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DIFFERENCES IN LOCUS OF CONTROL  
BETWEEN MILITARY WIVES AND CIVILIAN WIVES

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LARA GLASS NOLLETTI



Differences in Locus of Control  
Between Military Wives and Civilian Wives

A Thesis  
Presented for the  
Master of Arts  
Degree  
Austin Peay State University

Lara Glass Nolletti  
May 1999

## DEDICATION

This thesis is dedicated to my brother

Ryan Glass, D.O.

1968-1998


He is dearly missed.

Accepted for the Council.

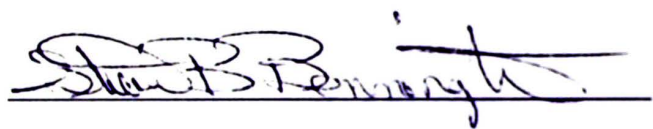
  
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## ABSTRACT

The military lifestyle is different from the non-military way of life in many ways. Due to the frequent mobility, military families experience continuing changes in housing, employment, schooling, and community (Klein, Tatone, & Lindsay, 1988). The military lifestyle has many problems associated with it that differentiate it from the civilian lifestyle as well, such as variable job schedules of spouses, extended separations, and an authoritarian structure bound with unique social rules (Griffin & Morgan, 1988). This study sought to determine if these lifestyle differences affect how wives of soldiers perceive the amount of personal control they have over the events that occur in their lives.

This study examined how the military lifestyle may affect the locus of control of women married to military personnel. Locus of control is important because it may be related to other factors, such as stress moderation and adaptation to life change, that are inherent to life in the military. This study compared military wives to civilian wives in the area of locus of control, but contrary to expectation, found no differences between the two groups. Possible explanations and limitations of this study that contributed to the nonsignificant results are discussed. Suggestions for future research in this area are made.



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## CHAPTER I

### INTRODUCTION

The military lifestyle is different from the non-military way of life in many ways. Due to frequent transfers, military families experience ongoing changes in housing, employment, schooling, and community (Klein, Tatone, & Lindsay, 1988). Because military families experience constant change, they also experience unique problems that serve to differentiate life in the military from civilian life. Variable job schedules, extended separations, and a seemingly insensitive system bound with unique social rules (Griffin & Morgan, 1988) are among the problems that may impact families associated with the military. The high frequency of change that is present for military families (Finlayson, 1969; Marsh, 1969) may be related to an individual's feelings of locus of control.

In order to assess whether locus of control is different for military families, a comparison between military and civilian wives was undertaken. Military wives were chosen as the population of study because they are directly impacted by the military lifestyle on a daily basis. This study compared locus of control of military wives to that of civilian wives.

## CHAPTER II

### LITERATURE REVIEW

#### **Differences between Military and Civilian Lifestyle**

Life in the United States military is unique. For example, it is mobile. Tours usually last less than three years which requires families to move approximately every one to three years. (Finlayson, 1969; Marsh, 1969). The military family is especially susceptible to increased stress because of the frequency and necessity of moving (McKain, 1969). Moving involves change and change is associated with increased levels of stress (Marsh, 1969). Although many families move as a result of employment, it is possible that military families experience heightened levels of stress associated with moving.

In a literature review, Marsh (1969) concluded the forced mobility in the military is so stressful because the government often does not provide enough money for the family to move, does not pay them on time, and does not provide immediate housing, thereby, forcing the family to live in temporary quarters. Another problem with the mobility in the military, according to Marsh, is the lack of advanced notice and sufficient information about the new post, living conditions, housing availability, and job opportunities for spouses. This prevents the family from properly planning for their move. Many times wives and families have little input about where the next job will take them or when they will be leaving.



It has also been found that women who have no choice in relocation seem particularly unsatisfied with two significant dimensions of well being: control over their marriages and control over their lives (Makowsky, Cook, Berger, & Powell, 1988). Women who had to move involuntarily rather than by choice reported lower amounts of perceived control and higher levels of stress.

In addition to the stressors created as the result of mobility, the military community is different from the civilian community in several ways. Military families living on a post or base have exclusive use of recreational facilities, low rent housing with maintenance, groundskeeping, security, and the use of the commissary and post exchange (Montalvo, 1969). Although these facilities are helpful, they also serve to physically separate military families from civilian communities. The communities found within the gates of a military post are also under the post commander's jurisdiction, therefore specific restrictions and behaviors are required. This unique set of experiences may result in estrangement from the civilian community (Montalvo, 1969).

Frequent transfers and isolation from the civilian community may also inhibit employment options for spouses of military personnel. A study of officers' wives by Finlayson (1969) cited some common problems with finding employment. These problems included a loss of benefits, inability to find jobs in their field, and employer discrimination of military dependents because they are not permanent. Finlayson also pointed out that the existing job market in the area of the post (i.e., a small town or a small post) may prevent the military wife from working because of market demand. The

officers' wives in her study felt that the constant mobility restricted salary or prohibited advancement in their careers. When working wives must give up job continuity and development of a career in order to move when their husband is relocated, increased stress is present (Makowsky et al, 1988).

Finlayson (1969) also found that for military wives that have educational goals, such as completing a degree, the frequent career transfers associated with the military lifestyle interfered with completion of that goal. Many times, in order to advance within a job or a volunteer position, a wife needs additional training and education. Completing degree requirements, financing education, transferring credits, and finding appropriate schools were all cited as impeding factors (Finlayson, 1969).

Unpredictability of the husband's job schedule was also confirmed to be a source of stress for military wives (Rosen & Moghadam, 1991). Klein et al.(1988) reported that the primary complaints from military wives about their spouses' job characteristics were separation from extended family, travel requirements, restrictions to personal growth, and social environment.

Another source of stress that tends to be unique to the military family is long-term military-induced separation. Military families are often separated because of career demands. Military personnel are subjected to regular work-related absences of six months to a year in duration on a routine basis (Riggs, 1990). Separation from one's spouse interferes with daily interactions that create the behavioral portion of a marriage. The lack of physical contact and communication affects spouses in many ways (Glisson,



Melton, & Roggow, 1980). During a spouse's absence, wives have to reorganize the family system. They have large demands placed upon them, including loneliness, sexual frustration, caring for themselves and children alone, anger, and frustration. According to Bey and Lange (1974), some military wives whose husbands were separated from them during combat duty in Vietnam perceived the separation as abandonment by their husbands. When husbands leave for duty for an extended period, as in Vietnam, many wives may feel anger and frustration toward their husbands for having left them in a stressful situation in which they had no choice.

The authoritarian military structure may create problems for military families due to the lack of autonomy, rigid hierarchy, and treatment of wives and children as second-class citizens (Jensen, Lewis, & Xenakis, 1985). The military lifestyle is built on regulations, traditions, and customs that impact the entire family unit. Many of the privileges and role responsibilities are determined by the rank of one's husband (Finlayson, 1969). Montalvo (1969) reports that the military system subjects personnel and families to social pressures and sanctions, which lead to conformity to the norms and values of the job. The uniform, customs, and traditions distinguish military personnel from civilians and increase group identity and solidarity. According to Montalvo, it is important that family members do not interfere in their husband's duties or threaten the cohesion of the group with which he works. The personal conduct of a military wife may subject her husband to disciplinary action by his superior. The husband is held accountable for his wife's behavior.



Several stressors associated with the military lifestyle have been identified. Most of them appear to be related to the control exerted by the military. Therefore, since the military is exercising control, an increased amount of control on wives from external forces may be implied. If this is the case, then military wives may have a reduced feeling of internal control over their lives.

### **Importance of Studying Locus of Control**

Rotter (1966) defines locus of control as a generalized belief that personal outcomes are controllable either by the individual or external factors such as fate, luck, or powerful others. Individuals vary along a continuum with one end labeled "internal" and the other end labeled "external" (Hersch & Scheibe, 1967). Internal control means that the person perceives positive and/or negative events as being under personal control. Events are consequences of their actions. External control means that the person perceives events as being beyond personal control. Events are unrelated to the behaviors and actions of the individual (Lefcourt, 1966).

Stability of this construct is debatable. There is some dispute over whether or not locus of control is a state or trait. Rotter (1966) suggests that locus of control is a relatively static personality characteristic that is formed in childhood. According to Rotter, once locus of control is formed, it does not tend to change due to experiences. Historically, his definition has been used to describe locus of control and his measure has been most often used and cited in research on locus of control (Lefcourt, 1991).

Alternatively, Hersch and Scheibe (1967) state that locus of control is an acquired view based on past experiences. It has been suggested that locus of control can be viewed as a dependent as well as an independent variable. Changes in locus of control scores over time show that events and experiences that occur in a person's life can change whether they are internally or externally oriented. Locus of control can be an independent variable for purposes of behavior prediction (Cellini & Kantorowski, 1982).

Foulds (1971) conducted research designed to support the variability of the construct. Growth group experiences were used to show that generalized locus of control can be changed. By increasing self-awareness and interactions between people, one may alter his or her locus of control. Another study using mental health professionals found significant changes in locus of control scores after a training workshop. Flowers and Booraem (1989) had 40 participants in a 5-day behavioral medicine workshop. After the training, a significant increase in internal orientation was found. A study by Doherty and Baldwin (1985) examined changes in locus of control over time. They studied women and men from the early to late 1970s. They found a prominent shift toward externality in women's locus of control during the mid-to-late 1970s. Men had no significant change during the eight year period. The authors explain this shift toward external locus of control as a result of women's increased awareness of inequalities between men and women in the workplace and their subsequent feelings of inability to change these inequalities. This led women to perceive a loss of control over their lives during this period in time.



These studies have two implications. First, they imply that locus of control is a changeable construct and is not a life-long characteristic. So, it may be that the military lifestyle can alter a woman's locus of control to become more external over time due to the restrictions of choice and limited options that are common to the lifestyle. These studies also imply that even though a military wife may have an external locus of control, her perceptions may be malleable. If intervention could alter locus of control, then an internal focus may help moderate stress, aid adjustment to change, and reduce tension within one's marriage.

Locus of control is important because it may be related to a person's ability to effectively live one's life. Locus of control may affect many different aspects of one's life including how one deals with stress, utilization of social support during times of crisis, adjustment to change, general life satisfaction, and marital satisfaction. The impact of life stress may differ from person to person. A study by Sandler and Lakey (1982) concluded that having an internal locus of control moderates the negative effects of stress.

Anderson (1976) reported that externals perceived higher stress than internals. Externals responded to a stressful situation with more defensiveness and less task-oriented coping behaviors than internals. Locus of control has been found to be related to depression (Hooker, 1976). People who have an external locus of control may be more likely to experience stress and subsequent depression (Johnson & Sarason, 1978; Hooker, 1976). Military wives experience stress that has been applied by an external authority, therefore, study of locus of control with this group is important.



Jensen et al. (1985) and Riggs (1990) suggest that since the military lifestyle presents families with unique challenges, studying locus of control may be useful for identifying families that require extra help coping with the inherent change and stress of the lifestyle. By examining individual difference variables, such as locus of control, one may be able to determine who is more likely to suffer when adverse events occur and who is not (Ganellen & Blaney, 1984).

It has been shown that people with external locus of control receive a greater amount of social support than internals but only internals report lower stress levels due to the support (Sandler & Lakey, 1982). This may be because people with external locus of control do not utilize the support as effectively as internals. Internals may obtain and use helpful information more effectively (Sandler & Lakey, 1982) and may be more likely to seek information, to be persistent, and to actively learn skills to help them achieve desired goals in their marriage (Miller, Lefcourt, & Ware, 1983). Doherty (1981) concluded that externals are more conforming and compliant to social influence. He also found that they do not gather helpful information as well and are less task oriented than internals. Externals report worse personal adjustment than internals. Individuals who believe that they are responsible for their performance are more likely to believe that they can cause changes in their environment and are more motivated to do so (Anderson, 1977). Depression can occur when one believes they have lost control over life events. This loss may be either real or imagined.

Locus of control may influence adjustment to change and life satisfaction. Since so many changes are externally driven for the military wife, issues of control are especially salient. Having an internal locus of control and strong social support may be associated with successful adaptation to life changes and life satisfaction (Klein et al., 1988). Klein et al. found that military wives with an internal locus of control had higher life satisfaction scores than externals.

Internals may have greater marital satisfaction and more intimacy than externals due to more active information seeking and problem solving behaviors when difficulties arise within one's marriage (Miller et al., 1983). A more external wife and a more internal husband combination may lead to an unhappy marriage situation for the wife (Doherty, 1981). A study by Mlott and Lira (1977) concluded that wives who are more external than their husbands may be less likely to seek marital counseling when having problems. They may lay the blame on their husbands or other factors instead of carrying some of the blame and responsibility themselves.

There are some studies that examine the impact of the military lifestyle on wives of soldiers (Bey & Lange, 1974; Finlayson, 1969; Marsh, 1969; McKain, 1969; Montalvo, 1969; and Rosen & Moghadam, 1991). However, most of the research on military wives was conducted during wartime, such as Vietnam and the Persian Gulf War (Bey & Lange, 1974; Finlayson, 1969; Marsh, 1969; McKain, 1969; Montalvo, 1969; and Rosen & Moghadam, 1991). Very little research has been done on wives of active duty military personnel during peacetime (Jensen et al., 1985; Klein et al., 1988). Since most

of the time spent in the military is during peacetime, it seems especially important to study locus of control during peacetime.

### **Purpose of This Study**

Limited research has been conducted to examine the impact of the military lifestyle on military wives. This study examined one aspect of this experience--locus of control. Examination of this construct during peacetime will help to clarify the relationship of locus of control to the military lifestyle without the confounding variable of war. It is hypothesized that military wives will score higher on levels of external locus of control than civilian wives.



## CHAPTER III

### METHOD

#### Participants

Married women were recruited from two different populations. The first group consisted of wives of U.S. Army personnel and data was collected from Ft. Campbell, KY and the surrounding community. The second group consisted of non-military wives located in Clarksville, TN. There were 29 civilian subjects and 63 military subjects, for a total of 92 participants.

Married women of at least 18 years of age were recruited using two methods. All civilian wives ( $n = 29$ ) and some military wives ( $n = 23$ ) were recruited by posting a sign-up sheet calling for volunteers in the Psychology Department at Austin Peay State University. Student participants from Austin Peay State University reported to a psychology lab room to complete the research materials. Each participant was provided with the appropriate informed consent (Appendix A) and the research packet (Appendices B, C, and D). Procedures for completing the materials was explained verbally. The researcher remained in the lab room to answer any questions. Each participant was debriefed about the study after completion of all materials.

The majority of the data on military wives ( $n = 40$ ) was collected by recruiting participants from the monthly Family Support Group (FSG) meetings. At the beginning of each meeting, wives were asked to participate. Prior to participation each person was provided with appropriate informed consent (Appendix A). Participants received a

research packet to complete (Appendices B, C, and D) and the procedure for completing the materials was explained verbally. The researcher remained in the room during completion of materials in case any questions needed to be answered. Each packet took approximately 15 minutes to complete. After completion of the materials, each participant was debriefed about the study.

### **Instrumentation**

Included in the research packet was; 1) an informed consent form (Appendix A), 2) a demographic information sheet (Appendix B), 3) the Adult Nowicki-Strickland Internal-External Locus of Control Scale (Appendix C), 4) a sheet asking for additional comments, and 4) a debriefing form (Appendix D).

#### Demographic information

A personal information sheet included military status, age, number of years married, ethnic group, education level, and rank of husband. Data collected was used to describe the sample.

#### Locus of Control

Adult Nowicki-Strickland Internal-External Locus of Control Scale ( Nowicki & Duke, 1974). The Adult Nowicki-Strickland Internal-External Locus of Control Scale (ANSIE) is a 40-item scale containing questions that are answered with "yes" or "no." Scores range from 0 to 40, with 0 being most internal and 40 being most external.

According to Lefcourt (1991), split-half reliability has been reported between .74 and .86. Test-retest reliability varied between .65 (7 week interval), .83 (6 week interval),



and .56 (1 year interval). When compared to the Rotter Internal-External Locus of Control Scale, convergent validity correlated between .44 and .68.

The ANSIE is viewed as having an advantage over the Rotter I-E scale because it is simpler (Lefcourt, 1991). However, it is a "generalized expectancy" measure, like the Rotter I-E scale, and shares common disadvantages such as not identifying subfactors that may facilitate more detailed interpretation of scores.

### Comment Sheet

A separate page asking for additional comments about the study was included after the ANSIE. The information included on this page was treated qualitatively and was not formally analyzed. Any information gathered from this question was used to identify suggestions for future research.

### **Analysis**

The independent variable in this study was status of a wife. Participants were classified as either civilian or military. The dependent variable was locus of control. Individual locus of control scores were calculated by summing the responses on the ANSIE. Mean locus of control scores were then calculated for each group. An independent t-test was used to determine if the groups differed on the basis of locus of control. It was hypothesized that the military wives would score higher on the ANSIE than the civilian wives; in other words, they tended to have a more external locus of control. The civilian wives were expected to score lower than the military wives on the ANSIE and, therefore, have a more internal locus of control.



## CHAPTER IV

### RESULTS

#### Information about Participants

Of the 103 women that participated in this study, 92 correctly completed and returned the research materials. All civilian participants that were raised in a military family were omitted. A total of 29 civilian wives and 63 military wives were included in this study.

Ages of civilian participants ranged from 20 to 49 years ( $x = 32.24$ ,  $SD = 8.47$ ). Twenty-five were white and four were African American. All had completed some college courses ( $n = 17$ ) or had a college degree ( $n = 12$ ). The number of years married ranged from 1.5 months to 28 years ( $x = 6.42$ ,  $SD = 6.54$ ).

Of the military participants, most of them were active duty ( $n = 48$ ) and had been in the military for an average of 10.04 years ( $SD = 6.10$ ). The number of years married ranged from 3 months to 21 years ( $x = 7.3$ ,  $SD = 5.81$ ). Although some of the women were married to warrant officers ( $n = 6$ ) and officers ( $n = 9$ ), the majority of the wives were married to enlisted soldiers ( $n = 48$ ). Their age ranged from 19 to 46 years ( $x = 30.81$ ,  $SD = 6.62$ ). Forty-two were white, 13 were African American, 6 were Hispanic and 2 were classified as "other". Most had completed some college courses ( $n = 28$ ). Six had only a high school degree and 29 had a college degree.

Fifteen of the participants were married to a soldier that had resigned or retired from the military. The average number of years these participants' spouses had been inactive was 2.5 years.

### **Analysis of Locus of Control**

Locus of control (LOC) scores were determined using Nowicki-Strickland's scoring technique. First, answers are coded as internal or external. Then, the questions that were answered externally are summed. Possible scores range from 0 to 40. In this study, this scoring technique yielded scores from 1 to 23 ( $x = 8.78$ ,  $SD = 4.47$ ). Low scores suggest a more internal LOC while higher scores mean the subject tends to have a more external LOC.

The military wives had a mean LOC score of 8.9 ( $SD = 4.55$ ) and the civilian wives had a mean LOC score of 8.5 ( $SD = 4.36$ ). These two groups did not differ significantly,  $t(90) = -0.33$ ,  $p > .05$ . All of the locus of control scores were relatively low, with the highest score being 23 out of a possible 40. There was a restricted range of locus of control scores in this study.

## CHAPTER V

### DISCUSSION

The purpose of this study was to examine the relationship between the military lifestyle and the locus of control of wives of soldiers. Prior research on the military lifestyle and its impact on the military wife is limited (Bey & Lange, 1974; Finlayson, 1969; Marsh, 1969; McKain, 1969; Montalvo, 1969; and Rosen & Moghadam, 1991). The majority of the research was gathered during wartime rather than peacetime (Bey & Lange, 1974; Finlayson, 1969; Marsh, 1969; McKain, 1969; Montalvo, 1969; and Rosen & Moghadam, 1991). No studies were found that compared military wives to civilian wives in the area of locus of control. This study improved upon previous studies on military wives by using a control group of non-military wives for comparison and studying the wives in a peacetime environment.

According to the statistical results of this study, the military lifestyle is not significantly related to the locus of control of soldiers' wives. It was hypothesized that military wives would score higher than the civilian wives on the Adult Nowicki-Strickland Internal-External Locus of Control Scale, therefore scoring more externally in the locus of control construct. External locus of control means that the person perceives events as being beyond personal control. It was proposed that the authoritarian structure of the military, which creates a lack of autonomy, plus the restrictions on lifestyle due to the separation of military communities from civilian communities (Montalvo, 1969;



Finlayson, 1969; Klein et al., 1988; and Jensen et al., 1985) may lead military wives to feel less in control over their lives than civilian wives. However, the mean scores of the two groups were not found to be significantly different.

This finding has several implications. First, since the military lifestyle is changeable due to the frequent mobility (Marsh, 1969) and spousal separations (Riggs, 1990; Bey & Lange, 1974) as well as restrictive because of the authoritarian structure (Jensen et al., 1985; Montalvo, 1969), military wives may take increased control over certain areas of their lives which the military may not tend to control, such as child-rearing practices and household responsibilities. Instead of lamenting the diminished control they may have over some aspects in their lives, such as frequent moves and their spouse's frequent absence from the home, military wives may focus on events over which they do feel they have control. This may affect their locus of control. Since many soldiers are absent from the home regularly, their spouses may feel increased levels of responsibility for the home and family. This may increase the amount of control they feel over these aspects of their lives which may lead to a lower score on a locus of control measure.

However, several limitations may have influenced the results of this study. Most importantly, all of the civilian participants used in this study were college students. Most of the participants had attended some college, but all of the civilian participants had attended some college and many had associate's or bachelor's degrees. By obtaining civilian participants from the community, such as in various work environments, as well

as on a college campus, the non-military group is likely to be more diverse in education level.

While collecting data for this study, problems were encountered when attempting to gather civilian participants. For purposes of classification, a "civilian" was defined as a married woman whose current spouse had never participated in active military service. Any participant that was currently married to a man that had been active in the military during their marriage was included in the "military" group. So if the participant's husband was retired or resigned from the military, that individual was still considered a military wife. Due to this broad categorization of a "military wife" and the community in which data was gathered, it was exceptionally difficult to find participants that fit into the civilian category. Since all of the subjects were located in a city that is highly populated with active duty and retired military personnel and their families, few civilian subjects were found and able to be used in this study. Perhaps future studies could use participants from an adjacent city close in size to the city with the military post in order to collect more civilian data. Also, by only using active duty military wives in order to focus on women who are currently exposed to the military lifestyle on a daily basis, one may find differences in locus of control scores.

Another factor that may have affected the results is the average age of participants. Overall, the average age of participants was 31. There were few very young civilian participants; most were around 30 years old. Plus, there were no participants over age 49. This lack of older married women was probably a result of the population used. Most active duty military wives are not much older than 45 since most men retire



after 20 years of military service. The participants from the college population also tend to be middle-aged or younger. This may have affected the results because the sample was representative of only a moderate age-range of the population. The results may be different if a more diverse group is used.

Included in the research packet was a sheet on which participants could make comments about the study. Many participants chose to make comments, some of which brought up useful suggestions for further research. One subject mentioned that she was previously married to an active duty soldier but had since remarried a civilian. Another subject mentioned that she had been an active duty soldier herself, although her spouse was not. Upon consideration, her status as military, although not a military wife may affect her locus of control since she has been exposed to the military system. Both of the factors may need to be considered in future studies.

One additional factor needs to be considered for future studies on this subject. The type of instrument used may have affected the results of this study. The ANSIE only measures generalized locus of control and can not be reduced into subfactors. By using a measure that has subfactors that may be examined, differences may be found among those subfactors. Also, some of the most common remarks on the comment sheet were concerning the ANSIE. A number of the participants found some of the questions to be vague and confusing. In particular, the questions concerning punishment, enemies, and strength seemed to pertain to children rather than adults. This problem probably arises out of the fact that the ANSIE is based on a child's LOC measure.



By studying civilian participants from non-military populated cities and targeting a more diverse population, by focusing on active duty wives, and using a different instrument to measure LOC, this study may be improved and produce significant results. There may be differences in the locus of control between military wives and civilian wives that were not found in this study due to the limitations encountered during data collection.

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## LIST OF REFERENCES

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## APPENDICES



## APPENDICES

## APPENDIX A

### Informed Consent Statement

You are being asked to participate in the following research study. Please carefully read the following information.

The purpose of this research project is to investigate how people perceive their lives. You are being asked to fill out the Adult Nowicki- Strickland Scale which relates to how you feel about events that happen in your life. I would also like for you to fill out a personal information sheet.

You are being asked to respond honestly and to the best of your ability to the statements on the scale. Every precaution will be taken to be sure that this information will be kept confidential. An identification number is listed on this page. If at any time you wish to have your data removed from the study you may contact me and I will remove the information. You are also free to terminate your participation at any time without penalty.

This study will contribute to the growing body of literature related to military wives. It is anticipated that your participation includes minimal risk however, if you have questions you may contact Lara Nolletti at (931)648-7233 or Dr. Maureen McCarthy at (931)648-6333. At no time will you be identified as having participated in this study.

**Please read the statements below. They describe your rights and responsibilities as a participant in this research.**

1. I agree to participate in the study conducted by Lara Nolletti, a graduate student in the Department of Psychology at Austin Peay State University. I also agree to fill out a questionnaire and provide demographic information about myself.
2. I have been informed orally and in writing of the procedures to be followed and about any discomfort or deception that was involved. I have also been informed of the benefits that may result from my participation. Lara Nolletti has offered to answer any further questions that I may have regarding the research and she can be contacted Monday through Friday by phone at (931)648-7233. Dr. Maureen McCarthy may also be contacted at (931)648-6333.
3. I understand that I may withdraw from this project at any time without any penalty or prejudice.
4. I realize that by signing this form, I acknowledge that I have been informed of the procedures

and purpose as well as intended use of the data collected in this research project. I also acknowledge that I have been given a copy of this document.



## APPENDIX B

## Personal Information Sheet

Please answer the following questions:

1. Age: \_\_\_\_\_

2. Race:      White \_\_\_\_\_  
                African American \_\_\_\_\_  
                Hispanic \_\_\_\_\_  
                Asian \_\_\_\_\_  
                Other \_\_\_\_\_

3. How many years have you been married to your **current** spouse? \_\_\_\_\_

4. How many years of education have you **completed**? (check all that apply)

Some High School \_\_\_\_\_  
High School Degree \_\_\_\_\_  
Some College \_\_\_\_\_  
Associates Degree \_\_\_\_\_  
Bachelors Degree \_\_\_\_\_  
Graduate Degree \_\_\_\_\_

5. Is your spouse **currently** in the military? Yes \_\_\_\_\_  
No \_\_\_\_\_

.....  
If yes, please answer the following questions:

6. How many years has your current spouse been in the military? \_\_\_\_\_

7. What is your spouse's military rank? (Please check one)

Enlisted \_\_\_\_\_

Warrant Officer \_\_\_\_\_

Officer \_\_\_\_\_

If your spouse is not currently in the military, but was in the past, please answer the following questions:

8. How many years was your current spouse in the military? \_\_\_\_\_

9. How long ago did he leave the military? \_\_\_\_\_

10. What rank was your current spouse when he left the military? (Please check one)

Enlisted \_\_\_\_\_

Warrant Officer \_\_\_\_\_

Officer \_\_\_\_\_

11. Were either of your parents in the military while you were growing up? *to you?*

yes \_\_\_\_\_

no \_\_\_\_\_

12. Are either of your parents still active in the military? *ult?*

yes \_\_\_\_\_

no \_\_\_\_\_



**APPENDIX C****Adult Nowicki-Strickland Internal-External  
Locus of Control Scale**

Please circle YES or NO.

1. Do you believe that most problems will solve themselves if you just don't fool with them?

YES

NO

2. Do you believe that you can stop yourself from catching a cold?

YES

NO

3. Are some people just born lucky?

YES

NO

4. Most of the time, do you feel that getting good grades meant a great deal to you?

YES

NO

5. Are you often blamed for things that just aren't your fault?

YES

NO

6. Do you believe that if somebody studies hard enough, he or she can pass any subject?

YES

NO

7. Do you feel that most of the time it doesn't pay to try hard because things never turn out right anyway?

YES

NO

8. Do you feel that if things start out well in the morning, it's going to be a good day no matter what you do?

YES

NO

9. Do you feel that most of the time parents listen to what their children have to say?

YES

NO

10. Do you believe that wishing can make good things happen?

YES

NO

11. When you get punished, does it usually seem it's for no good reason at all?

YES

NO

12. Most of the time, do you find it hard to change a friend's opinion (mind)?

YES

NO

13. Do you think that cheering more than luck helps a team to win?

YES

NO

14. Did you feel that it was nearly impossible to change your parents' minds about anything?

YES

NO

15. Do you believe that parents should allow children to make most of their own decisions?

YES

NO

16. Do you feel that when you do something wrong, there's very little you can do to make it right?

YES

NO

17. Do you believe that most people are just born good at sports?

YES

NO

18. Are most of the other people your age stronger than you are?

YES

NO

19. Do you feel that one of the best ways to handle most problems is just not to think about them?

YES

NO

20. Do you feel that you have a lot of choice in deciding who your friends are?

YES

NO

21. If you find a four-leaf clover, do you believe that it might bring you good luck?

YES

NO

22. Did you often feel that whether or not you did your homework had much to do with the kind of grades you got?

YES

NO



23. Do you feel that when a person your age is angry at you, there's little you can do to stop him or her?

YES

NO

24. Have you ever had a good-luck charm?

YES

NO

25. Do you believe that whether or not people like you depends on how you act?

YES

NO

26. Did your parents usually help you if you asked them to?

YES

NO

27. Have you felt that when people were angry with you it was usually for no reason at all?

YES

NO

28. Most of the time, do you feel that you can change what might happen tomorrow by what you do today?

YES

NO

29. Do you believe that when bad things are going to happen, they just are going to happen no matter what you try to do to stop them?

YES

NO

30. Do you think that people can get their own way if they just keep trying?

YES

NO

31. Most of the time do you think it useless to try to get your own way at home?

YES

NO

32. Do you feel that when good things happen they happen because of hard work?

YES

NO

33. Do you feel that when somebody your age wants to be your enemy there's little you can do to change matters?

YES

NO

34. Do you feel that it's easy to get friends to do what you want them to do?

YES

NO

35. Do you usually feel that you have little to say about what you get to eat at home?

YES

NO

36. Do you feel that when someone doesn't like you there's little you can do about it?

YES

NO



37. Did you usually feel that it was almost useless to try in school because most other children were just plain smarter than you?

YES

NO

38. Are you the kind of person who believes that planning ahead makes things turn out better?

YES

NO

39. Most of the time, do you feel that you have little to say about what your family decides to do?

YES

NO

40. Do you think it's better to be smart than to be lucky?

YES

NO



## APPENDIX D

### Debriefing Form

Please read the following carefully. It explains the purpose of the investigation that you have participated in and what will happen to the information that was collected from this research project.

1. The purpose of the study was to investigate how married women perceive their control over the events that occur in their lives.
2. The procedure used: You completed one questionnaire: the Adult Nowicki-Strickland Internal-External Locus of Control Scale. You also provided demographic information.
3. Risks and benefits associated with the study. Every precaution will be taken to insure that this information will remain confidential. No deception was used in this project. The information on the questionnaire is not likely to cause psychological distress, however, you may also choose to withdraw your input from the study at any time.
4. What will happen to the information collected? The information collected will be used for purposes of scientific presentation and publication. In any such use of this information, your identity will be carefully protected. Your identity as a participant will never be revealed in any published or oral presentation of the results of this study. Information will be made public only in the form of summaries, which make it impossible to identify individual participants. If you wish, you can receive a copy of the results and/or discuss the study with the researcher on completion of the project. If you are interested in receiving such information, be sure to let the experimenter know as soon as possible.

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Signature

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Date



## VITA

Lara Glass Nolletti was born in Stamford, England on November 7, 1971. She attended elementary through high school in Canton, Ohio, graduating from GlenOak High School in June, 1990. She attended Lehigh University in Bethlehem, Pennsylvania and received the Bachelor of Arts degree in Arts and Science in May, 1994. In December, 1998 she graduated from Austin Peay State University in Clarksville, Tennessee and received a Master of Arts degree in Psychological Science.