

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.

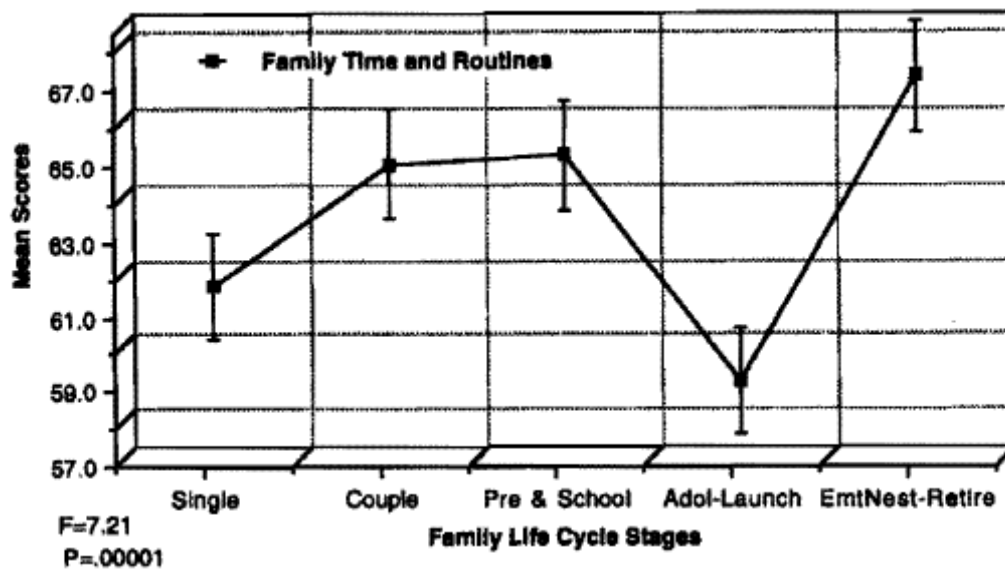
The Parent-Child Togetherness subscale measures the family's emphasis on establishing predictable communications between parent and children and adolescents. The Couple Togetherness subscale measures the family's emphasis on establishing predictable routines to promote communication between couples. 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).

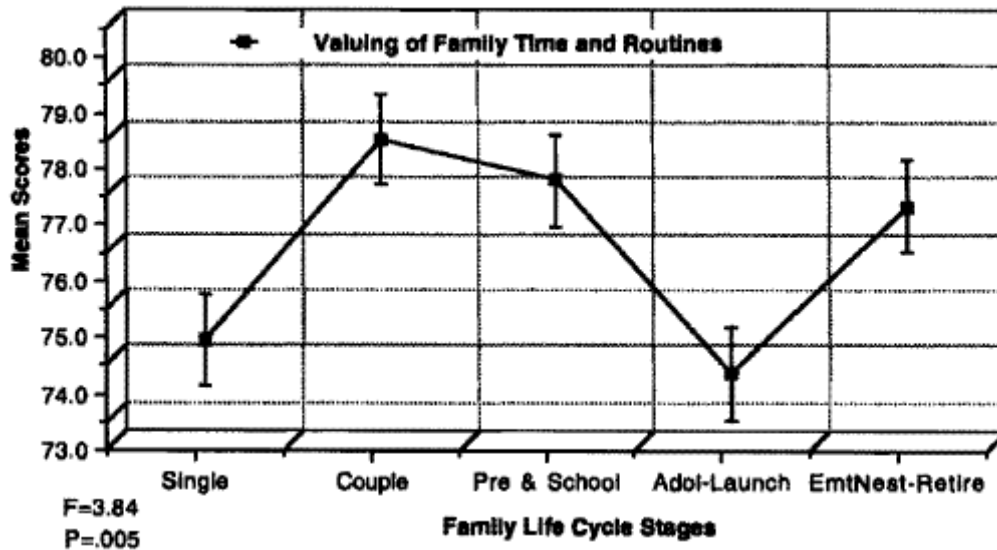
Figure 9.1
Family Time and Routines across the Family Life Cycle



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	14.0
73	9	3.0	27.0
74	7	2.3	29.3
75	9	3.0	32.2
76	18	5.9	38.2
77	21	6.9	45.1
78	52	17.1	62.2
79	19	6.3	68.4
80	17	5.6	74.0
81	16	5.3	79.3
82	13	4.3	83.6
83	13	4.3	87.8
84	10	3.3	91.1
85	7	2.3	93.4
86	5	1.6	95.1
87	7	2.3	97.4
88	5	1.6	99.0
90	3	1.0	100.0

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

English Version



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FTRI

FAMILY TIME AND ROUTINES INDEX [©]

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Directions:

First, read the following statements and decide to what extent each of the routines listed below is false or true about your family: **False (0), Mostly False (1), Mostly True (2), True (3)**. Please circle the number (0, 1, 2, 3) which best expresses your family experiences.

Second, determine the importance of each routine to keeping your family together and strong: **NI = Not Important, SI = Somewhat Important, VI = Very Important**. Please circle the letters (NI, SI, or VI) which best express how important the routines are to your family. If you do not have children, relatives, teenagers, etc., please circle NA = Not Applicable.

Routines	False	Mostly False	Mostly True	True	How Important to Keeping the Family Together and United			
					Not Important to Family	Somewhat	Very	Not Applicable
<i>Work Day and Leisure Time Routines</i>								
1. Parent(s) have some time each day for just talking with the children	0	1	2	3	NI	SI	VI	NA
2. Working parent has a regular play time with the children after coming home from work	0	1	2	3	NI	SI	VI	NA
3. Working parent takes care of the children some time almost every day	0	1	2	3	NI	SI	VI	NA
4. Non-working parent and children do something together outside the home almost every day (e.g., shopping, walking, etc...)	0	1	2	3	NI	SI	VI	NA
5. Family has a quiet time each evening when everyone talks or plays quietly	0	1	2	3	NI	SI	VI	NA

					How Important to Keeping the Family Together and United			
Routines	False	Mostly False	Mostly True	True	Important to Family			Not Applicable
					Not	Somewhat	Very	
6. Family goes some place special together each week	0	1	2	3	NI	SI	VI	NA
7. Family has a certain family time each week when they do things together at home	0	1	2	3	NI	SI	VI	NA
8. Parent(s) read or tell stories to the children almost every day	0	1	2	3	NI	SI	VI	NA
9. Each child has some time each day for playing alone	0	1	2	3	NI	SI	VI	NA
10. Children/teens play with friends daily	0	1	2	3	NI	SI	VI	NA
<i>Parent(s') Routine</i>								
11. Parents have a certain hobby or sport they do together regularly	0	1	2	3	NI	SI	VI	NA
12. Parents have time with each other quite often	0	1	2	3	NI	SI	VI	NA
13. Parents go out together one or more times a week	0	1	2	3	NI	SI	VI	NA
14. Parents often spend time with teenagers for private talks	0	1	2	3	NI	SI	VI	NA
<i>Family Bedtime Routines</i>								
15. Children have special things they do or ask for each night at bedtime (e.g., story, good-night kiss, hug, etc...)	0	1	2	3	NI	SI	VI	NA
16. Children go to bed at the same time almost every night	0	1	2	3	NI	SI	VI	NA
<i>Family Meals</i>								
17. Family eats at about the same time each night	0	1	2	3	NI	SI	VI	NA
18. Whole family eats one meal together daily	0	1	2	3	NI	SI	VI	NA
<i>Extended Family Routines</i>								
19. A least one parent talks to his or her parents regularly	0	1	2	3	NI	SI	VI	NA

					How Important to Keeping the Family Together and United			
Routines	False	Mostly False	Mostly True	True	Important to Family			Not Applicable
					Not	Somewhat	Very	
20. Family has regular visits with relatives	0	1	2	3	NI	SI	VI	NA
21. Children/teens spend time with grandparent(s) quite often	0	1	2	3	NI	SI	VI	NA
22. We talk with/write to relatives usually once a week	0	1	2	3	NI	SI	VI	NA
<i>Leaving and Coming Home</i>								
23. Family checks in or out with each other when someone leaves or comes home	0	1	2	3	NI	SI	VI	NA
24. Working parent(s) comes home from work at the same time each day	0	1	2	3	NI	SI	VI	NA
25. Family has certain things they almost always do to greet each other at the end of the day	0	1	2	3	NI	SI	VI	NA
26. We express caring and affection for each other daily	0	1	2	3	NI	SI	VI	NA
Family Disciplinary Routines								
27. Parent(s) have certain things they almost always do each time the children get out of line	0	1	2	3	NI	SI	VI	NA
28. Parents discuss new rules for children/teenagers with them quite often	0	1	2	3	NI	SI	VI	NA
Family Chores								
29. Children do regular household chores	0	1	2	3	NI	SI	VI	NA
30. Mothers do regular household chores	0	1	2	3	NI	SI	VI	NA
31. Fathers do regular household chores	0	1	2	3	NI	SI	VI	NA
32. Teenagers do regular household chores	0	1	2	3	NI	SI	VI	NA