



# Childhood Household Engagement and Adulthood Feelings of Being Overwhelmed



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## Introduction

- The relationship on the long-term effects of doing chores around the house as a child and adult outcomes is not very studied.
- There is an association between a greater sense of self efficacy in adulthood and youth household participation (Riggio et al 2010).
- On the other hand, more time on the television as a child is associated with worse outcomes impacted cardiorespiratory fitness in adulthood (Haynes et al 2023).

## Research Questions

- Does doing more chores in youth relate to how often one feels overwhelmed later on? Does the financial struggle of those kids' parents change this?
- Does doing more chores in youth relate to how often one feels overwhelmed later on?

## Methods

### Sample

- Respondents (n=6504) were taken from the addhealth data set, a longitudinal study which tracked a nationally representative sample of adolescents into adulthood.

### Measures

- The teenagers were asked to gauge how often they watch TV a week in hours, and later as adults they were asked to rate how often they feel overwhelmed, from 1, never, to 5, very often. To make the response variable binary, the low levels of 1 and 2 were made into one category of not often overwhelmed and the 3,4,5 levels were placed into another, often overwhelmed.
- Their parents were asked about whether they often they are able to pay bills on time.

## Results

### Bivariate

- Chi-Squared test found that watching tv for an average of less than 1 hour is significantly related to watching tv for more than an average of 4 hours a day and feeling overwhelmed in adulthood ( $p=0.0075$ ). (fig 1)
- The same test found how many chores one does is not significantly related to feeling overwhelmed in adulthood ( $p=0.4599$ ).

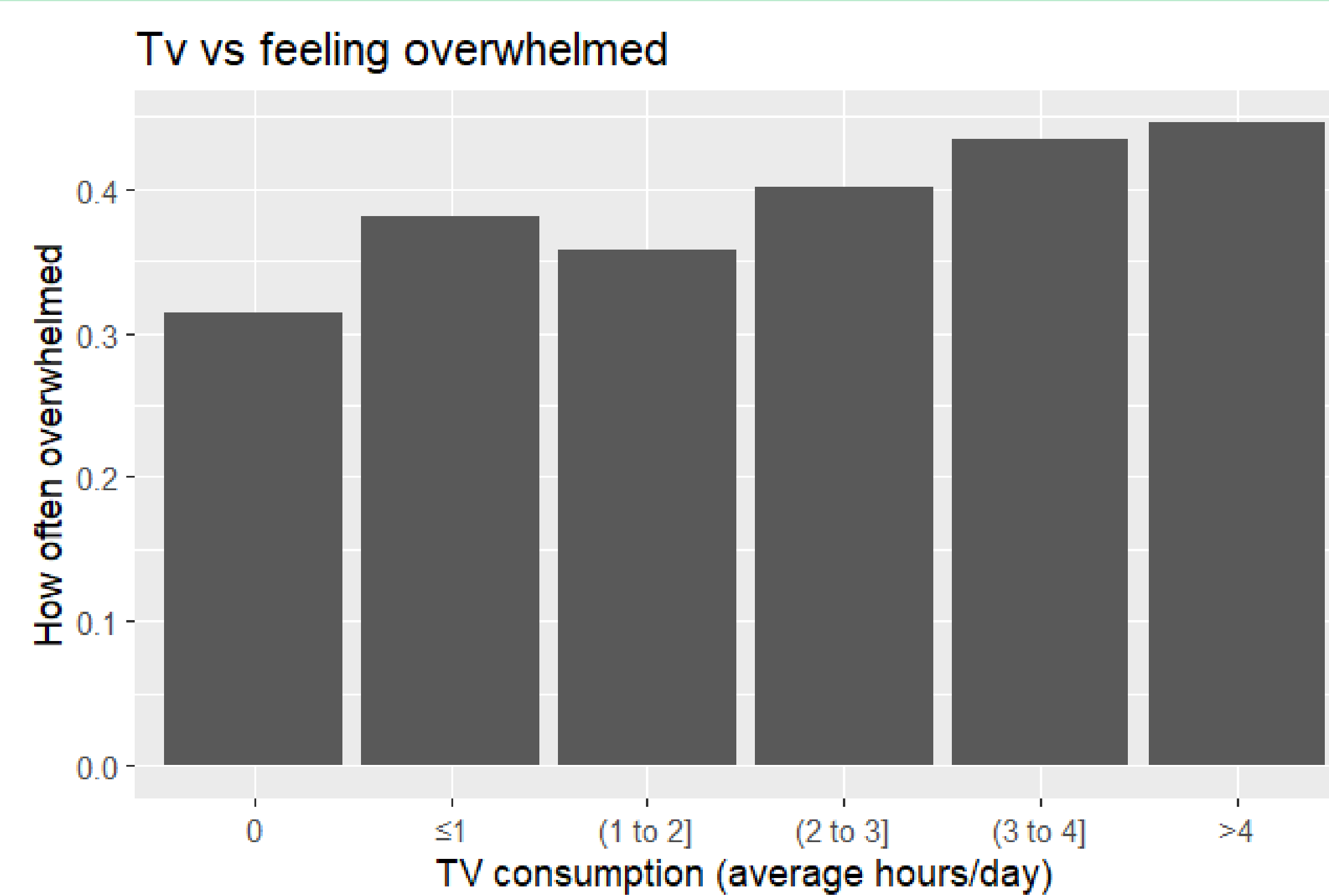


Figure 1: The Proportion of Fairness Ratings in Each Income Inequality Estimate Percentile

### Multivariate

- Logistic regression analyses showed that that how many chores one does is not significantly related to feeling overwhelmed in adulthood when adjusted to if their parents could pay their bills or not. ( $p>.05$ )

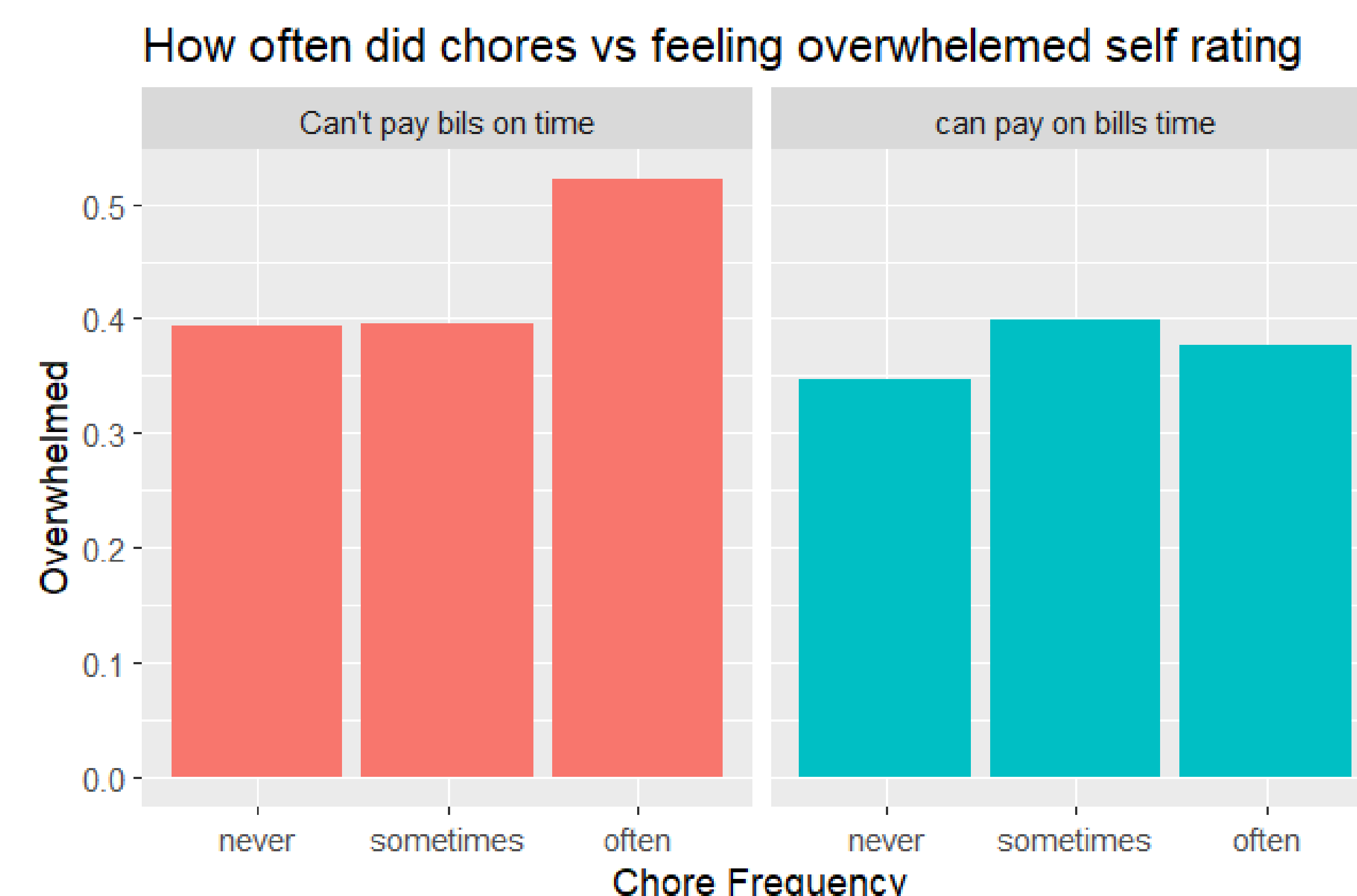


Figure 2: Self rating of how often people feel overwhelmed vs how often they did chores in their adolescence and if the parents could pay their bills on time.

## Discussion

- There appears to be a relationship between less Tv viewing vs more viewing in youth and a feeling of being overwhelmed in adulthood.
- These findings may contribute to psychological research regarding sedentary activities and adulthood mental health.
- Future research is needed to determine what correlation chores in the house does have with adult health outcomes, if it is not overwhelmedness.

## References

- Haynes, A., McVeigh, J., Lester, L., Eastwood, P. R., Straker, L., Mori, T. A., Beilin, L., & Green, D. J. (2023). Relationship between TV watching during childhood and adolescence and fitness in adulthood in the Raine Study cohort. *European Journal of Sport Science*, 23(3), 423-431. <https://doi.org/10.1080/17461391.2021.2023659>
- Kari, J. T. Riggio, H. R., Valenzuela, A. M., & Weiser, D. A. (2010). Household responsibilities in the family of origin: Relations with self-efficacy in young adulthood. *Personality and Individual Differences*, 48(5), 568-573. <https://doi.org/10.1016/j.paid.2009.12.008>