

# BARRIERS AND INCENTIVES TO URBAN PARK USE

Melbourne-based second generation Australians who generally speak a language other than English at home



*W. Glen Croy and Petra Glover*

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## ***Melbourne-based Second Generation Australians who Generally Speak a Language other than English at Home***

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## **Abstract**

Natural and protected areas have been the location of recreation, leisure and tourism for centuries and interest in them continues to increase. Yet, some groups are less likely to use such areas than others are. Parks Victoria, in their annual satisfaction survey, has identified particularly second generation Australians (born in Australia to immigrant parents), who generally speak a language other than English at home, show comparatively low participation rates in especially urban parks. As such, this research aims to identify the barriers to the use of urban parks (including council and Parks Victoria parks) experienced by second generation Australians who did not generally speak English at home. A review of the literature identified many generic barriers to participation in leisure activities, which are allocated into three categories: intrapersonal, interpersonal, or structural barriers. A multi-phase method was implemented to achieve the project aim. Interviews were especially undertaken with second generation Australians who generally used a language other than English at home. Leisure was identified as important as a break from work and usual routines, for relaxation, and for social interactions and bonds. Barriers to using urban parks spread across the three categories of barriers. The two main barriers were structural: time available and weather conditions. All the same, it was indicated that if further interpersonal and structural barriers were reduced, then interviewees may make the time to use urban parks more often. Overall, the project provided insights into second generation Australians' attitudes and use of urban parks. The findings largely reflect those of previous studies of ethnic minority leisure barriers and use, and it would appear that enhancing the social popularity of parks as leisure spaces would encourage increased usage.

## **SUMMARY**

### **Objectives of Study**

This network project's aim is to identify the barriers to the use of Melbourne's urban parks (including council and Parks Victoria parks) experienced by second generation Australians who do not generally speak English at home. To achieve the aim, three objectives were to be achieved. The first objective was to gain a context of barriers and incentives to urban park usage through investigation attitudes towards leisure and perceptions of parks. The second objective was to identify barriers stopping or limiting urban park usage, and third, to identify incentives to increase usage of urban parks by second generation Australians that generally use a language other than English at home.

### **Literature**

A review identified that there are many barriers to participation in leisure activities. These generic barriers can be allocated into three categories: intrapersonal (personal) barriers such as a lack of personal interest in leisure; interpersonal (interactional) barriers, such as a lack of people to participate with; or structural (supply) barriers, such as not having a location to undertake the activity. More specific to ethnic minority groups' barriers are further caused by marginality or socio-economic status, and cultural attitudes to leisure and leisure spaces. Though population constraints appear to remain stable over time, individuals can overcome barriers. Recent immigrants feel constrained in their leisure patterns due to intrapersonal and structural barriers, more so than those who have lived in the country for a while. One of the key potential explanatory factors for this difference is acculturation. Acculturation is the process of interactions between cultures and consequent changes to the cultures. In this context, leisure was identified as a process of acculturation, and changes to leisure attitudes as an outcome of acculturation. Leisure also presents opportunities to stop or reverse acculturation processes. The previous studies also identified a limited number of recommendations to overcome ethnic group leisure barriers. These included provision of information, cooperation and participation in leisure space management, and to include provisions for cultural leisure differences in programmes and facilities.

### **Method**

A multi-phase method to achieve the project aim was implemented. First, interviews were undertaken with ethnic group representatives of Melbourne's five largest English as a second language ethnic groups (Chinese, Greek, Indian, Italian and Vietnamese). The interviews were to provide a cultural context for understanding leisure practices and attitudes, urban park usage and barriers to using parks within the ethnic populations. Second, a survey was created to achieve the project objectives, derived from the literature and additional insights provided through the interviews. Unfortunately, the survey was not successful due to a very low response rate. Third, 13 further interviews were undertaken with second generation Australians, who generally used a language other than English at home.

### **Key Findings**

The first stage interviews with ethnic group representatives identified leisure practices were undertaken by all groups. Social interaction was a common element for ethnic group leisure activities, and there was a distinction between leisure activities for older (passive), versus younger (passive-active), and children (active). The representatives noted preferred leisure settings included at home, in restaurants, on the street, in cafes and bars, or in parks. The representatives noted that leisure activities and profiles appeared to have changed for younger members, to match that of the rest of the population. Leisure was important, primarily for social reasons – building and maintaining relationships, though rest and relaxation were also noted as important reasons.

All representatives identified that Australian urban parks are different to the parks in the home ethnic countries. Urban park distinctions also had cultural implications for perceptions and use of parks for leisure, continuing into the Australian context. As well as these cultural differences to the functions and uses of parks, other barriers included structural barriers of activities, transport, facilities, and locations, interpersonal barriers of accessibility dependence on others. Recommendations to overcome the barriers included:

- Co-hosting or co-organising ethnic events in parks

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- Create ethnic-cultural links in parks, such as an ethnic garden, or leisure activity space
- Improved quality and maintenance of facilities
- Increased accessibility for aged people
- Making parks safer
- More information about parks and their facilities, and sent through community groups to target users
- Reduced car-parking restrictions at parks
- Shelters for social areas, especially including eating and barbeque areas
- Targeted public transport to parks

The interviews with second generation Australians, who generally use a language other than English at home, followed the same structure as with the ethnic group representatives. Thirteen interviews were undertaken. All interviewees undertook leisure practices, and these had a social element to them. All the same, a number of leisure activities were individually focused. Leisure was important as a break from work and usual routines, for relaxation, and for social interactions and bonds. Leisure was undertaken with friends, or family, though a small number of interviewees generally spent their leisure time by themselves or with pets. Every interviewee presented positive associations with urban parks, and whilst they were not the main leisure setting, were used often. Only one of the interviewees had not been to a urban park in the previous 12 months. Urban parks were active places for children, and passive or relaxing places for adults.

Interviewees identified barriers to using urban parks spread across the three categories. Intrapersonal barriers were uncommon. One respondent was not interested in outdoor leisure activities, whilst another used parks as much as she wanted, and thus did not identify barriers. The two main barriers were structural: time available and weather conditions. All the same, interviewees indicated reducing further interpersonal and structural barriers they might make the time to use urban parks more often. Other barriers were in regards to access, facilities available at parks, organising family groups to get to parks, lack of social activities for adults, changing leisure demand from children as they grow up, and other leisure activities took priority. Interviewees made recommendations for how to reduce the barriers, and to entice more use of urban parks. These recommendations included:

- Able to hire leisure equipment at parks, such as bikes and other children play things
- Cleaner parks, muddy areas greened up
- Create all weather spaces – shelters, especially around barbeque areas
- Earlier retirement age
- Have more adult social activities in parks
- Have more people in parks
- Have parks closer to home
- Host entertainment events in parks
- Increased information about parks and available activities-facilities in parks
- More on and off-leash pet friendly areas
- More play equipment in parks
- More rubbish bins for dog ‘business’
- More specific fitness facilities in parks
- More time in the day
- Put cafes in parks, with heaters

## **Conclusions**

Overall, the project provided insights into second generation Australians’, who generally use a language other than English at home, leisure practices, attitudes and more specifically their attitudes and use of urban parks. The findings largely reflect those of previous studies of ethnic minority leisure barriers and use. Whilst the vast majority of interviewees used urban parks, they also provided recommendations that would increase their own use, and use by their families and peers. Overall, it would appear that enhancing the social demand for parks as leisure spaces would encourage decision-makers’ allocation of leisure time to parks; that is peer and child

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pressure would increase park usage by many of the interviewees.

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***Chapter 1***

**INTRODUCTION**

Natural and protected areas have been used for the purpose of recreation, leisure and tourism for centuries (Butler & Boyd, 2000). Changing attitudes towards the environment have increased the interest in and visitation of such areas and future projections suggest that the number of participants in outdoor recreation trips and activities will continue to grow (Kearlsey & Croy, 2001). The increased interest in the visitation of natural areas is putting pressure on parks and protected area managers in minimising and averting potential negative impacts caused by increasing visitor numbers (Eagles & McCool, 2002; Pigram & Jenkins, 1999; Worboys, Lockwood, & DeLacy, 2005). This increased use and increased need for management of these visitors is also reflected in many park agencies' dual mandate, to not only conserve their areas, though to also increase usage or participation of the public in these protected areas.

Despite the general increasing interest in natural areas, evidence exists that some groups are less inclined to use parks than others (Booth, 1987; Booth & Peebles, 1995). This is particularly true for ethnic minority groups in Melbourne (O'Connor, 1998; Centre for Culture Ethnicity and Health, 1999). The provision of parks and recreation services, as a public good, means that these services need to be inclusive. As such the non-use of, and non-participation in, parks presents further visitor management issues. If the programs, facilities and services offered do not meet the needs of the public and specific identifiable groups, this would indicate the requirement for improvements to the provision and management of these sites. The participation of current low or non-users needs to be understood to prevent the potential marginalisation of these groups using the programs, services and facilities provided by natural and protected area agencies.

In this context, this research aims to identify the barriers to Melbourne's urban park use experienced by second generation Australians (born in Australia to immigrant parents), who generally did not speak English at home. Urban parks are those largely natural or semi-natural public spaces within build-up areas. Generally, in Victoria, local government or Parks Victoria manages urban parks. Urban parks range in size, from a small playground to larger areas such as Albert Park, South Melbourne, or Jells Park, Wheelers Hill. Urban parks are generally provided for public use; though in cases include conservation goals, such as the Seaford Wetlands, excluding public access to most of the park. Urban parks cater for a vast range of activities and settings, from walking, to bike riding, from picnic areas, to organised sports, such as golf and football.

To achieve the aim, three objectives were to be achieved. The first objective was to gain a context of barriers and incentives to urban park usage through investigation attitudes towards leisure and perceptions of parks. The second objective was to identify barriers stopping or limiting urban park usage, and third, to identify incentives to increase usage of urban parks by second generation Australians that generally use a language other than English at home.

To achieve the aim and objectives, the report will be presented in six further chapters. The second chapter reviews the literature on barriers to leisure and park usage. Within Chapter 2, generic barriers are first identified, before reviewing leisure barriers experienced by ethnic minorities, and a brief discussion on acculturation. Chapter 2 is completed with a summary of management responses to leisure barriers. Chapter 3 presents the method used to investigate primarily the first objective, of contextualising leisure attitudes and activities with ethnic group representatives, as well as gaining insight to the second and third objective. Chapter 4 presents the findings from the interviews with the ethnic group representatives. Chapter 4 is further divided into discussions of leisure practices and attitudes, park attitudes and usage, barriers to using parks, acculturation and strategies to overcome barriers to using parks. Chapter 5 briefly outlines the methods implemented to investigate the barriers to urban and semi-urban park use experienced by second generation Australians, who generally did not speak English at home. Chapter 6 presents the findings from interviews with second generation Australians who generally speak a language other than English at home. As with Chapter 4, the chapter is divided into discussions of particular leisure issues. Chapter 6 includes discussion of leisure practices and attitudes, park attitudes and usage, barriers to using parks, and means to encourage more use of parks. Chapter 7 finally concludes the report, highlighting key points from the preceding chapters.

*Chapter 2*

## **BARRIERS TO PARK USE**

Since the mid 1980s, a number of researchers have identified barriers and constraints that may influence participation in leisure and recreation activities (Booth, 1987; Crawford & Godbey, 1987; Jackson, 1988, Scott & Jackson, 1996; Hung & Crompton, 2006). The increased interest in constraints is to help improve the delivery of recreation and park services and to increase participation levels (Kay & Jackson, 1991). Essentially, the contributions of such studies are improving the understanding of non-participation, identifying and satisfying latent demand, and improving management (Jackson, 1988).

The terms barrier and constraint can be used interchangeably and are characterised as “any factor which intervenes between the preference for an activity and the participation in it” (Crawford & Godbey, 1987, p. 120), thus inhibiting “people’s ability to participate in leisure activities, to spend more time doing so, to take advantage of leisure services, or to achieve a desired level of satisfaction” (Jackson, 1988, p. 203). Barriers do not necessarily stop individuals from participating in a leisure activity but they may influence their level of participation (Crawford, Jackson, & Godbey, 1991). Therefore, latent demand from under-users and non-users may be realised by removing the barriers that limit participation (Godbey, 1985; Jackson, 1988). However, not all non-users have latent demand since there are also non-users by choice.

This section will present the review of the literature for barriers, incentives, motives, and activities of latent-users. This literature is leisure (activity) and park (setting) focused, and is largely North American based, though there are some Australian and British studies. The literature indicates that barriers are generic, though the importance attributed to the barriers varies depending on the non-users’ context. For ethnic contexts it is often noted that acculturation or cultural assimilation may explain the non-use by minority ethnic groups.

In structuring this review, first this chapter will present the generic barriers. Second, barriers that are of particular relevance for ethnic minorities are discussed. The third section assesses the role of acculturation in the part of ethnic barriers to non-use.

### **Generic Barriers**

Crawford and Godbey (1987) have classified barriers for activity or setting usage into three hierarchical categories: intrapersonal, interpersonal and structural.

- *Intrapersonal barriers* relate to reduced participation due to an individual’s psychological states and attributes, such as stress, depression, perceived self-skill, anxiety, and appropriateness of an activity as perceived by the individual. These need to be overcome first.
- *Interpersonal barriers* relate to inhibition due to the relationship between individuals, such as the lack of a partner to participate with.
- *Structural barriers* relate to external factors such as the lack of existing opportunities, time, season, financial resources, and appropriateness perceived by a reference group. These only become relevant once intrapersonal and interpersonal barriers have been removed.

Eleven previous studies, selected for their focus on leisure and park participation, were reviewed and are presented in Table 1. They are classified using Crawford and Godbey (1987) hierarchical categories.

**Table 1 Barriers to Activity or Setting Use**

<b>Author and Year</b>	<b>Howard &amp; Crompton (1984)</b>	<b>Godbey (1985)</b>	<b>Carrington et al. (1987)</b>	<b>Kay &amp; Jackson (1991)</b>	<b>Yu &amp; Berryman (1996)</b>	<b>Scott &amp; Jackson (1996)</b>	<b>Stodolska (1998)</b>	<b>Tsai (2000)</b>	<b>Perez-Verdin et al. (2004)</b>	<b>Winter et al. (2004)</b>	<b>Hung &amp; Crompton (2006)</b>
<b>Study Content</b>	<b>Reasons for non-use of public park and recreation services</b>	<b>Reasons for non-participation in leisure services</b>	<b>Constraints for sports participation amongst British youth of South Asian decent</b>	<b>Constraints on leisure participation in different social areas</b>	<b>Recreation barriers amongst Chinese immigrant youth in the US</b>	<b>Constraints to park-use</b>	<b>Constraints to recreation participation of Polish immigrant women in Canada</b>	<b>Leisure constraints of Chinese immigrants in Brisbane, Australia</b>	<b>Barriers to visiting local protected area in Mexico</b>	<b>Constraints to outdoor recreation participation amongst 4 different Asian America subcultures</b>	<b>Constraints of urban park use in Hong Kong by elderly people</b>
<b>Intrapersonal Barriers</b>	Lack of interest/ activities not appealing/ Never thinking about participating	✓	✓	✓		✓		✓	✓		✓
	Lack of skills		✓	✓	✓		✓	✓			
	Poor health/ physical problems		✓		✓		✓	✓			✓
	Fear of crime/ feeling unsafe	✓	✓				✓		✓		
	Age		✓	✓	✓			✓			
	Difficulty in communicating with others/ language barriers					✓		✓			
	Feeling uncomfortable with social environment/ feeling discriminated against							✓		✓	
	Feeling insecure/ lack of confidence					✓		✓			
	Feeling unwelcome/ lack of sense of belonging							✓		✓	

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Author and Year	Howard & Crompton (1984)	Godbey (1985)	Carrington et al. (1987)	Kay & Jackson (1991)	Yu & Berryman (1996)	Scott & Jackson (1996)	Stodolska (1998)	Tsai (2000)	Perez-Verdin et al. (2004)	Winter et al. (2004)	Hung & Crompton (2006)
Too tired				✓			✓				
Do not think I will enjoy this activity/ lack of enjoyment in the past								✓		✓	
Other interests				✓							✓
Unsuitable living arrangements							✓				
Preferring to stay at home	✓										
Activities not meaningful								✓			
Interpersonal Barriers	Lack of/ difficulty in finding others to participate with		✓	✓	✓	✓	✓	✓	✓		
	Not knowing other park users/ participants		✓							✓	✓
	Difficulty in mixing with others							✓			
	Too many male visitors										✓
	Not liking program leader or staff		✓								
Structural Barriers	Lack of time/ Being too busy/ work or family commitments/ Lack of opportunity	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Cost/ lack of money	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Lack of knowledge about available programs/ facilities	✓	✓		✓	✓	✓	✓	✓	✓	
	Too far from residence/ site location inconvenient	✓	✓	✓			✓		✓	✓	✓
	Transportation problems	✓	✓		✓		✓	✓	✓	✓	

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<b>Author and Year</b>	<b>Howard &amp; Crompton (1984)</b>	<b>Godbey (1985)</b>	<b>Carrington et al. (1987)</b>	<b>Kay &amp; Jackson (1991)</b>	<b>Yu &amp; Berryman (1996)</b>	<b>Scott &amp; Jackson (1996)</b>	<b>Stodolska (1998)</b>	<b>Tsai (2000)</b>	<b>Perez-Verdin et al. (2004)</b>	<b>Winter et al. (2004)</b>	<b>Hung &amp; Crompton (2006)</b>
Poor park management/ quality	✓	✓				✓				✓	✓
Having other options/ using other facilities	✓	✓				✓				✓	✓
Lack of provision of facilities and programs			✓	✓				✓		✓	
Lack of information that I can read/ understand						✓		✓			
Weather				✓					✓		✓
Not knowing how to get involved/ who to ask								✓		✓	
Site too crowded		✓				✓					
Staff unfriendly	✓										
Booking difficulty				✓							
Not wanting to disrupt daily schedule											✓



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Table 1 indicates that there has been consistency of barriers over contexts and over time. Activity and setting barriers were relatively common in different non-user contexts, independent of study specific activities or settings. The most common intrapersonal constraints are lack of skills and lack of interest. Language was a previously identified as a barrier to leisure participation for immigrants (Yu & Berryman, 1996; Stodolska, 1998; Tsai, 2000), though would generally not apply to second-generation nationals, as they would have progressed through the home-country education system. The major interpersonal barrier identified was the lack of or difficulty in finding others to participate with. This and not knowing other participants may be more pertinent with second-generation nationals.

The leading structural barriers to leisure activities and settings were lack of time (mentioned in all 11 studies) and lack of money (mentioned in 10 studies). These two had almost universal significance for the studies, independent of the context in which the studies were undertaken and the purpose for which they were conducted. Given that leisure is undertaken in discretionary time and with discretionary income, this finding is not surprising. Other structural barriers included an inconvenient or too distant location and transportation problems.

Overall, there are many potential barriers to limit participation. Whilst there was consistency in the barriers identified across the studies, evident was that specific barrier's importance and influence varied dependent on the context. This further indicates that a specific group of non-users may place more importance on one barrier (or class of barriers), as limiting their participation, than others.

### **Leisure Barriers Experienced by Ethnic Minorities**

While earlier leisure barrier research was based on the entire population (for example Howard & Crompton, 1984), later studies revealed that leisure preferences, patterns and participation rates differ between social groups (for example Yu & Berryman, 1996). As a result, research began to focus on identifying the existence of such differences and examining the barriers that are most relevant for each of these groups (Stodolska, 1998). Leisure differences resulting from socio-economic status, gender, age and ethnicity have received particular attention from researchers (Tsai, 2000; Perez-Verdin, *et al.*, 2004; Hung & Crompton, 2006). Whilst differences in recreation patterns have been attributed to the membership to a minority group, the actual barriers identified resemble those identified for the entire population studies.

Ethnic use and non-use of parks and participation in activities has received much of the attention in the study of barriers. Marginality (or socio-economic status) was used initially to explain these differences, since ethnic minorities often belonged to lower income groups. However, Washburne (1978) proposed ethnicity as an alternative perspective on under-participation by some ethnic groups. This was confirmed in studies that focused on ethnic differences in participation and use, which found ethnicity was a key factor in participation differences. Floyd *et al.* (1994) later concluded that neither marginality nor ethnicity could fully explain the differences in leisure and recreation participation. Instead, these aspects are likely to have complex interactions that may explain leisure preferences. However, each factor by itself would not be sufficient in identifying these differences. Additionally, studies undertaken in Sydney's Georges River area have further highlighted the diversity of culture-based, and even spiritual values attributed to natural areas (for example Byrne, *et al.*, 2006; Wearing, *et al.*, 2008). These values have directed, or at least effected immigrant groups' engagement with nature, and the activities undertaken (Byrne, *et al.*, 2006).

The complexity of identifying leisure constraints for ethnic groups was confirmed by Winter *et al.*'s (2004) study on differences in National Park use amongst four different Asian American subcultures. They found that some differences could be explained by cultural identity, while in other cases socio-demographic characteristics were more useful. Consequently, both intrapersonal (ethnicity) and structural (marginality) barriers are likely to contribute to leisure experienced by members of ethnic minorities.

Reasons for the existence of leisure constraints that were related to ethnic identity have been identified to be diverse:

- Attitudes towards leisure may be different (Deng, Walker & Swinnerton, 2005; Yu & Berryman, 1996 after Chen, 1948)
- Socialising in kinship groups may be of greater relevance for the ethnic minority than for the majority group (McChesney, Gerken, & McDonald, 2005)

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- Members of ethnic minorities, and especially recent immigrants, may lack nearby family and extensive social networks, which may prevent them from participating in group and social leisure activities (Shaull & Gramann, 1998)
- New immigrants may lack support structures from the ethnic community and the extended family, which may impede significantly on the time they had available for their own leisure (Ruble & Shaw, 1991)
- Finally, the lack of language skills may be a great impediment to leisure participation because it leads to an inability to communicate with others and impacts on their ability to find out about different leisure opportunities (McChesney et al., 2005; Rublee & Shaw, 1991; Stodolska, 1998)

Although many studies that have identified ethnic minority leisure barriers are country or location-based, evidence suggests that the barriers can be generalised. For example, Winter et al. (2004) identified similar barriers for four different Asian American groups, and Sasidharan et al. (2005) found similarities amongst six ethnic groups; Hispanic, Chinese, Japanese, Korean, African American, and White. Furthermore, studies conducted in different countries, for example Australia, the United States of America and Canada, have identified similar leisure barriers for a range of ethnic groups, such as Hispanics, Polish, Chinese, and Koreans (Stodolska, 1998; Perez-Verdin, *et al.*, 2004; Hung & Crompton, 2006).

In addition, though constraints remain relatively stable over time, for individuals, change may occur as different classes of barriers are overcome. This would be indicated by levels of importance being allocated to barriers, and decreased importance as the barrier is overcome. Leisure barriers identified above imply that recent immigrants will be more likely to feel constrained in their leisure participation patterns than those who have lived in the new country for a while. One of the key potential explanatory factors for this difference has been identified as acculturation.

### **Acculturation**

Acculturation suggests that a minority's cultural patterns change over time and assimilate with those of the dominant society (Shaull & Gramann, 1998 after Gordon, 1994). While recent immigrants may retain many of the cultural characteristics that are prevalent in their former home country, the descendants of those immigrants may slowly adopt the characteristics prevalent in their new home country. Baas et al. (1993), for example, found that US born Hispanics were generally more assimilated, and perceived less barriers than those Hispanics who were born outside America. The US born Hispanics additionally chose recreation activities that were similar to the host community. It has been proposed that differences between ethnic and non-ethnic leisure barriers may be the result of differing acculturation levels.

It is however possible, that selective acculturation takes place, which assumes that not all cultural characteristics are changed to those of the dominant culture (Keefe and Padilla, 1987 cited in Shaull & Gramann, 1998). Leisure activities can play an important role in the process of acculturation because they may be used for different purposes; to strengthen and maintain cultural identity, to assimilate to or socialise in the new culture, or to controversially suppress and disperse cultural identity (Taylor, 2001). Additionally, and importantly, many ethnic groups support specific leisure activities to maintain or enhance cultural connections or even slow acculturation processes, and similarly the continuation of the use of language is a means to stay culturally connected.

It needs to be noted that this study does not seek to promote acculturation. Instead, the barriers to urban and semi-urban park use amongst second generation Australians are examined to acknowledge differences in leisure patterns and provide relevant and appropriate park and recreation services.

### **Management Responses**

The literature review has shown that a number of studies have identified the barriers and constraints to leisure and recreation participation in general and the use of urban and national parks in particular for both the general population as well as for minority groups, including ethnic minorities. Despite the existence of this body of research, recommendations focusing on the improvement of parks and participation in leisure programs are rare. Even though recommendations are rare, suggestions that assist in increasing participation and use of facilities can be grouped into three major categories (Godbey, 1985):



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- Informing those who are unaware of the service that it exists
- Eliminating barriers to participation for those who wish to participate
- Encouraging participation by current non-participants who know of the service

With reference to ethnic minorities, a number of suggestions were made in the literature including the following:

- Information about park facilities and programs should be communicated in a range of languages (Winter et al., 2004), since the lack of understanding of information material may explain non-participation (see Table 1).
- Cooperation and partnership with the ethnic community should include consultation with the community group (community representatives as well as potential users) regarding programming and management, as well as active involvement of members of the ethnic minority in the provision of leisure facilities and recreation programs by means of recruiting staff and volunteers from the ethnic minority (Hung & Crompton, 2006; McChesney et al., 2005).
- To achieve inclusiveness with regards to the provision of a public good (i.e. park facilities and programmes) differences in use patterns and barriers between ethnic groups as well as amongst each group should be acknowledged and addressed (Sasidharan et al., 2005), for example by providing large meeting facilities (such as picnic areas and pavilions), more game fields or courts for group activities and sports, or larger play areas for children.

In addition, respondents in Scott and Jackson's (1996) study on the non-use of urban parks suggested the following strategies (in order of importance) to improve park facilities and increase participation:

1. Make parks safe
2. Provide more information about existing parks and park programs
3. Provide more activities
4. Developing parks closer to home
5. Reduce overcrowding of parks
6. Reduce travel time to parks
7. Provide assistance with the care of children or other family members
8. Reduce costs associated with going to parks
9. Provide public transportation to parks
10. Reduce development in parks

These strategies were not examined with respect to their relevance for ethnic minorities. However, given that barriers to participation are similar for the general population and minority groups, it can be assumed that these improvements may be relevant for ethnic minorities.

## **Summary**

In summary, though there is increased demand for natural areas as leisure setting, some groups are still under-represented. This chapter has indicated that cultural attitudes to nature, and especially activities, mean that without assimilating to Australian cultural values some groups may not even be latent users. Of these groups of non-users, second generation Australians that do not speak English at home are the target population.

From previous research, three classifications of barriers for activities participation and park use were identified. These were intrapersonal barriers, which related to an individual's psychological state and attributes, such as stress, depression, perceived self-skill, anxiety, and perceived appropriateness of an activity. Second were interpersonal barriers related to relationships between individuals, such as the lack of a partner to participate with. The third class of barriers were structural, related to external factors such as the lack of existing opportunities or facilities, awareness, time, season, financial resources, and appropriateness perceived by a reference group.

For ethnic groups it appears that many of the most important barriers are intrapersonal (especially related to limited acculturation). All the same, especially for recent immigrants, interpersonal barriers are also apparent, and added to this, structural barriers may also be evident, especially if the socio-economic status is low.

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Ethnicity alone may not indicate non-use. All the same, with the target of this project and the indicated non-assimilation or acculturation, cultural attitudes may be the main barrier. Moreover, a positive is that attitudes can be changed. Overall, there is a complex interaction of barriers to be investigated through interviews and a further stage of primary research. A few management responses have been suggested in the previous research, though would of course be dependent on the barriers targeted to overcome.

## ***Chapter 3***

### **METHOD**

An overview of the implemented methods and approaches will be provided in this chapter. Advice was sought from formal ethnic group representatives, and from Local Government Officers charged with cultural diversity, or ethnic inclusion roles. It was highlighted that there are many barriers to actively engage with second generation Australians, and though these groups make many attempts, primarily they deal solely with first generation Australians (people who have immigrated to Australia, recently or many years ago). The varying representatives and officers consulted noted that those born in Australia often have their own developed networks, and thus are less reliant on ethnically-focused groups for support of all kinds. Additionally, they noted that second generation Australians are often less interested in ethnically based groups.

Initially, a two-stage data collection process was implemented. The first was to engage directly with formal ethnic group representatives (people recommended by a formal ethnic group to talk on the project issue), and start to explore the concept of leisure in each of these ethnic groups. Consultation with Parks Victoria and referral to the Department of Sustainability and the Environment (DSE) population projections the outlines *Melbourne's People: Multicultural Melbourne* (2006a) and *Suburbs In Time Analysis: Where Do We Come From* (2006b) were used to identify the major groups. Each of the DSE reports presented historic data with trends over the past 25 years. From these, the five top groups were:

1. Chinese
2. Italian
3. Vietnamese
4. Greek
5. Indian

Though the percentages of Italian and Greek immigrants were declining, they were still a prominent immigrant population (larger than the Asian countries at the moment). As such, these five ethnic groups were selected for the initial exploratory interviews. The method to investigate second generation Australians, who generally speak a language other than English as home, will be presented in Chapter 5.

### **Interviews**

Interviews were conducted with representatives of the Chinese Association of Victoria, the Federation of Indian Associations of Victoria, and the Vietnamese Community in Australia. The interview with the Greek Orthodox Community of Clayton, involved three representatives of the organisation. Due to difficulties in attracting the cooperation of a larger Italian community organisation, upon recommendation from Parks Victoria, a further interview was conducted with a representative of the Circolo Fiume, a club of Italian immigrants from the former town of Fiume in Northern Italy.

The representative interviews aimed to gain contextual perspectives of leisure attitudes, practices, barriers and incentives within the target groups, and gain a project-informed contact within each ethnic organisation. The insights would provide an ethnic touch-point for the project and contextualise future investigations. The contact and insights were deemed very valuable, even though it was very quickly identified that many of the representatives did not fit our target group (most were first generation Australians). The insights also provided a cultural context for understanding leisure practices and attitudes, park usage and barriers to using parks. Each interview lasted between approximately forty minutes and covered six general areas:

1. Identification of common leisure activities amongst the ethnic group
2. Attitudes towards leisure in the ethnic group
3. Differences in parks and park use between the country of origin and Australia
4. Activities commonly undertaken in parks within the ethnic group
5. Barriers to park use for the ethnic group
6. Suggestions to enhance access for the ethnic group, and for overcoming those barriers

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The interviews were recorded and a summary was verified by participants so that the points had been interpreted correctly. Upon verification, the summaries were examined to explore the insights to specific and general ethnic leisure practices, barriers and incentives.

***Chapter 4***

**ETHNIC GROUP REPRESENTATIVE INTERVIEW FINDINGS**

This chapter presents the findings from the interviews with the ethnic group representatives. These interviews were to again insight and provide context to the understanding of ethnic leisure perspectives, barriers and incentives. The findings will be presented by first reviewing leisure practices and attitudes, second, importance and use of parks. Third, the barriers of using parks, as perceived by the ethnic group respondents will be outlined, followed by fourth, interviewees' thoughts on acculturation and park usage. Finally, recommendations to increase park usage by ethnic group members will be presented. Leisure Practices and Attitudes

**Leisure Practices and Attitudes**

Respondents noted each ethnic group participated in leisure practices of some form or another. For each ethnic group, the respondents identified that leisure was traditionally a social activity; something undertaken with other people. From the representatives' responses, the social nature of leisure was maintained by ethnic groups even after generations of living in Australia. The leisure activities carried out by ethnic groups, whilst all social, varied, and also appeared to change by age-group. Leisure for older people was most often passive activities, such as talking, playing games and listening to music. Cooking and eating traditional foods was another common social activity across the ethnic groups, for both older and younger people. All the same, eating and eating out, rather than cooking, was presented as being more important leisure activity to the younger people. Amongst the three Asian groups, eating is often the main leisure activity. For the Italian group, picnics and going to the beach are also important leisure activities.

For younger people in the ethnic groups, there was a mixture of passive and active leisure activities, and for the children, most often leisure was an active time. Traditional games and sports, for example, playing Mahjong and tops for the Chinese, and playing Bocce for the Italians, were presented as growing leisure activities amongst the younger people as a link to traditional ethnic cultures. This too was reflected in the Greek, Indian and Italian ethnic group representatives' comments of traditional sports as leisure activities, especially amongst the younger members. All the same, the choice of sports was not noted as an important link to ethnic culture. Cricket was the main leisure sport for Indians, both as participants and spectators; soccer was the favourite sport amongst Greeks and Italians. The Italian representative mentioned that many school children were also involved in organised sports in their schools or in other sporting organisations, such as Little Athletics.

The representative of each ethnic group mentioned that the leisure behaviour amongst younger members of their community was more 'Australian' than that of older members, and this was largely based upon the social, educational and other networks they were in. Thus, the interviews indicated that acculturation could be a key influence on leisure behaviour and patterns (Baas et al., 1993; Bojanic & Xu, 2006; Carr & Williams, 1993; Shaull & Gramann, 1998 after Gordon, 1994).

Locations for leisure reflected the activities undertaken. The respondents described ethnic preferences for leisure settings and activities such as at home (especially Chinese, Vietnamese and Indian), in restaurants (especially Chinese and Vietnamese), on the street (especially Indian and Greek), in cafes and bars (especially Greek) or in parks (especially Indian and Italian).

Leisure was identified as important for each ethnic culture by the representatives, and as indicated above, the importance was generally for its social attributes. For all five representatives, leisure constituted socialising and spending time with friends and family (McChesney et al., 2005). The Chinese representative, for example, pointed out that creating and maintaining bonds with friends and family was an important purpose of leisure activities. While not explicitly expressed by the other representatives, their responses suggested that relationship maintenance and building was an important aspect for leisure. This became evident through noted leisure activities such as sitting and talking to other people, especially friends and family members. Furthermore, respondents noted that leisure was identified as a way of maintaining links to the culture of the former home country (Stodolska, 2000).

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Leisure was also identified as a form of stress release (Indian) or quiet time (Chinese). However, the Vietnamese representative noted that certain leisure activities, such as going to the park, might be viewed negatively. The respondent noted that Vietnamese generally come to Australia to achieve a better quality of life, therefore, working hard and long hours, including on the weekend, is regarded positively, especially by older Vietnamese people. This, the representative continued, has meant they dislike their children 'wasting their time' on certain leisure activities, rather than studying or working. For the Italian community, leisure for fitness was highlighted as an important aspect, especially for the younger generations.

Overall, this section has provided insight to ethnic leisure attitudes and practices, and provided indications that parks are an ideal leisure setting for some activities.

### **Urban Park Attitudes and Usage**

The representatives of all five ethnic groups explained that parks in their country of origin have different purposes and meaning than parks in Australia. It is noted again, the interviews were to gain insight and perspective to contextualise the interviews with second generation Australians who generally spoke a language other than English at home. As such, the interviewees provide their perspective of ethnic attitudes and usage, importantly also able to draw on their actively involved position within the respective ethnic groups. In highlighting ethnic park attitudes and usage, the representatives largely described the differences between parks, and their uses, from the country of ethnic origin as compared to Australia. For example, the Chinese representative noted that parks in China are used for passive or less active interaction, such as cards, chess, kite-flying or playing tops or marbles. They are relatively much smaller and include more fabricated features, paths and playgrounds. The parks are also crowded, compared to Australian parks, with activities often undertaken alongside other people. Families visiting a park stay together and ensure that children remain close-by. The Chinese respondent contrasted Chinese parks to those in Australia; in Australia, parks occupy much larger spaces, which attract more active use and users. As a result, activities can be much more dispersed and children can ride their bikes or walk away from the family. While parks in China are generally visited in groups, Chinese also use parks in Australia by themselves.

Similar to China, the Vietnamese respondent noted that urban parks in Vietnam are generally fabricated. The main purpose is to display plants and an entry fee is charged, which is often high. Going to a park involves some effort and is therefore a special activity rather than an everyday pursuit. Park-based activities are passive and revolve around the admiration of plant life. The Vietnamese respondent further highlighted that although urban parks in Australia are more convenient and free to enter, they are not used widely. When the Australian parks are used by Vietnamese, it is often in a family setting where adults sit together, talk, while children may run around, and play. Sometimes, parks may be used for a special occasion, such as a wedding, because of the space they provide. This is uncommon in Vietnam, where most of the time such large gatherings, as well as birthday parties, are conducted at home. The younger generations use parks more often in Australia, mostly in pairs or in groups to go for a walk, meet friends, exercise or play sport and occasionally to use the barbeque facilities. The Vietnamese representative stated that older people object to younger people visiting a park with their girlfriend or boyfriend because they perceive it as a place in which young people publicly show their affection. Hugging and kissing in public is not considered appropriate behaviour, which contributes to older people having a negative attitude to parks as a place for leisure and recreation for young people.

Contrary to the Vietnamese and Chinese respondent representations of parks, urban parks in India fulfill a very different purpose as the Indian representative pointed out. Parks are a central element of every-day life in India. Houses are built around small parks, which form the centre of the housing area. Instead of having an individual garden, the occupants of the houses share the common local park. The park is used as a meeting place to sit and chat with friends and neighbours, to go for a walk, to exercise, to play a game of cricket or for the children to play. Parks are easy to access since they are at the doorstep and are used by anyone of any age who lives on their edge. As people generally know their neighbours, parks are a convenient place to socialise. They are also used for religious activities, shows or functions, especially weddings. In India, the majority of families conduct their children's weddings in the local park and invite the entire neighbourhood.

For the Indian representative, due to the relatively distant location of urban parks in Australia, relatively more effort is involved in getting to a park. As a result, parks are not used as frequently. Nevertheless, the common activities are similar to those undertaken in India and include going for a walk, having a lunch or barbeque, playing cricket, sitting in the park and relaxing. Young Indian couples might go with their children to

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use the playgrounds or swings. In Australia, children's birthday parties may be held in the park, which is not typically done in India.

In contrast to the Indian community park, the Greek representative said that urban parks hardly existed when the majority of Greeks immigrated, and were therefore not commonly used. Park use in Australia is often dependent on whether or not young children are present. Similar to the Indian community, in Australia, young Greek families visit a park to use the playgrounds and swings. Older members of the Greek community may visit a park for the same purpose when they are looking after their grandchildren, especially in summer. Otherwise, a park may be visited as part of a daytrip, when going for a drive and having lunch in a park. This often involves organised groups, including activities provided and undertaken by a community group.

Similar to the Greek, the Italian representative stated that many Italians were not used to urban parks when they first migrated to Australia in the 1950s and 1960s. Although parks did not exist in their hometown, they were close to open spaces, the beach and mountainous regions. These natural areas were often used for walks and picnics, and in contrast to the Greek community, parks in Melbourne took over to some extent the function of the beach and mountains surrounding their communities. In Australia, many Italian get-togethers and picnics are organised in different parks around Melbourne. While these organised picnics are the only time for many of the members to visit a park, some may also go to a park by themselves for a walk if they live nearby. The Italian respondent noted that younger ethnic Italians may use the park to go for a run, or a walk with the family or possibly to play soccer with the children.

The responses from the representatives of the ethnic groups suggest that urban parks have different cultural, social and leisure functions and hence uses in their countries of origin than in Australia.

### **Barriers to Using Parks**

A number of the barriers from the literature were reflected again in the interviewees. Similar to Tsai's (2000) findings regarding general leisure settings and Winter et al.'s (2004) results regarding outdoor recreation participation, the Chinese representative said that there was a lack of sense of belonging in Australian urban parks. He further stated that Chinese people may not feel comfortable in the park, partly because there may not be any Chinese association with the place, and they may not find people who undertake similar activities. For the Chinese, generally, the respondent said the appeal of activities available in different parks varies. Some parks advertise active pursuits, and these are less appealing to Chinese compared to those parks that promote activities such as walking, shopping or tea drinking. For older ethnic Chinese, in particular, problems of transport and access to the parks form major barriers of use.

For the Vietnamese representative, she did not think that access was a major barrier for ethnic Vietnamese. Instead, the major constraint to using urban parks she identified as a lack of time, which was also mentioned by the Greek, Indian and Italian representatives, especially for younger people. These responses reflect the findings from the literature, where a lack of time was identified as the most prominent barrier mentioned in all studies (for example Carrington *et al.*, 1987; Winter *et al.*, 2004). As indicated previously, ethnic Vietnamese often work many hours in Australia to provide a better life for themselves and their children. Furthermore, the Vietnamese respondent said that for many going to a park involves more effort and is more inconvenient than staying at home. At home, other activities such as household chores can be undertaken, for example, while looking after the children. Meeting friends at home is easier, especially when food activities are involved because the nature of Vietnamese food makes it difficult to take to or prepare in the park.

Having a garden is also a potential substitute for Vietnamese to the use of public parks. The Vietnamese representative noted that in Vietnam, a garden would be used to grow vegetables. However, in Australia many Vietnamese use their garden for flowers and other decorative plants, and hence reduces the desire for visiting an urban park. The Vietnamese representative also noted that many were often busy with other leisure activities, rather than going to parks. Religion was noted as playing an important role in shaping discretionary time, and consequently leisure, since many may spend their Sunday with their religious community. Other barriers mentioned by the Vietnamese ethnic group representative include feeling uncomfortable or scared because of drug use in parks, and aggressive behaviour by other park users or dogs.

The Indian ethnic group representative mentioned location of and access to urban parks as major constraints for the Indian community. These structural constraints also featured prominently in the literature. The inconvenient or too distant location was identified as a barrier to using urban parks (Howard & Crompton, 1984;

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Hung & Crompton, 2006; Mowen, Payne, & Scott, 2005; Scott & Jackson, 1996), national parks (Winter et al., 2004), protected areas (Perez-Verdin et al., 2004) and other locations in which leisure activities were undertaken (Carrington et al., 1987; Godbey, 1985). Transportation problems with regards to parks or national parks were revealed by Howard and Crompton (1984), Scott and Jackson (1996) and Winter et al. (2004), but they were also relevant for other leisure activities (Godbey, 1985; Kay & Jackson, 1991; Stodolska, 1998; Tsai, 2000).

As a result of the centrality of parks in India, the Indian respondent noted urban parks in Australia are perceived as difficult to access. This is especially relevant for older members of the community. They often do not have their own transportation and depend on their children or on public transport. Public transport may not be convenient or they may not know about it. More flexible options such as taxis are considered too expensive, especially in comparison with rickshaws and scooters that are very common and wide-spread transport options in India.

Furthermore, there was an emphasis placed on other allocations of leisure time. As a result, lack of time, coupled with the location of urban parks, is the major barrier to park use for ethnic Indians, and becomes an indirect barrier for their older and younger dependants. In addition, the Indian respondent had a feeling that especially busy people may not be very aware of the parks, their locations, and the available facilities at these parks. This finding reflects the significance of the lack of knowledge about facilities and programs for a range of leisure activities (Godbey, 1985; Howard & Crompton, 1984; Kay & Jackson, 1991; Perez-Verdin et al., 2004; Stodolska, 1998; Tsai, 2000; Winter et al., 2004; Yu & Berryman, 1996). Added to this, the Indian ethnic group representative said that many people are unaware of the rules and processes of obtaining permission to use the park for a function. He went on to note that besides the existence of other facilities, this lack of knowledge may prevent members of the Indian community to, for example, hold weddings in a park as they would in India. Furthermore, safety concerns and fear of crime were also noted to prevent people from using parks, as previously identified by Howard and Crompton (1984), Scott and Jackson (1996) and Mowen et al. (2005).

For the Greek ethnic group representatives, the non-use of parks resulting from the different settings in Greece was the most striking. The Greek representatives believed that not having a traditional cultural use of parks is the major constraint. Parks in Australia, he said, are rarely visited, although people know about parks and their facilities and can often access parks easily due to having their own transport. Most of the older ethnic Greek people prefer indoor activities and visit urban parks only on organised day-trips or with their grandchildren. In this case, it is arguable if the lack of interest constitutes a barrier to use. As previously discussed, Jackson (1988) advocates that the lack of interest despite knowledge of parks signifies the absence of demand. Consequently, it should not be regarded as a barrier to use, since this categorical disinterest cannot be overcome. However, the noting that some Greeks use parks in organised groups or with their grandchildren may indicate that latent demand exists, and is somehow inhibited (Godbey, 1985). According to the Greek representatives, the older members of the Greek community have lived in Australia for a long time but many do not speak English well. They also prefer retaining leisure activities from their country of origin, such as traditional social dances.

In contrast to the older Greeks, the representatives noted that younger people in the ethnic Greek community are often too busy doing other leisure activities and do not have time to use urban parks. This was a similar finding to the Vietnamese and Indian communities, and reflects previous findings that the use of other facilities and the existence of alternative options are important barriers to using parks (Howard & Crompton, 1984; Hung & Crompton, 2006; Scott & Jackson, 1996; Winter et al., 2004).

Similar to the Greek community, sport plays a major role for ethnic Italian children. Additionally, the Italian respondent stated that often many young parents are too busy with their working lives to visit a park regularly with their children.

The situation is different for older Italians. As previously discussed, the Italian representative mentioned that urban parks in Australia were considered the most appropriate venues to meet for picnics or a game of bocce. These meetings enabled community members to maintain links to their peers. However, similar to the other ethnic groups, as the people get older, access provides an increasingly significant barrier to the use of parks. Many older people do not have a car or can no longer drive, which results in their dependence on younger family members to take them to a park. Public transport is considered inadequate due to in-direct links between home and parks. Parking also causes problems due to parking restrictions, and the reluctance to pay for parking. Additionally, often car parks are too far away from picnic areas, especially when utensils and equipment need to be carried. In addition, the Italian representative said that facilities and amenities were often inadequate or dirty,



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especially barbeque areas and toilets. This finding reflects that a lack of, poorly maintained or poor quality facilities can inhibit leisure participation (Godbey, 1985; Howard & Crompton, 1984; Hung & Crompton, 2006; Scott & Jackson, 1996; Winter et al., 2004). An additional barrier noted by the Italian representative was shelters against rain and wind. The absence of such shelters prevented older people from participating in organised picnics especially in uncertain and changing weather conditions. Urban parks were also considered to occasionally be too crowded (Mowen, et al., (2005).

Overall, barriers to park use can be grouped into two categories. For the younger people the lack of time was a major reason that prevented them from using parks. Furthermore, the use of other facilities by their children reduced the need to visit a park with the family. For older people, accessibility was considered the major constraint. This was especially the case for those people who did not have a car. Nevertheless, even for those with access to a car, parking restrictions and the locations of car parks inconvenienced urban park visitation. The barriers are summarised in Table 2.

**Table 2: Ethnic Barriers to Park Usage**

<b>Ethnic Group</b>	<b>Barriers</b>
Chinese	<ul style="list-style-type: none"> <li>• Lack of a sense of belonging</li> <li>• Feeling uncomfortable in parks</li> <li>• Lack of Chinese association with parks</li> <li>• Lack of people to undertake activities with</li> <li>• Lack of attractive activities</li> <li>• Problems accessing parks and transport to parks</li> </ul>
Greek	<ul style="list-style-type: none"> <li>• Lack of time</li> <li>• Not having a traditional culture of park usage</li> <li>• Other leisure settings for preferred activities</li> <li>• Other leisure activities given priority</li> </ul>
Indian	<ul style="list-style-type: none"> <li>• Lack of time</li> <li>• Distant locations of parks</li> <li>• Difficult access to parks</li> <li>• Limited transport to parks</li> <li>• Lack of awareness of parks and facilities</li> <li>• Lack of awareness of how to book parks</li> <li>• Concerns with personal safety in parks</li> </ul>
Italian	<ul style="list-style-type: none"> <li>• Lack of time</li> <li>• Priority given to other leisure activities</li> <li>• Limited transport and access to parks</li> <li>• Indirect barriers of paid parking</li> <li>• Inadequate facilities for desired activities</li> <li>• Lack of all weather facilities</li> </ul>
Vietnamese	<ul style="list-style-type: none"> <li>• Lack of time</li> <li>• Going to parks involves more effort than other leisure activities</li> <li>• Facilities not suitable to preferred leisure activities</li> <li>• Substitute leisure settings available</li> <li>• Priority placed on other leisure activities</li> <li>• Feeling uncomfortable and unsafe in parks</li> </ul>

Mixed results were obtained regarding the adequacy of facilities and the need for more information. While facilities were generally considered good, the Italian representative suggested that they were often not clean, insufficient and not of good quality. Most respondents believed that enough information was available and members of their community knew about parks. Nevertheless, the representatives of the Chinese and Indian community thought that further promotion might be valuable.

### **Acculturation**

It was evident from all interviews with the five representatives that the importance of many of the barriers and constraints depended on the generation to which respondents were referring. Generally, the description of older versus younger participants also reflected the division between immigrants and second generation Australians.

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Reflecting the findings from a study by Baas et al. (1993), all interviewees mentioned that the younger members of their ethnic groups behaved much more like 'Australians', while the older members were more embedded in the cultural traditions of their ethnic origin. As a result, the barriers for the older people centred on the contrast between parks in the country of origin, and that they were not used to or familiar with the way parks are used in Australia. A lack of sense of belonging perceived by the Chinese respondent, and lack of interest expressed by the Greek representative are examples of this aspect. Furthermore, older people were considered more restricted in their access to parks to due transportation problems, as expressed by the Indian, Chinese and Italian respondents.

Younger members of the community were considered to be more likely to use parks, including for sports (Indian) and barbeques (Vietnamese). Having children was considered to be a major contributor to visiting parks amongst younger members of each of the ethnic groups. However, they were often thought to be restricted by time constraints due to work and family commitments.

Some of the leisure activities undertaken in parks may be undertaken to connect with the cultural roots (Stodolska, 2000). As mentioned earlier, the interest of the Chinese community in playing Mahjong, tops or engaging in kite-flying and the Italians' regular pursuit of Bocce are examples of such behaviour.

### **Strategies to Overcome Barriers**

Representatives of all ethnic community groups were only able to make suggestions that would increase the use of parks, rather than specifically addressing the barriers amongst members of their ethnic groups. Stopping drug use and preventing dogs from using parks were two measures suggested by the Vietnamese representative. Closely related, increasing safety and security was also recommended by the Indian representative.

A suggestion made from the Indian respondent was for a scheduled shuttle-bus service to a local park, with several stops close to where people live, to ease the dependence on public transport. Similarly, the Italian respondent suggested that visitation may be improved if they had access to a minibus to assist them getting to parks for organised activities. Furthermore, the Italian respondent believed that parking restrictions should be lifted, and car parks are located closer to picnic areas to enable older people to access the facilities more easily. In addition to making access to the urban parks easier, the Italian respondent strongly suggested that the facilities and amenities be improved, well maintained and kept clean. This would also include the provision of shelters as an important addition to parks' barbeque and picnic facilities, which could make the use of park more attractive.

To better promote parks, more detailed information about urban parks and their location, facilities and access, and details on how to obtain permits for functions was recommended. For the Indian community, information in English was regarded suitable. Promotion was also a means suggested by the Chinese representative. He suggested that Councils and Parks Victoria needed to be more targeted-proactive in sending out information, such as posters and brochures, to community groups to be posted on their notice boards. The distribution of information should be accompanied by a network of community group representatives since word-of-mouth was regarded as a vital aspect to further disseminate the information.

Furthermore, the organisation of special events or shows in local parks, accompanied by special public transport for these events was suggested as a way of introducing members of the Indian community to urban parks and their locations, consequently increasing the level of use. Similarly, the Chinese representative suggested that running and organising more events would be an opportunity to overcome barriers to park use. Events such as the existing Carols by Candle Light in Jells Park or a possible kite festival could target specific groups. These events would bring together people with similar interests, and should be conducted in partnership with the ethnic community groups.

Finally, to address the lack of sense of belonging identified by the Chinese respondent, cultural links in the urban park, such as creating a Chinese themed garden or corner may be useful. Similarly, bocce facilities could entice Italians to use parks more often. It was noted that these would need to be coupled with promotion and improving access to parks.

As a result of the lack of interest in visiting local urban parks, and the preference for indoor activities, no direct suggestions for improving the use of parks amongst the Greek community were made. The Greek representatives believed that members of their ethnic group knew about the parks, but if more information was to

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be provided this would need to be in Greek language in order for older people to understand.

These recommendations cover all three of Godbey's (1985) measures to enhance leisure participation, and are summarised in Table 3. The need to inform those who are unaware of facilities was clearly expressed by the Chinese and Indian representatives. The Chinese, Indian, and Vietnamese representatives also proposed the elimination of barriers, such as increasing safety and enhancing access, as solutions (Scott & Jackson, 1996; Mowen et al. 2005). Finally, the introduction of special events and cultural links in parks was suggested by the Indian and Chinese representatives as a means of encouraging non-participants to take advantage of the facilities that parks offer. The introduction of cultural links and special events, the improvement of parking facilities and the removal of parking fees were additional suggestions that have not been discussed in previous studies.

**Table 3: Ethnic Strategies to Overcome Barriers**

<b>Ethnic Group</b>	<b>Strategies to Overcome Barriers</b>
Chinese	<ul style="list-style-type: none"><li>• Further promotion of parks</li><li>• Notices of parks and events distributed through community groups</li><li>• Using community representatives in communication networks</li><li>• Organising more events in parks</li><li>• Targeting specific ethnic group involvement co-hosting of park events</li><li>• Create ethnically significant spaces in parks</li></ul>
Greek	<ul style="list-style-type: none"><li>• Provide information in Greek for older members of ethnic community</li></ul>
Indian	<ul style="list-style-type: none"><li>• Increasing personal safety and security</li><li>• Scheduled shuttle-bus services to parks</li><li>• More detailed information available about park facilities and access</li><li>• Organise special events in parks and transport to these events</li></ul>
Italian	<ul style="list-style-type: none"><li>• Access to transport to parks</li><li>• Remove parking restrictions at parks</li><li>• Closer car parks to closer to picnic areas, especially for older people</li><li>• Improve park facilities and amenities</li><li>• Providing of all weather shelters</li><li>• Create ethnic activity areas in parks</li><li>• Improved promotion of park facilities</li></ul>
Vietnamese	<ul style="list-style-type: none"><li>• Stopping drug use in parks</li><li>• Preventing dogs from using parks</li></ul>

### **Summary of Interview Findings**

In summary, the interviews identified a range of leisure activities that are common amongst the ethnic groups. Socialising was the main and a very important feature of leisure time, and was universally relevant. Leisure was conducted in different locations, including homes, restaurants, cafes and parks. While leisure time was generally considered positive, mainly as a way of relaxing, the Chinese and Italian group also placed importance on maintaining cultural links to their country of origin by playing traditional games. All representatives noted that younger members of their community were more likely to undertake the same activities as people of Australian background, while older people were likely to have a lower level of acculturation, undertaking more traditional leisure activities.

It was evident that urban parks play different cultural and leisure roles for the different ethnic groups. While parks play a central community role in India, they hardly play any role in Greece. For the Chinese and Vietnamese, parks signify different functions, often associated with formal gardens and nature admiration. This insight into the cultural appreciation and use of urban parks provides a context for understanding ethnic use of parks in Australia.

Other barriers that were identified by the community representatives can be categorised into two groups of structural barriers: those prevalent amongst younger people and those prevalent amongst older people. While younger people mostly do not have time to go to the park because they are too busy with work and family life, the most significant barrier for older people is lack of access. Recommendations for overcoming barriers to urban park use were diverse and included providing transport, improvement of facilities, promotion, as well as hosting cultural events and activities in parks.

*Chapter 5*

## **SECOND GENERATION AUSTRALIANS' LEISURE AND PARKS**

A method was designed to investigate second generation Australians' perceptions of leisure and parks, who generally use a language other than English at home, as well as their use and barriers inhibiting use. Important to clarify, the target population were born in Australia, have progressed through the Australian (English language) education system, and do generally use English in their everyday life outside the home. As such, English language proficiency is generally very good. A survey was first designed, followed by an interview, each of which will be introduced in the next two sub-sections.

### **Survey**

A survey was developed from the Chapter 2 literature and additional insights provided through the ethnic group interviews. A post-back survey was used and distributed amongst the five community representatives through their formal distribution networks. Additionally, an online version of the survey was also developed, and distributed through the ethnic group representatives and to other interested people.

The survey covered five areas: (1) leisure attitudes, (2) current use of parks, (3) barriers to park use, (4) acculturation and cultural environment, and (5) demographics. The following sections provide details of the contents in each of these areas.

### **Leisure Attitudes**

Respondents were first asked were for their preferred leisure activities, the location where these were undertaken and the participation groups. Leisure attitudes were then identified through Ragheb and Beard's (1982) Leisure Attitude Scale (LAS), which uses thirty-six items to identify respondents' leisure attitudes. Although there is little evidence in the literature regarding the application of the LAS, there also do not seem to be any prominent alternative measurement scales. A seven-point Likert type scale ranging from 1 (strongly disagree) to 7 (strongly agree) was used to assess each item on the LAS.

### **Current Use of Parks**

The current use of parks was examined by asking respondents for word associations with parks, reasons for visiting parks, activities undertaken, the number of park visits over the past twelve months and the groups in which parks were visited.

### **Barriers to Park Use**

Barriers to park use that had been identified in the literature review (Table 1) were included in the study. However, eleven barriers were excluded because there were deemed irrelevant or covered elsewhere, and, as a result of the findings from the interviews, one barrier was modified slightly and two further barriers were added.

Respondents were asked to rate their agreement with each of the twenty-six barriers on a Likert scale from 1 (strongly disagree) to 7 (strongly agree). In addition, they were asked to identify the five most important barriers on this list that prevented them from using a park more often. Finally, they were invited to suggest solutions that would make parks more welcoming.

### **Acculturation**

A range of measures exists to assess respondents' acculturation levels. For this study, acculturation was measured through a modified Brief Acculturation Scale for Mexican Americans (ARSMA)-II. ARSMA-II was initially suggested by Cuellar, in an unpublished manuscript, and later tested for its reliability and validity by Bauman (2005). It was considered most appropriate for this study because it was short, yet reliable and had been used in its original form or in modified form in different cultural environments.

To ensure consistency and ease of use throughout the questionnaire, each of the twelve items on the Brief ARSMA-II scale was measured on a seven-point Likert type scale from 1 (not at all) to 7 (almost always)

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In addition to assessing the level of acculturation, respondents were asked to name their family's country and province of origin prior to migrating to Australia. They were also asked to indicate if they came from an urban or rural area. These questions were aimed at identifying differences amongst each ethnic group that may be associated with the regions from which they originate. Furthermore, upon request from Parks Victoria two questions were added that examined respondents' awareness of a recently introduced feature on the organisation's website (i.e. foreign language park notes) as well as exploring the perceived usefulness and accessibility of this information.

### **Demographics**

Demographics included gender, age, profession, highest level of education, and place of residence.

The survey is included as Appendix A. It is noted that translating the surveys was considered, though advice from the ethnic group representatives stated that English proficiency would not be a barrier, additionally a number of second generation Australians cannot read the ethnic language, and so may actually create a barrier.

Over 1,500 hard-copy surveys distributed through the ethnic organisations, as well as an online survey-monkey version of the survey, again distributed through the ethnic organisations. Not all members of the ethnic organisations matched the target population, as they also included first generation Australians. However, as previously described, difficulty to engage second generation Australians, and the noting by the ethnic groups organisations that second generation Australians did make-up a proportion of their memberships and would be in communication with members, they were identified as the best means to access the target groups. There was a very low response to the survey; 13 completed surveys returned (online and post-back combined). There was a respondent criterion on the explanatory statement for just those born in Australia to immigrant parents, who speak a language other than English at home. Whilst this criterion was there, many of the respondents were actually born overseas. The actual number of useable surveys was five, though there were inconsistencies in these five surveys with the criterion of mainly speaking their ethnic language at home. Given the inconsistencies with the selection criteria, the surveys were discarded.

### **Interviews**

Given the low response to the survey, it was reconstituted as a structured interview, with the same questions, though with open ended-response options. The interview method was selected to gain further detail in responses, and also engage more actively with potential respondents. Advertisements were placed in nine Melbourne-based ethnic newspapers recommended by ethnic group representatives and the Monash University media officer: *21<sup>st</sup> Century Chinese News*; *Melbourne Chinese Post*; *Neos Kosmos* (Greek); *Ta Nea* (Greek); *Beyond India*; *Indus Age* (India); *Il Globo* (Italian); *Nhan Quyen* (Vietnamese); and *Ti Vi Tuan San* (Vietnamese). These newspapers were in a mix of ethnic and English language. The advertisement was in English. One respondent was sourced through the newspaper advertisements. Additional participants volunteered after gaining awareness of the project through their networks. A snow-ball sampling technique was used, meaning that a respondent matching the criteria would recommend another person matching the criteria to be invited to participate in the research. Other family members were purposefully excluded from the snow-ball recommendations. This method was selected for the opportunity to specifically identify and exclude those not meeting the population criteria.

The interview method was also implemented to explore the park use issues in more detail to provide higher quality information to inform the project. Using the interview method, 13 interviews were completed; 5 interviews were undertaken with ethnic Greek people, 3 with ethnic Italians, 3 with ethnic Chinese, and with an ethnic Indian, and an ethnic Bengali (from Bangladesh). General characteristics of each interviewee are presented in Table 4. The sample size was smaller than desired, and as with the survey, it was very difficult to get uptake. Even with access to ethnic community groups, and to 'starting' respondents. Most respondents stated they were not aware of others that matched the selection criteria, outside their family. The interviews usually lasted for approximately 20 minutes each, ranging from 15-30 minutes. The interviews were generally shorter than the ethnic group representative interviews given the respondent focus on their own leisure and park usage, rather than presenting their impressions of their ethnic group leisure usage in general.

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**Table 4: Interviewee Profile**

Pseudonym	Ethnic Group	Age	Gender	Park Usage in Past 12 Months	Occupation
Andrea	Bengali	18-20	Female	12+ times	University student
Belinda	Chinese	21-25	Female	Not at all	Accountant
Carol	Chinese	26-30	Female	7-12 times	Public servant
Deborah	Chinese	31-35	Female	12+ times	Medical
Edwina	Greek	26-30	Female	12+ times	Research assistant
Francine	Greek	26-30	Female	1-2 times	Executive assistant
Georgina	Greek	26-30	Female	1-2 times	Personal assistant
Henry	Greek	31-35	Male	12+ times	Academic
Ian	Greek	51-55	Male	12+ times	Sponsorship manager
Janet	Indian	36-40	Female	3-6 times	Homemaker
Karen	Italian	31-35	Female	7-12 times	Deli owner
Lisa	Italian	36-40	Female	12+ times	Hair dresser
Mary	Italian	41-45	Female	12+ times	Cafe owner-chef

To provide further context for interpreting interviewee responses, interviewees provided indications of their cultural and social context using a modified version of the Brief Acculturation Scale for Mexican Americans II (ARSMA-II) scale (Bauman, 2005). The ARSMA-II scale had been used in its original and modified form in different cultural contexts. A summary analysis will be presented (Table 5). The top row indicates the interviewee by the first letter of their pseudonym. A seven-point scales was used, from 1 = not at all, to 7 = almost always.

**Table 5: Interviewees' Cultural and Social Context**

	A	B	C	D	E	F	G	H	I	J	K	L	M
I speak [ethnic language]	7	2	5	4	6	7	5	7	7	5	4	6	7
I speak English	7	6	6	7	7	6	7	7	7	6	7	7	7
I enjoy speaking [ethnic language]	6	6	7	7	6	6	6	7	5	7	6	7	7
I associate with Australians	7	5	5	6	5	6	7	7	6	5	5	7	7
I enjoy English language movies	7	6	6	7	6	7	7	7	7	6	7	7	7
I enjoy [ethnic language] TV	1	4	3	2	6	7	4	4	1	3	3	5	5
I enjoy [ethnic language] language movies	1	4	5	5	6	7	3	6	4	7	3	5	5
I enjoy reading [ethnic language] books.	1	1	3	1	3	3	1	7	1	5	1	5	3
I write letters in English	7	7	7	7	7	7	7	7	7	6	7	7	7
My thinking is done in English language	7	5	6	5	7	2	7	3	5	6	7	7	7
My thinking is done in [ethnic language]	2	3	5	5	1	6	2	6	5	5	1	6	1
My friends are Australian	7	5	5	5	4	4	5	4	6	5	5	7	7

In the ARSMA-II scale, 'Anglo' is used instead of 'Australian'. This was a mistake in adapting the scale, and as such the full ARSMA-II Acculturation analysis will not be undertaken.

Overall, there was quite high use of interviewees' ethnic language. Belinda only used Chinese at home, though due to her work commitments did not actually get much chance to talk with her family. English was the main language used by all respondents, with the exception of Francine, who largely socialised with other Greek speakers as well. All enjoyed speaking in their ethnic language. All associated with Australians, most noting that especially their social networks were also often from a similar ethnic background to themselves, though born in Australia. The majority of interviewees enjoyed English language movies more than their ethnic language TV and movies. A small number of interviewees noted they would enjoy their ethnic language TV if they had more access to viewing it.

Henry was the only interviewee who regularly read in his ethnic language, noting that he read the local Greek newspaper each week. Lisa and Janet also both read ethnic language books, though both noted it usually takes them a long time to complete the books. The interviewees that stated a one for this identified that they could not read their written ethnic language. For the interviewees, thinking was often completed in both English and their ethnic language, largely dependent on who they were interacting with at the time. Finally, most interviewees had

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friend networks of people with similar ethnic backgrounds. Therefore, who was Australian was often difficult to define. For example, Andrea noted she had one white friend, the rest were Asian, though all were born in Australia. Some respondents did note however, that friends did not use their ethnic language at home, which limited the snow-ball sampling.

*Chapter 6*

## **SECOND GENERATION USING LANGUAGE OTHER THAN ENGLISH AT HOME INTERVIEW FINDINGS**

The interview findings will be presented in order of leisure practices and attitudes, park attitudes and usage, barriers, and incentives for using parks. The leisure practices and attitudes provide a context for interpreting the more specific leisure setting of parks, and importantly the barriers to using parks. The context is especially important as it was not a given that interviewees used parks, and so to gain insight into alternate and competing leisure practices.

### **Leisure Practices and Attitudes**

All interviewees undertook leisure activities and had positive attitudes towards leisure. The number of identified leisure activities ranged from just one for Belinda (an accountant), through to many for the other respondents. Belinda's leisure activity was going to the movies, and was so busy with work, and even more overtime, to have other leisure activities. The other respondents noted about five leisure activities each, including watching television, going to the movies, socialising with friends, eating, cooking, sports – both organised and social, going to the gym, fitness activities, playing with children, shopping, gardening, reading books, looking after animals, such as taking the dog for a run, or playing with other pets, and just general relaxation. These leisure activities took place at the home and beyond. Leisure activities took place at friends' homes, at the park, in cinemas, at bars, in shopping areas, at beaches, on the streets nearby. Of course these locations were expected given the many activities noted, and generally leisure time was spent near the home. An exception to this was Ian who travelled quite a bit (mostly within the state) with his leisure activities, especially for motor racing.

For most of the interviewees, leisure time and activities were usually (not always) spent with other people. Francine was the exception, generally spending her leisure time by herself or with her dog, though her other activities did include socialising with friends, and spending time with her family. The other respondents generally spent their leisure time either with friends (Andrea, Carol, Georgina, Ian and Karen), with their family (Henry, Janet and Mary), or their partner (Belinda, Deborah, and Edwina). From the interviewees, leisure time was generally a social time, and social activities, were common to all. This was a reflection of the interviewees with the ethnic group representatives, though there appeared to be tighter emphasis on the direct family and friends, rather than socialising with extended family groups. Additionally, there were a number of individual social activities undertaken.

All interviewees identified leisure as important for themselves, and for others. Leisure was often identified as important due to the ability to break from work, and especially the stresses from work. The break from work stress was noted by Janet, a homemaker, with leisure was especially as a break from mundane tasks and the stresses of these tasks. Belinda, the long working accountant, also noted leisure as a stress relief and relaxing time. Georgina, Henry and Mary also noted the importance of leisure time for stress release-relief. Relaxing was a relatively common reason for leisure, as was the important of leisure for family relationships and or social relationships. Deborah identified the importance of leisure time to build and maintain relationships. Edwina and Ian similarly noted leisure time for forming friendships, and building on social skills. Henry, Janet and Lisa also stated that leisure time was important for interaction with their children. A consistent theme was that leisure time was for doing enjoyable things, often noted as a direct contrast to work and time spent doing other things. Andrea noted that leisure time was for doing things that make you happy, and a way to avoid stress build-up. Francine noted leisure as the opportunity to zone-out from everyday life, even a means to change personalities.

The most important reasons for leisure for Mary was for healthy timeout from work and to focus more on family. Georgina, Carol, Belinda and Francine also noted the break from work, whilst Henry focused solely on family. Karen was similar with the most important reason for leisure as a break from work, and a break from everything, including mother needs. Andrea, for her most important reason for leisure, was for to be happy, avoiding stress build-up. Lisa, Edwina, Deborah and Janet's most important reason for leisure was for socialising, keeping social and personal connections – getting together with others. Whilst socialising was noted



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as an important aspect of leisure, and many leisure activities were inherently social, the emphasis of leisure as a break from the usual is a contrast to the ethnic representatives' statements of the cultural importance of leisure for socialisation and maintaining relationships.

### **Urban park Attitudes and Usage**

Interviewees were asked what words they associate with parks: what are the first five words that come to mind when you think of urban parks?

Grass and green (green, greenery, green grass, and grass) were the most common words associated with parks by the interviewees, with only Lisa not noting one of these two words (Lisa did note trees). Other words associated with parks reflected respondents' perceptions of populated parks, including children, families, and people, and additionally populated with animals, with dogs, ducks and birds also making infrequent associations.

Parks were also associated with as active areas, with words including play areas, family activities, walks, bike riding, ball games, letting the children run free, soccer, ball games, kites, and facilities, such as walkways, swings, slides, barbecues, picnics and children's play equipment. Conversely, the parks were also associated with passive and relaxing words, including calm, peaceful, relaxing, thinking time, just letting go, time-out.

Other words associated with parks, though mentioned infrequently included big and large, sights and ponds. Overall, the words associated with parks, from all interviewees were positive, and there was not a negative association, as had been found in a minority of the ethnic group representative interviews. The associations also matched with interviewees' family situation, those with children often associating parks with children and their activities. All the same, there also appeared an internal division that parks would be active for children though often relaxing for the adults.

As just indicated, a prominent reason interviewees had for visiting urban parks were for children activities, such as Henry, Janet, Karen, Lisa and Mary who used parks to play with their children or support their children in their sports teams. Francine, who did not used parks often, mainly went to parks for festivals and primarily with the children's dance group she taught. Georgina would also go to parks to play with her nephews and nieces. Belinda, who had not been to a park in the past 12 months, would generally only go to parks for functions, such as friends' birthday parties. Related, Andrea and Georgina also used parks as settings for barbecues and picnics with friends and family.

Deborah uses urban parks in a sport team support role, and going for walks. Carol, Edwina, Lisa and Karen also used parks for walk settings. Ian also goes for walks in the park, though usually just on his way to somewhere on the other side. Andrea goes the park to walk her dog, as does Georgina and Mary; Francine also occasionally walks her dog in the park, though most often walks the dog on the street.

For most interviewees, parks were a setting for social activity – time spent with other people. Most often those other people were their partner or family members, including Deborah, Edwina, Georgina, Henry, Janet, Karen, and Mary. Ian and Carol noted they most often visits parks with friends, and Andrea, Lisa and Francine most often visited the urban park by themselves.

### **Barriers to Using Parks**

Interviewees noted many barriers to not using urban parks or not using them more often. Two main barriers appeared being time and weather. Belinda, who had not used a park in the past 12 months, noted that her work schedule was the main barrier to using parks, though she also noted that she was not that interested in outdoor activities. Belinda's 'lack of interest' response reflects a prominent intrapersonal barrier, noted in many previous studies (Howard & Crompton, 1984; Kay & Jackson, 1991; Tsai, 2000; Hung & Crompton, 2006). Carol noted she went to parks as much as she wanted, and even though she only visited parks about once every two months, did not have any specific barriers.

Edwina and Mary similarly noted that their work does not leave much time for using urban parks. Deborah, Janet, Karen, Lisa and Ian also noted that time was a barrier, and especially competing commitments for that time, including other leisure activities. Lisa and Janet also noted that time allocated to going to parks would be limited by the demands children had on spending their leisure time, which often was not in parks. Time is also the most prominent structural barrier from the leisure literature, common to all leisure barrier studies (Godbey,

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1985; Yu & Berryman, 1996; Stodolska, 1998; Winter et al., 2004). The later responses also indicate an underlying interpersonal barrier to park usage. That is higher priority would be given to parks as a leisure setting if friends and family demanded leisure time in park settings.

The weather was also often a barrier. Lisa noted that leisure activities for the family depended on the weather, and if poor weather was likely, the ability for sites to cater for all weather conditions, which was often not the case in an urban park. Karen also noted the influence of the weather in using parks, though for her this was a secondary barrier to time. For Henry, Andrea and Edwina, all regular park users, the weather was the primary barrier to using parks, noting they would usually go to the park unless the weather limited their planned activities. The weather was a relatively uncommon barrier noted in the leisure literature (Kay & Jackson, 1991; Perez-Verdin et al., 2004; Hung & Crompton, 2006), though these previous studies were not all regarding outdoor leisure settings as in this case.

Other barriers noted by interviewees were that urban parks were not a priority activity for Andrea, and as Belinda noted, she was not an outdoors person. For Deborah and Janet, the importance of other leisure activities often took precedence over using parks within limited time. The intrapersonal barrier of other interests taking priority has also been found in previous studies as a minor barrier (Kay & Jackson, 1991; Hung & Crompton, 2006). Francine similarly noted that in her limited leisure time she invested it with other people, and if they did not want to go to a park, which more than often was the case, she would have that social time elsewhere. This interpersonal barrier was common amongst previous studies (Carrington et al., 1987; Yu & Berryman, 1996; Tsai, 2000), all the same, Francine had other intrapersonal barriers to park usage, including that she was bored easily at parks. Hence, she needed to take things to do, and this became an organisational barrier for her. Francine also noted smoking bans in urban parks as a barrier, as she is a smoker. Edwina also stated the structural barrier that parks were too far away, and hence other 'easier' leisure activities became an intrapersonal barrier to using parks – going to the gym rather than the park, for example. Janet also noted that the amount of organising to get her children and their play things was a barrier to using parks.

For Georgina, her main barrier was indirect, in the need to pay for street parking at her 'flashy' inner city parks, and she saw this as a pay for using public parks or be fined. This was also a barrier noted by the Italian ethnic representative and their group's use of parks. Karen had a larger list of structural barriers, including the limited play equipment in parks, dogs running loose, and the interpersonal barrier of her children getting older and now not so interested in urban parks as compared to other leisure activities. Mary also noted that with her children growing up that there was less interest in visiting parks.

Overall, there were limited intrapersonal barriers presented by the interviewees, with only Belinda noting a lack of interest in using parks. Others, such as Andrea, Deborah and Ian, noting other leisure activities took priority over using parks as leisure settings. All the same, for those not placing priority on leisure in parks, they still did use parks.

Interpersonal barriers were more common, especially given the social nature of leisure for the interviewees. The lack of interest, as an intrapersonal barrier may actually be an underlying interpersonal barrier – not having other people to do activities with, and so the respondent is not personally interested. Francine was a key example of interpersonal barriers, which also reflected a personal non-interest in using urban parks. More prominent were the evident interpersonal family demands on leisure time and, in the context of this project, leisure settings. Lisa, Mary and Karen stated that park usage was dependent on family demand.

The most important or prominent barriers for interviewees were structural: all interviewees' noted time demands and weather. Again, it is important to note that these structural barriers were generally a limiting increased park usage, rather than using parks at all. However, for others, the structural barriers may limit turning latent demand into actual use. As well as time and weather, distance to urban parks, lack of necessary equipment at parks, and parking were also identified structural barriers.

## **Encourage More Use of Parks – Incentives**

Reflecting upon the barriers, interviewees presented suggestions to entice them to urban parks more. Often interviewees responded to this question for how to also encourage their friends and or family to go to parks more, reinforcing the social element of interviewees' leisure. The responses largely reflected those identified by Godbey (1985), Scott and Jackson (1996) and Sasidharan et al. (2005).

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For Belinda, the park non-user, she thought parks were nice, she just did not use them as when she has time (at night) they are too dangerous. Lisa also noted that parks were fine, though providing more hours in the day (extending the day beyond 24 hours) would be an incentive, also stated by Karen. Ian also suggested bringing in earlier retirement, as spending so much time at work meant that he could not get to urban parks as often.

Interpersonal suggestions were common, including Edwina statement that having more people in parks would encourage her to go more often. Andrea recommended that having more adult friend-based social activities in parks, more than just activities for children. Francine provided more specific friend-based social activities, noting that a cafe in the middle of urban parks, with heaters, would get her and her friends to parks more often. Mary also identified that if friends wanted to meet in parks more often, or the children demanded activities in parks more often then she would go to parks more often. Mary also thought, relating to structural barriers, that having more awareness and advertising about entertainment and events in urban parks, such as circuses, her family and friends would encourage her to go more often.

Deborah also identified that if she had more awareness of what parks were around, and what each park offered she would go more often. For Deborah, having the information about what each park offered beforehand would reduce risk of turning up and finding equipment or desired things to do were not there. Janet also noted that having more play equipment at urban parks would mean that she would have less children and activities to organise prior to going. Georgina also stated that having hire bikes and equipment in parks would be an incentive, rather than having to bring their own things in. Edwina also suggested that having more fitness activities in parks, such as pillar-to-post with directed exercises, would make parks a good substitute for the gym on nice days.

Other facilities were noted by interviewees as further incentives to visit, or at least reduce barriers. The creation of all-weather spaces and shelters was noted by Francine and Henry, especially around barbeque areas. Henry also noted the need for better toilets and playgrounds. Georgina also suggested more children play areas, and further recommended more rubbish bins, and especially bins and facilities for dog 'business'. Related, though not solely regarding rubbish bins, Edwina stated that if urban parks were cleaner, and muddy areas were greened, then they would be more enticing places for her to visit with her family. Ian also suggested having more pet-friendly areas would entice him to parks more often, even more areas where dogs could be in parks if on a leash.

Mary and Janet both stated that having parks closer to home would be an incentive to visit them more often, and Karen noted that better weather would encourage her family's use of urban parks.

The incentives to use urban parks more often seemed to reflect the barriers identified, and inherently reflect the barriers that the interviewees have. Whilst there were a common set of interpersonal recommendations provided, the structural suggestions were more prevalent. All the same, many of the recommendations did not address the most prominent barrier of time, and to a lesser extent the weather. It was implied that, by implementing the interpersonal and structural recommendations, that time could be much more easily allocated to park based leisure, rather than other leisure forms.

*Chapter 7*

## CONCLUSIONS

This research aimed to identify the barriers and incentives to using urban and semi-urban parks amongst second generation Australians who speak their ethnic language at home. To aid the achievement of this objective a literature review was completed. No previous studies were found specifically assessing second generation ethnic leisure practices, attitudes and barriers, and none on the more specific area of second generation nationals who used their ethnic language at home. Barriers to park use were identified from the literature, and were categorised into intrapersonal (personal), interpersonal (interactional), and structural (supply) barriers (Crawford & Godbey, 1987). These barriers were identified to effect ethnic minority groups, as well as the general population. Previous studies had identified that ethnic minorities were often also influenced by personal cultural identity and impacted other marginality issues, such as socio-economic status, highlighting the complexity of leisure barriers. Level of acculturation was also identified as a potential underlying barrier related to leisure engagement, relating to personal cultural identity. Previous studies had proposed that as acculturation increases, so does the leisure practices reflecting the dominant culture. A small list of means to overcome these barriers was also identified in the literature, including informing of available services, eliminating identified barriers and encouraging use.

The literature findings were further contextualised in interviews, with representatives from the five largest language other than English ethnic groups in Melbourne: Chinese, Greek, Indian; Italian; and Vietnamese. The interviews were to provide cultural insights to ethnic leisure practices, attitudes, barriers and incentives within the Melbourne context. The interviews reflected many of the issues identified in the literature. The importance of leisure for socialisation, and maintaining relationships was prominent across the ethnic groups. All the same, there appeared to be a division between older and younger people's leisure practices and attitudes, with it being proposed that the younger members of the ethnic groups were acculturating and taking on the leisure profile of 'Australians'. Means to overcome the barriers to urban park usage were proposed including more information, hosting ethnic events, and having ethnically identifiable areas in parks. The interviews were followed-up by an unsuccessful survey.

An interview was implemented with 13 second generation Australians that generally spoke their ethnic language at home. A range of individual and social leisure activities were undertaken by the interviewees, and generally leisure time was undertaken with other people, including family or friends. Leisure activities ranged from quite active to passive, reflecting importance the interviewees placed on leisure. For most leisure was important as a break from work and to de-stress, though building and maintain family and social relationships was another important reason for leisure. The interviews highlighted positive associations with urban parks, reflecting greenery, and both active and passive pastimes, reflecting the interviewees' family situation. Further, the activities undertaken in parks were generally with other people, either family or friends.

Barriers identified by interviewees were centred on time and weather, though interpersonal barriers were also evident. Consequently, the suggested means to overcome the barriers also focus on enhancing the social environments of parks. All the same, many structural recommendations were made, including the provision of equipment and shelters.

In conclusion, leisure is an important aspect of ethnic life, culturally and in the Australian context. Leisure practices were diverse for the interviewed second generation Australians that spoke their ethnic language at home, and urban parks were a setting for some of these leisure activities and time. The findings largely reflect those of previous studies of ethnic minority leisure barriers and use. Whilst a comparative study was not undertaken it appears that different barriers are more prominent to second generation Australians, as compared to first generations. Cultural perceptions and uses of urban parks appear to have changed across the generations. Second-generation Australians did not note or indicate language as a barrier to park usage. More so, for the second generation Australians, even though structural barriers were most often identified, it appeared that if underlying interpersonal barriers were overcome park usage would increase. Overall, it would appear that enhancing the social demand for parks as leisure spaces would encourage decision-makers' allocation of leisure time to parks; that is peer and child pressure would increase urban park usage by many of the interviewees.

## **APPENDIX A: The Survey**

MONASH University



### **Explanatory Statement**

#### **Analysis of Victorian Communities who Currently do not use Parks**

Chief Investigator: Glen Croy

Department of Management, Monash University

This is an invitation to participate in a survey on ethnic communities' non-use of parks. Participation is voluntary. This research is being conducted by Glen Croy from the Tourism Research Unit, Monash University. The research is funded by the Sustainable Tourism Cooperative Research Centre, for Parks Victoria. Parks Victoria has identified that, whilst recent immigrants and international tourists are well represented in parks, first generation Australians (born in Australia to immigrant parents) are well under-represented.

The purpose of this research project is to identify barriers to using parks, and incentives that would overcome these barriers, especially for first generation Australians. Outcomes of the research will aid Parks Victoria with the development of new parks with an emphasis on increased access for under-represented park users. Outputs of this research will be in the form of a report, presentations and published papers.

Criteria to participate in this survey:

- You need to be 18 years or older
- You need to have been born in Australia to immigrant parents (parents were born overseas)
- You need to generally speak a language other than English at home

Participants for this study were identified from members of five ethnic community groups that were consulted in the previous stage of this research. Additionally, emails were sent to invite people to voluntarily complete a web-based survey. The survey is expected to take about 20 minutes. The information gathered is fully confidential. Individuals will not be identifiable, as results will only be presented in a collated form. Participation is voluntary and there are no foreseeable risks in participating in this survey. You may avoid questions that you deem to be personal or intrusive and may withdraw at any stage. All reasonable efforts will be taken to secure your privacy including storing all collected information in a locked cabinet. This information will be retained for a period of no less than five years as per Monash University policy, after which it will then be destroyed by secure means.

If you do have any questions or comments about this research project please do not hesitate to contact Glen Croy as per the details below.

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*Should you have any complaint concerning the manner in which this research is conducted, please do not hesitate to contact the Monash University Standing Committee on Ethics in Research Involving Humans (quote CF07/1676-2007/0488LIR) at the following address:*

The Secretary  
The Standing Committee on Ethics in Research Involving Humans (SCERH)  
Building 3D  
Research Grants & Ethics Branch  
Monash University VIC 3800  
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**Melbourne-based Second Generation Australians who Generally Speak a Language other than English at Home**

Leisure Attitudes
-------------------

1. Preferred leisure activities

What activities do you normally do in your leisure time?	Where do you undertake this activity?

2. With whom do you normally spend your leisure time? (*please tick one box only*)
- |  |   |
|--|---|
| <input type="checkbox"/> By myself                 | <input type="checkbox"/> With my girlfriend/ boyfriend/ partner |
| <input type="checkbox"/> With members of my family | <input type="checkbox"/> With friends                           |

3. The following statements relate to your personal interest in leisure activities. On a scale from 1 (*strongly disagree*) to 7 (*strongly agree*) please circle the number that most closely represents your agreement with each statement.

		Strongly disagree						Strongly agree
Engaging in leisure activities is a wise use of time	1	2	3	4	5	6	7	
Leisure activities are beneficial to individuals and society	1	2	3	4	5	6	7	
People often develop friendships in their leisure	1	2	3	4	5	6	7	
Leisure activities contribute to one's health	1	2	3	4	5	6	7	
Leisure activities increase one's happiness	1	2	3	4	5	6	7	
Leisure increases one's work productivity	1	2	3	4	5	6	7	
Leisure activities help renew one's energy	1	2	3	4	5	6	7	
Leisure activities can be a means of self-improvement	1	2	3	4	5	6	7	
Leisure activities help individuals to relax	1	2	3	4	5	6	7	
People need leisure activities	1	2	3	4	5	6	7	
Leisure activities are good opportunities for social contacts	1	2	3	4	5	6	7	
Leisure activities are important	1	2	3	4	5	6	7	
When I am engaged in leisure activities time flies	1	2	3	4	5	6	7	
My leisure activities give me pleasure	1	2	3	4	5	6	7	
I value my leisure activities	1	2	3	4	5	6	7	
I can be myself during my leisure	1	2	3	4	5	6	7	
My leisure activities provide me with delightful experiences	1	2	3	4	5	6	7	
I feel that leisure is good for me.	1	2	3	4	5	6	7	
I like to take my time when I am engaged in leisure activities	1	2	3	4	5	6	7	
My leisure activities are refreshing	1	2	3	4	5	6	7	
I consider it appropriate to engage in leisure activities frequently	1	2	3	4	5	6	7	
I feel that the time I spend on leisure activities is not wasted	1	2	3	4	5	6	7	
I like my leisure activities	1	2	3	4	5	6	7	
My leisure activities absorb or get my full attention	1	2	3	4	5	6	7	
I do leisure activities frequently	1	2	3	4	5	6	7	
Given a choice I would increase the amount of time I spend in leisure activities	1	2	3	4	5	6	7	
I buy goods and equipment to use in my leisure activities as my income allows	1	2	3	4	5	6	7	
I would do more new leisure activities if I could afford the time and money.	1	2	3	4	5	6	7	
I spend considerable time and effort to be more competent in my leisure activities	1	2	3	4	5	6	7	
Given a choice I would live in an environment or city which provides for leisure	1	2	3	4	5	6	7	
I do some leisure activities even when they have not been planned	1	2	3	4	5	6	7	
I would attend a seminar or a class to be able to do leisure activities better	1	2	3	4	5	6	7	
I support the idea of increasing my free time to engage in leisure activities	1	2	3	4	5	6	7	
I engage in leisure activities even when I am busy	1	2	3	4	5	6	7	
I would spend time in education and preparation for leisure activities	1	2	3	4	5	6	7	
I give my leisure high importance among other activities	1	2	3	4	5	6	7	

## **BARRIERS AND INCENTIVES TO URBAN PARK USE**

<b>Current Use of Parks</b>
-----------------------------

4. What are the first **five (5)** words that come to your mind when you think of parks?
- \_\_\_\_\_
- \_\_\_\_\_
5. In the past 12 months I have visited a park  
 Not at all      *go to Barriers to Using Parks, Question 9*  
 1-2 times       3-6 times       7-12 times       More than 12 times
6. Generally, what is your main reason for visiting a park?
- \_\_\_\_\_
7. What do you do when you are at a park?
- \_\_\_\_\_
8. I normally go to the park ...      (*please tick one box only*)  
 By myself       With my girlfriend/ boyfriend/ partner  
 With members of my family       With friends

<b>Barriers to Using Parks</b>
--------------------------------

9. This section lists possible reasons for not visiting a park or visiting less often than you would like. On a scale from 1 (*strongly disagree*) to 7 (*strongly agree*) please circle the number that most closely represents your agreement with each statement.

		Strongly disagree					Strongly agree	Rank Q10
I am not interested in visiting a park	1	2	3	4	5	6	7	
My poor health is preventing me from visiting a park	1	2	3	4	5	6	7	
I am afraid of crime when visiting a park	1	2	3	4	5	6	7	
I am too old to visit a park	1	2	3	4	5	6	7	
I feel uncomfortable in a park	1	2	3	4	5	6	7	
I feel insecure in the park	1	2	3	4	5	6	7	
I feel unwelcome in the park	1	2	3	4	5	6	7	
I feel too tired to visit a park	1	2	3	4	5	6	7	
I prefer staying at home to visiting a park	1	2	3	4	5	6	7	
I find it difficult to find people with whom I can go to the park	1	2	3	4	5	6	7	
I do not know anyone who is using the parks	1	2	3	4	5	6	7	
I find it difficult to mix with others in a park	1	2	3	4	5	6	7	
Other people do not do my preferred activities in the park	1	2	3	4	5	6	7	
I do not think that parks are an important place for community interaction	1	2	3	4	5	6	7	
I do not have the time to go to the park	1	2	3	4	5	6	7	
Visiting a park would interrupt my daily schedule	1	2	3	4	5	6	7	
Getting to the park is too expensive	1	2	3	4	5	6	7	
I do not know enough about the parks I could visit	1	2	3	4	5	6	7	
The parks are too far away from where I live	1	2	3	4	5	6	7	
Transport to the park is not readily available	1	2	3	4	5	6	7	
The park is not well maintained	1	2	3	4	5	6	7	
My preferred activities are not available in the park	1	2	3	4	5	6	7	
There is not enough information about the park that I can understand	1	2	3	4	5	6	7	
I do not know who to ask about activities in the park	1	2	3	4	5	6	7	
The park is too crowded	1	2	3	4	5	6	7	
Staff members at the park are unfriendly	1	2	3	4	5	6	7	

**Melbourne-based Second Generation Australians who Generally Speak a Language other than English at Home**

10. In the *Barriers to Using Parks* table (question 9, on the page 3), please indicate the **five (5) most important** reasons that prevent you from visiting a park. To do this, in the **Rank Q10** column, use a 1 to indicate the most important reason, through to 5 indicating the fifth most important reason. **Only rank the top five (5) reasons.**

11. Do you have any suggestions to what park authorities can do to make parks more welcoming?

\_\_\_\_\_

\_\_\_\_\_

Cultural Environment

12. The following statement lists situations in which you may use either English or Vietnamese. On a scale from 1 (*not at all*) to 7 (*almost always*), please circle the number that most closely represents your opinion for each statement.

	Not at all	1	2	3	4	5	6	7	Almost always
I speak Vietnamese.	1	2	3	4	5	6	7		
I speak English.	1	2	3	4	5	6	7		
I enjoy speaking Vietnamese.	1	2	3	4	5	6	7		
I associate with Australians.	1	2	3	4	5	6	7		
I enjoy English language movies.	1	2	3	4	5	6	7		
I enjoy Vietnamese language TV	1	2	3	4	5	6	7		
I enjoy Vietnamese language movies.	1	2	3	4	5	6	7		
I enjoy reading Vietnamese language books.	1	2	3	4	5	6	7		
I write letters in English.	1	2	3	4	5	6	7		
My thinking is done in English language	1	2	3	4	5	6	7		
My thinking is done in Vietnamese language.	1	2	3	4	5	6	7		
My friends are Australian.	1	2	3	4	5	6	7		

13. Before coming to Australia, where did your family live?

Country: \_\_\_\_\_ Province: \_\_\_\_\_

14. Within this province, the family lived in

An urban area       A rural area

Demographics:

15. Gender       Male       Female

16. Age       16-20       21-25       26-30       31-35       36-40  
 41-45       46-50       51-55       56-60       61-65  
 66-70       71+       76-80       81 and over

17. What is your highest level of education?

Primary school       Secondary school  
 TAFE (including trade qualifications)       Undergraduate University  
 Postgraduate University       Other (please specify) \_\_\_\_\_

18. What is your current occupation? \_\_\_\_\_

19. What is the postcode where you currently live? \_\_\_\_\_

Do you have any other comments? \_\_\_\_\_

\_\_\_\_\_



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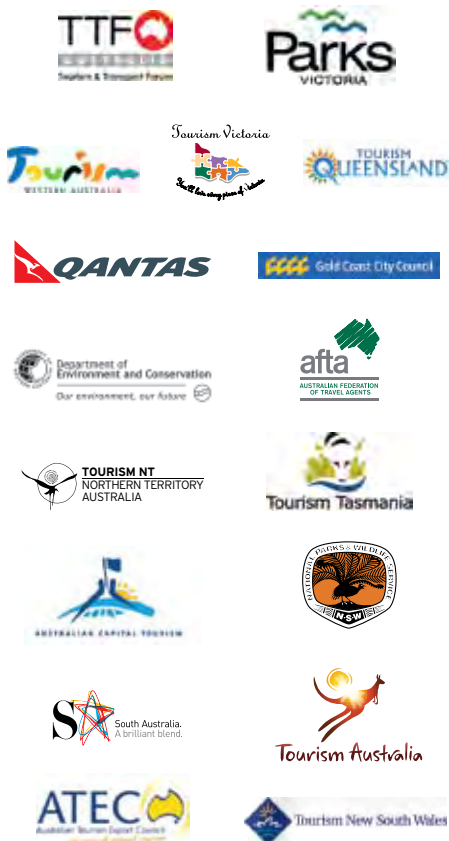
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Sustainable Tourism Cooperative Research Centre (STCRC) is established under the Australian Government's Cooperative Research Centres Program.

STCRC is the world's leading scientific institution delivering research to support the sustainability of travel and tourism—one of the world's largest and fastest growing industries.

### Introduction

STCRC has grown to be the largest dedicated tourism research organisation in the world, with \$187 million invested in tourism research programs, commercialisation and education since 1997.

STCRC was established in July 2003 under the Commonwealth Government's CRC program and is an extension of the previous Tourism CRC, which operated from 1997 to 2003.

### Role and responsibilities

The Commonwealth CRC program aims to turn research outcomes into successful new products, services and technologies. This enables Australian industries to be more efficient, productive and competitive.

The program emphasises collaboration between businesses and researchers to maximise the benefits of research through utilisation, commercialisation and technology transfer.

An education component focuses on producing graduates with skills relevant to industry needs.

### STCRC's objectives are to enhance:

- the contribution of long-term scientific and technological research and innovation to Australia's sustainable economic and social development;
- the transfer of research outputs into outcomes of economic, environmental or social benefit to Australia;
- the value of graduate researchers to Australia;
- collaboration among researchers, between researchers and industry or other users; and
- efficiency in the use of intellectual and other research outcomes.