

Review article

The Portrait of the Value and Management of Family Time

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ABSTRACT

Due to socio-economic changes and development in information technology, Indonesian families demand more dynamic and capability to manage their resources of time to achieve family goals. This study aims to elaborate the family time and routines, as well as family time management by family characteristics. This is a desk study using secondary data from several studies related to family time according to the diversity of family economic aspects (poor and non-poor), the type of wife's employment (formal/informal, stable/unstable, normal/longer working-hours) and geography (rural/urban, marginal regions), which was carried out between the years 2008-2014 in the Department of Family and Consumer Sciences, Faculty of Human Ecology, Bogor Agricultural University. The results showed that the ability of the family to manage time was still low, especially in families with a wife who had informal and unstable work. The ability of the family in evaluating the use of time and the limited use of a household appliance that could accelerate domestic job was also low. Similarly, other findings indicated that family time and routines were relatively low, especially in poor families, rural families, and families with unstable work. Only about a third families could see the importance of self-care routines and family recreation. Based on the finding, the Indonesian family development stakeholders need to make efforts to increase the family's ability to manage their time, provide social support for families who need help, and develop family friendly jobs.

Keywords: Family diversity, Indonesian family development, social support, time management, valuing family time and routine

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INTRODUCTION

Time is one of the family commodities that can be used to reach the family goals. Socio-economic changes in urban areas have become more dynamic so that the

families are demanded to be able to manage their own resources, one of which is time. Nevertheless, it is assumed that there are still many families who are not aware and have no capability to manage time, especially those who live in rural areas. The result of researcher's observation showed that urban families faced limitations and problems in managing time and face work-related family conflicts over time. Hypothetical analysis indicates three factors that are related to time management effectiveness; namely, the one that is related to knowledge and awareness of the importance of time, skills in managing time, and situational context or environment related to time management itself. Time is a unique commodity, because it cannot be kept and added. For a different individual, spending the same unit of time can lead to various outputs. In line with the increased percentage of families in urban areas in Indonesia (the number is now equal to that in rural areas), with a more dynamic life, it is assumed that there is a decrease in time for families to carry out their roles, functions, and duties, while, in fact, these are implementation of family strength (Sunarti, 2015). These are also applies to family interaction and togetherness due to each family member's activity.

The literature revealed that attention to time management had been documented since the 1950s. The study of time management as a major component of work-family conflict was conducted by various researchers, among others, by Adams and Jex (1999) who found that time management affected health and job

satisfaction. Similarly, the study by Adam et al. (1996) and Goudarzi et al. (2012) showed a negative relationship between work-life conflict and time management. A review of various time-related studies was also done by Claessens and Berg (2004), and Laurie-Ann (2012). Claessens et al. (2005) reviewed 32 empirical studies on time management conducted between 1982 and 2004. The finding of review demonstrated that time management behaviours related positively to perceived control of time, job satisfaction, and health, and negatively to stress, meanwhile the relationship with work and academic performance was not clear. There is a need for more rigorous research into the mechanisms of time management and the factors that contribute to its effectiveness.

Azar (2013) stated that time management was a concept deeply rooted with self management, meanwhile claiming that the aim of using time management strategies was to improve performance and reduce stress. Other time management references related to more practical time management strategies (Cuny, 1999), as well as developing a detailed guidance on how to get control of time and life (Lakein, 1973). Kaufman-Scarborough and Lindquist (1999) conducted study to identify behaviors and attitudes to predict individual's polychronic or monochronic time use. Macan et al. (1990) found that perceived control of time was the most predictive of time management. Further, Macan (1994) proposed and tested a process model of time management and examined

the model suggested that engaging in some time management behaviors might have beneficial effects on tensions and job satisfaction but not on job performance. Time management training has a positive effect on time management behavior and this enhanced one's perceived control of time. The combined effect was an increase in outcomes such as job satisfaction. Two later studies (Macan, 1994, 1996) which utilised the Time Management Behavior scale developed by Macan et al. (1990) found that time management training was only minimally related to subsequent use of time management behaviors. Numerous studies have been conducted in this regard but with mixed results.

In Indonesia, research on the family is still very rare, especially on family time management. Yet there have been increasingly perceived issues related to work-family conflicts and their impact on the quality of marriage, parenting, and family welfare. Based on the background, it is important to elaborate how families manage time and to understand the family routines. One of the ways to understand this is by carrying out a desk-study on the existing research, which sometimes does not focus on studying family time management, but it contains related information. This desk study, therefore, is aimed to obtain a description of the family time management based on various studies that have been done in the Department of Family and Consumer Science, Faculty of Human Ecology, Bogor Agricultural University. The results of this study are expected to give contribution

to the development of family science in Indonesia, especially the needs of research development on family time management.

METHOD AND DATA

The research's design is a desk-study uses secondary data of 17 studies on family which contain family time management data. Those studies were conducted by the researchers themselves, together with undergraduate and graduate students, between year 2008 and 2014. The 17 studies were grouped into five discussion areas of family time management (FTM) according to: 1) the stage of family development, 2) poor and non-poor families, 3) the formalities and length of work to dual earner families who have small children, 4) the pattern of living and specific area of residence, and 5) family time and routine (FTR) and valuing family time and routine (VFTR) by area of residence typology and job stability. Data Sources, study location, number and characteristic of samples, and method of data analysis are presented in Table 1.

Besides qualitative data, quantitative data were chosen using probability sampling technique either simple or stratified random sampling. Time management instruments were developed through three management components namely planning, implementation, and evaluation. The instruments used in some studies were different in the number of questions, tailored to the needs and family characteristics. The instrument for family time and routine evaluation and the instrument for valuing the family time and routines were modified from

Table 1

Data Sources, study location, number and characteristic of samples, and method of data analysis

Discussion area of FTM	Data sources, study location, number and characteristic of samples, and method of data analysis
1. FTM according to family development stage	Analysing secondary data descriptively from research: 1) Vidiastuti (2013); and 2) Sunarti et al. (2013). Research included 68 elderly family in Bogor City, West Java Province, which retrospectively recall time management at seven previous family developmental stage.
2. FTM by poor and non poor family	Analysing secondary data descriptively and paired simple different T test from research of: 1) Rusydi (2011); a research involving 70 samples (31 non poor and 31 poor families) at Bogor District, west Java Province; 2) Sunarti (2009); a research involving 160 samples (80 wives who work and do not work respectively).
3. FTM by formalities and length of work hours of dual earner family with small kids	Analysing paired simple different T test of secondary data of 120 dual earner families that have children under-five-years of age in Bogor City, West Java Province. Samples consisted of 60 families whose wives work formally and informally respectively and consisted 60 families whose wives work longer than 8 hours a day and less than 8 hours a day respectively (Hakim, 2013; Damayanti, 2013; Muktiyah, 2013; Zakiya, 2013; Sunarti et al., 2014a, 2014b).
4. FTM by pattern of living and specific area of family residence	Analysing qualitative data from several sources 1) Sunarti (2013a); families according to diversity of earning (farmers, fishermen, livestock farmers, traders, miners, tourism services, and household industries) conducted at several province in Indonesia: West Java, Central Java, East Java, Bali, Central Kalimantan, West Nusa Tenggara); 2) Sunarti (2013b); families in special areas (under-developed areas, border areas, small and remote islands, slum areas, and hazardous areas) conducted at several provinces in Indonesia: West Papua, North Kalimantan, DKI Jakarta, East Nusa Tenggara, Yogyakarta and West Java); 3) Sunarti (2008): A research which include 500 families at PTPN in South of Bandung District (Pangalengan Sub District), West Java Province; 4) Kusumo et al. (2010). A research which include 100 farmer families (50 horticulture and 50 paddy) at Bandung District (Lembang and Dayeuh Kolot), West Java Province.
5. FTR and VFTR according areal typology of residence and work stability	Analysing descriptive and paired simple different T test of secondary data of research: 1) Sunarti (2012) and Sunarti (2013c); A research including 240 families (120 families for rural and urban respectively; 120 for stable and unstable job respectively) in Bogor District and Bogor City; 2) Kharisma (2012); 60 families (30 for urban and rural respectively) at Bogor City; 3) Ginanjarsari and Sunarti (2013); including 60 families (30 for poor and non poor) at Sub District Ciomas, Bogor District.

the instruments designed by McCubbin and Thomson (1987). The research instrument reliability ranged between 0.63 and 0.87 for family time allotment, and between 0.8 and 0.855 for family time and routine.

RESULTS AND DISCUSSION

Time Management According to the Family Development Stages

The research evaluated the elderly family strength in which one of the influence

factors was family resource management in the seven previous stages of family development (as referred to Duvall, 1970). Since it was retrospective to older people, the time management was measured using four indicators as can be seen in Table 2. The data showed that in seven stage development of family (prior to elderly stage), only less than 30 percent families carried out planning

of daily time utility and planned activities punctually, even less than 15 percent family held more than one job in a single unit of time. Research confirmed the low family time management, especially in using tools that could save time for working. This data captured a phenomenon in which time had not become a valuable resource to be well managed.

Table 2
Family distribution (%) according to time management indicator and family developmental stages

No	Time management indicator	Family developmental stages:						
		1	2	3	4	5	6	7
1	Planning of daily time utility	26.5	26.5	29.4	29.4	29.4	29.4	23.5
2	Doing planned activities punctually	20.6	20.6	23.5	26.5	26.5	20.6	17.7
3	Using electronic instruments to facilitate housework	5.9	5.9	8.8	8.8	8.8	8.8	38.2
4	Doing more than one job in a single unit of time (polychronic)	11.8	14.7	14.7	14.7	14.7	14.7	14.7

Note: stage 1: newly married couple; 2: family with infant; 3: family with pre-school kids; 4: family with school kids; 5: family with teenagers; 6: launching center family; 7: middle-aged family

Time Management in Poor And Non-Poor Families

Families of poor category had lower income per capita per month than the standard poverty determined by the government. The research results showed that non-poor families had better time management (significantly different) compared to poor families in the six indicators presented in Table 3. In the meantime there was no difference in time management in poor families and non-poor families in terms of the following: carrying out planning of time utilization for a certain period of time, discussing time utilization with family members (especially the spouse), considering economic condition in planning

activities and time utilization, and carrying out evaluation, facilities to change time utilization due to unexpected things. Most samples (86.8%) had low category time management. This can be seen from the low category of planning and evaluation stages. In the poor families, in fact, all samples had a low category of time resource.

The research elaborated time allotment according to five groups: productive time (for working), time for personal activities, interval time (on the way to work), spare time, and time for housework (domestic). Time allotment for productive activities in the poor families and non-poor families is almost similar. Non-poor families allocated more time for productive activities, eight

Table 3
Poor and non poor family distribution (%) according to time management indicators

No	Time management indicators	Poor		Non-Poor		Significant level
		n	%	n	%	
1	Making agenda for daily activities	4	13.5	19	48.4	0.002**
2	Flexibilities in planning time utilization penggunaan waktu	2	6.4	26	66.7	0.000**
3	Discussion on determining family prioritized activities	10	32.3	36	92.3	0.000**
4	Carrying out weekly evaluation	1	3.2	10	25.6	0.010*
5	Carrying out monthly evaluation	1	3.2	7	17.9	0.036*
6	Making use the evaluation results in planning of family time management	1	3.2	19	48.4	0.00**
Number of samples		31		39		

times bigger than time to go to work (since generally the workplace was farther), so that non-poor families had less time for personal affairs and leisure compared to poor families. Due to the limited time allotment, the non-poor families became accustomed to having discussion with the spouse about family time utilization.

Other data showed that there was no difference between poor and non-poor families about time allocation distribution when the wives did not work. Mothers spent 4.9 hours on housework, 4.7 hours on taking care of children, and 1.39 hours on social activities, and 2.3 hours on personal activities (Sunarti, 2009). Time allocation for taking care of children was quite big, but its quality, especially in giving meals, was far from optimum.

Time Management of Dual Earner Family with Small Children

Time management in dual earner families that had small children was measured through three major aspects; namely,

planning, implementation, and evaluation of time utilization and implemented by 10 indicators as seen in Table 4.

The different test result of time management in the dual earner families that have small children showed interesting finding:

- There was no difference in total and all indicators of time management between families whose wives worked maximum 8 hours/day and those working more than 8 hours/day. Similarly, the result test of difference of time management did not show any difference in planning, implementing and evaluating family time.
- Wives with formal works got higher point in total and seven indicator of time management (except indicator no 3, 4, and 9 in Table 4) compared to families whose wives have informal works.

Table 4

Samples distribution (%) and difference test result of Indicators of family time management according to work formalities and allocation of working time of samples

No	Family time management indicators	Work formalities		P-Value	Working time		P-Value
		Formal	Informal		≤8 hr	>8hr	
1	Weekly activity planning	61.25	41.25	0.000	47.95	55.28	0.083
2	Activity planning for personal and family need	64.25	55.00	0.031	58.41	61.11	0.534
3	Fleksibility in time utilization planning	74.00	75.00	0.746	72.73	76.67	0.203
4	Time utilitization planning based on economic condition	81.50	81.00	0.870	80.23	82.50	0.459
5	Carrying out activities as planned	65.00	58.00	0.040	61.14	61.94	0.815
6	Recording weekly usage time	37.00	28.50	0.007	32.50	33.06	0.862
7	Handling homework routines	71.75	90.00	0.000	82.50	78.89	0.306
8	Spending more time for child	73.50	82.00	0.002	79.77	75.28	0.115
9	Completing the job on time	85.00	82.75	0.448	85.68	81.67	0.177
10	Evaluating the usage time for family activity monthly	56.50	46.50	0.008	49.77	53.61	0.314
Total family time management		66.98	64.00	0.093	65.07	66.00	0.602

The results of the analysis can be explained in relation to formal education data. Wives with formal employment generally have a higher formal education and higher ability in time management.

Family Time Management According to Earning Patterns and Areal Specifications

This section elaborated qualitative data of family time management according to the pattern of living and to the specificity of the family residence area. Results from observations and interviews showed that time often became a consideration or constraint in carrying out and reaching the work target that had been routinely conducted. Families conducted activities slowly, as if it had no relation to time, which was, in fact, one of the productivity components.

In the farmer families, time management was allocated for five major activities; namely, domestic activities, productive activities, social activities, personal activities, and leisure activities. Comparison of the time allocation of husbands and wives in farmer families showed that husbands spent twice as much time as the wives (8 hours/day) for productive activities; however, the husbands' time allocation for domestic activities was only half of the wives' (2 hours). The time allocated for personal activities, by both the husbands and the wives, was relatively the same, but the husband allocated less time for social activities than the wives. A different picture was shown by tea picker families in various tea plantations in South Bandung where husbands and wives as tea pickers spent full day at the plantation, and sometimes also

on weekends. So, they only had time in the dawn and at night to do various housework and took care of the children.

Qualitative research on family strength in some special areas in Indonesia (under-developed areas, border areas, secluded small islands, dirty and poor areas, and hazardous areas) showed that families in those areas did not consider time as something that needed to be managed well. In the border areas, under-developed areas, and secluded areas, families carried out various activities in a loose time span due to uncertainty and limited infrastructure, transportation, and communication. The families in the dirty and poor areas were generally located in urban areas or outskirts of towns so that they followed the lifestyle of town people that was dynamic. The families in those areas could adapt themselves with urban life rhythm, in which the families could get access and the chance to various jobs that could improve the family's income and its consequences to the less time allocated for social activities. This condition indicated the time allocated by the head of the family

for social activities in the urban marginal areas was low.

Family Time Management According to Areal Typology and Work Stability

Another instrument for elaborating family time is through family time and routine (FTR) and family valuing time and routine (FVTR) assessments. FTR and VFTR analysis results according to work stability and typology of residence areas are presented in Table 5. Research found several important things, including:

- Families with stable work had a higher custom (compared to those who had unstable work) to do exercise, carry out prayer together, and have a recreation together.
- Urban families had a higher custom (compared to those in rural areas) to have meals together, shop together, and have a recreation together.
- Compared to the families who lived in rural areas, those who lived in urban areas had high understanding

Table 5
The results of differential test of family time and routine and family valuing time & routine according to areal typology and the wives' work stability (n=240 families)

	Areal of typology		Significant level
	Villages	Towns	
Family time & routine	5.29	6.06	0.006**
Family valuing time & routine	17.66	19.50	0.000**
	Work stability		Significant level
	Stable	Unstable	
Family time & routine	6.23	5.13	0.000**
Family valuing time & routine	19.33	17.83	0.001**

Notes: * Significant on p<0.05; ** Significant on p<0.01

to make communication among family members, a custom to have meals together, do routines before going to bed, do co-exercises, visit extended family members, and co-selfcare.

- Compared to families with unstable-work, those having stable work had more understanding about communication among family members, did routines before going to bed, did exercises, shopping, and co-recreation.
- The families who lived in urban areas, with stable work, and got easy access to dual earning had higher understanding about doing routine exercises together compared to the other group (in villages, with unstable-work, and could hardly get access to dual earning).

Table 5 showed that FTR and FVTR in urban areas were higher than those in rural families. Similarly, families whose wives

had stable job had higher FTR and FVTR compared to the ones whose wives had unstable work.

The result of sub-samples (n=60 families in rural and urban) showing FTR and FVTR assessment on family according to the typology of residence (rural vs urban) was presented at Table 6.

Table 6 showed that in general, more urban families carried out family routines. The lowest routines carried out by families were co-exercises and co-selfcares. Visiting families was mostly carried out by urban families since rural families were mostly extended families, and urban families tended to be nuclear families in structure. In general, more families considered family routines as important compared to the actualization. The correlative results confirmed that the higher the valuing family, the higher the family time and routines ($r= 0.422^{**}$).

FTR and FVTR produced four family typologies, namely unpatterned family (low FTR and FVTR), intentional family (low

Table 6
Distribution of families (%) according to family routines in rural (30 families) and urban areas (30 families)

No	Carrying out family routines in:	Rural Perdesaan	Urban rkotaan	Total
1	Chatting among family members	90	86.7	88.3
2	Having meals together	33.3	60	61.7
3	Cleaning the house together	46.7	53.3	50
4	Having togetherness before going to bed	40	50	50
5	Doing co-exercises	10	16.7	13.3
6	Praying together	60	56.7	58.3
7	Visiting extended family	63.3	80	71.7
8	Shopping together	20	36.7	28.3
9	Doing recreation together	30	46.7	38.3
10	Doing co-selfcare	3.3	23.3	13.3

Notes: Modified instrument of McCubbin and Thompson (1987)

FTR & high FVTR), structuralized family (high FTR & low FVTR), and rhythmic family (high FTR & FVTR) (McCubbin & Thompson, 1987). Research results of rhythmic family typology showed that urban families that belonged to the rhythmic families had higher percentage compared to

the ones of rural families. On the other hand, rural families that had unpatterned family typology had much higher percentage compared to those in urban families. Family distribution according to family typologies in rhythmic family dimension is presented in Figure 1.

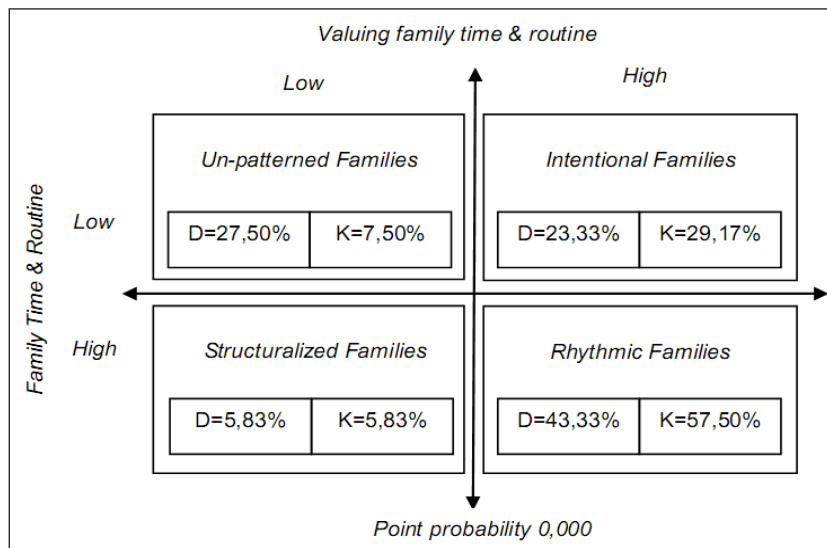


Figure 1. “Rhythmic” family typology in rural families (R) and urban families (U)

Table 7
Main Finding of five topics on family time management

No	Topic of research result	Main finding
1	FTM according to family developmental stage	Family time management was categorized to be low, especially in using tools that could save time for working. Time has not become a valuable resource to be well managed
2	FTM by poor and non-poor family	Most samples (86.8%) had low category of time management, but generally, non-poor family had better time management
3	FTM by formalities and length of work hours of dual earner family with small kids	Wives with formal work had higher score of time management, but there was no difference score of time management between families whose wives worked maximum 8 hours a day and the ones who worked more than that.
4	FTM by pattern of living and specific area of family residence	For Indonesian families in rural, remote areas, small islands, remote areas, and border areas, time has not yet felt as a resource that needs to be managed. Families let time be wasted, and life activities run slowly.
5	FTM according areal typology of residence and work stability	Families in urban areas had higher score of both family time and routine and family valuing time and routines. Family with stable job/work had higher score of both family time and routine and family valuing time and routine.

Result of research also mapped the rhythmic family typology according to family poverty, showing that non-poor families carried out FTR and had higher VFTR compared to poor families ($p=0.056^{**}$). The percentage of non-poor families belonging to the Rhythmic family had higher VFTR and high FTR as well (53.3%) compared to poor families that had only 23.3%.

Based on a discussion of five topics on family time management, the following table (Table 7) summarizes the main findings of this research.

CONCLUSIONS

This study aimed to obtain a description of the family time management of various studies, carried out between year 2008-2014 by researcher in the Department of Family and Consumer Science, Faculty of Human Ecology, Bogor Agricultural University. This desk study seeks patterns of family time management from result of several studies that contain time management as part of research area. This desk study found the following interesting results:

1. The study of secondary data of 17 family studies whose study area contained time management variables, generally indicates that samples of research with various characteristics (by family developmental stage, poor and not-poor, dual earner, work formalities, long hours of work, job stability, earning pattern, specific residence area) did not manage time optimally.

Even some of the research samples still did not make time as a valuable resource that needed to be managed properly.

2. The results of analysis show that time management was better for non-poor families (compared to poor families), in stable-work families (compared to unstable work), in urban families (compared to rural families), and families whose wives worked in formal sectors (rather than in the informal sector). However, there was no difference in time management between families whose wives worked more than 8 hours / day with those who worked less than 8 hours per day.

Study Implication and Recommendation

Based on the results of study, the researchers suggest other researchers to carry out a wider and more advanced research concerning family time management. Research on family time management is still rare in Indonesia while it is still needed to develop a standard of family time management instrument with high validity and reliability. Considering the diversity of Indonesian families, meta-analysis research needs to be done to find the determinant factor of family time management according to the variety of socio-economic characteristics and its agro-ecological zone. The stakeholders of family development in Indonesia are advised to improve family skills in managing time

and to provide support needed by some families that face constraints in managing time for various roles, functions and duties. Family empowerment experts in Indonesia need to develop empowerment modules for improving family time management skills according to the stage of family development, occupation type, regional development, and agroecological zones where families live.

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