



Examination of the leisure satisfaction levels of individuals partaking in recreational activities

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Abstract

The objective of this study is to examine the opinions of the individuals partaking in recreational activities on their leisure satisfaction levels in consideration of different variables. A total of 220 public employees, 150 (68.2%) of whom were "Male" and 70 (31.8%) of whom were "Female" selected by purposeful sampling method participated in the study voluntarily to this end. Screening model was utilized in the research. The sample of the study comprised the public employees of Avcılar district municipality of Istanbul province. In addition to the personal information form created through the researcher, "Leisure Satisfaction Scale" developed by Beard and Ragheb (1980) and adapted to Turkish through Karlı et al. (2008) was employed as data collection tool in the research. Percent (%) and frequency (f) methods were utilized for determining the distribution of personal information of participants while the Shapiro–Wilk test of normality was conducted with an eye to determine if the data had normal distribution and subsequently Mann -Whitney U-test and Kruskal-Wallis test were applied to determine the significant differences after it was understood that the data were appropriate for non-parametric test conditions. Male participants had a higher score than female participants in the "Psychological" and "Education" subscales of the leisure satisfaction scale in terms of gender. The scores achieved through participants aged 40 years and over are higher the scores of participants in other age groups, in the "Relaxation" subscale of the leisure satisfaction scale in terms of age. No significant difference was found in the subscales of the leisure satisfaction scale according to the monthly income variable. As a result, it was concluded that gender and age were significant factors in leisure satisfaction levels while monthly income was not a significant factor.

Keywords: Leisure; Recreational Activities; Public Employees; Leisure Satisfaction.

Introduction

Recreational activities used by people to pass their leisure time have become indispensable elements of community life in the world of our day (Sevil et al., 2012). In particular, the political, economic and social processes experienced since the 1970s have pave the way for the development of leisure in the society of our day (Çakır, 2014). In this context, leisure denotes the time frame remaining after fulfilling the practical requirements of life (such as working hours and physiological needs like eating and sleeping) (Torkilson, 2005). In a broader sense, leisure means the time frame that one can utilize freely (Broadhurst, 2001). This time frame, which can be used freely for partaking in recreational activities, must completely be exclusive of the time spared for working and compulsory needs, and it has a subjective meaning with the feature of varying from individual to individual (Karaküçük, 2005, Gürbüz and Handerson, 2013, Demirel and Harmandar, 2009). In other words, recreational activities have positive effects on individuals, their relations and sociocultural harmony by making them get rid of their numerous problems in life and providing the

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individual's self-improvement (Axelsen, 2009; Şener et al., 2007; Çakır et al., 2016). An individual participates in recreational activities to get pleasure therefrom and be satisfied due to the pleasure received thereby (Çelik, 2011). Accordingly, leisure satisfaction is defined as meeting the interests, requests and needs of individuals as a result of their participation in leisure activities (Mannell and Kleiber, 1997). Measuring if what individuals achieve the benefit they require from leisure activities they partake in and if they meet their expectations and if they are happy to partake in these activities can ensure taking precautions to make them happier and satisfied when utilizing their leisure times, develop leisure time activities in their in line with their satisfaction levels and provide important information. (Karlı et al., 2008). The objective of this study is to examine the opinions of the individuals partaking in recreational activities on their leisure satisfaction levels in consideration of different variables.

Methods

Study Sample

The sample of the study comprised a total of 220 public employees, including 150 men and 70 women working in the Avclar district municipality of Istanbul province with an average age of 36.80 ± 3.42 .

Data Collection Instrument

The form utilized to collect data in this study comprises two parts. The first part is the "Personal Information Form" utilized for determining the gender, age, monthly income, working period in the institution and weekly leisure periods. "Leisure Satisfaction Scale" developed by Beard and Ragheb (1980) and adapted to Turkish through Karlı et al. (2008) was employed in the second part in order to determine the satisfaction level of participants in the recreational activities they have participated. The scale is a 5-point Likert Type (1 = Almost Never True, 2 = Usually Not True, 3 = Occasionally True, 4 = Usually True, 5 = Almost always True) with 39 items and comprises six sub-dimensions as Psychological, Education, Social, Relaxation, Physiological and Aesthetics. The internal consistency coefficient of the overall scale was .92 while the internal consistency coefficients of the sub-dimensions of the scale were .81, .74, .79, .73, .72 and 84.

Data Analysis Process

Percent and frequency, the descriptive statistical methods, were used to analyze data for personal information. Kolmogrov-Smirnof test was performed with a view to test whether the sub-dimensions of the Leisure Time Satisfaction scale showed normal distribution and it was determined that none of the sub-dimensions of the scale showed distribution ($p < 0.05$). Accordingly Mann-Whitney U-test was employed for data with 2 variables and Kruskal-Wallis test was utilized for data with more than 2 variables

Finding

Table 1: Distribution of Participants by Gender, Age, Monthly Income, Working Time and Weekly Leisure

Variables	F	%
Gender	Male	68,2
	Woman	31,8
	Total	100
Age	20-29	19,5
	30-39	41,4
	40 and Over	39,1
	Total	100

Monthly Income	2000 and Below	84	38,2
	2001-3000	69	31,4
	3001-4000	49	22,3
	4001 and Over	18	8,2
	Total	220	100
Working Time	0-5 Years	44	20,0
	6-10 Years	83	37,7
	11-15 Years	67	30,5
	16 Years and Over	26	11,8
	Total	220	100
Weekly Leisure	1-5 Hours	73	33,2
	6-10 Hours	40	18,2
	11-15 Hours	58	26,4
	16 Hours and over	49	22,2
	Total	220	100

According to the statistical findings regarding the gender, age, monthly income, working time and weekly leisure of the participants in Table 1, it was found that 68.2% of the participants were "male" and 31.8% of the participants were "female"; 41.4% of the participants were between 30-39 years old; 38.2% of the participants were had a monthly income of "2000 TL and less"; 37.7% of the participants worked in the institution between 6-10 years and 33.2% of the participants had "weekly" 1-5 "hours of leisure.

Table 2: Leisure Satisfaction Levels by Gender of Participants

Sub-dimension	Gender	N	Rank Value Avg.	Z	P
Psychological	Male	150	307,35	-2,735	,002 *
	Female	70	275,81		
Education	Male	150	332,87	-2,480	,000 *
	Female	70	261,72		
Social	Male	150	307,25	-2,605	,398
	Female	70	289,11		
Relaxation	Male	150	324,48	-3,144	,423
	Female	70	293,12		
Physiological	Male	150	289,55	-,930	,447
	Female	70	279,02		
Aesthetics	Male	150	299,41	-2,507	,045
	Female	70	271,70		

Table 2 shows the results of the Mann-Whitney U-test to test the level of participants' leisure satisfaction in terms of gender. It was observed that there was a significant difference between the participants' genders and leisure time satisfaction levels in "Psychological" and "Education" sub-dimensions ($p < 0.05$) according to test results. No statistically significant difference was obtained between the other sub-dimensions ($p > 0.05$).

Table 3: Leisure Satisfaction Levels by Age of Participants

Sub-dimension	Age	N	Rank Value Avg.	X ²	P
Psychological	20-29	43	271,04	2,139	, 137
	30-39	91	286,25		
	40 and over	86	301, 48		
Education	20-29	43	221,79	2,338	, 234
	30-39	91	238,34		
	40 and over	86	240, 23		
Social	20-29	43	296,22	3,247	, 127
	30-39	91	254,48		
	40 and over	86	268,09		
Relaxation	20-29	43	260,47	2,419	, 005 *
	30-39	91	277,68		
	40 and over	86	327,88		
Physiological	20-29	43	246,34	, 644	, 328
	30-39	91	265,67		
	40 and over	86	278,13		
Aesthetics	20-29	43	284,25	3,355	, 269
	30-39	91	279,88		
	40 and over	86	284,91		

Table 3 shows the results of Kruskal-Wallis test to test the level of leisure satisfaction according to the age of the participants. It was found that there was a significant difference only in the "Relaxation" sub-dimension between participants' age and leisure satisfaction levels ($p < 0.05$) according to test results. No statistically significant difference was found between the other sub-dimensions ($p > 0.05$).

Table 4: Level of Satisfaction with Leisure According to Monthly Revenues of Participants

Sub-dimension	Monthly Income	N	Rank Value Avg.	X ²	P
Psychological	2000 and Below	84	293,88	2,234	, 157
	2001-3000	69	284,45		
	3001-4000	49	272,73		
	4001 and Over	18	288,76		
Education	2000 and Below	84	261,40	1,964	, 236
	2001-3000	69	285,78		
	3001-4000	49	278,83		
	4001 and Over	18	234,76		
Social	2000 and Below	84	291,07	3,130	, 458
	2001-3000	69	243,12		
	3001-4000	49	239,69		
	4001 and Over	18	214,96		
Relaxation	2000 and Below	84	259,89	2,781	, 380
	2001-3000	69	264,78		
	3001-4000	49	256,01		
	4001 and Over	18	271,99		
Physiological	2000 and Below	84	262,65	2,231	, 448
	2001-3000	69	248,23		
	3001-4000	49	258,87		
	4001 and Over	18	234,21		

Aesthetic	2000 and Below	84	298,04	6,458	, 269
	2001-3000	69	276,78		
	3001-4000	49	282,46		
	4001 and Over	18	277,30		

Table 4 shows the results of Kruskal-Wallis test to test the level of leisure satisfaction according to participants' monthly incomes. There was no statistically significant difference between the monthly incomes of the participants and the satisfaction levels of the leisure ($p > 0.05$) according to test results.

Discussion

According to the statistical findings regarding the gender, age, monthly income, working time and weekly leisure of the participants in Table 1, it was found that 68.2% of the participants were "male" and 31.8% of the participants were "female"; 41.4% of the participants were between 30-39 years old; 38.2% of the participants were had a monthly income of "2000 TL and less"; 37.7% of the participants worked in the institution between 6-10 years and 33.2% of the participants had "weekly" 1-5 "hours of leisure.

It was observed that there was a significant difference between the participants' genders and leisure time satisfaction levels in "Psychological" and "Education" sub-dimensions ($p < 0.05$) according to test results and no statistically significant difference was obtained between the other sub-dimensions. According to this result, male participants were more satisfied than female participants in recreational activities they participated. When we look at the current studies in the literature, the result of this study does not overlap with the study results made by Ardahan and Yerlisu Lapa (2010). It was found that there was a significant difference only in the "Relaxation" sub-dimension between participants' age and leisure satisfaction levels ($p < 0.05$) and no statistically significant difference was found between the other sub-dimensions. It can be concluded that participants at age 40 and over participate rather for the purpose of relaxation and are more likely to be satisfied with leisure time activities than those who are participating in other age groups. When we examine the existing studies in the literature, the results of this study are in parallel with the results of the study conducted by Akgül et al. (2014). There was no significant difference in the sub-dimensions of the leisure satisfaction scale according to the monthly income variable. Again, in the study titled "Examining the leisure time satisfaction levels of university students by gender and income" conducted by Ardahan and Yerlisu Lapa (2010), significant differences were found in all sub-dimensions. In this respect, the results of this study do not overlap with results of the study conducted by Ardahan and Yerlisu Lapa (2010). The reason for this can be the differentness of the sampling group selected. Moreover, in our study, monthly income can be interpreted as not being an important factor in terms of leisure satisfaction levels. As a result, gender and age were found to be important factors in leisure satisfaction levels while monthly income was not a significant factor.

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