

Spring 4-20-2023

An Exploration of the Experience of Leisure Among Adults Who Immigrated to the United States from Latin American Countries

Violeta Chavez Serrano

University of St. Augustine for Health Sciences, v.chavez-serrano@usa.edu

Jazminne Orozco Arteaga

University of St. Augustine for Health Sciences, jorozcoarteaga@usa.edu

Karen McCarthy

Dominican University of California, karen.mccarthy@dominican.edu

Follow this and additional works at: <https://soar.usa.edu/otdcapstonesspring2023>



Part of the [Occupational Therapy Commons](#), [Recreational Therapy Commons](#), and the [Social and Cultural Anthropology Commons](#)

Recommended Citation

Chavez Serrano, V., Orozco Arteaga, J., & McCarthy, K. (2023, April 20). An Exploration of the Experience of Leisure Among Adults Who Immigrated to the United States from Latin American Countries. Poster presented at the Virtual OTD Capstone Symposium, University of St Augustine for Health Sciences. Retrieved from <https://soar.usa.edu/otdcapstonesspring2023/17>

This Poster/presentation is brought to you for free and open access by the OTD Capstone Symposia at SOAR @ USA. It has been accepted for inclusion in Spring 2023 Virtual OTD Capstone Symposium by an authorized administrator of SOAR @ USA. For more information, please contact soar@usa.edu, erobinson@usa.edu.



Exploration of the Experience of Leisure Among Adults from Latin America

Violeta Chavez-Serrano, OTS; Jazminne Orozco Arteaga, OTD, OTR/L; Karen McCarthy, OTD, OTR/L

BACKGROUND

- ❖ Leisure is an important occupation that helps support health and well-being. Leisure is a protective factor because it is a non-obligatory occupation that supports a person's self-care (AOTA, 2020).
- ❖ Participation in leisure activities helps support occupational balance. However, it can have a different connotation in various cultural groups.

PROBLEM

- ❖ There is a general lack of understanding about the experience of leisure among adults who immigrated to the United States from Latin American countries and how personal, cultural and environmental factors influence their performance, perception and participation in leisure.
- ❖ Individuals who immigrate to the United States from Latin American countries are faced with multiple factors that influence how they engage, view, and define leisure such as an environmental shift, language barriers, cultural practices, time structure, and high emphasis on work productivity (Delaisee & Huot, 2020; Phan & Stodolska 2021; Stodolska & Shiness, 2015).

PURPOSE

Conduct a research study on how the target population identifies leisure and explore how contexts influence their participation and definition of this occupation.

METHODS

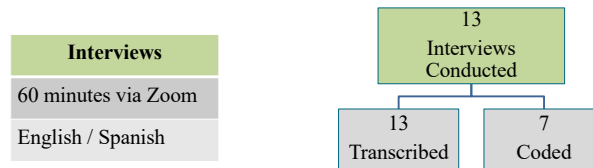
Research Methods

- ❖ Qualitative descriptive research design
- ❖ Semi-structured interviews

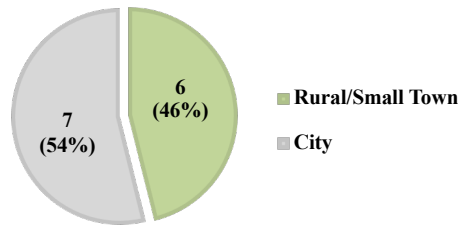
METHODS

Participants

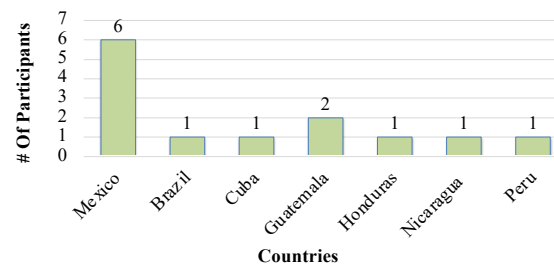
- ❖ Adults (18-65) who immigrated to the United States from Latin American countries.
- ❖ Recruited through personal connections, snowball sampling, and social media sites.



Participants Origin Living Environment



Latin American Countries Represented



Thematic Analysis

- ❖ Braun V. & Clarke V. (2021) Reflective Thematic Analysis.
- ❖ Currently on Phase two (Coding) of the six phases.

PRELIMINARY FINDINGS

Codes	Description
Before vs. Now	Comparison of practices, customs, and life in origin country versus now living in the United States.
Cultural Influence	How culture influences leisure practices and definition.
Time	Time practices in home countries and in the United States.
Leisure Everyday	How often participants engage in leisure.
Feelings/Emotions	Feelings and emotions used to describe leisure.
In the Moment	Being in the moment, not thinking about other tasks, focusing on what participants were doing and who they were with.

DISCUSSION/NEXT STEPS

Leisure is a non-linear occupation that can be influenced by multiple factors such as environment, responsibilities, beliefs and culture.

Many participants brought up terms such as meaning, purpose, connection, feelings, culture, time, family, friends, and work when describing and defining their experience of leisure.

Next Steps

- ❖ Continue with phase three through six of Braun V. & Clarke V. (2021) reflective thematic analysis.
- ❖ Finalize a manuscript to submit for publication to the Open Journal of Occupational Therapy.
- ❖ Continue to explore ways that the findings can inform Occupational Therapy practices.

REFERENCES



Special thanks to the University of St. Augustine Doctoral Coordinators





Exploration of the Experience of Leisure Among Adults from Latin America

Violeta Chavez-Serrano, OTS; Jazminne Orozco Arteaga, OTD, OTR/L; Karen McCarthy, OTD, OTR/L

Codes	Quotes
Before vs. Now	<ul style="list-style-type: none"> “I didn’t ever live close to the ocean. Now I can afford to live where I want [emphasis added], and I’m close to the ocean. [...] Oh, my gosh! This is kind of sad. But before it was more like spending time with the family [emphasis added]. Get together playing games, laughing, talking about each other, over each other, laughing, teasing a lot. And we like to tease a lot in really different ways than in America [...] I think that it has changed [emphasis added]. Probably I’ll just remember the good things right, also that comes with the price you have to pay right. But now it is more like scheduled it’s a little bit different [emphasis added]. Yeah, I miss some of that just hanging out sitting down, and the reason why is I don’t have a lot of friends right now [emphasis added] that are Hispanic. So I have some. But it’s different right [...] So it is different how I socialized, and how I perceived leisure or how I used to do it and how I do it now [emphasis added].”
Cultural Influence	<ul style="list-style-type: none"> “Oh, yeah, definitely. I think that how you perceive leisure comes from even your culture. Like what I mentioned before, Ocio or leisure in Spanish. That has a bad connotation [emphasis added], just even sitting down doing nothing [...] that’s, that’s just wrong. I mean how I was raised right. So like you’re seeing them doing nothing like you’re being unproductive. I mean, you need to do something right. That’s how I was programed.” “For me I think that the culture affects a lot in the sense how you perceive leisure you just relax, time is to have fun. Actually, there is something that they say like in America. Time is, and people say money. So you’re late. You’re wasting my time, and if you’re having fun it’s like a scheduled fun [emphasis added]. When you have party with the kids is 10 to 12, 10 to 1. Come, drop the kids off and come and pick them up, I mean, traditionally speaking. For me, it was like no, you just come, let’s relax, lets just chill, lets just eat, carne asada here. Who knows it’s to enjoy the time.”
Time	<ul style="list-style-type: none"> “[...] if I wanted to go hiking, obviously I can’t do it at 10 or 11 p.m. So that goes out the door like I can’t do that. So I definitely have to choose activities that will fit into my schedule just because that’s all I get [emphasis added].”
Leisure Everyday	<ul style="list-style-type: none"> “I feel that as a Mexican woman we’re partying all the time. It’s always a party. You invite one friend over to your house, and pretty soon it’s fun. It’s leisure time [emphasis added]. So I feel that my culture embraces party time [...]. My culture embraces having a good time all the time, because every time you get around the kitchen even, if it’s just having breakfast and your mom and your dad comes over. That’s it. It’s already kind of like a little party [...] But I feel that my culture embraces the leisure time 24/7, because we enjoy every minute of every day we find a reason [emphasis added]. Whatever we do, we find a reason to make it a happy joyful time and celebrate whatever it is. You know you woke up today. Let’s celebrate. Yeah especially around food in the kitchen. That’s a no go. That’s a no brainer. I mean, yeah.” “[...] When I get home. I take time to, you know. Play with the dogs a bit, check the backyard, clean it up a little bit, because to me leisure doesn’t necessarily mean just sitting around it’s doing like I said something that brings me joy and calm [emphasis added]. And for me sometimes even just washing the dishes and you know, cleaning up. I just get in the zone, and I’m happy. And to me that’s leisurely [emphasis added], you know. I’m doing a task for me. It’s calming so that’s why I say 7 days a week because when I do things around the house it’s not a chore. It’s just more of oh, I’m! I’m working towards happiness [emphasis added] because I like to be organized, you know, and as I’m doing it, I’m calm. I feel good, and it makes me happy [...].”
Feelings/Emotions	<ul style="list-style-type: none"> “If you were to witness me engaging in leisure, you would witness me, smiling, relaxed, sharing, laughing [emphasis added]. That’s what you would see me doing.” “The word leisure, I would associate words like comfortable, happy, relaxed, calm, restful. I think leisure, I think. just chilling, just chilling, family [emphasis added].”
In the Moment	<ul style="list-style-type: none"> “I think that the most meaningful leisure is when you create a connections [emphasis added], and when you get to know the other person better. That’s a great question actually. I think that it’s, when you get to know other people some socializing with the people that you get to know them to another level, or when you share some cool experiences either watching the soccer game. And you guys get super excited and your crying, its just the best man. When you’re glad together, celebrate together, having an experience with someone that you care like it’s fun, and sharing that moment be present. I think that if you ask me its, be present when 2 people or more people are present in the moment, live in the moment it’s when magical things happen, and build friendships and great leisure is what happens [emphasis added]. When I am present in the moment is when I enjoy that. So I think that the key is living in the moment with people that you care, and having experiences together, it can be a lot of different things.”