Development and Evaluation of a Family Life Education Program
to Help Dual-Earner Husbands Share Housework and Child Care

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Abstract

The purpose of this study was to develop and evaluation of a family life education program to help dual-earner husbands share housework and care of preschool children.
A four-week educational program was developed based on both qualitative and quantitative research and a needs survey. The educational objectives of the program are as follows: to make fathers understand the necessity for sharing the housework including child care; to improve gender equality; to enhance communication between husband and wife; to increase the role as a father; and to improve the skills of taking care of the children.

The results are as follows: First, there was significant increase in the mean value of the preliminary and the follow-up test in terms of the ratio of husbands’ time investment in housework, degree of sharing the housework, and their satisfaction with marriage. The ratio of their consciousness of gender-equality was improved as well, but no significant increase was found in the level of husbands’ time investment into child care, their roles as fathers, and the degree of inhibiting sharing of the roles.

Second, in relation to the program satisfaction, participants rated the overall program, the theme, contents, the lecturer, the activities and how the program progressed high, but showed an average satisfaction level in terms of the place, the day, and the time of the program.

Third, in the evaluation of the program through interviews, most replied that there were changes to not only their consciousness, but also to the relationship with their spouse and children.

주제어(key words): 맞벌이남편(dual-earner husbands), 가사분담/share housework, 자녀돌봄/care of preschool children, 가족생활교육 프로그램/family life education program

I. 서론

가사와 자녀돌봄은 가족의 주요한 기능으로 여성이 주로 그 역할을 수행해 왔다.

1) 자녀돌봄은 노인돌봄, 병자 및 장애인돌봄과 함께 가족 내 돌봄노동의 하나로 아동돌봄 이라고도 한다. 돌봄노동은 “ 스스로 자신을 돌볼 수 없는 사람을 돌보는 행위로서 병자, 노인, 어린 자녀들에 그 대상으로 하는 노동”(Daly, 2000)으로 정의된다. 돌봄노동은 행위 자체 뿐 아니라 돌봄노동이 수행되는 절차와 속성이 중요시되는 노동으로서 정서적, 도덕적 요소를 포함하고 있다는 점에서 본 연구에서는 ‘자녀 양육’ 대신 ‘자녀돌봄’이라는 용어를 사용하고자 한다. 단, 선례 연구에서 인용한 다른 논문 속의 ‘자녀 양육’은 수정하지 않고 ‘자녀돌봄’과 혼용하였음을 밝힌다.