

# Leisure Attitude and Happiness Among Young Adults

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**Abstract** - The aim of the present study was to analyze the relationship between leisure attitude and happiness among young adults. The objective of the study was to assess the relationship between the components of leisure attitude and happiness among young adults.

Data was collected using convenience sampling method. The samples consisted of 150 young adults (75 males and 75 females) who were asked to fill an online survey that included Leisure Attitude scale and Subjective Happiness scale. Pearson's correlation coefficient was computed to find the relationship between these variables.

The results revealed that there was a significant positive correlation between overall leisure attitude and happiness among young adults. It was also found that every component of leisure attitude (cognitive, affective and behavioral) was positively correlated with happiness among young adults.

**Index Terms** - Leisure, attitude, happiness.

## INTRODUCTION

In recent years, people are investing more time in working for long hours, earning money, watching television and engaging on social media due to which they have less time to engage in leisure. Engaging in leisure activities benefits an individual in developing one's social intelligence, relaxation, happiness and personal satisfaction. To engage in such activities, positive attitudes and willingness towards leisure is also very important. Thus, exploring more on the relationship between leisure and happiness among young adults may help in bringing more understanding in this area.

Leisure attitude understands the individuals' willingness or predisposition to engage in leisure activities, which they found to be influenced by the individuals' attitudes to leisure, according to its cognitive, affective and behavioral components (Ragheb and Beard, 1982). The idea of leisure attitude was basically evolved by Ragheb and Beard (1982). The creators attempted to comprehend people's

readiness or inclination to take part in leisure exercises, which they discovered to be impacted by the people's mentalities to leisure, as per its intellectual, emotional, and behavioral components. Leisure attitude could be clarified as a readied position of people towards their recreation time contingent upon their perception, conviction, and positive or antagonistic direction. Attitudes are professed to have emotional, psychological and conduct viewpoints (Ragheb and Beard, 1982).

Lim et al. (2020) investigated cancer family caregivers' life experience and the role and meaning of leisure. Results indicated that they experienced higher physical and mental distress but believed the leisure activity is needed as it increases their quality of life. Kono et al. (2019) assessed the linkage between leisure and life worthiness (ikigai) among 669 Japanese students using structural equation modeling. Results showed that leisure pursuits increase life worthiness when they are valued as enjoyable and/or effortful. Ozturk et al. (2019) analysed the attitudes of primary school teachers towards leisure among 355 participants. Results showed that the leisure perspective levels of teachers were high and female teachers had considerably higher leisure attitudes within the cognitive component than males. Kim et al. (2015) examined the connection among leisure attitude, satisfaction and eudemonia among 207 undergraduate students. It absolutely was found that leisure attitudes are positively correlated with leisure satisfaction that springs from participation in leisure activities with positive attitudes on leisure affects wellbeing by reducing stress and loneliness and enhancing personal vanity.

Happiness can be defined as the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful and worthwhile ("The How of Happiness" by Sonja Lyubomirsky, 2007). Happiness is people's evaluation of their lives and encompasses both cognitive judgments of satisfaction and affective appraisals of

words and emotions (Kesebir and Diener, 2008). Happiness being a broad term, social scientists and psychologists also use the term “subjective wellbeing”. Bailey et al. (2016) assessed the comparative impact of leisure routines and attitudes on happiness among 379 students and 253 alumni members of the same institution. The study showed that one’s routine leisure activities and attitudes can have a significant positive effect on overall happiness, and this path is consistent at different life stages. Quoidbach et al. (2019) assessed the relationship between happiness and social behavior. Results showed that happiness and social behavior are positive however advanced relationships. Demirel (2019) investigated the relationship between leisure involvement and happiness levels among 599 individuals who have any fitness center membership. Results indicated that level of happiness was positively correlated with leisure involvement and significant difference was seen in leisure involvement levels according to the participants’ gender and educational levels. Wang & Wong (2014) examined the statistical link between happiness and leisure. Results indicated that certain leisure activities can be negatively correlated with happiness whereas family income and health conditions are positively associated with joy. Findings also supported that national unemployment and political stability also have robustly significant effects on happiness.

#### OBJECTIVE OF THE STUDY

The objective of the study was as follows:

1. To examine the relationship between various components of leisure attitude and happiness among young adults.

#### METHODS

##### Sample

The convenient sampling method was used for the present study. The sample consisted of 150 young adults from the state of Tamil Nadu in the age range of 18-35 years (mean age: 25.6 years). Of the 200 young adults, 75 were males (mean age : 26 years) and 75 were females (mean age: 24 years).

##### Procedure of data collection

Data was collected through an online Google form which was shared to the target population. The purpose of the study was explained through the

description on the online form. The subjects were encouraged to participate of their free will. Informed consent was taken through their willingness to participate in the study and confidentiality of the responses was guaranteed.

#### RESEARCH DESIGN

The research design was an ex-post facto research.

##### Instruments

Two instruments were used, they are:

1. The Leisure Attitude Scale (LAS):

The 18-item Leisure Attitude Scale (SV) was developed by Ana Teixeira and Teresa Freire (2013). The responses are rated on a 5-point Likert scale to measure the leisure attitude, ranging from strongly disagree (1) to strongly agree (5) for all the items. There are no reversed items. LAS consist of three subscales that assess the cognitive, affective and behavioural components of leisure. Acceptable internal consistency was obtained for the total scale ( $\alpha=0.88$ ) and each of the subscales ( $\alpha=0.77$  to  $\alpha=0.87$ ).

2. Subjective Happiness Scale:

The Subjective Happiness Scale was developed by Lyubormirsky and Lepper (1999). The 4-item scale measures subjective happiness and has 7 options which differ for each of the four questions. The scores are summed up for each item together and the scoring is kept continuous. Reliability analysis (i.e., Cronbach’s alpha coefficient) was conducted for testing the internal consistency among the four items. The alpha’s ranged from 0.79 to 0.94 which shows their internal consistency is acceptable. The scale also showed stability over time by a longitudinal study.

3. Personal Data Sheet

Demographic information such as initials, age, gender, educational qualification and occupation were collected.

##### Statistical analysis

Pearson’s correlation co-efficient was used to investigate the relationship between perseverative thinking and the five facets of mindfulness.

#### RESULTS AND DISCUSSIONS

Table 1. Pearson's Product-Moment Correlations of Perseverative thinking with five facets of mindfulness

Variables	Happiness
Cognitive component	0.39**
Affective component	0.35**
Behavioural component	0.62**
Overall leisure attitude	0.58**

Note

\*\*p<0.01

Pearson's product moment correlations were computed to assess the relationships between happiness and components of leisure attitude. It was found that the correlation coefficient between cognitive component and happiness was significant,  $r(148) = 0.39, p < 0.01$ . The results indicated that there was a significant positive relationship between cognitive component and happiness. This shows that individuals who have higher knowledge and beliefs about leisure, its characteristics and how it relates to their life's quality tend to be happy. Similar findings were reported by Matsumoto et al. (2018) who examined the relationship between leisure engagement, cognitive involvement of leisure and subjective happiness among 493 American Scuba divers. Results indicated that the cognitive involvement of leisure was more positively correlated with happiness than the leisure engagement itself. It was found that the correlation coefficient between affective component and happiness was significant,  $r(148) = 0.35, p < 0.01$ . The results indicated that there was a significant positive relationship between affective component and happiness. This shows that individuals who have higher feelings in relation to leisure, i.e., when the degree to which the individual likes leisure activities and experience is high, they tend to be happy. It was found that the correlation coefficient between behavioural component and happiness was significant,  $r(148) = 0.62, p < 0.01$ . The results indicated that there was a significant positive relationship between behavioural component and happiness. This shows that individuals with past, present and intended actions regarding leisure activities and experiences are found to be happy. Similar findings were reported by Wei et al. (2015) who used a nation-wide survey to investigate the effect of leisure time and activities on happiness among 73622 residents in China. Results indicated that time spent on leisure was positively related with happiness.

It was found that the correlation coefficient between leisure attitude and happiness was significant,  $r(148) = 0.58, p < 0.01$ . The results indicated that there was a significant positive relationship between leisure attitude and happiness. This shows that individuals with good knowledge, strong beliefs, feelings and behavioural patterns of leisure seem to have higher happiness. Similar findings were reported by Guvendi et al. (2016) who investigated the relationship between happiness, leisure attitude and life satisfaction among 302 individuals who joined recreational dancing activities. Results indicated that happiness and leisure attitudes are in a significant positive relationship and added that happiness increases with age, perceived income level and behavioural component of leisure attitude.

### CONCLUSIONS

The study examined the relationship between happiness and components of leisure attitude. There was a significant positive relationship between the cognitive component, affective component and behavioural component of leisure attitude with happiness among young adults. There was a significant positive relationship between overall leisure attitude and happiness among young adults.

### IMPLICATIONS OF THE STUDY

The present study may help in decision making process of academic policies for school children by the government or school administrators regarding leisure activity that can promote competencies and psychological wellbeing. The industrial companies can also incorporate this in policy making regarding recreational activities to reduce the stress experienced by workers and to break the boredom that occurs due to monotonous working conditions. It can also help counsellors and trainers to conduct training programs in developing positive attitudes towards leisure activity to enhance one's physical and psychological wellbeing.

### LIMITATIONS OF THE STUDY

1. The sample size was limited to only 150 participants. Therefore, generalizations cannot be done to a larger population.

2. The study was restricted only to people in the age group 18-30 years
3. There might be some unintentionally reported wrong answers due to misinterpretations of the questionnaire items by the respondents.
4. Since self-report measures were used, the answers of the participants could be subject to social desirability bias factor.

#### SUGGESTIONS FOR FUTURE RESEARCH

1. A larger sample size could be used in future so that the findings can be generalized
2. Studies can be done on effectiveness about active and passive leisure
3. Further study can be done to find the relationship between leisure attitudes and other variables like stress, emotional regulation, efficiency, etc.
4. The study could have been expanded to all age groups.

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