



Wilma L. West Library Resource Notes

Holidays

November 2001

I decided there was no way to avoid addressing holidays, unless I chose to avoid the "elephant in the middle of the room." September 11, the ongoing Anthrax scare, the war in Afghanistan, the unstable economy, and the growing conflict between Israel and the Palestinians, are heightening our ambivalence to this already emotionally charged season. Perhaps there will be something in the list of references or web sites below that will be useful to you in your professional or personal life.

Anonymous. (2000). 5 ways to turn off holiday stress. *Healthline*, 63, Nov-Dec.

Broussard, A. (2002). *African-American holiday traditions*. New York, NY: Citadel Press.

Burghardt, L. (2001). *Jewish holiday traditions*. New York, NY: Citadel Press.

Fiese, B.H. & Tomcho, T.J. (2001). Finding meaning in religious practices: The relation between religious holiday rituals and marital satisfaction. *Journal of Family Psychology*, 15(4), 597-609.

ABSTRACT: This study examined the relation between marital satisfaction and religious holiday ritual practices. 120 couples, married 9 years on average, completed measures of religious holiday practices (current family and family-of-origin) and marital satisfaction. Couples were interviewed about how important religion was to their family life. Marital satisfaction was related to religious holiday rituals beyond a global indication of religiousness. A different pattern was found for husbands and wives, with husbands' satisfaction more closely linked to ritual meaning and wives' satisfaction associated with routine practices. Family-of-origin rituals were connected across generations. Wives' marital satisfaction was related to husbands' report of religious holiday rituals but not the converse. Results are discussed in terms of how rituals affirm relationships, connect values and beliefs, and may have differential meaning for men and women.

Fingerman, K.L. & Griffiths, P.C. (1999). Season's greetings: adults' social contacts at the holiday season. *Psychology and Aging*, 14(2), 192-205.

ABSTARCT: Close friends and family play an important role in adults' lives, but little is known about the implications of infrequent or peripheral social ties that adults maintain. Eighty-seven adults, ranging in age from 24 to 87 years ($M = 51.25$) provided information about their holiday card networks. Participants completed surveys for up to 25 cards that they received during one holiday season ($n = 1,405$ surveys completed) and provided the holiday greetings as well, if they were willing ($n = 1,152$ cards). Over half of the cards participants received were from

individuals whom participants did not consider to be close friends or family members and whom they had not seen in over a year. Adults of all ages described emotional reactions to approximately one third of the cards they received. Younger adults tended to view their holiday greetings as a means of maintaining or building new social ties, whereas older adults were more likely to view their holiday greetings as a link to their personal past. Receiving a greater number of holiday cards and receiving cards from close social contacts were associated with increased feelings of social embeddedness. Similarities and differences between peripheral ties and close social ties are considered.

Hammer M.B. (2000). Rituals: family ties that bind. *Vibrant Life*, 16(6), 34-5, 37.

Horowitz, J.A. (1999). Negotiating couplehood: The process of resolving the December dilemma among interfaith couples. *Family Process*, 38(3), 303-23.

ABSTRACT: Christmas forces interfaith couples to address questions concerning holiday observances. The purpose of this investigation was to explore the

Experience of the "December dilemma," that is, the experience of Christmas and Hanukah among couples in which one partner is Jewish. A qualitative design based on the continuous comparison method of Grounded Theory analysis was used. Participants were solicited through interfaith couples' programs, referral, and snowballing. Unstructured interactive interviews of 22 couples were audiotaped, transcribed, and analyzed. The categories generated were: Ghosts of Christmas and Hanukah Past, Coming Together, and Holiday Observances as a Couple. The basic problem facing these couples was how to bridge religious backgrounds with differing holiday traditions in a way that integrated respect for each partner's needs, heritage, and identity. The basic social process of negotiating "couplehood," that is, moving from individuality to partnership emerged when mutual agreement could be reached to solve problems about how to celebrate the December holidays. The data indicated that exploration of the ways these couples managed the dilemmas created by the December holidays provided a window to how they negotiated other challenges in their relationships.

Joe, B.E. (1989). Cooking for the Holidays. *OTWeek*, 3(48), 20-21.

King, D.E. (2000). How to beat the holiday blues -- surviving seasonal stress. *Nursing Spectrum (Washington, Dc/Baltimore Metro Edition)*, 10(25), 14-5.

Luboshitzky, D. & Gaber, L.B. (2001). Holidays and celebrations as a spiritual occupation. *Australian Occupational Therapy Journal*, 48(2), 66-74.

ABSTRACT: Holistic occupational therapists acknowledge their responsibility in addressing the spiritual dimension of their clients. However, due to the difficulties in applying spirituality to practice, the role of occupational therapists in regard to their clients' spirituality remains unclear. This study suggests that the celebration of holidays may be used as a meaningful activity for fulfilling clients' spiritual needs. Holidays, which commemorate religious, national, or personal events, are a special time set apart from ongoing day-to-day existence. While the meaning of holidays has been widely discussed from a historical, anthropological, sociocultural, and educational point of view, little can be found in the literature regarding the therapeutic aspects of holidays. The present paper discusses four dimensions in the meaningful celebration of holidays and their therapeutic implications: religious; sociocultural; time management; and leisure. These dimensions are explored as foci of intervention in occupational therapy.

Sanna, Ellyn. (1999). *Favorite Christmas traditions*. Uhrichsville, Ohio: Barbour Pub.

Shu`aib, T.B. (1991). *Essentials of Ramadan, The Fasting Month*. Los Angeles, CA: Da`awah Enterprises International.

Wallis, M. E. (2000). A healing journey: If a patient is dreading the holidays because of a death in the family, teach him these six helpful strategies. *Nursing*, 30(11), 64.

Walter, P.K. (2000) Home for the holidays: preventing foodborne illness at family gatherings. *FDA Consumer*, 34(6), 8-10.

Ylanne-McEwen, V. (2000). *Golden times for golden agers: selling holidays as lifestyle for the over 50s* (with appendix).

Journal of Communication, 50 (3), 83-99.

ABSTRACT: Part of a special section on negotiating lifestyle changes in later life. The emergence of holidays targeted at the over 50s is discussed. The discursive packaging of these holidays in brochures available in the U.K., using a critical discourse analysis framework, is examined. Characterizing the target group and the holidays can present dilemmas and this problem is assessed in relation to ideas of ageism, anti-ageism, and the denial of aging. In addition, through an analysis of two spoken extracts between travel agency staff and older clients, the difficulty of selling and buying these holidays--because it involves potentially problematic age-salient positioning of the client--is revealed.

Web Sites:

- [Holiday Crafts](#)
- [Family Corner](#)
- [MEDLINEplus](#)

[MEDLINEplus Medical Encyclopedia: Flu and holidays](#)

- [American Psychological Association Study Finds Shared Religious Holiday Rituals Increases Marital Satisfaction](#)