sixteen of 86 potential subjects (or 18.6%) refused to participate. Of the original 70 subjects, 69 completed the second interview. One person had moved out of the state since the completion of the first interview.

There were several considerations for subject selection. To study the early phases of network development, subjects had to have just moved to the Portland area. To insure the absence of a pre-existing social network in Portland, they had to have moved a reasonable distance and be newcomers to the Portland area. The sociodemographic variables of marital status, socioeconomic status, and age were kept constant to minimize differences among subjects other than those under investigation: gender and employment status.

For inclusion in this study, individuals had to meet the following criteria:

1. Ages 27 to 55.
2. Married but not to another subject in the study.
3. Total family income of at least \$20,000 (with the exception of professionals in training).
4. Moved a distance of at least fifty miles.
5. Moved to the Portland area two to four months prior to the first interview.
6. Never lived in the Portland area.

DATA COLLECTION

Data were collected from September 1986 through April 1987. Potential subjects were informed of the purpose of the study either by telephone or letter. If they were willing to participate, the first in-person interview of sixty to ninety minutes was scheduled at a convenient time and place (See

Appendix B). The majority of subjects were interviewed either at home (n=36 or 51%) or at their workplace (n=27 or 39%). Seven persons or 10% were interviewed in a restaurant. Before beginning interview one, subjects were asked to sign the Informed Consent form (See Appendix A). The self-administered questionnaires (Com Q, Activity Checklist, Domain Satisfaction Measures, and Stress Measures) were completed at the time of the initial interview (See Appendix D).

The shorter, second interview of thirty to forty-five minutes was conducted by telephone approximately three months later (See Appendix C). The selection of the three month interval was arbitrary since there have been no previous longitudinal studies on social network development following relocation. It was expected that three months would be a sufficient amount of time to document the beginnings of network formation as well as changes over time. Subjects were informed that the self-administered questionnaires (Activity Checklist, Domain Satisfaction Measures, Stress Measures, and Changes in the Social Network Form) would be mailed to them after the phone interview (See Appendix D). Sixty-eight (or 98.5%) returned the questionnaires. All variables except for characteristics of individual, characteristics of move, plan, approach, and support from spouse were measured at time one and time two (Table I).

TABLE I

MEASUREMENT OF VARIABLES FOR EACH TIME PERIOD

	Pre-move	Time one	Time two
<u>Characteristics of Individual</u>			
Sociodemographic variables		X	
Social competence		X	
History of mobility		X	
Feelings about move		X	
Expectations for net. dev.			X
<u>Characteristics of Move</u>			
Origin of move		X	
Distance moved		X	
Time in previous community		X	
Reason for move		X	
Decision to move		X	
<u>Acts and Strategies</u>			
Plan for network dev.		X	
Approach to net. dev.		X	
Activities		X	X
<u>Social Network/Support</u>			
Size of network	X	X	X
Density		X	X
Intimacy	X	X	X
Emotional support		X	X
Fun & relaxation		X	X
Task assistance		X	X
Informational support		X	X
Freq. phone contact		X	X
Freq. of interaction		X	X
Contact - pre-move net.		X	X
Freq. conflict		X	X
Intra-network conflict		X	X
Social life	X	X	X
Community activity	X	X	X
<u>Support from spouse</u>			
Emotional support			X
Fun & relaxation			X
Task assistance			X
Informational support			X
Overall support			X
<u>Stress</u>		X	X
<u>Well-being (Domain satisfaction)</u>		X	X

The total of 139 interviews was conducted by the author and an experienced interviewer. The author completed 52 first interviews and all 69 of the second interviews for a total of 121 or 87%. The second interviewer gave 18 first interviews for a total of 13%. The first and second interviews were modified after pre-testing several individuals. However, the data from the pre-tests were not included in the study.

MEASUREMENT OF VARIABLES

Characteristics of the Individual

Sociodemographic variables. Information for the following sociodemographic variables: age, time married, gender, children, elderly adults living in household, total family income, employment status, and occupation was obtained in the first interview. The total family income was measured by asking subjects to select one of the following categories: "less than \$20,000," "between \$20,000 and \$40,000," "between \$40,000 and \$60,000," and "more than \$60,000." Employment status was assessed by asking subjects if they had a paying job outside of the home. The possible answers were "no," "yes, part-time," "yes, full-time" and "no - but I am looking for a job." Subjects were asked to state their occupation. Occupations were categorized using the classification system of the U.S. Bureau of the Census (Miller, 1983).

Social Competence. Social competence was measured by the Com Q (Sarason et al., 1985). The Com Q consists of ten

items, each of which is rated by the subject on a four point scale ranging from "not at all like me" to "a great deal like me." For example, two items are "have trouble keeping a conversation going when I'm just getting to know someone" and "feel confident of my social behavior." A Cronbach's Alpha of .78 was reported on an N of 176 (E. N. Shearin, personal communication, May 28, 1986). The Com Q correlates with related measures (Sarason et al., 1985). In this study, the Cronbach's Alpha was .82 (See Appendix D).

History of mobility. The frequency of moving was determined by asking respondents how many moves over fifty miles they had made since they were a child, since age 18, and since they were married.

Feelings about move. A series of questions were used to determine the subjects' feelings about the move. Excitement, anger, sadness, and anxiety were measured on a five point scale. For example, possible responses for excitement ranged from "very excited" to "not excited." Happiness about the decision to move was assessed on a six point scale ranging from "extremely happy" to "extremely unhappy."

Expectations for network development. Subjects were asked to rate how important their network was to them in their daily life. The possible responses ranged from "extremely important" to "extremely unimportant." Subjects were also asked how long they expected it would take to develop a social network. Responses were placed into six categories

ranging from "0-3 months" to ">2 years," with an additional category for "no expectations." Subjects were also asked whether it has taken more time or less time than they expected to develop a social network. Responses were placed into the following categories: "more time," "less time," "as expected," and "no expectations."

Characteristics of Move

Origin of move. The origin of the move was recorded in terms of the specific city or town and state and then categorized by U.S. Bureau of the Census geographic region (West, South, Northeast, and North Central) or foreign country.

Distance moved. The distance moved was calculated by the investigator based on the origin of move.

Time in previous community. Subjects were asked to state in years or months the length of time they lived in their previous community.

Reason for move. Subjects were asked to name the reasons for their present move and then to select the main reason. The investigator placed the responses into the following categories: employment/professional training, spouse's employment/training, dual career employment opportunities, or other.

Decision to move. Subjects were asked who made the decision to move. The possible choices were: "I made the decision," "My husband made the decision," "My wife made the decision," and "My spouse and I discussed the move and we both agreed to

relocate."

Acts and Strategies

Plan for network development. Subjects were asked whether or not they had a plan in their minds as to how they would meet people in their new communities.

Approach to network development. Subjects were asked to categorize their approach to meeting people in a new community. There were two choices: "I like to make special efforts to meet people" or "I prefer to let relationships naturally develop."

Activities. A checklist, developed by the author, was used to measure participation in activities for network development. Several individuals who had moved recently also suggested activities for inclusion. In addition, organizational categories were derived from a list by Fischer (1982). Respondents were asked to check those activities they participated in to meet people in their new community as well as the frequency of participation. The checklist is organized in terms of the following domains of activities: work/professional activities (e.g. "I joined/attended meetings of a professional organization," "I joined/attended meetings of a labor union"), child-oriented activities (e.g. "I participated in classes with my young child/children," "I volunteered in my child/children's school"), educational and cultural activities (e.g. "I participated in a music group," "I enrolled in a degree program"), outdoor/health-oriented

activities (e.g. "I participated in an outdoor-oriented group or activity e.g. mountain climbing, skiing," "I became a member of a health club or attended an exercise class"), social activities/clubs ("I contacted names of local people given to me by friends or acquaintances," "I invited my neighbors or acquaintances to dinner"), and membership/participation in other organizations or groups ("I joined a church or synagogue/participated in church or synagogue activities," "I joined a political club/organization or participated in a campaign") (See Appendix D).

Social Network/Support

The social network assessment instrument was a modified version of the instrument developed by Hays and Oxley (1986). Subjects were asked to list up to ten individuals in their pre-move social networks seen during the last month in their previous community. The following question was used to elicit pre-move network members:

Think of all the people outside of your household with whom you had contact in your previous community - at work, in the neighborhood, in social or religious settings and so on. Please tell me the first name and last initial of up to ten people who were important or meaningful to you in some way and whom you saw at least once during the last month in your previous community.

The post-move social network was measured by asking subjects to list up to ten individuals (excluding their spouse) seen during the last month in the Portland metropolitan area. The following question was used to elicit

post-move network members:

Think of all of the people outside of your household with whom you have contact in the Portland area - at work, in the neighborhood, in social or religious settings and so on. Please tell me the first name and last initial of up to ten people who are important and meaningful to you in some way and whom you have seen at least once during the last month.

Respondents were also asked the following questions about each network member: "About how long have you known this person?," "How did you first meet this person?, and "What is your relationship to this person (e.g. friend, co-worker, neighbor)?" The gender of each network member was also coded. Questions regarding detailed information about each individual listed in the network were developed by McCallister and Fischer (1978) for the Northern California Community Study.

Network size was measured by counting the number of persons listed. The intimacy of the relationship was evaluated by asking subjects to rate their relationship with each person named in their social network. The possible choices were: "acquaintance," "friend," "close friend," "best friend," and "important family member." Density measured the degree to which members of one's network knew each other (See Appendix E for method for computing network density).

Four support functions (emotional support, fun and relaxation, task assistance, and informational support) were measured for each listed network member. As noted by Hays and Oxley (1986), these functions represented the four

dimensions of support derived from a factor analysis of the Inventory of Socially Supportive Behaviors (Barrera and Ainlay, 1983). The wording of these items was similar to that utilized in the Arizona Social Support Interview Schedule (Barrera, 1981) and Hays and Oxley's (1986) social network questionnaire. Subjects were asked the following questions: "Now I am going to ask you about different types of support provided by each person. During the past month, this person provided you with emotional support or comfort regarding a personal problem," "During the past month, you got together with this person to have fun and relax," "During the past month, this person helped you carry out a task or did a favor for you (e.g. helped you with some work around the house, loaned you something, etc.)," "During the past month, this person actually provided you with some information or advice that was useful to you." Responses ranged from "not at all" to "a great deal."

Frequency of phone contact was measured on a five point scale ranging from "not at all" to "almost every day."

Frequency of interaction was measured on a four point scale ranging from "once or twice" to "almost every day."

Frequency of phone contact/letters with previous network members was measured on a five point scale ranging from "not at all" to "almost every day." The frequency of conflict with new network members also was assessed on a five point scale ranging from "not at all" to "a great deal" and was

taken from Barrera (1981) and Hays and Oxley (1986). Intimacy with non-kin was measured on a four point scale ranging from "acquaintance" to "best friend."

The values of several variables (social support [emotional support, fun and relaxation, task assistance, informational support], frequency of phone contact, frequency of interaction, frequency of phone contact/letters with previous network members, frequency of conflict with new network members and intimacy with non-kin) were presented in the form of averages. That is, item values were summed and divided by the total size of the network. Network size may not be an ideal divisor in that it does not account for qualitative differences in equally sized networks. A network of five close friends is different from one comprised of two close friends and three acquaintances. However, it is a statistical and descriptive convenience.

The amount of conflict within the new network (intra-network conflict) was measured by asking respondents which of the people listed had conflicts with others in the network. The percentage of intra-network conflict was computed by dividing the number of conflictual ties by the number of total ties within the social networks.

Subjects were also asked to describe their social life in their new community on a six point scale ranging from "extremely active" to "extremely inactive." Subjects' involvement in community activities (community activity) was

measured on a six point scale ranging from "extremely active" to "extremely inactive." In addition, questions regarding the nature of the pre-move social network were addressed.

At time two, the change in the composition of the social network was measured. Subjects were given a list of individuals included in their social networks at time one but not at time two. They were asked to select the statement that best explained the reason for deletion (See Appendix D).

Support from Spouse

At time two, subjects were asked to assess the amount of support from their spouse on a five point scale for emotional support, fun and relaxation, task assistance, informational support, and overall support.

Well-being

The Domain Satisfaction measures were used in this study to evaluate the respondent's well-being. The seven domain satisfaction measures are a subset of the fifteen domain satisfaction items developed by Campbell, Converse, and Rodgers (1976). Respondents were asked to rate their satisfaction with each domain of life satisfaction (Portland as a place to live, subjects' neighborhood, house/apartment, standard of living, friendships, family life, health) on a seven point scale ranging from "completely satisfied" to "completely dissatisfied." These seven domain measures were used in a national survey conducted in 1980 by the Survey

Research Center at the Institute for Social Research.

Test-retest reliability ranged from .42 for the neighborhood and friendship domains to .67 for health (Campbell et al., 1976). However, given the eight month period between interviews, real change occurred, suggesting that these stability correlations are low estimates of reliability. Campbell et al. (1976) also found that an index of individual domain satisfaction items showed a stability correlation of .76 from one interview to the next (See Appendix D).

Stress

Seven items measuring stress were used in this study.

Subjects were asked to respond to the following question:

I would like to know which areas of life are creating difficulty, worry, and stress for people. In the last 4 weeks, to what extent have any of the following areas of life been a source of stress to you?

The seven areas were: personal health, health of other family members, child care, dependent care of adult family members, personal or family finances, your job, and family relationships. Stress was measured on a four point scale ranging from "no stress at all" to "a lot of stress." These items were developed by Emlen and Koren (1984) and have been used in several studies (See Appendix D).

DATA ANALYSIS

Stat Pac - Statistical Analysis Package (Walonick, 1985)

was used to conduct all of the statistical analyses. Frequencies, measures of central tendency, and standard deviations were utilized to describe the characteristics of the individual, the move, and the social network and social support system. These descriptive statistics were also employed to examine the activities used to meet people, well-being (domain satisfaction), and stress at time one and time two. For both the first and second interviews, Pearson product-moment correlations, frequencies, and measures of central tendency were computed to determine relationships among variables. Since this study used nonprobability sampling techniques, inferential statistics were inappropriate and were not utilized (Blalock, 1979). In addition, qualitative analysis was conducted to better understand the process of network development. The following open-ended questions at time one and time two were analyzed:

1. "What obstacles have you encountered in meeting people here?"
 2. "What has been the worst part about building a new network?"
 3. "What has been most helpful in building a network?"
 4. "What, if anything, would have made it easier to meet people?"
-

CHAPTER IV

CHARACTERISTICS:

THE INDIVIDUAL AND THE MOVE

This chapter describes the characteristics of the individual (including sociodemographic variables) and the move. Gender differences are highlighted within each variable.

CHARACTERISTICS OF THE INDIVIDUAL

Age

The 70 subjects in the sample ranged in age from 27 to 55 years, with a mean age of 36.6 years (Table II). Dividing the ages of subjects into categories, the majority (46 or 65.7%) fell into the 31 to 40 year old age group. There was little difference in the means or standard deviations of the ages of the men and women.

Time married

The amount of time subjects were married ranged from less than 6 months to 31 years (Table II). The mean length of marriage was 11.6 years. When the subjects were divided into categories, the largest percentage or (45.7%) had been married 9 years or less. The men and women in the sample were married approximately the same length of time.

Gender

The sample contained 41 (or 59%) females and 29 (or 41%) males.

Children

The majority of subjects (74.3%) had children (Table II). There was a slight gender difference in that 69% of the men were parents compared to 78% of the women. The largest group of subjects in this sample (32.9%) had two children.

Elderly adults living in household

There were no adults over 65 living in subjects' households.

Education

This is a well-educated sample. The majority (53%) had attended graduate or professional school (Table II). The men were better educated than the women. Nearly 83% of the men attended graduate or professional school compared to almost 32% of the women.

Total family income

The largest number of subjects (or 44% of the sample) had a total family income of more than \$60,000 (Table II). Although the majority of the women (53.7%) had a total family income of over \$60,000, the most common income category (31%) for men was between \$20,000 and \$40,000.

TABLE II
CHARACTERISTICS OF THE INDIVIDUAL

<u>Age</u>				
10.0%	30 and below	Mean = 36.6 yrs.		
65.7%	31 to 40	Range = 27 - 55 yrs.		
20.0%	41 to 50			
4.3%	51 and above			
<u>Time married</u>				
45.7%	9 years or less	Mean = 11.6 yrs.		
34.3%	10 to 19 years	Range = <6 mos. - 31 yrs.		
18.6%	20 to 29 years			
1.4%	30 years and above			
<u>Gender</u>				
59%	Females			
41%	Males			
<u>Children</u>				
74.3%	Had children			
25.7%	No children			
<u>Elderly adults living in household</u>				
0%	Elderly adults living in household			
<u>Education</u>				
53%	Graduate or professional school			
29%	College graduates			
14%	Some college			
3%	Trade/technical school			
1%	High school graduates			
<u>Total family income</u>				
44%	> \$60,000			
26%	\$40,000 - \$60,000			
23%	\$20,000 - \$40,000			
7%	<\$20,000			
<u>Employment status</u>				
Total Sample		Men	Women	
51%	Full-time	100%	17.1%	Full-time
9%	Pt-time		14.6%	Pt-time
11%	Seeking emp.		19.5%	Seeking emp.
29%	Homemakers		48.8%	Homemakers

Employment status

Although more than half of the sample (or 51%) were employed full-time, there were gender differences (Table II). All of the men in the study were working full-time in contrast to only 7 (or 17.1%) of the women. However, 16 women (or 39%) left full-time jobs in their previous communities.

Occupation

The occupations of employed subjects are highlighted in Table III.

History of mobility

The subjects in this sample moved infrequently as children but moved more frequently since age 18 and since marriage. The means were 2.3 years moves as a child, 6.0 moves since age 18, and 4.0 moves since marriage.

Feelings about the move

Table IV highlights the feelings about the move for the whole sample and for male and female subjects alone.

TABLE III
OCCUPATIONS

OCCUPATIONS OF EMPLOYED SUBJECTS

(n=42)

Managers and administrators	28.7%
College/university teachers	21.6%
Physicians, dentists, related practitioners	9.6%
Health professionals in training	9.5%
Lawyers	4.8%
Writers, artists, and entertainers	4.8%
Elementary/pre-kindergarten teachers	4.8%
Clergy	2.4%
Urban and regional planners	2.4%
Engineering and science technicians	2.4%
Salespersons	2.4%
Secretaries	2.4%
Decorators	2.4%
Craftspersons	2.4%

OCCUPATIONS OF EMPLOYED MEN

(n = 29)

Managers and administrators	37.8%
College/university teachers	27.3%
Health professionals in training	10.3%
Physicians, dentists, related practitioners	10.2%
Lawyers	6.9%
Urban and regional planners	3.4%
Writers, artists, and entertainers	3.4%

OCCUPATIONS OF EMPLOYED WOMEN (FULL-TIME)

(n = 7)

Physicians	14.3%
Clergy	14.3%
College/university professors	14.3%
Engineering and science technicians	14.3%
Managers and administrators	14.3%
Health professionals in training	14.3%
Writers, artists, and entertainers	14.3%

OCCUPATIONS OF EMPLOYED WOMEN (PART-TIME)

(n = 6)

Elementary/pre-kindergarten teachers	33.4%
Craftspersons	16.7%
Decorators	16.7%
Secretaries	16.7%
Salespersons	16.7%

TABLE IV
FEELINGS ABOUT MOVE^a

	Total Sample	Women	Men
Excitement	83%	81%	86%
Anger	9%	15%	0%
Sadness	57%	66%	45%
Anxiety	59%	51%	69%
Happiness	89%	85%	93%

^aModerate to considerable amounts

The majority of subjects admitted to feeling moderately to considerably excited, sad, anxious, and happy about the move. A very large percentage of the sample reportedly was not angry about the move. However, there were gender differences. The women experienced a greater degree of sadness about the move than the men. In contrast, the men reported feeling more anxious about the move. Interestingly, all of the women who were employed full-time experienced some degree of anxiety and 67.2% experienced at least a moderate amount. Anger was reported only by female subjects. Almost 15% (14.6%) of the women, the majority of whom moved because of their husband's job or training, experienced at least a moderate degree of anger. However, women who were working full-time reported no anger.

Social competence (Com Q)

The COM Q scores ranged from .9 to 3 with a mean of 2.2 and a standard deviation of .50. There were no notable

differences in the COM Qs of men and women.

CHARACTERISTICS OF THE MOVE

The distance moved

A large number of subjects moved a considerable distance (Table V). The greatest percentage (44%) moved between 2001 and 3000 miles. The second largest number (or 17%) moved between 1001 and 2000 miles.

The origin of the move

Table V shows the distribution of the origin of the move. Although all regions of the country are represented, the largest percentage (47.1%) moved to the Portland area from a Western state. A small percentage (4.3%) relocated from a foreign country.

Amount of time in previous community

Prior to moving to the Portland area, the amount of time subjects lived in their previous community ranged from 1 to 26 years with a mean of 5 years (Table V).

Main reason for move

The main reasons for moving were either for the subject's employment or professional training (44.3%) or for the spouse's employment or professional training (44.3%) (Table V). There were no moves made for dual employment opportunities. Approximately 11% (11.4%) reported other reasons for moving such as wanting to be near family members

or specifically choosing the Portland area for its beauty, lifestyle, or as a good place to raise a family.

There were striking gender differences regarding the primary reason for moving. The majority of the men in the study (90%) reported that their jobs or training were the main reason for relocation. In contrast, most of the women (76%) moved because of their husband's job or training. Only 12% of the women in the study decided to move because of a professional opportunity for themselves.

The decision to move

Table V shows that the majority of subjects (88.6%) made the decision to relocate jointly with their spouses. In a small number of cases, the decision was made solely by the subject (7.1%) or by the subject's husband (4.3%). However, there were no males in the study who reported that their wives had been the ones who had made the decision.

TABLE V
CHARACTERISTICS OF THE MOVE

Distance moved

44%	2001 to 3000 miles
17%	1001 to 2000 miles
16%	501 to 1000 miles
19%	50 to 500 miles
4%	From a foreign country

Origin of move

47.1%	Western states
25.7%	North central states
12.9%	South
10.0%	Northeast
4.3%	Foreign country

Time in previous community

Mean = 5 yrs.

Range = 1 to 26 yrs.

Main reason for move

44.3%	Employment/professional training
44.3%	Spouse's employment/training
11.4%	Other

Decision to move

88.6%	Joint decision
7.1%	By subject alone
4.3%	Subject's husband
0.0%	Subject's wife

CHAPTER V

RESULTS

This chapter will discuss the changes in the new social network over time, the factors influencing network formation, the social network predictors of well-being and stress, and the process of network development. The results will be presented in response to the four research questions. For descriptive purposes, only correlations reaching a criterion level of .30 will be reported. Statistical significance will not be addressed due to the nonrandom sampling procedure. However, as a guide to the reader, Appendix F indicates the magnitude of Pearsonian r required for significance at the .05 level for three different group sizes. It should also be noted that when correlating a large number of variables, a number of spurious correlations are inevitable.

WHAT ARE THE CHANGES IN THE SOCIAL NETWORK AND SOCIAL SUPPORT SYSTEM OVER TIME?

Tables VI-A and VI-B highlight the characteristics of the social network and social support system and changes over time.

LONGITUDINAL ANALYSIS

Network size

The total network size and mean number in the network changed little over time but failed to reach the network size of the previous community (Figure 2 and Table VI-A). The

Mean no. in network
10

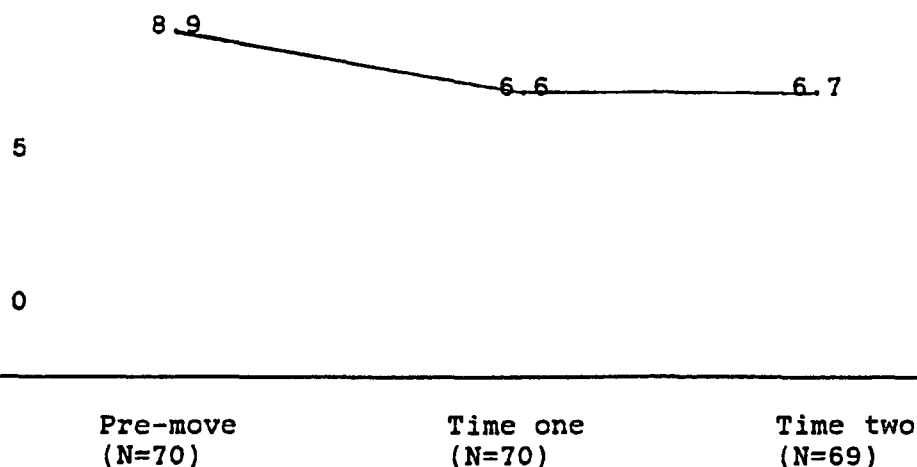


Figure 2. Network size over time.

specific individuals comprising the social network, however, varied considerably from time one to time two. Approximately 56% of the persons named in the social network at time one were deleted at time two. The primary reasons selected for lack of inclusion at time two were: the person was still in their network but was not as important to them (41%), the person was still in their network but not seen during this last month (26%), the network member moved away (9%), and the network member got a job or changed jobs (3%). Nineteen percent cited

other reasons such as individuals were colleagues but not social friends, or a realtor with whom the subject now had little in common.

Density

There was little change in density from time one to time two.

Intimacy

The new network followed a pattern of gradually increasing levels of intimacy from time one to time two (Figure 3 and Table VI-A). By the second interview, there was a decrease in the number of acquaintances and an increase in the number of close friends. However, the new social network at five to seven months after relocation was less intimate than the pre-move social network.

Social support

Table VI-A shows that there was little change over time in social support provided by new network members. The amount of emotional support, fun and relaxation, task assistance, and informational support was minimal at time one and remained stable at time two.

Conflict

There were infrequent conflictual interactions with new network members and conflicts between network members (intra-

network conflict) were almost nonexistent (Table VI-A).

% of network by
category

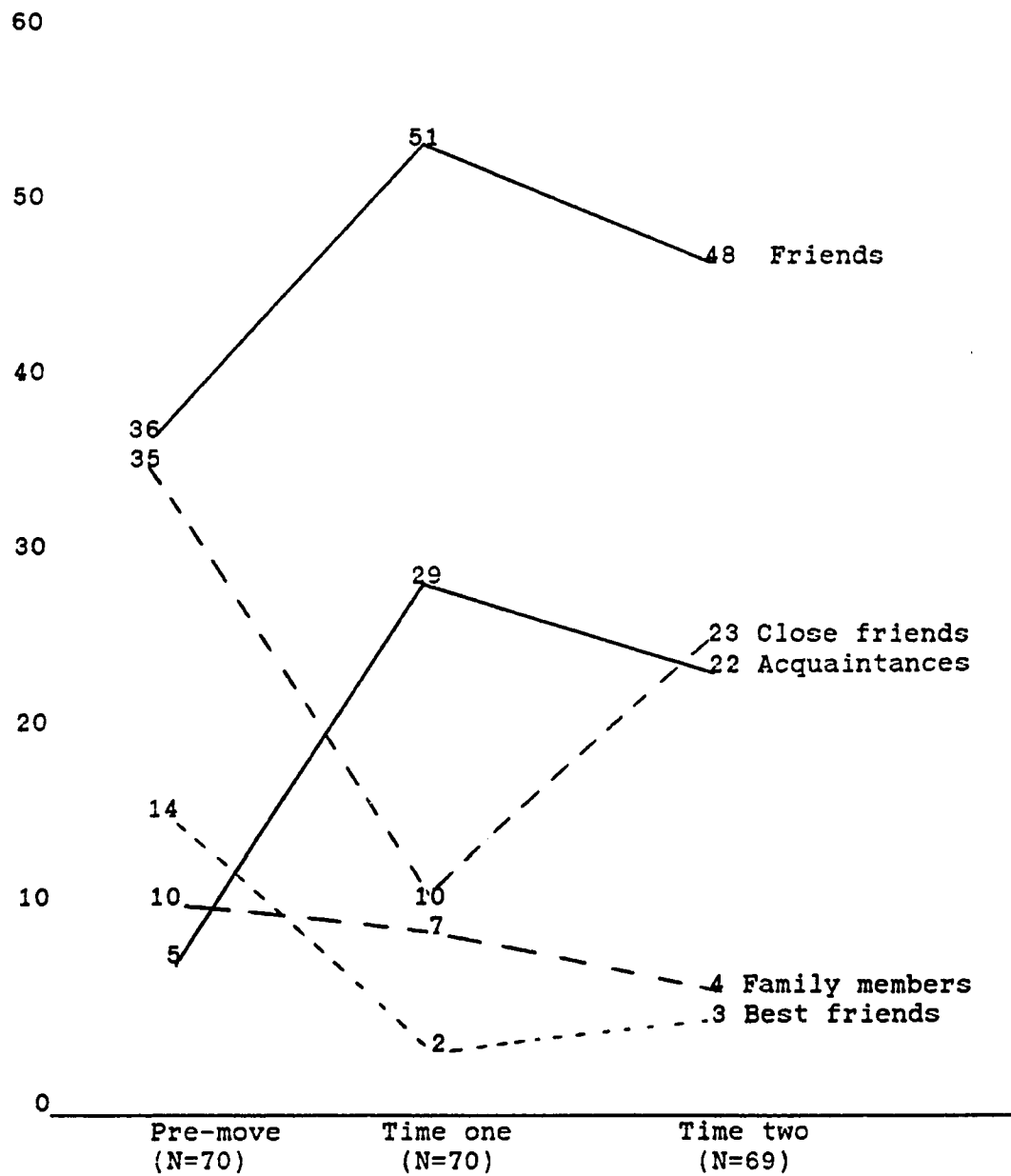


Figure 3. Intimacy with network members.

TABLE VI-A

THE SOCIAL NETWORK AND SOCIAL SUPPORT SYSTEM:
 NETWORK SIZE, DENSITY, INTIMACY,
 SUPPORT FUNCTIONS, AND CONFLICT

Variables	Pre-move (n=70)	T1 (n=70)	T2 (n=69)
Network size			
Total network size	625	460	465
Mean no. in network	8.9	6.6	6.7
Density		49.4	45.4
Intimacy			
% acquaintances	5%	28.9%	22.2%
% friends	36%	51.1%	47.5%
% close friends	35%	10.4%	23.0%
% best friends	14%	2.2%	3.0%
% family members	10%	7.4%	4.3%
Support functions ^a			
Emotional support		2.0	2.0
Fun and relaxation		2.1	2.1
Task assistance		1.8	1.9
Informational support		2.4	2.3
Conflict			
Frequency of Conflictual Interactions ^a		1.2	1.2
% Intra-network conflict		3.0%	2.9%

^aMean amounts ranging from 1 (not at all) to 5 (a great deal).

Frequency of contact

The frequency of contact with new and previous network members was minimal and changed little from time one to time two (Table VI-B).

Support from spouse

Subjects received moderate to considerable amounts of support from their spouses (Table VI-B).

Social life and community activity

There was an increase in the amount of social life and community activity over time in the new community although pre-move levels were not attained (Table VI-B).

TABLE VI-B

THE SOCIAL NETWORK AND SOCIAL SUPPORT SYSTEM:
 FREQUENCY OF CONTACT, SUPPORT FROM SPOUSE,
 AND SOCIAL AND COMMUNITY ACTIVITY

Variables	Pre-move (N=70)	T1 (N=70)	T2 (N=69)
Frequency of contact ^a			
Frequency of interaction		2.3	2.2
Phone contact		2.3	2.3
Phone/letters with pre-move network		1.9	1.8
Support from spouse ^b			
Emotional support			95.6%
Fun & relaxation			85.3%
Task assistance			98.5%
Informational support			91.2%
Overall support			97.0%
Social life and community activity ^b			
Social life	81.5%	57.1%	62.3%
Community activity	55.7%	30.0%	46.3%

^aMean amounts based on 1 (once or twice a month) to 4 (almost every day) for frequency of interaction and 1 (not at all) to 5 (almost every day) for phone contact and phone/letters with pre-move network.

^bModerate to considerable amounts

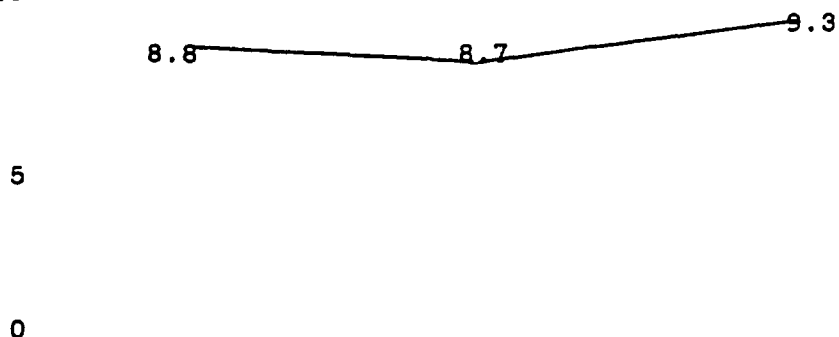
CROSS-SECTIONAL ANALYSIS

In order to generate an approximation of the time required to build a social network, a cross-sectional analysis of pre-move network size and levels of intimacy was conducted.

Network size

A cross-sectional analysis showed that the size of the pre-move network changed little based on length of time in the previous community (Figure 4 and Table VII).

Mean no. in network
10



0-2.5 Yrs.
(n=20)

2.5-4.5 Yrs.
(n=23)

4.5+ Yrs.
(n=27)

Figure 4. Pre-move network size by length of time in previous community.

Intimacy

Table VII and Figure 5 show that the percentages of close friends and best friends were related to time spent in the previous community. Subjects reported stable levels of intimacy at 2.5 to 4.5 years.

TABLE VII

NETWORK SIZE AND INTIMACY WITH PRE-MOVE NETWORK MEMBERS
BY LENGTH OF TIME IN PREVIOUS COMMUNITY

	0-2.5 Yrs. n=20	2.5-4.5 Yrs. n=23	4.5 Yrs.+ n=27
Mean network size	8.8	8.7	9.3
Acquaintances	7.4%	2.5%	4.4%
Friends	43.4%	37.2%	30.3%
Close friends	29.7%	37.2%	37.5%
Best friends	8.0%	16.1%	16.0%
Family members	11.4%	7.1%	11.0%

% of network
by category

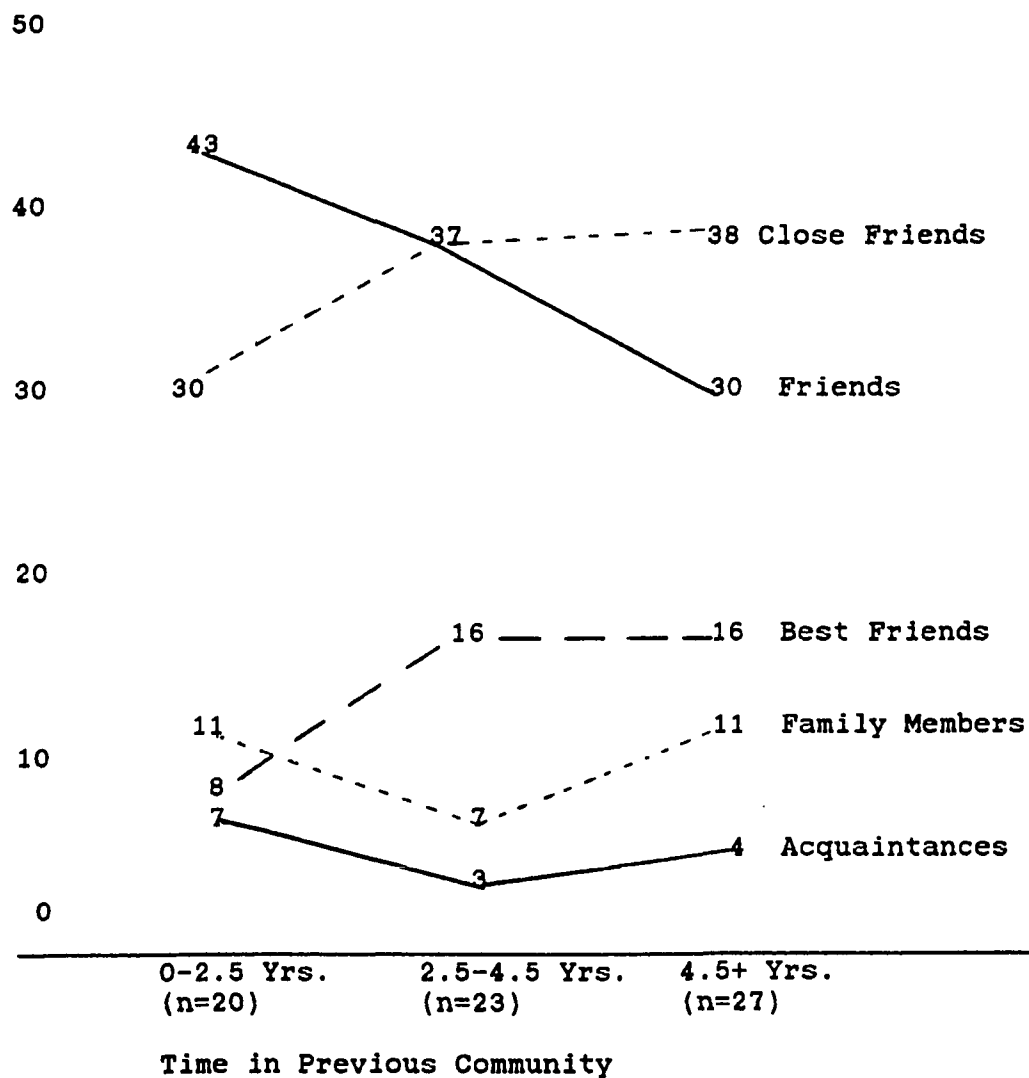


Figure 5. Intimacy with pre-move network members.

WHAT FACTORS INFLUENCE THE NEW SOCIAL NETWORK?

Gender

There were gender differences in network size, composition, and amounts of social life and community activity (Tables VIII-A and VIII-B). The males at time one, time two, and in the previous community had slightly larger social networks than female subjects. The difference especially was pronounced at time one just after the move. Males also reported a greater percentage of cross-gender relationships. However, females reported higher amounts of social and community activity.

The amounts of social support were relatively similar for males and females. The largest difference was in emotional support. Females received more emotional support from their new networks than males.

Density, levels of intimacy, degree of conflict, and frequency of contact were similar for males and females. However, the frequency of interaction was somewhat higher for men than women. Since all males were employed, their daily interaction with some network members may account for this difference.

TABLE VIII-A
THE SOCIAL NETWORK AND SOCIAL SUPPORT SYSTEM
BY GENDER:
NETWORK SIZE, DENSITY, INTIMACY,
SUPPORT FUNCTIONS, AND CONFLICT

Variables	Pre-move		T1		T2	
	Males/Fems.		Males/Fems.		Males/Fems.	
	(n=29)	(n=41)	(n=29)	(n=41)	(n=29)	(n=40)
Network size						
Mean no. in network	9.1	8.8	7.6	5.9	7.4	6.2
Density			55	46	40	50
Intimacy						
% acquaintances	5%	5%	27%	31%	22%	22%
% friends	37%	36%	53%	49%	51%	45%
% close friends	36%	34%	9%	12%	21%	25%
% best friends	11%	16%	0%	3%	0%	5%
% family members	11%	9%	11%	5%	6%	3%
Support functions^a						
Emotional support			1.8	2.2	1.8	2.2
Fun and relaxation			2.0	2.2	2.1	2.2
Task assistance			1.9	1.7	2.0	1.8
Informational support			2.4	2.4	2.4	2.2
Conflict						
Freq./conflictual interactions ^a			1.2	1.2	1.2	1.1
% Intra-network conflict			4.0%	2.0%	3.8%	4.1%

^aMean amounts ranging from 1 (not at all) to 5 (a great deal).

TABLE VIII-B

THE SOCIAL NETWORK AND SOCIAL SUPPORT SYSTEM
BY GENDER:
FREQUENCY OF CONTACT, SOCIAL LIFE AND COMMUNITY ACTIVITY,
AND COMPOSITION

Variables	Pre-move Males/Fems. (n=29) (n=41)		T1 Males/Fems. (n=29) (n=41)		T2 Males/Fems. (n=29) (n=40)	
<hr/>						
Frequency of contact ^a						
Frequency of interaction			2.7	2.0	2.4	2.1
Phone contact			2.1	2.4	2.4	2.2
Phone/let. with pre-move network			1.8	1.9	1.8	1.9
Social life and community activity ^b						
Social life	66%	93%	45%	66%	52%	70%
Community activity	45%	64%	21%	54%	28%	60%
Composition by gender						
% females in network	40%	77%	41%	80%	44%	83%
% males in network	60%	23%	59%	20%	56%	17%

^aMean amounts ranging from 1 (once or twice a month) to 4 (almost every day) for frequency of interaction and from 1 (not at all) to 5 (almost every day) for phone contact and phone/letters with pre-move network.

^bModerate to considerable amounts

Employment status

Tables IX-A and IX-B compared the social network and social support variables by employment status. Since there were no unemployed males, comparisons were limited. At time one and time two, women employed full-time and homemakers had slightly smaller networks than employed males, although there was little difference in the pre-move networks. Employed women also had denser networks than either homemakers or males.

At time one and time two, homemakers reported having a more active social life and greater involvement in the community than either employed males or females. Employed males had a greater percentage of cross-gender relationships than either groups of women.

Although the amounts of support were relatively similar for employed males, women employed full-time, and homemakers, the largest difference was between employed males and employed females with regard to emotional support. Employed females received greater amounts of emotional support than employed males at both time one and time two.

Degrees of intimacy, conflict, and frequency of contact were similar for all three groups. However, employed subjects interacted more frequently with their network members than homemakers. Daily contact at work with network members may account for this difference.

Table X shows the most frequently cited sources for meeting new people by gender and employment. The majority of men relied

on the workplace for meeting people; organizations and groups were the main sources for the homemakers in the sample. However, women employed full-time met the largest percentage of their network members at work.

TABLE IX-A
THE SOCIAL NETWORK AND SOCIAL SUPPORT SYSTEM
BY EMPLOYMENT STATUS:
NETWORK SIZE, DENSITY, INTIMACY,
SUPPORT FUNCTIONS, AND CONFLICT
FOR EMPLOYED MALES (M), WOMEN EMPLOYED FULL-TIME (F),
AND HOMEMAKERS (H)

	Pre-move			Time One			Time Two		
	M	F	H	M	F	H	M	F	H
	(n=29)	(n=16)	(n=17)	(n=29)	(n=7)	(n=20)	(n=29)	(n=7)	(n=19)
<hr/>									
Net. Size									
Mean no.	9.1	8.7	9.0	7.6	5.6	5.9	7.4	5.6	6.3
Density				55	68	50	40	64	47
Intimacy									
% acq.	5%	6%	4%	27%	54%	29%	22%	33%	18%
% friends	37%	42%	35%	53%	33%	50%	51%	36%	49%
% close fr.	36%	32%	35%	9%	10%	12%	21%	26%	26%
% best fr.	11%	10%	18%	0%	3%	3%	0%	3%	3%
% fam. mem.	11%	11%	8%	11%	0%	7%	6%	3%	3%
Support functions ^a									
Emotional support				1.8	2.3	2.2	1.8	2.3	2.0
Fun and relaxation				2.0	2.0	2.2	2.1	2.0	2.2
Task assistance				1.9	1.9	1.8	2.0	1.7	1.8
Informational support				2.4	2.8	2.4	2.4	2.2	2.3
Conflict									
Freq./conf. int. ^a				1.2	1.2	1.1	1.2	1.1	1.1
% Intra-network conf.				4.0%	3.6%	2.0%	3.8%	4.4%	0.0%

^aMean amounts ranging from 1 (not at all) to 5 (a great deal).

TABLE IX-B

THE SOCIAL NETWORK AND SOCIAL SUPPORT SYSTEM
 BY EMPLOYMENT STATUS:
 FREQUENCY OF CONTACT, SOCIAL LIFE AND COMMUNITY ACTIVITY,
 AND COMPOSITION
 FOR EMPLOYED MALES (M), WOMEN EMPLOYED FULL-TIME (F),
 AND HOMEMAKERS (H)

	Pre-move			Time One			Time Two		
	M	F	H	M	F	H	M	F	H
	(n=29)	(n=16)	(n=17)	(n=29)	(n=7)	(n=20)	(n=29)	(n=7)	(n=19)
<hr/>									
Frequency of contact ^a									
<hr/>									
Freq. of interaction				2.7	2.7	1.9	2.4	2.7	1.8
Phone contact				2.1	2.6	2.5	2.4	1.8	2.3
Phone/lett. with pre-move net.				1.8	1.8	1.9	1.8	1.8	1.8
 Social life and comm. act. ^b									
Soc. life	66%	94%	94%	45%	57%	85%	52%	43%	84%
Comm. act.	45%	44%	77%	21%	14%	65%	28%	14%	74%
 Composition by gender									
% F in net.	40%	70%	82%	41%	69%	85%	44%	67%	93%
% M in net.	60%	30%	18%	59%	31%	15%	56%	33%	7%

^aMean amounts based on 1 (once or twice a month) to 4 (almost every day) for frequency of interaction and 1 (not at all) to 5 (almost every day) for phone contact and phone/letters with pre-move network.

^bModerate to considerable amounts

TABLE X
MOST FREQUENTLY CITED SOURCES FOR MEETING PEOPLE

Time One (N=70)		Total Sample		Time two (N=69)	
At work	35.2%			At work	24.9%
As neighbors	13.0%			As neighbors	10.4%
In org./group.	12.4%			In org./group	11.9%
Males					
n=29				n=29	
At work	58.2%			At work	52.8%
In family	12.0%			As neighbors	11.6%
Through friend	9.1%			Through friend	11.6%
Females					
n=41				n=40	
In org./group	22.5%			In org./group	24.9%
Through spouse	18.3%			At work	15.7%
As neighbors	17.9%			As neighbors	15.7%
Females Employed full-time					
n=7				n=7	
At work	79.5%			At work	61.5%
As neighbors	10.3%			In org./group	15.4%
Through spouse	5.1%			Through spouse	10.3%
Homemakers					
n=20				n=19	
In org./group	26.3%			In org./group	31.7%
Through spouse	22.3%			Through child	21.7%
As neighbors	15.3%			Through spouse	16.7%

Social competence

One potential personality characteristic that might ease network development is social competence. Tables XI and XII show the correlations between social competence and social network variables. Correlations were weak for the pre-move social network (Table XI). Although there was some evidence that social competence was related to network development and social support following relocation (Table XII) for both genders, this was more true of males than females. At time two, nearly half of the correlations for men reached the criterion level.

Social competence was positively associated with the extent of one's social life for the total sample at time two, and for men at time one and time two. For men, social competence was negatively associated with both task assistance and informational support at time two. That is, as social competence increased, the amount of these support functions decreased. Similarly, at time two, greater social competence was associated with less frequent conflictual interactions and less face to face contact with new network members. There also were positive associations for men between social competence and the frequency of phone contact at time one, the amount of community activity at time one, and the amount of contact with pre-move network members at time two. For women, although the correlation with emotional support was positive at time one, the associations were negative with fun and relaxation at time one, and task assistance at time two.

TABLE XI
CORRELATIONS BETWEEN SOCIAL COMPETENCE
AND PRE-MOVE SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

Pre-move social network			
	Total	M	F
	n=70	n=29	n=41
Network size	-	-	-
Intimacy (with non-kin)	-	-	-
Social life	-	-	-
Community activity	-	-	-

Note. - = below criterion level

TABLE XII
CORRELATIONS BETWEEN SOCIAL COMPETENCE
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=69	M n=29	F n=40
Network size	-	-	-	-	-	-
Density	-	-	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-	.31	-	-	-
Fun & relaxation	-	-	-.35	-	-	-
Task assistance	-	-	-	-.37	-.33	-.38
Informational support	-	-	-	-	-.33	-
Freq. confl. interactions	-	-	-	-	-.35	-
Face to face contact	-	-	-	-.31	-.59	-
Phone contact	-	.49	-	-	-	-
Contact - pre-move net.	-	-	-	-	.30	-
Social life	-	.31	-	.31	.34	-
Community activity	-	.36	-	-	-	-

Note. - = below criterion level

History of mobility

Correlations between how often people had moved throughout their lives and social network variables were weak (Tables XIII, XIV, and XV). In general, there were more correlations above the criterion level at time one than time two with mobility since marriage and since 18. The majority of these correlations were positive. More specifically, the receipt of task assistance was repeatedly correlated with the number of moves as a child and since marriage for both male and female subjects and with the number of moves since age 18 for the entire sample and for women alone. However, for men, the direction changed from negative at time one to positive at time two with mobility as a child. For male subjects alone, the frequency of mobility as a child and since age 18 were associated with social inactivity. There also was a positive relationship between the number of moves since marriage and involvement in community activities for the entire sample, and for male and female subjects at time two.

TABLE XIII

CORRELATIONS BETWEEN THE NUMBER OF MOVES AS A CHILD
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total n=70	M n=29	F n=41	Total n=69	M n=29	F n=40
Network size	-	-	-	-	-	-
Density	-	-	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-	-	-	-	-
Fun & relaxation	-	-	-	-	-	-
Task assistance	-	-.45	.35	-	.40	-
Informational support	-	-	-	-	-	-
Freq. confl. interactions	.38	-	.50	-	-	-
Face to face contact	-	-	-	-	-	.42
Phone contact	-	-	-	-	-	-
Contact - pre-move net.	-	-	-	-	-	-
Social life	-	-.38	-	-	-.39	-
Community activity	-	-	-	-	-	-

Note. - = below criterion level

TABLE XIV

CORRELATIONS BETWEEN THE NUMBER OF MOVES SINCE AGE 18
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total n=70	M n=29	F n=41	Total n=69	M n=29	F n=40
Network size	-	-	-	-	-	-
Density	-	.34	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-	-	-	-	-
Fun & relaxation	-	-	-	-	-	-
Task assistance	.34	-	.44	-	-	-
Informational support	-	-	-	-	-	-
Freq. confl. interactions	-	-	.38	-	-	-
Face to face contact	-	-	-	-	-	-
Phone contact	-	-	-	-	-	-
Contact - pre-move net.	-	-	-	-	-	-
Social life	-	-.43	-	-	-	-
Community activity	-	-	-	-	-	-

Note. - = below criterion level

TABLE XV

CORRELATIONS BETWEEN THE NUMBER OF MOVES SINCE MARRIAGE
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total n=70	M n=29	F n=41	Total n=69	M n=29	F n=40
Network size	-	-	-	-	-	-
Density	-	-	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-	-	-	-	-
Fun & relaxation	-	-	-	-	-	-
Task assistance	-	.47	.42	-	-	-
Informational support	-	-	-	-	-	-
Freq. confl.interactions	.31	-	.45	-	-	-
Face to face contact	-	-	-	-	-	-.31
Phone contact	-	-	-	-	-	-
Contact - pre-move net.	-	-	-	-	-	-
Social life	-	-	-	-	-	-
Community activity	.33	.42	.32	-	-	-

Note. - = below criterion level

Feelings about the move

It was expected that subjects' feelings about the move might affect network development. For example, anger about the move might impede network development whereas excitement might accelerate the process. However, feelings about the move did not correlate strongly with social network variables (Tables XVI-XX). The strongest associations were for men. Sadness about the move was correlated positively with intimacy at time one and the frequency of phone contact at time two. There a'so were several correlations above the criterion

level between the feelings about the move and social support functions. For men, excitement about the move was negatively related to both emotional and informational support. That is, as excitement increased, the receipt of emotional and informational support decreased for men. For women, sadness about the move was negatively associated with fun and relaxation and informational support at time two. The greater the sadness women felt about the move, the less fun and relaxation and informational support they received from new network members.

TABLE XVI
CORRELATIONS BETWEEN EXCITEMENT ABOUT THE MOVE
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=69	M n=29	F n=40
Network size	-	-	-	-	-	-
Density	-	-	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-.36	-	-	-	-
Fun & relaxation	-	-	-	-	-	-
Task assistance	-	-	-	-	-	-
Informational support	-	-.31	-	-	-	-
Freq. confl. interactions	-	-	-	-	-	-
Face to face contact	-	-	-	-	-	-
Phone contact	-	-.32	-	-	-	-
Contact - pre-move net.	-	-	-	-	-	-
Social life	-	-	-	-	-	-
Community activity	-	-	-	-	-	-

Note. - = below criterion level

TABLE XVII
CORRELATIONS BETWEEN ANGER ABOUT THE MOVE
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total	Ma	F	Total	Ma ^a	F
	N=70	n=29	n=41	N=69	n=29	n=40
Network size	-		-	-		-
Density	-		-	-		-
Intimacy (with non-kin)	-		-	-		-
Emotional support	-		-	-		-
Fun & relaxation	-		-	-		-
Task assistance	-		-	-		-
Informational support	-		-	-		-
Freq. confl. interactions	-		-	-		-
Face to face contact	-		-	-		-
Phone contact	-		-	-		-
Contact - pre-move net.	-		-	-		-
Social life	-		-	-		-
Community activity	-		-	-		-

Note. - = below criterion level

^aCorrelations could not be calculated for men due to the lack of variability.

TABLE XIX
CORRELATIONS BETWEEN ANXIETY ABOUT THE MOVE
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=69	M n=29	F n=40
Network size	-	-	-	-	-	-
Density	-	-	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-	-	-	-	-
Fun & relaxation	-	-	-	-	-	-
Task assistance	-	-	-	-	-	-
Informational support	-	-	-	-	-	-
Freq. confl. interactions	-.32	-	-.36	-.40	-.34	.47
Face to face contact	-	-	-	-	-.40	-
Phone contact	-	-	-	-	-	-
Contact - pre-move net.	-	-	-	-	-	.43
Social life	-	-	-	-	-	-
Community activity	-	-	-	-	-	-

Note. - = below criterion level

TABLE XX

CORRELATIONS BETWEEN HAPPINESS ABOUT THE DECISION TO MOVE
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=69	M n=29	F n=40
Network size	-	-	-	-	.36	-
Density	-	-	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-	-	-	-	-
Fun & relaxation	-	-	-	-	-	-
Task assistance	-	-	-	-	-	-
Informational support	-	-	-	-	-	-
Freq. confl. interactions	-	-	-	-	-	-
Face to face contact	-	-	-	-	-.34	-
Phone contact	-	-	-	-	-	-
Contact - pre-move net.	-	-	-	-	-	-
Social life	-	-	-	-	-.33	-
Community activity	-	-	-	-	-	-

Note. - = below criterion level

The number of miles moved

The distance moved did not correlate strongly with social network variables for the total sample and for women alone (Table XXI). However, the number of miles moved for men was negatively associated at time two with the frequency of conflictual interactions, the frequency of phone contact, and community activity. That is, as the number of miles increased, there was less frequent conflictual interactions with new network members, decreased involvement in the community, and decreased phone contact.

TABLE XXI
CORRELATIONS BETWEEN THE NUMBER OF MILES MOVED
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=69	M n=29	F n=40
Network size	-	-	-	-	-	-
Density	-	-	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-	-	-	-	-
Fun & relaxation	-	-	-	-	-	-
Task assistance	-	-	-	-	-	-
Informational support	-	-	-	-	-	-
Freq. confl. interactions	-	-	-	-	-.39	-
Face to face contact	-	-	-	-	-	-
Phone contact	-	-	-	-	-.36	-
Contact - pre-move net.	-	-	-	-	-	-
Social life	-	-	-	-	-	-
Community activity	-	-	-	-	-.33	-

Note. - = below criterion level

WHAT IS THE PROCESS AND EXPERIENCE OF DEVELOPING
A SOCIAL NETWORK FOLLOWING RELOCATION?

Plan for meeting people in a new community

Fifty-nine percent of the subjects in the sample had a plan in their minds as to how they would meet people in their new communities (Table XXII). Subjects articulated the specifics of their plans which included joining a church or synagogue, attending classes with children, meeting people at work or through their spouse's job, participating in sports, joining community organizations, or contacting names given to them by friends.

There were striking gender differences in subjects' planfulness. The majority of the men (62%) did not have a plan in their minds. In contrast, most women (73%) had formulated a plan. Of those women employed full-time, 57% had a plan nevertheless.

TABLE XXII
PLAN FOR MEETING PEOPLE IN A NEW COMMUNITY

	Total N=70	Males n=29	Females n=41
Had a plan	59%	38%	73%
No plan	41%	62%	27%

	Employed Females (Full-time) n=7	Homemakers n=20
Had a plan	57%	75%
No plan	43%	25%

There was little difference at time one in the level of one's social life between those subjects who had a plan for network development and those who lacked a plan (Table XXIII). Fifty-nine percent of subjects who had formulated a plan reported an active social life in their new communities compared to 55% without a plan. However, men without a plan had a more active social life than those with a plan.

The pattern changed at time two. Having a plan was associated with an active social life for both men and women. Similarly, the majority of subjects reporting a plan for network formation also had had an active social life in their previous communities.

TABLE XXIII
PLANFULNESS
AND PERCENTAGE OF SUBJECTS WITH AN ACTIVE SOCIAL LIFE^a

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total n=69	M n=29	F n=40
Plan	59%	36%	67%	70%	55%	76%
No plan	55%	50%	64%	52%	50%	55%

	Pre-move		
	Total n=70	M n=29	F n=41
Plan	93%	91%	93%
No plan	66%	50%	66%

^aAn active social life was based on points 1, 2, and 3 of a 6 point scale.

Approach to meeting people

Moving beyond mere planfulness, subjects were asked to categorize their actual approach to meeting people in a new community. More than half of the sample (53%) made special efforts to meet people in a new community compared to 46% who preferred to let relationships naturally develop (Table XXIV).

There was a notable difference between the men and women in their approach to meeting people in a new community. The majority of women (76%) made special efforts to meet people whereas most of the men (79%) preferred to let relationships naturally develop. Even for women who were working full-time and therefore had readymade social contacts, 57% made special

efforts to meet people.

As might be expected, the majority of subjects (81%) who made special efforts to meet people also had a plan for network formation. On the other hand, most subjects (66%) who let relationships naturally develop lacked a plan. Eighty-seven percent of women who had a plan also made special efforts to meet people. However, only 36% of men with a plan made special efforts.

TABLE XXIV
APPROACH TO MEETING PEOPLE

	Total N=70	Males n=29	Females n=41
Made special efforts	53%	21%	76%
Let relationships naturally develop	46%	79%	24%
Did not know	1%	0%	0%

	Employed Females n=7	Homemakers n=20
Made special efforts	57%	75%
Let relationships naturally develop	43%	20%
Did not know	0%	5%

Subjects' social life was influenced by the approach used to meet new network members (Table XXV). With the exception of men at time two, the majority of subjects who made special efforts had a more active social life than those who let relationships naturally develop. The pattern was similar in subjects' previous communities.

TABLE XXV
PERCENTAGE OF SUBJECTS WITH AN ACTIVE SOCIAL LIFE^a
BY THEIR APPROACH TO MEETING PEOPLE

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=69	M n=29	F n=40
Made spec. efforts	67%	50%	71%	72%	33%	80%
Let rel. develop	44%	43%	45%	53%	57%	44%

	Pre-move		
	Total N=70	M n=29	F n=41
Made special efforts	76%	100%	94%
Let rel. develop	41%	57%	89%

^aAn active social life was based on points 1, 2, and 3 of a 6 point scale.

Expectations for network development

The majority of the sample reported that a social network was very important to them (Table XXVI). However, there were differing expectations as to how long it would take to develop a network (Table XXVII). The largest percentage (42%) thought it would take one to two years. Table XXVIII shows that the actual length of time for network development as reported at time two was as expected (37.7%) or took more time than expected (33.3%).

TABLE XXVI
IMPORTANCE OF A SOCIAL NETWORK^a

	Total N=70	Males n=29	Females n=40
	61%	55%	65%

^aConsiderable to high percentages

TABLE XXVII
LENGTH OF TIME EXPECTED FOR NETWORK DEVELOPMENT

	Total N=69	Males n=29	Females n=40
0-3 Months	10.1%	17.2%	5.0%
3-6 Months	4.3%	3.4%	5.0%
6-9 Months	17.4%	10.3%	22.5%
9-1 Year	8.7%	10.3%	7.5%
1-2 Years	42.0%	34.5%	47.5%
>2 Years	7.2%	10.3%	5.0%
No expectations	10.1%	13.8%	7.5%

TABLE XXVIII
ACTUAL LENGTH OF TIME FOR NETWORK DEVELOPMENT

	Total N=69	Males n=29	Females n=40
More time	33.3%	31.0%	35.0%
Less time	18.8%	17.2%	20.0%
As expected	37.7%	37.9%	37.5%
No expectations	10.1%	13.8%	7.5%

Activities for network development

Tables XXIX-XXXII highlight the frequency of participation in activities for network development. The majority of subjects participated occasionally or frequently in work/professional activities, child-oriented activities, educational and cultural activities, outdoor/health-oriented activities, and social activities/clubs. Although most of the sample participated infrequently in organizations or groups, women, particularly those at home, were more actively involved compared to the men. However, women employed full-time did not participate frequently in organizational or group activities.

TABLE XXIX

PARTICIPATION IN ACTIVITIES FOR NETWORK DEVELOPMENT^a
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=69	M n=28	F n=40
Work/professional	54%	79%	37%	50%	82%	28%
Child-oriented	54%	45%	61%	56%	43%	65%
Educational/cultural	64%	62%	66%	65%	54%	73%
Outdoor/health	80%	79%	81%	85%	93%	80%
Social/clubs	60%	41%	73%	57%	39%	70%
Organizations/groups	37%	17%	51%	41%	18%	58%

^aModerate to considerable levels

TABLE XXX

PARTICIPATION IN ACTIVITIES FOR NETWORK DEVELOPMENT^a
 FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)
 FOR SUBJECTS EMPLOYED FULL-TIME

	Time One			Time Two		
	Total n=36	M n=29	F n=7	Total n=35	M n=28	F n=7
Work/professional	78%	79%	72%	74%	82%	43%
Child-oriented	39%	45%	14%	34%	43%	0%
Educational/cultural	67%	62%	85%	57%	54%	71%
Outdoor/health	83%	79%	100%	94%	93%	100%
Social/clubs	47%	41%	71%	37%	39%	29%
Organizations/groups	20%	17%	28%	20%	18%	29%

^aModerate to considerable levels

TABLE XXXI

PARTICIPATION IN ACTIVITIES FOR NETWORK DEVELOPMENT^a
 FOR HOMEMAKERS

	Time One n=20	Time Two n=19
Work/professional	15%	11%
Child-oriented	80%	90%
Educational/cultural	75%	79%
Outdoor/health	85%	74%
Social/clubs	85%	84%
Organizations/groups	65%	63%

^aModerate to considerable levels

TABLE XXXII
 PARTICIPATION IN CHILD-ORIENTED ACTIVITIES^a
 FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)
 FOR PARENTS ONLY

	Total n=52	M n=20	F n=32	Total n=50	M n=19	F n=31
Child-oriented	73%	65%	78%	74%	58%	84%

^aModerate to considerable levels

Correlations between social competence and participation in activities for network development were not strong (Tables XXXIII, XXXIV, and XXXV). However, at time one, half of the correlations for males were above the criterion level. Social competence was associated with participation in work/professional activities, social activities/clubs, and organizations and groups at time one and with involvement in organizations and groups at time two for males. The positive correlation between social competence and participation in educational/cultural activities was the only one above the criterion level for females.

TABLE XXXIII

CORRELATIONS BETWEEN SOCIAL COMPETENCE AND PARTICIPATION IN
ACTIVITIES FOR NETWORK DEVELOPMENT
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=68	M n=28	F n=40
Work/professional	-	.42	-	-	-	-
Child-oriented	-	-	-	-	-	-
Educational/cultural	-	-	.31	-	-	-
Outdoor/health	-	-	-	-	-	-
Social/clubs	-	.37	-	-	-	-
Organizations/groups	-	.41	-	-	.35	-

Note. - = below criterion level

TABLE XXXIV

CORRELATIONS BETWEEN SOCIAL COMPETENCE
AND WORK/PROFESSIONAL ACTIVITIES
FOR JOB-SEEKING/EMPLOYED SUBJECTS

	Time One			Time Two		
	Total n=50	M n=29	F n=21	Total n=49	M n=28	F n=21
Work/professional	-	.42	-	-	-	-

Note. - = below criterion level

TABLE XXXV
CORRELATIONS BETWEEN SOCIAL COMPETENCE
AND CHILD-ORIENTED ACTIVITIES
FOR PARENTS

	Time One			Time Two		
	Total n=52	M n=20	F n=32	Total n=50	M n=19	F n=31
Child-oriented	-	-	-	-	-	-

Note. - = below criterion level

Correlations were computed to determine the relationship between participation in activities for network development and social network variables. Although weak, there were scattered correlations above the criterion level across activity areas (Tables XXXVI-XLIII). However, subjects' social life and community activity were associated consistently with participation in several activity areas. For example, participation in social activities/clubs was related to the degree of social activity; participation in organizations/groups was correlated with involvement in the community. Correlations for males were particularly strong for social activities/clubs, organizations/groups and child-oriented activities (for fathers only).

TABLE XXXVI

CORRELATIONS BETWEEN PARTICIPATION IN WORK/PROFESSIONAL
ACTIVITIES AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=68	M n=28	F n=40
Network size	-	-	-	-	-	-
Density	-	-	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	.31	-
Emotional support	-	-	-	-	-	-
Fun & relaxation	-	-	-	-	-	-
Task assistance	-	.35	-	-	-.47	-
Informational support	-	-	-	-	-	-
Freq. confl. interactions	-	-	-	-	-.56	-
Face to face contact	.31	-	-	-	-.38	-
Phone contact	-	-	-	-	-	-
Contact - pre-move net.	-	-	-	-	-	-
Social life	-	-	-	-	-	-
Community activity	-	.32	-	-	-	-

Note. - = below criterion level

TABLE XXXVII

CORRELATIONS BETWEEN PARTICIPATION IN CHILD-ORIENTED
ACTIVITIES AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=68	M n=28	F n=40
Network size	-	.39	-	-	-	.34
Density	-	-	-	-	-	-.36
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-.32	-	-	-	-
Fun & relaxation	-	-	-	-	-	-
Task assistance	-	-	-	-	-.30	-
Informational support	-	-	-	-	-.34	-
Freq. confl. inter.	-	-	-	-	-	-
Face to face contact	-	-	-	-	-	-
Phone contact	-	-	-	-	-	-
Contact - pre-move net.	-	-	-	-	-	-
Social life	-	-	-	.30	-	.38
Community activity	.48	-	.56	.52	.35	.56

Note. - = below criterion level

TABLE XXXVII
 CORRELATIONS BETWEEN PARTICIPATION IN
 EDUCATIONAL/CULTURAL ACTIVITIES
 AND SOCIAL NETWORK VARIABLES
 FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=68	M n=28	F n=40
Network size	-	-	-	-	-	-
Density	-	-	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	-.35
Emotional support	-	-.31	-	-	-	-.30
Fun & relaxation	-	-	-	-	-	-
Task assistance	-	-	-	-.33	-.43	-
Informational support	-	-	-	-.40	-.47	-
Freq. confl. interactions	-	-	-	-	-	-
Face to face contact	-	-	-	-	-	-
Phone contact	-	-	-	-.34	-.37	-
Contact - pre-move net.	-	-	-	-	-	-
Social life	-	-	-	-	-	-
Community activity	.31	-	.41	-	-	-

Note. - = below criterion level

TABLE XXXIX
CORRELATIONS BETWEEN PARTICIPATION IN
OUTDOOR/HEALTH-ORIENTED ACTIVITIES
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=68	M n=28	F n=40
Network size	-	.35	-	-	-	-
Density	-	-	-	-	-.50	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-	-	-	-	-
Fun & relaxation	-	-	-	-	-	-
Task assistance	-	-	-	-	-	-
Informational support	-	-.34	.39	-	-	-
Freq. confl. interactions	-	-	-	-	-	-
Face to face contact	-	-	-	-	-	.35
Phone contact	-	-	-	-	-.39	-
Contact - pre-move net.	-	-	-	-	-	-
Social life	.47	.58	.37	-	.42	-
Community activity	-	.35	-	-	-	-

Note. - = below criterion level

TABLE XL

CORRELATIONS BETWEEN PARTICIPATION IN SOCIAL ACTIVITIES/CLUBS
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=68	M n=28	F n=40
Network size	-	-	-	-	-	-
Density	-	-.34	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-	-	-	-	-
Fun & relaxation	-	.48	-	-	-	.32
Task assistance	-	.37	-	-	-.48	-
Informational support	-	-	-	-	-	-
Freq. confl. interactions	-	-	-	-	-	-
Face to face contact	.31	-	-	.31	-	-
Phone contact	-	.57	-	-	-.33	-
Contact - pre-move net.	.33	.44	-	.33	.40	-
Social life	.42	.35	.39	.48	.48	.36
Community activity	-	-	-	-	-	.30

Note. - = below criterion level

TABLE XLI

CORRELATIONS BETWEEN PARTICIPATION IN ORGANIZATIONS/GROUPS
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=68	M n=28	F n=40
Network size	-	.36	-	-	-	-
Density	-	.31	-	-	-	.33
Intimacy (with non-kin)	-	-	-	-	.53	-
Emotional support	-	-	-	-	-	-
Fun & relaxation	-	.33	-	-	-	-
Task assistance	-	-	-	-	-	-
Informational support	-	-	-	-	-	-
Freq. confl. interactions	-	.31	-	-	-	-
Face to face contact	-	.41	-	-	-	-
Phone contact	-	-	-	-	-	-
Contact - pre-move net.	-	-	-	-	-	-
Social life	.34	-	.32	.47	.31	.48
Community activity	.60	.38	.64	.60	-	.72

Note. - = below criterion level

TABLE XLII
 CORRELATIONS BETWEEN PARTICIPATION
 IN WORK/PROFESSIONAL ACTIVITIES
 AND SOCIAL NETWORK VARIABLES
 FOR JOB-SEEKING/EMPLOYED
 MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total n=50	M n=29	F n=21	Total n=49	M n=28	F n=21
Network size	-	-	-	-	-	-
Density	-	-	-	.32	-	-.30
Intimacy (with non-kin)	-	-	-	-	.31	-
Emotional support	-	-	-	-	-	-
Fun & relaxation	-	-	-	-	-	.32
Task assistance	.35	.35	-	-	-.47	-
Informational support	-	-	-	-	-	-
Freq. confl. interactions	-	-	-	-	-.56	-
Face to face contact	-	-	-	-	-.38	-
Phone contact	-	-	-	-	-	-
Contact - pre-move net.	-	-	-	-	-	-
Social life	-	-	.35	-	-	-
Community activity	-	.32	-	-	-	-

Note. - = below criterion level

TABLE XLIII
CORRELATIONS BETWEEN PARTICIPATION
IN CHILD-ORIENTED ACTIVITIES
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)
PARENTS ONLY

	Time One			Time Two		
	Total n=52	M n=20	F n=32	Total n=50	M n=19	F n=31
Network size	-	.55	-	-	.37	-
Density	-	-	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-.53	-	-	-.34	-
Fun & relaxation	-	-	-	-	-.56	.48
Task assistance	-	-	-	-	-	-
Informational support	-	.40	-	-	-.44	-
Freq. confl. interactions	-	-	-	-	-	-
Face to face contact	-	-	-	-	-	-
Phone contact	-	-.38	-	-	-	-
Contact - pre-move net.	-	-	-	-	-.45	-
Social life	-	-	-	-	-	-
Community activity	.42	-	.52	.50	.43	.47

Note. - = below criterion level

The Experience of Developing a Social Network

The following qualitative analysis explores the experience of developing a social network. Four open-ended questions, included in both the first and second interviews, were analyzed.

WHAT OBSTACLES HAVE YOU ENCOUNTERED IN MEETING PEOPLE HERE?

Time one

Subjects were asked what obstacles they encountered in meeting people following their move. The most common obstacle (32% of total responses) was lack of time. Many subjects noted that the demands of work left little time for social relationships. As one subject commented, "Work as usual has sucked up the preponderance of time." Another person observed that "my time with work was so demanding I didn't have time to socialize." While there were general comments about "the time factor," one subject found the tasks associated with moving to be particularly time-consuming, "I've been preoccupied with daily chores related to moving - more than I expected - has taken up time."

More than ten percent of the responses (12%) referred to obstacles related to subjects' spouses. Several subjects reported that their spouse's work schedules limited their social relationships. As one subject noted, "My activity level has been high but socially it hasn't been that good because my husband hasn't had much time - a new job - I don't like to socialize

on my own." Others indicated that their spouses were still living in their previous communities, trying to sell their homes. One subject commented, "Being here single without my wife has made it hard to socialize." A couple of subjects also found that their spouse's personalities interfered with developing a social network. One spouse was described as "introverted, not social" whereas another was "happy to stay home and read a book."

Ten percent of the responses referred to personal factors interfering with the formation of social networks. Several people found that their personality was a barrier. One subject commented, "I'm socially awkward - I don't know how to meet people - I've never had to cultivate friends." Still another person reflected, "I am generally an outgoing person but the older I get I choose not to be aggressive - in the meantime, it's difficult. There's a period of aloneness." However, a couple of subjects indicated that developing a social network was not a priority. One person, for example, reported that "we have so much friend contact all day long at work, we don't miss it. We see people. It's not essential to see them all evening."

In addition to lack of time, spouse, work, and personal factors, a few subjects commented that housing, the climate, their involvement with their extended family, feeling unsettled, being a parent, unfriendly people, and people's schedules interfered with their ability to develop social

relationships. A couple of subjects noted how difficult it was to enter the already established patterns of people's lives. As one person observed, "Everyone else has their lives already and they're filled and we just popped in - it's hard." Despite these numerous obstacles, several persons (10% of responses) encountered no obstacles in forming a new social network.

Time two

In the second interview, again the most frequently cited obstacle (20% of total responses) was lack of time. Subjects also commonly discussed personal factors (19%) which impeded the formation of a new network. As in the first interview, several subjects perceived their personalities as obstacles. For example, one person noted, "I'm basically a shy person. I'm not in a hurry to form relationships - you can't force them - they evolve. The obstacle is that I haven't been doing anything." Another person summed up her experience "Only obstacle you put up with is yourself - how much effort you put forth - I was determined that I wasn't going to sit home and stare at the four walls. I got out and met people."

Although 9% of the responses indicated there were no obstacles encountered, subjects also found that work commitments (13% of responses) and issues related to spouses (8%) interfered with network formation. Several subjects noted that their spouse was too busy to socialize due to work or extended family commitments. However, one subject found that his wife's difficulty

in adjusting to the move resulted in little socializing outside of work. Several people also mentioned that people's busy schedules made it hard to plan social activities.

By the second interview, many subjects had begun to sort through the many people they had met and expressed their difficulty in finding people with similar interests and values (8% of total responses). One subject, for example, reported having a problem in "finding people who are more like me and I enjoy being with."

WHAT HAS BEEN THE WORST PART ABOUT BUILDING A NEW NETWORK?

Time one

Subjects were asked to name the worst part about building a new network. At time one, the largest percentage of responses (37%) referred to the difficulties of the early stages of network formation. As one person put it, "The whole thing of starting over again in relationships ...impression-management kind of things ... starting over from ground zero." Subjects described how hard the first steps were for them. One person mentioned "the glut of meeting new people - remembering connections, names" while another forced herself to enter a room full of strangers. Others discussed the slowness of the process.

Feelings of isolation and loneliness were also prevalent. One person noted "the loneliness of not having a network - tied in to that is the isolation - if I want to communicate with

anyone other than co-workers, I have to call or write a letter which are not as satisfactory as face to face communication." Another observed that "there's a lot of loneliness with it - you don't have the same friends to call - you don't want to interfere in people's lives - it's hard." "Not having a long shared history" or not having a close friend contributed to these feelings. In addition, one person noted the "loss of competence" she experienced in "being a novice in the new place" which was "rather unpleasant."

Lack of time or opportunity to meet people was acknowledged as the "worst part" in 11% of the responses. Approximately nine percent (9%) of the total responses referred to the pain of leaving their old network. As one person summed it up, "Leaving my old one is the toughest thing about building a new one - it was a strong support system." Another subject described herself as "still being homesick" and "not willing to let go of close friendships."

Other subjects cited such problems as their spouse's availability, their work schedules, being a new mother, and not having the development of a network as a priority. Despite these difficulties, 13% of the responses indicated there were no "worst parts." In fact, one subject enjoyed it and referred to network formation as a "challenge."

Time two

As in the first interview, the largest number of subjects (42% of responses) identified the "worst part" as the

difficulties inherent in the early stages of building a network. Several people discussed the process of sorting through all of the superficial social contacts to find a few, meaningful relationships. One person described it as "going through a lot of frogs before you find your prince - the older you get, the harder it is to find people with similar interests."

Others discussed the loneliness in not having close friends or, as one person put it, "Finding somebody you can get support from that's more than an acquaintance - that's been the hardest...I see potential for a kindred spirit but it takes time." Another person noted that she only began to feel lonely since the first interview. During the first three months, she was "involved in tasks in getting settled - more room in last three months to feel disappointed and lonely-honeymoon phase is over - feel emptied out."

Other subjects noted the need to take risks and push themselves to meet people. One person observed that the worst part was "making the decision to get out and meet people- once I made the decision it was easy." Others disliked the experience of having to begin all over again - "starting from scratch again."

A couple of subjects were concerned about how well they would be received by new people. One person, for example, expressed anxiety "about being cared about in a comparable amount as I care about them - reciprocity in caring."

Several people (9% of responses) missed the intimacy they

had with members of their previous networks. One person noted that "when you're making new friends, it's not very intimate - you've left the support and intimacy behind. Another was "trying to replace old friends - you want to replace them and can't." Still another felt her closeness to old ties was preventing her from building new ones.

Two subjects (2% of responses) also noted they had lost momentum for network building due to their frequent moving. One person observed that "the more moves you make, the less push you have to do it" while another hesitated to connect with people because she might move again.

Lack of time or energy was again cited as the worst part in 23% of responses and two subjects (2% of responses) felt they didn't even have a social network. However, several subjects (8% of total responses) couldn't think of any "worst parts."

WHAT HAS BEEN MOST HELPFUL IN BUILDING A NETWORK?

Time one

Subjects were asked what was most helpful in building a new network. The largest percentage of responses (21%) found the workplace to be a community of potential network members. As one subject noted, "You have friends develop because of work." Although one person commented on the "pre-existing network" at work, one faculty member discussed the benefits of his larger professional network that was "not restricted to neighbors or physical proximity." This "portable network"

allowed him to remain connected to colleagues in all parts of the country.

Another major resource for subjects (11% of responses) was their children or through volunteering in their children's school. One mother summed it up, "I meet a lot of people through my children ... I'm not working, volunteering or going to school - the only way to meet people is through kids." Eleven percent of the responses referred to inner resources for network development such as a positive attitude and friendliness. One subject commented that she forced herself "to take the first step - be friendly" while another observed that "there's no other way to make friends - you have to make the effort." Other helpful ways cited were through one's spouse (8%), through organizations or groups (8%), through the neighborhood (7%), through the church or synagogue (7%), and through previous or new contacts (7%).

Time two

As in the first interview, the largest percentage of subjects (25% of responses) felt that their workplace or their spouse's job were most helpful in developing a new network. The workplace provided an available pool of network members. Subjects also had "common interests with people at work."

Another major resource (21% of responses) were organizations or groups, particularly for women at home. These organizations included church or synagogue activities, newcomer groups such as Welcome Wagon, women's organizations such as American Association

of University Women and participation in a gourmet dining group. As one woman noted, "Having a point of contact with other people through organizations...replaced meeting through work."

Many parents (11% of responses) commented that their children provided them with a helpful source for meeting people. They stated that they met people through volunteering in their children's school, through children's activities such as soccer or a play group, and were introduced to the parents of their children's friends or classmates.

Others (7% of responses) observed that reaching out to people and taking the initiative made a difference. For example, as one person remarked, "You take advantage of some opportunities - you can't just stay home - you have to force yourself to go out - you have to ask people to lunch - can't wait for someone to ask you." Several subjects also found the friendliness of people (13% of responses) was particularly helpful to them. One person noted "the friendliness of people I've met - anxious to introduce me to other people and made me feel included."

Although several people noted that they didn't have a network yet (7% of responses), other helpful ways cited included the availability of outdoor activities (2% of responses), the neighbors (1% of responses), common ethnic backgrounds (1% of responses) and the subject's spouse (3% of responses). One person found the "balancing" in his marriage to be particularly

helpful. As he observed, "My frenetic drive to make friends - her more patient attitude - relationships take time."

WHAT, IF ANYTHING, WOULD HAVE MADE IT EASIER TO MEET PEOPLE?

Time one

Subjects were asked what, if anything, would have made it easier to meet people. The largest percentage of the subjects (27% of total responses) thought nothing would have made it easier or could not think of anything that would have eased the process. Several subjects (10% of responses) again felt that the network process would have been easier if they had more time. Others (8% of responses) wished they knew people or had contacts in the Portland area. One person noted that "it would have helped to have one set of friends in town." Another commented that "if I had friends here - introduced on a relaxed basis."

Several subjects (10% of total responses) also felt that involvement in community activities would have helped them meet people. While one subject noted that it would have been easier "if we were joiners," others had trouble finding an organization or activity to meet their needs. For example, one woman wished she could find a mothers' group while another was disappointed that the local running club had so few meetings. A few subjects (3.8% of responses) would have liked more help from community organizations or resource persons. One person would have wanted to have "a better real estate person as in a previous move-

one who provides personal contacts." Another subject even suggested that the community set up "an organized referral system to help me with my needs and problems as a newcomer."

Several subjects (6.3% of responses) also noted that network development would have been easier without barriers due to work. For example, one person commented that "it would be different if I had a different philosophic stance re: socializing with subordinates." On the other hand, several unemployed subjects (8.8% of total responses) felt that working would have helped them connect with new people.

Time two

The largest percentage of subjects (27% of responses) felt that having more time or energy would have made it easier to meet people. The demands of work also prevented several subjects (12% of responses) from developing a network. One person noted that the "demands of work are sufficiently seductive - it takes an effort to break away from work demands."

Several subjects (9% of responses) thought that more involvement in community activities would have eased the development of a network. For example, one person commented that "joining committees at school (children's school) and doing volunteer work which I haven't done much of" would have helped her meet people. Having children was also an important factor (6% of responses). A few people commented that having children would have provided them with a source for meeting people. However, one parent noted that not having babysitters made it

difficult for him and his wife to socialize.

Several people (6%) mentioned their own personal contributions to the network process. One person wished she had "more experience on my part in doing this sort of thing, i.e. joining organizations" while another wanted "more self-resolve to get out and do it." A small percentage felt the network process would have been eased if they had contacts socially or at work (3%). However, several subjects (10% of responses) could not think of anything or thought there was nothing that would have made it easier to meet people.

HOW ARE SOCIAL NETWORK VARIABLES RELATED TO WELL-BEING AND STRESS?

Well-being

Tables XLIV, XLV, and XLVI show subjects' perceptions of their well-being over time. The majority were relatively satisfied with all areas of their lives but friendships. With the exception of a slight increase in satisfaction in friendships for homemakers, there was a pattern of increased dissatisfaction with friendships over time. For women employed full-time, there was a dramatic decline in satisfaction with friendships from 72% at time one to 29% at time two. With the exception of greater satisfaction with family life for females, both males and females reported similar amounts of satisfaction with the other domains.

TABLE XLIV

PERCENTAGE OF SUBJECTS SATISFIED WITH THE SEVEN DOMAINS^a
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=69	M n=29	F n=40
Portland as a place to live	87%	93%	83%	93%	100%	88%
Neighborhood	90%	86%	93%	87%	79%	93%
House/apartment	89%	79%	95%	87%	89%	85%
Standard of living	87%	79%	93%	84%	82%	85%
Friendships	53%	48%	56%	44%	43%	45%
Family life	79%	69%	85%	82%	71%	90%
Health	80%	79%	80%	82%	79%	85%

^aBased on ratings of 1-3 on a 7 point scale.

TABLE XLV

PERCENTAGE OF SUBJECTS EMPLOYED FULL-TIME
SATISFIED WITH THE SEVEN DOMAINS^a
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total n=36	M n=29	F n=7	Total n=36	M n=29	F n=7
Portland as a place to live	95%	93%	100%	100%	100%	100%
Neighborhood	89%	86%	100%	83%	79%	100%
House/apartment	83%	79%	100%	86%	89%	72%
Standard of living	81%	79%	86%	80%	82%	72%
Friendships	53%	48%	72%	40%	43%	29%
Family life	72%	69%	86%	74%	71%	86%
Health	81%	79%	86%	77%	79%	72%

^aBased on ratings of 1-3 on a 7 point scale.

TABLE XLVI
PERCENTAGE OF HOMEMAKERS
SATISFIED WITH THE SEVEN DOMAINS^a

	Time One n=20	Time Two n=19
Portland as a place to live	75%	74%
Neighborhood	90%	84%
House/apartment	95%	84%
Standard of living	100%	90%
Friendships	55%	58%
Family life	90%	90%
Health	75%	89%

^aBased on ratings of 1-3 on a 7 point scale.

Correlations between well-being and the social network variables were not strong. There were only a few correlations above the criterion level for the entire sample (Tables XLVII-LIII). Table L shows that at time two as satisfaction with the standard of living increased, the amount of conflict with new network members decreased. As might be expected, Table LI shows that satisfaction with friendships (for the entire sample, males and females) was associated with subjects' increased social life at time two. For female subjects, intimacy and fun and relaxation with new network members were also associated with satisfaction with friendships. Satisfaction with family life increased at time two as network size decreased (Table LII).

TABLE XLVII
 CORRELATIONS BETWEEN SUBJECTS' SATISFACTION WITH
 PORTLAND AS A PLACE TO LIVE
 AND SOCIAL NETWORK VARIABLES
 FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=69	M n=29	F n=40
Network size	-	-	-	-	-	-
Density	-	-	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-	-	-	-	-
Fun & relaxation	-	-	-	-	-	-
Task assistance	-	-	-	-	-	-
Informational support	-	-	-	-	-	-
Freq. confl. interactions	-	-	-	-	-	-
Face to face contact	-	-	-	-	-	-
Phone contact	-	-	-	-	-	-
Contact - pre-move net.	-	-	-	-	-	-
Social life	-	-	-	-	-.34	-
Community activity	-	-	-	-	-	-

Note. - = below criterion level

TABLE XLVIII
 CORRELATIONS BETWEEN SATISFACTION WITH
 SUBJECTS' NEIGHBORHOOD
 AND SOCIAL NETWORK VARIABLES
 FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=69	M n=29	F n=40
Network size	-	-	-	-	-	-
Density	-	-.37	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-	-	-	-.38	-
Fun & relaxation	-	-	-	-	-.34	-
Task assistance	-	-	-	-	-	-
Informational support	-	.33	-	-	-	-
Freq. confl. interactions	-	.32	-	-	-	-
Face to face contact	-	-	-	-	-	-
Phone contact	-	-	-	-	-	-
Contact - pre-move net.	-	-	-	-	-	-
Social life	-	.38	-	-	-	-
Community activity	-	-	-	-	-	-

Note. - = below criterion level

TABLE XLIX
 CORRELATIONS BETWEEN SATISFACTION WITH
 SUBJECTS' HOUSE/APARTMENT
 AND SOCIAL NETWORK VARIABLES
 FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=69	M n=29	F n=40
Network size	-	-	-	-	-	-
Density	-	-.33	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-	-	-	-.31	-
Fun & relaxation	-	-	-	-	-	-
Task assistance	-	-	-	-	-	-.33
Informational support	-	-	-	-	-	-
Freq. confl. interactions	-	-	-	-	-	-.31
Face to face contact	-	-	-	-	-	-
Phone contact	-	-	-	-	-	-
Contact - pre-move net.	-	.35	-	-	-	.32
Social life	-	-	-	-	-	-
Community activity	-	-	-.38	-	-	-

Note. - = below criterion level

TABLE L
CORRELATIONS BETWEEN SATISFACTION WITH
SUBJECTS' STANDARD OF LIVING
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total n=69	M n=29	F n=40
Network size	-	-	-	-	-	-
Density	-	-	.36	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	.33
Emotional support	-	-	-	-	-.35	-
Fun & relaxation	-	-	-	-	-	-
Task assistance	-	-	-	-	-	-
Informational support	-	.49	-	-	-	-
Freq. confl. interactions	-	-	-	-.32	-.37	-
Face to face contact	-	-	-	-	-	-
Phone contact	-	-	-	-	-	.38
Contact - pre-move net.	-	-	.35	-	-	.33
Social life	-	-	-	-	-	-
Community activity	-	-	-	-	-	-

Note. - = below criterion level

TABLE LI

CORRELATIONS BETWEEN SATISFACTION WITH SUBJECTS' FRIENDSHIPS
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total	M	F	Total	M	F
	N=70	n=29	n=41	N=69	n=29	n=40
Network size	-	-	-	-	-	-
Density	-	-	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	.37
Emotional support	-	-	-	-	-	-
Fun & relaxation	-	-	-	-	-	.36
Task assistance	-	-	-	-	-	-
Informational support	-	-	-	-	-	-
Freq. confl. interactions	-	-	-	-	-	-
Face to face contact	-	-	.35	-	-	-
Phone contact	-	-	-	-	-	-
Contact - pre-move net.	.31	-	.41	-	.35	-
Social life	-	-	-	.38	.48	.32
Community activity	-	-	-	-	-	-

Note. - = below criterion level

TABLE LII
CORRELATIONS BETWEEN SATISFACTION WITH
SUBJECTS' FAMILY LIFE
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=69	M n=29	F n=40
Network size	-	-	-	-.32	-	-
Density	-	-	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-	-	-	-	-
Fun & relaxation	-	-	-	-	-	-
Task assistance	-	-	-	-	-	-
Informational support	-	-	-	-	-	-
Freq. confl. interactions	-	.46	-	-	-	-
Face to face contact	-	-	-	-	-	-
Phone contact	-	-	-	-	-	-
Contact - pre-move net.	-	-	-	-	-	-
Social life	-	-	-.33	-	-	-
Community activity	-	-	-.34	-	-	-

Note. - = below criterion level

TABLE LIII

CORRELATIONS BETWEEN SATISFACTION WITH SUBJECTS' HEALTH
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=69	M n=29	F n=40
Network size	-	-	-	-	-	-
Density	-	-	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-	-	-	-	-
Fun & relaxation	-	-	-	-	-	-
Task assistance	-	-	-	-	-	-
Informational support	-	-	-	-	-	-.37
Freq. confl. interactions	-	-	-	-	-	-
Face to face contact	-	-	-	-	-	-
Phone contact	-	-	.32	-	-	-
Contact - pre-move net.	-	-	-	-	-	-
Social life	-	-	-	-	-	-
Community activity	-	-	-	-	-	-

Note. - = below criterion level

Stress

Tables LIV-LVII show subjects' perceptions of stress over time. Health, finances, one's job, and family relationships were the most stressful areas (Table LIV-LVII). Males reported greater financial stress and stressful family relationships than the females in the study. However, the amount of stress in these two areas decreased over time for male subjects.

Although the number of employed women is small, Table LV highlights percentages of stress for males and females employed

full-time. As might be expected, the greatest source of stress for male and female employees was job stress, which remained stable over time. At time one, the majority of employed subjects experienced stress with their family relationships, which decreased over time. Finances also was a stressful area for approximately 2/3 of the employed subjects at time one. However, at time two, financial stress decreased for males but increased for women. In the areas of child care stress and the health of family members, males reported higher amounts of stress than females. However, the majority of employed females did not have any children, accounting for the disparity in child care stress for men and women.

Homemakers indicated their health was a major source of stress (Table LVI). However, there was a decrease over time. There also was an increase at time two in the percentage of homemakers reporting stressful family relationships.

TABLE LIV
STRESS^a
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total	M	F	Total	M	F
	N=70	n=29	n=41	N=69	n=29	n=40
Health	50%	41%	56%	48%	50%	46%
Health of family members	39%	45%	34%	37%	43%	33%
Child care	34%	34%	34%	31%	29%	33%
Dependent care of adults	11%	7%	15%	17%	25%	10%
Finances	51%	69%	39%	42%	46%	39%
Job	51%	86%	27%	61%	89%	41%
Family relationships	47%	59%	39%	40%	44%	38%

^aModerate to considerable amounts

TABLE LV
STRESS FOR SUBJECTS EMPLOYED FULL-TIME^a
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total	M	F	Total	M	F
	n=36	n=29	n=7	n=36	n=29	n=7
Health	42%	41%	43%	47%	50%	33%
Health of family members	39%	45%	14%	35%	43%	0%
Child care	31%	34%	14%	24%	29%	0%
Dependent care of adults	6%	7%	0%	21%	25%	0%
Finances	67%	69%	57%	50%	46%	67%
Job	89%	86%	100%	91%	89%	100%
Family relationships	58%	59%	57%	41%	44%	29%

^aModerate to considerable amounts

TABLE LVI
STRESS FOR HOMEMAKERS^a

	Time One (n=20)	Time Two (n=19)
Health	75%	58%
Health of family members	45%	47%
Child care	40%	42%
Dependent care of adults	15%	11%
Finances	25%	32%
Family relationships	25%	47%

^aModerate to considerable amounts

TABLE LVII
CHILD CARE STRESS FOR PARENTS^a

Time One	Males	Females	Time Two	Males	Females
n=52	n=20	n=32	n=51	n=20	n=31
46%	50%	44%	41%	42%	40%

^aModerate to considerable amounts

Stress did not correlate strongly with social network variables (Tables LVIII-LXVI). There were several correlations above the criterion level for the entire sample. Phone contact with new network members was positively associated with child care stress, and the stress of dependent care of adults at time two (Tables LX and Table LXII). The frequency of conflictual interactions and face to face contact with new network members were also associated with child care stress

for parents at time two (Table LXI). As might be expected, an inactive social life and minimal community involvement were associated with job stress at time one (Table LXIV).

The correlations for both males and females were similarly weak. However, there were three pairs of correlations above the criterion level for both males and females. Job stress was associated with social inactivity at time one; the amount of conflict and face to face contact with new network members were related to child care stress for both mothers and fathers at time two.

TABLE LVIII

CORRELATIONS BETWEEN THE STRESS OF SUBJECTS' HEALTH
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=69	M n=29	F n=40
Network size	-	-	-	-	-	-
Density	-	-	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-	-	-	-	-
Fun & relaxation	-	-	-	-	-	-
Task assistance	-	-	-	-	-	-
Informational support	-	-	-	-	-	.42
Freq. confl. interactions	-	-	-	-	-	-
Face to face contact	-	-	-	-	-	-
Phone contact	-	-	-	-	-	-
Contact - pre-move net.	-	-	-	-	-.30	-
Social life	-	-	-	-	-	-
Community activity	-	-	-	-	-	-

Note. - = below criterion level

TABLE LIX
CORRELATIONS BETWEEN THE STRESS OF THE HEALTH
OF FAMILY MEMBERS
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=69	M n=29	F n=40
Network size	-	-	-	-	-	-
Density	-	-	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-	-	-	-	-
Fun & relaxation	-	-	-	-	-	-
Task assistance	-	-	-	-	-	-
Informational support	-	-	-	-	-	-
Freq. confl. interactions	-	-	-	-	-	-
Face to face contact	-	-	-	-	-	-
Phone contact	-	-	-	-	-	-
Contact - pre-move net.	-	.34	-	-	-.33	-
Social life	-	-	-	-	-	-
Community activity	-	-	-	-	-	-

Note. - = below criterion level

TABLE LX
CORRELATIONS BETWEEN THE STRESS OF CHILD CARE
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=69	M n=29	F n=40
Network size	-	-	.39	-	-	-
Density	-	-	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-	-	-	-	-
Fun & relaxation	-	.40	-	-	-	-
Task assistance	-	-	-	-	-	-
Informational support	-	-	-.36	-	-	-
Freq. confl. interactions	-	-	-	-	-	-
Face to face contact	-	-	-	-	-	-
Phone contact	-	-	-	.32	-	-
Contact - pre-move net.	-	-	-	-	-	-
Social life	-	-	-	-	-	-
Community activity	-	-	-	-	-	-

Note. - = below criterion level

TABLE LXI
CORRELATIONS BETWEEN THE STRESS OF CHILD CARE
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)
FOR THE PARENTS IN THE STUDY

	Time One			Time Two		
	Total n=52	M n=20	F n=32	Total n=51	M n=20	F n=31
Network size	-	-	.36	-	-	-
Density	-	-	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-	-	-	-	-
Fun & relaxation	-	.38	-	-	-	-
Task assistance	-	-	-	-	-	-
Informational support	-	-	-.33	-	-	-
Freq. confl. interactions	-	-	.30	.48	.59	.40
Face to face contact	-	-	-	.48	.54	.44
Phone contact	-	-	-	-	-	-
Contact - pre-move net.	-	-	-	-	-.33	-
Social life	-	-	-	-	-	-
Community activity	-	-	-	-	-	-

Note. - = below criterion level

TABLE LXII
 CORRELATIONS BETWEEN THE STRESS
 OF DEPENDENT CARE OF ADULTS
 AND SOCIAL NETWORK VARIABLES
 FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=69	M n=29	F n=40
Network size	-	-	.43	-	-	-
Density	-	-	-	-	-	-
Intimacy (with non-kin)	-	.39	-	-	-	-
Emotional support	-	-	-	-	.45	-
Fun & relaxation	-	-	-	-	-	-
Task assistance	-	-	-	-	-	-
Informational support	-	-	-	-	.31	-
Freq. confl. interactions	-	-	-	-	-	-
Face to face contact	-	-	-	-	-	-
Phone contact	-	.44	-	.36	-	.39
Contact - pre-move net.	-	-	-	-	-	-
Social life	-	-	-	-	-	-
Community activity	-	.42	-	-	-	-

Note. - = below criterion level

TABLE LXIII

CORRELATIONS BETWEEN THE STRESS OF FINANCES
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=69	M n=29	F n=40
Network size	-	-	.43	-	-	-
Density	-	-	-	-	-.34	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-	-	-	.34	-
Fun & relaxation	-	-	-	-	-	-
Task assistance	-	-	-	-	-.42	-
Informational support	-	-.31	-	-	-	-
Freq. confl. interactions	-	-	-	-	-	-
Face to face contact	-	-	-	-	-	-
Phone contact	-	-	-	-	-.42	-
Contact - pre-move net.	-	-	-.37	-	-	-
Social life	-	-	-	-	-	.31
Community activity	-	.42	-	-	-	-

Note. - = below criterion level

TABLE LXIV
CORRELATIONS BETWEEN JOB STRESS
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=69	M n=29	F n=40
Network size	-	-	-	-	-	-
Density	-	-	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-	-	-	-	-
Fun & relaxation	-	-	-	-	-	-
Task assistance	-	-	-	-	-	-
Informational support	-	-	-	-	-	-
Freq. confl. interactions	-	-	-	.32	-	.36
Face to face contact	.51	-	.30	.46	-	.54
Phone contact	-	-	-	-	-	-
Contact - pre-move net.	-	-	-	-	-	-
Social life	-.38	-.47	-.31	-	-	-
Community activity	-.38	-	-.36	-	-.32	-

Note. - = below criterion level

TABLE LXV
CORRELATIONS BETWEEN JOB STRESS
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)
FOR SUBJECTS EMPLOYED FULL-TIME

	Time One			Time Two		
	Total n=36	M n=29	Fa n=7	Total n=36	M n=29	Fa n=7
Network size	-	-		-	-	
Density	-	-		-	-	
Intimacy (with non-kin)	-	-		-	-	
Emotional support	-	-		-	-	
Fun & relaxation	-	-		-	-	
Task assistance	-	-		-	-	
Informational support	-	-		-	-	
Freq. confl. interactions	-	-		-	-	
Face to face contact	-	-		-	-	
Phone contact	-	-		-	-	
Contact - pre-move net.	-	-		-	-	
Social life	-.39	-.47		-	-	
Community activity	-	-		-	-.32	

Note. - = below criterion level

^aCorrelations were not calculated for women employed full-time due to small sample size.

TABLE LXVI

CORRELATIONS BETWEEN THE STRESS OF FAMILY RELATIONSHIPS
AND SOCIAL NETWORK VARIABLES
FOR MALES (M), FEMALES (F), AND TOTAL SAMPLE (TOTAL)

	Time One			Time Two		
	Total N=70	M n=29	F n=41	Total N=69	M n=29	F n=40
Network size	-	-	.35	-	-	-
Density	-	-	-	-	-	-
Intimacy (with non-kin)	-	-	-	-	-	-
Emotional support	-	-	-	-	-	-
Fun & relaxation	-	-	-	-	-	-
Task assistance	-	-	-	-	-	-
Informational support	-	-	-	-	-	-
Freq. confl. interactions	-	-	-	-	-	-
Face to face contact	-	-	-	-	-	-.40
Phone contact	-	-	-	-	-	-
Contact - pre-move net.	-	-	-	-	-	-
Social life	-	-	-	-	-	-
Community activity	-	-	-	-	-	-

Note. - = below criterion level

CHAPTER VI

DISCUSSION AND IMPLICATIONS

DISCUSSION

This study documents the beginning stages of social network development following a geographic move. The data were obtained through two structured interviews three months apart with newly relocated men and women. This chapter will discuss the results as well as the implications of the findings. The limitations of the study and suggestions for future research will also be addressed. In a study of this magnitude, some correlations will be spurious. As a result, only correlations that are above the .30 criterion level and are theoretically interesting or form a pattern will be discussed. As this is a descriptive study, these associations should be considered guidelines for future hypothesis testing rather than definitive findings.

THE NEW SOCIAL NETWORK

A primary purpose of this study was to describe the early social network development of married individuals after relocation. Previous research focused on dyadic relationships (Altman and Taylor, 1973; Hays, 1985), couples' network patterns (Jones, 1980), and the social network development of college freshmen (Hays and Oxley, 1986). In agreement with earlier

research on network development of college freshmen (Hays and Oxley, 1986), the new networks in this study were observed to follow a pattern of gradually increasing levels of intimacy from interview one to interview two. By the second interview (five to seven months after the move), there was a decline in the percentage of acquaintances and friends and a greater percentage of close friends, although the new social network still remained less intimate than the social network in the previous community. The size of the new social network, however, changed little between time one and time two, failing to reach the pre-move network size. There also was an increase in the amount of social life and community activity over time in the new community although pre-move levels were not attained.

The study also showed that the building of a new social network requires a considerable amount of time. A cross-sectional analysis of the pre-move networks of the subjects in the study indicated that the percentages of close friends and best friends were related to time spent in the previous community. The data suggest that it takes between 2.5 and 4.5 years in a community to attain stable levels of intimacy. The size of the pre-move network, however, changed little based on length of time in the previous community. The data indicate that network size stabilizes earlier than the level of intimacy.

The study also demonstrated that newly relocated

individuals received minimal amounts of social support (emotional support, fun and relaxation, task assistance, and informational support) at time one and time two. That is, by five to seven months after the move, these subjects still received very little support from their new networks. This finding agrees, in part, with Hays and Oxley's (1986) results for college freshmen. They documented stability in emotional and informational support over time. However, the latter found increases in fun and relaxation and task assistance in their college students.

There are several possible reasons for the low levels of support. In the first six months or so following a move, the new social network is in a transitional phase. The data indicate there are great fluctuations in the individuals included in the social networks of the respondents. Approximately 56% of the persons named in the new social network at time one were deleted at time two. Subjects also are in the process of sorting through their many acquaintances to find a few, meaningful relationships; they miss the close friends left behind in their previous communities. As a result, turning to superficial contacts for social support may be inappropriate and unsatisfying, particularly for emotional support. As one person noted, "Finding somebody you can get support from that's more than an acquaintance - that's been the hardest - I see potential for a kindred spirit but it takes time."

Subjects also reported increased dissatisfaction with friendships over time. With the exception of homemakers, the majority were dissatisfied by the second interview. In the first few months, individuals may be too busy settling into a new community to build a social network. By the second interview, however, several persons reported feeling dissatisfied with their superficial contacts. One subject referred to the first three months as the "honeymoon phase," devoted to practical tasks associated with moving but felt "emptied out" during the second three months. There was "more room to feel disappointed and lonely."

There also were obstacles impeding network development. Subjects frequently found time constraints and work demands interfered with social relationships. The difficulties of the early stages of network formation contributed to limited social support. Subjects discussed how hard it was to begin again in relationships, citing such factors as the isolation, the slowness of the process, their social awkwardness, and "the glut of meeting new people - remembering connections, names."

Although these newcomers received little social support from their developing social networks, they were free of the stress of frequent conflictual interactions with these network members. The data demonstrated that the amount of conflict was minimal, remaining fairly stable from interview one to interview two. It would be expected that as

relationships increase in intimacy and importance, the amount of conflict should also increase. Hays and Oxley (1986) documented a significant increase in conflict over time for college freshmen; the students also enjoyed greater social support than the subjects in this study. Friendships may be more of a priority and more accessible for college freshmen than for married newcomers coping with the multiple adjustments of work, family, and a new community.

Despite the paucity of social support from their new networks, however, these subjects were not bereft of support. They relied on their spouses for support. A very large percentage (97%) reported that their spouses were supportive. The majority of their husbands or wives provided them with a considerable amount or a great deal of emotional support, fun and relaxation, task assistance, and informational support. A recent study by Neims (1986) on the effects of relocation on the accompanying wife in dual-career couples found that support from one's husband was significantly related to successful adaptation.

FACTORS INFLUENCING THE NEW SOCIAL NETWORK:

THE INDIVIDUAL AND THE SOCIAL NETWORK

The research on social networks and social support generally has ignored the impact of individual difference variables on social networks and social support (Hansson, Jones, and Carpenter, 1984; Sarason et al., 1986).

Consequently, several such factors were examined in this study.

Gender

Gender influenced network size, composition, and the amounts of social life and community activity. Unlike previous research (Burda et al., 1984), the males at time one, time two, and in their previous communities had slightly larger social networks than female subjects. Since all male subjects were employed, this difference may reflect the readymade pool of potential network members at the workplace. Males also reported a greater percentage of cross-gender relationships than employed females, a finding in agreement with a study by Sapadin (1986) of friendship patterns of professional men and women. However, females reported higher amounts of social and community activity.

Previous research (Burda et al., 1984; Hays and Oxley, 1986; Leavy, 1983) documented that women have more supportive relationships than men. This study showed that the amounts of social support were relatively similar for males and females. The largest difference, however, was in emotional support. Women received more emotional support from new network members than males.

Employment status

Employment status influenced network size, the sources for meeting network members, the amount of one's social life, and involvement in the community. At time one and time two,

employed men had slightly larger networks than homemakers and women employed full-time, although there was little difference in the pre-move networks. As might be expected, the workplace provided the primary context for meeting new network members for subjects employed full-time regardless of gender. The main source for women at home was organizations or groups. Not surprisingly, homemakers reported having a more active social life and greater community involvement than either employed males or females.

The amounts of support were relatively similar for employed males, women employed full-time, and homemakers. The largest difference, however, was between employed males and employed females with regard to emotional support. Employed females received greater amounts of emotional support than employed males at both time one and time two.

Social competence

It was speculated that socially competent persons would have an easier time developing social networks and mobilizing social support. An interesting pattern of correlations was observed. As might be expected, social competence was associated with the extent of social activity. As social competence increased, one's social life became more active.

Although there was some evidence that social competence was related to network development following relocation for both genders, this was more true of males than females. At time two, nearly half the correlations for men reached the

criterion level, possibly reflecting the postponement of network development due to work/family demands. Among men, at time one, social competence was also positively correlated with involvement in social and community activities, the frequency of phone contact with new network members, and amount of continuity with previous network members.

There were several surprising findings. The correlations between social competence and both task assistance and information support were inverse. That is, as social competence increased, the amount of these support functions decreased. Similarly, for women, at time one, although social competence was positively related to emotional support, the association with fun and relaxation was negative. It is possible that these inverse relationships may be a function of the use of summary measures to assess social support. However, since the social network measure assesses the total amount of support received from the aggregate, it may also be that socially skilled subjects are able to acquire sufficient support from fewer people or even experience less need for support. In addition, they may be more successful at receiving support from other sources, such as their families or old ties.

These data, along with recent research (Carpenter, in press; Sarason et al., 1986), suggest the need for further attention to the contribution of the individual to social support and social network development. It is possible that

different aspects of "relational competence" are emphasized for network development rather than for the maintenance of relationships (Hansson et al., 1984: 10). Carpenter (1987: 1-2) recently has differentiated between "initiation" attributes such as assertiveness and "enhancement" skills such as interpersonal sensitivity. The social competence measure (Com Q) used in this study tends to focus on "initiation" skills, which may account for the weak correlations between social competence and the already established network in the previous community.

History of mobility

Subjects who moved frequently as a child and/or an adult had repeated experiences with the development of a new network. As a result, one might expect that establishing a new network would be easier for them. Although the correlations between how often people had moved throughout their lives and social network variables were weak, there were a few correlations worth noting. With the exception of a negative association for males with childhood moves at time one, the receipt of task assistance repeatedly was positively correlated with the number of moves as a child and since marriage for both male and female subjects and with the number of moves since age 18 for the entire sample and for women alone. Highly mobile subjects may have acquired more skills in obtaining needed help with tasks. Similarly, the frequency of moving since marriage was correlated with

involvement in community activities at time one for the entire sample, and for male and female subjects alone. As the number of moves increase, subjects may learn to participate in activities to facilitate entry into the community.

Nevertheless, as Brett (1980) observes, the number of moves as a child or an adult may provide an incomplete picture of a person's moving history. The quality of these moves, whether positive or negative, may contribute more to an understanding of their impact on later moves. In addition, frequent moving may even lessen an individual's motivation to build a social network. One person indicated that "the more moves you make, the less push you have to do it." Another woman hesitated to connect with new people lest she move again.

Feelings about the move

It was speculated that subjects' feelings about the move would affect network development. For example, anger about the move might impede network development. On the other hand, excitement might accelerate the process. Feelings about the move, however, did not correlate strongly with social network and social support variables, although several correlations exceeded the criterion level for males and females alone. The strongest correlations were for men. Sadness about the move was positively correlated with intimacy at time one and the frequency of phone contact at time two. This finding may suggest that men who feel sad

about the move may require and seek greater intimacy and phone contact with the members of their new networks.

There also were a few correlations above the criterion level between feelings about the move and social support functions. For example, for men, there was a negative correlation between excitement about the move and emotional and informational support. That is, as excitement increases, the receipt of emotional and informational support decreases. This may reflect the lessened need for support accompanying positive feelings regarding the move. On the other hand, for women, sadness about the move was negatively associated with both fun and relaxation and informational support. The greater the sadness women feel, the less fun and relaxation and informational support they may be able to receive or even seek from their new network members.

There are striking gender differences in the way men and women in this sample felt about the move. These findings reflect differing reasons for the move. Not surprisingly, only the women in the sample, the majority of whom were "trailing spouses," experienced anger about the move. None of the men, all of whom moved because of employment or training opportunities, felt any anger about the move. However, the small percentage of women who were employed full-time also did not report any anger about the move. Nevertheless, the majority of both men and women admitted to feelings of excitement and happiness about the move.

Men reported more anxiety about the move than women. At the same time, all of the women employed full-time experienced some degree of anxiety. Although the majority of subjects admitted to some degree of sadness, the women experienced a greater degree of sadness about the move compared to the men. Since the majority of the women were not facing new career challenges, they may have felt particularly sad about the friendships and the pattern of their daily lives they left behind in their previous community.

THE MOVE AND THE SOCIAL NETWORK

The number of miles moved

It was speculated that the number of miles moved might affect network development. An individual who has moved 3000 miles can no longer maintain face to face contact with old ties. However, a person who has moved a distance of only 50 miles can still interact with previous network members. As a result, it was thought that distant movers would be more motivated to form a new network. Nevertheless, the findings indicate distance moved does not correlate strongly with social network variables for the entire sample or for women alone. Although the results need to be replicated, there were a few correlations above the criterion level for males at time two. That is, as the number of miles increased, there was decreased involvement in community activities,

decreased phone contact, and fewer conflictual interactions with new network members. It is possible that the more major the move, the less time and energy can be devoted to social network development and community activities. As a result, the frequency of conflictual interactions would also be reduced.

ACTS AND STRATEGIES FOR NETWORK DEVELOPMENT

One way individuals cope with the impact of relocation is by engaging in activities to meet people. Neims (1986: xi) found that assuming an active stance and "making things happen" following relocation were coping strategies significantly associated with higher levels of adaptation. The specific activities and behaviors chosen also affect network development. However, there has been little documentation in the literature about the acts and strategies involved in forming social networks. This study provides a beginning examination of the acts and strategies people use for network formation.

Personal strategies

The study shows that the majority of subjects had a plan in their minds as to how they would meet people in their new communities. Over half also made special efforts to connect with new people rather than let relationships naturally develop. As might be expected, subjects who were planful were also actively seeking new relationships. The data

suggest that personal strategies affected the level of social activity following relocation. The majority of subjects who made special efforts to meet people also reported having an active social life. Similarly, although there was little difference at time one, at time two, subjects with a plan had a more active social life than those without a plan.

An interesting aspect of the data concerns the striking gender differences in personal strategies. The majority of women, even those employed full-time, had formulated a plan. In contrast, most men lacked a plan. Similarly, the majority of women made special efforts to meet people whereas most of the men let relationships naturally develop.

These results suggest that women may place greater value on relationships than men. This idea is congruent with the literature on adult development emphasizing the centrality of relationships and the importance of attachment for a woman's sense of self (Gilligan, 1982; Miller, 1976). Research also indicates women reportedly have more supportive relationships in their networks than men (Hirsch, 1979; Leavy, 1983). Yet, in this study both men and women reported that their social networks were important to them in their daily lives. What needs to be clarified is whether men and women have similar or different definitions of a social network or even different criteria for inclusion. For example, for some men a social network is synonymous with a work network; for others, a clear distinction is made between work and outside

relationships.

Context may also contribute to the differences in personal strategies. The majority of women in this sample were not employed and therefore not facing a potential pool of network members at the workplace. As a result, in rebuilding a social network they had to be planful, actively seeking relationships in order to combat loneliness and isolation. The number of women employed full-time in this study is small ($n = 7$). As a result, the impact of full-time employment should be investigated with a larger sample to better understand these gender differences.

Activities for network development

This study demonstrated that the majority of the sample participated occasionally or frequently in work/professional activities, child-oriented activities, educational and cultural activities, outdoor/health-oriented activities, and social activities/clubs. Whereas most of the sample participated infrequently in organizations or groups, the results reflected differences in gender and employment. In contrast to the men, the women, particularly those at home, engaged occasionally or frequently in these activities.

Although the checklist does not assess the effectiveness of these activities for meeting new social network members, there is some support from other data in the study. The workplace was cited as the primary source for meeting network members for the whole sample and for women employed full-

time. Women at home relied upon groups or organizations. Similarly, the qualitative findings suggest a large percentage viewed the workplace as a helpful source for meeting people. In addition, the subjects' children were a major resource for meeting people.

Although it was expected that social competence would influence the frequency of participation in activities, the associations were generally weak. However, for males, social competence was positively associated with half of the activity areas: work/professional activities, social activities,/clubs, and organizations or groups. It was also speculated that there would be an association between involvement in activities and network development. That is, the greater the involvement in activities, the greater the opportunity to meet new people. There were several interesting findings. As might be expected, participation in organizations/groups, social activities/clubs and outdoor/health-oriented activities was correlated with the amount of social activity; involvement in child-oriented activities, educational/cultural activities, and organizations/groups was associated with involvement in community activities. Not surprisingly, participation in work/professional activities was correlated with task assistance for job-seeking/employed subjects. However, there was a change from time one to time two for men. Whereas at time one the correlation between task assistance and

participation in work/professional activities was positive, by the second interview it was negative, possibly reflecting the diminished need for task assistance following the early months at a new job or training facility.

WELL-BEING, STRESS, AND THE SOCIAL NETWORK

The model for the study suggests that social support affects well-being and stress. There is considerable evidence in the literature that social support is positively related to subjective well-being and can moderate the impact of stressful life events such as relocation. However, correlations between social support and well-being and stress measures were weak. There are several possible explanations. The relatively homogeneous sample may have limited the variability of these measures. The three month interval between interviews may have been insufficient to permit the expected relationships to develop. In addition, relationships among social support, well-being, and stress are complex. Consequently, these associations may have been affected by other sources of variability.

Nevertheless, the study showed that subjects were relatively satisfied with all areas of their lives except for friendships. With the exception of a slight increase in satisfaction in friendships for homemakers, there was a pattern of increased dissatisfaction with friendships over time for both male and female subjects. For male employees,

there was a slight decrease in satisfaction with friendships over time; for women employed full-time, there was a sharp decline in satisfaction with friendships over time. The majority of employed males and females were satisfied with the other six domains. As might be expected, satisfaction with friendships was associated with the extent of one's social life and the frequency of contact with previous network members. For women subjects alone, intimacy and fun and relaxation with new network members also were both associated with satisfaction with friendships.

Despite the portrayal of relocation in the literature as a stressful life event, this sample was not characterized by high levels of stress. At time one, health, finances, and work were stressors for about half of the sample. Less than half of the subjects experienced the health of family members, child care, the dependent care of adults, and family relationships as sources of stress. By time two, work was the only major stressor. Not surprisingly, work and finances were primary stressors for employed subjects at time one and time two. Family relationships were a source of stress at time one for employed subjects, but the percentage of subjects experiencing stress in this area decreased over time.

An interesting finding is the difference between homemakers and employed women in their perceptions of their health as a stressful area. Homemakers indicated that their

health was a main source of stress. In contrast, less than half of the employed women perceived their health as a stressful area. These data suggest that a homemaker's struggle to create a new identity in a new community may be more stressful to her health than an employed woman's entry into the readymade structure of the workplace.

There were several correlations between the social network and stress measures worth noting. Not surprisingly, lack of social activity and community involvement were associated with job stress at time one. The stress of the care of dependent adults was associated with the frequency of phone contact with new network members at time one. For male subjects alone, the stress of dependent care was associated with intimacy, frequency of phone contact, and community activity at time one and with emotional and informational support at time two. For women, it was positively correlated with network size. These data may reflect the greater need for a supportive social network for those coping with this stressor.

In addition, for the parents in the study, child care stress was associated with the frequency of face to face contact and conflictual interactions with new network members at time two. As the amount of social interaction increases, the stress of finding child care also increases. At the same time, the data suggest that child care stress may create tensions in new social relationships.

IMPLICATIONS OF THE FINDINGS

Moving to a new city can be a stressful experience. Although subjects reportedly experienced some stress after moving, their general contentment with their lives nevertheless supports a more balanced view of relocation than the almost uniformly negative perspective cited in earlier studies (Seidenberg, 1975; Weissman and Paykel, 1972). As a result, it appears inappropriate to presume that relocation is a traumatic experience for all newcomers. Rather, relocation and the social network process create stresses and challenges with varying effects from individual to individual. Relocation must be understood in terms of the individual's history, coping strategies, personality, and life cycle stage.

Despite their general satisfaction with their lives, the subjects' dissatisfaction with friendships increased over time. Several subjects noted that they were more discontented with the move and their social relationships by the second interview. They were beginning to experience feelings of disappointment, loneliness, and sadness after the initial excitement of the move had passed. In addition, all subjects continued to receive only minimal social support from their new networks. Although these findings need to be replicated, the newcomer, the corporation, and the community should be aware that this period of delayed social distress may be a normal phase of the relocation process. Corporations

and community organizations might address this delayed distress by facilitating social support at this critical time rather than ending their efforts soon after the individual arrives in the new city.

The relocation or personnel specialist could help connect the employee with co-workers and resources in the neighborhood, and provide assistance to the job-seeking spouse. A study by Carter (1981) found that families affiliated with companies providing social network contacts following relocation reported greater satisfaction with their new community and family relationships than those who worked for a nonsupportive company. Corporations might consider expanding their Employee Assistance Programs to respond to the needs of relocated individuals and families. Programs might include pre-move and post-move interviews, relocation workshops, and referrals to community resources (Anderson and Stark, 1988).

A newcomer's entry into the community and the formation of a new network can also be facilitated by organizations such as the church or synagogue, or Welcome Wagon. The data indicate that these organizations are already the primary source for meeting people for women at home, providing special programs or activities for newcomers along with information about the community and its resources. Short-term support groups focusing on relocation issues (Levin, Groves, and Lurie, 1980) might also be offered by these

community organizations to ease the adjustment to a new city. These groups allow individuals to share feelings about the move and reduce isolation.

The study also provides realistic expectations for network development for clinicians treating relocated clients. Knowing that social support remains minimal for at least five to seven months after a move and that it requires at least 2.5 years to attain an intimate network can be helpful to newcomers struggling with network formation. These findings can also provide guidelines for evaluating low levels of social support after relocation. The absence of a stable, intimate social network at five to seven months following geographic relocation may be a normative phase of the moving process rather than a disturbance in interpersonal relationships.

LIMITATIONS OF THE STUDY

1. The major limitation of the study was that the sample was not randomly selected thereby restricting generalizability to other populations. The results must be considered in terms of this particular subculture of newcomers, that is, married, corporate/professional, upwardly mobile individuals. For example, the findings on stress, well-being, and social support might differ for working class and/or unmarried mobile persons. The latter individuals might move for different reasons or develop social networks in different

ways.

2. The measurement tools had limitations. The social network measure assessed the perceived quantity of social support exchanged between individual network members and each subject. An additional measure of satisfaction with available support may have correlated more strongly with stress and well-being.

Face to face contact within the previous month was required for inclusion in a subject's social network. It was presumed that the beginning stages of social network development necessitated in-person interactions. However, it is possible, particularly by the second interview, that some important network members were deleted due to lack of face to face contact.

The disadvantage of the stress and well-being measures is that they are single-items rather than scales. However, they were not intended to tease out clinical symptomatology and were non-threatening to the subjects, partly offsetting the statistical limitations.

3. The three month interval may have been insufficient to document changes in social support. A cross-sectional analysis of the pre-move network based on length of time in the previous community revealed that it takes between 2.5 and 4.5 years to develop an intimate social network.

4. Many comparisons involved employed men, employed women, and homemakers. However, the sample size for women employed

full-time was small ($n=7$), due to the difficulty in finding such subjects.

5. The location of the interview was not held constant, that is, some interviews were held at work while others were conducted at home or in a restaurant.

SUGGESTIONS FOR FUTURE RESEARCH

1. This study might be replicated over a longer period of time to further document the emerging social network. The three month interval might be lengthened to permit greater changes to occur.

2. Future research should evaluate the impact of individual differences such as gender and social competence on the mobilization of social support. Studies should also include a greater percentage of employed women. Comparisons between working men and women are needed to better understand the relationships between gender, employment, and the social network. Future research also should continue to investigate the acts and strategies people use to develop social networks.

3. Technological advances and time constraints have resulted in diverse methods of connecting with people. For example, a relationship can be maintained without in-person contact via telecommunications. Future research might tap these types of social exchanges rather than limit social network inclusion to face to face contact.

CHAPTER VII

SUMMARY

This study described the early social network of newly relocated, married subjects over time. It also examined the factors affecting network development, the process and experience of network development, as well as well-being, stress, and the social network. The following are the most important findings:

1. The size of the new social network changed little over time but did not reach the pre-move network size. There was an increase in levels of intimacy and in the amount of social and community activity over time, although pre-move levels were not attained. Subjects relied on their spouses for support; they received minimal social support from their new network members at time one and time two.

2. The building of a new social network requires a considerable amount of time. A cross-sectional analysis of pre-move network data indicate that it takes between 2.5 to 4.5 years in a community to attain stable levels of intimacy. The results suggest that network size stabilizes earlier than the level of intimacy.

3. The social networks were in transition and unstable. Approximately 56% of the persons named in the new social network at time one were deleted at time two. Lack of time

and work commitments were perceived as main obstacles to network development.

4. The model for the study suggests that characteristics of the individual and characteristics of the move affect network development. Gender, employment status, and social competence were the factors which most strongly influenced the new social network.

5. There were striking gender differences in personal strategies. The majority of women, even those employed full-time, had formulated a plan for network development. In contrast, most men lacked a plan. Similarly, the majority of women made special efforts to meet people whereas most of the men let relationships naturally develop.

6. The majority of the subjects participated occasionally or frequently in work/professional activities, child-oriented activities, educational and cultural activities, outdoor/health-oriented activities, and social activities/clubs in order to meet people. In contrast to the men, the women, particularly those at home, engaged occasionally or frequently in organizations or groups. Men and women employed full-time relied on the workplace to meet people. Women at home relied on organizations and groups.

7. Subjects were relatively satisfied with all areas of their lives except for friendships. With the exception of a slight increase in satisfaction for homemakers, there was a pattern of increased dissatisfaction with friendships over

time for both male and female subjects. Satisfaction with friendships was also positively associated with social activity.

8. Despite the portrayal of relocation in the literature as a stressful life event, this sample was not characterized by high levels of stress. At time one, health, finances, and work were the primary stressors. By time two, work was the only major stress. Work and finances were major stressors for employed men and women. Family relationships, a source of stress for employed subjects at time one, were less stressful at time two. Lack of social activity and community involvement were also associated with job stress for employed subjects.

9. The model suggests that the employment status influences stress. An interesting finding is the difference between homemakers and employed women in their perceptions of their health as a stressful area. Homemakers indicated that their health was a main source of stress. In contrast, less than half of the employed women perceived their health as a stressful area.

10. These results have implications for corporate and community interventions. Future research should evaluate the impact of individual differences on the mobilization of social support. The study should be replicated over a longer period of time to further document the emerging social network.

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APPENDIX A

INFORMED CONSENT

I, _____, hereby agree to participate in the study, "The Development of a Social Network after Relocation," conducted by Joan Starker. It has been explained to me that the purpose of the study is to learn more about the process of building new social relationships following a geographic move.

I understand that I can refuse to answer any questions which make me uncomfortable. My participation in the study will involve one personal interview and one phone interview, three months apart. Although I may not receive any direct benefit from participation in this study, my participation may help to increase knowledge which may benefit others in the future.

I have been assured that all information I give will be completely confidential and that the identity of all subjects will remain anonymous. I understand that my participation in this study is voluntary and I am free to withdraw from participation in this study at any time.

The interviewer _____ has offered to answer any questions I may have about the study.

I have read and understand the above information.

Date _____ Interviewee's Signature _____

Date _____ Interviewer's Signature _____

I would like to thank you for taking the time to talk with me. The purpose of this study is to learn more about the process of building new social relationships following a geographic move. Let me assure you that all information will be completely confidential.

The first set of questions will deal with general background information.

5. What are their ages?

Not applicable

6. This question is about the people who live with you. What are the first names of all persons who live with you on a regular basis?

Names	Sex	Age	Relationship
1. _____			
2. _____			
3. _____			
4. _____			
5. _____			

Relationship Code	Gender
01 = spouse	11 = grandparent
02 = child	12 = child's spouse
03 = stepchild	13 = other in-law
04 = grandchild	14 = niece/nephew
05 = sibling	15 = cousin
06 = friend	16 = aunt/uncle
07 = spouse's sibling	17 = other _____
08 = spouse's friend	88 = refused
09 = parent	99 = missing
10 = in-law	

7. What is the highest level of education you have completed?

01 = less than 7 years of school
 02 = 7-9 years of school
 03 = 10-12 years of school
 04 = high school graduate
 05 = trade/technical school
 06 = 1-2 years of college
 07 = 3-4 years of college
 08 = college graduate
 09 = graduate/professional school
 77 = don't know
 88 = refused
 99 = missing

8. What is your occupation? _____

9. Into which of the following categories does your annual income fall?

01 = less than \$20,000
02 = between \$20,000 and \$40,000
03 = between \$40,000 and \$60,000
04 = more than \$60,000
77 = don't know
88 = refused
99 = missing

10. What is your spouse's occupation? _____

11. Into which of the following categories does the total annual income of your family fall?

01 = less than \$20,000
02 = between \$20,000 and \$40,000
03 = between \$40,000 and \$60,000
04 = more than \$60,000
77 = don't know
88 = refused
99 = missing

12. Did you leave a paying job when you moved?

1 = no
2 = yes, part-time
3 = yes, full-time
7 = don't know
8 = refused
9 = missing

13. Do you currently have a paying job or are you self-employed?
(If no, PROBE re: planning to stay at home or looking for work)

1 = no, I am not planning to look for a job
2 = yes, part-time
3 = yes, full-time
4 = no, but I am looking for a job/starting my own business
7 = don't know
8 = refused
9 = missing

Now I would like to ask you some questions about your previous location and your move to the Portland area.

14. Name city or town where you previously lived

(CITY, TOWN)

(STATE)

Number of miles moved (Interviewer code)

- 01 = 50 to 100 miles
- 02 = 101 to 500 miles
- 03 = 501 to 1000 miles
- 04 = 1001 to 2000 miles
- 05 = 2001 to 3000 miles
- 06 = more than 3000 miles
- 88 = refused
- 99 = missing

15. How would you describe your previous residential location?

- 01 = metropolis (with a population of at least a million)
- 02 = large city (with a population of at least 500,000)
- 03 = medium-sized city (with a population of at least 100,000)
- 04 = small city (with a population of at least 25,000)
- 05 = suburb
- 06 = small town (with a population of at least 2,500)
- 07 = rural area (with a population less than 2,500)
- 77 = don't know
- 88 = refused
- 99 = missing

16. How long did you live there?

____years

____months

17. How satisfied were you with your previous residential location?

- 1 = extremely satisfied
- 2 = quite satisfied
- 3 = somewhat satisfied
- 4 = somewhat dissatisfied
- 5 = quite dissatisfied
- 6 = extremely dissatisfied
- 7 = don't know
- 8 = refused
- 9 = missing

18. If you lived and worked in different locations, name city or town where you previously worked?

(CITY, TOWN)

(STATE)

How would you describe your previous work location?

- 01 = metropolis (with a population of at least a million)
- 02 = large city (with a population of at least 500,000)
- 03 = medium-sized city (with a population of at least 100,000)
- 04 = small city (with a population of at least 25,000)
- 05 = suburb
- 06 = small town (with a population of at least 2,500)
- 07 = rural area (with a population less than 2,500)
- 08 = not applicable
- 77 = don't know
- 88 = refused
- 99 = missing

19. How would you describe your social life in your previous community?

- 1 = extremely active (almost daily social contact with friends)
- 2 = quite active
- 3 = somewhat active
- 4 = somewhat inactive
- 5 = quite inactive
- 6 = extremely inactive (little socialization)
- 7 = don't know
- 8 = refused
- 9 = missing

20. How satisfied were you with your social life in your previous community?

- 1 = extremely satisfied
- 2 = quite satisfied
- 3 = somewhat satisfied
- 4 = somewhat dissatisfied
- 5 = quite dissatisfied
- 6 = extremely dissatisfied
- 7 = don't know
- 8 = refused
- 9 = missing

21. Which best characterizes your approach to meeting people in a new community?

- 1 = I like to make special efforts to meet people.
- 2 = I prefer to let relationships naturally develop.
- 7 = don't know
- 8 = refused
- 9 = missing

22. How would you describe your involvement in community activities in your previous community?

- 1 = extremely active (almost daily involvement in community activities)
- 2 = quite active
- 3 = somewhat active
- 4 = somewhat inactive
- 5 = quite inactive
- 6 = extremely inactive (little involvement in community activities)
- 7 = don't know
- 8 = refused
- 9 = missing

23. How satisfied were you with your community involvement in your previous community?

- 1 = extremely satisfied
 - 2 = quite satisfied
 - 3 = somewhat satisfied
 - 4 = somewhat dissatisfied
 - 5 = quite dissatisfied
 - 6 = extremely dissatisfied
 - 7 = don't know
 - 8 = refused
 - 9 = missing
-

24. When did you move to the Portland area?

(date)

25. What were the reasons for your present move?

(PROBE re: negative and positive reasons for move)

26. Of the reasons mentioned above, what was the main reason for the present move?

27. Who made the decision to move?

- 1 = I made the decision
 - 2 = my husband made the decision
 - 3 = my wife made the decision
 - 4 = my spouse and I discussed the move and we both agreed to relocate
 - 7 = don't know
 - 8 = refused
 - 9 = missing
-

28. Now I am going to ask you some questions about your feelings about the move.

A. What about excitement - did you feel excited?

- 1 = very excited
- 2 = excited
- 3 = somewhat excited
- 4 = slightly excited
- 5 = not excited
- 7 = don't know
- 8 = refused
- 9 = missing

B. What about anger - did you feel angry?

- 1 = very angry
- 2 = angry
- 3 = somewhat angry
- 4 = slightly angry
- 5 = not angry
- 7 = don't know
- 8 = refused
- 9 = missing

C. What about sadness - did you feel sad?

- 1 = very sad
- 2 = sad
- 3 = somewhat sad
- 4 = slightly sad
- 5 = not sad
- 7 = don't know
- 8 = refused
- 9 = missing

D. What about anxiety - did you feel anxious?

- 1 = very anxious
- 2 = anxious
- 3 = somewhat anxious
- 4 = slightly anxious
- 5 = not anxious
- 7 = don't know
- 8 = refused
- 9 = missing

E. Overall, how happy or unhappy were you about the decision to move?

- 1 = extremely happy
- 2 = quite happy
- 3 = somewhat happy
- 4 = somewhat unhappy
- 5 = quite unhappy
- 6 = extremely unhappy
- 7 = don't know
- 8 = refused
- 9 = missing

29. How many times did you visit the Portland area prior to moving? _____

30. Did you know anyone in the Portland area prior to moving?

- 1 = yes
- 2 = no
- 7 = don't know
- 8 = refused
- 9 = missing

If so, whom did you know? (Circle as many as apply)

- 1 = friend(s)
- 2 = relative(s)
- 3 = name given to me by friend or relative
- 4 = co-worker
- 5 = acquaintance
- 6 = other _____
- 9 = not applicable

31. How long do you intend to stay in the Portland area?

- 1 = less than one year
- 2 = 1-2 years
- 3 = 2-3 years
- 4 = more than 3 years
- 7 = don't know
- 8 = refused
- 9 = missing

32. How many moves of at least 50 miles have you made since age 18 (not including college but including graduate school/professional training)?

33. How many moves of at least 50 miles have you made as a child?

34. What is your home state or country? _____
35. How many moves of at least 50 miles did you make since you've been married?
36. Now I would like to ask you some questions about your social network.

PRE-MOVE SOCIAL NETWORK

Think of all the people outside of your household with whom you had contact in your previous community - at work, in the neighborhood, in social or religious settings and so on. Please tell me the first name and last initial of up to ten people who were important or meaningful to you in some way and whom you saw at least once during the last month in your previous community.

37. What is your relationship to this person?
(Indicate as many as apply)

01 = parent
02 = child
03 = sibling
04 = other relative (please specify)
05 = friend
06 = neighbor
07 = co-worker
08 = co-member of organization
09 = acquaintance
10 = other (please specify)

38. Rate your relationship with each person.
(All relatives are coded 5; nonrelatives 1 - 4)

1 = acquaintance
2 = friend
3 = close friend
4 = best friend
5 = important family member

39. Now I am going to ask you some specific questions about your contact with these people within the last month.

How often did you have phone contact or correspond with each person during the last month?

- 1 = not at all
- 2 = once or twice
- 3 = once a week
- 4 = two to three times a week
- 5 = almost every day

POST-MOVE NETWORK

Now let's talk about your new social network. Think of all of the people outside of your household with whom you have contact in the Portland area - at work, in the neighborhood, in social or religious settings and so on. Please tell me the first name and last initial of up to ten people who are important and meaningful to you in some way and whom you have seen at least once during the last month.

For each person, please answer the following questions:

40. About how long have you known this person?

- 01 = less than 1 month
- 02 = between 1 and 3 months
- 03 = between 3 and 6 months
- 04 = between 6 months and 1 year
- 05 = 1 to 5 years
- 06 = 6 to 10 years
- 07 = more than 10 years

41. How did you first meet this person?

- 01 = We're in the same family
 - 02 = Grew up together
 - 03 = in school
 - 04 = at work
 - 05 = as neighbors
 - 06 = in a group or organization
 - 07 = through a friend
 - 08 = through my husband/wife
 - 09 = through my child
 - 10 = other (how)
-

42. How often did you see each other within the last month?
- 1 = once or twice
 - 2 = once a week
 - 3 = two or three times a week
 - 4 = almost every day
43. How often did you have phone contact within the last month?
- 1 = not at all
 - 2 = once or twice
 - 3 = once a week
 - 4 = two or three times a week
 - 5 = almost every day
44. Sex (Interviewer code)
- 1 = female
 - 2 = male
45. What is your relationship to this person?
(Indicate as many as apply)
- 01 = parent
 - 02 = child
 - 03 = sibling
 - 04 = other relative (please specify)
 - 05 = friend
 - 06 = neighbor
 - 07 = co-worker
 - 08 = co-member of organization
 - 09 = acquaintance
 - 10 = other (please specify)
46. Rate your relationship with each person.
(All relatives are coded 5; nonrelatives 1 - 4)
- 1 = acquaintance
 - 2 = friend
 - 3 = close friend
 - 4 = best friend
 - 5 = important family member
-

Now I am going to ask you questions about different types of support provided by each person.

47. During the past month, this person provided you with emotional support or comfort regarding a personal problem.

1 = not at all
2 = a slight amount (once or twice)
3 = a moderate amount (once a week)
4 = a considerable amount (2 - 3 times a week)
5 = a great deal (almost every day)

48. During the past month, you got together with this person to have fun and relax.

1 = not at all
2 = a slight amount (once or twice)
3 = a moderate amount (once a week)
4 = a considerable amount (2 - 3 times a week)
5 = a great deal (almost every day)

49. During the past month, this person helped you carry out a task or did a favor for you (e.g. helped you with some work around the house, loaned you something, etc.)

1 = not at all
2 = a slight amount (once or twice)
3 = a moderate amount (once a week)
4 = a considerable amount (2 - 3 times a week)
5 = a great deal (almost every day)

50. During the past month, this person actually provided you with some information or advice that was useful to you.

1 = not at all
2 = a slight amount (once or twice)
3 = a moderate amount (once a week)
4 = a considerable amount (2 - 3 times a week)
5 = a great deal (almost every day)

51. During the past month, this person made you feel angry or upset.

1 = not at all
2 = a slight amount (once or twice)
3 = a moderate amount (once a week)
4 = a considerable amount (2 - 3 times a week)
5 = a great deal (almost every day)

52. Administer Network Matrix Form

53. Are there any other people who have been helpful and supportive during this transition?

If so, who are they (first name and last initial) and what is your relationship to them?

Name	Relationship
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Relationship code
(Indicate as many as apply)

- 01 = parent
- 02 = child
- 03 = sibling
- 04 = other relative (please specify)
- 05 = friend
- 06 = neighbor
- 07 = co-worker
- 08 = co-member of organization
- 09 = acquaintance
- 10 = other (please specify)
- 11 = not applicable

How has each person been helpful to you?

54. How would you describe your social life here in Portland?

- 1 = extremely active (almost daily social contact with friends)
- 2 = quite active
- 3 = somewhat active
- 4 = somewhat inactive
- 5 = quite inactive
- 6 = extremely inactive (little socialization)
- 7 = don't know
- 8 = refused
- 9 = missing

55. How satisfied are you with your social life?

- 1 = extremely satisfied
- 2 = quite satisfied
- 3 = somewhat satisfied
- 4 = somewhat dissatisfied
- 5 = quite dissatisfied
- 6 = extremely dissatisfied
- 7 = don't know
- 8 = refused
- 9 = missing

56. How would you describe your involvement in community activities here in Portland?

- 1 = extremely active (almost daily involvement in community activities)
- 2 = quite active
- 3 = somewhat active
- 4 = somewhat inactive
- 5 = quite inactive
- 6 = extremely inactive (little involvement in community activities)
- 7 = don't know
- 8 = refused
- 9 = missing

57. How satisfied are you with your community involvement?

- 1 = extremely satisfied
- 2 = quite satisfied
- 3 = somewhat satisfied
- 4 = somewhat dissatisfied
- 5 = quite dissatisfied
- 6 = extremely dissatisfied
- 7 = don't know
- 8 = refused
- 9 = missing

58. Did you have a plan in your mind as to how you would meet people here?

59. If so, what was your plan?

60. How has it worked out?

(PROBE: reasons it has or has not worked out)

61. What obstacles have you encountered in meeting people here?

62. What has been the worst part about building a new network?

63. What has been most helpful in building a network?

64. What, if anything, would have made it easier to meet people?

65. Did your/your spouse's place of employment help you meet people?

If so, what has been done?

66. Now I would like you to complete a few more questionnaires.

67. How has the process of looking at your pre-move and post-move networks made you feel?

68. In thinking about your move and the development of a new social network, can you think of anything that I should have asked but didn't?

Thank you very much for participating in this study. In order to complete this research project, it will be necessary to conduct a follow-up telephone interview. You will be contacted in about three months.

Interviewer's Comments

PRE-MOVE NETWORK

I.D. No. _____

Name	Intimacy	Relationship	Frequency
	<u>Intimacy Code</u> 1=acquaintance 2=friend 3=close friend 4=best friend	<u>Relationship Code</u> 01=parent 02=child 03=sibling 04=other relative (specify) 05=friend 06=neighbor 07=co-worker 08=co-member of organization 09=professional 10=other (specify)	<u>Frequency Code</u> 1=not at all 2=once 3=a few times 4=several times 5=almost everyday 6=every day

POST-MOVE NETWORK

I.D. No. _____

Names	Types of Support					Relationship 01=parent 02=child 03=sibling 04=other relative 05=friend 06=neighbor 07=co-worker 08=co-member/organ. 09=acquaintance 10=other (specify)	Sex 1=female 2=male	Intimacy 1=acquaintance 2=friend 3=close friend 4=best friend 5=important family member
	Emotional	Fun & Relax	Task Assistance	Information	Conflict			

Support/Conflict Code

- 1=not at all
- 2=a slight amount (once or twice)
- 3=a moderate amount (once a week)
- 4=a considerable amount (2-3 times a week)
- 5=a great deal (almost every day)

POST-MOVE NETWORK

I.D. No. _____

		Name	Name	Name	Name	Name
How long have you known this person?	01=less than 1 month 02=btwn 1&3 months 03=btwn 3&6 months 04=btwn 6 mos & 1 yr. 05=1 to 5 years 06=6 to 10 years 07=more than 10 yrs					
How did you first meet this person?	01=We're in same family 02=grew up together 03=in school 04=at work 05=as neighbors 06=in group or organization 07=through a friend 08=through wife/husband 09=through my child 10=other (how)					
How often did you see each other within the last month?	1=once or twice 2=once a week 3=2-3 times a week 4=almost every day					
How often did you have phone contact within the last month?	1=not at all 2=once or twice 3=once a week 4=2-3 times a week 5=almost every day					

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[illegible][illegible]

APPENDIX C

SECOND INTERVIEW

Subject ID# _____ Time Interview Begun _____

Interviewer _____ Time Interview Completed _____

Date _____ Referred by _____

Thank you again for taking the time to talk with me. As you know, the purpose of this interview is to gain information about your new social relationships since you moved to Portland and any changes that may have occurred in the last three months. Let me assure you that all information will be completely confidential.

POST-MOVE NETWORK

I'd like to begin by talking about your new social network in the Portland area. Think of all of the people outside of your household with whom you have contact in the Portland area - at work, in the neighborhood, in social or religious settings and so on. Please tell me the first name and last initial of up to ten people who are important and meaningful to you in some way and whom you have seen at least once during the last month.

For each person, please answer the following questions:

1. About how long have you known this person?

- 01 = less than 1 month
- 02 = between 1 and 3 months
- 03 = between 3 and 6 months
- 04 = between 6 months and 1 year
- 05 = 1 to 5 years
- 06 = 6 to 10 years
- 07 = more than 10 years

2. How did you first meet this person?

- 01 = We're in the same family
- 02 = Grew up together
- 03 = in school
- 04 = at work
- 05 = as neighbors
- 06 = in a group or organization
- 07 = through a friend
- 08 = through my husband/wife
- 09 = through my child
- 10 = other (how)

3. How often did you see each other within the last month?

- 1 = once or twice
- 2 = once a week
- 3 = two or three times a week
- 4 = almost every day

4. How often did you have phone contact within the last month?

- 1 = not at all
- 2 = once or twice
- 3 = once a week
- 4 = two or three times a week
- 5 = almost every day

5. Sex (Interviewer code)

- 1 = female
- 2 = male

6. What is your relationship to this person?
(Indicate as many as apply)

- 01 = parent
- 02 = child
- 03 = sibling
- 04 = other relative (please specify)
- 05 = friend
- 06 = neighbor
- 07 = co-worker
- 08 = co-member of organization
- 09 = acquaintance
- 10 = other (please specify)

7. Rate your relationship with each person.
(All relatives are coded 5; nonrelatives 1 - 4)

1 = acquaintance
2 = friend
3 = close friend
4 = best friend
5 = important family member

Now I am going to ask you questions about different types of support provided by each person.

For the following questions, the choices are:

1 = not at all
2 = a slight amount (once or twice)
3 = a moderate amount (once a week)
4 = a considerable amount (2 - 3 times a week)
5 = a great deal (almost every day)

8. During the past month, this person provided you with emotional support or comfort regarding a personal problem.

1 = not at all
2 = a slight amount (once or twice)
3 = a moderate amount (once a week)
4 = a considerable amount (2 - 3 times a week)
5 = a great deal (almost every day)

9. During the past month, you got together with this person to have fun and relax.

1 = not at all
2 = a slight amount (once or twice)
3 = a moderate amount (once a week)
4 = a considerable amount (2 - 3 times a week)
5 = a great deal (almost every day)

10. During the past month, this person helped you carry out a task or did a favor for you (e.g. helped you with some work around the house, loaned you something, etc.)

1 = not at all
2 = a slight amount (once or twice)
3 = a moderate amount (once a week)
4 = a considerable amount (2 - 3 times a week)
5 = a great deal (almost every day)

11. During the past month, this person actually provided you with some information or advice that was useful to you.

1 = not at all
2 = a slight amount (once or twice)
3 = a moderate amount (once a week)
4 = a considerable amount (2 - 3 times a week)
5 = a great deal (almost every day)

12. During the past month, this person made you feel angry or upset.

1 = not at all
2 = a slight amount (once or twice)
3 = a moderate amount (once a week)
4 = a considerable amount (2 - 3 times a week)
5 = a great deal (almost every day)

13. Administer Network Matrix Form

14. How would you describe your social life here in Portland?

1 = extremely active (almost daily social contact with friends)
2 = quite active
3 = somewhat active
4 = somewhat inactive
5 = quite inactive
6 = extremely inactive (little socialization)
7 = don't know
8 = refused
9 = missing

15. How satisfied are you with your social life?

1 = extremely satisfied
2 = quite satisfied
3 = somewhat satisfied
4 = somewhat dissatisfied
5 = quite dissatisfied
6 = extremely dissatisfied
7 = don't know
8 = refused
9 = missing

16. How would you describe your involvement in community activities here in Portland?

- 1 = extremely active (almost daily involvement in community activities)
- 2 = quite active
- 3 = somewhat active
- 4 = somewhat inactive
- 5 = quite inactive
- 6 = extremely inactive (little involvement in community activities)
- 7 = don't know
- 8 = refused
- 9 = missing

17. How satisfied are you with your community involvement?

- 1 = extremely satisfied
- 2 = quite satisfied
- 3 = somewhat satisfied
- 4 = somewhat dissatisfied
- 5 = quite dissatisfied
- 6 = extremely dissatisfied
- 7 = don't know
- 8 = refused
- 9 = missing

18. Overall, how important is your social network to you in your daily life?

- 1 = extremely important
- 2 = quite important
- 3 = somewhat important
- 4 = somewhat unimportant
- 5 = quite unimportant
- 6 = extremely unimportant
- 7 = don't know
- 8 = refused
- 9 = missing

19. Overall, how satisfied are you with your current social network?

- 1 = extremely satisfied
 - 2 = quite satisfied
 - 3 = somewhat satisfied
 - 4 = somewhat dissatisfied
 - 5 = quite dissatisfied
 - 6 = extremely dissatisfied
 - 7 = don't know
 - 8 = refused
 - 9 = missing
-

PRE-MOVE NETWORK

20. Now I'd like to know how much contact you continue to have with your network in your previous community. Three months ago, in the first interview, you gave me a list of people who were important to you in your previous community. I would like to know how often you had phone contact or corresponded with each of the following people during the last month. The choices are:

1 = not at all
2 = once or twice
3 = once a week
4 = two to three times a week
5 = almost every day

Now I am going to ask you some questions about different types of support provided by your spouse.

For the following questions, the choices are:

1 = not at all
2 = a slight amount (once or twice)
3 = a moderate amount (once a week)
4 = a considerable amount (2 - 3 times a week)
5 = a great deal (almost every day)

21. Since you moved to the Portland area, your spouse provided you with emotional support or comfort regarding a personal problem.

1 = not at all
2 = a slight amount (once or twice)
3 = a moderate amount (once a week)
4 = a considerable amount (2 - 3 times a week)
5 = a great deal (almost every day)

22. Since you moved to the Portland area, you spent time together for fun and relaxation.

1 = not at all
2 = a slight amount (once or twice)
3 = a moderate amount (once a week)
4 = a considerable amount (2 - 3 times a week)
5 = a great deal (almost every day)

23. Since you moved to the Portland area, your spouse helped you carry out a task or did a favor for you (e.g. helped you with some work, etc.)

1 = not at all
2 = a slight amount (once or twice)
3 = a moderate amount (once a week)
4 = a considerable amount (2 - 3 times a week)
5 = a great deal (almost every day)

24. Since you moved to the Portland area, your spouse actually provided you with some information or advice that that was useful to you.

1 = not at all
2 = a slight amount (once or twice)
3 = a moderate amount (once a week)
4 = a considerable amount (2 - 3 times a week)
5 = a great deal (almost every day)

25. Overall, how supportive has your spouse been since you've moved to the Portland area?

1 = extremely supportive
2 = quite supportive
3 = somewhat supportive
4 = somewhat nonsupportive
5 = quite nonsupportive
6 = extremely nonsupportive
7 = don't know
8 = refused
9 = missing

Now I would like to ask you some questions about your experience during the last three months in building a new social network and in moving to the Portland area.

26. What obstacles have you encountered in meeting people the last three months?

27. During the last three months, what has been the worst part about building a new network?

28. During the last three months, what has been most helpful in building a network?

29. During the last three months, what, if anything, would have made it easier to meet people?

30. How long did you expect it to take to develop a social network?

(PROBE: What has been your experience with this move?

Has it taken more time or less time than you expected?)

31. Compared to three months ago, do you feel better, worse, worse, or the same about the move? (PROBE: Could you tell me a little bit about that?)

32. In thinking about your move and the development of a new new social network, can you think of anything that I should have asked but didn't?

I will be sending you a second set of questions which should take approximately ten minutes to complete. Please fill it out and return it to me in the enclosed envelope. Thank you very much for participating in this study. I appreciate your time and the sharing of your experience.

Time Interview Completed_____

Interviewer's Comments

APPENDIX D

COM Q

Below you will find a list of specific behaviors or feelings. Imagine yourself in each situation, and using the rating scale given below, circle the appropriate letter for each item.

A = Not at all like me

B = A little like me

C = Quite a lot like me

D = A great deal like me

1. Start a conversation with someone I don't know well, but would like to get to know better.

A B C D

2. Be confident in my ability to make friends, even in a situation where I know few people.

A B C D

3. Be able to mix well in a group.

A B C D

4. Feel uncomfortable looking at other people directly.

A B C D

5. Have trouble keeping a conversation going when I'm just getting to know someone.

A B C D

A = Not at all like me

B = A little like me

C = Quite a lot like me

D = A great deal like me

6. Find it hard to let a person know that I want to become closer friends with him/her.

A B C D

7. Enjoy social gatherings just to be with people.

A B C D

8. Have problems getting other people to notice me.

A B C D

9. Feel confident of my social behavior.

A B C D

10. Seek out social encounters because I enjoy being with other people.

A B C D

ACTIVITY CHECKLIST

Which (if any) of the following did you do in order to meet people in your new community?

Professional or related activities

I. How often did you participate in professional activities:
(Circle the one that applies)

1 = never 2 = seldom 3 = occasionally 4 = frequently

II. Please indicate the professional activities you participated in since you've moved to the Portland metropolitan area. Check as many numbers as apply.

1. I joined/attended meetings of a professional organization.
2. I joined/attended meetings of a labor union.
3. I contacted persons in my field or profession prior to or after the move.
4. I invited my co-workers to dinner.
5. I went to a professional conference.
6. I went on job interviews.
7. I went to networking breakfasts.
8. I went to employment agencies.
9. Other (Please specify)

Child-oriented activities

I. How often did you participate in child-oriented activities:
(Circle the one that applies)

1 = never 2 = seldom 3 = occasionally 4 = frequently

II. Please indicate the child-oriented activities you participated in since you've moved to the Portland area. Check as many numbers as apply.

1. I participated in classes with my young child/children (e.g. toddler art classes)
 2. I volunteered in my child's school.
 3. I became a leader for a youth group (e.g. Scout leader, soccer coach).
 4. I visited child-oriented places (the zoo, parks) to meet other parents.
 5. I joined/attended meetings of the P.T.A.
-

6. I put an advertisement on a bulletin board or in the newspaper to start a play group.
7. I introduced myself to the parents of my child's friends.
8. I joined an Indoor Park.
9. I attended meetings of a mothers'/parents' group.
10. Other (Please specify)

Educational and Cultural Activities

- I. How often did you participate in educational and cultural activities:
(Circle the one that applies)

1 = never 2 = seldom 3 = occasionally 4 = frequently

II. Please indicate the educational and cultural activities you participated in since you've moved to the Portland area. Check as many numbers as apply.

1. I participated in a music group.
2. I took an adult education class/attended a lecture.
3. I joined a local theatrical group.
4. I went to a book store.
5. I enrolled in a degree program.
6. I went to a museum.
7. I went to a concert.
8. Other (Please specify)

Outdoor/Health-oriented Activities

- I. How often did you participate in outdoor/health-oriented activities:
(Circle the one that applies)

1 = never 2 = seldom 3 = occasionally 4 = frequently

II. Please indicate the outdoor/health-oriented activities you participated in since you've moved to the Portland area. Check as many numbers as apply.

1. I went jogging/hiking/walking/bicycling/swimming.
2. I participated in a sports team.
3. I became a member of a health club or attended an exercise class.

4. I participated in an outdoor-oriented group or activity (e.g. mountain climbing, skiing).
5. I joined an environmentally-oriented organization.
6. I walked my dog in my neighborhood.
7. I worked in my yard.
8. Other (Please specify)

Social Activities/Clubs

- I. How often did you participate in social activities/clubs:
(Circle the one that applies)

1 = never 2 = seldom 3 = occasionally 4 = frequently

II. Please indicate the social activities/clubs you participated in since you've moved to the Portland area. Check as many numbers as apply.

1. I joined a country club.
2. I participated in a social club such as the Newcomers Club.
3. I participated in a card-playing group.
4. I contacted names of local people given to me by friends or acquaintances.
5. I contacted college acquaintances through my alumni directory.
6. I went to a tavern.
7. I invited my neighbors or acquaintances to dinner.
8. I chatted with neighbors about the community.
9. Other (Please specify)

Membership/Participation in other organizations or groups

- I. How often did you participate in other organizations or groups:
(Circle the one that applies)

1 = never 2 = seldom 3 = occasionally 4 = frequently

II. Please indicate the organizations or groups you participated in since you've moved to the Portland area. Check as many numbers as apply.

1. I joined a political club/organization or participated in a campaign.

2. I joined a church or synagogue/participated in church or synagogue activities.
3. I joined a support group (new parents, Alanon).
4. I joined a gourmet club.
5. I became involved in animal-related activities (e.g. horse, dog shows)
6. I became active in my college's local alumni organization.
7. I joined a fraternal lodge or organization.
8. I attended meetings of the neighborhood association.
9. I joined a gardening club.
10. I participated in a hobby club.
11. I joined a women's organization (e.g. A.A.U.W., Junior League, N.O.W).
12. I joined a cooperative (consumer, childcare).
13. I became a member of a civic organization (e.g. City Club).
14. I volunteered at a social service or other community organization.
15. Other (Please specify)

Others (Please specify)

DOMAIN SATISFACTION MEASURES

1. How satisfied are you with Portland as a place to live? If you are completely satisfied with Portland as a place to live, you would circle "one." If you are completely dissatisfied, you would circle "seven." If you are neither completely satisfied nor completely dissatisfied, you would put yourself somewhere from two to six; for example, four means that you are neutral, or just as satisfied as you are dissatisfied.

1	2	3	4	5	6	7
(completely satisfied)				(completely dissatisfied)		

2. And what about your particular neighborhood in the Portland metropolitan area? All things considered, how satisfied or dissatisfied are you with your neighborhood as a place to live? Which number comes closest to how satisfied or dissatisfied you feel?

1	2	3	4	5	6	7
(completely satisfied)				(completely dissatisfied)		

3. Considering everything, how satisfied or dissatisfied are you with your house/apartment? Which number comes closest to how satisfied or dissatisfied you feel?

1	2	3	4	5	6	7
(completely satisfied)				(completely dissatisfied)		

4. The things people have--housing, car, furniture, recreation and the like-- make up their standard of living. Some people are satisfied with their standard of living, others feel it is not as high as they would like. How satisfied are you with your standard of living? Which number comes closest to how you feel?

1	2	3	4	5	6	7
(completely satisfied)				(completely dissatisfied)		

5. All things considered, how satisfied are you with your friendships -- with the time you can spend with friends, the things you do together, the number of friends you have, as well as the particular people who are your friends? Which number comes closest to how you feel?

1 2 3 4 5 6 7

(completely satisfied)

(completely
dissatisfied)

6. All things considered, how satisfied are you with your family life-- the time you spend and the things you do with members of your family? Which number comes closest to how you feel?

1 2 3 4 5 6 7

(completely satisfied)

(completely
dissatisfied)

7. Of course, most people get sick now and then, but overall, how satisfied are you with your own health? Which number comes closest to how you feel?

1 2 3 4 5 6 7

(completely satisfied)

(completely
dissatisfied)

STRESS MEASURES

I would like to know which areas of life are creating difficulty, worry, and stress for people. In the last 4 weeks, to what extent have any of the following areas of life been a source of stress to you?

Your health:

1. No stress at all
2. Hardly any stress
3. Some stress
4. A lot of stress

Health of other family members:

1. No stress at all
2. Hardly any stress
3. Some stress
4. A lot of stress

Child care:

1. No stress at all
2. Hardly any stress
3. Some stress
4. A lot of stress
0. Not applicable

Dependent care of adult family members:

1. No stress at all
2. Hardly any stress
3. Some stress
4. A lot of stress
0. Not applicable

Personal or family finances:

1. No stress at all
 2. Hardly any stress
 3. Some stress
 4. A lot of stress
-

Your job:

1. No stress at all
2. Hardly any stress
3. Some stress
4. A lot of stress
0. Not applicable

Family relationships:

1. No stress at all
 2. Hardly any stress
 3. Some stress
 4. A lot of stress
-

1. still in my network but did not see him or her during this last month
2. still in my network but not as important to me
3. he/she moved away
4. I moved out of the neighborhood
5. he/she got a job or changed jobs
6. I got a job/changed jobs
7. we no longer share common interests
8. we don't like each other as much as before
9. we had a fight
10. doesn't get along with my spouse
11. other: please specify

EXPLANATION

[illegible]

APPENDIX E

PROCEDURE FOR COMPUTING SOCIAL NETWORK DENSITY

DENSITY: Density expresses the percentage of actual ties that exist in a network relative to the number of potential ties, given a specific number of network members.

FORMULA:

$$\text{DENSITY} = \frac{100 \times \text{NA}}{N(N-1)/2}$$

where NA = # of actual ties
N = # of persons in network

$$\begin{array}{lcl} \text{EXAMPLE: Size of network} = 10 & \frac{100 \times 37}{10(9)/2} & = \frac{3700}{45} = 82.2 \\ \text{NA} = 37 & & \end{array}$$

TABLE FOR NUMBER OF POTENTIAL NETWORK TIES:

<u>NETWORK SIZE</u>	<u># POTENTIAL TIES</u>
10	45
9	36
8	28
7	21
6	15
5	10
4	6
3	3
2	1

APPENDIX F

N Magnitude of Pearsonian r required for significance at
 .05 level

29	.367
41	.308
70	.236
