COMPARISON OF RECREATIONAL BEHAVIOURS OF INDIVIDUALS WITH REGARD TO DEMOGHRAPHIC VARIABLES

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Abstract
Purpose
The present study aimed to determine and compare recreational behaviours of individuals with regard to some demoghraphic variables.
Methods
The survey conducted in Ankara which is the capital city of Turkey. The questionnaire administrated 212 male (59.1%) and 142 female (40.1%) a total of 354 participants aged between 18-54 ≥. Descriptive statistics (f, %) were used to determine participation rates and types of activities in the last one year and also activities that the groups willing to try. Chi-square analysis were used to test the differences between individuals spend their leisure time with whom and marital status. X^2 test also used to test the differences between income level and where they spend their leisure time.
Results
The results indicated that while reading newspaper (63.7%), doing sports (40.6%) and reading books (33.5%) is the three top activities that males do, the most three top activities for females reading books (40.1%), newspaper (36.6%) and fancy work (26.1%). Walking (61.9%) is the most frequently listed of all activities that the individuals participated in the last one year and they would like to try a wide range of activities from swimming (7.1%) to horse riding (6.6%). Chi-square analysis revealed significant relationship in spend their leisure time with whom according to marital status (p<0.05). There was also a significant relationship between income level and where they spend their leisure time (p<0.05).
Conclusions
As a result, it can be concluded that participants prefer to participate recreational activities in the private sectors' facilities with the increase in their income level.
Key Words: Recreation, behaviours, leisure time, demographic variables.

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Introduction

Leisure is an important aspect of individual development, family life, social relationships, and culture (J. Rubin, N.M. Flowers, D.R. Gross, 1986). Therefore it is so considerable point what people choose in their leisure time. In literature rewiev, it is seen that many factors influence our choice of how we spend our time for leisure (G. Torkildsen, 2005). Major influences on recreation and leisure in contemporary society are the sociocultural factors of gender, sexual orientation, race and ethnicity, and socioeconomic status (R. Kraus, 2008). Reviews of the leisure time activity correlates literature identify a range of modifiable psychological, social, and environmental factors associated with recreational activity participation (A. King, et al., 1992; R.K. Dishman, 1993). Researches consistently demonstrates a strong association between socioeconomic status and leisure time physical activity participation. Socio-economic status, commonly measured by household income, educational attainment, or occupation (National Research Council, 1999). Individuals with lower levels of education, income, and occupational prestige typically report lower levels of activity (C. Iribarren, et al., 1997; U.S. Department of Health and Human Services, 1996).However, our knowledge and understanding of the factors contributing to this relationship is limited (N.W. Burton, G. Turrell, B. Oldenburg, 2003).According to these factors this study aimed determine and to compare recreational behaviours of individuals with regard to some demoghraphic variables.

Method

This research study was conducted with the participation of a total number of 354 participants consisting of 212 male (59.1%) and 142 female (40.1%) from Ankara.

In this study, a questionnaire form developed by researcher through searching literature (A.J. Veal, 1984; G. Cushman, 2005; I. Nilsson, A.G. Fishers, 2006) and the suggestions of instructors who studies on leisure and recreation. The data instrument consist of two part; first part was about demographic questions, second part was about leisure time-related questions.

Researchers were provided individuals with the necessary information about the purpose of the research study as well as the questionnaire used in the research. The questionnaire form was applied to the participants during November of 2009. The average time spent for application of the questionnaire to each participant was about 10-15 minutes. In the evaluation of data before all else the questionnaire applied to the participants were checked and it was determined that 354 scales were available for use. In the phase of evaluation of data, frequency (f) and percentage (%) were calculated for the evaluation of the demographical information pertaining to the participants. Descriptive statistics were also used to determine participation rates and types of activities in the last one year and also activities that the groups willing to try. Chi-square analysis were used to test the differences between individuals spend their leisure time with whom and

marital status. X^2 test also used to test the differences between income level and where they spend their leisure time.

Results

When the findings obtained from the study are examined, it was observed that 40.4% of participants were in the group between 18-24 years of age, 62.4% of single, 37.6% of had completed university-postgraduate education, and 41.0% of participants's income were 601-1250 € per month.

Table 1. Demographic Characteristics of Participants

Variables		f	%
Gender	Male	212	59.9
	Female	142	40.1
Age	18-24 years of age	143	40.4
	25-34 years of age	101	28.5
	35-44 years of age	56	15.8
	45-54 years of age	54	15.3
Marital Status	Married	133	37.6
	Single	221	62.4
Education	Primary education	47	13.3
	Secondary education	42	11.9
	High school	132	37.3
	University and postgraduate	133	37.6
Income	Less than 200 €	8	2.3
	201-300 €	26	7.3
	301-400 €	42	11.9
	401-600 €	78	22.0
	601-1250 €	145	41.0
	1251 € and over	55	15.5

When Table 2 is examined, it is seen that participants mostly prefer watching TV (71.8%), listening music (65.3%) and reading book-newspaper (50.7%) etc. The other activities as visiting friends and relatives, computer games, shopping, diner outside that participants prefer appear in Table 2.

Table 2. Recreational Participation Rates of Participants (Top Ten Activities)

	Variables	f	%
Activities	Watching TV	254	71.8
	Listening music	231	65.3
	Reading Book-Newspaper etc.	179	50.7
	Visiting Friends and Relatives	153	43.2
	Computer Games	123	34.8
	Shopping	114	32.2
	Dinner outside	102	28.8
	Ball related physical activities	87	24.6
	Tourism activities	84	23.7
	(long vacations)		
	Picnic	79	22.3

* Each is the percentage value taken (n=354).

When the results indicated, it is determined that individuals participate several activities in last one year. In Table 3, it's shown that last one year individulas participate walking (66.0%), swimming (48.2%), football (42.5%), jogging (20.2) and trekking (16.3%) most. The other activities that individulas participate appear in Table 3.

Table 3. Leisure Time Physical Activity Participation Rates of Participants in Last 1 Year (Top Ten Activities)

	Variables	f	%
Activities	Walking	219	66.0
	Swimming	160	48.2
	Football	141	42.5
	Jogging	67	20.2
	Trekking	54	16.3
	Basketball	54	16.3
	Volleyball	52	15.7
	Biking	49	14.8
	Table Tennis	35	10.5
	Fishing	33	9.9

* Each is the percentage value taken (n=354).

When the results examined, it is determined that individuals would like to try and learn quite a few activities. In Table 4, the favorite activities of individulas indicated like; trying and learning different sports (18.2%), swimming (7.4%), horse riding (6.6%), mountaineering (5.5%) and paragliding (5.2%) most. The other activities that individulas would like to try exist in Table 4.

Table 4. Activities which individuals would like to try and learn

	Variables	f	%
Activities	Trying&Learning different sports	71	18.2
	Swimming	26	7.4
	Horse Riding	22	6.6
	Mountaineering	19	5.5
	Paragliding	18	5.2
	Travel the world	13	4.2
	Diving	14	4.0
	Playing an instrument	18	3.5

* Each is the percentage value taken (n=354).

When chi-square results analyzed in Table 5, statistically significant relationship indicated on spending leisure time with family related to marital status towards married individuals (p<0.05) and spending leisure time with friends related to marital status towards single individuals (p<0.05). There are not significant relationship between groups in terms of other variables.

Table 5. Chi-square results of spending leisure time with whom related to marital status

	Married		Single		
Variables	N	%	N	%	p
Alone	18	13.5	57	25.8	.006
Family	94	70.7	66	29.9	.000
Relatives	18	13.5	29	13.1	.091
Friends	40	30.1	180	81.4	.000
Other	3	2.3	8	3.6	.047

When chi-square results indicated in Table 6 statistically significant relationship determined on the place-area that individuals spending leisure time related to income is in Public Areas-Places towards the group 1251 € and over (p<0.05) and Home-Based towards the group 201-300 € (p<0.05) and finally Natural Places towards the group Less than 200 € (p<0.05). There are not significant relationship between groups in terms of other variables.

Table 6. Chi-square results of the place-area that individuals spending leisure time related to income

	Less than 200 €		201- 300 €		301- 400 €		401- 600 €		601-1250 €		1251€ and over		p
	N	%	N	%	N	%	N	%	N	%	N	%	
Public Areas	-	-	-	-	5	11.9	17	21.8	27	18.6	17	30.9	.001
Private Sector	1	12.5	6	23.1	10	23.8	18	23.1	47	32.4	26	47.3	.030
Home	2	25.0	19	73.1	25	59.5	56	71.8	63	43.4	28	50.9	.000
Naturel Areas	6	75.0	7	26.9	14	33.3	20	25.6	60	41.4	30	54.5	.003
City-Town	2	25.0	-	-	6	14.3	9	11.5	20	13.8	6	10.9	.035
Other	-	-	-	-	-	-	3	3.8	11	7.6	-	-	.064

Conclusion

The purpose of this study to determine and compare recreational behaviours of individuals with regard to some demoghraphic variables.When the demographic findings obtained from the study are examined, it was observed that 40.4% of participants were in the group between 18-24 years of age, 62.4% of single, 37.6% of had completed university-postgraduate education, and 41.0% of participants's income were 601-1250 € per month.According to the results in this study, it is seen that participants mostly prefer watching TV (71.8%), listening music (65.3%) and reading book-newspaper etc. (50.7%) in their leisure time. The other activities were visiting friends and relatives, computer games, shopping, diner outside, ball related physical activities, tourism activities (long vacations) and picnic that individuals prefer to participate.Similar findings were found in the study (A.S. Özdemir, et al. 2006) as workers mostly prefer watching TV, listening to music, reading newspapers-magazines, playing with children and gardening among home-based activities. Also M.E. Beck and J.E. Arnold (2009) approach in their study a similar result as families prefer TV (49.8%) and reading (20.5%) most. When the results indicated, it is determined that individuals participate several leisure time physical activities in last one year. These activities were walking (66.0%), swimming (48.2%), football (42.5%), jogging (20.2) and trekking (16.3%) most.When the results examined, it is determined that individuals would like to try and learn quite a few activities. The favorite activities of individulas indicated like; trying and learning different sports (18.2%), swimming (7.4%), horse riding (6.6%), mountaineering (5.5%) and paragliding (5.2%) most. Another activities were travel the world, diving and playing an instrument.In comparative analyses regard to marital status, statistically significant relationship indicated on spending leisure time with family related to marital status towards married individuals (p<0.05) and spending leisure time with friends related to marital status towards single individuals (p<0.05). Many discrete and complex, and often interrelated factors, condition people's choice and participation in leisure activities. Furthermore, there are the strongest links between leisure and other elements of life. A person's age and stage in the family life-cycle, such as marriage affect opportunity and participation (G. Torkildsen, 2005).In comparative analyses regard income, statistically significant relationship determined on the place-area that individuals spending leisure time related to income is in Public Areas-Places towards the

group 1251 € and over (p<0.05) and Home-Based towards the group 201-300 € (p<0.05) and finally Natural Places towards the group Less than 200 € (p<0.05). General Household Surveys have examined household income. They show that income levels are closely linked to participation rates, and for almost all the leisure activities they examined, the proportion participating rose with income. Even where little or no financial outlay is incurred, such as walking, participation rates were also higher (G. Torkildsen, 2005). In 1953, households with a per capita income of 50 rubles or less had 116 hours of free time a month according to a Krasnoiark study, while those with more income had 188 hours. In four of the five categories of leisure listed in the study, the consumption of leisure goods rose with income (W.M. Moskoff, 1984).

Similar finding for income as data from the United Media Study (1983) show that households with incomes of $40.000 or more have 70% book readers, incomes of $15.000 or less were 35% book readers (United Media Enterprises, 1983). Income is a greater cause of variation than the factors of gender, ethnicity, and age (H. İbrahim, 1991).

In conclusion, it is seen that individuals of having different socio-demographic characteristics have different habits, chocies, and needs about leisure time and recreational activities (S. Karaküçük, 2008). This is because, leisure has a subjective nature (S. Karaküçük, B. Gürbüz, 2007). Our data showed that individuals prefer to spend their leisure time with passive and home-based activities most. And also they participate the physical activities mostly walking, swimming, football, jogging and trekking instead of several extreme sports or different sports like horse riding, paragliding, mountaineering, climbing, diving etc. Altough our findings also showed that individuals would like to try and learn the activities as swimming, horse riding, mountaineering, paragliding and diving most. All these results and situation showed and support the importance of leisure education, public and private leisure services and their awareness-promotion, recreational areas-centers and their accessibility and impact of income level in community leisure and recreation experiences and living.

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