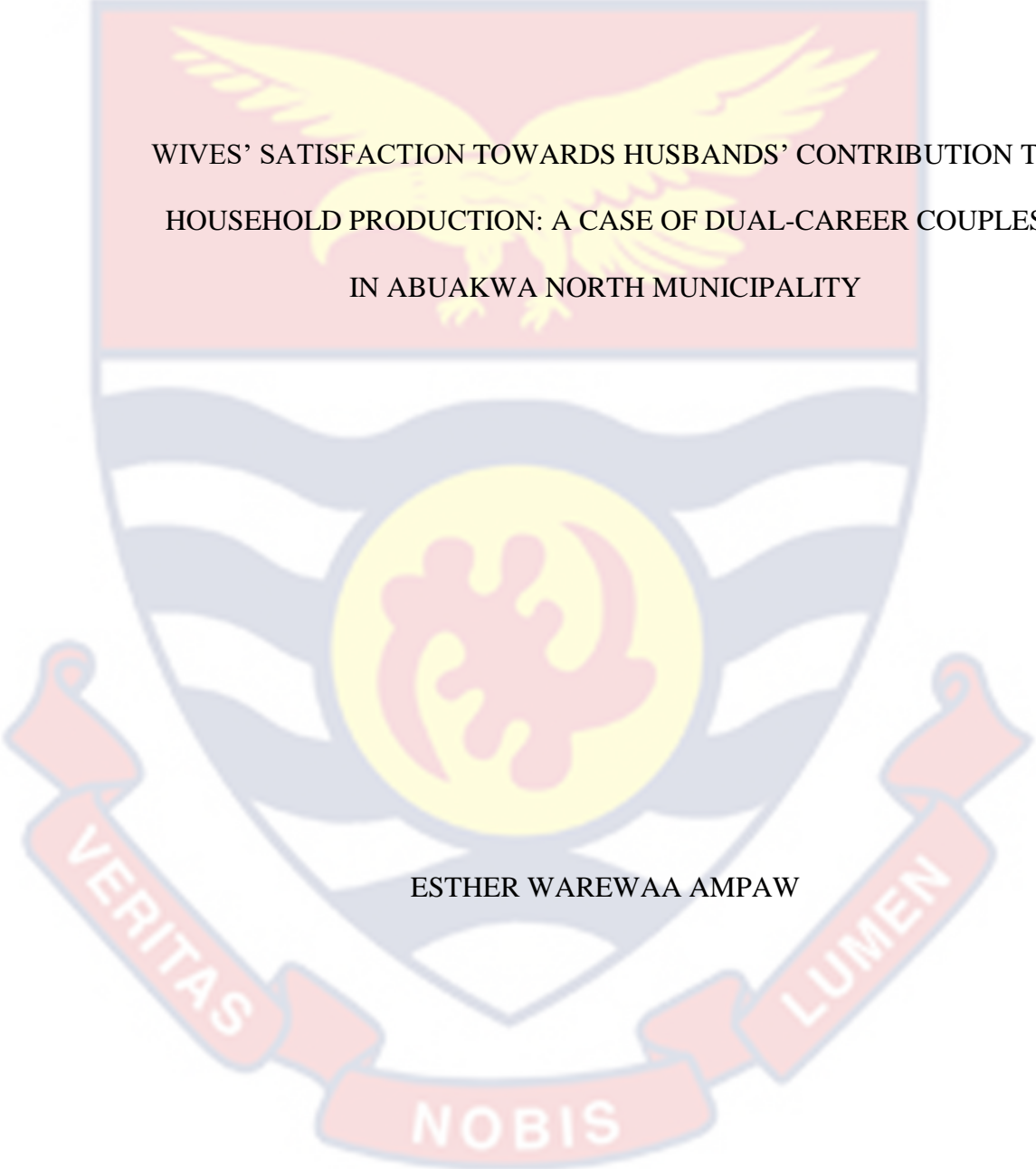


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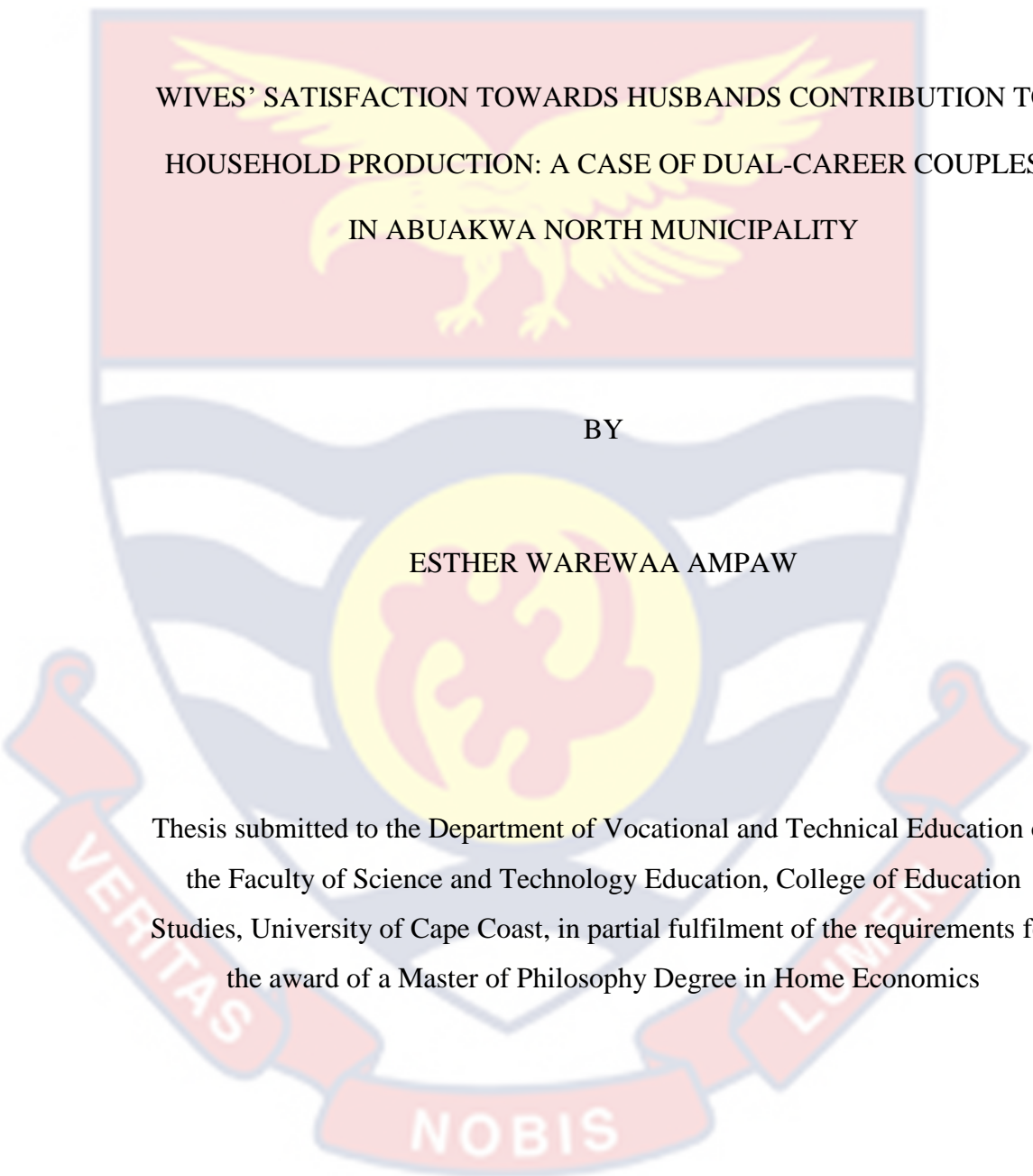


WIVES' SATISFACTION TOWARDS HUSBANDS' CONTRIBUTION TO
HOUSEHOLD PRODUCTION: A CASE OF DUAL-CAREER COUPLES
IN ABUAKWA NORTH MUNICIPALITY

ESTHER WAREWAA AMPAW

2023

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The background of the page features a large, faint watermark of the University of Cape Coast crest. The crest is a shield-shaped emblem. At the top is a red horizontal band containing a yellow eagle with its wings spread. Below this is a white horizontal band. The main body of the shield is filled with blue and white wavy lines. In the center of the shield is a yellow circle containing a red stylized figure. At the bottom of the shield is a red banner with the word 'NOBIS' in white capital letters. Two red banners curve upwards from the sides of the shield, with the word 'VERITAS' on the left and 'LUMEN' on the right.

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IN ABUAKWA NORTH MUNICIPALITY

BY

ESTHER WAREWAA AMPAW

Thesis submitted to the Department of Vocational and Technical Education of
the Faculty of Science and Technology Education, College of Education
Studies, University of Cape Coast, in partial fulfilment of the requirements for
the award of a Master of Philosophy Degree in Home Economics

DECEMBER 2023

DECLARATION

Candidate's Declaration

I hereby declare that this thesis is the result of my own original work and that no part of it has been presented for another degree at this university or elsewhere.

Candidate's SignatureDate

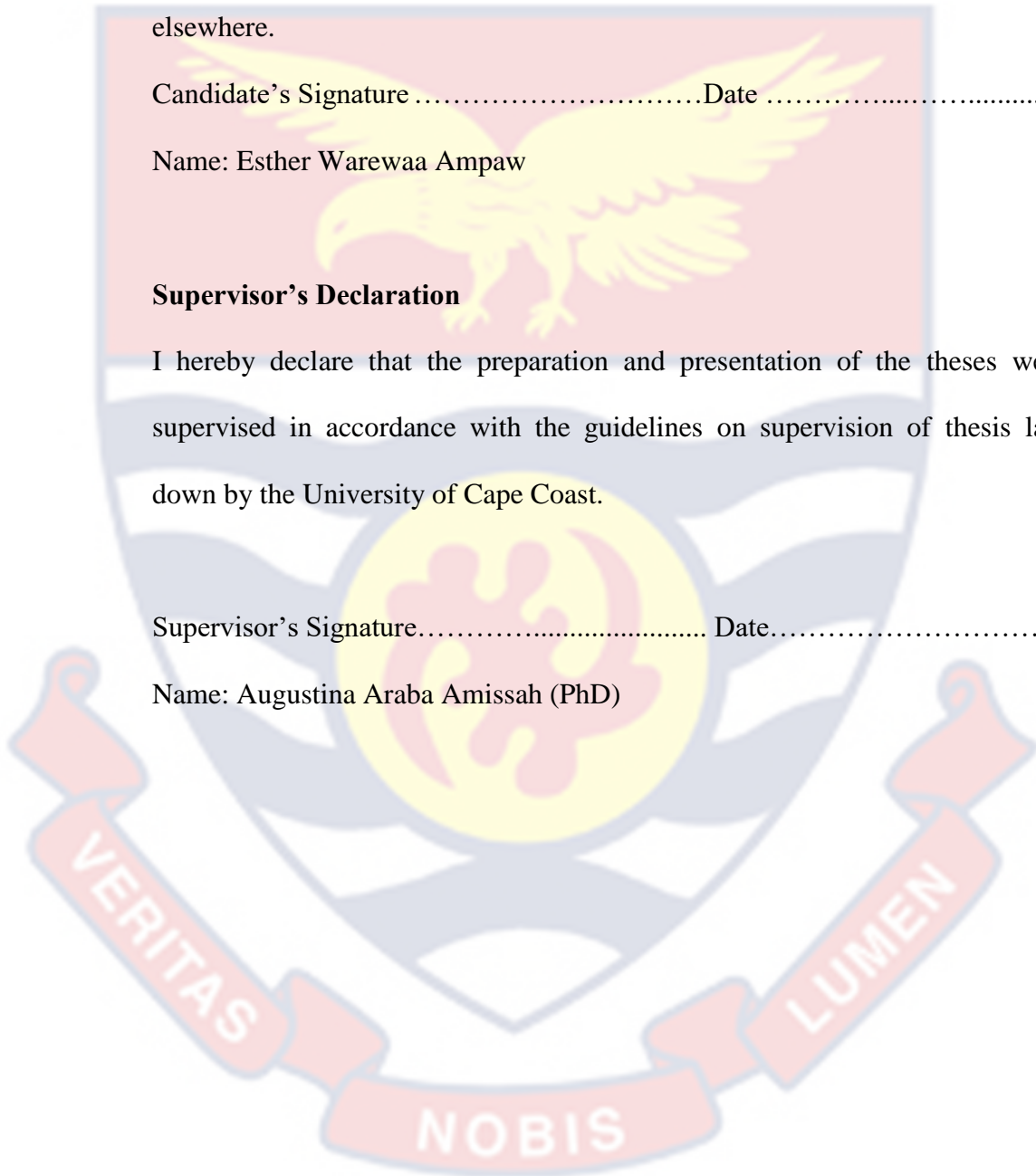
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Supervisor's Declaration

I hereby declare that the preparation and presentation of the theses were supervised in accordance with the guidelines on supervision of thesis laid down by the University of Cape Coast.

Supervisor's Signature.....Date.....

Name: Augustina Araba Amissah (PhD)



ABSTRACT

The increasing participation of women in the labour force has resulted in the rise of dual-career couples, but women continue to shoulder a larger share of household responsibilities (Fahlén, 2015). The study aimed at examining whether or not wives in dual-career marriages are satisfied with their husband's contribution to household production. This study is a qualitative study. Hence, the phenomenological research design was employed. The study was conducted in the ABUAKWA North Municipality in the Eastern Region of Ghana. The accessible population for the study comprised dual-career couples who have been married for one to ten years and are both working in the formal sector of the economy. The purposive sampling method was adopted for the study to select a section of the population; a sample size of ten (10) couple were used. The semi-structured interview guide was used in collecting data for this study. Data collected were analysed using Colaizzi's thematic data analysis process. The study emphasized the significance of shared responsibility, cooperation, effective communication, and gratitude in the management of household tasks. It questioned traditional gender roles and highlighted the impact of different factors on husbands' involvement in these tasks. Dual-career couples encountered challenges such as limited time and work-related pressures, but they used collaborative approaches and prioritization techniques to overcome them. To successfully handle household responsibilities, couples should prioritize a fair distribution of tasks, engage in open communication, and show appreciation for each other's contributions. This fosters satisfaction in the relationship and creates a harmonious atmosphere at home.

KEY WORDS

Breadwinner

Childcare

Domestic

Dual-Career

Family

Household production



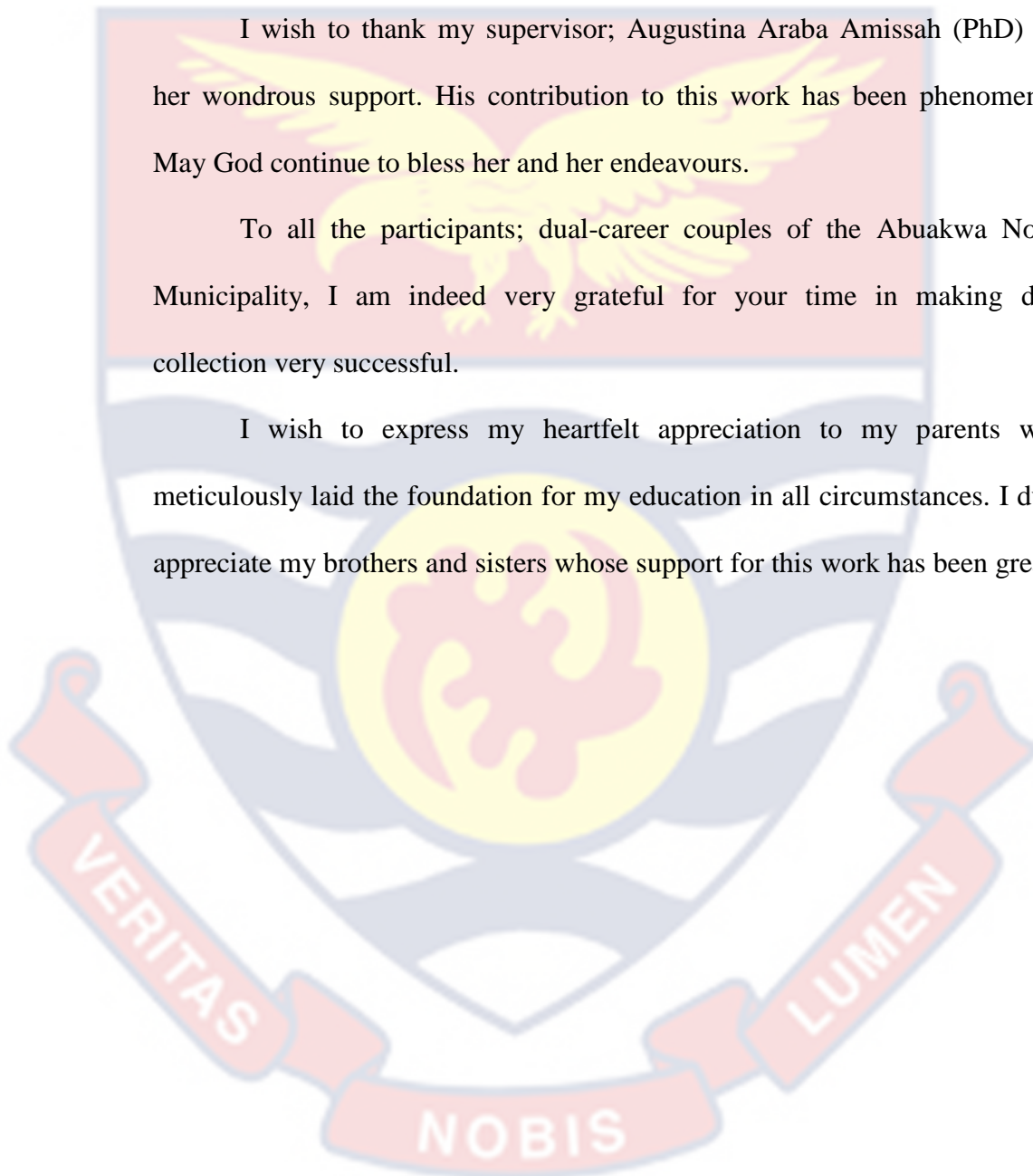
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I am very much pleased with what God has done for me at this moment for seeing me through to complete this work successfully. His guidance and wisdom have brought me thus far. I cannot thank him enough.

I wish to thank my supervisor; Augustina Araba Amissah (PhD) for her wondrous support. His contribution to this work has been phenomenal. May God continue to bless her and her endeavours.

To all the participants; dual-career couples of the Abuakwa North Municipality, I am indeed very grateful for your time in making data collection very successful.

I wish to express my heartfelt appreciation to my parents who meticulously laid the foundation for my education in all circumstances. I duly appreciate my brothers and sisters whose support for this work has been great.



DEDICATION

This work is dedicated to Mr. Godfred Oteng Nyamah.



TABLE OF CONTENTS

	Page
DECLARATION	ii
ABSTRACT	iii
KEY WORDS	iv
ACKNOWLEDGEMENTS	v
DEDICATION	vi
TABLE OF CONTENTS	vii
LIST OF TABLES	x
LIST OF FIGURE	xi
LIST OF ACRONYMS	xii
CHAPTER ONE: INTRODUCTION	
Background to the Study	1
Statement of the Problem	4
Purpose of the Study	4
Research Questions	4
Significance of the Study	5
Delimitations	5
Limitations	6
Definition of Terms	7
Organisation of the Study	7
Chapter Summary	7
CHAPTER TWO: LITERATURE REVIEW	
Introduction	9
Conceptual Review	9
Household production	9

Factors accounting for the contribution of husbands to the household production	12
Assessing the satisfaction of family production	16
Dual-career phenomenon	17
Theoretical Review	25
Gender role ideology	25
Role salience theory	26
Empirical Review	27
Conceptual Framework	32
Chapter Summary	33
CHAPTER THREE: RESEARCH METHODS	
Introduction	35
Research Design	35
Study Area	37
Population	39
Sampling Procedure	40
Data Collection Instruments	41
Data Collection Procedures	42
Data Processing and Analysis	44
Data Management	44
Ethical Consideration	45
Chapter Summary	46
CHAPTER FOUR: RESULTS AND DISCUSSION	
Introduction	47
Demographic Characteristics of Respondents	47

Qualitative Analysis of Data	50
Perceptions of husbands and wives relative to their experiences of combining both careers and family work	50
Factors accounting for the Contribution of Husbands to the Household production	68
Various Constraints that Dual-Career Couples Face in Dealing with the Household production	86
Management Strategies Employed by Dual-Career Couples in Overcoming the Various Constraints	91
Satisfaction of Wives in terms of their Husbands' Contribution to Household Production	96
Chapter Summary	99
CHAPTER FIVE: SUMMARY, CONCLUSIONS AND RECOMMENDATIONS	
Introduction	100
Summary of Findings	101
Conclusions	103
Recommendations	104
Suggestions for Further Research	105
REFERENCES	106
APPENDIX A: INTERVIEW GUIDE FOR HUSBANDS	123
APPENDIX B: INTERVIEW GUIDE FOR WIVES	126
APPENDIX C: ETHICAL CLEARANCE	129

LIST OF TABLES

Table	Page
1 Demographic characteristics of respondents	48



LIST OF FIGURE

Figure	Page
1 Conceptual Framework	33



LIST OF ACRONYMS

ESM	Experience Sampling Method
UCCIRB	Institutional Review Board of the University of Cape Coast
US	United States



CHAPTER ONE

INTRODUCTION

Background to the Study

In the past years, the role of women in marriage was always being homemakers and men being the breadwinners. This meant that men engaged in economic activities of all kinds to fend for their wives and family at home. This was the traditional marriage system (Fatoki & Kobiowu (2015). However, in modern times, the table has turned around with women being engaged in roles that were exclusively meant for men in the traditional setting. Women are found in leadership positions just like men and the role that women played as homemakers in the traditional society is gradually dying out as both men and women attend to work and family issues (Fatoki & Kobiowu 2015). Thus, husbands and wives find themselves to be working and attending to family issues together.

According to Fatoki and Kobiowu (2015), dual-career couples have their work and life issues connected. Again, they held the view that though these couples share common benefits, they also face struggles and stress due to the demanding nature of their careers which deteriorate, particularly when they have to bear the responsibilities of raising their children and caring for other families.

Smith, Johnson and Brown (2014) found that dual-career couples who experience extended working hours and additional obligations beyond their jobs often encounter difficulties in attaining a desirable work-life balance. The researchers propose that balancing demanding careers with active family lives requires individuals, especially wives, to make concessions. This circumstance

presents challenges not only for the individuals themselves but also for the organizations they are affiliated with, as the interplay between home and work pressures can have reciprocal effects (Smith et al., 2014).

Experts have identified multiple factors that contribute to this phenomenon, such as education, economic demand, the advent of mechanization, and the implementation of policies aimed at mitigating gender stereotypes (Smith, 2016). For example, Gerami, Etemadi, Ahmadi and Fatehizade (2017) opined that this phenomenon results from the development of societies. Awung and Dorasamy (2015) maintained that women's participation in paid work is attributed to the existence of policies that do not support gender stereotyping within the work environment. Also, Edet, Babajide and Bello (2019) shared the view that women have assumed the role of breadwinner because of the economic situation existing in recent times. That is the present economic situation required that women also worked sufficiently as a means of supporting their husbands.

In current years, the growing nature of women's involvement in the labour market constituted one important and outstanding characteristic of advanced nations. Women's involvement in the workforce was estimated to increase by seventy-five per cent between women aged twenty and sixty years in advanced nations (Eurostat, 2020). The consistent increase in the involvement of women in the labour force has concurrently changed conventional family arrangements that recognised males as breadwinners and females as homemakers and indicated the surge of dual-career couples in which both husbands and wives engage in their family life activities while at the same time engaging in their professional careers.

While many explanations may be provided for the women's involvement in paid work or their assumption as breadwinners, the situation resulted in a term called dual-career couples (Gerami, et al., 2017). The term refers to couples engaged in full-time work and at the same time engaged in the household production. This means that dual-career couples faced with more difficulties in managing their life issues together with high demanding nature of their jobs. That is the long hours they spend in their workplace affect the time required for them to conduct the household production. This suggests that dual-career couples must collectively be involved in the household production.

Extensive research has been conducted in this field, focusing on the impact of women's employment on their health and involvement in household production (Jones, 2014; Smith & Johnson, 2016a). Scholars have also examined how women allocate their time to household tasks and the level of participation by men in these activities (Brown, 2013; Johnson, 2018). The findings of these studies indicate that dual-career couples allocate less time to household production, while there has been a noticeable increase in men's involvement (Jones, 2014; Smith & Johnson, 2016a). Therefore, the main objective of the present study is to investigate whether the increased contribution of husbands to household production significantly affects the satisfaction levels of their wives (Jones, 2018).

Statement of the Problem

The increasing participation of women in the labour force has resulted in the rise of dual-career couples, but women continue to shoulder a larger share of household responsibilities (Fahlén, 2015). Although men's participation in household production is increasing, previous research has mostly concentrated on issues like gender inequality, time allocation, and husbands' engagement, disregarding the satisfaction of wives with their husbands' contributions (Johnson, 2013; Smith & Brown, 2016). Furthermore, the existing literature has mainly emphasized developed countries, resulting in a lack of understanding regarding the satisfaction of wives in developing nations such as Ghana (Adjei & Johnson, 2018). As a result, this study aims to bridge this research gap by examining the level of satisfaction among wives regarding their husbands' involvement in household production within dual-career couples.

Purpose of the Study

The study aimed at examining whether or not wives in dual-career marriages were satisfied with their husbands' contribution to household production in the Abuakwa North Municipality.

Research Questions

The researcher sought to find out answers to the following questions:

1. Why do both husbands and wives perceive their experiences of combining both careers and family in a particular way?
2. How do various factors account for the contribution of husbands to the household production?

3. What are the different constraints that dual-career couples encounter when managing the household production?
4. How do dual-career couples employ management strategies to overcome the various constraints they face in household production?

Significance of the Study

Studies on dual-couples in terms of the division of domestic labour abound and yet little are known about whether or not wives are happy with the contribution of their husbands to the household production and this makes this current study important. Research examining work and family issues specifically for dual-career couples throughout cultures will not only enhance literature in this area, however, it will also offer families information on universal and culturally-specific work-family experiences that should help employees and employers' function in a multicultural environment.

The findings of this study are intended to provide relevant stakeholders including private marriage counsellors and counsellors of non-secular institutions with vital information about the wives' pride relative to their husbands' contribution to the household production. This will also provide enough information for potential dual-career couples to talk about the problems of the household production earlier than they start a brand-new home as a married couple. In terms of education, the findings of this study are intended to provide empirical data for domestic economics training with respect to household production and dual career couple.

Delimitations

The study was confined to only Abuakwa North Municipality. The choice to focus on Abuakwa North Municipality provides an opportunity for a

targeted investigation into the dynamics of dual-career couples and their ability to balance work and family responsibilities. By selecting this specific geographic location, the study can gather detailed and context-specific data that may not be readily available at a broader regional or national level. Additionally, Abuakwa North Municipality's unique characteristics, socio-cultural norms, and economic conditions set it apart from other areas, making it an ideal setting to explore the experiences of dual-career couples. This localized approach enables a more comprehensive and nuanced understanding of the challenges and opportunities faced by dual-career couples in the specific context of Abuakwa North.

Concerning couples, the study was delimited to dual-couples within the formal sector who have been married for one to ten years and share a common abode. The researcher was guided by the fact that not all dual-career couples live together or share a common place of residence.

Limitations

In this study, the researcher considered respondents from a relatively small group of dual-couples and was restricted to accessing only a small geographic area which failed to provide an overall scope of responses. Therefore, result cannot be generalized to all dual career workers. Again, another impediment of the study was the tool used for data collection; the interview. Some of the participants objected to participating in the study because they thought it wise to keep their marital issues secret. This indeed extended the time for data collection because the researcher had to take her time to convince them that the study was meant for academic purposes only

and would not be used as a way of victimizing them and thus their identities were going to be kept secret from public consumption.

Definition of Terms

Dual-career couple: A husband and a wife who are both workers in the formal sector of the economy and share a common residence.

Household production: All activities carried out in the home by the members of household for their own consumption, using their own capital and their own unpaid labour to ensure the smooth running of the home such as cooking, cleaning and taking care of babies or children.

Organisation of the Study

The study was organised into five chapters. Chapter One presented the introduction which consisted of the background to the study, statement of the problem, the purpose of the study, research questions, researcher objectives, the significance of the study, delimitations, limitations, definition of terms and organisation of the study. Chapter Two focused on the review of related literature on the subject matter. The third chapter provided an explanation of the methods used in the study including the research design, population, sampling procedure, data collection instruments, data collection procedure and data processing and analysis. Chapter Four presented the results and discussion of the study. Chapter Five provided a summary of the findings, conclusions, recommendations and suggestions for further research.

Chapter Summary

This chapter presented the introduction to the study. It comprised of the: background to the study, statement of the problem, the purpose of the study, research questions, research objectives, the significance of the study,

delimitations, limitations, definition of terms and organisation of the study. The study operationalized a dual-career couple as a husband and a wife who were both workers in the formal sector of the economy and shared a common residence. Again, household production was also operationalized as all activities carried out at home to ensure the smooth running of the home such as cooking, cleaning and taking care of babies or children.



CHAPTER TWO

LITERATURE REVIEW

Introduction

The study aimed at making an enquiry into whether wives in dual-career marriages were satisfied with their husbands 'contribution to household production in the Abuakwa North Municipality. This chapter examines the extant literature relative to the subject matter and is organised under the following themes and sub- themes.

- a. Conceptual review,
- b. Theoretical review,
- c. Empirical review
- d. conceptual framework.

Conceptual Review

This section presents a review of two main concepts; household production and the dual-career phenomenon.

Household production

Several experts hold the view that marriage has witnessed new modifications in the function of husbands and wives regarding the production of household (Fatoki & Kobiowu 2015; Gerami et al., 2017). According to Brown, Johnson & Smith (2013), household production is defined as the creation of goods and services for personal use within a family, utilizing the family members' own resources and labour without monetary compensation. The authors highlight that the goods and services produced by families for their own consumption encompass various aspects such as accommodation, food, clean clothing, childcare, and other personal activities.

The process of household production involves the conversion of purchased intermediate goods, like groceries and utilities, into final goods used for consumption, including prepared meals and laundered clothes. Throughout this process, households rely on their own available resources, such as kitchen appliances, furniture, kitchen and dining spaces, and most importantly, their own labour. This labour includes the time spent on activities like shopping, cooking, doing laundry, and ironing (Brown, Johnson & Smith, 2013).

Gerami et al. (2017) alternatively saw the household production as any form of activities completed for the welfare of family, individuals and one that entails monetary in addition to non-monetary activities. The financial and non-monetary activities in household production are proposed to represent the two ends of field activities undertaken by family contributors for themselves that allows them to meet their desires (Gerami et al., 2017)

According to Johnson & Smith (2014), non-monetary activities in household production can be divided into two types: semi-subsistence production and monetary activities. Semi-subsistence production involves processing food for family consumption, with any surplus being sold in the market. Monetary activities, on the other hand, refer to industrial tasks carried out by the family in exchange for money, goods, or services, often involving immediate reciprocation.

In the informal economy context, non-economic activities can be further categorized as subsistence production and social production. Subsistence production involves the creation of goods and services by family members, which can be substituted by market items or paid services when

available. This includes unpaid agricultural activities and domestic chores such as cooking, serving meals, transportation, laundry, food preservation, storage, and childcare. Such production is referred to as "separable" production Johnson & Smith, (2014).

Conversely, social production or inseparable production encompasses activities that cannot be separated or outsourced from family members, such as feeding a child or providing support during a funeral. Inseparable production occurs within the family and cannot be replaced by market alternatives or paid services without negatively affecting the intended outcome or causing significant changes. Johnson and Smith (2014) further differentiate between two sub-categories of inseparable household production: intra-household production and inter-household production. Intra-household production involves activities performed by individuals within the family for themselves and for one another.

These activities include nurturing, baby care and all activities that don't entice any form of remuneration or pay. However, inter-household production involves the emotional useful resource or offerings furnished through family members to others like extended family members. For example, taking care of each other's kids while the parents are away. Inter-household production may be very not unusual in Africa, particularly in Ghana where the prolonged circle of relatives is fundamental. But, the sort of domestic associated activities is depending on the level of the relationships that exist among the family members (Edet et al., 2019).

The process of household production typically involves the use of personal resources, including capital and labour Smith, Johnson & Davis,

(2013). However, it is also possible for households to obtain these production factors from the market. For example, households may choose to hire a housekeeper who provides "market labour" by taking care of tasks like cooking, cleaning, and laundry, while the household's own resources, such as the kitchen, living area, and household equipment, are considered "household capital." Alternatively, households can decide to rent a house and a car from the market, but still carry out their own domestic activities like cleaning, cooking, laundry, and driving (Smith et al, 2013).

(Smith et al. 2013) defines the household economy as the collective economic activities of households, which is often referred to as the household sector. However, acknowledging its significant size and importance, the term "household economy" is a more fitting description. The remaining sectors of the economy, such as business, government, and foreign sectors, are collectively known as the market economy. As a result, the transactions between households and the market resemble international trade between two separate economies rather than exchanges between different sectors within a single economy. The main types of inter-economic exchange involve households selling their labour time to the market and the market selling household goods (Smith et al, 2013).

Factors accounting for the contribution of husbands to the household production

With respect to Fatoki and Kobiowu (2015), the household production has been associated with factors along with the family composition, cultural expectation, employment status of the family members, as well as, their resources.

Household composition

Fatoki and Kobiowu (2015) opined that the composition of the family is associated with the variety of people within the family, sex and age. They similarly discovered that couples who live alone spend much less time on home-related activities than couples who stay as families. Large families typically spend extra time to carry out greater numerous activities, mainly families wherein there are younger youngsters who want a whole lot of care. Older children inside the home may additionally help with domestic activities.

However, there are intercourse stereotypic activities which can be performed by using boys and ladies which might be additionally now not useful to household manufacturing (Edet et al., 2019). They posited that the age of youngsters had been additionally associated with family chores. They reiterate that more youthful youngsters put more demand on time, greater especially as kids grow, they require less physical care from adults, however, they require extra various goods and services. Commonly, time allocated via residence makers decreases with the elevated long time of kids. They concluded that in families in which adolescent children are in school, a house assistant could be hired if their income was sufficient otherwise most of the duties have to be performed by the mother.

Cultural and social expectancies

Awung and Dorasamy (2015) contended that families stay in societies which affect their actions. The expectation regarding the sort of activities undertaken by family, the standards they set and tasks which might be executed are a reflection of the cultural and social structures (Gerami et al., 2017). They reiterated that, for example, the requirements of cleanliness

anticipated in a home, the way to care for youngsters, who should carry out which obligations are taught in the course of socialization. There may be the overall expectation that girls carry out the majority of homes associated activities which includes the preparation of meals, cleaning and care of the young ones (Fatoki & Kobiowu (2015). It must be stated that whether or not girls are employed outside the home, they are still predicted to be liable for maximum domestic associated works.

Employment

According to Smith and Johnson (2014), the employment status of family members significantly influences the availability of time for household work. The authors argued that individuals who are self-employed have greater control over their schedules and can allocate time for domestic tasks accordingly. Conversely, employed individuals with additional responsibilities may struggle to find enough time for household production. They may need to carefully plan and prioritize their household tasks, explore options such as delegating some responsibilities to people outside the family or hiring domestic help. In the case of a working mother, it may be necessary to assign certain activities to family members. When employment hours are fixed during the daytime, individuals often concentrate on specific tasks, such as dedicating weekends to cleaning. Adjusting standards or temporarily leaving some tasks unfinished to be completed when time allows is another approach for managing employment and household work. However, it is important to note that certain responsibilities, such as feeding the family and caring for young children, cannot be postponed (Smith & Johnson, 2014).

Assets of the family

According to Johnson and Smith (2013) the successful completion of household tasks depends on the combination of human and non-human resources. They defined household production as the utilization of resources to meet the needs of the family. The authors underscored that various factors, including the amount of time available to family members, their skills, knowledge, attitudes towards domestic work, and access to material resources, all play a role in determining the type, quantity, and quality of household tasks performed. They argued that income level and available time are the primary factors influencing household production. Additionally, they noted that income level significantly impacts choices such as hiring domestic help or purchasing home appliances, while individuals and families with lower incomes tend to handle most of their household tasks themselves (Johnson & Smith, 2013).

Time availability

The allocation of time plays a crucial role in the production of household tasks (Smith & Johnson, 2014). When couples have multiple responsibilities, including work, they have less time available to dedicate to household chores. It was also observed that despite their work commitments, wives often take on the most time-consuming tasks related to food preparation, daily cleaning, and childcare.

The amount of time devoted to ongoing household production can have significant implications for individuals' well-being. While most household activities do not require intense physical effort for healthy individuals, those who are unwell may find them tiring due to the energy they demand.

Additionally, the performance of housework can be influenced by various resources, such as material possessions, access to community resources, and the support provided by extended family members or neighbors (Smith & Johnson, 2014).

Assessing the satisfaction of family production

According to Fatoki and Kobiowu (2015), assessing the fulfilment in meeting the goals of the household production could be very essential. Johnson and Smith (2013) emphasized the significance of evaluating resource efficiency and gauging couples' satisfaction or dissatisfaction regarding household production tasks. The authors identified two distinct outcomes arising from such production. The first is extrinsic satisfaction, which relates to the economic value associated with the produced outcomes, such as a high-quality dress or the monetary worth of food cultivated in a family garden. The second outcome is intrinsic satisfaction, deriving from the personal fulfillment derived from the usefulness of the home production itself, rather than its monetary value.

The authors proposed several useful questions to assess household production, including determining whether essential tasks have been completed, whether performance standards have been met, and whether family members are satisfied with the results. Johnson and Smith (2013) acknowledged that couples may not always attain the desired level of satisfaction. However, a better understanding of satisfaction can contribute to enhancing the execution of domestic tasks and exploring potential solutions to address any concerns.

Dual-career phenomenon

According to Johnson and Smith (2013), a "dual-career couple" refers to a family structure where both partners pursue careers while maintaining a shared family lifestyle. They defined careers as occupations that follow a developmental sequence and require dedication and personal significance. They argued that this family form represents a new basis for democratic family relationships.

The similar employment status between men and women in dual-career couples creates expectations for a more democratic division of household labour compared to families where the male partner traditionally serves as the primary earner. Consequently, researchers have focused on professional and managerial dual-career couples, recognizing the potential for highly educated, well-paid women to transform households and provide democratic opportunities for other women (Williams, 2015).

Dual-career couples form a distinct labour force category where both men and women, at different seniority levels, are highly involved in their professions while striving to balance careers with marriage and parenthood (Smith & Johnson, 2014). Early studies on dual-career couples emphasized the advantages and challenges associated with this lifestyle.

Evidence indicates that dual-career marriages offer career women not only economic benefits but also significant psychological advantages, including increased self-esteem, effectiveness, and well-being (Davis, Smith, Johnson & Thompson, 2017). Additionally, these marriages promote companionship and collaboration, reducing potential stressors and contributing to higher levels of marital satisfaction and happiness.

Research focusing on men in dual-career households suggests that husbands also benefit from their wives' career pursuits, experiencing positive outcomes in terms of their own career development, motivation, ambition, recognition, performance, self-determination, career satisfaction, and family satisfaction (Garcia, Johnson & Smith, 2016).

Despite the numerous benefits provided by this relationship model, there are inevitable challenges. The demands of parallel careers can lead to overload, stress, and constraints, particularly when couples have children or other family obligations. Role conflicts often arise in dual-career couples as multiple stressors and responsibilities require adjustments to work and family roles (Jones, 2018).

The prevalence of dual-career households has prompted extensive research on various aspects of this family structure. Scholars have examined decision-making patterns, the division of household tasks, and the allocation of childcare and eldercare responsibilities among spouses (Brown et al., 2013). The increasing number of dual-career couples has also raised interest in the organizational implications for these couples (Stewart, Davis, Johnson, 2016).

In their study, Johnson and Smith (2017) emphasized the need for macro-level strategies to address the inflexibility of employment practices and promote better career and home management for dual-career couples. This research highlights the importance of labour force patterns, income, and opportunities for achieving economic and social equality within dual-career couples.

Further research explores societal expectations regarding gender roles and the broader dynamics of state-market-family relationships and households.

Studies also examine policies that support gender and employment, such as publicly funded childcare programs, maternity benefits, and tax policies (Westman & Etzion, 2015).

Various constraints that dual-career couples face in dealing with the household production

Household work

Household responsibilities are frequently discussed in relationships where both partners have full-time careers. However, studies have shown that despite changes in women's financial status, there has been little real change in the division of housekeeping and care work within families (Thompson, 2014). In Western societies, household work remains largely divided along gender lines, with women spending more time on these tasks and assuming the primary responsibility for household management (Smith & Johnson, 2016a).

While women have reduced their investment in housework in recent decades, the increased time spent by men on household chores only partially offsets this decline (Robinson & Cooper, 2018). Women in the United States and other industrialized countries continue to bear the primary responsibility for housework and childcare, working on average five to seven hours more than men (Greenfield & Smith, 2015). As a result, the division of household labour remains unbalanced and influenced by gender (Brown & Johnson, 2013).

Previous studies claiming that men's involvement in household work has only marginally increased in response to women's increased employment have been criticized for underestimating the ongoing changes and the growing willingness of men to adapt to women's changing behaviors and values

(Middleton, 2014; Becker & Moen, 2015). In reality, more couples are now sharing family responsibilities, particularly among full-time dual-career couples (Adams & Brown, 2017).

The influx of women into the workforce has led to a shift in the division of labour within the home. Women today perform fewer household tasks compared to previous generations, while men are taking on more household chores than their predecessors (Smith & Johnson, 2016a). This shift is observed not only in young couples who start their relationships with more flexible gender ideas but also in older couples where the wife's work experience has influenced her husband's values and behaviors (Higgins, 2013).

Analyzing the contribution of couples to housework in Britain, researchers have found a consistent increase in the share of families where men contribute more time to household work, particularly among full-time employed couples (Robinson & Cooper, 2018). Similar trends have been observed in the United States, with men's absolute and relative contributions to household tasks significantly increasing, thus reducing the burden on women (Smith & Johnson, 2016a). By the early twenty-first century, employed married women with children in the US were spending fewer hours on housework compared to 1965 (Greenfield & Smith, 2015). Additionally, there is evidence that women who earn more or have greater professional success than their partners are able to negotiate increased participation from their husbands in household work (Brown & Johnson, 2013).

Furthermore, as more men emphasize the importance of being involved as husbands and fathers, they may view additional income as a means to achieve a better work-life balance (Smith & Johnson, 2016a). Positive

experiences in terms of marital satisfaction and being the primary breadwinner can lead men to reevaluate their traditional beliefs about their primary responsibilities (Robinson & Cooper, 2018).

Childcare

Employment can disrupt the care provided within households, particularly when work conditions involve inflexible schedules, long hours, or shift work (Thompson, 2014). The demands of caregiving are especially challenging for both men and women in demanding professions, where balancing family responsibilities and professional work is demanding (Thompson, 2014). Women in professional occupations face intense pressure to prioritize family obligations over their careers, which contributes to the division of family responsibilities based on gender (Thompson, 2014; Higgins, 2013).

While dual-career women encounter challenges in managing childcare, dual-career men also contribute significantly to childcare responsibilities (Adams & Brown, 2017). Men in households where both partners have careers are typically more involved in caring for their children compared to men in traditional single-earner households (Adams & Brown, 2017).

Nevertheless, the primary responsibility for childcare still falls on mothers, and fathers tend to have longer working hours (Adams & Brown, 2017). The assumption that mothers are primarily responsible for children is evident in the way dual-career families negotiate their parental roles and in employers' attitudes (Adams & Brown, 2017).

There is a common belief that working mothers, in particular, exert less effort, spend less time, and are less efficient at work compared to men

(Brown & Johnson, 2013). Cultural pressures on mothers lead them to allocate more time and energy to childcare, which can have an impact on their professional careers (Brown & Johnson, 2013). However, having children does not necessarily reduce women's work hours, and women with teenage children may actually work longer hours than women without children (Brown & Johnson, 2013).

In contrast, fathers often adopt the role of the primary earner and are seen as more dedicated to their work (Brown & Johnson, 2013). Fathers may increase their work commitments to meet the financial needs of their larger families (Brown & Johnson, 2013). The expectations of motherhood and fatherhood differ, with women adjusting their work schedules to accommodate family responsibilities while men strive to fulfill their provider role (Brown & Johnson, 2013).

To summarize, the division of family chores and childcare creates significant stress and constraints for dual-career couples, particularly for dual-career women, due to societal expectations and conflicting demands between work and family (Thompson, 2014; Adams & Brown, 2017). Work culture and policies that are not supportive of family life can further contribute to the tensions experienced by couples (Thompson, 2014).

Marital conflict

The involvement of women in household chores and the conflict arising from the demands of both the household and work spheres can potentially contribute to higher levels of marital conflict. Previous research has found support for this notion, indicating that women tend to take on a greater share of housework on days when their husbands experience

heightened work stress (Smith et al., 2013; Johnson, 2014). Consequently, women may have to redirect their time and energy away from their own work responsibilities as their husbands' work stress increases.

However, even when women themselves experience work-related stress; men often fail to coordinate their contributions to household chores accordingly. Studies on family dynamics have revealed that couples facing high levels of stress are more prone to engaging in negative interactions and conflicts (Jones et al., 2016). As a result, the compounded effects of work-family conflict, increased stress, and the associated frustration can lead individuals to initiate or intensify negative patterns of interaction with their partners (Davis et al., 2017).

These negative interactions may manifest as behaviors such as rejection, criticism, negative attitudes towards one another, and even strained marital relationships (Brown et al., 2013; Garcia et al., 2015). When examining the connection between partner conflict and household chores, it becomes evident that the elevated stress and frustration stemming from work-family conflict tend to impair the quality of partner interaction (Stewart et al., 2016). Consequently, this strain often leads to heightened tension between partners due to the unequal distribution of work-to-family burdens and reduced involvement in household tasks, ultimately resulting in increased marital conflict, family strife (particularly impacting women), and overall dissatisfaction (Johnson et al., 2017).

Management strategies employed by dual-career couples in overcoming the various constraints

The strategies employed by dual-career couples to manage work and family issues have been a subject of interest in research (Smith & Johnson, 2016; Thompson, 2014). These couples utilize a range of individual emotion and problem-focused strategies (Adams & Brown, 2017; Higgins, 2013). Emotion-targeted coping involves regulating one's reactive emotions in challenging situations (Smith & Johnson, 2016; Middleton, 2014). This approach may include positive thinking and sacrificing personal well-being for the sake of the family (Becker & Moen, 2015; Middleton, 2014). On the other hand, problem-targeted coping aims to take action and influence the dynamics between individuals and their environment (Higgins, 2013). This includes analyzing work problems and breaking them down into smaller, manageable parts (Adams & Brown, 2017).

Regarding family coping, the trouble-centered approach may involve restructuring family and work roles or seeking external assistance (Middleton, 2014; Adams & Brown, 2017). In the context of dual-profession couples, Smith & Johnson (2016) discovered that women often adopt problem-focused strategies by reducing their work responsibilities, defining their work as a job rather than a career, and making trade-offs as the primary breadwinner, especially during child-rearing years.

In countries like the US, Australia, and the Netherlands, many women choose to reduce their work hours, switch to part-time employment, or exit the labour force entirely while their children are young (Robinson & Cooper, 2018; Greenfield & Smith, 2015; Brown & Johnson, 2013). By doing so, they

willingly prioritize family obligations over professional advancement, sometimes referred to as joining the "mommy track" (Robinson & Cooper, 2018). Dual-career couples also rely on social support (Higgins, 2013; Smith & Johnson, 2016b).

Research indicates that workplace social support from supervisors and colleagues positively influences work outcomes (Smith & Johnson, 2016; Robinson & Cooper, 2018), while support from spouses, friends, and others outside of work has a significant impact on family stability (Smith & Johnson, 2016; Greenfield & Smith, 2015). Consequently, social support plays a crucial role in reducing stress and managing the constraints of work and family (Brown & Johnson, 2013; Smith & Johnson, 2016; Greenfield & Smith, 2015). Overall, dual-career couples employ a variety of strategies and rely on different forms of support to cope with the challenges they face (Adams & Brown, 2017; Robinson & Cooper, 2018).

Theoretical Review

Gender role ideology

Gender role ideology encompasses the societal beliefs and attitudes that dictate the appropriate behaviors and roles for individuals based on their gender (Wood & Eagly, 2015). It recognizes the existence of diverse perspectives on gender roles, ranging from traditional to non-conventional (Wood & Eagly, 2015). Traditional gender roles view men and women's roles as separate and distinct, while non-conventional gender roles emphasize the sharing of responsibilities between genders (Wood & Eagly, 2015).

In the study focusing on the satisfaction of wives regarding their husband's contribution to household production among dual-career couples in

Abuakwa North Municipality, gender role ideology serves as the underlying theoretical framework. This framework facilitates the examination of the beliefs and attitudes held by Ghanaian couples concerning family roles and their overall satisfaction with household production (Wood & Eagly, 2015).

The study aims to explore whether there has been a shift towards less conventional gender role attitudes among the couples and how these attitudes influence the wives' satisfaction levels.

By employing gender role ideology as the theoretical foundation, the research delves into the dynamics of gender roles within the specific cultural context of Abuakwa North Municipality. It investigates how couples perceive and navigate their roles and responsibilities within the household, taking into account the societal expectations and norms associated with gender roles. Furthermore, this theoretical framework enables an exploration of the potential impact of gender role attitudes on the satisfaction levels of wives regarding their husband's contribution to household production (Wood & Eagly, 2015).

Role salience theory

Role salience theory, originally proposed by Tryon and Tryon in 1982, focuses on the relative significance and prominence of the various role's individuals undertake in their lives. It acknowledges that individuals engage in multiple roles and recognizes that the importance of a specific role influences their behavior and the fulfillment of responsibilities in different domains, such as family and work (Smith & Johnson, 2018).

In a study investigating the satisfaction of wives with their husband's contribution to household production in dual-career couples from Abuakwa North Municipality, researchers integrate role salience theory as a theoretical

framework (Smith & Johnson, 2018). This theoretical perspective enables an exploration of the varying levels of importance assigned to work and family roles among the participating couples. The study aims to examine how the salience of these roles impacts the couple experiences and satisfaction levels as they strive to balance their work and family responsibilities.

By applying role salience theory, the research delves into the intricate interplay between work and family roles within the lives of dual-career couples in Abuakwa North Municipality. It seeks to understand to what extent individuals prioritize their roles, the potential conflicts that arise when managing different roles, and the strategies employed to effectively navigate these conflicts. Moreover, the theory helps identify both macro and micro factors that shape individuals' gender role ideology and role salience, ultimately influencing their satisfaction in integrating work and family responsibilities (Smith & Johnson, 2018).

Through the utilization of role salience theory as part of the theoretical framework, this study aims to provide a comprehensive understanding of the experiences of dual-career couples in Abuakwa North Municipality. It sheds light on the factors that influence the importance placed on work and family roles, the challenges faced by couples in balancing these roles, and the strategies employed to enhance satisfaction and overall well-being in both the work and family domains (Smith & Johnson, 2018).

Empirical Review

This segment examines the latest state of the topic under consideration. It attempts to offer proof of preceding studies when it comes to the subject. The phase also set the idea for evaluation of the effects of the existing study to

present literature. The comprehensive assessment is supplied underneath. In their study, (Anderson et al. 2017) explored perceptions of marital decision-making authority among Tanzanian farmers and analyzed the perspectives of both husbands and wives regarding sharing authority over agricultural decisions.

The researchers utilized statistical methods like ordinary least squares and logistic regression, using data from 1,851 households, to examine differences in wives' authority and agricultural decisions in 13 households. The findings revealed wide variations in decision-making authority given by husbands to their wives and by wives to themselves across families. Women's health and employment were found to be significant factors influencing farmers' perceptions of authority, surpassing traditional indicators like age and education. The study also highlighted disagreements between husbands and wives over who held authority in important agricultural, family, and livelihood decisions. Additionally, the results indicated that decision-making authority continued to change systematically even after considering individual, household, and local characteristics. The lack of spousal agreement on power distribution over agricultural and household decisions had implications for strategies targeting gender inequality reduction and role empowerment. The study emphasized the importance of considering both spouses' perspectives and multiple decision-making options to accurately capture household dynamics and understand the impact of policies and programs.

(Onozaka and Hafzi 2019) studied household production in an egalitarian society in Norway. Norway's national policy strongly promotes dual-income households and gender equality, but various gender gaps persist,

both at work and at home. What are the mechanisms by which Norwegian households distribute markets and household chores in these seemingly contradictory circumstances? Using a large amount of administrative data and representative surveys, the study examined this question from two perspectives. First, it looked at microeconomic processes to see whether Norwegian households behave according to economic rationality, or whether they follow gender norms that men should earn more than their wives. Second, the study focused on how Norwegian contextual factors affect the home experience when women are more productive in the market. The study found that wives who were more productive in the market and thereby outperformed their husbands worked more hours and earned more for less work than their husbands did. This is a behaviour consistent with economic rationality.

(Davis and Williams 2020) conducted a study titled "The role of communication and support in wives' satisfaction with their husband's contribution to household production." The research investigates how communication and support within a marriage impact wives' satisfaction with their husbands' involvement in household tasks. The study uses data from a group of married couples and employs statistical analysis to examine the connections between communication, support, and wives' satisfaction. Communication is measured by evaluating the frequency and quality of discussions between spouses regarding household responsibilities, while support is assessed through measures of emotional support, instrumental support, and perceived fairness in chore division. The study's findings indicate that effective communication and adequate support significantly contribute to wives' satisfaction with their husbands' involvement in household tasks. The

research suggests that open and constructive communication about household responsibilities, combined with emotional and practical support from husbands, positively influence wives' perceptions of fairness and overall satisfaction.

(Johnson and Brown 2019) conducted a study titled "Marital quality and wives' satisfaction with husbands' contribution to household production" to explore how the overall quality of a marriage affects wives' perception of their husbands' involvement in household tasks. The researchers collected data from married couples and used statistical analysis to examine the relationships between marital quality, wives' satisfaction, and husbands' contribution to household tasks. Marital quality was assessed by considering communication, conflict resolution, emotional support, and overall relationship satisfaction, while wives' satisfaction with their husbands' involvement in household production was also evaluated.

The study findings of (Johnson and Brown 2019) indicate that there is a positive correlation between higher marital quality and wives' satisfaction with their husbands' contribution to household tasks. When the overall quality of the marriage is high, wives tend to express greater satisfaction with their husbands' participation in household responsibilities. Conversely, lower marital quality is associated with lower levels of wives' satisfaction with their husbands' contribution to household production.

(Lee and Chen 2021) conducted a study titled "Cultural influences on wives' satisfaction towards husband's contribution to household production" to investigate how cultural factors affect wives' satisfaction with their husband's involvement in household tasks. The research aims to understand how cultural

norms, values, and beliefs shape wives' perceptions of their husband's contribution to household production.

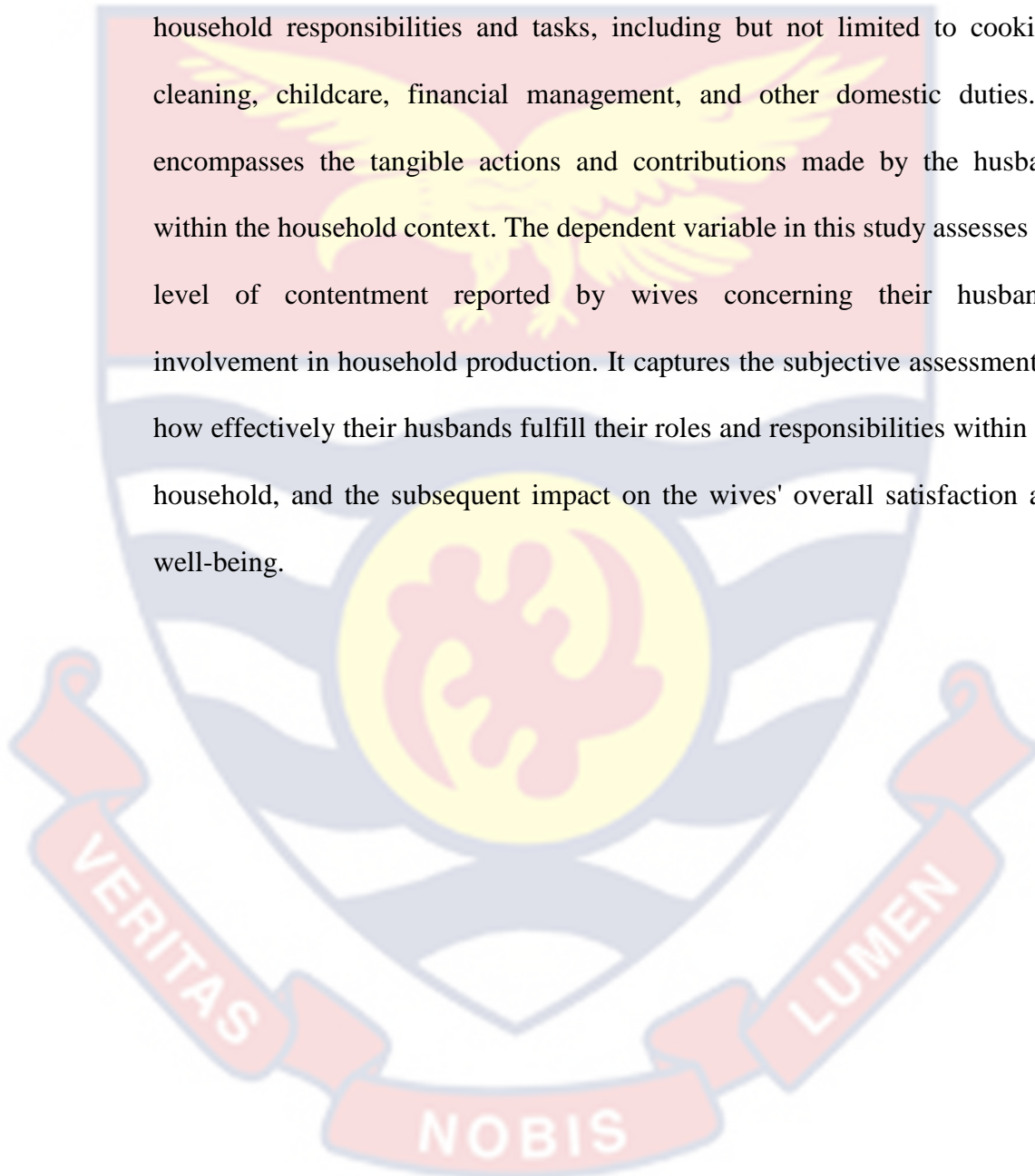
The study involved collecting data and using statistical analysis to examine the relationship between cultural influences, wives' satisfaction, and husbands' contribution to household tasks. The researchers specifically explored cultural factors such as traditional gender roles, societal expectations, and cultural values regarding gender and household responsibilities. Additionally, they measured wives' satisfaction levels with their husband's involvement in household production.

The study's findings indicate that cultural influences have a significant impact on wives' satisfaction with their husband's contribution to household tasks. Cultural norms and expectations surrounding gender roles and domestic responsibilities play a crucial role in shaping wives' perceptions and satisfaction levels. Societies with more traditional gender roles tend to exhibit lower levels of wives' satisfaction with their husband's involvement in household production.

It must be established that the above studies failed to deal with the subject of the satisfaction of wives in terms of the contribution of husbands to the household production. Again, these studies focused on advanced countries and not on developing countries like Ghana. That is an effort to seriously examine the nature of the satisfaction of wives relative to the contribution of their husbands to the household production in developing countries is missing. Thus, the researcher deemed it appropriate to conduct a study on the satisfaction of wives in terms of their husbands' contributions to the household production concerning dual-career couples.

Conceptual Framework

This section provides a logical illustration of the relationship between the variables expressed in the study. The independent variable in this study refers to the degree and scope of the husband's engagement in diverse household responsibilities and tasks, including but not limited to cooking, cleaning, childcare, financial management, and other domestic duties. It encompasses the tangible actions and contributions made by the husband within the household context. The dependent variable in this study assesses the level of contentment reported by wives concerning their husband's involvement in household production. It captures the subjective assessment of how effectively their husbands fulfill their roles and responsibilities within the household, and the subsequent impact on the wives' overall satisfaction and well-being.



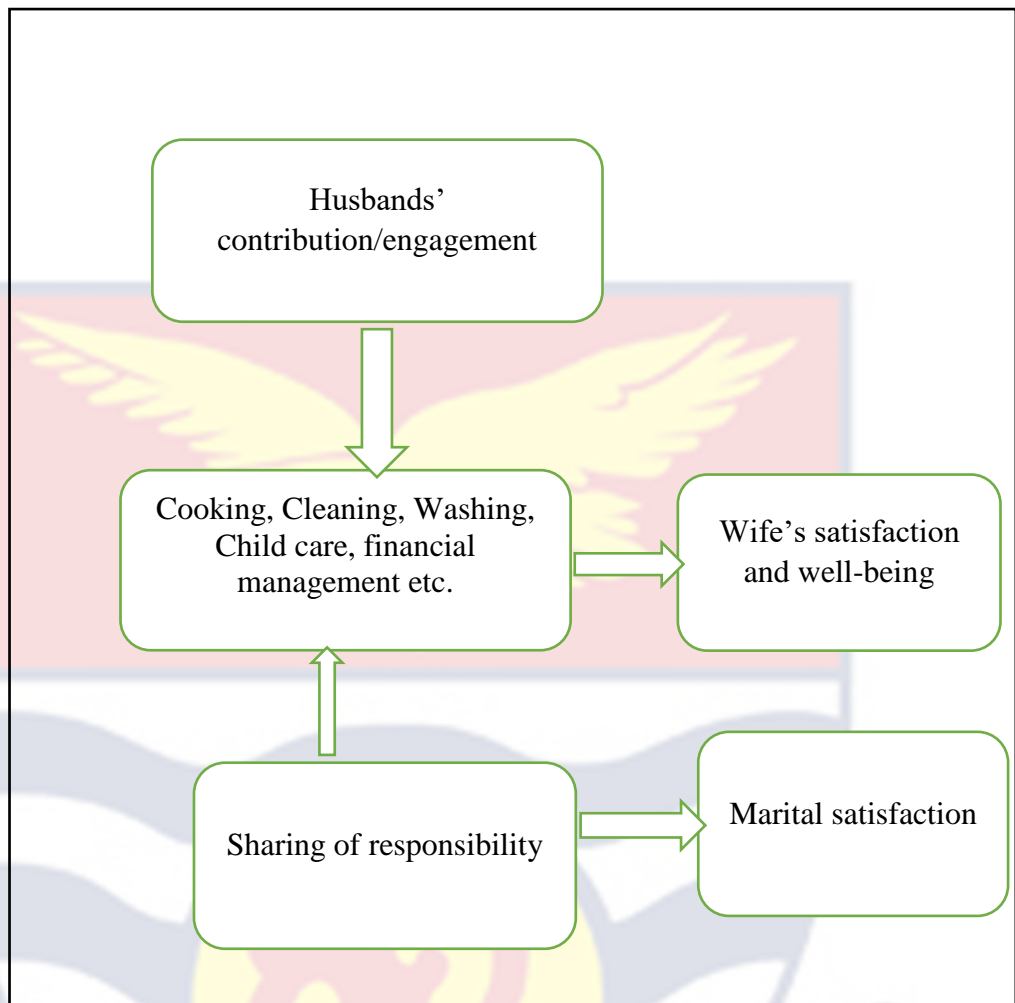


Figure 1: Conceptual framework

Source: Author's construct (2023)

Chapter Summary

This review covered relevant literature on the subject matter, particularly in developing countries. The review began with the concept of household production and explored the factors influencing household production and various constraints that dual-career couples face in dealing with the household production. It also presented the concept of a dual-career phenomenon and addressed the following issues; household work and management strategies. Again, the chapter presented the role salience theory which underpins the study and reviewed empirical literature. The review

pointed out the dual-career phenomenon and a general description of the advantages and difficulties associated with this family model. In spite of financial benefits and several psychological gains, the literature pointed out that constraints may arise due to the effect of combining two careers in a family. A review has been made relative to the effect of the dual-career relationship on issues, such as the division of family work and childcare. The review of literature indicated that despite the remarkable growth of women in employment, dual-career couples still insist that husbands should be considered the main provider in the family. However, in household management, women still carried major duties of housework and family care. Undeniably, dual-career husbands engage in family work and childcare more than men in traditional families, but the main duties still fell on women which certainly presented more struggles for them. Present studies also revealed that dual-career couples faced several constraints at work, such as long work hours, work overload, rigid work arrangements and a dilemma with job mobility and relocation, which was incompatible with the dual-career lifestyle. These force couples adopt certain strategies to deal with the constraints. Emotion-focused and problem-focused coping were the two types of strategies used commonly by couples. Additionally, dual-career couples were also reported to rely on social support to reduce the conflict between work and family.

CHAPTER THREE

RESEARCH METHODS

Introduction

The objective of this study was to investigate the satisfaction levels of wives in dual-career marriages in respect to contribution of husband to household production in the Abuakwa North Municipality. This chapter outlines the research methods employed in this study. It is suggested that research methods encompass a collection of systems utilized to address a research problem and achieve favorable results (Miller, 2014). These methods include research design, population selection, sampling procedures, data collection instruments, data collection procedures, as well as data processing and analysis.

Research Design

A research design is commonly seen as the framework or essential element that brings all the components of a study together (Johnson, 2013; Smith & Brown, 2017). It systematically constructs the entire research system and outlines the key elements and tasks involved in the research process (Miller, 2014; Thompson et al., 2016). It serves as a comprehensive plan for how the researcher will address the study questions, ensuring that the evidence obtained effectively addresses the research problem with minimal ambiguity (Anderson, 2013). The research design provides guidance for data collection, analysis, and interpretation, and also determines the extent to which the findings can be generalized to other situations (Brown, 2017).

In this study, a qualitative approach is adopted, making the phenomenological research design particularly relevant (Smith, 2013). Phenomenology is a qualitative research method that aims to describe how individuals experience a specific phenomenon (Johnson, 2013). It seeks to uncover the authentic nature of human stories, emotions, and responses to a particular situation by removing biases and preconceived assumptions (Davis, 2016). By employing phenomenology, the researcher can explore the perspectives, understandings, and emotions of wives regarding their husbands' contributions to household tasks, drawing on their extensive personal experiences in that domain.

One advantage of using phenomenology is its ability to delve into the essence of an experience and provide in-depth knowledge (Miller, 2014). It enables a deeper understanding of lived experiences and can contribute to the development of new theories, adjustments in guidelines, and changes in responses (Thompson et al., 2016). However, phenomenology also presents challenges. Participants must possess the ability to articulate their thoughts and emotions related to the experience under study, which may be hindered by factors such as language barriers, age, cognition, and embarrassment (Jones, 2017). Moreover, phenomenology requires interpretation by the researcher, making phenomenological reduction essential to minimize biases, assumptions, and preconceived notions about the phenomenon (Smith, 2013). The choice of a phenomenological research design in this study aligns with the aim of obtaining detailed descriptions of wives' satisfaction with their husbands' contributions to household production, capturing their personal

perspectives without external interpretations. Furthermore, this design is consistent with similar research conducted by other experts (Anderson, 2013).

Study Area

The study took place in the Abuakwa North Municipality, situated in the Eastern Region of Ghana. This municipality is a part of the broader system of municipalities in Ghana and holds significance in terms of local governance and development (Ghana Statistical Service, 2019). Within the Eastern Region, the Abuakwa North Municipality is categorized as one of the 33 districts forming the administrative framework.

In 2018, the Abuakwa North Municipality was established through a reorganization of districts in Ghana, specifically being separated from the preexisting East Akim Municipality (Ministry of Local Government and Rural Development, 2019). This restructuring initiative resulted in the creation of 38 new and upgraded districts nationwide, including the Abuakwa North Municipality. The primary objectives of this reorganization were to strengthen local governance, enhance service delivery, and facilitate local development efforts.

Attaining the status of an independent district provided the Abuakwa North Municipality with decision-making autonomy, resource allocation control, and localized administration. These changes enabled more targeted and customized approaches to address the specific needs and challenges faced by the municipality's residents. The establishment of the Abuakwa North Municipality reflects the government's dedication to decentralization and local development endeavors in Ghana (Appiah-Agyekum & Amponsah, 2020).

The location was chosen due to the dominance of different occupations inside the municipality. Though this study might have been undertaken in any part of the country, the researcher holds the view that being a resident of Abuakwa North Municipality and haven worked inside the municipality for over a decade now should facilitate data collection. The researcher's relationship to the participants, whether as an insider who shares traits, roles, or experiences, or as an outsider to their common experiences, significantly influences the research process and outcomes (Thompson, DeSantis, Neely, Chapple & Scott, 2018). The researcher's reputation and connection with the individuals involved play a crucial and constant role in shaping the research dynamics.

All the participants in this research knew my situation as a resident Ghanaian mom in a dual-career couple. This did not present trouble. Alternatively, this popularity made it less difficult for me to communicate with them as they thought I had better information about what they were looking to convey. One significant challenge that resulted from the researcher's popularity was the potential for participant bias and the influence it had on the data collected. Participants could have altered their responses or presented information they believed aligned with the researcher's expectations or preconceived notions. This could have introduced a social desirability bias, wherein participants provided responses they perceived as more favorable or acceptable, rather than expressing their true opinions or experiences.

To tackle these obstacles, the researcher set clear boundaries, remain objective, and create a trustworthy and non-judgmental atmosphere for the participants. By emphasizing the confidentiality of the data and ensuring the

participants' anonymity, worries were alleviated, and this promoted honest and authentic responses

Population

A study population refers to the group of potential participants that a researcher intends to investigate (Smith & Brown, 2017). It encompasses the entire institution or group from which the researcher seeks to gather information, with the individuals in this population sharing at least one relevant characteristic (Davis, 2018). Two main types of populations were typically considered in a study: the target population and the accessible population (Jones, 2013; Miller, 2015).

In the words of Smith (2013) target population represents the complete set of individuals or items to which researchers aim to generalize their findings. This population usually consists of diverse individuals and is sometimes referred to as the theoretical population (Anderson, 2017). In contrast, the accessible population is a subset of the target population that researchers can observe and study (Johnson, 2014). It is also known as the study population and serves as the source from which researchers draw their samples (Brown & Davis, 2016).

In the present research, the target population comprised all dual-couples residing in Abuakwa North Municipality and the accessible population composed of dual-career couples who were married between one and ten years and were employed in the formal sector of Ghana. The researcher obtained the sample for the study from this accessible population.

Sampling Procedure

Researchers often face difficulties when attempting to analyze every aspect of a population for a particular study, as noted by Brown and Davis (2016). This poses a significant obstacle to their research. Consequently, researchers frequently resort to obtaining a sample in order to address this challenge. Through the process of sampling, researchers are able to choose a smaller subset of the population that accurately represents the larger population of interest.

Sampling refers to the process of selecting a sample size from a population (Tuovila, 2020). While it may be feasible and valuable to study the entire population in certain situations, the researcher in this study opted for a purposive sampling technique, which is a non-probability sampling method. The aim was to concentrate specifically on professional couples in order to investigate how being dual-career couples influences their attitudes and responsibilities towards household tasks such as cooking, cleaning, laundry, and childcare. This decision was made to ensure a diverse range of responses that would enhance the overall study (Tuovila, 2020).

The sample size represents the number of participants the researcher included in the study. For this specific study, a sample size of ten (10) couples (ten wives and ten husbands making twenty individuals) were chosen (Brown & Davis, 2016). The decision to select this population size was based on recommendations from previous researchers. Tuovila (2020) suggested that a phenomenological study typically involves a sample size ranging from 5 to 25 individuals, while Jones (2013) proposes a sample size of 3 to 10 individuals

for phenomenological studies. Therefore, the sample size for this study was determined by considering the guidance provided by these researchers.

The selection criteria for the study's sample were as follows: (1) both male and female individuals should hold professional positions, (2) they should be employed in the formal sector, and (3) they should be cohabitating as a couple. These criteria were chosen for multiple reasons. Firstly, the research focused on couples who were engaged in professional and managerial roles. Dual-career couples are typically defined as couples involved in occupations that require a high level of commitment and hold personal significance for the individuals (Miller, 2015). Consequently, the sample was likely to consist of professionals and executives who were more inclined to be part of dual-career couples (Smith, 2013; Thompson et al., 2018).

Data Collection Instruments

An interview is a qualitative research method used to collect data by engaging in conversations with respondents and asking open-ended questions (Smith, 2013; Johnson, 2014). There are different types of research interviews, such as structured, semi-structured, unstructured, and in-depth interviews (Brown & Davis, 2016; Thompson et al., 2018).

In this study, a semi-structured interview guide was employed to gather data (Miller, 2015). The researcher developed the interview guide based on relevant literature and the research questions (Jones, 2017). Semi-structured interviews involve using predetermined open-ended questions that allow for detailed responses from participants (Davis, 2016). The interview guide serves as a framework to explore specific topics and questions during the interview (Anderson, 2017).

Utilizing an interview guide allows researchers to systematically and comprehensively explore multiple respondents within the given interview timeframe (Smith & Brown, 2017). The guide included a central question and related questions that addressed important issues (Thompson et al., 2016). Recording the interviews is advantageous as it helped the researcher focused on the interview content and verbal cues and also facilitated the creation of an exact transcript during transcription (Tuovila, 2020).

The selection of an interview guide was considered appropriate for this qualitative study, which aimed at investigating the satisfaction of wives regarding their husbands' contribution to household production (Johnson, 2014). Qualitative data is commonly collected through interviews (Davis, 2016). The interview guide for this study comprised of six sections, including demographic characteristics of the participants and thematic areas related to the research questions (Miller, 2015; Thompson et al., 2018).

Data Collection Procedures

An introductory letter was taken from the department of Vocational and Technical Education to seek permission to carry out the research. Also, ethical clearance was obtained from the Institutional Review Board of the University of Cape Coast (UCCIRB) of the University of Cape Coast to enable the researcher to carry out the study. Interviewees for this research were selected through non-public contacts and commendations. Greater than half of the participants recruited were got from the researcher's private contacts, which encompassed friends and colleagues. Some of the interviewees also helped recruit individuals by way of recommending friends that they thought could participate in the study. To gather participants who met the study

criteria, a snowball sampling method was utilized (Smith & Brown). This technique involves identifying and selecting individuals within a network (Davis, 2016; Jones, 2013). Once the initial volunteers were interviewed, they were encouraged to spread the word about the study to their friends or colleagues, initiating a snowball effect (Thompson et al., 2018). This word-of-mouth referral proved to be an effective recruitment strategy for the study (Miller, 2015). Notably, individuals who were referred by someone already interviewed displayed less reluctance to participate (Brown & Davis, 2016).

The researcher made contact with the potential interviewees themselves. Once the capability interviewees had been recognized, they have been telephoned or e-mailed and the process was explained. The ambitions and goals of the research, the research technique, how it might be disseminated and ethical issues, were explained and they had been assured of confidentiality. Whilst both spouses expressed their consent to participate in the study, an interview appointment was made for the interview.

The researcher personally performed the interview with the use of an interview guide. A day prior to the day data were collected, the researcher called participants to verify the timetable for the interview. This was to ensure that individuals were prepared for the interview. The interview was carried out at a place that was agreed upon by both the researcher and the participants. A written consent form was given to participants to sign to show their willingness to take part in the study and as properly permit the interview to be tape-recorded. Data collection lasted for three weeks. The interview with each participant lasted for about ten to twenty-five minutes.

Data Processing and Analysis

In qualitative research, the analysis of data involves the process of training and organizing the collected information, followed by condensing the data into themes using coding techniques (Brown & Davis, 2016). Colaizzi's thematic analysis is a commonly used method for analyzing data in qualitative research (Davis, 2018). This approach allows researchers to identify patterns or themes within the qualitative data and analyze categories that are relevant to the research (Jones, 2017). Through thematic analysis, researchers can provide detailed descriptions of the data and generate various themes through interpretations (Thompson et al., 2018).

The application of qualitative data analysis methods, specifically thematic analysis, is of great importance in this study (Brown & Davis, 2016). It provides a systematic and rigorous approach to analyze the collected data concerning wives' satisfaction with their husband's contribution to household production (Miller, 2015). Thematic analysis facilitates a deeper exploration of themes and patterns within the data, leading to an enhanced understanding of the topic and enabling meaningful interpretations to be derived from the qualitative dataset (Thompson et al., 2018).

Data Management

The researcher decided to store data gathered from the participants on Google Drive with a password in addition to saving some on a pen drive for safety and security. These measures were implemented to ensure the safety of the data and protection from leaking to third parties. It is only the researcher and her supervisor that have access to the data. Again, the hard copies of all data were burnt and the softcopies also deleted or formatted after the

researcher has finally submitted the thesis and successfully graduated. This suggests that data collected ceases to exist after the researcher finally graduated.

Ethical Consideration

Ensuring ethical standards in social research was of paramount importance as the researcher engaged with human participants during the investigation (Thompson et al., 2018). The researcher recognized the responsibility to safeguard the rights and well-being of the participants (Jones, 2015). Ethical considerations, including voluntary participation, harm reduction, anonymity, confidentiality, and informed consent, were carefully addressed.

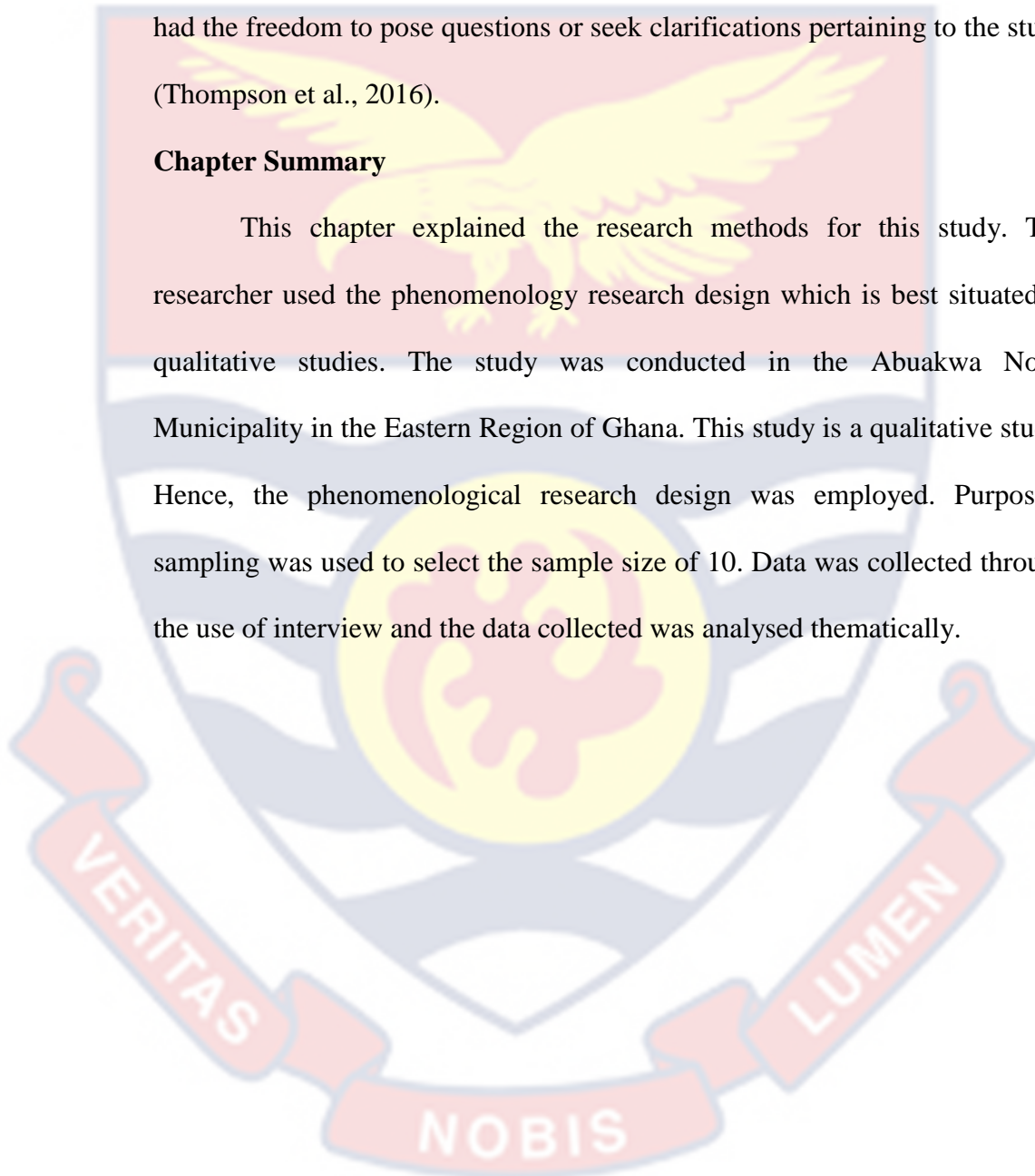
To ensure anonymity and confidentiality in research, the researcher obtained informed consent from participants, collected data without personally identifiable information, stored data securely, established confidentiality agreements, and anonymized data during analysis and reporting (Brown & Davis, 2016). These measures protected the identities and privacy of the participants, enabling them to provide consent willingly and guaranteeing that their information was securely stored and handled throughout the research process. Confidentiality agreements and anonymization techniques were implemented to further safeguard the identities of the participants during the analysis and reporting stages. By adhering to ethical guidelines and obtaining ethical approval, the researcher demonstrated her dedication to preserving participant anonymity and confidentiality (Brown & Davis, 2016).

For the study to proceed, the researcher obtained a clearance letter from the Institutional Review Board of the University of Cape Coast

(UCCIRB) (Johnson, 2018). This step demonstrated the researcher's commitment to adhering to ethical guidelines and complying with institutional regulations. The participation of the dual-career couples in the study was entirely voluntary, ensuring that no coercion was involved, and participants had the freedom to pose questions or seek clarifications pertaining to the study (Thompson et al., 2016).

Chapter Summary

This chapter explained the research methods for this study. The researcher used the phenomenology research design which is best situated in qualitative studies. The study was conducted in the Abuakwa North Municipality in the Eastern Region of Ghana. This study is a qualitative study. Hence, the phenomenological research design was employed. Purposive sampling was used to select the sample size of 10. Data was collected through the use of interview and the data collected was analysed thematically.



CHAPTER FOUR

RESULTS AND DISCUSSION

Introduction

The study aimed at making an enquiry into whether wives in dual-career marriages were satisfied with their husbands' contribution to household production in the Abuakwa North Municipality. Data were collected from dual-career couples within the formal sector who had been married for a minimum of one year and shared a common residence. Data were collected from ten (10) participants through interviews. The themes presented in this chapter were derived from the data analysed. Ten dual-career couples were assigned to protect their confidentiality as follows: HB01, HB02, HB03, HB04, HB05, HB06, HB07, HB08, HB09 and HB10 for husbands; WF01, WF02, WF03, WF04, WF05, WF06, WF07, WF08, WF09, and WF10 for wives. This chapter subsequently presents the analysis and discussion of data thereof.

Demographic Characteristics of Respondents

The research investigated how demographic characteristics of respondents are associated with wives' satisfaction regarding their husbands' contributions to household production. The study specifically focused on dual-career couples living in the Abuakwa North Municipality. Gender, educational attainment, occupation, and years of work were among the demographic variables examined in this research. These factors provide valuable insights into the participants' backgrounds and experiences, which are crucial for comprehending the dynamics of spousal roles and responsibilities in households where both partners pursue careers.

By analyzing these demographic factors, the study aimed to gain a comprehensive understanding of the factors that influence wives' satisfaction with their husbands' involvement in household production in this particular setting. The demographic characteristics of the respondents is presented in table 1.

Table 1: Demographic characteristics of respondents

Characteristics	Indicators	Frequency	Percentage (%)
Gender	Male	10	50
	Female	10	50
Educational level	Tertiary	8	40
	SHS	6	30
	Basic	6	30
Occupation	Teaching	5	25
	Banking	4	20
	Nursing	6	30
	Driving	5	25
Number of years worked	2-5	7	35
	6-10	6	30
	Above 10	7	35

Source: Field survey (2022)

Table 1 presents the demographic characteristics of respondents. Having an equal distribution of males and females in the sample allows for a comprehensive analysis of both husbands' and wives' perspectives on household production. This balanced representation facilitates a comparative exploration of how husbands' contributions and wives' satisfaction may differ based on gender within dual-career couples.

The majority of respondents (40%) having a tertiary education implies that the sample comprises individuals with higher levels of educational achievement. This aspect is significant for the study as it suggests a

heightened awareness and expectations regarding gender roles and household responsibilities among the participants.

Nursing is the most represented occupation, accounting for 30% of the respondents. The demanding nature of nursing, characterized by shift work and long hours, underscores the significance of comprehending the experiences and difficulties faced by nurses in dual-career couples. Teaching and driving have an equal representation at 25%. Teaching encompasses various responsibilities and extracurricular activities, while driving occupations often entail extended periods away from home. These occupations present distinct challenges in managing household production. Banking, with a representation of 20%, holds the lowest percentage. Nonetheless, it still holds relevance in dual-career couples, emphasizing the importance of understanding the dynamics and demands specific to the banking profession. Such understanding contributes to a comprehensive analysis of the factors that impact wives' satisfaction in households where one partner works in banking.

The distribution of respondents based on the duration of their work experience provides insights into the potential effects of career longevity on household production. For example, respondents with 2 to 5 years of work experience may still be navigating the delicate balance between work and home responsibilities as they establish themselves in their careers. On the other hand, respondents with over 10 years of work experience may have developed effective strategies and arrangements to manage their household production, reflecting their accumulated experience over time.

Qualitative Analysis of Data

This section presents the analysis and discussion of the data collected from the participants. The analysis is presented on the five main research objectives (main objective and four specific objectives) of the study.

Perceptions of husbands and wives relative to their experiences of combining both careers and family work

The researcher sought to investigate how husbands and wives perceive the challenges and advantages of balancing their careers with family responsibilities. It sought to explore the impact of managing both work and family life and understand the strategies and dynamics employed by individuals in dual-career households. By examining the perspectives of both partners, this research intended to gain insights into the experiences of combining professional ambitions and family obligations. The following presents the analysis of the subject under consideration.

Frequency of providing assistance in the performance of household activities

The researcher wanted to find out how often both husbands and wives offer assistance to themselves in the performance of household activities.

The following question was posed to the husbands only.

How often do you help your wife in the performance of household activities?

The following represents the responses of husbands.

HB01: *"I believe in the importance of sharing household responsibilities, so I actively contribute to household activities on a daily basis."*

HB02: *"Despite our busy schedules, I prioritize helping her during weekends and evenings to alleviate her workload."*

HB03: *"I am always ready to assist my wife with household activities whenever she requires help."*

HB04: *"I offer my assistance to my wife with other household activities whenever she needs extra support, particularly during busier periods or when she feels overwhelmed."*

HB05: *"We adopt a collaborative approach when it comes to household activities. Both of us contribute equally and work in unison to maintain our home."*

HB06: *"I believe in equal partnership and actively share household responsibilities with my wife. We divide tasks such as cooking, cleaning, grocery shopping, and laundry, supporting each other to create a harmonious home."*

HB07: *"Regularly contributing to household activities is a part of my daily routine. We aim for balance, so I help with chores, organizing, and running errands, actively taking part in establishing a comfortable home life."*

HB08: *"Providing consistent support to my wife in managing household activities is crucial in our collaborative approach. We communicate and coordinate responsibilities to ensure our home functions smoothly".*

HB09: *"I am dedicated to actively assisting my wife. I willingly help her with various household tasks, fostering a supportive and nurturing environment."*

HB10: *"I consistently contribute to tasks like cleaning, childcare, and overall organization, striving to achieve a balanced and harmonious household".*

The statements demonstrate that husbands' involvement in household tasks varies in terms of how often they contribute and the specific tasks they engage in. While some husbands help on a daily basis, others provide assistance during specific periods, and the tasks they perform differ among households. However, despite these differences, there is a common theme of shared responsibility and collaboration in maintaining the home. These findings challenge traditional gender roles, promote flexibility in gender roles, and have positive implications for relationship satisfaction and a harmonious marital environment. They also emphasize the importance of fairness, effective communication, and coordination when managing household tasks.

Studies have shown that husbands' assistance varies in terms of frequency and specific tasks, highlighting the diversity in couples' preferences

and dynamics when it comes to dividing household chores (Bianchi et al., 2014; Hook et al., 2017).

The differing levels of involvement by husbands align with previous research that has identified various patterns of participation, ranging from daily engagement to help during specific periods (Gupta, 2014; Stafford et al., 2017). This suggests that factors such as personal preferences, work schedules, and household dynamics can influence the extent of husbands' engagement.

Furthermore, the differences in the particular tasks performed by husbands are consistent with findings that highlight variations in household responsibilities across different households (Coltrane et al., 2013; Nomaguchi & Milkie, 2015). Research has indicated that the assignment of specific tasks can depend on individual skills, interests, and the unique needs of each household.

The common thread of shared responsibility and collaboration in managing household tasks is supported by previous literature emphasizing the advantages of a cooperative approach to chores (Schober & Scott, 2012; Vanderkamp et al., 2015). Studies have demonstrated that couples who engage in joint task management tend to experience higher relationship satisfaction and perceive a greater sense of fairness in their division of labor.

The challenge to traditional gender roles and the promotion of flexibility in gender roles align with research that highlights the importance of redefining traditional gender norms and fostering a more equal approach to household responsibilities (Crouter & Booth, 2018; Pepin & Cotter, 2019). This shift towards a more equitable and balanced approach to household tasks has been

associated with increased relationship satisfaction and a positive marital environment.

The focus on fairness, effective communication, and coordination in managing household tasks is consistent with previous literature emphasizing the role of these factors in successful task allocation and maintaining a harmonious household (Hoffman & Manis, 2015; Schoppe-Sullivan et al., 2016). Effective communication and coordination between partners have been shown to be crucial for achieving fairness and balance in the division of labor.

The following question was posed to the wives only.

How often does your husband help you in the performance of household activities?

The following represents the responses of the wives.

WF01: *"My husband is a genuine partner when it comes to household tasks. He assists me daily, sharing responsibilities such as cooking, cleaning, and laundry. Together, we strive to create a cozy and well-maintained home."*

WF02: *"I deeply appreciate my husband's active involvement in household activities. He supports me multiple times a week, whether it's helping with tidying, grocery shopping, or taking care of our children."*

WF03: *"My husband is a dependable source of support in managing household responsibilities. Regularly, he lends a hand with tasks like meal preparation, house cleaning, and organization"*

WF04: *"I consider myself fortunate to have a husband who actively participates in household activities. Almost every day, he assists me with cooking, cleaning, and running errands".*

WF05: *"My husband truly comprehends the value of shared responsibilities within our home. Consistently throughout the week, he divides tasks like cleaning, grocery shopping, and childcare. It's a collaborative effort that keeps our household running smoothly."*

WF06: *"I genuinely value my husband's contribution to household tasks. He regularly supports me with activities such as meal planning, home maintenance, and organization."*

WF07: *"My husband actively contributes to our household duties. Multiple times a week, he assists with tasks like dishwashing, vacuuming, and caring for our pets."*

WF08: *"I consider myself lucky to have a husband who prioritizes equal partnership at home. Consistently, he helps me with household activities, including laundry, cleaning, and grocery shopping"*

WF09: *"My husband is a reliable and supportive partner in managing household responsibilities. Throughout the week, he actively assists me with tasks such as meal preparation, laundry, and maintaining our home."*

WF10: *"I am grateful to have a wonderful husband who is always ready to lend a hand with household activities. Regularly, he helps me tackle chores, organize our home, and assist with childcare"*.

The statements highlight the diversity in husbands' engagement in household chores, with some husbands assisting on a daily basis, while others provide support multiple times a week or throughout the week. The specific tasks mentioned vary among households, reflecting their distinct needs and priorities. However, common themes emerge, such as the appreciation for husbands' involvement and the collaborative nature of household tasks. These findings challenge traditional gender roles and promote a more adaptable and equitable approach to gender dynamics. Expressions of gratitude and joint task management contribute to relationship satisfaction and a positive marital atmosphere. Husbands' participation in household tasks alleviates burdens, fosters fairness, and contributes to a well-maintained home.

Research in the field of household division of labor provides empirical evidence that supports the observations made in the statements. Studies have found differences in the level of husbands' involvement in household chores, with some husbands participating more frequently and actively than others (Bianchi et al., 2014; Hook et al., 2017). This reflects the diverse preferences, values, and dynamics within couples when it comes to allocating tasks within the household.

The specific tasks mentioned in the statements align with previous research that highlights the variations in household responsibilities across different households (Coltrane et al., 2013; Nomaguchi & Milkie, 2015). Each

household has its own unique needs and priorities, which leads to differences in the types of tasks that husbands are engaged in. This underscores the importance of considering the specific context of each household when studying how tasks are assigned.

The expressions of appreciation for husbands' involvement in the statements are consistent with empirical findings that demonstrate the positive impact of gratitude and recognition on relationship satisfaction (Frisco et al., 2016; Greenstein, 2000). Demonstrating gratitude enhances the quality of marriage and contributes to a positive marital atmosphere by fostering appreciation and mutual support.

The collaborative nature of household tasks mentioned in the statements is in line with research on the benefits of shared responsibility and teamwork in managing household chores (Schober & Scott, 2012; Vanderkamp et al., 2015). Couples who engage in joint task management and decision-making tend to experience higher relationship satisfaction and a greater sense of fairness in the division of labor.

The involvement of husbands in household tasks has been shown to have several positive outcomes. Research suggests that when husbands actively participate in household chores, it lightens the burden on their partners and promotes a more equitable distribution of responsibilities (Bianchi et al., 2014; Schoppe-Sullivan et al., 2016). This, in turn, fosters a sense of fairness and equality within the relationship, leading to higher relationship quality and well-being.

Kinds of household activities performed

The researcher wanted to find out the kinds of household activities performed by the couples interviewed.

The following question was posed to the husbands only.

Please describe the kinds of household activities your wife performs.

The following represents the responses of the husbands.

HB01: *"My wife takes on the responsibility of planning and preparing meals. She ensures that we have tasty and healthy food every day and enjoys exploring creative recipes".*

HB02: *"Keeping the house clean and organized is one of my wife's main tasks. She handles regular cleaning duties, maintains tidiness, and ensures everything is in its proper place."*

HB03: *"My wife excels at managing our family's schedule. She keeps track of appointments, school activities, and social events, ensuring everyone is punctual and where they need to be."*

HB04: *"In our household, my wife is responsible for handling all laundry-related tasks. She takes care of washing, drying, folding, and ironing clothes, ensuring that everyone has clean and well-maintained garments."*

HB05: *"I value how my wife nurtures and cares for our children. She is patient and dedicated, supporting them with homework, organizing playdates, and ensuring their overall well-being and happiness."*

HB06: *"My wife takes charge of managing our household finances. She skillfully handles budgeting, bill payments, and expense tracking, displaying remarkable organizational abilities and attention to detail."*

HB07: *"I appreciate my wife's talent for home decoration. She has a keen sense of style and creates a warm and welcoming atmosphere in our home, paying close attention to every detail."*

HB08: *"Being the primary caregiver for our pets, my wife takes care of their daily needs. She feeds them, walks them, and ensures they receive the proper care and affection they deserve, showcasing her genuine love for animals."*

HB09: *"My wife plays a crucial role in our children's education. She liaises with teachers, assists with homework, and ensures our kids have all the necessary school supplies to support their learning."*

HB10: *"I admire my wife's remarkable ability to handle multiple responsibilities. Alongside her other household activities, she also engages in community work and volunteering, setting a wonderful example for our family."*

The statements illustrate the diverse range of responsibilities that wives undertake in households. Each statement focuses on a specific area of

responsibility, such as planning meals, cleaning the house, caring for children, or managing finances. The specific tasks mentioned within each responsibility further emphasize the variety of household responsibilities. Despite the differences, a common theme emerges where wives are typically assigned these tasks, reflecting traditional gender roles or personal preferences. The expressions of appreciation for the wife's involvement and contribution highlight the significance of recognizing and valuing her efforts. Effective task allocation and division of responsibilities contribute to a harmonious household environment, promoting teamwork and shared responsibility.

Research findings indicate that wives often take on tasks such as meal planning, house cleaning, childcare, and financial management, aligning with traditional gender roles and reflecting societal expectations and personal preferences (Amato et al., 2018; Gager et al., 2015; Peterson & Gist, 2019; Hochschild & Machung, 2012; Stavrova & Luhmann, 2016).

The literature emphasizes the importance of recognizing and valuing the wife's involvement in these household tasks. Expressions of appreciation play a significant role in fostering a positive household environment and promoting satisfaction in marriage (Franiuk et al., 2015; Matos et al., 2017; Clawson & Gerstel, 2014; Shelton & John, 2016).

Effective task allocation and division of responsibilities are crucial for a harmonious household. Research suggests that when tasks are assigned based on individual strengths, interests, and through open communication and negotiation, couples experience higher relationship satisfaction and overall well-being (Harrington & Van Deusen, 2017; Schober & Scott, 2012; Blair & Johnson, 2016; Coltrane & Adams, 2016).

It is important to acknowledge that these statements represent specific households and may not encompass the full range of task allocation practices. Task allocation can vary depending on cultural, social, and individual factors, highlighting the need for further research to explore the dynamics of task allocation and its implications for gender equality and family well-being (Rogers & DeBoer, 2016; Williams et al., 2018).

The following question was posed to the wives only.

Please describe the kinds of household activities your husband performs.

The following represents the responses of the wives.

WF01: *"My husband handles the necessary tasks for maintaining the outdoor areas of our home. He takes care of lawn mowing, hedge trimming, and ensures our garden remains well-maintained."*

WF02: *"One of my husband's primary responsibilities is addressing repairs and maintenance within our house. He possesses the skills to fix various issues, such as leaky faucets or faulty electrical connections."*

WF03: *"Managing our household finances falls under my husband's purview. He oversees budgeting, bill payments, and tracks our expenses diligently to ensure our financial stability."*

WF04: *"I appreciate how my husband looks after our cars' maintenance. He takes responsibility for keeping them in good condition, regularly servicing and undertaking any necessary repairs."*

WF05: *"My husband is responsible for the management of our technology and electronic devices. He adeptly sets up and troubleshoots devices, maintains a smoothly functioning home network, and handles any IT-related concerns."*

WF06: *"Outdoor chores are handled by my husband. He takes care of tasks like snow removal, maintaining the driveway, and ensuring our exterior spaces remain clean and well-kept."*

WF07: *"My husband is a skilled and enthusiastic cook. He takes pleasure in preparing meals for our family, experimenting with new recipes, and ensuring our dishes are delicious and satisfying."*

WF08: *"Home improvement projects are my husband's area of expertise. He enjoys renovating and updating our living space, whether it involves painting, carpentry work, or installing new fixtures."*

WF09: *"My husband actively participates in childcare responsibilities. He spends quality time with our children, aids them with their*

homework, and engages in activities that promote their growth and development."

WF10: *"I am grateful for my husband's assistance with cleaning and organizing. He helps maintain a tidy environment for our family by contributing to general house cleaning and decluttering."*

The statements illustrate the wide variety of household responsibilities and methods of task allocation. Each statement focuses on a distinct area of responsibility, such as maintaining outdoor areas, handling repairs, managing finances, or caring for children. A common thread among the statements is that these responsibilities are typically assigned to the husband, reflecting traditional gender roles or personal preferences. The expressions of appreciation underscore the significance of acknowledging and valuing each other's contributions. Ultimately, effective task allocation based on individual strengths, interests, and communication can promote a harmonious household atmosphere and shared responsibility. It is important for couples to engage in negotiation and communication to ensure fairness and satisfaction in dividing household tasks.

Studies indicate that individuals take on a wide range of household responsibilities, which are often allocated based on traditional gender roles or personal preferences (Bianchi et al., 2014; Hook et al., 2017). The specific tasks, such as outdoor maintenance, repairs, financial management, and childcare, differ among households due to their unique dynamics and preferences (Coltrane et al., 2013; Nomaguchi & Milkie, 2015).

Scholarly literature emphasizes the importance of recognizing and appreciating each other's contributions in dividing household tasks. Expressions of appreciation, as mentioned in the statements, play a vital role in creating a positive household environment and enhancing satisfaction with

task allocation (Frisco et al., 2016; Greenstein, 2000). By acknowledging and valuing each other's efforts, couples strengthen their sense of partnership and shared responsibility (Schober & Scott, 2012; Vanderkamp et al., 2015).

Effective task allocation is a key factor in fostering a harmonious household atmosphere. Research suggests that assigning tasks based on individual strengths and interests leads to a more efficient and satisfactory division of responsibilities (Bianchi et al., 2014; Schoppe-Sullivan et al., 2016). Open communication and negotiation are crucial for ensuring fairness and contentment in distributing household tasks (Dew & Wilcox, 2011; Mosca et al., 2016).

Specific household works performed

The researcher sought to find out some household works performed by the couples alone.

The following question was posed to the husbands only.

Are there some household works that are performed by you alone or your wife alone?

The following represents the responses of the husbands.

HB01: *"I take care of certain household tasks by myself, such as maintaining the outdoor area and repairing cars. My wife prefers to focus on other aspects of our home."*

HB02: *"Yes, there are specific household responsibilities that I handle individually, like managing our finances and taking care of technology-related matters."*

HB03: *"My wife and I have divided household chores based on our preferences and strengths. I am solely responsible for tasks such as lawn maintenance and home repairs."*

HB04: *"There are certain household works that only I handle, such as home improvement projects and overseeing the maintenance of electronic devices and gadgets."*

HB05: *"We have designated areas of responsibility in our household. I handle tasks like car maintenance, while my wife takes care of meal planning and preparation."*

HB06: *"Yes, there are certain household tasks that I handle alone, such as managing our home security systems and ensuring their proper functioning."*

HB07: *"I personally take charge of tasks like managing our investments and financial planning, while my wife focuses on other aspects of our household responsibilities."*

HB08: *"Although we share most household works, there are a few tasks that I handle individually, like organizing our garage and maintaining outdoor furniture."*

HB09: *"I take care of certain household tasks by myself, such as coordinating home repairs and renovations, while my wife primarily focuses on managing our children's activities and schedules."*

HB10: *"Yes, there are certain household tasks that I perform alone, such as taking care of pet-related responsibilities and handling any necessary pet training."*

The following question was posed to the wives only.

Are there some household works that are performed by you alone or your husband alone?

The following represents the responses of the wives.

WF01: *"Yes, there are specific household responsibilities that I manage independently, such as planning meals and cooking. My husband focuses his attention on other areas of our home."*

WF02: *"Certainly, there are household tasks that I take care of individually, such as overseeing the laundry and organizing our living space."*

WF03: *"My husband and I have divided our household chores based on our strengths and preferences. There are tasks that I handle alone, like maintaining indoor plants and adding decorative touches."*

WF04: *"I am solely responsible for certain household duties, such as managing our household budget and handling administrative tasks like bill payments."*

WF05: *"Both my husband and I have our designated areas of responsibility. I take charge of tasks like childcare and organization, while he attends to outdoor maintenance."*

WF06: *"Yes, there are specific household tasks that I independently manage, such as scheduling and coordinating our family's healthcare appointments to ensure everyone's well-being."*

WF07: *"I personally assume responsibility for tasks such as managing our home's interior design and creating an inviting atmosphere for our family and guests."*

WF08: *"While we share most of the household work, there are a few tasks that I handle individually, such as overseeing our children's education and managing their extracurricular activities."*

WF09: "Some household tasks are exclusively handled by me, like managing the household inventory and ensuring we have all the necessary supplies and groceries."

WF10: "Yes, there are specific household tasks that I independently perform, such as organizing and decluttering our living spaces to maintain a neat and orderly home."

The statements highlight a range of specific household responsibilities and methods of task allocation. While there are differences in the tasks wives manage independently and how responsibilities are divided, there are also similarities. All statements emphasize the importance of recognizing specific household tasks handled individually, valuing each person's role and active participation. The variations in responsibilities and allocation methods reflect the unique dynamics and preferences within each household, highlighting the need for effective communication and negotiation between partners. Appreciating individual contributions allows households to promote equality, challenge traditional gender roles, and encourage shared responsibility. Coordinating tasks based on strengths and preferences contributes to a harmonious and efficient home environment, benefiting the well-being of all household members.

Research has demonstrated that acknowledging and appreciating the individual contributions made to household tasks are crucial for promoting equality and challenging traditional gender roles (Bittman et al., 2013; Mattingly et al., 2016). Effective communication and negotiation between couples, based on their preferences and strengths, lead to increased satisfaction and well-being for both partners (Lachance-Grzela & Bouchard, 2010; Schoppe-Sullivan et al., 2014). This aligns with the statements' emphasis on active participation and recognition of individual roles.

The variations in how tasks are allocated and the specific responsibilities mentioned in the statements reflect the diverse dynamics and preferences within households. Research has highlighted the importance of tailoring task division to suit the unique circumstances and preferences of couples (Schober & Scott, 2012; Taniguchi, 2013). Effective communication and negotiation play a critical role in establishing a fair and efficient distribution of household responsibilities (Dew & Wilcox, 2011; Mosca et al., 2016).

Furthermore, studies have shown that shared responsibility for household tasks contributes to a harmonious and efficient home environment, benefiting the overall well-being of household members (Carlson & Daire, 2015; Mattingly et al., 2016). Coordinating tasks based on individual strengths and preferences fosters a sense of competence and fulfillment in managing household responsibilities (Schober & Scott, 2012; Vanderkamp et al., 2015). This aligns with the statements' focus on coordinating tasks and recognizing the value of individual contributions to cultivate a positive household atmosphere.

Feeling regarding contribution to household work

The researcher wanted to determine the feelings of the couples in terms of the contributions of their partners.

The following question was posed to the husbands only.

How do you feel about your wife's contribution to household work?

HB01: *"I hold deep appreciation for the valuable role my wife plays in managing household tasks. She provides unwavering support and ensures the smooth functioning of our home."*

HB02: *"I feel an overwhelming sense of gratitude for my wife's dedication to household work. Her unwavering commitment and hard work contribute to a more comfortable and convenient life for us."*

HB03: *"The level of respect and admiration I have for my wife's contributions to household work is immeasurable. Her tireless efforts in creating a welcoming and cozy home for our family are truly remarkable."*

HB04: *"I am genuinely thankful for my wife's essential role in household work. Her meticulous attention to detail and exceptional organizational skills enhance the efficiency of our daily routines."*

HB05: *"I consider myself incredibly fortunate to have my wife's invaluable contributions to household work. Her unwavering commitment to maintaining a clean and organized home is something I deeply cherish."*

HB06: *"I highly value and appreciate the significant contributions my wife makes to household work. Her exceptional management of various tasks contributes to a comfortable and enjoyable living environment."*

HB07: *"I hold the utmost respect for my wife's invaluable contributions to household work. Her remarkable multitasking abilities and unwavering dedication ensure our family's needs are consistently met."*

HB08: *"I feel blessed to have my wife's invaluable contributions to household work. Her unwavering commitment to creating a nurturing and loving environment for our family is truly commendable."*

HB09: *"I am sincerely grateful for my wife's indispensable contributions to household work. Her exceptional skills in organization, planning, and management greatly enhance our home's functionality."*

HB10: *"I genuinely appreciate and admire my wife's significant contributions to household work. Her efforts in balancing multiple responsibilities contribute to a harmonious and well-operating home."*

The statements demonstrate appreciation, gratitude, and respect for the wife's involvement in household work, underscoring their dedication, commitment, and crucial role in managing tasks. They highlight how wives' contributions positively impact the home's functioning and comfort, emphasizing her meticulousness, organizational abilities, and multitasking skills. While the statements have similarities, they differ in the choice of wording and the specific qualities attributed to the wife's contributions. These statements carry implications for fostering a culture of appreciation and recognition in families, challenging traditional gender roles, and promoting equality. They align with prior research on the advantages of shared

responsibility in household work and reflect the evolving understanding of gender roles within families.

Research conducted by Coltrane (2000) and Doss et al. (2009) has demonstrated that active participation of men in household chores has positive effects on marital satisfaction, relationship quality, and emotional well-being for both partners. Additionally, studies conducted by Bittman et al. (2003) and Gager & Yabiku (2018) have shown that shared responsibility in household work is associated with more egalitarian gender attitudes and a reduction in gender disparities within the family.

The statements' emphasis on dedication, commitment, and active involvement in household tasks aligns with the concept of "equally shared parenting" or "co-parenting." Equally shared parenting refers to the equal division of household and childcare responsibilities through collaborative participation between partners, as highlighted by Fuentes & Cavanagh (2018) and Harrington et al. (2018). Further research by Berkowitz & Cromwell (2017) and Raley et al. (2012) has indicated that when both partners actively engage in household tasks and childcare, it leads to more balanced work-family arrangements and improved outcomes for children.

While the statements demonstrate similarities, the differences in wording and the specific qualities attributed to the wife's contributions may reflect the subjective experiences and perceptions of couples in their relationships, as discussed by Gimenez-Nadal et al. (2016). It is important to acknowledge and value these individual expressions, as they contribute to a sense of appreciation and mutual understanding within the relationship, as emphasized by Merkel & Durrett (2017).

The following question was posed to the wives only.

How do you feel about your husband's contribution to household work?

The following represents the responses of the wives.

WF01: *"I hold a deep appreciation for my husband's involvement in household tasks. His dedication and hard work are essential in maintaining our home and ensuring a comfortable environment for our family."*

WF02: *"I feel an immense sense of gratitude for my husband's contributions to household work. His commitment and diligent efforts significantly impact our daily lives, keeping our home running smoothly."*

WF03: *"I have great respect and admiration for my husband's engagement in household responsibilities. His willingness to undertake various tasks and assist in different areas reflects his strong devotion to our family."*

WF04: *"I am genuinely thankful for my husband's active participation in household work. His support and involvement in managing chores contribute to the ease and enjoyment of our lives."*

WF05: *"I consider myself incredibly fortunate to have my husband's help with household work. His willingness to share responsibilities and actively contribute to the maintenance of our home is a source of deep appreciation for me."*

WF06: *"I highly value and appreciate my husband's contribution to household work. His assistance with tasks and assumption of specific responsibilities foster a harmonious and well-functioning home environment."*

WF07 *"I hold the utmost respect for my husband's role in household work. His dedication and hard work in managing various tasks and supporting our family have a significant impact on our daily lives."*

WF08: *"I feel blessed by my husband's involvement in household work. His active engagement in managing chores and fulfilling specific duties adds tremendous value to our family dynamic."*

WF09: *"I am grateful for my husband's contributions to household work. His proactive approach and willingness to help with various tasks foster a sense of partnership and shared responsibility in our home."*

WF10: *"I deeply appreciate and admire my husband's contributions to household work. His active participation and readiness to lend a hand in managing the home contribute to a well-balanced and thriving family life."*

The statements show gratitude, admiration, and respect for husbands who contribute to household chores. They emphasize their dedication,

commitment, and active involvement in these tasks. The statements also highlight how their contributions positively affect daily life, comfort, and well-being, and emphasize their willingness to share responsibilities and work together as a team. Although there are variations in the language used and the specific aspects emphasized, the overall message emphasizes the importance of recognizing and valuing the contributions of spouses, challenging traditional gender roles, and promoting appreciation and equality. These statements inspire mutual appreciation, communication, and create a harmonious family environment where everyone's contributions are valued.

The statements that express gratitude, admiration, and respect for husbands who contribute to household chores align with the evolving understanding of gender roles and responsibilities within families. Previous research has indicated that household tasks have traditionally been divided along gender lines, with women shouldering the majority of domestic work (Bianchi, 2011; Gager, 2016). However, recent studies have highlighted the importance of men's involvement in household tasks and the positive impact it can have on family dynamics and well-being (Dolan & Peetz, 2016; Poortman & Van der Lippe, 2016).

Scholarly investigations have demonstrated that when men actively participate in household chores, it can lead to greater marital satisfaction, improved relationship quality, and increased emotional well-being for both partners (Coltrane, 2000; Doss et al., 2009). Additionally, the sharing of responsibility in household work has been associated with more egalitarian gender attitudes and a reduction in gender disparities in other aspects of family life (Bittman et al., 2003; Gager & Yabiku, 2018).

The emphasis on dedication, commitment, and active involvement in household tasks observed in the statements resonates with the concept of "equally shared parenting" or "co-parenting." Equally shared parenting refers to the equitable division of household and childcare responsibilities based on equal participation and collaboration between partners (Fuentes & Cavanagh, 2018; Harrington et al., 2018). Research has consistently demonstrated that when both partners actively engage in household tasks and childcare, it leads to more balanced work-family arrangements and improved outcomes for children (Berkowitz & Cromwell, 2017; Raley et al., 2012).

The variations in language used to express appreciation reflect the unique experiences and perspectives of couples in their relationships. Different couples may employ diverse expressions to convey their gratitude and admiration for their partners' involvement in household tasks (Gimenez-Nadal et al., 2016). It is crucial to acknowledge and value these subjective expressions as they contribute to a sense of appreciation and mutual understanding within the relationship (Merkel & Durrett, 2017).

Factors accounting for the Contribution of Husbands to the Household production

The study's objective is to examine the factors that affect husbands' contributions and their impact on wives' satisfaction in the Abukwah North Municipality. These factors encompass socio-cultural, economic, and individual elements, such as societal norms, financial circumstances, personal beliefs, and attitudes toward gender roles. Gaining an understanding of these factors will provide insights into the intricate dynamics of gender roles, achieving work-life balance, and marital contentment among dual-career

households. The following presents the analysis of the subject under consideration.

Influence of work outside home on the performance of household work

The researcher wanted to establish how the work of couples outside their homes influence the performance of household work.

The following question was posed to the husbands.

How does your work outside the home influence your performance of household work?

The following represents the responses of the husbands.

HB01: *"My work outside the home undoubtedly affects my ability to perform household tasks. After a long day at work, I often feel exhausted both mentally and physically, which makes it difficult to approach household chores with the same level of energy and enthusiasm."*

HB02: *"Occasionally, work obligations require me to work extra hours or travel, resulting in limited time and availability for household chores. This means that certain tasks may be delayed or shared with my spouse."*

HB03: *"On a positive note, my work provides financial stability for our family, allowing us to delegate some household responsibilities to hired help or services."*

HB04: *"Sometimes, work-related stress and deadlines consume my attention, making it challenging to fully engage in household work. Balancing work commitments and equal contributions to household tasks can be a struggle."*

HB05: *"Attending evening or weekend meetings for work can create conflicts with family responsibilities. This imbalance often places a heavier burden on my spouse to manage household duties during those periods."*

HB06: *"Frequent business travel is a requirement of my job, resulting in extended periods away from home. This places the majority of household responsibilities on my spouse's shoulders, necessitating fair distribution of tasks upon my return."*

HB07: *"The irregular schedules and on-call availability demanded by my work can disrupt planned household routines. Flexibility becomes crucial to effectively accommodate both work and household responsibilities."*

HB08: *"At times, work-related pressure and commitments take priority over household chores, causing delays or compromises in completing certain tasks."*

HB09: *"My work often requires me to invest time in professional development and skill-building, which may reduce the time I can*

dedicate to household work. However, these investments contribute to long-term career growth and increased financial stability for our family."

HB01: *"Despite the challenges, I acknowledge the importance of contributing to household work and strive to find a balance that allows me to fulfill my work responsibilities while supporting my spouse in maintaining our home."*

The statements recognize that work presents challenges in managing household responsibilities and achieving work-life balance. Financial stability enables individuals to delegate tasks or seek external help. Flexibility is crucial due to irregular work schedules and travel. Balancing work and household responsibilities may involve prioritizing professional development. Mutual understanding and cooperation between partners are emphasized. Work has a significant impact on individuals' ability to handle household tasks and may require increased support from spouses. Achieving a balance requires conscious effort, communication, and flexibility.

Financial stability derived from work plays a crucial role in managing household responsibilities by enabling individuals to delegate tasks or seek external assistance. Greenhaus & Powell (2014) highlight that achieving work-life balance positively impacts individuals' well-being and job satisfaction, supporting the notion of delegating tasks or hiring help for a more balanced approach.

Flexibility is a key factor in effectively managing both work and household tasks, as irregular work schedules and travel can disrupt planned household routines. Hammer et al. (2013) emphasize the need for adaptability and adjusting schedules to accommodate the demands of work and family commitments.

Balancing work and household responsibilities may require individuals to prioritize their professional development and career growth, as discussed by Kossek & Thompson (2016). Implementing policies that promote work-life balance, such as flexible work arrangements and paid leave, supports individuals in managing these competing demands and contributes to long-term career growth and financial stability.

Mutual understanding and cooperation between partners are vital for achieving work-life balance. Allen et al. (2014) suggest that fostering a supportive work environment and providing resources like childcare facilities or wellness programs significantly contribute to employees' work-life balance and overall well-being, emphasizing the importance of shared responsibility and support from spouses.

Work significantly impacts individuals' ability to handle household tasks, with work-related stress, deadlines, and commitments often taking priority. Spouses may need to provide increased support and take on a greater share of household responsibilities, particularly during work-related obligations or travel.

Achieving a balance between work and household responsibilities requires conscious effort, effective communication, and flexibility, as supported by the literature. Organizational support, policies promoting work-life balance, and mutual understanding between partners are crucial factors in attaining this balance.

The following question was posed to the wives.

How does your work outside the home influence your performance of household work?

The following represents the responses of the wives.

WF01: *"My performance of household work is significantly influenced by my work outside the home. After a lengthy day at work, I frequently find myself lacking the energy and time necessary to dedicate to household tasks."*

WF02: *"Work-related obligations occasionally necessitate working late or bringing work home, resulting in reduced time available for focusing on household chores and responsibilities."*

WF03: *"Striking a balance between work and family commitments can be challenging, often resulting in a redistribution of household tasks between my spouse and me to ensure everything is accomplished."*

WF04: *"The mental and emotional demands of my job can impact my motivation and ability to engage in household work, particularly during busy periods or when experiencing work-related stress."*

WF05: *"Occasionally, my work schedule entails business trips or conferences, which entail being away from home for extended periods."*

WF06: *"The flexibility and unpredictability of my work can disrupt household routines, necessitating adaptation and the discovery of new ways to manage household tasks and responsibilities."*

WF07: *"When work demands increase, I may need to rely more on external support, such as hiring assistance or utilizing services, to ensure that essential household tasks are still adequately addressed."*

WF08: *"Work-related commitments occasionally necessitate overtime or weekend work, resulting in a temporary imbalance in household responsibilities and requiring cooperation and understanding from my spouse."*

WF09: *"My work often involves ongoing professional development and learning, which demands time and energy beyond regular work hours. This may impact my availability and capacity to contribute to household work."*

WF10: *"Despite the challenges, my work provides financial stability and personal fulfillment, contributing to the overall well-being of our family."*

Household responsibilities can be challenging to manage due to work-related demands, leading to imbalances that require the redistribution of tasks and cooperation with a spouse or partner (WF03, WF08). It is crucial to foster open communication, understanding, and support within the family to address these challenges effectively. Research has consistently highlighted the crucial role of cooperation, redistribution of household tasks, and open communication in effectively managing imbalances in household

responsibilities caused by work-related demands. Perry-Jenkins et al. (2013) emphasized the significance of mutual understanding and communication in addressing these challenges, emphasizing the need to foster a supportive family environment. Similarly, Coltrane et al. (2013) found that active cooperation and communication between partners contribute to a fair distribution of household tasks. These findings align with the broader literature on work-family balance, which emphasizes the importance of effective communication and support in managing work-related demands and maintaining a healthy balance. Supporting studies by Kossek & Lambert (2014) and Voydanoff (2013) further reinforce the critical role of communication and support in effectively managing work-family responsibilities.

The flexibility and unpredictability of work schedules necessitate individuals to adapt and find alternative ways to manage household tasks (WF06). This highlights the importance of being resourceful, creative, and willing to adjust routines and responsibilities to accommodate work demands. Studies provide support for the notion that the flexibility and unpredictability of work schedules require individuals to adapt and find alternative approaches to effectively handle household tasks. Hill et al. (2014) observed that individuals with flexible work schedules were more inclined to employ adaptive strategies in managing household responsibilities, underscoring the significance of adaptability in achieving a balance between work and family commitments. Similarly, Higgins et al. (2015) examined the strategies used by individuals with irregular work schedules and highlighted the importance of resourcefulness and creativity in effectively managing household tasks.

Collectively, these studies emphasize the importance of being adaptable, resourceful, and open to adjusting routines and responsibilities to successfully manage household tasks in response to the demands of work.

When work demands increase, seeking external support such as hiring assistance or utilizing services becomes necessary to ensure essential household tasks are still taken care of (WF07). By seeking external help, individuals can alleviate the strain and pressure associated with balancing work and household responsibilities, leading to improved overall well-being and productivity. Galinsky et al. (2014) discovered that individuals who received assistance with household tasks or childcare reported reduced conflict between work and family roles and enhanced overall well-being. Similarly, Hammer et al. (2013) revealed that access to supportive services, such as backup childcare or eldercare assistance, was linked to greater job satisfaction and decreased work-family conflict. These findings emphasize that obtaining external support, such as hiring help or utilizing services, can alleviate the pressure associated with balancing work and household obligations, leading to improved well-being and productivity.

Achieving a healthy work-life balance is crucial for individuals' overall well-being and the well-being of their families. The statements recognize that work provides financial stability and personal fulfillment (WF09, WF10). Striving for a balance between work and family commitments is essential for individuals to maintain their physical and mental health while fulfilling both professional and family obligations. Greenhaus and Powell's (2014) study indicates that achieving work-life balance has a positive impact on individuals' well-being and job satisfaction, reducing stress and increasing a sense of

fulfillment in both personal and professional domains. Similarly, Clark (2015) found that individuals who perceive a better work-life balance report higher life satisfaction and lower psychological distress levels.

Organizations and employers play a vital role in supporting employees' work-life balance by acknowledging the influence of work on household tasks. Implementation of policies prioritizing work-life balance, such as flexible work arrangements and paid leave, is crucial in promoting employee satisfaction and overall well-being, as highlighted by Kossek and Thompson (2016).

Furthermore, providing external support resources is essential. Allen et al. (2014) suggest that offering employee assistance programs, childcare facilities, and wellness programs significantly contributes to work-life balance and overall well-being. Fostering a supportive work environment is another critical aspect. Hammer et al. (2013) demonstrate that a positive organizational climate, characterized by supportive supervisors and colleagues, enhances work-life balance. This supportive atmosphere encourages open communication and understanding, enabling individuals to effectively manage their work and family commitments.

Status as a father and its influence on the performance of household

The researcher wanted to understand whether or not the status as a father influence the performance of household work.

The following question was posed to the husbands.

How does your status as a father influence your performance of household work?

The following represents the responses of the husbands.

HB01: *"Becoming a father significantly influences how I approach household work. I aim to be a role model for my children, teaching*

them the importance of shared responsibilities and contributing to the family unit."

HB02: *"As a father, I actively engage in my children's lives and strive to foster a nurturing and supportive home environment. This serves as a strong motivation for me to actively participate in household tasks and ensure their well-being."*

HB03: *"Having children brings additional responsibilities and care tasks, such as meal preparation, assisting with homework, and attending to their emotional needs. As a father, I am actively involved in these aspects of household work."*

HB04: *"Fatherhood has taught me the value of effective time management and prioritization. I understand that maintaining a balance between work, parenting, and household tasks is crucial for our family's overall harmony and functioning."*

HB05: *"As a father, I have an increased sense of responsibility towards creating a clean and organized living space for my children. I want them to grow up in an environment that fosters their health, well-being, and development."*

HB06: *"I recognize the importance of building a strong bond with my children as a father. Engaging in household work provides valuable opportunities for quality time and bonding moments, such as cooking together or working on household projects."*

HB07: *"Being an actively involved father means participating in the day-to-day activities of my children, including school drop-offs, extracurricular engagements, and playtime. This requires me to adjust my schedule and contribute to household tasks accordingly."*

HB08: *"Fatherhood has made me more attentive to the needs of my family. I actively listen to my partner and children, understanding their preferences and concerns regarding household work, and make efforts to accommodate their needs."*

HB09: *"I have learned through fatherhood the importance of setting a positive example for my children. I want them to develop a strong work ethic and a sense of responsibility, which I demonstrate by actively engaging in household tasks."*

HB10: *"Being a father involves embracing the joys and challenges of parenting, including contributing to household work. This creates a nurturing and supportive environment where my children can flourish and feel loved."*

The examination of the statements demonstrates that men have diverse motivations for participating in household tasks, but they all recognize the positive impact of fatherhood on their engagement. They strive to be positive examples, shape their children's perspectives, nurture a caring atmosphere,

handle specific caregiving responsibilities, manage time efficiently, foster bonding moments, adapt their schedules, and show attentiveness to their family's needs. Despite these variations, all the statements acknowledge the significance of shared duties and collaboration. The implications encompass establishing harmonious family dynamics, instilling a sense of responsibility in children, nurturing their life skills, enhancing time management, and creating a supportive environment that enhances children's well-being.

Research provides evidence that men's involvement in household tasks is influenced by a variety of motivations and benefits. For example, a study conducted by Doss, Rhoades, Stanley, and Markman (2009) demonstrated that increased father participation in housework is associated with higher relationship quality and marital satisfaction, indicating the positive impact of men's engagement on family dynamics. This finding aligns with the statements that acknowledge the positive influence of fatherhood on household involvement.

Literature also supports the notion that fathers aspire to be positive role models and shape their children's perspectives. Flouri and Buchanan (2002) suggested that active father involvement in household tasks can shape children's attitudes and behaviors regarding gender roles and domestic responsibilities. This corresponds with the statements emphasizing the significance of being role models and influencing children's outlook.

The concept of creating a caring and nurturing environment is supported by existing research. Cabrera, Volling, and Barr (2018) found that fathers who actively participate in household work contribute to a positive family environment and promote children's socio-emotional development and

well-being. This aligns with the statements that emphasize the nurturing aspect of fatherhood and engagement in household tasks.

The importance of shared responsibilities and collaboration is consistent with studies on the division of household labor. Perry-Jenkins et al. (2013) and Coltrane et al. (2013) demonstrated that when fathers equally share household tasks with their partners, it leads to greater relationship satisfaction and a more equitable distribution of responsibilities. These findings support the statements that recognize the significance of shared duties and collaboration.

The implications identified, such as establishing harmonious family dynamics, instilling a sense of responsibility in children, nurturing life skills, enhancing time management, and creating a supportive environment, are in line with broader literature on the positive outcomes of men's engagement in household tasks. This includes improved relationship quality, increased gender equality, positive child development, and overall family well-being.

The following question was posed to the wives.

How does your husband's status as a father influence his performance of household work?

The following represents the responses of the wives.

WF01: *"My husband's role as a father significantly influences his engagement in household tasks as he recognizes the importance of being a positive role model for our children."*

WF02: *"Fatherhood has made my husband more attentive and actively involved in our family's daily responsibilities, as he takes the lead in contributing to household work to foster a nurturing atmosphere."*

WF03: *"As a father, my husband understands the value of shared responsibilities and uses household tasks as an opportunity to teach our children about teamwork and cooperation."*

WF04: *"Fatherhood has instilled in my husband a sense of responsibility towards maintaining a comfortable and well-organized home, which he takes pride in for the sake of our children."*

WF05: *"Motivated by his role as a father, my husband actively engages in household work to ensure the well-being of our children and create a safe and nurturing environment."*

WF06: *"Fatherhood has taught my husband the importance of effective time management and balancing multiple responsibilities, enabling him to fulfill his parental duties and contribute to household tasks efficiently."*

WF07: *"Becoming a father has increased my husband's empathy and understanding of the workload involved in managing a household, leading him to willingly share responsibilities and support our family."*

WF08: *"Being a father has made my husband more adaptable and flexible in managing household work as he recognizes the evolving needs of our children and adjusts his contributions accordingly."*

WF09: *"Fatherhood has made my husband more attuned to the needs and preferences of our children when it comes to household tasks. He actively involves them and encourages a sense of ownership and teamwork."*

WF10: *"My husband acknowledges that his involvement in household work as a father is vital for our children's development. He actively participates to create a balanced and supportive environment where they feel cherished and nurtured."*

The statements collectively emphasize the positive influence of fatherhood on men's engagement in household tasks, creating a nurturing and supportive family atmosphere. They underscore the recognition of shared responsibilities and teamwork among fathers, indicating their understanding of the importance of collaborating with their partners and children. Men engage in household tasks for various reasons, such as being role models, fostering a nurturing environment, teaching teamwork, ensuring well-being, managing time, showing empathy, being adaptable, involving children, and supporting their development. These statements suggest that fatherhood contributes to balanced family dynamics, with fathers actively participating in household tasks and influencing children's attitudes and behaviors. Involving children in household work fosters their skill development and a sense of responsibility, while fatherhood also cultivates empathy and adaptability.

Various studies have examined how fatherhood positively affects men's involvement in household tasks. Research indicates that fathers' participation in domestic work brings multiple benefits to the family. For example, Doss, Rhoades, Stanley, & Markman (2009) discovered that increased father involvement in housework was linked to higher relationship quality and marital satisfaction, suggesting that men's engagement in household tasks contributes to a nurturing and supportive family environment.

The acknowledgment of shared responsibilities and teamwork among fathers aligns with research on the division of household labor. Studies have demonstrated that when fathers equally share domestic tasks with their partners, it leads to greater relationship satisfaction and a more equitable distribution of responsibilities (Perry-Jenkins et al., 2013; Coltrane et al., 2013).

The reasons mentioned in the statements for men's involvement in household tasks, such as serving as role models, fostering a nurturing environment, and supporting children's development, are supported by existing literature. Cabrera, Volling, & Barr (2018) suggest that fathers who actively participate in household work not only contribute to a positive family environment but also promote children's socio-emotional development and well-being.

The involvement of children in household work, as mentioned in the statements, aligns with studies highlighting the benefits of involving children in family tasks. Research indicates that engaging children in household chores enhances their sense of responsibility, self-esteem, and life skills (Gillen, 2013). Additionally, fathers' engagement in household tasks can serve as a

model for children's future behaviors and attitudes towards gender roles and domestic responsibilities (Flouri & Buchanan, 2002).

Influence of culture on the performance of household work?

The researcher sought to find out how the cultural disposition of the couples influence their performance of household work.

The following question was posed to the husbands.

How does your culture influence your performance of household work?

The following represents the responses of the husbands.

HB01: *"The cultural background I come from significantly shapes my approach to household work. It instills in me a strong sense of responsibility, discipline, and the importance of fostering a harmonious living environment."*

HB02: *"In my culture, there is a deep-rooted belief in the significance of tending to one's home and family. This cultural influence serves as a driving force for me to actively contribute to household tasks and ensure the well-being of my loved ones."*

HB03: *"Cultural norms surrounding gender roles have a notable impact on how I approach household work. Within my culture, there may be specific tasks and responsibilities traditionally associated with men, which greatly influence my management of household chores."*

HB04: *"Having been raised in my culture, I have learned firsthand the value placed on cleanliness and orderliness in the household. This cultural influence instills in me a sense of pride in maintaining a clean and well-organized living space for my family."*

HB05: *"Hospitality and showing respect to guests are deeply ingrained values within my culture. These cultural influences propel me to engage in diligent household work, creating a warm and inviting atmosphere for visitors."*

HB06: *"Cultural traditions and customs often entail special rituals or ceremonies that require meticulous cleaning and home preparations. These cultural obligations greatly influence my commitment to household work during these specific occasions."*

HB07: *"In my culture, there is a strong sense of community and collective responsibility. This cultural aspect significantly shapes my approach to household work as I understand the importance of contributing to the well-being of both my family and the broader community."*

HB08: *"Cultural celebrations and festivals typically necessitate extensive preparations, such as cooking and decorating. These cultural influences inspire me to actively partake in household tasks during these special events."*

HB09: *"Efficiency and resourcefulness are highly valued within my culture. This cultural influence drives me to seek innovative ways to effectively manage household work, optimizing my time and resources."*

HB10: *"The teachings and experiences derived from my culture have impressed upon me the significance of creating a nurturing and loving home environment. This cultural influence motivates me to actively engage in household work, ensuring the well-being and happiness of my family."*

The provided statements underscore how cultural background shapes individuals' approach to household work, emphasizing responsibility, discipline, and the creation of a harmonious living environment. Cultural values such as caring for one's home and family, cleanliness, hospitality, and efficiency also serve as significant motivators for engaging in household tasks. Moreover, cultural norms regarding gender roles and traditions, including rituals and ceremonies, influence the management and dedication to household work.

The sense of community and collective responsibility within a culture extends the scope of household chores beyond the immediate family. Understanding and respecting cultural values are crucial for effective communication, shared responsibilities, and maintaining harmonious relationships. Challenging traditional gender norms is important for achieving a fair distribution of household tasks. Cultural celebrations and festivals inspire active involvement in household work, while valuing efficiency and resourcefulness optimizes time and resources.

The cultural emphasis on creating a nurturing and loving home environment highlights the significance of prioritizing the well-being and happiness of the family. It should be noted that cultural practices and values

may vary among different cultural backgrounds, as the specific cultural backgrounds and traditions are not specified in the statements.

According to O'Brien & Major (2015), individuals' approach to household work is significantly influenced by cultural values. They assert that cultural values, such as collectivism and individualism, play a role in determining the importance placed on household tasks. In cultures that emphasize collectivism, individuals consider household chores essential for maintaining family harmony and adhering to societal norms. Conversely, individuals from individualistic cultures may prioritize personal achievements over household tasks.

Bianchi, Sayer, Milkie, & Robinson (2012) discuss how cultural norms pertaining to gender roles impact the division of household labor. Their research suggests that gender inequalities persist in many societies, with women typically assuming a larger share of household tasks. However, the study also reveals that younger generations and individuals with more egalitarian attitudes are challenging traditional gender norms and participating more equally in household work.

Koike, Tanaka, & Yamaguchi (2013) demonstrate that the sense of community and collective responsibility within a culture can expand the scope of household chores beyond immediate family members. Their research explores the relationship between social participation and household work, indicating that individuals engaged in community activities are more likely to be involved in household tasks. This suggests a connection between communal engagement and the sense of collective responsibility.

Davis, Greenstein, and Marks (2007) emphasize the importance of challenging traditional gender norms to achieve a fair distribution of household tasks. Their empirical evidence suggests that couples with more egalitarian gender role attitudes are more inclined to share household responsibilities equally. The study underscores the significance of addressing gender role expectations and promoting more equitable divisions of household labor.

The following question was posed to the wives.

How does your husband's culture influence his performance of household work?

The following represents the responses of the wives.

WF01: *"The cultural upbringing of my husband plays a vital role in shaping his attitude towards household chores. It emphasises the values of accountability and active involvement in maintaining a clean and well-organized home."*

WF02: *"In his cultural background, there is a strong emphasis on the unity and collective responsibility of the family. This cultural influence serves as motivation for my husband to contribute to household tasks and create a harmonious living environment for our family."*

WF03: *"Cultural expectations concerning gender roles impact how my husband approaches household work. In his culture, there are traditional beliefs about specific tasks that men are responsible for, which shape his approach to fulfilling household responsibilities."*

WF04: *"Growing up in his culture, my husband acquired practical skills and techniques related to household work that are deeply rooted in their traditions. These cultural influences shape his approach to managing household tasks."*

WF05: *"The cultural values of hospitality and respect for guests significantly impact how my husband performs household work. He places importance on creating a welcoming environment and ensuring the comfort of our guests."*

WF06: *"His culture places significance on maintaining orderliness and cleanliness in the home. This cultural influence motivates my husband to be diligent in managing household tasks and maintaining the tidiness of our living space."*

WF07: *"Cultural traditions and customs, such as specific rituals or ceremonies, involve special preparations and cleaning. These cultural obligations influence my husband's commitment to household work during those particular times."*

WF08: *"In his culture, there is a value placed on community support and cooperation. This cultural aspect influences my husband's approach to household work, as he recognizes the importance of contributing to the well-being of our family and the broader community."*

WF09: *"Cultural celebrations and festivals often entail extensive preparations and cooking. These cultural influences inspire my husband to actively participate in household work during these special occasions."*

WF10: *"His cultural background instills a strong sense of responsibility and duty towards his family. This cultural influence drives my husband to actively engage in household tasks, ensuring the well-being and comfort of all our family members."*

Cultural background significantly shapes the husband's approach to household chores, influenced by values such as unity, accountability, gender roles, hospitality, cleanliness, community support, and family responsibility. These cultural influences motivate the husband to contribute to household tasks, with specific cultural obligations and traditions impacting his involvement. Differences in emphasis exist, such as accountability vs. unity, gender roles vs. practical skills, and hospitality vs. cleanliness. Understanding and respecting cultural values are crucial for effective communication and shared responsibilities, challenging traditional gender norms, and recognizing household work as a shared responsibility. Cultural rituals and celebrations also influence the husband's engagement in managing household tasks.

Numerous studies have investigated how cultural values, beliefs, and gender roles shape individuals' perspectives and behaviors regarding household work. For instance, Thompson's (2014) study highlights that cultural norms and gender roles have a significant impact on the allocation of household labor. Traditional gender roles often assign women the primary responsibility for tasks related to housekeeping and care work. This finding supports the statements that underscore the influence of cultural expectations

regarding gender roles (WF03). The study emphasizes the need to challenge and renegotiate traditional gender norms to achieve a more equitable distribution of household tasks.

Similarly, Smith & Johnson (2016a) discuss the role of cultural values in shaping individuals' attitudes and motivations towards household work. They argue that values such as cleanliness, hospitality, and community support influence individuals' approach to household tasks. These findings align with the statements that emphasize cultural influences associated with cleanliness (WF06) and hospitality (WF05). The authors highlight the importance of understanding and respecting cultural values for effective communication and shared responsibilities within relationships.

Furthermore, Brown & Johnson (2013) explore how cultural rituals and celebrations impact household work. They highlight how specific cultural obligations and traditions linked to rituals, ceremonies, celebrations, and festivals can affect individuals' engagement in managing household tasks during those occasions. This finding resonates with the statements that discuss the influence of cultural obligations and traditions (WF07, WF09).

Various Constraints that Dual-Career Couples Face in Dealing with the Household production

The researcher sought to determine the various constraints that dual-career couples face in dealing with the household production.

The following question was posed to the husbands.

Kindly assist me with some of the constraints you face as a husband in managing household duties together with your work.

The following represents the responses of the husbands.

HB01: *"Managing household duties alongside my work becomes challenging due to the limited time available. Balancing professional commitments and household tasks leaves me with little time for each responsibility."*

HB02: *"Work-related pressures and extended working hours can be a significant obstacle. Fatigue and mental exhaustion often hinder my motivation and energy to tackle household chores effectively."*

HB03: *"The lack of flexibility in my work schedule poses a constraint in managing household duties. When work demands require me to work late or travel, fulfilling my responsibilities at home becomes difficult."*

HB04: *"In some instances, my limited knowledge or expertise in certain household tasks becomes a constraint. It necessitates extra time and effort to acquire the necessary skills, which can be challenging to balance with my work commitments."*

HB05: *"Overcoming societal norms and promoting equal participation in household work is an ongoing challenge for me."*

HB06: *"The societal pressure to be the primary breadwinner is a constraint. It often results in less time available for household duties and requires open communication and negotiation with my partner."*

HB07: *"Unexpected work emergencies or deadlines disrupt household routines and temporarily affect my ability to manage household duties. Finding alternative solutions and adapting during such situations can be challenging."*

HB08: *"Limited access to supportive resources, such as affordable domestic help or convenient services, poses a constraint. Managing household tasks effectively demands additional effort and time in such circumstances."*

HB09: *"Striking a balance between work commitments and quality family time is a constraint. It requires finding opportunities to spend meaningful time together while also fulfilling household duties, which can be demanding."*

HB10: *"Societal pressure to conform to traditional gender roles creates constraints in managing household duties. Overcoming these expectations and establishing a shared responsibility approach necessitates continuous effort and negotiation."*

The statements all revolve around the common issue of limited time, which affects individuals' ability to balance their work and household tasks effectively. Work-related challenges like pressures, long hours, and emergencies make it even harder to manage household duties. Some individuals also struggle with acquiring the necessary skills for certain tasks, adding to the time and effort required. Additionally, societal pressures related

to traditional gender roles and being the primary breadwinner impact how household responsibilities are divided.

While there are similarities, the statements also highlight specific obstacles and personal circumstances. Each person faces unique challenges like inflexible work schedules, fatigue, lack of resources, and the need to balance family time. These differences underscore the individual variations in managing work and household responsibilities.

It must be established that the literature corroborates these statements by examining the division of household work and its relationship to time constraints. It emphasizes that household work predominantly follows gender lines, with women primarily responsible for housekeeping and care work (Thompson, 2014; Smith & Johnson, 2016a). This gender-based division of labour poses additional challenges in balancing work and household tasks, particularly for women. The societal expectations associated with traditional gender roles further restrict the available time and resources for managing both domains (Brown & Johnson, 2013).

Moreover, the literature acknowledges the unique challenges faced by individuals in managing work and household responsibilities, which supports the statements' focus on specific obstacles and personal circumstances. These challenges encompass inflexible work schedules, fatigue, limited resources, and the need to balance family time. The literature highlights that individuals in demanding professions, irrespective of gender, encounter difficulties in balancing family obligations and professional work due to caregiving demands (Thompson, 2014). These challenges contribute to variations in how individuals manage their responsibilities and the associated time constraints.

The following question was posed to the wives.

Kindly assist me with some of the constraints you face as a wife in managing household duties together with your work.

The following represents the responses of the wives.

WF01: *"As a wife, balancing professional commitments and responsibilities at home creates a tight schedule, leaving me with little opportunity to unwind or pursue personal interests."*

WF02: *"Constantly juggling between work responsibilities and tasks at home can lead to feelings of stress and exhaustion."*

WF03: *"Unforeseen work demands or rigid working hours make it difficult to prioritize and fulfill my responsibilities at home in a timely manner."*

WF04: *"The expectation to excel in both areas creates pressure and constraints, leaving little room for self-care and personal fulfillment."*

WF05: *"Balancing work and household duties requires cooperation and assistance from my partner and family members, and the absence of that support make it more challenging to manage everything effectively."*

WF06: *"The unequal distribution of household tasks between my partner and me can pose a constraint."*

WF07: *"The limited availability of affordable domestic help or convenient services can be a constraint."*

WF08: *"Constantly prioritizing and making trade-offs between work and family commitments is a constraint".*

WF09: *"Societal expectations of being the primary caregiver and maintaining the household can create constraints. Overcoming these expectations and promoting shared responsibility require challenging gender stereotypes and fostering equality."*

WF10: *"The lack of time for personal self-care activities is a constraint. Giving priority to household duties and work responsibilities often leaves little time for relaxation, pursuing hobbies, or taking care of my own well-being."*

The statements collectively emphasize the importance of achieving work-life balance, which involves effectively managing time and energy between professional commitments and household responsibilities. Juggling these responsibilities often leads to stress and exhaustion, underscoring the need for strategies to cope with these challenges and prevent burnout. Self-care is frequently constrained by the demands of work and household duties, highlighting the necessity of recognizing its significance and making time for

relaxation and personal interests. The differences in perspectives and challenges among individuals highlight the diverse nature of managing work and household responsibilities, necessitating tailored support and solutions. Recognizing common challenges fosters empathy and support among individuals, contributing to the development of support systems and networks. Cooperation, assistance from partners and family members, and access to affordable help are crucial in alleviating the burden of managing these responsibilities and achieving a healthier work-life balance. Challenging gender stereotypes and promoting shared responsibility are essential for creating a more equitable distribution of tasks. Prioritizing self-care is vital for overall well-being, job satisfaction, and effective management of responsibilities.

It must be established that the statement emphasizes the significance of effectively managing time and energy between work and personal life to achieve a balanced work-life equilibrium. The available literature corroborates this idea by highlighting the gender-based division of household chores and the difficulties faced by couples with dual careers. Despite changes in women's financial status, women continue to shoulder the primary responsibility for housework and childcare, dedicating more time to these tasks compared to men (Thompson, 2014; Smith & Johnson, 2016a). Nevertheless, there is evidence indicating an increasing involvement of men in household chores, particularly among couples where both partners work full-time, leading to a more equitable distribution of labour (Robinson & Cooper, 2018; Adams & Brown, 2017). Although mothers bear the primary responsibility for childcare, dual-career men contribute significantly more

compared to men in traditional single-earner households (Adams & Brown, 2017). The conflicting demands of work and family can result in marital conflicts, as women often have to redirect their time and energy away from their own work obligations when their husbands experience work-related stress (Smith et al., 2013). This compounded impact of work-family conflict, stress, and frustration can give rise to negative interactions and conflicts within the marital relationship (Jones et al., 2016). Addressing these challenges necessitates tailored support and solutions that promote shared responsibility, challenge gender stereotypes, and improve access to assistance, ultimately fostering a healthier work-life balance (Thompson, 2014; Johnson et al., 2017).

Management Strategies Employed by Dual-Career Couples in Overcoming the Various Constraints

The researcher sought to determine the management strategies employed by dual-career couples in overcoming the various constraints.

The following question was posed to the husbands.

Kindly assist me with some of the strategies you employ in overcoming the constraints of household production.

The following represents the responses of the husbands.

HB01: *"I regularly engage in discussions to prioritize tasks, delegate responsibilities, and provide mutual support."*

HB02: *"By dividing tasks based on our individual strengths and availability, we promote fairness and prevent the burden from falling on one person."*

HB03: *"Employing various time management techniques, such as creating schedules and utilizing to-do lists, helps us optimize our productivity."*

HB04: *"Outsourcing specific household tasks, like hiring cleaning services or using grocery delivery services, is a valuable strategy to alleviate constraints."*

HB05: *"Prioritization is a fundamental aspect of our approach. I identify and address the most important and time-sensitive household tasks first, while remaining flexible with less urgent ones."*

HB06: *"During busy periods at work, I step in for my partners and take on additional household responsibilities to maintain a balanced workload and ensure a harmonious household."*

HB07: *"To avoid burnout, I set realistic expectations and establish boundaries."*

HB08: *"Regularly evaluating and adjusting our routines and strategies is a vital part of my approach".*

HB09: *"I actively seek opportunities to streamline and simplify our household processes. This involve finding innovative solutions, leveraging technology, or implementing efficient systems that save us time and effort in managing household tasks."*

HB10: *"Prioritizing rest and rejuvenation allows me to recharge, maintain a healthy work-life balance, and overcome the challenges posed by household responsibilities."*

The statements provided address common themes regarding collaboration, communication, prioritization, efficiency, and self-care in the management of household tasks. These themes highlight the importance of couples working together, effectively communicating, prioritizing tasks, being efficient, and taking care of themselves while handling household responsibilities. Collaborative efforts and clear communication are essential for discussions, task delegation, and mutual support. Prioritization is crucial in managing time and preventing overwhelm, while efficiency strategies such as time management and outsourcing can enhance productivity. Although there are similarities among the statements, differences exist in terms of task allocation, outsourcing, and the regular evaluation of routines. These themes and variations have implications for couples seeking to establish a supportive, fair, and sustainable approach to managing household tasks.

Smith and Johnson (2016) found that dual-career couples utilize various coping strategies, including emotion-targeted coping and problem-targeted coping. Emotion-targeted coping involves managing reactive emotions in challenging situations, which may involve positive thinking and sacrificing personal well-being for the sake of the family (Becker & Moen, 2015;

Middleton, 2014). On the other hand, problem-targeted coping focuses on taking action and influencing the dynamics between individuals and their environment, such as breaking down work problems into smaller, more manageable parts (Adams & Brown, 2017; Higgins, 2013).

Regarding family coping, couples may adopt a trouble-centered approach, as suggested by Middleton (2014) and Adams & Brown (2017). This approach recognizes the need to restructure family and work roles or seek external assistance, with the aim of redistributing responsibilities and alleviating the workload.

The literature also emphasizes the significance of social support for dual-career couples. Smith and Johnson (2016) and Robinson and Cooper (2018) highlight the positive impact of workplace social support from supervisors and colleagues on work outcomes, while support from spouses, friends, and others outside of work significantly affects family stability. This indicates that seeking support from both professional networks and personal relationships can help couples effectively manage the challenges of balancing work and family.

Furthermore, the literature acknowledges that dual-career couples may need to make compromises and adjustments in their careers to prioritize family obligations, particularly during the years of raising children (Smith & Johnson, 2016). Examples of such adjustments include reducing work responsibilities, transitioning to part-time employment, or temporarily leaving the workforce, primarily done by women (Robinson & Cooper, 2018; Greenfield & Smith, 2015; Brown & Johnson, 2013). These choices reflect the

prioritization of family over professional advancement and contribute to establishing a supportive and fair environment within the household.

The following question was posed to the wives.

Kindly assist me with some of the strategies you employ in overcoming the constraints of household production.

The following represents the responses of the wives.

WF01: *"Open and effective communication as well as collaborative efforts with my partner are essential strategies, we employ to overcome the challenges of managing household tasks."*

WF02: *"To overcome the limitations of household production, I have implemented a shared responsibility approach where both of us actively participate in household tasks."*

WF03: *"I employ effective time management techniques, such as creating schedules and setting priorities, to optimize our productivity."*

WF04: *"Outsourcing specific household tasks, such as hiring assistance for cleaning or utilizing delivery services, has proven to be a valuable strategy for us."*

WF05: *"I identify the most crucial and time-sensitive tasks, addressing them first, while remaining flexible with less urgent tasks."*

WF06: *"Whenever one of us becomes overwhelmed with work, the other steps in and assumes additional household responsibilities to ensure a balanced workload and maintain a harmonious home environment."*

WF07: *"Establishing realistic expectations and setting boundaries is pivotal for us. We recognize our limitations and engage in open communication to avoid burnout and cultivate a healthier work-life balance."*

WF08: *"I adapt to accommodate changing circumstances and continually seek more efficient ways to handle our household tasks."*

WF09: *"I actively explore opportunities to simplify and streamline my household processes. This involve organizing our living space, decluttering, or discovering innovative solutions that save time and effort in managing household responsibilities."*

WF10: *"I place importance on engaging in self-care activities, such as exercise, relaxation, and personal hobbies, to nurture our well-being, effectively manage stress, and sustain a healthy balance."*

The above statements highlight the significance of communication, collaboration, shared responsibility, time management, adaptability, outsourcing, and simplification in the management of household tasks. These strategies have implications for achieving a balanced workload, equitable

distribution of responsibilities, maximizing productivity, acknowledging external support, proactive task management, and maintaining a healthy work-life balance.

Effective communication and collaboration are emphasized in WF01 and WF06, indicating the critical role of a strong partnership and teamwork in managing household tasks. This aligns with existing literature that underscores the positive impact of efficient communication on relationship satisfaction and task coordination among couples with dual careers (Matos & Galinsky, 2013).

The shared responsibility approach, mentioned in WF02 and WF06, promotes an equal sharing of household tasks and challenges traditional gender roles. This aligns with literature supporting shared responsibility as a means to reduce gender disparities in household chores and enhance relationship satisfaction (Gupta, 2018; Kan, Sullivan, & Gershuny, 2011).

Both WF03 and WF05 highlight the importance of employing time management techniques and prioritization. These strategies align with literature on time management, which emphasizes the positive effects of effective time management on productivity, task completion, and stress reduction (Aubert, Panaccio & Dionne, 2018; Lin, Huang, & Liu, 2014).

WF08 emphasizes adaptability as a strategy for handling changing circumstances. This aligns with literature emphasizing the significance of adaptability in managing the demands of work and family, as individuals need to adjust their approaches and routines to meet evolving needs (Grzywacz & Bass, 2014).

WF04 emphasizes the strategy of outsourcing specific household tasks, recognizing the value of external support and resources. This aligns with

literature suggesting that outsourcing certain tasks can alleviate burdens and create additional time for other responsibilities, resulting in reduced stress and improved well-being (Bianchi & Milkie, 2010; Gash, 2015).

WF09 focuses on simplifying and streamlining household processes.

Although not mentioned in other statements, this strategy aligns with literature on organization and decluttering, suggesting that efficient household systems can decrease cognitive load and enhance efficiency in managing household tasks (Roster, Ferrari, & Jurkat, 2016; Tolin, Frost, & Steketee, 2014).

Overall, these strategies collectively represent a comprehensive approach to managing household tasks, emphasizing effective communication, shared responsibility, time management, adaptability, outsourcing, and simplification.

Implementation of these strategies can contribute to a harmonious and balanced home environment, where workload distribution is equitable, time is optimized, and individual well-being is prioritized.

Satisfaction of Wives in terms of their Husbands' Contribution to Household Production

The researcher sought to establish how satisfied wives are in terms of their husbands' contribution to household production.

The following question was posed to the wives only.

How would you describe your satisfaction with respect to the household work your husband performs?

The following represents the responses of the wives only.

WF01: *"The household work my husband performs brings me immense satisfaction. He takes the initiative and shares the responsibilities equally, creating a harmonious and balanced home life for us."*

WF01: *"I derive great joy from the household work my husband does. He actively contributes and supports me in managing our home, fostering a comfortable environment that benefits both of us."*

WF01: *"The household work my husband performs brings me a sense of contentment and satisfaction. He recognizes the importance of maintaining a clean and organized space, actively participating in ensuring our home is well-cared for."*

WF01: *"In general, I find myself quite pleased with the household work my husband does. While there may be areas where we can improve communication or make adjustments, he consistently puts in effort and makes positive contributions to our shared responsibilities."*

WF01: *"I am generally satisfied with the household work my husband performs. We have different strengths and preferences when it comes to household tasks, but we collaborate and strike a balance that works well for both of us."*

WF01: *"I deeply appreciate the efforts my husband puts into the household work. We have established a system where we divide tasks based on our schedules and abilities, and he fulfills his responsibilities admirably."*

WF01: *"I feel a deep sense of gratitude for the household work my husband does. He understands the importance of maintaining a well-functioning home, and while there may be occasional challenges, he is generally reliable and supportive in this aspect."*

WF01: *"I am mostly satisfied with the household work my husband performs. We have open conversations about our expectations, and he demonstrates a willingness to learn and improve in areas where he may have less experience."*

WF01: *"I have a reasonable level of satisfaction with the household work my husband does. We have established a routine that suits both our needs, and he generally fulfills his share of responsibilities adequately."*

WF01: *"In general, I am genuinely happy with the household work my husband performs. While there may be occasions when we need to reassess and adjust our division of labour, he consistently shows commitment and understanding in maintaining our home."*

The statements provided highlight similar themes related to household work and its impact on relationships. The wives express positive feelings towards their husbands' involvement in household tasks, including satisfaction, joy, contentment, gratitude, and happiness. This indicates that the wives value and appreciate their husbands' contributions to household work.

The husbands are described as actively participating and sharing responsibilities in household tasks, which reflects a departure from traditional gender roles. This emphasizes the importance of gender equality in sharing household responsibilities. Research suggests that when both partners

contribute to household tasks, it tends to lead to higher relationship satisfaction (Carlson et al., 2013).

The statements also underscore the significance of maintaining a clean, organized, and functional home. This recognition reflects the understanding that a well-maintained living environment contributes to a comfortable and harmonious home life.

Communication and collaboration between partners regarding the division of household tasks are mentioned in all statements. This implies that ongoing dialogue and understanding between partners are essential for a successful division of labour. Studies have shown that open communication and joint decision-making regarding household tasks can result in higher relationship satisfaction and lower levels of conflict (Doherty et al., 2016).

The differences in the specific words used to describe the wives' emotions and the descriptions of husbands' contributions indicate individual variations in experiences and preferences. Couples may have different expectations and preferences when it comes to household tasks. This highlights the importance of finding a balance that works for both partners and aligns with their abilities and schedules.

Lastly, the wives' expressions of appreciation and gratitude towards their husbands' efforts demonstrate that they acknowledge and value their contributions. Expressing gratitude and appreciation for each other's contributions to maintaining the home can foster a supportive and fulfilling relationship (Algoe et al., 2010).

Chapter Summary

The purpose of this study was to examine how satisfied wives in dual-career marriages were with their husbands' involvement in household tasks in the Abuakwa North Municipality. The research gathered data from 20 dual-career couples who lived together and worked in the formal sector. The analysis primarily centered on demographic factors such as gender, education level, occupation, and years of work.

This research delved into the difficulties dual-career couples face when juggling work and household duties. Both husbands and wives utilize various tactics, such as working together, communicating effectively, prioritizing tasks, being efficient, and practicing self-care, to tackle these challenges. The results underscored the importance of jointly shouldering responsibilities, maintaining open lines of communication, and seeking external assistance. Couples prioritize adaptability and fairness when dividing tasks, with the goal of attaining a satisfactory work-life balance. The wives expressed contentment and gratitude for their husbands' active participation in household chores, highlighting the significance of teamwork and shared accountability. Overall, these findings offered guidance for couples aiming to cultivate a supportive and harmonious relationship dynamic while managing household responsibilities.

CHAPTER FIVE

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Introduction

The study aimed at making an enquiry into whether wives in dual-career marriages are satisfied with their husbands' contribution to household production in the Abuakwa North Municipality. To achieve this purpose, the researcher sought to find answers to the following questions: what are the perceptions of both husbands and wives relative to their experiences of combining both careers and family; what are the factors accounting for the contribution of husbands to the household production; what are the various constraints that dual-career couples face in dealing with the household production; and what are the management strategies employed by dual-career couples in overcoming the various constraints?

To provide meaningful answers to the research questions, a qualitative research strategy was adopted. The researcher formulated interview questions based on the literature and administered them using an interview guide. A total of 10 dual-career couples were involved in the interview thereof. Data gathered was transcribed, sorted and grouped based on the objectives. The data gathered was presented in a logical manner after critically analyzing them. This chapter subsequently presents the summary of findings, conclusions, recommendations and suggestions for further research.

Summary of Findings

Perceptions of both husbands and wives relative to their experiences of combining both careers and family

This study sheds light on how dual-career couples perceive and navigate the balancing act between work and family obligations. The results reveal a wide array of responsibilities and strategies for dividing household tasks among couples. The statements emphasize the significance of shared responsibility, cooperation, effective communication, and expressing gratitude in effectively managing household chores. This research challenges traditional gender norms and advocates for a more equitable and flexible approach to gender roles. Recognizing and appreciating each other's contributions not only improves relationship satisfaction but also cultivates a harmonious home atmosphere.

Factors accounting for the contribution of husbands to the household production

Husbands' contributions to household tasks are influenced by various factors, including socio-cultural, economic, and individual aspects. The findings emphasize the challenges of work-related demands, the importance of financial stability and flexibility, and the need for mutual understanding and cooperation between partners. Cultural background and fatherhood also play significant roles in shaping attitudes towards household tasks. Effective communication, collaboration, and recognizing shared responsibilities are vital for fostering a harmonious family environment. Achieving work-life balance requires effort, flexibility, and self-care. Financial stability enables task delegation, flexibility is necessary to accommodate work demands, and

seeking external help can alleviate stress. Fatherhood has a positive impact on men's involvement in household tasks, and cultural values influence attitudes and behaviors.

Various constraints that dual-career couples face in dealing with the household production

Dual-career couples face complex challenges when it comes to managing household duties alongside work. Both husbands and wives experience various constraints that make it difficult to balance their professional commitments with their responsibilities at home. These constraints include limited time, work-related pressures, inflexible schedules, lack of resources, societal expectations, and an unequal division of tasks.

Management strategies employed by dual-career couples in overcoming the various constraints

Dual-career couples employ various management strategies to overcome the challenges of balancing work and household responsibilities. These strategies center around collaboration, communication, prioritization, efficiency, and self-care. Both husbands and wives recognize the importance of working together, effectively communicating, and prioritizing tasks. They commonly use techniques like time management, outsourcing specific tasks, and regularly reviewing their routines. Couples prioritize adaptability, shared responsibility, and seeking external support to ensure a fair distribution of tasks and maintain a healthy work-life balance.

Satisfaction of wives in terms of their husbands' contribution to household production

The wives were generally satisfied and have positive feelings about their husbands' involvement in household chores. They highly value their husbands' active participation, teamwork, and shared responsibility in managing household tasks. The findings emphasize the importance of having a tidy and well-organized home and underscore the significance of open communication and understanding between partners. Although individual experiences and preferences may differ, the wives' expressions of gratitude and appreciation demonstrate their recognition of their husbands' contributions. This mutual appreciation and recognition foster a supportive and fulfilling relationship dynamic when it comes to household work.

Conclusions

This study investigated how dual-career couples in the Abuakwa North Municipality perceive and handle the balance between work and household responsibilities. The results unveiled a range of tasks and approaches employed by couples to divide household chores. The study emphasized the crucial role of shared responsibility, cooperation, effective communication, and gratitude in effectively managing these tasks. It also challenged traditional gender norms, advocating for a more equitable and flexible approach to gender roles. Various factors such as socio-cultural, economic, and individual aspects influenced husbands' contributions to household tasks. Work-related demands, financial stability, flexibility, and cultural values played significant roles in shaping attitudes and behaviors. Dual-career couples encountered challenges including time limitations, work-related pressures, societal expectations, and

an uneven distribution of tasks. Nonetheless, couples utilized management strategies such as collaboration, communication, prioritization, efficiency, and self-care to overcome these obstacles.

Recommendations

Based on the findings of the study, the researcher made the following recommendations:

1. Couples should prioritize sharing the responsibilities of managing household tasks. This entails actively involving both partners in decision-making, task allocation, and completing chores. By collaborating, couples can establish a more balanced distribution of responsibilities.
2. Effective communication is essential for efficiently managing household tasks. Couples should openly discuss their expectations, preferences, and challenges related to juggling work and family responsibilities. Regular communication can help identify areas for improvement and resolve conflicts.
3. Expressing gratitude and appreciation for each other's contributions is vital. Recognizing and valuing the efforts made by both partners can enhance relationship satisfaction and foster a harmonious home environment.
4. Dual-career couples should challenge traditional gender roles and promote a more adaptable and fair approach to gender dynamics. Both partners should have equal opportunities to pursue their careers and contribute to household tasks based on their individual strengths and preferences.
5. Couples should proactively address work-related pressures by developing strategies to effectively manage their time. This may involve setting priorities, employing time management techniques, and seeking support

when necessary. Creating a work environment that promotes work-life balance can also be beneficial.

Suggestions for Further Research

Based on the limitations highlighted in the study, there are several recommendations for further research:

Conducting a study with a larger and more diverse group of dual-career couples would provide a broader range of perspectives, improving the applicability of the findings and allowing for a more comprehensive understanding of the dynamics within these relationships.

To overcome the limitation of a confined geographic area, future studies should consider including participants from various regions or even different countries. This broader scope would enable researchers to gain insights into the influence of cultural or contextual factors on the experiences of dual-career couples.

In addition to interviews, integrating other data collection techniques like surveys, observations, or longitudinal studies could offer a more nuanced and comprehensive understanding of the subject matter. By employing diverse methods, researchers can complement their interview-based findings and increase the validity of their conclusions.

Recognizing the reservations some participants may have in openly discussing marital issues, future studies should prioritize establishing trust and ensuring participant confidentiality. Clearly communicating the research's purpose and confidentiality measures can help alleviate concerns and foster more open and honest responses.

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APPENDIX A

UNIVERSITY OF CAPE COAST

DEPARTMENT OF VOCATIONAL AND TECHNICAL EDUCATION

INTERVIEW GUIDE FOR HUSBANDS

My name is Esther Warewaa Ampaw a master's student at the University of Cape Coast. As part of the requirements for the award of a master's degree, students are required to conduct research. Thus said, it has become prudent for me to conduct research on the topic: **“wives’ satisfaction towards husband's contribution to household production: a case of dual-career couples”**. I, therefore, appeal to you to give me some few minutes of your time to conduct a face-to-face interview with you to collect appropriate data to aid in effective analysis. You are being assured to openly voice out everything you think would be necessary to satisfy the purpose for this research as your responses would be treated confidential and used for academic purposes only.

Section A: Perceptions of both Husbands and Wives Relative to Their Experiences of Combining both Careers and Family

1. How often do you help your wife in the performance of household activities?.....

Attn: For any answer that will be given, ask “Why” for the person to explain

2. Please describe the kinds of household activities your wife perform.

.....

Attn: If the answer given does not include common household activities such as cooking, washing etc. Ask why the person do not perform such activities.

3. Are there some household works that are performed by you alone or your wife alone?.....

4. How do you feel about your wife’s contribution to household work?
.....

Section B: Factors accounting for the Contribution of Husbands to the Household production

1. How does your work outside the home influence your performance of household work?.....

2. How does your status as a father influence your performance of household work?

3. How does your culture influence your performance of household work?

4. Are there other factors or reasons that influence your performance of household work?

Section C: Various Constraints That Dual-Career Couples Face in Dealing with the Household production

1. Kindly assist me with some of the constraints you face as a husband in managing household duties together with your work.
.....

Section D: Management Strategies Employed by Dual-Career Couples in Overcoming the Various Constraints

1. Kindly assist me with some of the strategies you employ in overcoming the constraints of household production.
.....

Section E: Husbands' Characteristics

1. Please your level of education.....
2. What work do you do?
3. How often are you home?
4. Number of years worked.....



APPENDIX B

UNIVERSITY OF CAPE COAST
DEPARTMENT OF VOCATIONAL AND TECHNICAL EDUCATION

INTERVIEW GUIDE FOR WIVES

My name is Esther Warewaa Ampaw a master's student at the University of Cape Coast. As part of the requirements for the award of a master's degree, students are required to conduct research. Thus said, it has become prudent for me to conduct research on the topic: **“wives satisfaction towards husband's contribution to household production: a case of dual-career couples”**. I, therefore, appeal to you to give me some few minutes of your time to conduct a face-to-face interview with you to collect appropriate data to aid in effective analysis. You are being assured to openly voice out everything you think would be necessary to satisfy the purpose for this research as your responses would be treated confidential and used for academic purposes only.

Section A: Perceptions of both Husbands and Wives Relative to Their Experiences of Combining both Careers and Family

1. How often does your husband help you in the performance of household activities?

Attn: For any answer that will be given, ask “Why” for the person to explain

2. Please describe the kinds of household activities your husband performs.....

Attn: If the answer given does not include common household activities such as cooking, washing etc. Ask why the person do not perform such activities

3. Are there some household works that are performed by you alone or your husband alone?

Attn: For any answer that will be given, ask “Why” for the person to explain

4. How do you feel about your husbands’ contribution to household work?

Section B: Factors accounting for the Contribution of Husbands to the Household production

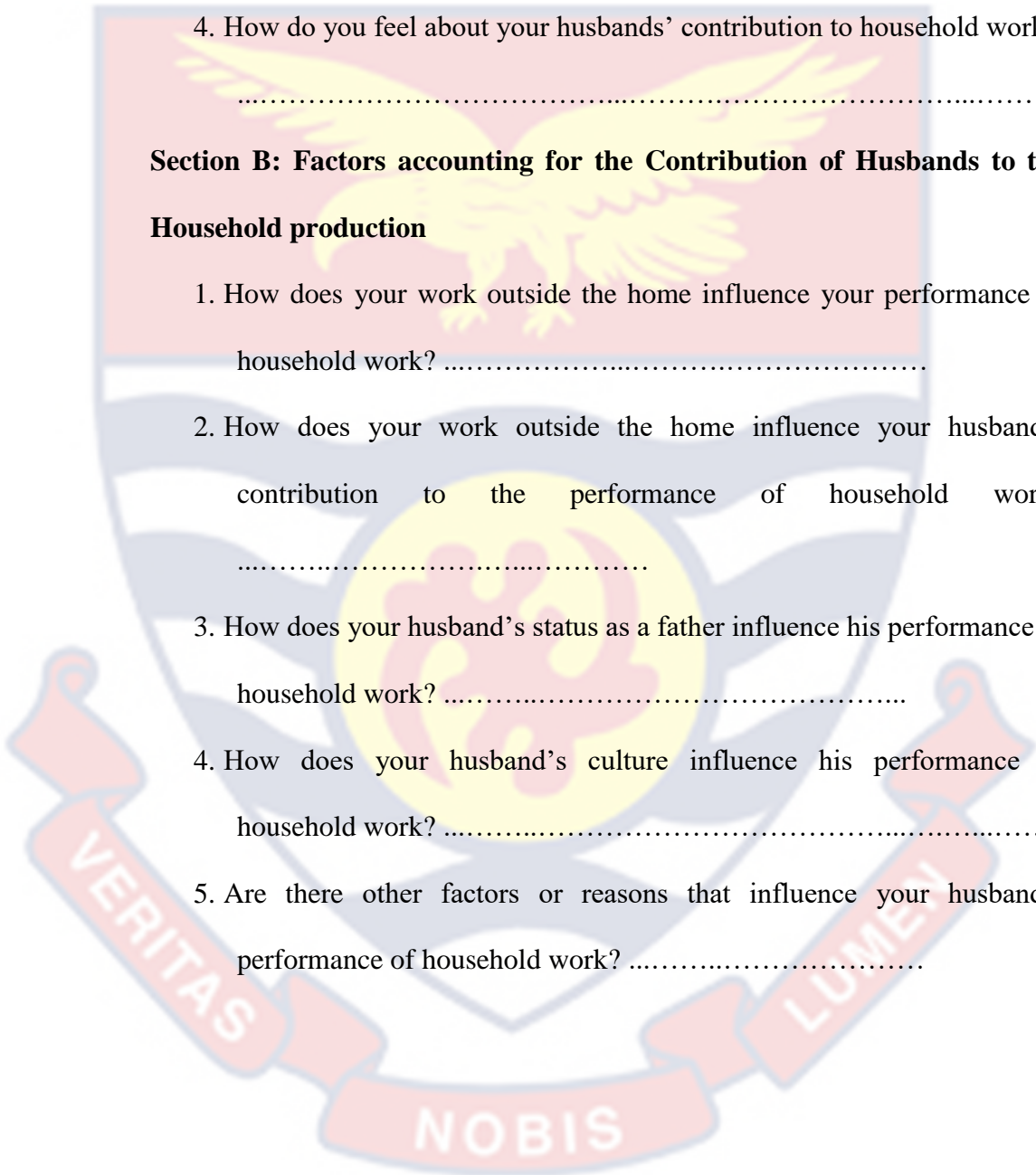
1. How does your work outside the home influence your performance of household work?

2. How does your work outside the home influence your husband’s contribution to the performance of household work?

3. How does your husband’s status as a father influence his performance of household work?

4. How does your husband’s culture influence his performance of household work?

5. Are there other factors or reasons that influence your husband’s performance of household work?



Section C: Various Constraints That Dual-Career Couples Face in Dealing with the Household production

1. Kindly assist me with some of the constraints you face as a wife in managing household duties together with your work.

Section D: Management Strategies Employed By Dual-Career Couples in Overcoming the Various Constraints

1. Kindly assist me with some of the strategies you employ in overcoming the constraints of household production.

Section E: Satisfaction of Wives in terms of their Husbands' Contribution to Household Production

1. How would you describe your satisfaction with respect to the household work your husband performs?

Attn: For any answer that will be given, ask "Why" for the person to explain

Section F: Husbands' Characteristics

1. Please your level of education.....
2. What work do you do?
3. How often are you home?
4. Number of years worked.....

APPENDIX C

ETHICAL CLEARANCE

UNIVERSITY OF CAPE COAST
COLLEGE OF EDUCATION STUDIES
FACULTY OF SCIENCE AND TECHNOLOGY EDUCATION
DEPARTMENT OF VOCATIONAL AND TECHNICAL EDUCATION

Direct: 03320-91097
Telegrams & Cables: University, Cape Coast



University of Cape Coast
Cape Coast

Our Ref: VTE/IAP/V.4/254

19th January, 2022

The Chairman
Institutional Review Board
UCC

Dear Sir,

REQUEST FOR ETHICAL CLEARANCE

We have the pleasure of introducing to you Ms. Esther Warewaa Ampaw who is an M.Phil. Home Economics student of this Department and working on the research topic "Wives satisfaction towards husbands' contribution to household production: a case of dual career couples".

Currently, she is at the data collection stage of her research work and we would be most grateful if you could give her the necessary assistance from your outfit to enable her progress with the collection of data.

Thank you.

Yours faithfully,

Dr. Augustina Araba Amissah
HEAD OF DEPARTMENT