

I Volunteered: The Mediating Role of Leisure Satisfaction in The Effect of Leisure Motivation on The Meaning of Life

Gönüllü Oldum: Serbest Zaman Motivasyonunun Yaşamın Anlamına Etkisinde
Serbest Zaman Doyumunun Aracılık Rolü

Research Article / Araştırma Makalesi

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Abstract

This study aims to test the mediating effect of leisure satisfaction on the relationship between leisure motivation and meaning of life. In the study, data were collected from individuals living in Istanbul using the convenience sampling method. A total of 324 volunteers (Age: 27.98±10.43 year) participated in the study, of which 156 (48.1%) were females and 168 (51.9%) were males. The data collection instrument consisted of two parts; the first part included questions about participants' demographic information, while the second part included the "Leisure Motivation Scale (LMS)," "Leisure Satisfaction Scale (LSS)," and "Meaning in Life Questionnaire (MLQ)". Basic descriptive statistics and Pearson correlation analysis were used to analyze the data. Furthermore, the mediating effect of leisure satisfaction on the relationship between leisure motivation and meaning of life was calculated using SPSS Process Macro (Model 4). Based on the results of Pearson correlation analysis, there were statistically significant, moderately positive relationships between the mean scores of "LMS," "LSS," and "MLQ" ($p<0.01$). The results indicate that leisure motivation has a direct and positive significant effect on the meaning of life ($\beta= 0.46$; $p<0.01$). Furthermore, it was confirmed that leisure satisfaction plays a mediating role in the relationship between leisure motivation and the meaning of life ($\beta= 0.18$; $p<0.01$). Consequently, an increase in the leisure motivation of volunteers leads to an increase in their leisure satisfaction, which gives more meaning to the individual's life. Therefore, it is significant to identify factors that increase people's participation in volunteer activities and develop awareness programs in this context.

Keywords: Leisure motivation, leisure satisfaction, meaning in life, volunteering

Öz

Bu çalışmanın amacı, serbest zaman motivasyonunun yaşamın anlamına etkisinde serbest zaman doyumunun aracılık etkisini test etmektir. Araştırmada elde edilen veriler kolayda örnekleme yöntemi kapsamında İstanbul'da yaşayan bireylerden toplanmıştır. Araştırmaya 156'sı (%48.1) kadın, 168'i (%51.9) erkek olmak üzere toplam 324 gönüllü (Yaş_{ort}: 27.98±10.43 yıl) katılmıştır. Veri toplama aracı iki bölümden oluşmaktadır. Birinci bölümde, katılımcıların demografik bilgilerini içeren sorular yer alırken ikinci kısımda; "Serbest Zaman Motivasyonu Ölçeği (SZMÖ)", "Serbest Zaman Doyumu Ölçeği (SZDÖ)" ve "Yaşamın Anlamı Ölçeği" (YAÖ) yer almaktadır. Verilerin analizinde, temel betimleyici istatistikler, Pearson korelasyon analizi yöntemleri kullanılmıştır. Ayrıca, serbest zaman motivasyonu ile yaşamın anlamı arasındaki ilişkide serbest zaman doyumunun aracılık rolü etkisi SPSS Process Macro (Model 4) ile hesaplanmıştır. Pearson korelasyon analiz sonuçları, "SZMÖ", "SZDÖ" ve "YAÖ" ortalama puanları arasında istatistiksel olarak orta düzeyde pozitif yönlü anlamlı ilişkiler olduğunu göstermiştir ($p<0.01$). Elde edilen bulgulara göre, serbest zaman motivasyonu yaşamın anlamı üzerinde doğrudan ve pozitif anlamlı etkiye sahiptir ($\beta= 0.46$; $p<0.01$). Bununla birlikte serbest zaman doyumunun, serbest zaman motivasyonu ile yaşamın anlamı arasındaki ilişkide aracılık rolü olduğu da doğrulanmıştır ($\beta= 0.18$; $p<0.01$). Sonuç olarak; gönüllülerin serbest zaman motivasyonlarındaki artış ile birlikte serbest zaman doyumlarında da artış gözlemlenmiş ve bu durumun bireyler için yaşamı daha anlamlı hale dönüştürmesinde etkili olduğu ifade edilebilir.

Anahtar Kelimeler: Serbest zaman motivasyonu, serbest zaman doyumunu, yaşamın anlamı, gönüllülük

Introduction

Leisure is an activity with the aims of relaxation, entertainment or personal development carried out freely, outside of the work, education and mandatory daily responsibilities of individuals (Caldwell, 2005, Gürbüz, 2017; Mansfield, Daykin, & Kay, 2020; Roberts, 2006). This concept provides the opportunity to meet basic needs like social interaction, self-realization and stress management by offering the chance for individuals to participate in events that develop identity, self-expression and free will (Ahn & Song, 2023; Jun & Kyle, 2012). Participation in leisure activities was observed to play a role in supporting the social skills of individuals and increasing social capital; thus, contributing to social adjustment (Bone et al., 2022; Kleiber, 2020; Koçak & Gürbüz, 2024). In this context, the motivational tendency of individuals toward leisure activities, in other words, leisure motivation, emerges as a determinative factor in the occurrence of positive effects for individuals (Beard & Ragheb, 1983; Kim, Brown, & Yang, 2019).

Leisure motivation is a basic factor determining the desire for participation in leisure activities and positive feelings obtained by individuals and is investigated under two main headings of internal and external motivation. Intrinsic motivation represents the individual doing an activity to meet their internal needs, for enjoyment or because they are interested. External motivation represents an individual participating in events due to external factors like external rewards, recognition, social acceptance or pressure (Alexandris, Tsorbatzoudis & Grouios, 2002; Chen & Pang, 2012). In this context, the internal and external components of leisure motivation undertake determinative roles in the continuous participation of individuals in activities, and their leisure satisfaction levels (Beggs & Elkins, 2010).

Leisure satisfaction represents the psychological and emotional satisfaction levels obtained by individuals from leisure activities (Beard & Ragheb, 1980). This concept reaches its highest levels when the activities an individual participates in during leisure are compatible with their interests and values and in situations where psychological needs are met (Leversen et al., 2012; Shin & You, 2013). Leisure satisfaction is not just limited to individual psychological satisfaction, at the same time it plays an important role in terms of social relationships (Kim et al., 2016). These interactions allow individuals to express themselves, to create support systems and to strengthen social bonds. Individuals participating in group activities, especially, may increase their social commitment by making new friendships in areas of common interest (Mortazavi et al., 2022). As a result, individuals find the opportunity to make their lives more valuable by deepening their perceptions about the meaning and purpose of life (Iso-Ahola & Baumeister, 2023). In other words, mood related to meaning of life is positively affected.

Meaning of life is a deep concept that individuals search for throughout their lives and which shapes their existential experiences. From a psychological and philosophical perspective, the meaning of life represents the total of the individuals' life

experiences, values and goals (Wolf, 2012). Frankl (1985) stated the meaning of life was a guide to individuals when faced with challenges and events they encounter. This meaning provides motivation and a guiding framework for individuals, as they create their own life stories (Martela, & Steger, 2016). The meaning of life is deepened through the targets and goals determined by individuals; this search is enriched by voluntary activities, especially in the context of leisure activities. Individuals strengthen social relationships through volunteering and can determine targets full of meaning (Same et al., 2020). Volunteering, in addition to contributing to society, makes life more meaningful by increasing belongingness, and participants acquire a feeling of satisfaction (Zhou & Kodama Muscente, 2023). These types of activities allow individuals the chance to achieve their potential, to express themselves and to develop freely. Thus, volunteering becomes an important factor increasing feelings of satisfaction and motivation, and ensuring individuals find meaning in their lives (Faletahan et al., 2022).

When leisure motivation, leisure satisfaction and meaning of life concepts are evaluated in this framework, participation in voluntary activities by individuals will positively contribute to their motivation and satisfaction experiences and to the search for meaning related to their lives. The theoretical linkage between leisure motivation, leisure satisfaction, and meaning of life can be better understood through the lens of Self-Determination Theory (Deci & Ryan, 1985), which emphasizes the fulfillment of intrinsic psychological needs—autonomy, competence, and relatedness—as essential for fostering well-being and purpose. Intrinsically motivated leisure activities enable individuals to engage in actions aligned with personal interests and values, reinforcing a sense of agency and identity, which are fundamental to experiencing life as meaningful (Martela & Steger, 2016). Similarly, leisure satisfaction serves as a reinforcing mechanism that reflects the successful realization of personally significant experiences and goals (Newman et al., 2014). These meaningful leisure experiences contribute to eudaimonic well-being by facilitating reflection, connection with others, and personal growth—all of which are strongly associated with the development of a coherent life purpose (Ryff & Singer, 1998; Steger et al., 2006). Thus, the interplay among leisure motivation, satisfaction, and meaning of life is not merely behavioral, but deeply rooted in psychological theories of human flourishing and existential fulfillment. In the literature, there is information related to the concepts of leisure motivation (Ayhan & Öçalan, 2022; Chen, Li & Chen, 2013; Demirel et al., 2022; Molanorouzi, Khoo & Morris, 2014), leisure satisfaction (Doğan & Gürbüz, 2024; Liu et al., 2024; Satılmış et al., 2024) and the meaning of life (Czekierda et al., 2017; Guinée et al., 2022; İnal & Salar, 2020; Nozick & Benatar, 2016). Additionally, there is research in the literature related to the correlation between leisure motivation and satisfaction (Beggs & Elkins, 2010; Chen, Li & Chen, 2013). However, there is no study encountered investigating the

relationships of these three concepts, especially in the context of volunteer activities. Participation in voluntary activities provides significant contributions to the personal development of individuals, in addition to supporting the solution of social problems by strengthening social solidarity, indicating that this research will significantly contribute to the literature. Moreover, this study makes a novel contribution by integrating leisure motivation, satisfaction, and meaning of life within a single mediation model, specifically in the volunteering context, which is often overlooked in leisure literature. While prior research has separately examined these constructs, their combined effect—particularly the mediating role of leisure satisfaction—has not been empirically tested in this domain. Additionally, empirical studies have suggested significant correlations between leisure satisfaction and psychological well-being (Newman et al., 2014), as well as between life meaning and leisure experiences (Iwasaki, 2007; Musick & Wilson, 2003), reinforcing the theoretical foundation of our model. Therefore, the proposed framework is grounded in both theory and prior evidence, and addresses a meaningful gap by examining how leisure dynamics in volunteering settings contribute to existential outcomes.

In this context, volunteering is regarded as a distinctive form of leisure activity characterized by free choice, internal motivation, and social contribution (Henderson, 1984; Stebbins, 2015). Unlike compulsory work or structured obligations, volunteering is performed willingly and is often driven by a sense of purpose, altruism, or the desire for social connection (Snyder & Omoto, 2008). From a leisure perspective, volunteering enables individuals to engage in meaningful and enjoyable activities that align with their personal values and interests, fulfilling both hedonic (pleasure-oriented) and eudaimonic (meaning-oriented) aspects of well-being (Iwasaki, 2007). Leisure motivation in volunteering may arise from both intrinsic drivers such as personal growth, self-fulfillment, or passion, and extrinsic factors like social recognition or network-building (Vecina et al., 2012). These experiences often lead to enhanced leisure satisfaction through psychological rewards, emotional well-being, and social engagement. Moreover, volunteering offers a rich context for individuals to explore and deepen their meaning of life by contributing to a cause greater than themselves, fostering a stronger sense of identity and purpose (Musick & Wilson, 2003; Omoto & Snyder, 2002). Thus, investigating these concepts collectively within the volunteering context presents a valuable opportunity to understand how meaningful leisure engagement supports personal development and existential well-being.

Based on this, the basic aim of this study was to identify the mediating role of leisure satisfaction in the correlation of leisure motivation with meaning of life for individuals participating in voluntary activities. In line with this aim, the following hypotheses will be tested:

- Hypothesis 1 (H1): Leisure motivation has a direct positive effect on meaning of life.

- Hypothesis 2 (H2): Leisure motivation has a direct positive effect on leisure satisfaction.
- Hypothesis 3 (H3): Leisure satisfaction has a direct positive effect on meaning of life.
- Hypothesis 4 (H4): Leisure satisfaction has mediating role in the effect of leisure motivation on meaning of life.

Method

Research Model

This study is descriptive research based on the relational survey model, aiming to investigate the mediating role of leisure satisfaction in the correlation of leisure motivation with meaning of life. The research model is presented in Figure 1.

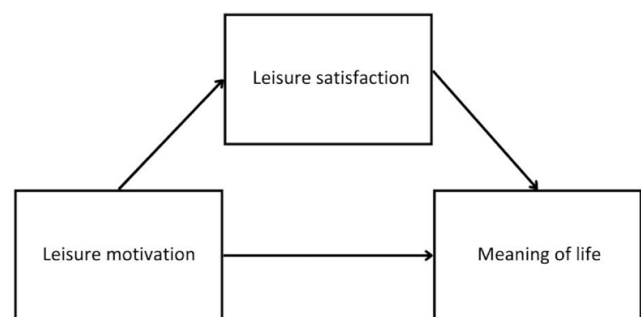


Figure 1. Research model

Research Group

The sample for the study comprised 324 individuals participating in voluntary activities benefiting society without any financial reward or expectation of personal benefit who are members of at least one civil society organization (CSO). The participants were selected using convenience sampling, based on their accessibility and willingness to participate in the research. This non-probability sampling method was preferred due to the practical constraints in reaching a randomized sample of volunteers within civil society organizations. All participants resided in Istanbul. Ages of participants varied from 18-63 years (mean age 27.98±10.43). When the demographic characteristics of individuals participating in the research are investigated, gender distribution was 48.1% female (n=156) and 51.9% male (n=168).

According to marital status, 53.1% of participants were single (n=172) and 46.9% were married (n=152). When evaluated in terms of income, 32.4% were below average (n=105), 52.5% were average (n=170) and 15.1% were above average (n=49) in terms of welfare level. In terms of receiving education about volunteering, 33% of participants had received education (n=107) and 67% had not (n=217). For duration of participation in voluntary activities, 54.9% had volunteered for 0-6 months (n=178), 8.3% for 7-12 months (n=27), 7.4% for 13-18 months (n=24), 3.1% for 19-24 months (n=10) and 26.2% for 25 months or longer (n=82) (Table 1).

Table 1. Information related to the demographic characteristics of participants

Demographic variables	N	%
Gender		
Female	156	48.1
Male	168	51.9
Marital status		
Single	172	53.1
Married	152	46.9
Income status		
Below average	105	32.4
Average	170	52.5
Above average	49	15.1
Education about volunteering		
Yes	107	33
No	217	67
Duration of volunteer activities		
0-6 months	178	54.9
7-12 months	27	8.3
13-18 months	24	7.4
19-24 months	10	3.1
25 months or more	85	26.2
Total	324	100

Data Collection Tools

Leisure motivation scale (LMS): The scale was developed by Valerand et al. (1992) and adapted to Turkish by Güngörmüş (2012) with validity-reliability studies performed. The scale comprises seven subscales of to know, to achieve, to stimulate, identification, to determine, external regulation and lack of motivation, and contains a total of 28 items. Responses are evaluated with a rating from 1 (disagree completely) to 5 (fully agree). The scale adapted to Turkish culture was identified to have Cronbach alpha internal consistency coefficients that varied from 0.70 to 0.83. In this study, the internal consistency coefficient for the scale was calculated as 0.88.

Leisure Satisfaction Scale (LSS): The scale was developed by Neal, Sirgy and Uysal (1999) and comprises three items: 1 – Generally I have quality leisure time, 2 – Generally I’m someone who knows how to spend my leisure time, and 3 – Life becomes stressful if I don’t do something with my leisure time. This scale was structured as a measurement tool by rating responses from 1 (definitely disagree) to 5 (fully agree). The Cronbach alpha internal consistency coefficient for the scale was identified as 0.66. The structure of the scale was tested with confirmatory factor analysis (CFA) and the analysis results show the model has acceptable fit indices ($\chi^2/sd=2.11$, GFI=0.98, CFI=0.99, NFI=0.98, AGFI=0.94, SRMR=0.02, RMSEA=0.05). In this study, the internal consistency coefficient for the scale was found to be 0.60.

Meaning in Life Questionnaire (MLQ): The Meaning in Life Questionnaire, developed by Steger et al. (2006), was adapted to Turkish by Demirdağ and Kalafat (2015) and validity-reliability studies were completed. The adaptation comprises two

subscales of existing meaning and meaning that is sought, and comprises a total of 10 items. Individuals rate statements with a 7-point Likert scale from 1 (definitely not true) to 7 (definitely true). The structural validity of the scale was tested with CFA and the analysis results revealed the model had good level of fit ($\chi^2/sd=3.50$, RMSEA=0.06, CFI=0.95, NFI=0.93, GFI=0.93, AGFI=0.89, RFI=0.92). The reliability of the scale was supported by Cronbach alpha internal consistency coefficients, which were calculated as 0.81 for the existing meaning and 0.85 meaning that is sought. In this study, the general internal consistency coefficient for the scale was found to be 0.84.

Analysis of data

Analysis of data used IBM SPSS 25 software. The skewness and kurtosis values of variables assessed within the scope of the study were investigated and all values were observed to be within the ± 2 interval. This indicates that the assumption of normality is met (George & Mallery, 2016). With the aim of determining the reliability levels of the scales, the Cronbach alpha reliability coefficients were calculated, and the following results were obtained. Values were 0.88 for the Leisure Motivation Scale, 0.60 for the Leisure Satisfaction Scale and 0.94 for the Meaning in Life Questionnaire. With the aim of investigating the correlations between variables, the Pearson moments multiplication correlation coefficient analysis was applied.

To assess the mediation effect, the PROCESS macro v4.1 developed by Hayes (2013) was used. The PROCESS macro evaluates analysis results according to confidence intervals and confidence intervals provide more reliable results if the assumption of normal distribution is not met. The significance of the mediation effect is based on whether the confidence interval contains zero or not. If zero is outside the confidence interval, the mediation effect is accepted as being statistically significant. The size of the mediation effect was interpreted in line with the values proposed by Preacher and Kelly (2011). In this model, leisure motivation was determined to be the independent variable, meaning of life was the dependent variable, and leisure satisfaction was included as the mediating variable. The significance of the indirect effects in the analysis was evaluated with resampling of 5000 using the bootstrapping method in the 95% confidence interval.

Data Collection Process

Data for the research were collected from members of diverse civil society organizations organizing voluntary activities in İstanbul in January 2024. After necessary permissions were obtained, participants were reached through both face-to-face interviews and through Google Forms. Prior to participation, all participants were informed about the purpose and duration of the study, the voluntary nature of their involvement, and their right to withdraw at any time without any consequence. As part of the informed consent process, participants were asked for explicit consent to participate in the study, both verbally and in

writing, depending on the method of data collection. As the research has the quality of being a general assessment, it was emphasized to participants that they did not need to share any information that would directly state their identity. Participants were assured that the data would be used solely for scientific purposes, with no personal identifying information being collected or stored. Only individuals accepting voluntary participation were included in the study. Furthermore, it was explicitly communicated that the data would not be shared with any third parties and would remain confidential.

Findings

In this section, findings related to the correlations of leisure motivation, leisure satisfaction and meaning of life for individuals participating in voluntary activities are presented.

Table 2. Correlations between variables and descriptive statistics

Variables	Correlation		Descriptive statistics			
	1	2	Mean	Sd	Skewness	Kurtosis
1. Leisure motivation	-	-	4.54	0.75	-0.11	1.57
2. Leisure satisfaction	0.43**	-	3.77	0.81	-0.30	-0.37
3. Meaning of life	0.47**	0.45**	5.14	1.03	-0.38	-0.31

According to the findings in Table 2, correlations between variables were positive and significant at moderate levels. When the mean scores related to the variables are investigated, participants appeared to have leisure motivation scores of 4.54, leisure satisfaction scores of 3.77 and meaning of life scores of 5.14. Additionally, the skewness (-0.11 to -0.38) and kurtosis (1.57 to 0.37) values show the data abided by normal distribution.

Table 3. Analysis of mediating role of leisure satisfaction in the correlation of leisure motivation with meaning of life

Predictive variables	Outcome variables			
	Leisure satisfaction		Meaning of life	
	β	SE	β	SE
(Constant)	1.705	0.24	1.565	0.31
Leisure motivation	0.46	0.05	0.46	0.07
Leisure satisfaction			0.39	0.06
	$R^2 = 0.18$		$R^2 = 0.29$	
	$F(1, 322) = 70.98, p < 0.01$		$F(2, 321) = 67.96, p < 0.01$	

In line with the findings in Table 3, firstly leisure motivation was identified to be a significant predictor of leisure satisfaction ($\beta = 0.46, t(322) = 8.42, p < 0.01$). Within this framework, leisure motivation explained 18% of the total variance in leisure satisfaction ($F(1,322) = 70.98, p < 0.01$). Secondly, leisure motivation ($\beta = 0.46, t(322) = 6.54, p < 0.01$) and leisure satisfaction ($\beta = 0.39, t(322) = 5.94, p < 0.01$) were found to significantly predict meaning of life. These two variables explained 29% of the variance in meaning of life ($F(2,321) = 67.96, p < 0.01$).

Table 4. Indirect effect on meaning of life through mediation by leisure satisfaction

Correlation between variables	Coefficient	95% CI	
		Lower Limit	Upper Limit
H1= Leisure motivation → Leisure satisfaction	0.46**	0.34	0.56
H2= Leisure motivation → Meaning of life	0.46**	0.32	0.60
H3= Leisure satisfaction → Meaning of life	0.39**	0.26	0.52
H4= Leisure motivation → Leisure satisfaction → Meaning of life	0.18**	0.10	0.26
Total effect	0.64**	0.50	0.77

According to Table 4, with the aim of investigating the indirect effect within the scope of the research, the PROCESS macro based on bootstrap analysis of 5000 samples was used. As a result of the analysis, the confidence intervals calculated for leisure motivation, leisure satisfaction and meaning of life (BootLLCI and BootULCI) did not contain zero (Hayes and Preacher, 2014). When leisure satisfaction is controlled as mediating variable, a significant change was observed in the predictive power of leisure motivation for meaning of life ($F(1,322)=90.84, p<0.01$) and the explained variance fell to 22% ($\beta=0.18, t(322)=6.54, p<0.01$). These findings show that leisure satisfaction undertakes a mediating role in the correlation of leisure motivation with meaning of life. When the direct effect of leisure motivation on meaning of life ($\beta=0.46$) and the indirect effect mediated by leisure satisfaction ($\beta=0.18$) are assessed together, the total effect value ($\beta=0.64$) was detected. With these findings, the hypotheses in the research were confirmed.

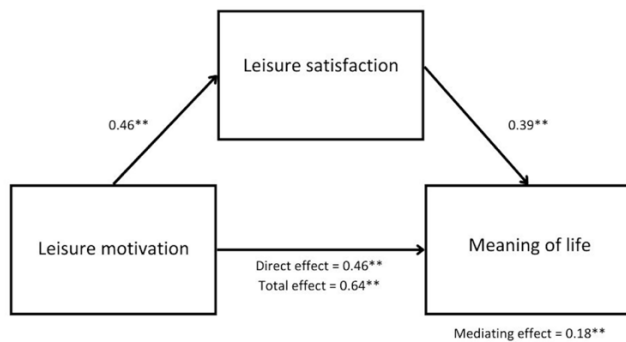


Figure 2. Analysis results related to the research model

Discussion

The basic aim of this study was to identify the mediating role of leisure satisfaction in the correlation of leisure motivation with meaning of life for individuals participating in voluntary activities. When the research findings are evaluated, positive and significant correlations were found between leisure motivation, leisure satisfaction and meaning of life (Fig. 2).

When the analysis results related to the research model are investigated, leisure motivation was identified to have positive and significant effect on leisure satisfaction. This finding supports the first hypothesis (H1). The study by Ragheb and Tate (1993) revealed there was a positive correlation between leisure motivation with leisure satisfaction. Individuals with high leisure motivation were determined to obtain higher satisfaction from leisure activities; this motivation was shown to be an important factor in increasing the satisfaction participants received from leisure experiences. The underlying reason for the findings in the study by Beggs and Elkins (2010) is that motivation positively affects the participation quality and experiences related to leisure activities of individuals. Individuals with high motivation feel more satisfied with themselves when they participate in events with interest and willingness and may

become aware of skill developments; this situation clearly revealed the increasing effect of the motivation factor for leisure satisfaction. Research by Chen, Li and Chen (2013), Choi (2015) and Wu et al. (2021) are similar to these results and the findings of our research.

Leisure motivation was concluded to have a positive and significant effect on meaning of life. This finding supports the second hypothesis (H2). Although limited, existing studies provide indirect support for this relationship. The study by Iso-Ahola and Baumeister (2023) investigated the effect of leisure on the meaning of life for individuals. The study emphasized the important role played by leisure activities in self-actualization, the search for personal meaning and enhancement of satisfaction feelings for individuals and revealed leisure was a basic factor contributing to finding meaning in life. Bailey and Fernando (2012) concluded that project-based leisure activities provided higher happiness and meaning of life compared to routine-based leisure activities. These findings show that meaningful and target-focused leisure activities, like voluntary activities, create positive impacts on psychological well-being. While there is no direct empirical research found examining the specific relationship between leisure motivation and meaning of life, existing studies suggest that leisure-related behaviors can significantly contribute to the perception of meaning in life.

It was concluded that leisure satisfaction had positive and significant effect on meaning of life. This finding supports the third hypothesis (H3). There is no study encountered in the literature explaining the correlation between these two concepts. Among factors positively impacting meaning of life are psychological well-being, personal values, social connections and orienting toward meaningful targets. Leisure activities, especially meaningful social participation like volunteering, have a strong relationship with leisure satisfaction and meaning of life. Voluntary activities assist in the individual adding meaning to life by spending time with the aim of helping others and contributing to society (Wilson & Musick, 1999). These types of activities lead to individuals feeling internal satisfaction and that their lives are more meaningful. Additionally, leisure activities ensure the individual's actions are consistent with personal values; this results in higher leisure satisfaction and meaning of life. In this context, volunteering does not just contribute to society, at the same time it assists in individuals feeling more satisfied with themselves and sustaining a meaningful life.

When the analysis results are investigated, leisure satisfaction was identified to have a mediating role in the effect of leisure motivation on meaning of life. This finding supports the fourth hypothesis (H4). In the study by Matsumoto et al. (2018), participation in leisure activities was determined to shape the correlation between leisure involvement at emotional and cognitive levels with subjective happiness. The research showed that leisure satisfaction had a mediating role in the emergence of this correlation. Similarly, Cho (2024) determined that the effects of leisure nostalgia on well-being and intentions to leave a job were shaped by mediation with leisure satisfaction. In this

research, the leisure motivation of individuals participating in voluntary activities had direct effect on meaning of life; however, this effect appeared to be strengthened by mediation involving leisure satisfaction. Voluntary activities assist in individuals acquiring a meaningful place in their lives by guiding them with the purpose of providing social contributions and assisting others. These types of activities increase leisure motivation by ensuring individuals feel internal satisfaction and feel valuable. Leisure satisfaction is a tool enhancing the effect on meaning of life by ensuring these activities become more satisfying and meaningful for individuals.

Conclusion and Recommendations

This research revealed that for individuals participating in voluntary activities, the effect of leisure motivation on meaning of life was enhanced by mediation with leisure satisfaction. The research findings show that leisure motivation causes individuals to feel more satisfied by leisure activities and this satisfaction has positive effect on meaning of life. Additionally, meaningful leisure activities like volunteering were identified to provide significant contributions to individuals finding meaning in their lives. Leisure satisfaction, as basic factor mediating this process, assists strengthening the satisfaction experienced by individuals and their search for meaning.

The research findings emphasize that leisure motivation and satisfaction have strong effects on the meaning of life of individuals. In this context, leisure activities do not just have critical importance for the psychological well-being of individuals but also have critical importance for making their lives more meaningful. Social participation like volunteering contributes to internal satisfaction and finding meaning when the individual undertakes social responsibilities; at the same time, it positively affects meaning of life.

This research indicates that leisure activities have the potential to develop the meaning of life of individuals. In future research, the long-term effects of different leisure activities and volunteering types on the meaning of life of individuals may be investigated in more depth. Additionally, studies researching the effect of policies to increase leisure satisfaction on the psychological well-being of individuals may be performed. Ensuring individuals pass their leisure in more satisfying ways may strengthen both personal and social meaning of life. Additionally, organizations and communities may increase the quality of life of individuals by encouraging voluntary and similar meaningful leisure activities.

However, the study has certain limitations that should be acknowledged. Firstly, a convenience sampling method was used, which may restrict the generalizability of the findings to broader volunteer populations. Secondly, many participants had relatively short volunteering experience, which may affect the extent to which the findings reflect the long-term psychological outcomes of volunteering. Finally, the cross-sectional design of the study does not allow for causal interpretations.

Longitudinal research would be beneficial in further exploring the developmental nature of the relationships between leisure motivation, satisfaction, and meaning of life. Longitudinal research would be beneficial in further exploring the developmental nature of the relationships between leisure motivation, satisfaction, and meaning of life.

Authors' notes:

This study was presented as an oral presentation at the 4th International Recreation and Sports Management Congress (17-20 May 2023, Antalya).

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Conflict of Interest

There is no conflict of interest among the authors related to publication of this article.

Author Contributions

Research idea: MD, AS, BG; **Research design:** MD, BG; **Analysis of data:** MD, BG; **Manuscript writing:** MD, AS; **Critical review:** BG

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