A Study of the Relationships between Leisure and Quality of Life

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Abstract

Objectives: This study is to analyze actual proof of relationship with limitation of leisure, motive, immersion, identity, and quality of life, to do this systematically, and to suggest the implication for improving the leisure life by results.

Methods/Statistical Analysis: The object of this study was the participants in cultural tourism, sports tourism, and leisure. The analysis of the data collected was executed with the statistical packages of SPSS win ver.20.0 and AMOS 20.0.

Findings: First, this study has meaning in that it examines the existing thesis for leisure changed the part of objects in the generalized models and got progressed, and it surveyed comprehensively. Second, leisure limitation affects the leisure motive and leisure immersion negatively, and structural limitation, intrinsic limitation, and interpersonal limitation is the hindering factor of immersion to participants who joins the leisure activity, and this is considered as to be improved. Third, it affects immersion in motive of attending leisure activity. Fourth, the immersion leisure affects the leisure identity, and this leisure identity has interacted as factor of increasing the quality of life. Fifth, the leisure immersion did not affect the quality of life directly.

Application/Improvements: Due to the model limitations that the results of a study can be different according to the types of leisure, future studies need to be focused on improving such issues.

Keywords: Identity of Leisure, Immersion of Leisure, Limitation of Leisure, Motive of Leisure, Quality of Life

1. Introduction

As material and quantitative aspects of past is emphasized, we should try effort in terms of qualitative, mental, social aspects in order to enjoy pleasurable life for us truly, although the quality of life improved considerably. In accordance with these currents of age, personal value has changed, so it is to find various plans to accomplish self and enhance quality of life along with worth of work. Among one of them, it is the very leisure which focused on these days. Whereas work and leisure have contradictory concept each other, they have complementary relationship. While it has the situation of assessing leisure as enjoying in surplus money during work surplus time, leisure is considered as recreation in modern society. In other words, in modern society, human should seek the meaning of life in terms of leisure as well as work. It is emphasized on quality of life much more than quantity of life in expansion of leisure activity. Therefore, the scope of work is determined as quantity of life, and that of leisure is done as quality of life. Leisure is the part of our life, and it is settling into as partner of life. Like this, as most of people recognize importance of leisure, the active and positive value of leisure is formed, and interest of leisure is being increased.

However, the satisfaction of leisure of people in Korea is still low, comparing recognition of leisure and that of necessity; it has big difference between leisure mainly as wants and doing. In order to solve these problems for better leisure activity, most researchers are progressing actively the study on leisure in various areas. On the contrary, it should recognize that it cannot look through various variables synthetically for leisure activity, just being different from the existing generalized models in most domestic researches. Thus, this study is to analyze actual proof of relationship with limitation of leisure,
motive, immersion, identity, and quality of life, to do this systematically, and to suggest the implication for improving the leisure life

2. Theoretical Background

2.1 Limitation of Leisure
The first researcher modeling the factor of limitation is and, thereafter clarified the concept of limitation of leisure in the context of relation with preference to leisure and participation, from the point of view in family, not individual. Limitation of leisure is to inhibit or disturb the participation and pleasure of leisure, and to define as factor of presuming by researchers or recognizing by individual. In this study, limitation of leisure is defined as ‘various factor of disturbing participation of leisure activity and realizing by participants of leisure who suggest pleasure.’

2.2 Motive of Leisure
The definition of motivation is impulse, emotion, and desire to motivate person to act, and chance to cause some kind of thing or action. Besides, it is defined as cause or basis of deciding or acting, or internal tension of causing, retaining, and inducing action for target of individual. Motive of leisure is one of the core interesting fields in study of leisure, so the issue of motive of leisure helps people to understand and analyze whether it joins or not in way of preference of people, and it make understood the result of participation of leisure, as well. Due to such cause, motive of leisure is regarded as most important part in the study of leisure. In this study, motive of leisure is defined as ‘intentional and unintentional cause of liking, selecting, and joining some leisure activity of individual prior to experience of leisure in cause and direction of leisure.’

2.3 Immersion of Leisure
In the first representative researcher, in the study of immersion by suggesting concept of Flow, defines the immersion as status of Person and Nature as one when immersing own tasks completely in the Flow Experience theory, and does it as status of having the best experience by immersing own activity perfectly, that is, showing status when it is done between circumstance of self and individual, Flow Experience. Like this, immersion is defined as status of Person and Nature as one when immersing own tasks completely and ‘joy attained by the activity of holistic concentration and doer when doing leisure activity’ in this study.

2.4 Identity of Leisure
Leisure provides us with condition of accomplishing social role, and individual forms leisure identity, social one related to leisure in the constant process of regular leisure activity. Leisure activity is the most important part, affecting forms of identity directly, indirectly. In particular, identity of leisure can be formed by means of constant and systematic participation for active leisure, and it can be obtained by assigning high concern and value on its activity, acquiring the necessary expertise, knowledge, and experience for them, expressing the process by participants, and seeking the systematically leisure such as activity of developing career or volunteer work. It is defined identity of leisure as ‘the psychological status such as emotion of worth being self, tendency, and unconscionness, distinguished self-consciousness from others when doing leisure activity, in this study.

2.5 Quality of Life
The quality of life should be comprehensive to embrace all such as material, mental, qualitative, quantitative, objective, and subjective aspects of individual and community life, so there are various opinions for concept of life quality. The quality of life was sometimes expressed by many similar terms such as well-being, psychological well-being, subjective well-being, morale, and positive and negative emotion, etc. by many researchers, once in a while, and it is used as similar concept of high rank in these terms. In this study, the quality of life is defined as ‘overall satisfaction, happiness, and subjective degree of well-being for life which individual realizes.’

3. Design of Investigation

3.1 Modeling of Research
The conceptual model to achieve the purpose of this study efficiently in analyzing actual proof is set up six hypotheses for relationship among five factors of concept, and the research model established on the basis of relationship among them is as Figure 1.
3.2 Hypothesis of Research

It relates to the theory of leisure limitation by hierarchical model of leisure limitation by leisure motive by leisure limitation, and it is suggested that this plays an important role in motive as well as limitation factor in the process of limitation factor, participation motive, and negotiation theory explaining relationship of participation through the study during participation process. In verified the relationship of leisure limitation and motive via analyzing actual proof, firstly.

H1: The factor of leisure limitation will affect leisure motive.

In argues the relationship with leisure limitation of the old and leisure immersion in leisure sports, and claims that leisure limitation of fitness trainers affects negatively the leisure immersion directly, indirectly.

H2: The factor of leisure limitation will affect leisure immersion.

In insists that participation motive of leisure activity by teenagers affect the immersion experience positively. In verified that the participation motive of college students affects the immersion experience of leisure activity in the study of participation motive and immersion experience of leisure activity on college students.

H3: The factor of leisure motive will affect leisure immersion.

In maintains that it forms the image of identity through more strong and attractive affection as it is high the level of participation in leisure activity. Most researches on leisure immersion and leisure identity is mainly done in fields of leisure sports in Korea. In addition, it relates leisure immersion and leisure identity on dance sports, sports for all, masters swimming, paragliding, and riding participants.

H4: The factor of leisure immersion will affect leisure identity.

In explains that immersion is the status of Person and Nature as one when immersing own tasks completely, and it accompanies satisfaction for activity and positive emotion along with subjective experience of immersion, in case ability of participants interacts with the level of activity optimally in leisure activity. In illustrates that the component of immersion experience affects the satisfaction of leisure intended for TV and internet.

H5: The factor of leisure immersion will affect the quality of life.

It is surveyed the identity of leisure joins the specific activity of leisure consistently, and participant accepts the type of action around the activity. Again, it affects the measure of various qualities of life. In probates that the identity of participants in badminton match affects happiness. Also, verifies the identity of leisure affect the psychological well-being.

H6: The factor of leisure identity will affect the quality of life.

3.3 The Object of Study

This study is corrected and supplemented eight types of leisures categorized by researchers of Korea Tourism Organization (admission to cultural art, participation in cultural art, activity of tourism, watching sports, participation in sports, activity of rest, hobby of entertainment, and other social activity) in order to improve the problems of survey for some thesis of leisure, and it reduces into four types (cultural leisure, tourism leisure, sports leisure, and general leisure). Also, it is investigated aimed at participants who joins four types of leisure, and 500 questionnaires were distributed, and, lastly, it was utilized at this actual proof in sheet of 463.

3.4 The Method of Research

The collected data was carried out the frequency analysis for understanding the demographic trait, reliability analysis for examining credibility and validity, and factor analysis, respectively, utilizing SPSS win ver.20.0. For verification of research model, it is fulfilled the final hypothesis, using SEM(Structural Equation Modeling) utilized AMOS 20.0 in assessing the fit in model of structural analysis of each factor and grasping path coefficient depending on research model.
4. Results

4.1 The Trait of Research Target
For the categorization of leisure activity, it is that 104 (22.5%) in cultural leisure, 101 (21.8) in tourism leisure, 117 (25.3%) in sports leisure, and 141 (30.5%) in general leisure. As for gender, male is 232 (50.1%), and female is 229 (49.5%). For ages, it is 60 in less than 20s (13.0%), 260 in 20s (56.2%), 77 in 30s (16.6%), 49 in 40s (10.6%), and 15 in more than 50s (3.2%). As for occupation, it was analyzed that student is 108 (23.3%), profession as 94 (20.3%), office/technical as 75 (16.2%), sales/service 107 (23.1%), public servant 9 (1.9%), farmer/fishermen 1 (0.2%), housewife 29 (6.3%), self-employment 17 (3.7%), and others 19 (4.1%).

4.2 The Result of Credibility and Factor Analysis
As a result of analyzing the credibility, it has high value of credibility more than 8.0 in leisure limitation, leisure motive, leisure immersion, leisure identity, and quality of life. As for occupation, it was analyzed that student is 108 (23.3%), profession as 94 (20.3%), office/technical as 75 (16.2%), sales/service 107 (23.1%), public servant 9 (1.9%), farmer/fishermen 1 (0.2%), housewife 29 (6.3%), self-employment 17 (3.7%), and others 19 (4.1%).

4.3 The Assessment of Coincidence in Measuring Model
It is to verify all caution criteria of setting model of structure by means of coincidence evaluation of various assessment standards. In assessment of coincidence, $\chi^2$ of structural model appeared as 1955.524 ($p<0.001$). As GFI comes closer to 1, it is judged as accordant to model well, and GFI of this study is 0.810, the acceptable measuring model incrementally. The results are shown in Table 1.

4.4 The Verification of Hypothesis
As a result of analyzing structural model, first, it is analyzed that the leisure limitation affects significantly leisure motive ($0.758/7.795$) and leisure immersion ($-0.312/-2.74$), respectively. Second, it appeared that leisure motive affects significantly the leisure immersion ($1.218/11.196$). Third, it is analyzed that leisure immersion affects significantly the leisure identity ($0.571/10.577$). Fourth, the leisure immersion does not affect the quality of life ($0.093/0.12$) significantly. Fifth, leisure identity affects significantly the quality of life ($0.379/6.074$). The result of analyzing the regression coefficient of structural model is as Figure 2.

### Table 1. Assessment index of coincidence in measuring model

| index of coincidence | measured value  | acceptance criteria | acceptance level |
|----------------------|-----------------|---------------------|-----------------|
| Absolute Fit Measures |                 |                     |                 |
| $\chi^2$             | 1955.524 (0.000) | $p>0.05$            | -               |
| GFI                  | 0.810           | more than 0.90      | acceptance      |
| RMR                  | 0.046           | approximate of 0    | acceptance      |
| RMSEA                | 0.075           | less than 0.08      | acceptance      |
| Incremental Fit Measures |              |                     |                 |
| AGFI                 | 0.723           | more than 0.90      | acceptance limit |
| NFI                  | 0.855           | more than 0.90      | acceptance limit |
| Parsimonious Fit Measures |            |                     |                 |
| PGFI                 | 0.842           | more than 0.60      | acceptance      |
| PNFI                 | 0.744           | more than 0.60      | acceptance      |
| CFI                  | 0.909           | approximate of 1    | acceptance      |
| IFI                  | 0.908           | approximate of 1    | acceptance      |
| RFI                  | 0.903           | approximate of 1    | acceptance      |
| Sample Size          | 463             | -                   | -               |

emotional affection, and esteem), and quality of life 2(self-acceptance, personal growth).
5. Discussion

This study is to verify that factor of limitation and motive whose people are in leisure affect the leisure immersion, respectively, to analyze the relationship of effect on leisure identity and quality of life depending on the level of leisure immersion, and to deduct the implication for correct leisure activity. Accordingly, to sum up the recognized implications based on the result of this study, it is as follows:

First, this study has meaning in that it examines the existing thesis for leisure changed the part of objects in the generalized models and got progressed, and it surveyed comprehensively.

Second, leisure limitation affects the leisure motive and leisure immersion negatively, and structural limitation, intrinsic limitation, and interpersonal limitation is the hindering factor of immersion to participants who joins the leisure activity, and this is considered as to be improved.

In order to overcome the structural limitation, for improvement of facility which can be joined in the leisure activity lively and resolving the intrinsic, interpersonal limitations, it should provide with various information for leisure along with leisure education.

Third, it affects immersion in motive of attending leisure activity. This result shows us that the degree of immersion can be improved, if it allows them to join the leisure in specific motive than doing so simply without any reason. Therefore, it can enhance the quality of life by promoting the advantages of leisure to participants, assigning the motives, and attending the leisure activity spontaneously.

Fourth, the immersion leisure affects the leisure identity, and this leisure identity has interacted as factor of increasing the quality of life. When doing leisure activity, it can enhance the quality of personal life for environment to immerse, composition of program, and education for establishment of correct leisure identity.

Fifth, the leisure immersion did not affect the quality of life directly. This does not mean that all result of immersion appeared as positive. For example, the immersion of excessive game or sports can rather degrade the quality of life.

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