



Investigation of the relationship between constraints to participating in leisure activities and life satisfaction in women

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ABSTRACT

This research aims to examine women's constraints to participation in physical activity in their leisure and life satisfaction according to some variables and to determine the relationship between them. The study group of the research consisted of 390 female participants aged between 18-65. Participants' physical activity constraints were evaluated with "The Leisure Constraints Questionnaire (LCQ)" and their life satisfaction with "Life Satisfaction Scale (LSS)".

The data analyzed using t-test, ANOVA and Pearson correlation tests showed that the time component a structural constraint was the main factor limiting women's engagement in leisure activities and there was a moderate to strong correlation between LCQ and LSS scores. It has been determined that women who do not participate in physical activity have greater perceived constraints to leisure-time physical activity and have lower life satisfaction.

Our study indicates that the most important structural obstacle in women's leisure is time, and as women's leisure constraints increase, their life satisfaction decreases.

Keywords: Women, leisure constraints, life satisfaction, physical activity.

Introduction

It is known that the quality and participation of leisure are associated with better and improved health, well-being, and quality of life (Bittman et al., 2003; Pressman et al., 2009; Mansfield et al., 2020; Yoon et al., 2020).

Especially leisure physical activities play key roles such as maintaining weight control, reducing depression, and reducing the risk of chronic diseases (Rippe & Hess, 1998; Kumanyika et al., 2008; Uzun et al., 2023). Nowadays, the relationship between physical exercise and health is more prominent, and it is seen to be crucial for all individuals in terms of preventing diseases and reducing mortality rates (World Health Organization, 2018). On the other hand, compared to males, women seem to have less access to and experience with leisure activities because of gender roles. In this context, gender inequality is a central focus of interest in leisure research (Henderson & Gibson, 2013; Carli, 2020; Henderson, 2020; Yerkes et al., 2020; Hassing, 2020; Akgül & Kılıçarslan, 2023). Wynne (2002) states that there are differences in the leisure lifestyles of women and men. Several factors that affect women's leisure experience are affected such as gender roles, religious and cultural norms, access opportunities (Ingram et al., 2022) family life cycle, domestic situations, and income level (Green et al., 1990). Yerkes et al. (2020) similarly emphasize that conservative gender norms, limited fatherhood roles, and women's lower political power impact on participation in leisure activities. However, gender disparities are less pronounced in the use of leisure and the quality of leisure in nations with more egalitarian cultures.

Gender-based studies tend to be the focus of leisure literature in general because of the multifaceted effects of gender on leisure (Hassing, 2020; Bologna & Staffieri, 2021; Jabbar & Warraich, 2023; Carr & Carr, 2023). Similarly, gender-related research on leisure is given increased emphasis in Turkey (Kara et al., 2018; Doğan et al. 2019; Emir et al., 2022; Kılıç & Keskin, 2023). According to Emir et al. (2022), women are secondary to men in many areas, from education to health, from politics to sports in Turkey, where patriarchal values dominate. Kara (2013) also highlighted that, in Turkish culture, women are subject to stronger traditional and cultural expectations than men, which influences their participation in leisure activities. Kılıç and Keskin

(2023) interpreted the working women's gender roles prevent them from engaging in leisure activities as "a silent scream."

Theoretical Framework

Leisure Constraints and Life Satisfaction

The term "constraint" is often used in research on leisure (Shogan, 2002; Gürbüz et al., 2020; Du et al., 2021; Pizzo et al., 2023) an important element affecting individuals' leisure activities participation or non-participation (Jun & Kyle 2011). Crawford and Godbey (1987) were the first to define leisure constraint in detail. These constraints were categorized under three primary areas in this context structural, inter-structural, and individual.

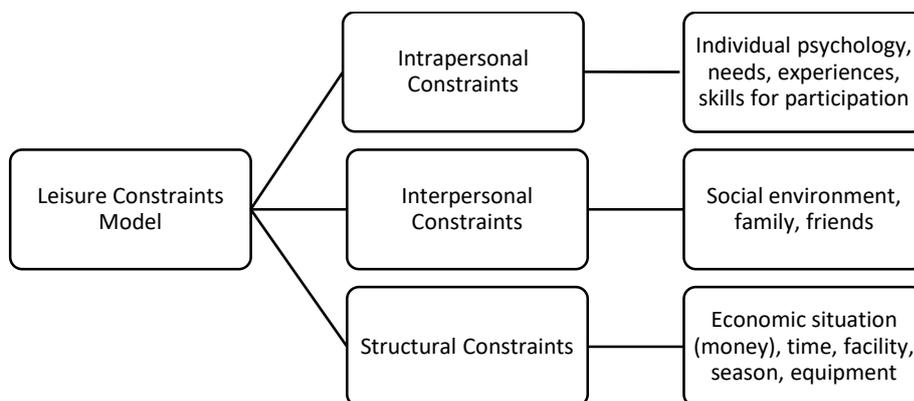


Figure 1: Leisure Constraint Model. Adapted from Crawford and Godbey, (1987).

Accordingly, intrapersonal constraints consist of elements such as the individual's psychological state (Crawford & Godbey, 1987), needs, experiences (Emir et al., 2022), and skills for participation (Pennington-Gray, & Kerstetter, 2002). Constraints affecting participation, such as the social environment, family and friends, (Crawford., Godbey, 1987; Jun & Kyle, 2011) are among the interpersonal constraints. Structural constraints are circumstances that impact the resources needed to engage in leisure activities, such as funds, time, facilities (Crawford., Godbey, 1987), equipment, and seasonal considerations (Pennington-Gray, & Kerstetter, 2002). Research on leisure constraints plays a key role in identifying constraints and reducing constraints in society. One may argue that women-based research is important, particularly in light of the presumption that women in society have less leisure than men. (Emir et al., 2022; Er & Cengiz, 2023).

In leisure studies, how content people are with their experiences, in other words their life satisfaction, has become an important issue (Chick et al., 2015) and it has been frequently mentioned (Riddick, 1986; Agate et al., 2009; Lee et al., 2023; Kim et al., 2024). Life satisfaction is expressed as the degree to which individuals positively direct their lives and increase the pleasure they get from life (Veenhoven, 1996), the satisfaction of individuals with their relationships with their immediate environment, and the set of evaluations about their mood (Suldo ve Huebner, 2006). Leisure satisfaction is the entire range of emotions in which people feel adequate after engaging in an activity they want, and feel happy during that time. Someone who has reached leisure satisfaction also feels well in terms of life satisfaction (Mannel et al., 1988; Abanoz, 2023; Yazıcı & Somoglu, 2023). The relationship between leisure constraints and life satisfaction has been examined in the literature, although limited (Chick et al., 2015; Serdar & Demirel, 2021). According to Altun (2023), leisure obstacles and life satisfaction are related. Parlakyıldız and Sözüer (2023) stated a negative correlation between working women's life satisfaction and constraints to leisure participation.

Investigating the women's beliefs and presumptions to properly comprehend the lack of participation in leisure activities is critical. A theory-based approach offers a means of comprehending, elucidating, and interpreting the workings of contemporary civilizations (Henderson, 2003). Henderson and Gibson (2013) emphasize the significance of looking at leisure time from an international viewpoint across cultures. Likewise, women's leisure time limitations should be recognized, and more research on the topic should be done, according to Henderson and Hickerson (2007). Within the framework of the leisure constraints concept, this study investigated the obstacles that women encounter in their leisure and relationship with their level of life satisfaction.

METHOD

The relational screening model, one of the quantitative research approaches, was used in the research. By gathering information on many factors, the relational screening paradigm questions the link between the variables (Karasar, 1999). Relational research is utilized to ascertain the relationships between two or more variables and to acquire results in the setting of cause and effect (Büyüköztürk et al., 2018).

Research Group

The simple random sampling method was used to create the sample for this study. In this context, the research group was made up of 390 willing female participants who lived in the Altındağ neighbourhood of Ankara and ranged in age from 18 to 65. The study group's average age was 40.15 ± 11.87 years. The majority of the women were married and had children. The proportion of employed participants was larger than unemployed participants.

Data Collection Tools

The Personal Information Form: It was developed to gather personal data from the participants, including age, marital status, education level, degree of physical activity, spending leisure and welfare status in the present study.

Determination of Leisure Constraints: The study employed the "The Leisure Constraints Questionnaire (LCQ)" a data-collecting instrument first established by Alexandris and Carroll (1997) and later shortened by Gürbüz et al. (2020). The scale is a 4-point Likert-type scale consisting of 18 items and 6 sub-dimensions. The sub-dimensions of the scale are Individual Psychology, Lack of Information, Facility, Time, Lack of Friends, Lack of Interest. Scale items are listed and scored as (1) "Absolutely Unimportant" and (4) "Absolutely Important". The total internal consistency coefficient of the scale for the present study was 0,76.

Determination of Life Satisfaction Level: In determining individuals' life satisfaction levels, the Life Satisfaction Scale (LSS) developed by Diener et al. (1985) and adapted into Turkish by Köker (1991), was used in the study. The scale consists of 5 items rated on a 7-point Likert scale from "Strongly Disagree (1)" to "Strongly Agree" (7)". The total internal consistency coefficient of the scale for the present study was 0.85.

Statistical Analysis

Statistical analyses were performed using SPSS 21. The data were statistically represented using percentage and frequency values, and analyses were performed using the ANOVA test for multiple comparisons and the t-test for pairwise comparisons. Depending on whether the data were regularly distributed or not, Pearson Correlation study or Spearman Correlation Analysis tests were used to determine the relationship between values. It was determined that the subunit Cronbach alpha values of the LCQ varied between 0.704 and 0.768, and the total Cronbach alpha value of the scale was 0.918. For LSS, this value is 0.817.

RESULTS

Table 1: Distribution of Participants' Leisure Constraints Questionnaire (LCQ) and Life Satisfaction Scale Scores

Scales	Sub-dimensions	X±SS N=390	Minimum-Maximum	Skewness	Kurtosis	Cronbach Alfa
The Leisure Constraints Questionnaire	Individual Psychological	2.46±0.73	1 – 4	0.041	-0.834	0.704
	Lack of Knowledge	2.79±0.72	1 – 4	-0.493	-0.470	0.752
	Lack of Facilities	2.77±0.71	1 – 4	-0.555	-0.591	0.712
	Lack of Partners	2.44±0.74	1 – 4	-0.125	-0.458	0.768
	Time	2.93±0.77	1 – 4	-0.487	-0.753	0.782
	Lack of Interest	2.41±0.82	1 – 4	-0.085	-1.138	0.704
	Total score	15.90±3.60	7.33 – 22.0	-0.454	-1.123	0.918
Life Satisfaction Scale		2.55±0.72	1 – 5	0.129	-0.012	0.817

LCQ scores were in the middle range for the participants. Time subscale (2.93) was the most important barrier and it was followed by lack of knowledge (2.79) and lack of facilities (2.77). In the present study, individuals' life satisfaction scores were generally low.

The Cronbach's alpha value was utilized to assess the internal consistency of the scales that were used in our investigation. The LCQ subscales' Cronbach alpha values were ranging from 0.704 to 0.768, while the entire scale's Cronbach alpha value was found to be 0.918. This value is 0.817 for LSS. In our research population, it was shown that both scales had high internal consistency.

Table 2: ANOVA Results of Participants' Life Satisfaction Scale scores by Age

Items	Groups – pairwise comparison	Mean (J-I)	Standard error	P
Life Satisfaction Scale	50-59 – 30-39	-0,302	0,110	0,007
	50-59 – 40-49	-0,265	0,104	0,012

The Scheffé test was used for post hoc comparisons of groups. The 50-59 age group was different from the 30-39 age group ($p = 0.007$) and the 40-49 age group ($p = 0.012$) in terms of LSS scores. It was determined that individuals between the ages of 50-59 had lower life satisfaction.

Table 3: Comparison of Participants' Leisure Constraints Questionnaire and Life Satisfaction Scale Scores According to Participation in Physical Activity

Scales	Physical Activity Participation		t value	p
	Yes (n=196)	No (n=194)		
	X±SS	X±SS		
The Leisure Constraints Questionnaire				
Individual Psychological	2,01±0.61	2,91±0.54	15,475	0.001
Lack of Knowledge	2,24±0.56	3,35±0.33	24,007	0.001
Lack of Facilities	2,29±0.64	3,27±0.36	18,727	0.001
Lack of Partners	2,20±0.80	2,69±0.61	6,874	0.001
Time	2,32±0.59	3,54±0.32	25,311	0.001
Lack of Interest	1,90±0.59	3,11±0.52	21,548	0.001
Total score	12,95±2.65	18,88±1.16	28,541	0.001
Life Satisfaction Scale	3,06±0.51	2,05±0.53	-18,947	0.001

n: number of people, Bold: $p < 0.05$, X: mean, SD: standard deviation, t: unpaired t-test coefficient
 Women in the study were categorized into groups based on their participation in physical activity, and their LCQ and LSS scores were compared. The results of the analysis demonstrated that women who did not participate in physical activity had more leisure time obstacles and had lower life satisfaction ($p < 0.05$).

Table 4: Relationship between participants' The Leisure Constraints Questionnaire and Life Satisfaction Scale scores

	The Leisure Constraints Questionnaire						
	Individual Psychological	Lack of Knowledge	Lack of Facilities	Lack of Interest	Time	Lack of Interest	Total
Life Satisfaction Scale	r -0.520	-0.621	-0.594	-0.238	-0.645	-0.610	-0.675
	p 0.0001	0.0001	0.0001	0.0001	0.0001	0.0001	0.0001

R: Pearson Correlation Coefficient
 A moderate to strong correlation ($p < 0.05$) was found between all subscales and overall scores when the individuals' LCQ and LSS scores were analyzed.

DISCUSSION

This study aimed to examine women's constraints to participation in leisure physical activity and their life satisfaction according to several variables and to determine the relationship between them.

The LCQ scores of the research participants indicated that "time" ranked as the most important barrier to women engaging in leisure activities in our study. Similarly, in the literature, time is described as a structural barrier and one of the key elements preventing leisure participation (Alexandris and Carroll, 1997; Hubbard and Mannell, 2001; Sarol, 2017). The effect of "time" in our study may have resulted from women's inability to carve out enough time for leisure activities because of their responsibilities in the working life and duties normatively ascribed to women in Turkish culture such as caring for the home and children. In addition to "time", other important hindering factors appear to be "lack of information" and "lack of facilities", respectively. Sevinç & Eskiler (2020) concluded that the lack of facilities and information are the most crucial factors that prevent women from participating in leisure activities in parallel with our results. Various studies have also demonstrated that inadequate facilities are a major hindering factor (Can et al., 2022) and that it is significant to design facilities appropriately for the demands and purposes of women (Emir et al., 2022). The findings of our study offer more proof that facilities should to be set to increase women's participation in leisure activities.

Life satisfaction which was assessed as part of our study was generally low in the participants. According to Della Giusta et al. (2011), women's life satisfaction is adversely impacted by daycare (for children aged 3 to 4) and more time spent cleaning the home. Similarly, Chick et al., (2015) emphasize the importance of social support networks, motivation for leisure, and attitudes about life satisfaction. However, various studies have reported that women's life satisfaction is higher than men (Ünal et al., 2001; Yılmaz & Aslan, 2013; Köylü, 2022; Joshanloo & Jovanović, 2020). This difference in our results may have arisen because our participants were only women and the majority of them had children. Additionally, some of the participants were housewives, which may have affected our results.

According to our results showed that compared to the 30-39 and 40-49 age groups, the 50-59 age group had poorer life satisfaction. Prior studies have similarly demonstrated this negative correlation between life satisfaction and age (Baird et al., 2010). In the research which investigated life satisfaction by age range, those under 30 were less satisfied with their lives than those in the 41-50 and above 51 age groups (Saridemir, 2015). It is clear from our results and previous studies' conclusions that women's life satisfaction is significantly influenced by their age.

In our study, the effect of participation in physical activity on life satisfaction and leisure constraints was another variable examined. As expected, the LCQ scores of individuals who did not participate in physical activity were higher than those who participated in physical activity. Similarly, Can et al. (2022) determined that individuals who do not have a habit of physical activity encounter more restrictions. Another finding of our study was that women who did not participate in physical activity had lower life satisfaction. An et al. (2020) also obtained a similar result in their study, reporting that life satisfaction increased with participation in physical activity. Based on this information, it could be concluded that as participation in physical activity increases, perception of obstacles decreases and the life satisfaction of those who do not participate in physical activity is lower.

Another result of our study is the moderate to good correlation between the participants' LCQ and LSS scores. A full consensus has not been reached in the literature about this relationship. While Çetinkaya and Akova (2020) reported that there was no significant relationship between life satisfaction and constraints to leisure, Turan et al. (2019) found that there was a negative relationship between the individual psychology, lack of knowledge, lack of interest subscales of the LCQ and life satisfaction. Additionally, Sayant (2019) found that, just in the individual psychology sub-dimension, there was a weak and negative correlation between constraints to leisure and life satisfaction. These results could have been caused by variations in the samples of studies. Taking into account the findings of our investigation, one may deduce that a correlation exists between obstacles to leisure and life satisfaction.

In conclusion, the findings of our study indicate that women's engagement in leisure activities is primarily impeded by time constraints and that a rise in these constraints is associated with a decline in life satisfaction.

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