



The Relationship Between Leisure Constraints and Life Satisfaction

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Extensive Summary

The importance of the concept of leisure time and leisure time in maintaining existence of individual in a society and increasing life satisfaction have been researched since the 1990s. Leisure time has an important effect in dealing with the challenges posed by city life, work and social life. Leisure activities that people tend to renew and deal with the stresses and difficulties they experience are also related to life satisfaction.

Participation in leisure activities has become an important issue for individuals to renew themselves and to continue their existence in the increasing competition environment. For this reason, it is necessary to know the effects of restricting participation in leisure activities. Will the individual, who encounters leisure constraints, be able to achieve life satisfaction? The ability of individuals to be satisfied with the life they live is seen as an important tool in their working life, social life, economic activities and their relationship with life. Therefore, it is important to explain the concepts of leisure constraints and life satisfaction.

Some studies (McMeeking and Purkayastha, 1995; Samdahl and Jekubovich, 1997; Hawkins et al., 1999; Aslan, 2002; Müderrisoğlu et al., 2005; Albayrak et al., 2007; Kim and Trail, 2010; Tütüncü et al., 2011; Chen, 2013; Çetinkaya et al., 2016) investigated leisure time constraints within the scope of the hierarchical model or in an original way and revealed the sub-dimensions. Chick et al. (2015) examined leisure time constraints through socioeconomic conditions and personal health factors and found that socioeconomic status does not significantly affect leisure time constraints, that constraints partially affect leisure time satisfaction, but leisure satisfaction affects life satisfaction.

To determine the relationship between the constraints faced by employees in their leisure time and their life satisfaction levels, 27 statements from the study of Müderrisoğlu et al. (2004) which adapted from Oh et al. (1999), Crawford et al. (1991), Jackson and Rucks (1995) to measure leisure time constraints; To measure life satisfaction, a 5-statement life satisfaction scale adapted by Dağlı and Baysal (2016) to Turkish from Diener et al. (1985) was used.

When asked to individuals with different demographic characteristics, the last recreational activities they participated in, 65.8% of them did not go on a picnic recently; 66.9% did not go to the concert recently; 90.2% of them do not ride a bicycle; 95.6% of them do not do mountaineering; 68% of them do not go hiking; 93.5% of them do not do extreme sports. It is seen that 89.8% of them do not attend the festivities. If the afore-mentioned activities are considered as the most popular and easily accessible recreational activities, it is possible to see that the majority of the participants do not participate in recreational activities.

According to the results obtained at the end of the research, contrary to the previous studies, it was found that there was no relationship between the leisure time constraints of employees and life satisfaction.

It is thought that this study will contribute to the literature in terms of revealing the relationship between leisure time constraints and life satisfaction of people living in Istanbul. Considering the number of participants reached, population and sample, it would not be correct to generalize the study. Investigating the study with a wider sample population, comparatively in regions with different socio-cultural and economic infrastructures in Istanbul and on people living in regions with different locations and recreation opportunities may help to understand the subject better.