SR920 Action Research Project

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**Delivery and Evaluation Plan**

* Outline steps for implementing the intervention.
* Establish criteria for evaluating the intervention's success.
* Site Permission

**Delivery and Evaluation Plan**

**Outline steps for implementing the intervention**

The intervention strategy will be the creation of a self-training manual for couples to strengthen families through promoting equitable labour in the household. This will aid gender justice within the household and impact gender roles to balance the disproportionate weighting of care work and mental load. Activities include conducting a situational analysis; this forms part of the introduction to the manual and researching interventions for use in the manual. Situational analysis forms an important part of sociological research. Additionally, self-training tools will be developed for use throughout daily living as a couple. The manual will contain self-use material that will establish the expected outcomes from use and will use educational material, gamification, and other activities (such as puzzles, completing tasks and others) for learning the material.

My intervention targets heterosexual couples with gender role challenges based on traditional gender norms that create challenges of work-life imbalance and mental load for women in the home who disproportionately carry out unpaid care and domestic work. The target issue is the unpaid care and domestic work challenges that have invaded contemporary dual income households. The intervention seeks to educate couples around the invisible work around care of children, elderly and others in need of care.

As part of the analytical auto ethnographic process, I will document my thoughts, feelings and observational perspectives of the cultural experience while researching and writing the manual and experiences of working with and interacting with couples in my previous experience as a social work clinician. This process will include using a journal to reflect on and document my experience and that of others who have shared their stories with me. This will be part of the field notes.

I will share the draft manual with three (3) couples to gain feedback about the learning opportunities presented/levels of learning, the usefulness of the manual for improving the relationship and provide credibility to the intervention/manual. This will help to improve the validity of the intervention and will form part of the post intervention strategy.

Though, there is a notable macro component to gender inequality around household and care work that looks at policy and build out of care infrastructure for the preservation of families and workers, the scope of this research will be at the micro and mezzo level focusing on individuals and families. The action research will take the form of a *gender and care work self-training intervention* via development of a sensitization manual and workbook for couples and families. The post-intervention is a co-constructed multilayered narrative of reflective experience of interacting with couples in my practice as clinical social worker, reflections of developing the manual, and couples reflective experience of using the manual (Hughes & Pennington, 2017). This will formulate the collective auto ethnography as a composite of thoughts, feelings and cultural reflections of engagement and developing (author) and using the manual.

**Establish criteria for evaluating the intervention's success**

## Success will be measured based on feedback from couples who will use the draft manual and share their experience with the manual. Couples will reflect on the activities through use of a follow-up written evaluation (as seen below).

# Some specific indicators of success include:

● A written *gender and care work self-training* manual for couples

● Couples’ reflection of the use of the manual- its usefulness, opportunities for learning and growth in their relationship, readability and user friendliness, and whether they would recommend it to other couples.

* Autoethnographic reflection of the complete experience- participant observation and reflection as a woman, wife and mother (phenomenological lived experience), reflection of situational analysis and experience with couples prior, reflection of developing the manual and completing and reflection of couples experience with using the manual.

Overall, success of this action research would reflect execution of a developed manual and positive feedback from couples about growth and learning as a result of the manual (identified in the assessment protocol below). There will also be a pre post test that participants will complete to assess that learning did take place. Additionally, the reflection of the author/ethnographer about the growth experience in leadership and helping couples with the mental load.

**Couples Self -Training Manual Evaluation**

Instructions- Tick the box that corresponds to your response and fill in the spaces with responses to the open ended questions.

Key (SA- strongly agree, A- Agree, UD- undecided, D- disagree, SD- strongly disagree)

**SA A UD D SD**

**1 2 3 4 5**

**Readability/Usability**

The manual was easy to read, [] [] [] [] []

understand and use

Appropriate material was included [] [] [] [] []

The material was well presented [] [] [] [] []

**Usefulness/Scope of Action**

We learnt about the mental load (emotional labour/cognitive load) [] [] [] [] []

The manual was useful in building/helping our relationship [] [] [] [] []

The manual improved our communication [] [] [] [] []

The manual caused us to reflect on our roles in the homes [] [] [] [] []

We have implemented changes in our family because of the manual [] [] [] [] []

**Recommendation**

I would recommend this manual to other couples [] [] [] [] []

**Fill in the responses below:**

The following sections of the manual were most useful \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I would recommend the following changes or additions to the manual

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End of Evaluation

Thank you

**Site Permission**

No site permissions will be required for this action research project. For this project, I will not utilize a geographic/physical site; rather I will use a community of interest/ community of reference. Given the reflection of my experience as a Clinician and the needs of people experiencing the mental load challenge who are known to me to, I will create a captive community for intervention. Using a counselling house/therapeutic center as site location would require ethical approval and permissions from various authorities not required for this study, this could introduce factors around risk assessment harm and psychosocial exposure.

A community of interest is a group of persons with common concerns, interests or challenges (Siudikienė & Jokūbauskienė, 2023). This option to utilize a community of interest has been utilized effectively in other research, through effective use of action research methodology relevant communities of interest and exposure and complemented by autoethnographic reflections common to this type of qualitative research. For transparency and authenticity of the research process, participants have agreed to sign a consent form. This will act as evidence of permission.

Reference

Siudikienė, D., & Jokūbauskienė, S. (2023). Expression of Knowledge Sharing in Virtual

Communities of Interest: A Reading Community-Based Research. Informacijos

Mokslai, 95(95), 32–52. <https://doi.org/10.15388/Im.2023.95.64>