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BENEFITS OF PERCEIVED BY INDIVIDUALS ACTIVELY AND PASSIVELY PARTICIPATING IN RECREATION ACTIVITIES

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ABSTRACT

The recreation types of individuals started to vary with the changing world, depending upon the regional differences or their country conditions. The effects of recreation activities becoming the requirement of the changing world on people by active and passive participation arouse interest. Starting from this point of view, in this study, the benefits perceived from leisure by people actively and passively participating in recreation activities were examined from physical, psychological and social aspects. 435 adults aged 20 and above randomly selected from Ankara and Konya provinces who would represent the level of income and the gender distribution in universe participated in the study. The Leisure Benefits Scale developed by Ho (2008) was used in this study. The measurement tool measures the physical, psychological and social effects of leisure on people. The Turkish version of this scale has been made by Akgul and Ertuzun (2015), which is a 5 point likert type measurement tool consisting of 24 items. In the study, it was determined that active participants living with art and culture psychologically provided a positive benefit from these activities.

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INTRODUCTION

An individual who have more leisure time with technological developments in modern world embarks on a quest of various activities in their leisure times for the purposes such as avoiding stress, resting and recreating. The emotional situation and environment of people may rebound on their recreation types. Individuals state that they psychically, psychologically and socially feel themselves better in active or passive activities in which they voluntarily participate with the reasons such as health, socializing and avoiding stress. The participation in recreation activities has started to increase day by day in our country as in developed countries. Leisure activities freely selected by personal interest are associated with many physical and mental health benefits such as stress reduction (Iwasaki, 2001), cardio respiratory development (Wong, Wong, Pang, Azizah, and Dass, 2003) and cognition improvement (Singh-Manoux, Richards, and Marmot, 2003) as well as increasing the happiness, self-determination and self-confidence (Hills and Argyle, 1998; Csikszentmihalyi and Hunter, 2003; Frederick-Recascino and Schuster- Smith, 2003 Hutchinson *et al.*, 2003; Lu and Hu, 2005; Brown *et al.* 2008; Chun and Lee, 2008, 2010; Kim *et al.*, 2015).

According to Self-Determination Theory (Deci and Ryan, 1985; Ryan and Deci, 2000), leisure activities make positive contribution to life with the characteristics of self-determination and self-government. Therefore, it is important to participate in leisure activities in every period of life.

Active and Passive Leisure Activities

Individuals actively or passively participate in some activities in their leisure time for physically, psychologically and socially feeling themselves better. Karakucuk (2014) defined activities such as watching, listening as passive recreation and activities requiring active participation as active recreation. Sometimes playing football with friends is good for people, and sometimes listening to music relieves people. Even if the benefits that people perceive from these activities are same, the types of activities are different from each other. While playing basketball relieves someone psychologically, watching television may be good for someone else. Or while a person goes to Pilates as she physically feels good, another person may prefer dancing. We cannot think that people provide benefits in only one aspect from leisure activities that they prefer depending upon their personal wishes and expectations. This is a complex and complicated structure. Although you provide many physical or social benefits from an activity that

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you do not psychologically enjoy, continuity may not be provided. It is also impossible to think active and passive activities as independent. Active and passive activities in which people participate during their leisure time became integrated. Activities that people prefer during their leisure time depending upon their momentary emotions may change within the day, but the most important thing is the benefit that they feel after these activities. Benefits which are personally perceived may reflect on differentiation in the selections of people for leisure activities in continuous social changes in time as well as reflecting on society. The importance of active living in our life is emphasized in every platform in the recent days. Health problems such as obesity, diabetes, cardiac diseases and depression are showing increase throughout the world. The most important reason of this problem is the sedentary lifestyle. However, people has kept away from active living every passing day due to facilities and opportunities brought by time and accordingly their mental and physical health complaints have started to increase (Frumkin, Frank, and Jackson, 2004).

According to data of World Health Organization in 2010, 23% of adults aged 18 and above in the world are not active enough. Sedentary rate in high income countries is more than in low income countries. This can be explained by the reflection of facilities brought by technology on people as sedentary life. According to data of Turkish Statistical Institute (TÜİK) in 2015, it was determined that the activity for which individuals allocate minimum time was sport and outdoor sports by 11 minutes for individuals aged 10 and above. Females allocate average 6 minutes and males allocate average 16 minutes daily for sport activities. After the sport activities, it was seen that the activities for which the minimum time was allocated were games and hobbies by 21 minutes and voluntary works and meetings by 43 minutes. When average activity time of individuals aged 10 and above was examined by the activity type and household monthly income group, it was seen that as income group increased, the time allocated for voluntary works and meeting decreased. When sportive activities done by individuals aged 10 and above within the last four weeks so as to make use of their leisure time were examined, it was seen that the sportive activity for which the most time was allocated was walking or running by 9,9%, football by 5,2% and riding bicycle by 2,2%. When the activities and the allocated time for these activities done by individuals aged 10 and above throughout Turkey are examined by educational level, it is seen that as educational level increases, the time allocated for social life and fun decreases.

When the distribution of recreational and cultural activities done by individuals within the last four weeks so as to make use of their leisure time was examined according to data of Turkish Statistical Institute (TÜİK) in 2015, it was seen that the activities for which individuals aged 10 and above allocated time most was watching television by 94,6%, visiting their relatives by 69,9% and visiting their friends by 55,7%. It was also determined that spending time rate on social media was 33,9% and this rate was 41,7 in males and 26,2% in females. In the studies made by Tkach and Lyubomirsky (2006) and Ali Al Nima, Danilo Garcia (2015), they stated that females preferred passive leisure activities

more. Additionally, according to data of TÜİK in 2015, the number of opera/ballet audience in passive activities shows a continuous increase by years, which is satisfactory. Even though an individual do not actively participate in these activities, he/she can socially feel good as he/she is in that environment.

According to many researches, the relationship between the fact that children and adults feel good and the leisure activities varies depending upon the activity type. The mobility of children and adults is important for the time that they spend. According to some researches concerning children and adults, while passive leisure activities such as watching television, reading a book and using computer are negatively associated with well-being (Argyle, 2001; Shaw and Gant, 2002; Csikszentmihalyi and Hunter, 2003; Ussher, Owen, Cook and Whincup, 2007; Holder *et al.*, 2009), active leisure activities such as taking exercise are highly positively associated with well-being (Hills and Argyle, 1998; Csikszentmihalyi and Hunter, 2003; Parfitt and Eston, 2005, Lillian *et al.*, 2009).

Physical inactivity increases by age. Sedentary lifestyle of elderly people has started to affect negatively their health due to physical inactivity and facilities brought by urbanization. Hence, healthy aging has become a current issue and active recreation activities have started to become inevitable for elderly people (e.g., from osteoarthritis). According to a study by Kahneman *et al.* (2006) for determining whether money brings happiness or not; while active leisure activities are directly proportionate to the income of individuals, passive leisure activities are inversely proportionate to the income. It is thought that this may depend on the direct relationship of the participation in tempting recreation/sport centres provided by the changing world with income. An individual who does not expend energy on earning money and feels good may desire to spend his/her day by participating in tempting activities provided by new worlds. The reason of this desire may be health life, aesthetic concern or socializing. In the same study, females also pointed out that the most important determinant of their happiness was active recreation activities among the options such as active recreation, eating, passive recreation, work and obligations. Beside this, passive activities rank number three following the eating with a close point to active recreation activities.

Although researchers say that the benefits of active recreation activities are more than passive activities, both of these activity types should not be considered as independent from each other. The effect of positive benefits provided by active leisure activities and passive leisure activities on people are not independent from each other. The conditions that people are in may affect their choices for these activities. For instance; in a qualitative study, family members looking after a dementia patient stated that they felt freedom and sigh of relief and recreation after art activities in which they participated in their leisure time during 5 weeks.

Purpose of Study

The effects of recreational activities becoming a requirement for the changing world on people by active and passive participation arouse interest. Starting from this point of view, in this study, the benefits perceived from leisure by individuals

actively and passively participating in recreation activities were examined from physical, psychological and social aspects.

Research questions

Is there a difference between physiological, psychological and social benefits perceived by individuals actively and passively participating in recreational activities?

H1: Is there a significant difference between the sub-dimensions of 'Leisure Benefits Scale' of individuals actively and passively participating in social recreational activities?

H2: Is there a significant difference between the sub-dimensions of 'Leisure Benefits Scale' of individuals actively and passively participating in artistic recreational activities?

H3: Is there a significant difference between the sub-dimensions of 'Leisure Benefits Scale' of individuals actively and passively participating in sportive recreational activities?

H4: Is there a significant difference between individuals actively participating in socio-cultural, artistic and sportive recreational activities?

H5: Is there a significant difference between individuals passively participating in socio-cultural, artistic and sportive recreational activities?

MATERIALS AND METHODS

Sampling

In this study, at least 105 males and 105 females from both groups should be included in sampling under the hypothesis in which the significant difference between both groups (active-passive) can be accepted as 0.5, standard deviation of measurements is accepted as 1 and power is accepted as 0.95 so as to make comparison between sample volume and the participation in social recreational activities. This calculation was made by using Minitab program. Sampling consists of 435 people randomly selected from adults aged 20 and above and from Ankara and Konya provinces who will represent the level of income and the gender distribution in universe. Sampling volume is more than the amount calculated for analysis and power.

Leisure Benefits Scale

Leisure Benefit Scale developed by Ho (2008) was used in this study. The measurement tool measures the physical, psychological and social effects of leisure activities on people. The Turkish version of this scale is a 5 point likert type measurement tool consisting of 24 items made by Akgul and Ertuzun (2015). The physical benefit is measured by the first 7 items and the articles include subjective physical benefits perceived by people (preventing of disease, control, etc.).

The sub-dimension of psychological benefit measures the subjective psychological effects of people by 8 articles from 8th to 15th items (relief, overcoming the stress, etc.). The sub-dimension of social benefit measures the social effects perceived by people by 9 articles between 16th-24th items (developing family ties and social relations, etc.). General reliability of measurement tool is 0,91 and reliability value of sub-dimensions are respectively 0,82, 0,86 and 0,86. It was determined that general reliability Cronbach's alpha coefficient of the scale applied for this study was 0,92 and sub-dimensions of physical and social benefits were respectively 0,83, 0,87 and 0,87.

Analysis

Parametric analyses were made by accepting the distribution as normal according to Skewness and Kurtosis values of leisure benefit measurements in physical, psychological and social sub-dimensions (George and Mallery 2010). Independent sample t test analysis was used in the comparison of two independent groups and one-way ANOVA t test analysis SPSS package program was used in the comparison of three or more independent groups.

RESULTS

A homogeneous range can be mentioned as generally in terms of demographic variables of research sample (see Table 1).

Table 1. Data for Demographic Variables of Participants

		N	%
Gender	Female	214	49.2
	Male	221	50.8
	Total	435	100.0
Marital Status	Married	319	73.3
	Single	107	24.6
	Other	9	2.1
Total		435	100
Educational Status	Primary	73	16.8
	High School	98	22.5
	Bachelor/College	202	46.4
	Post- Graduate	62	14.3
	Total	407	100.0
Income	Bad	15	3.4
	Little	55	12.6
	Middle	221	50.8
	Fine	130	29.9
	Better	14	3.2
	Total	435	100.0
Remaining time sufficiency for you except school and work	Very insufficient	55	16.0
	Insufficient	149	
	Fair	124	26.8
	Sufficient	95	57.2
	Very sufficient	12	
Total		435	100.0

Table 2. Differences between the sub-dimensions of leisure benefits scale of individuals actively and passively participating in socio-cultural activities (for h₁)

		N	Mean	Min	Max	Std. Dev.	Independent sample t test	p
Physical	Active	209	29.84	12	35	3.73	.965	.335
	Passive	222	29.49	12	35	3.91		
Psychological	Active	209	36.23	18	40	4.37	1.171	.242
	Passive	222	35.70	18	40	4.93		
Social	Active	209	36.04	18	45	4.84	.135	.893
	Passive	222	35.97	18	45	5.24		

There is no significant difference between the sub-dimensions of leisure benefits scale of individuals actively and passively participating in socio-cultural activities

Table 3. Differences between the sub-dimensions of leisure benefits scale of individuals actively and passively participating in art activities (for h₂)

		N	Mean	Min	Max	Std. Dev.	Independent sample t test	p
Physical	Active	148	30,10	20	35	3,75	1.753	0.80
	Passive	285	29,43	17	35	3,83		
Psychological	Active	148	36,62	21	40	4,38	2.192	0.02
	Passive	285	36,19	20	40	4,77		
Social	Active	148	36,19	22	45	4,97	.562	.574
	Passive	285	35,90	21	45	5,07		

There is a significant difference between active and passive participants in psychological benefits perceived by individuals participating in art activities.

Table 4. Differences between the sub-dimensions of leisure benefits scale of individuals actively and passively participating in sportive activities (for h₃)

		N	Mean	Min	Max	Std. Dev.	Independent sample t test	p
Physical	Active	187	29.72	17	35	3.71	.284	.776
	Passive	245	29.61	17	35	3.90		
Psychological	Active	187	35.75	23	45	4.26	-.713	.476
	Passive	245	36.07	23	45	4.96		
Social	Active	187	35.67	21	45	4.74	-1.156	.248
	Passive	245	36.24	22	45	5.25		

The benefits perceived by individuals actively and passively participating in sportive activities did not show a difference by participation type.

Table 5. Differences between individuals actively participating in socio-cultural, artistic and sportive activities (for h₄)

Active		N	Mean	Min	Max	Std. Dev.	One-way Anova F test	p
Physical	Sosyal	209	29.84	17	35	3.73	F=0,452	0,637
	Sanatsal	148	30,10	20	35	3,75		
	Sportif	187	29.72	17	35	3.71		
Psychological	Sosyal	209	36.23	23	45	4.37	F=1,683	0,187
	Sanatsal	148	34,12	24	45	4,17		
	Sportif	187	35.75	23	45	4.26		
Social	Sosyal	209	36.04	21	45	4.84	F=0,520	0,595
	Sanatsal	148	34,12	22	45	4,17		
	Sportif	187	35.68	21	45	4.75		

Table 6. Differences between individuals passively participating in socio-cultural, artistic and sportive activities (for h₅)

Passive		N	Mean	Min	Max	Std. Dev.	One-way anova F test	p
Physical	Social	222	29.49	17	35	3.90	F=0,153	0,859
	Artistic	285	29,43	17	35	3,82		
	Sportive	245	29.61	17	35	3.90		
Psychological	Social	222	35.70	23	45	4.99	F=0,695	0,499
	Artistic	285	32,58	23	45	4,46		
	Sportive	245	36.07	23	45	5.00		
Social	Social	222	35.97	22	45	5.28	F=0,299	0,742
	Artistic	285	35,90	21	45	5,11		
	Sportive	245	36.24	22	45	5.29		

In each sub-dimension of physical, psychological and social benefits perceived by individuals actively participating in activities, it is seen that there is no significant difference in social, artistic and sportive activities by participation types of individuals. In each sub-dimension of physical, psychological and social benefits perceived by individuals passively participating in activities, it is seen that there is no significant difference in social, artistic and sportive activities by participation types of individuals.

DISCUSSION

In this study, the benefits perceived from leisure activities by individuals actively and passively participating in recreation activities were compared as physical, psychological and social benefits.

In the study, it was determined that there was a significant difference in the sub-dimension of psychological benefits of leisure benefit scale of individuals actively and passively participating in artistic and cultural activities. We can say that active participants living with art and culture have positive opinions about life and see the good sides of life. Considering many health benefits of leisure activities such as reducing the stress (Iwasaki, 2001) and increasing the cognition (Wong *et al.*, 2003), the activities that individuals actively or passively participate in help them have a place within the society and enhance the life (Yerlisu Lapa ve Ardahan, 2009; Kelly, 1990). It was found that there was no significant difference between the sub-dimensions of leisure benefit scale by the participation (active-passive) in social and sportive activities (p>0,05). However, it can be said that physical, psychological and social benefits of participants are not low for each

parameter. In some studies, it was determined that individuals participating in leisure activities by doing outdoor sports obtained psychological and physical benefits. (Wagner and Rowland 1992; Hilton 1992; Burnett 1994; Levi 1994; McRoberts 1994; McKenzie 2000; Yerlisu Lapa *et al.*, 2010; Yerlisu Lapa and Ardahan, 2011).

According to findings, psychological and social benefits perceived by individuals actively participating in socio-cultural activities are more than in passive participants. The number of active participants in socio-cultural activities is higher than active participants in artistic and sportive activities. The reason of this may be the fact that the access of social activities is easier. In a study made by Earl *et al.* (2005), they stated that social recreational activities were the most important determinant including positive effects. Likewise, in a study made by Betts, Addams *et al.* (2011), it was stated that the participation in social and physical leisure activities was associated with positive outputs. According to these results, active recreation activities should have a place more in every stage of life for psychological and physical health in the society.

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