

The Resilience, Adaptation and Well-Being Project



Family Time and Routine Index

FTRI

FTRI:

Family Time and Routines Index

Overview

The Family Time and Routines Index (FTRI) was developed by Hamilton McCubbin, Marilyn McCubbin, and Anne Thompson (1986) to assess the type of activities and routines families use and maintain and the value they place upon these practices. Family time together and routines they adopt and practice are relatively reliable indices of family integration and stability which include effective ways of meeting common problems and the ability to handle major crises.

Development of FTRI

The Family Time and Routines Index is a 30-item scale consisting of eight subscales, Parent-Child Togetherness, Couple Togetherness, Child Routines, Meal's Together subscale, Family Time Together, Family Chores Routines, Relatives Connection Routines, and Family Management Routines. The index calls for a respondent's assessment of the degree to which (False, Mostly False, Mostly True, True) each statement describes their family behavior. Additionally, the Index calls for an assessment of the degree to which the respondent values (views as important) the routine listed. The Family Time and Routines Index was based upon the Family Routines Inventory developed by scholars (Jensen, James, Boyce, & Harnett, 1983) but was modified and expanded upon to be more inclusive of other family life cycle stages, particularly the adolescent and launching stages which have a profound influence on family stability and continuity. It includes 16 additional items with greater emphasis on including teenage members, and the elimination of 10 items from the original Family Routines Inventory.

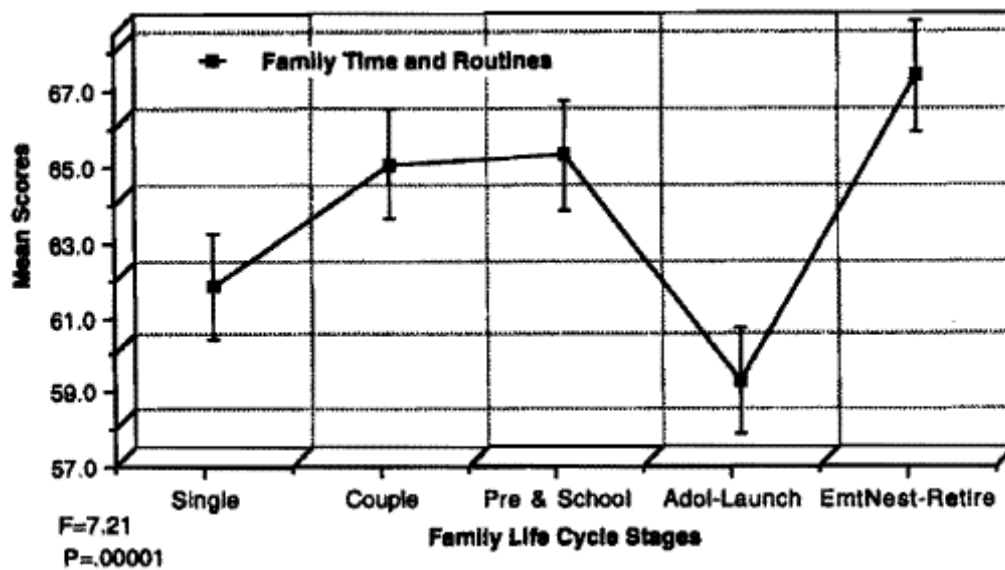
The Parent-Child Togetherness subscale measures the family's emphasis on establishing predictable communications between parent and children and adolescents. The Couple Togetherness subscale measures the family's emphasis on establishing predictable routines to promote communication between couples. The Child Routines subscale measures the family's emphasis on establishing predictable routines to promote child/teen's sense of autonomy and order. The Family Togetherness subscale measures the family's emphasis on family togetherness to include special events, caring, quiet time and family time. The Family Chores subscale measures the family's emphasis upon establishing predictable routines to promote child and adolescent responsibilities in the home.

The Meals Together subscale measures the family's efforts to establish predictable routines to promote togetherness through family mealtimes. The Relatives Connection subscale measures the family's effort to establish predictable routines to promote a meaningful connection with relatives. The Family Management Routines subscale measures the family's efforts to establish predictable routines to promote a sense of family organization and accountability needed to maintain family order in the home.

There is great variability in the family's emphasis on family time and routines across the life cycle. The Family Time and Routines index emphasizes parent-child togetherness, couple togetherness, child routines, family meal routines, family togetherness routines, family chores routines, relatives connections and family management. Therefore, as children enter and leave the family system, it seems reasonable to observe differences in the family's emphasis on routines designed to maximize family time together.

These differences across the family life cycle were found to be significant ($F=7.21$, $p=.0001$) in the sample of 304 nonclinical families. Both couples and families with preschool/school age children emphasized family time and routines (Figure 9.1) with a sharp decline in this emphasis occurring at the Adolescent/Launching Stage. During the empty nest and retirement years, there appears to be a major renewed interest in family time and routines. It comes as no major surprise to observe a similar pattern in the valuing of family time and routines across the family life cycle with significant differences ($F=3.4$; $p=.005$) across stages (Figure 9.2). The valuing of this dimension of family life is lowest at the Adolescent/Launching Stage. It is also low at the single individual stage when they are appraising their family of origin (which would be in the Adolescent/Launching Stage at that time).

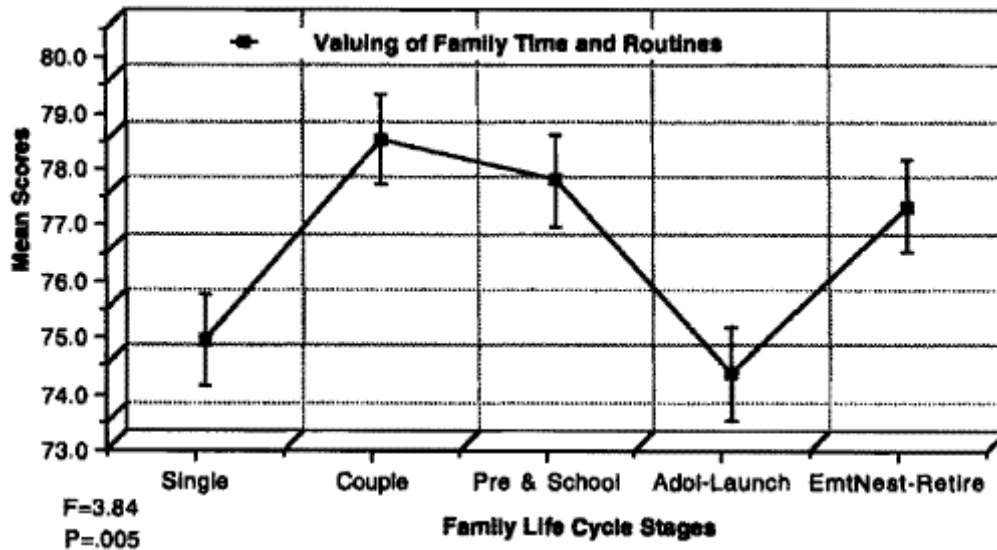
Figure 9.1
Family Time and Routines across the Family Life Cycle



Conceptual Organization

Family life is punctuated by normative and non-normative transitions and changes. At the same time, family units are called upon to develop a well organized system of behaviors which ensures stability and predictability. Family patterns of stability involving traditions (i.e., continuity across time), celebrations (i.e., continuity in the present which lays the groundwork for the future) and family routines (i.e., stability on a day to day basis), appear to be an essential part of family life. They allow family units to bridge generations, establish continuity in the present and in the midst of disruptions, and to build a solid foundation of interpersonal supports needed to negotiate major transitions and transformations. It was assumed that family units develop routines and make time commitments around paired relationships (parent-child, adolescent parent, relatives-family, husband/significant other-spouse), around family activities and practices (child and adolescent routines, child chores) and around family system activities (family meals, family management, and togetherness).

Figure 9.2
Valuing of Family Time and Routines across the Family Life Cycle



Reliability

The overall internal reliability for Family Time and Routines (FTRI) is .88 (Cronbach's alpha).

Validity

A reasonable set of tests to validate the measure of Family Time and Routines includes the systematic examination of the association between Family Time and Routines and other criterion indices of family strengths hypothesized to be associated with this index of family stability and continuity. Specifically, in a recent investigation (H.I. McCubbin, A.I. Thompson, Pirner, & M.A. McCubbin, 1988), we hypothesized that Family Time and Routines consisting of subscales of Parent-Child Togetherness, Family Meals Routines, Couple Togetherness, Child Routines, Family Meal Routines, Family Togetherness, Family Chores Routines, Family Management Routines, and Relatives Connection Routines, would be positively correlated with criterion indices of family bonding (i.e., family cohesiveness), family coherence (i.e., family sense of order and trust), family celebrations (i.e., family efforts to acknowledge special family events and transitions) as well as with indices of family satisfaction, marital satisfaction, and community satisfaction (Table 9.1). The hypotheses were confirmed.

Test-Retest Reliability

No additional studies to report at this time.

Additional Validity Checks

No additional studies to report at this time.

Table 9.1
Family Time and Routines Index in Relationship to Criterion Indices of Family Functioning

Criterion Indices	Correlation with the Family Time and Routines Index*
Family Bonding (FACES II -Olson, Portner, & Bell, 1982)	.24
Family Coherence (FCOPES-McCubbin, Olson, & Larsen, 1981)	.34
Family Celebrations FCELEBI -McCubbin & Thompson, 1986a)	.30
Quality of Family Life (Olson & Barnes, 1982) an Adaptation of this measure –	
Family Satisfaction	.25
Marital Satisfaction	.26
Community Satisfaction	.91

*p<.05

Scoring Procedures

The Family Routines instrument yields two scores, one for the extent to which each of the routines is true for the family and one for the degree to which the respondent values or views the routine as important. The first score is arrived at by summing the numerical value of the items selected (i.e., 0=False, 1=Mostly False, 2=Mostly True and 3=True) to get a total Family Routines Score. The second score is determined by assigning a value of 0=Not Important, 1=Somewhat Important, 2=Very Important, and 3=Not Applicable and adding the total number to determine the total value. A score for each of the subscales, Parent-Child Togetherness, Couple Togetherness, Child Routines, Meals Together subscale, Family Time Together, Family Chores Routines, Relatives Connection Routines, and Family Management Routines can be determined by adding the scores for the items included in each subscale. This score would indicate which types of routines the family engages in. Likewise, a score for the value placed on the routines in each of these areas can be determined by adding the value of the items selected in each of the subscales in the valuing columns.

The eight subscales are as follows:

Factor 1: Child Routines	Items: 9, 10, 15, 16
Factor 2: Couple's Togetherness	Items: 11, 12, 13, 25
Factor 3: Meals Together	Items: 17, 18
Factor 4: Parent-Child Togetherness	Items: 1, 2, 3, 8, 14
Factor 5: Family Togetherness	Items: 5, 6, 7, 26
Factor 6: Relative's Connection	Items: 19, 20, 21, 22
Factor 7: Family Chores	Items: 29, 32
Factor 8: Family Management	Items: 23, 27, 28, 30, 31

Norms and/or Comparative Data

Normative data on this instrument are not available. However, it is important to note that the sample of 304 families does provide meaningful comparison data. The means, standard deviations, and percentiles are in Table 9.2 (Family Time and Routines) and Table 9.3 (Valuing Family Time and Routines) (H.I. McCubbin, A.I. Thompson, Pirner, & M.A. McCubbin, 1988).

Instrument Utilization for Research

To facilitate the review of research involving the use of FTRI, a summary table of related publications is provided. This table includes the authors, subjects, reliabilities, and notations on findings. The results of our review of FTRI are presented in Table 9.4.

Notes

1. The earlier writings on this instrument included a comprehensive description of the instrument's development. For the sake of brevity we limited the chapter to the basic information that users have requested and needed. If you desire a copy and are unable to find our earlier publications, either the 1987 or the 1991 edition, please write to us at the Center for Excellence in Family Studies, Family Stress, Coping and Health Project, University of Wisconsin-Madison, 1300 Linden Drive, Madison, WI 53706 or send email to manual@macc.wisc.edu. There will be a charge for these additional materials.
2. When referencing this instrument, the proper citation is: McCubbin, H.I., McCubbin, M.A., & Thompson, A.I. (1986). Family Time and Routines Index (FTRI). In H.I. McCubbin, A.I. Thompson, & M.A. McCubbin (1996). Family assessment: Resiliency, coping and adaptation-Inventories for research and practice. (pp. 325-340). Madison: University of Wisconsin System.

Table 9.2
Family Time and Routines Means and Frequencies

Raw Score	Number of Families	Percent of Families	Percentile
10	1	0.3	0.3
12	1	0.3	0.7
30	1	0.3	1.0
32	1	0.3	1.3
35	1	0.3	1.6
37	1	0.3	2.0
39	3	1.0	3.0
40	2	0.7	3.6
41	1	0.3	3.9
42	1	0.3	4.3
43	2	0.7	4.9
44	1	0.3	5.3
45	4	1.3	6.6
47	5	1.6	8.2
48	2	0.7	8.9
50	5	1.6	10.5
51	5	1.6	12.2
52	5	1.6	13.8
53	7	2.3	16.1
54	8	2.6	18.8
56	5	1.6	20.4
57	4	1.3	21.7
58	8	2.6	24.3
59	6	2.0	26.3
60	5	1.6	28.0
61	10	3.3	31.3
62	10	3.3	34.5
63	35	11.5	46.1
64	17	5.6	51.6
65	10	3.3	54.9
66	16	5.3	60.2
67	12	3.9	64.1
68	12	3.9	68.1
69	13	4.3	72.4
70	10	3.3	75.7
71	10	3.3	78.9
72	7	2.3	81.3
73	9	3.0	84.2
74	10	3.3	87.5
75	5	1.6	89.1
76	8	2.6	91.8
77	4	1.3	93.1
78	9	3.0	96.1
80	3	1.0	97.0
81	2	0.7	97.7
82	3	1.0	98.7
84	4	1.3	100.0

Mean = 63.503
 Median = 64.00
 Standard Deviation = 10.786
 Range = 0-90

Table 9.3
Valuing Family Time and Routines Means and Frequencies

Raw Score	Number of Families	Percent of Families	Percentile
47	1	0.3	0.3
50	1	0.3	0.7
51	1	0.3	1.0
55	1	0.3	1.3
59	1	0.3	1.6
60	4	1.3	3.0
61	6	2.0	4.9
62	1	0.3	5.3
64	3	1.0	6.3
5	1	1.6	7.9
66	2	0.7	8.6
67	4	1.3	9.9
68	5	1.6	11.5
69	11	3.6	15.1
70	5	1.6	16.8
71	8	2.6	19.4
72	14	4.6	27.0
73	9	3.0	29.3
74	7	2.3	32.2
75	9	3.0	38.2
76	18	5.9	45.1
77	21	6.9	62.2
78	52	17.1	68.4
79	19	6.3	74.0
80	17	5.6	79.3
81	16	5.3	83.6
82	13	4.3	87.8
83	13	4.3	91.1
84	10	3.3	93.4
85	7	2.3	95.1
86	5	1.6	97.4
87	7	2.3	99.0
88	5	1.6	100.0
90	3	1.0	

Mean = 76.477
 Median = 78.00
 Standard Deviation = 6.931
 Range = 0-90

Table 9.4
Family Time and Routines Index (FTRI): Select Published Reports

Author(s)	Sample	N Count	Alpha Reliability	Validity Notes
Cissell, M. (1994)	N/A	N/A	N/A	<ul style="list-style-type: none"> • Master's Thesis
Hall, P.K (1993)	N/A	N/A	N/A	<ul style="list-style-type: none"> • Doctoral Dissertation
Henry, C. (1994)	Caucasian students	408	N/A	<ul style="list-style-type: none"> • A 17-item revision of FTRI was used. Greater satisfaction reported when family system was seen as being regular in time & routines.
Henry, C., & Lovelace, S. (1995)	Adolescents currently living	95	.79	<ul style="list-style-type: none"> • Modification of FTRI was in a remarried household used. Regularity in family routines resulted in greater satisfaction.
McCubbin, H.L, Thompson, A.I., Pirner, P., & McCubbin, M.A. (1988)	Families associated with a large nationally recognized insurance company	304	.88	<ul style="list-style-type: none"> • FTRI one of several instruments used to develop family typologies • Low emphasis on family routines at adolescent & launching stages of life cycle, major renewed interest in empty nest & retirement years • Regenerative, resilient & traditionalistic families correlated positively with family time & routines & marital satisfaction.
Stephenson, A., Henry, C., & Robinson, L. (1996)	High school students from	253	NA	<ul style="list-style-type: none"> • A 17-item modification of 2 public high schools in a FTRI was used. No southwestern state significant relationship was found.

FTRI

FAMILY TIME AND ROUTINES INDEX

Afrikaans Version

Family Time and Routine Index (FTRI)

INSTRUKSIES: Eerstens, lees die volgende stellings en bepaal dan tot watter mate elk van die roetines waar of onwaar vir jou gesin is. Omkring die syfer (*Onwaar (0), Meestal Onwaar (1), Meestal Waar (2), Waar (3)*) wat jou gesinservaringe die beste beskryf.

Tweedens, bepaal die belangrikheid van elke roetine om jou gesin bymekaar en sterk te hou. Omkring die letters wat die beste aanduiding is van hoe belangrik die roetines vir jou gesin is (*NB = Nie Belangrik, DB = Deels Belangrik, BB = Baie Belangrik*). Indien julle nie kinders, familie, tieners, ens., het nie, moet jy *NVT (Nie Van Toepassing)* omkring.

Roetines	Onwaar	Meestal Onwaar	Meestal Waar	Waar	Hoe belangrik om gesin bymekaar en verenigd te hou			
					Nie Belangrik	Deels Belangrik	Baie Belangrik	Nie Van Toepassing
1. Ouer(s) het êrens elke dag tyd om sommer net met die kinders te gesels	0	1	2	3	NB	DB	BB	NVT
2. Werkende ouer het op gereelde basis speeltyd met die kinders nadat hy/sy terug is van die werk	0	1	2	3	NB	DB	BB	NVT
3. Werkende ouer staan bykans elke dag 'n tydjie af aan die versorging van die kinders	0	1	2	3	NB	DB	BB	NVT
4. Nie-werkende ouer en kinders doen omtrent elke dag saam dinge buite die woning (bv. inkopies, stap, ens.)	0	1	2	3	NB	DB	BB	NVT
5. Gesin het elke aand 'n tyd wanneer elkeen praat of rustig speel	0	1	2	3	NB	DB	BB	NVT
6. Gesin gaan elke week saam na 'n spesiale plek toe	0	1	2	3	NB	DB	BB	NVT
7. Gesin het elke week 'n spesifieke tyd wanneer hulle as 'n gesin iets saam by die huis doen	0	1	2	3	NB	DB	BB	NVT
8. Ouer(s) lees of vertel omtrent elke dag stories vir die kinders	0	1	2	3	NB	DB	BB	NVT
9. Elke kind het elke dag 'n tydjie om op sy/haar eie te speel	0	1	2	3	NB	DB	BB	NVT
10. Kinders/tieners speel daaglik met vriende	0	1	2	3	NB	DB	BB	NVT
11. Ouers het 'n sekere stokperdjie of sport wat hulle gereeld saam beoefen	0	1	2	3	NB	DB	BB	NVT
12. Ouers bring heel dikwels tyd bymekaar deur	0	1	2	3	NB	DB	BB	NVT
13. Ouers gaan een of meer kere per week saam uit	0	1	2	3	NB	DB	BB	NVT
14. Ouers spandeer dikwels tyd met tieners vir privaat gesprekke	0	1	2	3	NB	DB	BB	NVT
15. Kinders het spesiale dinge wat hulle doen of vra wanneer hulle gaan slaap (bv. storie, lekker-slaapsoen, drukkie)	0	1	2	3	NB	DB	BB	NVT
16. Kinders gaan omtrent elke aand dieselfde tyd slaap	0	1	2	3	NB	DB	BB	NVT
17. Gesin eet omtrent dieselfde tyd elke aand	0	1	2	3	NB	DB	BB	NVT

18. Die hele gesin eet daaglik een ete saam	0	1	2	3	NB	DB	BB	NVT
19. Ten minste een ouer praat gereeld met sy of haar ouers	0	1	2	3	NB	DB	BB	NVT
20. Gesin besoek die familie gereeld	0	1	2	3	NB	DB	BB	NVT
21. Kinders/tieners bring heel dikwels tyd by die grootouer(s) deur	0	1	2	3	NB	DB	BB	NVT
22. Ons praat met of skryf vir die familie omtrent een keer per week	0	1	2	3	NB	DB	BB	NVT
23. Gesinslede verwittig mekaar wanneer hulle die huis verlaat of terugkom	0	1	2	3	NB	DB	BB	NVT
24. Werkende ouer(s) kom elke dag dieselfde tyd terug van die werk af	0	1	2	3	NB	DB	BB	NVT
25. Gesin het sekere dinge wat hulle omtrent altyd doen as hulle mekaar groet aan die einde van die dag	0	1	2	3	NB	DB	BB	NVT
26. Ons wys omgee en liefde op 'n daaglikse basis aan mekaar	0	1	2	3	NB	DB	BB	NVT
27. Ouer(s) het sekere dinge wat hulle omtrent altyd doen elke keer as een van die kinders oortree	0	1	2	3	NB	DB	BB	NVT
28. Ouers bespreek nuwe reëls met kinders/tieners heel dikwels	0	1	2	3	NB	DB	BB	NVT
29. Kinders doen gereeld huishoudelike take	0	1	2	3	NB	DB	BB	NVT
30. Ma doen gereeld huishoudelike take	0	1	2	3	NB	DB	BB	NVT
31. Pa doen gereeld huishoudelike take	0	1	2	3	NB	DB	BB	NVT
32. Tieners doen gereeld huishoudelike take	0	1	2	3	NB	DB	BB	NVT