



Journal of Recreation and Tourism Research

Journal home page: www.jrtr.org

ISSN:2148-5321

EFFECTS OF PARTICIPATION LEVELS OF RECREATIONAL ACTIVITIES ON HAPPINESS AND QUALITY OF LIFE IN EMPLOYEE

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EXTENSIVE SUMMARY

There are many problems such as intense flow of life, challenging business conditions and population growth in cities, stress, distress, lack of attention, psychological and physiological disturbances in human beings. Individuals are able to get rid of these problems and refresh on the page, even in their leisure time. These activities allow individuals to rest, to be comforted, to be happy and to increase their quality of life.

The aim of this research is to examine the effects of participation levels of recreational activities on individuals' happiness and quality of life in the central district municipalities of Eskişehir province, as well as to examine the frequency of participation in activities according to demographic variables. For this purpose, the scale of 412 researchers working in the central district municipalities has been applied. The study was a quantitative study and data were collected using questionnaire technique.

When the results of the study were analyzed, it was determined that age demographic variable had no effect on the frequency of recreational participation, while gender, marital status, education status, seniority and annual income level affected the frequency of recreational participation from demographic factors. It has been found that individuals who work in the results of the research have a positive effect on the level of participation in recreational activities and the happiness of individuals. In addition, it is also stated that individuals have a positive relationship between happiness levels and quality of life.