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Original article

EXAMINATION OF LEISURE SATISFACTION LEVELS OF INDIVIDUALS PARTICIPATING IN RECREATIVE DANCE ACTIVITIES

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Abstract*

Aim. The purpose of this study was to investigate the leisure satisfaction levels of individuals, who attend to dance activities as a recreational activity in dance course, in relationship with leisure satisfaction levels and some demographic features of participants.

Methods. The data were obtained by the "Leisure Satisfaction Scale (LSS) (Beard, Ragheb, 1980), which was examined for reliability and validity then reduced to a shorter version of 39 question (Karlı and etc., 2008). In analysis of the study t-test is used to determinate the differences of gender, marital status and having a child variables' effect on leisure satisfaction levels, meanwhile One Way Variance Analysis (ANOVA) is used to determinate differences of age, education level and income variables' effect on leisure satisfaction level.

Results. The results of this study indicated that; the highest point of leisure satisfaction were found in relaxation subdimension and the lowest point is were found in physiologic subdimension. There is not statistical significant differences between gender and leisure satisfaction level but there are significant relationships between age group, education level, income level, marital status and having a child variables.

Conclusion. As result; when age level and income level increases, leisure satisfaction levels increase accordingly. The leisure satisfaction levels were found higher when participants' marital status is single and when there is no child.

Keywords: Recreation, leisure satisfaction, dance

Introduction

The accelerating technological development in the last century brought change along with it. As this change takes its place in our daily lives, it affects the way people use time and causes new terms to enter our lives. Industrialisation has put muscle power in the back seat and therefore we have encountered the concept of "leisure time" due to the leftover time from work.

Due to the socio-economic and cultural change in peoples lives, they tend to use this leisure time for positive activities which improve their quality of life. Because of these reasons, people desire to take part in positive actions which will improve and protect their mental and physical health, such as entering different social circles, distancing oneself from stress and adapting to changing situations in their surroundings. On the other hand, people wish to use their leftover time from work both by making the best out of it, and using their achievements to go back to work rejuvenated. (Albayrak, 2012). In order for people to live, work, rest and have fun in a society in a healthy and conscious manner, they need to reach a level of sufficiency. While the time occupied by work tires people, the time outside of it enables man to do something for himself, renew himself and begin life

again. (Kurumlu, 2014).

In the new world order, developed and developing countries have started following a course of politics which aim to build a populace of people who use their leisure positively and therefore increase work effectiveness with their enjoyment. By defining the health of the people who use their leisure times positively under "emotional, spiritual, mental, societal, occupational and physical" terms (Zorba, 2011) it is being aimed to prepare the people for socially, physically and mentally sufficient levels.

One of the most important aspects of achieving a positive health level is how a person spends his/her leisure time. At the same time, the way how people use their leisure time affects their levels of unoccupied satisfaction. In this context, people prefer to pursue actions which are both fun, satisfactory and affect their health levels positively. In the recent years, dancing, which enables people to be entertained through social and aesthetic means and be active physically at the same time became a very popular recreative pursuit. This research includes works which try to determine whether people can use their leisure time in a way they want and a satisfactory way after the dancing activities which influence their lives positively, or not.

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Method

This research is prepared in a quantitative figure and it uses the scanning model. The scanning model is a research approach which aims to depict a situation which existed in the past or still does as it is.

The subject of the research, whether it be a person, situation or an object, is meant to be depicted under its own circumstances and as is. There is no effort to change or influence them in any way. What is wanted to be known is out there. What matters is being able to observe and define it well. (Karasar, 2008:77).

The universe of this research is populated by people who take part in the recreative dancing courses in the city of Ankara. The samples for this research were gathered from 420 people who take part in recreative dancing in 14 dancing courses out of the 32 which operate under the jurisdiction of the Ankara Chamber of Commerce, the National Directorate of Education and the Turkish Federation of Dancing Sports through the means of random sampling.

In order to determine the demographical data in this research, a personal information form comprised of 6 questions was used. In order to determine the the level of satisfaction in the unoccupied times of the people who took part in this research, the KMO sample sufficiency measurement which was developed by Beard and Ragheb (1980), which includes 39 questions, six different levels and which was brought into Turkish fields by Karlı et al (2008), also as a result of .92 and Barlett Globality Test, a LSS (Leisure Satisfaction Scale) with the meaningfulness value of .92 and a coefficient of internal consistency (Chronbach Alpha) .92 was used (Beard, Ragheb, 1980). As a result of the internal consistency analysis made for this research, the collective internal consistency coefficient was determined as .93 while the internal consistency coefficients regarding the lower levels were determined as .85 for the Cronbach (α) coefficients for Education, Physiological, Psychological and Social subdimensions, and .86 for the Aesthetic and Relaxation subdimensions.

If we see the subdimensions of the coefficient seriatim;

Psychological subdimension, (8 clauses) includes concepts the feeling of freedom, entertainment, being a part of a pursuit, intellectual development, success and confidence.

Education subdimension; (9 clauses) inspects the satisfactory effects of mental stimulation, one's recognition of self, the society and the surroundings and learning new things, development of skills and personal development.

Social subdimension; (8 clauses) includes the determination of one's having place in a group,

meeting new people and making acquaintances and friends, and the feel of satisfaction when one makes himself accepted.

Relaxation subdimension; (4 clauses) aims to gauge the emotions regarding relaxation, rejuvenation, escape from stress and the hardships of life and feeling good.

Physiological subdimension; (6 clauses) consists of satisfactory feelings which result from physiological benefits such as people's fitness as a result of the recreative activities they took part in, health, weight control

Aesthetical subdimension; (4 clauses) inspects the satisfactory feelings regarding satisfactory feelings tied to the places people spend their leisure time and their attributes such as design, beauty and being interesting.

The scale is a 5-choice Likert scale. It consists of 39 questions with the options going from 1 to 5, respectively, 1; It Nearly Never Applies to Me, 2; It Rarely Applies to Me, 3; It Applies to Me Sometimes, 4; It Applies to Me Often, 5; It Applies to Me Always. The possibly highest attainable score from the scale is 195, while the lowest is 39.

The data was gathered from private dance courses under the jurisdiction of Dance Sports Federation, National Directorate of Education and Ankara Chamber of Commerce in the Çankaya Municipality of the city of Ankara. The data was gathered from 420 people who take part in recreative dancing by talking to them personally, who were sampled randomly from 14 dance courses out of 34 centers which provide dance courses. As 1350 polls were handed out while the data gathering, 420 of them were answered with feedback flawless enough to be used in the research.

The statistical analysis of the findings gathered from the people who attend recreative dances were made in SPSS 19 packet program. Frequency and percentage calculations were made for the demographic attributes of the research group. The variables were inspected by their dispersion to groups, and after considering the normality and the homogeneity of the variances it was concluded that the dispersions were parametric in character. The differences in the variables of the attendees leisure time satisfaction levels were tested using one way variance analysis (One Way ANOVA) and inter-group comparisons with meaningful differences were conducted using a Tukey test. Attendees' gender, marital status and child ownership variables were compared using an independent one sample test (t-test). Statistical meaningfulness level was established as 0.05.

Findings

The demographic attributes and LSS findings are provided in the tables below.



According to the gathered data, 47%9 of the attendees were male and 52,1% were female, and it is seen that the majority of them were 23-30 ages old with 44,8%. While it is observed in the income levels that 28,6% of the attendees were from the low income level, 80,7% of them were educated on a undergraduate or a higher level as shown in our research. When looked at the marital status data, while singles make up for 79,3%, the married

persons make for 20,7%. Parallel to this information, their child-owning ratio is a low 13,6% compared to the ones who do not.

It was observed that the attendees' highest arithmetic average value was in the relaxation subdimension ($3,99 \pm 0,87$) and the lowest was in the physiological subdimension with ($3,59 \pm 0,78$).

Table 1. The T-test results between the attendees' genders and LSS subdimensions

	Cinsiyet	N	\bar{x}	SS	t	P
Education	Male	201	3,81	0,76	-0,222	0,82
	Female	219	3,83	0,76		
Physiological	Male	201	3,66	0,78	1,695	0,09
	Female	219	3,53	0,78		
Aesthetics	Male	201	3,70	0,84	-1,315	0,18
	Female	219	3,80	0,81		
Relaxation	Male	201	3,91	0,87	-1,914	0,06
	Female	219	4,07	0,86		
Social	Male	201	3,79	0,75	-1,296	0,19
	Female	219	3,69	0,78		
Psychological	Male	201	3,86	0,77	-0,058	0,95
	Female	219	3,86	0,73		

* p<0.05

Table 1 details t-test results with the gender variables with LSS subdimensions. When the gathered findings were inspected, a difference in the

meaningful leisure time satisfaction level according to the gender ratio was not found.

Table 2. The assessment of the differences between attendees' age groups and LSS subdimensions

		N	\bar{x}	SS	f	p
Education	< 23	117	3,93 ^a	0,67	4,65	0,01*
	23 - 30	188	3,86 ^{a,b}	0,77		
	> 31	115	3,64 ^b	0,80		
	Total	420	3,82	0,76		
Physiological	< 23	117	3,65 ^a	0,78	5,95	0,00*
	23 - 30	188	3,69 ^a	0,75		
	> 31	115	3,38 ^b	0,79		
	Total	420	3,59	0,78		
Aesthetical	< 23	117	3,83 ^a	0,75	6,92	0,00*
	23 - 30	188	3,85 ^a	0,84		
	> 31	115	3,51 ^b	0,85		
	Total	420	3,75	0,83		
Relaxation	< 23	117	4,15 ^a	0,71	8,95	0,00*
	23 - 30	188	4,07 ^a	0,83		
	> 31	115	3,71 ^b	1,01		
	Total	420	3,99	0,87		
Social	< 23	117	3,86 ^a	0,67	9,51	0,00*
	23 - 30	188	3,82 ^a	0,75		
	> 31	115	3,48 ^b	0,84		
	Total	420	3,74	0,77		
Psychological	< 23	117	3,99 ^a	0,68	5,52	0,00*
	23 - 30	188	3,90 ^a	0,71		
	> 31	115	3,68 ^b	0,83		
	Total	420	3,86	0,75		

Table 2 details the comparison of subdimensions according to age groups. In order to find the differences regarding age groups and LSS, a one way variance analysis (ANOVA) was used. Using the age variable, meaningful data between LSS subdimensions was found. According

to the acquired data, under the education subdimension the average results were higher in the 23-30 age group than the 31 and above. While there was no statistical difference between the 23 and under and the 23-30 age groups, 31 and above group was lower than the two in average.

Table 3. The T-test results between the attendees' education levels and LSS subdimensions

	Education	N	\bar{x}	SS	t	p
Education	HS and below	81	3,72	0,82		
	UG and above	338	3,85	0,74	-1,31	0,18
Physiological	HS and below	81	3,46	0,93	-1,71	0,08
	UG and above	338	3,63	0,74		
Aesthetical	HS and below	81	3,63	0,91	-1,71	0,14
	UG and above	338	3,78	0,80		
Relaxation	HS and below	81	3,76	0,90		
	UG and above	338	4,05	0,85	-2,73	0,00*
Social	HS and below	81	3,60	0,82		
	UG and above	338	3,77	0,75	-1,85	0,06
Psychological	HS and below	81	3,66	0,81		
	UG and above	338	3,91	0,72	-2,70	0,00*

Table 3 details the T-test results between the education variable and the LSS. According to the data, meaningful differences were encountered in the relaxation ($t=-2,73;p<0,05$) and psychological ($t=-2,70;p<0,05$) subdimensions. When the subdimensions with meaningful differences were inspected, attendees with degrees undergraduate and

above had averages higher in their favour. As it could be understood from the table as well, as the education level goes higher, the people have meaningfully higher levels of leisure time satisfaction and satisfaction shows difference according to the education level.

Table 4. The T-test results between the attendees' marital status and LSS subdimensions.

	Marital Status	N	\bar{x}	SS	t	p
Education	Single	333	3,90	0,72		
	Married	87	3,51	0,82	4,40	0,00*
Physiological	Single	333	3,67	0,75		
	Married	87	3,32	0,84	3,76	0,00*
Aesthetical	Single	333	3,83	0,79		
	Married	87	3,45	0,88	3,84	0,00*
Relaxation	Single	333	4,11	0,80		
	Married	87	3,56	0,98	5,35	0,00*
Social	Single	333	3,82	0,73		
	Married	87	3,42	0,84	5,61	0,00*
Psychological	Single	333	3,95	0,71		
	Married	87	3,51	0,79	5,08	0,00*

Table 4 details the T-test results between the marital status variable and the LSS subdimensions. According to the research data, there is a meaningful relationship between the marital status variable and all the subdimensions [($t=4,40$),

($t=3,76$), ($t=3,84$), ($t=5,35$), ($t=5,61$), ($t=5,08$); $p<0,05$]. When the arithmetic averages are considered, it is observed that single attendees score higher on average in their leisure time satisfaction levels.

Table 5. The assessment of the differences between attendees' income levels and LSS subdimensions

		N	\bar{x}	S.S.	f	p
Education	< 1001tl	120	3,80	0,74	2,36	0,07
	1001tl - 2000tl	97	3,69	0,86		
	2001tl - 3000tl	108	3,82	0,75		
	> 3000tl	95	3,98	0,66		
	Total	420	3,82	0,76		
Physiological	< 1001tl	120	3,54	0,81	1,84	0,13
	1001tl - 2000tl	97	3,48	0,89		
	2001tl - 3000tl	108	3,67	0,73		
	> 3000tl	95	3,70	0,65		
	Total	420	3,59	0,78		
Aesthetical	< 1001tl	120	3,69	0,78	1,26	0,28
	1001tl - 2000tl	97	3,67	0,89		
	2001tl - 3000tl	108	3,79	0,83		
	> 3000tl	95	3,87	0,80		
	Total	420	3,75	0,83		
Relaxation	< 1001tl	120	4,14 ^a	0,84	5,53	0,00*
	1001tl - 2000tl	97	3,70 ^b	1,00		
	2001tl - 3000tl	108	3,99 ^{a,b}	0,84		
	> 3000tl	95	4,11 ^a	0,71		
	Total	420	3,99	0,87		
Social	< 1001tl	120	3,75 ^{a,b}	0,75	2,67	0,04*
	1001tl - 2000tl	97	3,57 ^b	0,80		
	2001tl - 3000tl	108	3,74 ^{a,b}	0,76		
	> 3000tl	95	3,89 ^a	0,74		
	Total	420	3,74	0,77		
Psychological	< 1001tl	120	3,88 ^{a,b}	0,77	4,43	0,00*
	1001tl - 2000tl	97	3,66 ^b	0,79		
	2001tl - 3000tl	108	3,85 ^{a,b}	0,75		
	> 3000tl	95	4,05 ^a	0,62		
	Total	420	3,86	0,75		

Table 5 details the one way variance analysis (ANOVA) results between the attendees income levels and LSS subdimensions. When you inspect the table, the coefficient's relaxation, social and psychological subdimensions are higher compared to the others.

In the coefficient's social and psychological subdimensions, when the attendant is above the

3000tl income level, it can be seen that those attendees have greater leisure time satisfaction levels compared to the other income groups. In the relaxation subdimension of the coefficient, the 2001-3000tl group can be observed to have a lower score in terms of leisure time satisfaction levels compared to the other groups.

Table 6. T-test results between the attendees' parental status and LSS subdimensions

	Do you have a child?	N	\bar{x}	SS	t	p
Education	Yes	57	3,53	0,88	-3,13	0,00*
	No	362	3,87	0,73		
Physiological	Yes	57	3,33	0,84	-2,76	0,00*
	No	362	3,63	0,76		
Aesthetical	Yes	57	3,46	0,88	-2,82	0,00*
	No	362	3,80	0,81		
Relaxation	Yes	57	3,57	1,03	-3,99	0,00*
	No	362	4,06	0,82		
Social	Yes	57	3,45	0,80	-3,03	0,00*
	No	362	3,78	0,75		
Psychological	Yes	57	3,53	0,80	-3,59	0,00*
	No	362	3,91	0,73		

In Table 6, it is concluded that the attendees position of having a child affect their level of leisure time satisfaction. According to the findings; on arithmetic averages the attendees who are not parents have generally higher levels of leisure time enjoyment. When the results of the research is looked at, a meaningful relationship between child ownership and leisure time satisfaction scale was found in all the subdimensions.

Results

In this this research, it was researched whether variables like gender, income and age have any effect on the people's leisure time satisfaction levels who take part in recreative dancing pursuits in the Çankaya municipality in the city of Ankara. As a result of the research data, these conclusions were arrived at:

The attendees' highest arithmetic average value was determined in the relaxation subdimension ($3,99 \pm 0,87$) and the lowest arithmetic average was in the physiological subdimension ($3,59 \pm 0,78$).

It was understood in our research that gender does not make a meaningful difference in leisure time satisfaction levels. According to the age variable of the LSS, meaningful differences in all subdimensions were encountered. As a result of the T-test made between the attendees' education levels and subdimensions, meaningful statistics were encountered in the relaxation and physiological subdimensions. Also, another finding we grasped was the fact that increasing education levels also increase leisure time satisfaction levels.

As a meaningful correlation between marital status and all of the LSS subdimensions was observed, the single attendees were found to have higher levels of leisure time satisfaction levels in all of the LSS subdimensions compared to the married persons. According to the research results; single attendees can enjoy their leisure time in more of a satisfactory way than the married attendees.

According to analyses using answers to another variable in our research, child ownership; meaningful correlation was observed between this variable and all of the LSS subdimensions. It was observed that attendees without children had higher levels of leisure time satisfaction compared to the attendees who have children.

While meaningful correlation was found between income levels and the subdimensions relaxation, social and psychological, according to the findings; higher income levels affect leisure time satisfaction levels positively.

According to the findings of this research; the differences in leisure time satisfaction levels and subdimensions such as marital status, child ownership, age, education and income levels are correlating meaningfully. It could be said as a result of our research that as the attendees' family responsibilities increase, the ability to enjoy leisure time in a satisfactory way erodes. The leisure time the person uses for his personal life is affected negatively by the time he sacrifices for his family members. This claim is strongly supported by the results showing single attendees score higher on their leisure time satisfaction levels compared to the married attendees. Again, it could be said that socio-economic situations connected with the increase of income levels affect leisure time satisfaction in a positive manner. Satisfaction level is at will connected to the pursuit followed. As increase in the income level will provide relaxation for the social and the psychological subdimensions, this strikes us as an important factor.

Discussion

In this part, the gathered data was interpreted under the context of the research questions and compared to research made in this field previously. According to our research findings, there is no meaningful correlation between the gender variable and the LSS subdimensions; Broughten and Beegs (2006), Amestoy, Rosal and



Toscano (2008), Berg, Trost, Schneider and Allison (2001), Ardahan and Yerlisu Lapa's (2010), Lu and Hu (2005), Gökçe (2008), Vong Tze (2005), Kabanoff's (1982), Spiers and Walker (2009) research also found no correlation or difference between gender and leisure satisfaction levels.

Broughten and Beegs (2006) made use of the short form of the LSS and inspected the leisure time satisfaction levels of adults in their research. When looked at the attendees, 132 female and 55 male of which, a meaningful difference was not found.

Sönmezoğlu et al (2014) research found the finding that female attendees had higher levels of leisure satisfaction compared to the males. This research shows there character of showing different results than ours.

Demir and Demir's (2006) and Shin and You's (2013) researches found differences using the gender variables in leisure satisfaction levels. Brown and Frankel (1993) and Misra and Kean (2000)'s researches show that males score higher levels of leisure satisfaction compared to the males.

The conclusion we arrived at with another of our variables, income level, points in the direction that attendees with higher levels of income show higher levels of leisure satisfaction. Amestoy et al (2008), Agyar (2013), Ardahan and Lapa (2010), Russell (1987), Bonke, Dedding and Lausten's (2009) researches show features paralleling ours. Contrary to this, Brown and Frankel (1993), Mancini (1978), Vong Tze's (2005) researches found out that income levels have no concrete effect on the leisure satisfaction.

According to the findings of our research, it could be said that education levels and leisure satisfaction are directly proportionate. Lu and Hu's (2005) research show parallels with our findings. Differing from our research, Arslan's (2010) research shows that lower education groups show higher willingness to learn more through recreative activities compared to the higher education groups.

Brown and Frankel's (1993) researches came to the conclusion that the differences in education levels cause no correlation in leisure time satisfaction levels.

According to our findings, as age levels go higher, the leisure satisfaction levels go lower. Amestoy et al (2008), Broughten and Beggs' (2006) and Yerlisu Lapa's (2013) researches show parallels with our research findings in this matter.

In another variable in our research, marital status, it could be seen that in all subdimensions single attendees show higher levels of leisure satisfaction compared to the married attendees. Liang, Yamashita and Brown (2013) and

Siegenthaler and O'dell's (2000) researches findings support our researches in character.

As a finding which is the result of the demographical question regarding child ownership which found its place in our research, it could be seen that attendees who don't have children score higher leisure satisfaction levels than the ones who do under all of the subdimensions.

Amestoy's research is supportive of this finding. In this research, it was concluded that having a child younger than 16 in the family was affecting the parents' leisure satisfaction levels negatively. It could be said that the dedication of time of adults who have children to their kids is one of the underlying reasons. In the research, it is said that it affects the leisure satisfaction levels of the family in a negative manner. (Amestoy, Rosal and Toscano, 2008).

Conclusion

The revealed conclusion is; leisure satisfaction is not affected by gender with our findings. Statistically, it has been found out that; there are significant differences based on age in all subdimensions of Leisure Satisfaction Scale. The education level of participants plays a significant role as it has correlation with relaxation and physiological dimensions. Furthermore, our findings suggest that the more the education level increases the more the leisure time satisfaction level rises.

Marital status is another factor in our findings, as single participants have higher satisfaction level in their leisure times comparing to married ones. According to our study, single individuals can utilize their leisure time in a higher level of satisfaction. Having child also has a strong relation with spending the leisure time to the satisfaction of participants, while individuals with children have less satisfaction levels comparing to the childless individuals.

Our study finds out that level of income has significance influence on the subdimensions, such as relaxation, social and psychological of leisure satisfaction. According to the findings, higher income can be translated as higher satisfaction in leisure time.

In terms of the study, it can be asserted that, the satisfaction level in leisure time activities has significant correlation with individuals' marital status, having child, age, education, and income level. As the domestic responsibilities of the individuals mount up, the level of satisfaction in individuals for spending their leisure decreases, according to our findings. The time that the individual sacrifices for its family members instead of spending privately is indicated as a negative affect on satisfaction levels. This finding is highly supported mainly by the difference between



satisfaction levels of the single participants and the married participants. The high income level has a positive impact on the satisfaction levels, as the increase in the level of income provides relief socially and psychologically.

In the conclusion of the study, based on the findings, the leisure satisfaction level in individuals' recreative dance activities has been assessed and explained. The phenomenon of human, which the recreation serves, has been examined considering its socio-economic conditions and it was aimed that the study is expected to shed light on the future researches regarding recreation, dance and leisure time.

Considering the lack of studies that will initiate these programs, studies on different groups should contribute to the developments in recreation. Interdisciplinary studies should be exercised in accordance with the determined issues. We recommend that supporting dance and bringing it to its well-deserved place with similar studies should be a priority as the studies on dance as a branch of sport, which we made our sampling on, are very limited.

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