

Perceived Health Outcomes of Recreation And Life Satisfaction Levels Among Individuals Engaged In Physical Activity

Veli Ozan Çakır

Faculty of Sport Sciences, Gazi University, Ankara, Turkey

Abstract: This study aimed to investigate the relationship between perceived health outcomes of recreation and life satisfaction levels among individuals engaged in physical activity. The sample group comprised 217 individuals, of which 41.9% (91) were male and 58.1% (126) were female. The physically active participants were selected using a match sampling method. In addition to a personal information form, the "Perceived Health Outcomes of Recreation Scale (PHORS)," developed by Gomez et al. (2016) and adapted into Turkish by Yerlisu Lapa et al. (2020), and the "The Satisfaction with Life Scale," developed by Diener et al. (1985) and adapted into Turkish by Yetim (1993), were used to gather data. The data analysis process involved percentage and frequency methods to determine the distribution of participants' personal information. Additionally, nonparametric tests, including Mann Whitney U and Kruskal Wallis, and Spearman correlation analysis were employed in the study. The findings indicated no significant differences based on participants' gender, educational status, marital status, and wealth levels. However, a significant difference was observed between perceived health outcomes of recreation and life satisfaction levels in terms of weekly leisure time. A positive relationship was found between the sub-dimensions of perceived health outcomes of recreation and life satisfaction. Consequently, there was a relationship between participants' perceived health outcomes and life satisfaction levels.

Keywords: Physical Activity, Perceived Health Outcomes, Life Satisfaction, Individuals, Recreation.

Article History: Received: 20 Jan 2023, Accepted: 16 Feb 2024, Published: 08 Mar 2024

INTRODUCTION

Nowadays, due to rapid urbanisation and technological developments, the number of physical activity units has decreased over time. Accordingly, although an increase in leisure time is observed, the health effects of the decrease in physical activity are important.

It is thought that this decrease in physical activity also affects people's satisfaction with life. Today, it is important for individuals to spend their daily time efficiently. In this regard, "working time" refers to work-related activities, "existence time" is spent meeting basic needs, and "free time" is the period for independent activities outside of the mentioned activities and obligations (Çakır, 2017). When the concept of recreation is examined, it has gained prominence and popularity in both developed and developing countries, due to the rise in free time. Recreation activities play a critical role in supporting education, cultural and economic development, increasing the quality and efficiency of business life, protecting physical and mental health, and preventing harmful behaviors within society (Durukan et al. 2007). In modern terms, recreation is considered a social institution, a professional field of work, and a community of knowledge. Broadly defined, recreational activities encompass the pursuits that individuals willingly participate in during their free time to get personal satisfaction (Aslan, 2023). People engage in recreational activities to protect their physical and mental well-being and to avoid discomfort. Recreation activities also serve as a guide for people to improve their conditions based on their initial circumstances (Gómez and Hill, 2016). Those who engage in leisure activities refer to the positive results they experience during or after participation as leisure benefits (Driver, 1990). The desire to engage in leisure activities and the satisfaction expected to be derived from such participation are thought to positively affect psychological well-being, ultimately leading to seeking further participation in leisure activities (Nadirova and Jackson, 2000). One of the key concepts related to individuals' pursuit of a healthy life is their perception of skills. The importance of health perception is highlighted by the desire to protect and improve one's health, which motivates one to engage in recreational activities. Thus, it is important to establish and interpret the concept of perception objectively rather than subjectively (Bekar, 2019). The

PERCEIVED HEALTH OUTCOMES OF RECREATION AND LIFE SATISFACTION LEVELS AMONG INDIVIDUALS ENGAGED IN PHYSICAL ACTIVITY

three sub-dimensions of recreation, namely an improved condition, the prevention of a worse condition, and the realization of a psychological experience, the "typologies of leisure time benefits" as termed by Drive (1990), comprised the basis of the "Perceived Health Outcomes of Recreation Scale". The validity and reliability study of the tool was conducted by Gomez et al. (2016). Life satisfaction is another key concept analyzed in this study as it stands as one of the most significant determinants of overall well-being and quality of life. It involves the evaluation of one's quality of life and well-being based on personal choices (İlk & Güler, 2023). In conceptual terms, the concept of life satisfaction, which was first introduced by Neugarten et al. (1961), is an evaluation of one's past and present life. The idea arises from the comparison between an individual's current resources and future expectations (Subaşı, 2021). Several factors affect life satisfaction, including happiness in daily life, finding meaning in life, achievement of goals, positive individual identity, physical well-being, and social relationships (Yılmaz & Aslan, 2013). Based on the realities in one's life, it represents the judgments about subjective well-being and quality of life. In general, life satisfaction, which encompasses an individual's entire life of the individual and its various dimensions, refers to one's emotional response to their overall life and general attitude towards life (Keser, 2005).

Leisure activities, the main purpose of which is to enable individuals to spend their free time in a good way, can be planned or unplanned and can involve people of all ages and genders. However, if this participation is not at a sufficient level, the individual's satisfaction with life decreases. As an individual's level of activity increases, it is thought that life satisfaction will increase (Tuncer, 2023.). Leisure activities in social life may also affect life satisfaction. In this sense, this study aimed to examine the relationship between the perceived health outcomes and life satisfaction of those engaged in recreational activities.

METHOD AND MATERIALS

Research model

A relational survey model was employed following the research goals. This model is used to ascertain the presence and extent of change between multiple variables. Relational analysis denotes a correlation obtained through comparisons (Karasar, 2005).

Research Group

The group comprised a total of 217 individuals, with 91 males (41.9%) and 126 females (58.1%). The physically active participants were selected using the purposive sampling method.

Data Collection Tools

Personal Information Form

A personal information form was developed by the researcher to determine the socio-demographic characteristics of the participants. The form consisted of questions about participants' gender, age, educational status, marital status, wealth level, and weekly leisure.

Perceived Health Outcomes of Recreation Scale (PHORS)

The instrument was developed by Gomez et al. (2016) to measure the perceived health outcomes of leisure activities. It was adapted into Turkish by Yerlisu Lapa et al. (2020). The 7-point Likert scale has 16 items and three sub-dimensions: "the realization of a psychological experience", "the prevention of a worse condition" and "an improved condition". The internal consistency coefficients of the scale were .93 for "the realization of a psychological experience", .83 for "the prevention of a worse condition" and .95 for "an improved condition".

The Satisfaction with Life Scale (SWLS)

"The Satisfaction with Life Scale" was developed by Diener et al. (1985) to measure life satisfaction levels and adapted into Turkish by Yetim (1993). The 7-point Likert scale has 5 items. Diener et al. (1985) reported the reliability of the scale as .87. In our study, the internal consistency coefficient was found to be .72.

Data Analysis

The data were analyzed using the SPSS 25 package software. Percentage and frequency methods were employed to determine the distribution of participants' personal information. Skewness and kurtosis values were analyzed to ascertain whether the data had a normal distribution, which was found not to have a normal distribution. Therefore, nonparametric tests, including Mann Whitney U and Kruskal Wallis tests, were utilized. Spearman correlation analysis was used to establish the correlation between scale's sub-dimensions. Lastly, Cronbach's alpha coefficients were calculated to ensure the reliability of both scales.

FINDINGS

Table 1. Distribution of demographic information

Variables	n	%	
Gender	Male	91	41.9
	Female	126	58.1
Education status	Undergraduate	118	51.6
	Graduate	99	48.4
Marital status	Single	112	51.6
	Married	105	48.4
Wealth level	Poor	54	24.9
	Normal	129	59.4
	High	34	15.7
Weekly leisure	1-5 hours	28	12.9
	6-10 hours	65	30.0
	11-15 hours	86	39.6
	16 hours and above	38	17.5
Total	217	100	

Table 1 shows the demographic characteristics of the participants. Accordingly, 58.1% of the participants were females, 51.6% were undergraduates, 51.6% were single, 59.4% had a normal wealth level, and 39.6% had a weekly leisure of "11-15 hours".

Table 2. Distribution of Scale Scores by Gender

Sub-dimension	Gender	N	Mean rank	Z	p
The realization of a psychological experience	Male	91	112.82	-.772	.440
	Female	126	106.24		
The prevention of a worse condition	Male	91	110.42	-.285	.776
	Female	126	107.97		
An improved condition	Male	91	110.35	-.280	.780
	Female	126	108.03		
The satisfaction with life	Male	91	110.76	-.365	.715
	Female	126	107.73		

Table 2 presents the results of Mann Whitney U test performed to ascertain whether there was a statistically significant difference between the perceived health outcomes and life satisfaction levels based on the gender of the participants. The analysis showed no significant difference between gender and perceived health outcomes and life satisfaction levels ($p>0.05$).

Table 3. Distribution of Scale Scores by Marital Status

Sub-dimension	Marital status	N	Mean rank	Z	p
The realization of a psychological experience	Single	112	108.81	-.047	.962
	Married	105	109.20		
The prevention of a worse condition	Single	112	109.16	-.039	.969
	Married	105	108.83		
An improved condition	Single	112	109.41	-.103	.918
	Married	105	108.57		
The satisfaction with life	Single	112	109.01	-.002	.998
	Married	105	108.99		

PERCEIVED HEALTH OUTCOMES OF RECREATION AND LIFE SATISFACTION LEVELS
AMONG INDIVIDUALS ENGAGED IN PHYSICAL ACTIVITY

As seen in Table 3, Mann-Whitney U analysis was performed to determine whether there was a statistical difference between the perceived health outcomes of recreation and life satisfaction levels in terms of participants' marital status. However, no significant difference was found between the given variables ($p>0.05$).

Table 4. Distribution of Scale Scores by Educational Status

Sub-dimension	Education status	N	Mean rank	Z	p
The realization of a psychological experience	Undergraduate	118	109.18	-.047	.962
	Graduate	99	108.78		
The prevention of a worse condition	Undergraduate	118	109.00	.000	1.000
	Graduate	99	109.00		
An improved condition	Undergraduate	118	108.68	-.085	.932
	Graduate	99	109.38		
The satisfaction with life	Undergraduate	118	109.02	-.005	.996
	Graduate	99	108.98		

Table 4 presents the results of Mann Whitney U test performed to determine whether there was a statistically meaningful difference between the perceived health outcomes of recreation and life satisfaction levels based on participants' education status. The results revealed no significant difference between education status, perceived health outcomes, and life satisfaction levels ($p>0.05$).

Table 5. Distribution of Scale Scores by Wealth Level

Sub-dimension	Wealth level	N	Mean rank	X ²	p
The realization of a psychological experience	Poor	54	102.60	.873	.646
	Normal	129	111.93		
	High	34	108.06		
The prevention of a worse condition	Poor	54	111.96	5.809	.055
	Normal	129	113.99		
	High	34	85.37		
An improved condition	Poor	54	112.82	5.888	.053
	Normal	129	113.46		
	High	34	86.00		
The satisfaction with life	Poor	54	113.04	1.461	.482
	Normal	129	105.07		
	High	34	117.49		

In Table 5, the Kruskal Wallis test was performed to ascertain whether a statistical difference existed between the perceived health outcomes of recreation and life satisfaction levels based on the wealth levels of the participants. The analysis results revealed no significant difference between the given variables ($p>0.05$).

Table 6. Distribution of Scale Scores by Weekly Leisure

Sub-dimension	Weekly leisure	N	Mean rank	X ²	p
The realization of a	1-5 Hours	28	67.45	15.291	.002
	6-10 Hours	65	117.38		

psychological experience	11-15 Hours	86	110.94		
	16 hours and above	38	120.91		
The prevention of a worse condition	1-5 Hours	28	49.89	29.201	.001
	6-10 Hours	65	120.75		
	11-15 Hours	86	114.54		
	16 hours and above	38	119.91		
An improved condition	1-5 Hours	28	54.21	30.065	.001
	6-10 Hours	65	128.31		
	11-15 Hours	86	110.69		
	16 hours and above	38	112.51		
The satisfaction with life	1-5 Hours	28	71.18	19.054	.001
	6-10 Hours	65	129.95		
	11-15 Hours	86	106.16		
	16 hours and above	38	107.47		

As seen in Table 6, the Kruskal Wallis test was performed to determine whether a statistically significant difference existed between the perceived health outcomes of recreation and life satisfaction levels based on participants' weekly leisure. Accordingly, there was a significant difference between weekly leisure, perceived health outcomes, and life satisfaction levels ($p < 0.05$).

Table 7. Correlation Analysis Results Regarding the Scale Scores and Age Variable

Sub-dimension		Age	The realization of a psychological experience	The prevention of a worse condition	An improved condition	The satisfaction with life
Age	r	1				
	p					
The realization of a psychological experience	r	.593**	1			
	p	.001				
The prevention of a worse condition	r	.418**	.639**	1		
	p	.001	.001			
An improved condition	r	.396**	.632**	.964**	1	
	p	.001	.001	.001		
The satisfaction with life	r	-.107	.296**	.028	.033	1
	p	.115	.001	.682	.631	

Table 7 presents the results of the Spearman correlation analysis performed to check whether there was a correlation between age and both scales' sub-dimensions. Accordingly, while there was a correlation between age and the PHORS sub-dimensions, it did not exist between age and SWLS sub-dimensions.

Table 8. Correlation Analysis Results regarding PHORS and SWLS Sub-dimensions

Sub-dimension		The realization of a psychological experience	The prevention of a worse condition	An improved condition	The satisfaction with life
The realization of a psychological experience	r	1			
	p				

PERCEIVED HEALTH OUTCOMES OF RECREATION AND LIFE SATISFACTION LEVELS
AMONG INDIVIDUALS ENGAGED IN PHYSICAL ACTIVITY

The prevention of a worse condition	r	.639**	1		
	p	.001			
An improved condition	r	.632**	.964**	1	
	p	.001	.001		
The satisfaction with life	r	.296**	.028	.033	1
	p	.001	.682	.631	

As seen in Table 8, Spearman correlation analysis was performed to identify the potential correlations between the PHORS and SWLS sub-dimensions. The analysis results indicated a positive correlation between “the realization of psychological experience” sub-dimension and life satisfaction level.

DISCUSSION AND CONCLUSION

This study aimed to explore the relationship between the perceived health outcomes and life satisfaction of individuals engaged in recreational activities. A total of 217 physically active volunteers, 91 males (41.9%) and 126 females (58.1%), participated in the study.

According to the analysis results in Table 2, there was no statistically significant difference between the perceived health outcomes of recreation and life satisfaction levels of the participants based on their gender. Male participants had higher mean ranks than female participants. Similarly, Elçi et al. (2019) observed no significant difference in the PHORS sub-dimensions in terms of gender. However, Aşaroglu et al. (2005) found a statistically significant difference in life satisfaction levels by gender. The findings in the literature reveal both similarities and differences with the present study’s findings. Table 3 presents another result of this study. Accordingly, there was no significant difference between perceived health outcomes of recreation and life satisfaction levels based on participants’ marital status. Aslan (2023) similarly observed no correlation between sub-dimensions and marital status. According to Güner et al. (2014), there was no statistically meaningful difference between the arithmetic means of marital status variable and the means of the Satisfaction with Life Scale. Upon evaluating the research results, we see an alignment with the findings in the literature. The perceived health outcomes of recreation and life satisfaction levels were examined based on participants’ education status and the results were shown in Table 4. Accordingly, no significant difference was found. Nevertheless, Serdar (2020) observed a significant difference between perceived health outcomes by education status. In a study conducted by Yılmaz and Altınok (2009), life satisfaction levels did not vary significantly depending on the education status variable.

Furthermore, no significant difference was observed between the participants' perceived health outcomes of recreation and their life satisfaction with their wealth levels (see Table 5). The mean scores of the participants with a normal wealth level were higher than the others. In a study by Ertekin (2021) on life satisfaction, a statistically significant difference was found in individuals’ life satisfaction with their wealth, which contradicted with our findings. According to the results in Table 6, in which the participants' perceived health outcomes and life satisfaction levels were investigated depending on their weekly leisure, there was a significant difference between the sub-dimensions and weekly leisure. Kurkmazlı (2022) reached a similar and significant difference between perceived health outcomes and leisure time. However, Tapşın et al. (2022) found no significant difference between life satisfaction levels and weekly leisure. As seen in Table 7, Spearman correlation analysis was performed to ascertain whether there existed a correlation between age, perceived health outcomes of recreation, and The Satisfaction with Life Scale" sub-dimensions. Accordingly, there was a moderate correlation between age and perceived health outcomes of recreation. According to the Spearman correlation analysis results regarding the perceived health outcomes of recreation and life satisfaction levels, there was a positive correlation between “the realization of a psychological experience” sub-dimension and life satisfaction. According to Elçi et al. (2019), there existed a positive relationship between the PHORS sub-dimensions and life satisfaction, which overlapped with our findings.

In conclusion, physically active participants’ perceived health outcomes of recreation and life satisfaction levels differed based on certain socio-demographic characteristics. The significance of this difference was specifically evident in their weekly leisure. In the past, survival was the only motive for physical activity in life, but today, social skills and the pursuit of happiness and satisfaction with life have been among the motives behind physical activity. It is well known that physically active individuals are likely to experience greater satisfaction both in their working life and free time. In light of the studies in the literature, future studies could focus on working individuals and university students who engage in physical activity.

This study will help us to better understand the positive effects of leisure activities on health and

well-being, and to develop policy recommendations to promote such activities in society. In addition, highlighting the role of leisure activities in increasing life satisfaction will encourage individuals to participate more in such activities and enable measures to be taken to improve public health. At the same time, it is expected that participation in leisure activities will increase as individuals' life satisfaction increases. It is predicted that this will be an important source for the next studies in the literature.

REFERENCES

- Aslan, M. S. (2023). Halk Oyunları Antrenörlerinin Genel Öz Yeterlilik Algıları ve Rekreasyonda Algılanan Sağlık Çıktılarının İncelenmesi: Diyarbakır İli Örneği, Fırat Üniversitesi Sağlık Bilimleri Enstitüsü, Yüksek Lisans Tezi, Elâzığ.
- Avşaroğlu, S., Engin Deniz, M., & Kahraman, A. (2005). Teknik öğretmenlerde yaşam doyumu iş doyumu ve mesleki tükenmişlik düzeylerinin incelenmesi. Selçuk Üniversitesi Sosyal Bilimler Enstitüsü Dergisi, (14), 115-129.
- Bekar, Ö. (2019). Düzenli Egzersiz Yapan Bireyleri Rekreasyonel Egzersize Motive Eden Nedenler ile Algıladıkları Sağlık Çıktıları Arasındaki İlişkinin İncelenmesi, Yüksek Lisans Tezi, Akdeniz Üniversitesi, Sosyal Bilimler Enstitüsü, Antalya.
- Çakır, O. (2017). Rekreasyon Kavramı ve Teorileri. İçinde: Rekreasyonel Liderlik ve Turist Rehberliği: Kavram ve Kuramlar Üzerinden Bir Analiz. Kozak, M.A. (Ed.). Detay Yayıncılık: Ankara.
- Diener, E., Emmons, R.A., Larsen, R. J. and Griffin, S.(1985).The satisfaction with life scale, Journal of Personality Assessment, 49:1, 71-75, DOI: 10.1207/s15327752jpa4901_13
- Driver, B. L. (1990). The North American experience in measuring the benefits of leisure. In Proceedings National Workshop on Measurement of Recreation Benefits (pp. 1-57). Bandoora, Australia: Phillip Institute of Technology.
- Durukan, E., Can, S. ve Gök. A. (2007). Bir Rekreasyon Faaliyeti Olarak Üniversitelerarası Müsabakalara Katılan Sporcu Öğrencilerin Liderlik Davranışlarının (Anlayış Gösterme Boyutunda) Karşılaştırılması, Spor Yönetimi ve Bilgi Teknolojileri Dergisi, 2 (2), 23-30.
- Elçi, G., Doğan, M., & Gürbüz, B. (2019). Bireylerin rekreasyonda algılanan sağlık çıktıları ve yaşam doyumu düzeylerinin incelenmesi. International Journal of Sport Exercise and Training Sciences-IJSETS, 5(3), 93-106.
- Ertekin, A. B. (2021). Kariyer Adanmışlığı ile Yaşam Doyumu Arasındaki İlişki: Üniversite Öğrencileri Üzerine Bir Araştırma. Beden Eğitimi ve Spor Bilimleri Dergisi, 23(3), 128-141.
- Gómez, E., & Hill, E. (2016). First landing state park: Participation patterns and perceived health outcomes of recreation at an urban-proximate park. Journal of Park and Recreation Administration, 34(1).
- Gómez, E., et al. (2016). "Perceived health outcomes of recreation scale (PHORS): reliability, validity and invariance." Measurement in Physical Education and Exercise Science 20(1): 27-37
- Güner, F., Çiçek, H., & Can, A. (2014). Banka çalışanlarının mesleki stres ve tükenmişlik düzeylerinin iş doyumu ve yaşam doyumu düzeyleri ile ilişkisi. Uluslararası Alanya İşletme Fakültesi Dergisi, 6(3).
- İlk, Ç., & Güler, C. (2023). The Relationship Between Digital Addiction and Life Satisfaction. Akdeniz Spor Bilimleri Dergisi, 6(1-Cumhuriyet'in 100. Yılı Özel Sayısı), 308-319. <https://doi.org/10.38021/asbid.1371253>
- Karasar, N. (2005). Bilimsel Araştırma Yöntemi: Kavramlar İlkeler Teknikler. Ankara: Nobel Yayıncılık.
- Keser, A. (2005). "İş Doyumu ve Yaşam Doyumu İlişkisi: Otomotiv Sektöründe Bir Uygulama", Çalışma ve Toplum Dergisi, 4(7): 77-95.
- Kurkmaçlı, E. (2022). Rekreasyonel Bir Faaliyet Olarak Halk Oyunlarına Katılan Üniversite Öğrencilerinin Sağlık Çıktıları ve Mutluluk Düzeylerinin İncelenmesi, Necmettin Erbakan Üniversitesi Sosyal Bilimler Enstitüsü, Yüksek Lisans Tezi, Konya.
- Lapa, T. Y., Serdar, E., Kaas, E. T., Çakır, V. O., & Köse, E. (2020). Rekreasyonda Algılanan Sağlık Çıktıları Ölçeğinin Türkçe Versiyonunun Psikometrik Özellikleri. Spor Bilimleri Dergisi, 31(2), 83-95.
- Nadirova, A., & Jackson, E. L. (2000). Alternative criterion variables against which to assess the impacts of constraints to leisure. Journal of leisure research, 32(4), 396-405.
- Neugarten, B. L., Havighurst, R. J., & Tobin, S. S. (1961). The measurement of life satisfaction. Journal of Gerontology, 16,134–143. <https://doi.org/10.1093/geronj/16.2.134>

PERCEIVED HEALTH OUTCOMES OF RECREATION AND LIFE SATISFACTION LEVELS
AMONG INDIVIDUALS ENGAGED IN PHYSICAL ACTIVITY

- Serdar, E. (2020). Serbest Zaman Tutumu, Serbest Zaman Doyumu ve Rekreasyonda Algılanan Sağlık Çıktıları Arasındaki İlişki, İstanbul Üniversitesi-Cerrahpaşa Lisansüstü Eğitim Enstitüsü, Doktora Tezi, İstanbul.
- Subaşı, M. (2021). Yaşam Doyumunu Yordamada Yükseköğrenim Yaşam Doyumu ve Covid-19 Korkusu, İbn Haldun Üniversitesi Lisansüstü Eğitim Enstitüsü, Yüksek Lisans Tezi, İstanbul.
- Tapşın, F. O., Çakmak, A. G. G., Selvi, S., Tapşın, F. O., & Karatut, A. (2022). Serbest Zaman Faaliyetlerine Katılan Gençlerin Kişisel Gelişim Yönelimleri ve Yaşam Doyumu Özelliklerinin İncelenmesi, Akademik Sosyal Araştırmalar Dergisi, 10 (128), 121-133.
- Tuncer, E. (2023). Akademik Personelin Rekreasyonda Algılanan Sağlık Çıktıları ve Serbest Zaman Doyumu Düzeylerinin İncelenmesi (Necmettin Erbakan Üniversitesi Örneği). Necmettin Erbakan Üniversitesi Sosyal Bilimler Enstitüsü, Yüksek lisans tezi, Konya.
- Yetim, Ü. (1993). Life satisfaction: A study based on the organization of personal projects, Social Indicators Research 29 (3), 277–289.
- Yılmaz, E., & Aslan, H. (2013). Öğretmenlerin iş yerinde yalnızlıkları ve yaşam doyumları arasındaki ilişkinin incelenmesi. Pegem Eğitim ve Öğretim Dergisi, 3(3), 59-69.
- Yılmaz, E., & Altınok, V. (2009). Okul yöneticilerinin yalnızlık ve yaşam doyum düzeylerinin incelenmesi. Kuram ve Uygulamada Eğitim Yönetimi, 59(59), 451-470.