

A Research on Leisure and Life Satisfaction of Theater Actors

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Extensive Summary

It can be said that individuals have increased their leisure time in parallel with technological developments. In parallel with this, it can be said that with the developing urbanization phenomenon, the recreational activities that individuals can perform in their increasing leisure time are restricted. While this situation makes life in cities difficult, it also causes an increase in the need for recreation (Akgül, 2016). It is thought that the continuity of these developments will increase the need for recreation. However, the satisfaction and life satisfaction levels of individuals who have made recreational activities regular or who have taken a recreation activity as a hobby are a matter of curiosity.

There are many studies on leisure time satisfaction in the literature (Agate, Zabriskie, Agate & Poff, 2009; Franken & Van Raaij, 2018; Misra & McKean, 2000; Riddick, 2018). In a study (Gül, 2019), it was found that the leisure time satisfaction of university students had an effect on their life satisfaction, while another study (Ardahan & Lapa, 2010) revealed the significant relationship of leisure time satisfaction with income in addition to this effect in university students. On the other hand, physiological and organizational recreational factors also have an effect on psychological, social and physical leisure satisfaction (Yayla & Çetiner, 2019). It has been revealed that leisure satisfaction has effects on marital satisfaction (Johnson, Zabriskie & Hill, 2006), life satisfaction and quality of life (Sevil, 2015), academic stress and anxiety, increased self-esteem (Gordon & Caltabiano, 1996), psychological health

and job satisfaction (Pearson, 1998), happiness and psychological well-being (Brown, Frankel & Fennel, 1991), subjective well-being (Wang, Qu, Yang & Yang, 2018).

In the context of life satisfaction, Eruzun and Türkmen (2018) revealed that life satisfaction has a positive effect on quality of life. Akyıldız (2013) revealed that life satisfaction has a positive effect on leisure time satisfaction. Yaşartürk, Akyıldız, and Karataş (2017) revealed that life satisfaction affects the perception of boredom. Bonebright, Cynthia, Clay, and Ankenmann (2000) revealed that it affects work-life conflict. Schimmack, Radhakrishnan, Oishi, and Dzokoto (2002) revealed that it has a positive effect on personality and subjective well-being.

Based on this information, the purpose of this study is to reveal the differences in leisure time satisfaction levels and life satisfaction of theater actors according to demographic factors, and the relationship between leisure time satisfaction levels and life satisfaction levels. The universe of the study consisted of amateur and professional theater actors in Turkey. The data were collected from 527 people who were selected by snowball sampling method using questionnaire technique.

As a result of the analysis of the data, it was revealed that the leisure time satisfaction and life satisfaction levels of the theater actors differ according to various variables. In addition, a positive and significant relationship was found between the leisure time satisfaction levels and life satisfaction levels of the theater actors. Various suggestions have been developed based on the findings obtained.