

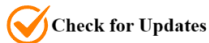
Leisure Behaviors in Different Cultures: Bingöl Zaza Sample

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Abstract: In our research, it was aimed to examine the leisure time behaviours of individuals in the Bingöl Zaza sample. Qualitative research method was used to examine the leisure time behaviours of individuals in the Bingöl Zaza sample. While the universe of the study consisted of those carrying the Bingöl Zaza culture, the sample consisted of 25 individuals (14 male, 11 female) who were randomly selected and participated voluntarily. The research data were collected with the semi-structured interview form developed for this study. In the analyses, the interview texts were carefully read and the data were conceptualized and themes explaining the data within a logical framework were determined according to the concepts that emerged. After the codes and themes were determined, the findings were analysed using grouped descriptive statistics. It was seen that the majority of the participants; worked 8 hours or less as a necessity and slept 7 hours or less. It was observed that the answers given to the question of who they spend their leisure time with were friends, family and alone, the answer given to the question of where they spend their leisure time was gym, shopping mall, home and outside, and the answer given to the question of participation in activities according to the customs and traditions of the society was condolence, wedding, festivals, sports activities, invitations and I do not participate. It was observed that the majority of the participants participated in the activities they were personally a part of their leisure time was sufficient, they allocated a budget for the activities, their activities reflected their culture, and their leisure time activities created a sense of happiness and pleasure in them. In this study, it was determined that there was a standardization in the leisure time behaviours of ethnic and belief groups as a result of acculturation, but ethnic cultural life was tried to be kept alive with a certain consciousness. It was determined in our study that individuals participated in more passive recreational activities. When the leisure time evaluation situations were taken into consideration, it was observed that there was not much difference between the Bingöl Zaza culture and other cultures.

Keywords: Leisure Time, Different Cultures, Zaza Sample.

1.Introduction

The concept of leisure time, which has an important place in human life, has been defined and interpreted in various ways in different civilizations throughout history. Leisure time is the process in which individuals participate in recreational activities alone or in groups, in accordance with the cultural structure of society, without being forced, without setting any goals or objectives (Hazar, 2009). Leisure time has great importance both individually and socially in human life. This process, which is left over from the compulsory work and daily routines of individuals, does not only mean resting or having fun; it is considered as an important area that contributes to the personal development, social relations and quality of life of individuals. However, the effective utilization of leisure time can have more significant consequences on the physical, mental and emotional health of individuals. This situation has made the concept of leisure time, which increased with mechanization especially after the industrial revolution, an important subject of investigation (Yayla & Çetiner, 2019).

This study aims to examine the leisure behaviours of individuals belonging to Bingöl Zaza culture. The Zaza culture provides a unique context with its historical, social and cultural characteristics and constitutes a unique sample to understand how the concept of leisure time is approached. The aim of the study is to understand the factors shaping the leisure time activities of Zazas living in Bingöl, to reveal the place of these activities in the social and cultural lives

of individuals, and in this context, to bring a new perspective to the literature on leisure time behaviours in different cultures.

The importance of the study is based on the fact that individuals' perceptions and behaviours towards the concept of leisure time are shaped not only by individual preferences, but also by the cultural environment and social conditions in which they live. In particular, understanding the leisure time habits of different cultures can provide a valuable basis for raising awareness and consciousness on this issue. The data to be obtained from the Bingöl Zaza sample will provide important information on the concept of leisure time in the context of both region-specific and cultural diversity in general.

In this context, the study aims to analyse the effects of cultural characteristics on leisure behaviours by focusing on how individuals spend their leisure time. This analysis will contribute to understanding the attitudes of the people of the region towards leisure time and to present possible solutions for the development of these attitudes.

1.1. Concept and Definition of Leisure

Leisure time refers to the period of free time left over from work and obligations in individuals' daily lives. This period of time is a process shaped according to social norms and individual preferences, which individuals utilize for rest, entertainment or personal development. [Hazar \(2009\)](#), defines leisure time as the sum of freedom and pleasure-oriented activities that individuals perform without any pressure. In addition, leisure time is considered as a process that should be evaluated with activities that will contribute not only to individuals' physical but also to their mental and emotional health.

1.2. Historical Process and Changes

The industrial revolution and the subsequent mechanization process increased the importance of the concept of leisure time by increasing the leisure time of individuals ([Yayla&Çetiner,2019](#)). Technological developments and modern living conditions have caused significant changes in the leisure habits of individuals, and the concept of recreation has gained importance in terms of effective use of leisure time. Recreation includes activities that enable individuals to utilize their leisure time through physical, cultural or artistic activities ([Öztürk & Taner, 2014](#)).

1.3. Culture and Leisure

Culture is one of the main factors affecting the way individuals spend their leisure time. Each culture attributes a different meaning to leisure time within the framework of its own values, norms and lifestyle. In societies with dominant ethnic characteristics such as Zaza culture, leisure time activities are expected to differ in both individual and social contexts. [Fox and Rickards \(2002\)](#), stated that individuals' leisure behaviours are shaped by their efforts to adapt to their socio-cultural environment. For this reason, it is important to examine the understanding of leisure time in communities such as the Zaza culture in order to better understand the cross-cultural differences of this concept.

1.4. Importance and Benefits of Leisure

Leisure time can have positive effects on both physical and psychological health. [Torkildsen \(2005\)](#), states that leisure time activities that contribute to personal development improve an individual's social and emotional health and also increase productivity in business life. In addition, the importance of leisure time planning contributes to personal development in terms of both socialization levels and skill development, as it does for individuals with special needs ([Kaya & Yıldırım, 2024](#)). In this context, the correct planning of individuals' leisure time is an important factor that increases the quality of life.

In this study, it will be examined how individuals' understanding of leisure time, activity preferences and attitudes are shaped in the light of cultural, social and economic factors in the Zaza culture in Bingöl. The study aims to make a new contribution to the literature in this field and to raise awareness about the utilization of leisure time in this cultural context.

2.Method

Research Model: Qualitative research method was used to evaluate leisure time behaviours in terms of individuals with Bingöl Zaza culture. In qualitative data analysis, researchers organize data, divide them into units of analysis,

synthesize them, reveal forms, discover important variables and decide which information to reflect in the report. In the implementation phase, the interview technique was utilized depending on the nature of the study. The interview technique enables in-depth information to be obtained from the participants on any subject in their natural environment.

Research Group: Criterion sampling method, which is a type of purposive sampling method, and snowball sampling method were used in the study. Purposive sampling consists of people who have experience with the key concept that researchers examine in their studies and who are consciously selected. In this context, the population of the study consisted of individuals with Bingöl Zaza culture, while the sample consisted of 25 individuals who were randomly selected and voluntarily participated. All stages of the study were designed with ethical standards in accordance with the Declaration of Helsinki.

Data Collection: In order to obtain information from the participants within the scope of the study, first of all, the research questions were determined with the help of the literature and turned into a form. In the first part of the form to be applied to the participants, demographic characteristics such as gender, age, economic status and educational status were included. In the second part of the form, questions related to the main topic of the study were included:

- How much time do you spend per day on your work?
- How long do you sleep?
- How do you spend your time during their meaning time (free time)? During this time, with whom do you spend more time (friends, family, alone, etc.)?
- Where do you spend your free time (stay at home or go to gyms, outdoor sports, art houses, coffee houses, shopping centres, etc.)?
- What are the activities you participate in according to general community customs and habits?
- Do you participate in activities that are appropriate for and characteristic of the community, group or ethnicity to which you belong?
- Do you believe that you have enough free time?
- Do you set a budget for your leisure activities?
- Do you think that the leisure activities, games-entertainment etc. You participate in reflecting your own culture?
- Do you feel that your leisure activities give you enough rest, fun or happiness?
- It was concluded that this form, which consists of two parts, could be a healthy data collection tool within the scope of the research.

During the interviews, forms were distributed to the participants, and they were asked to answer each question. The participants were assisted by the researcher during the interviews. The data obtained from the interviews were then analysed by the researcher. The analysed data were summarized and transferred to a Word file as text. The interview forms were examined twice in order to prevent any errors.

Data Analysis: Content analysis method was used to analyse the data. Content analysis is a systematic, repeatable technique in which some words of a text are summarized with smaller content categories by coding based on certain rules (Büyükoztürk et al., 2008). Data summarized and interpreted in descriptive analysis are subjected to a deeper processing in content analysis, and concepts and themes that cannot be noticed with a descriptive approach can be discovered as a result of this analysis. For this purpose, in our study, the interview texts were carefully read and the data were conceptualized and themes explaining the data were identified within the framework of logic according to the concepts that emerged. After determining the codes and themes, the findings were analysed using grouped descriptive statistics (frequency, percentage) (ANNEX-2).

SPSS 27 and JASP statistical package programs were used in the analysis of the themes obtained, Office 360 MS Excel was used in the creation of tables and graphics, and Office 360 MS Word licensed package program was used in the writing of the research.

Ethical Aspect of Research: In order to carry out the study on data collection, tools and methods, permission was obtained from Giresun University Social Sciences, Science and Engineering Sciences Research Ethics Committee with the decision numbered E-50288587-050.01.04-10257 at its meeting dated 10/05/2024 and numbered 05/36.

3.Results

When the demographic characteristics of the individuals who participated in the study were evaluated, it was determined that 44% (n=11) were female and 56% (n=14) were male. When the age distribution of the participants is analysed, it is seen that 36% (n=9) are between the ages of 17-29, 32% (n=8) are between the ages of 30-39, and 32% (n=8) are 40 years old and over. When the education levels of the participants were analysed, it was determined that 24% (n=6) were primary school graduates, 16% (n=4) were middle school graduates, 32% (n=8) were high school graduates, and 28% (n=7) were university graduates. Evaluations of the economic status of the participants revealed that 8% (n=2) had poor economic conditions, 44% (n=11) had moderate economic conditions, and 48% (n=12) had good economic conditions. When the distribution of economic status according to education level was analysed, it was determined that 17% (n=1) of the participants who graduated from primary school had poor economic conditions, 50% (n=3) had moderate economic conditions, and 33% (n=2) had good economic conditions. Among secondary school graduates, 50% (n=2) had moderate economic conditions and 50% (n=2) had good economic conditions. Among high school graduates, 50% (n=4) had moderate economic conditions and 50% (n=4) had good economic conditions. Among university graduates, 14% (n=1) had poor economic conditions, 29% (n=2) had moderate economic conditions and 57% (n=4) had good economic conditions. These findings reveal the diversity of the demographic and economic profiles of the participants and enable the evaluation of leisure behaviours in relation to these variables.

Table 1. Main Themes and Codes

Themes	Codes	Volunteer Participants (P)
Mandatory Working Hours	Not working	P5, P6, P7, P10, P11, P16, P17
	8 hours or less	P1, P8, P12, P14, P18, P19, P20, P21, P22, P23, P24, P25
	9 hours or more	P2, P3, P4, P9, P13, P15
Sleep Duration	7 hours and under	P2, P3, P4, P6, P7, P8, P10, P12, P15, P16, P18, P20, P21, P22, P25
	8 hours and over	P1, P5, P9, P11, P13, P14, P17, P19, P23, P24
Who You Spend Your Leisure Time with	Friends	P1, P5, P7, P12, P13, P14, P16, P19, P21, P22, P24
	Family	P1, P2, P3, P4, P5, P7, P9, P10, P11, P15, P16, P17, P18, P19, P20, P21, P22, P23, P25
	Alone	P3, P4, P6, P8, P20, P24
Where Leisure Time is Spent	At the gym	P1, P2, P3, P5, P12, P17, P24
	At the shopping center	P2, P3, P5, P11, P16, P22
	At home	P4, P6, P7, P8, P9, P10, P11, P13, P14, P15, P19, P20, P21, P23, P25
	Outside (café, course, picnic, etc.)	P1, P5, P7, P8, P13, P14, P18, P24, P25
Participation in Activities According to Social Customs and Traditions	Condolences	P1, P2, P4, P6, P7, P8, P9, P10, P11, P13, P14, P15, P16, P17, P18, P19, P20, P22, P24, P25
	Weddings	P1, P2, P4, P5, P6, P7, P8, P9, P10, P11, P12, P14, P16, P17, P18, P19, P22, P24, P25
	Festivals (Honey Festivals, etc.)	P2, P3, P4, P7, P8, P19, P22, P24
	Sports Activities	P1, P2, P3, P5, P10, P11, P12, P17, P18, P19, P21
	Invitations	P4, P6, P7, P10, P13, P15, P16, P17, P20
Participation in activities Conducted in Person	I am not attending	P23
	I agree	P1, P3, P4, P6, P7, P8, P9, P10, P11, P16, P17, P19, P20, P24
Leisure Time Competence	I disagree	P2, P5, P12, P13, P14, P15, P18, P21, P22, P23, P25
	Sufficient	P1, P2, P3, P4, P5, P7, P8, P9, P10, P11, P13, P14, P17, P18, P19, P20, P25
Budget Allocated for Leisure Time	Not Sufficient	P6, P12, P15, P16, P21, P22, P23, P24
	I allocate a budget	P1, P2, P3, P5, P6, P7, P9, P10, P11, P14, P16, P17, P19, P22, P24
Reflecting Culture in Leisure Activities Participated in	I do not allocate a budget	P4, P8, P12, P13, P15, P18, P20, P21, P23, P25
	Reflects my culture	P1, P2, P3, P4, P6, P7, P8, P9, P10, P11, P15, P20, P21, P22, P24
The Pleasure of Happiness from Leisure Activities Participated in	Does not reflect my culture	P5, P12, P13, P14, P16, P17, P18, P19, P23, P25
	Makes me happy	P1, P2, P3, P4, P5, P6, P7, P10, P11, P12, P13, P14, P15, P16, P17, P18, P19, P20, P21, P22, P25
	Does not make me happy	P8, P9, P23, P24

As a result of the interviews, ten (10) themes about how individuals spend their leisure time were highlighted and are shown below;

- a) Mandatory working hours
- b) Sleep duration

- c) Who you spend your leisure time with
- d) Where leisure time is spent
- e) Participation in activities according to community customs and traditions
- f) Participation in activities conducted in person
- g) Leisure time competence
- h) Budget allocated for leisure time
- i) Participation in leisure activities reflects the culture
- j) Happiness satisfaction of the leisure time activities participated in

Table 2 shows the answers of the participants to the question about mandatory working hours. As seen in Table 2, 28% (n=7) of the participants stated that they did not work, 48% (n=12) stated that they worked 8 hours or less, and 24% (n=6) stated that they worked 9 hours or more.

Table 2. Mandatory Working Hours

Theme	Code	n	%
Mandatory Working Hours	Not working	7	28,00
	8 hours or less	12	48,00
	9 hours or more	6	24,00

As seen in Table 3, 60% (n=15) of the participants stated that they slept 7 hours or less, while 40% (n=10) stated that they slept 8 hours or more.

Table 3. Sleep Duration

Theme	Code	n	%
Sleep Duration	7 hours or less	15	60,00
	8 hours or more	10	40,00

Table 4 shows the answers of the participants to the question about who they spend their leisure time with. As can be seen in Table 4, 44% (n=11) of the participants answered the question of who they spend their leisure time with as friends, 76% (n=19) answered as family, and 24% (n=6) answered as alone.

Table 4. With whom Leisure Time is Spent

Theme	Code	Answer	n	%
With Whom Leisure Time is Spent	Friend	No	14	56,00
		Yes	11	44,00
	Family	No	6	24,00
		Yes	19	76,00
	Alone	No	19	76,00
		Yes	6	24,00

Table 5. Where Leisure Time is Spent

Theme	Code	Answer	n	%
Where Leisure Time is Spent	Sports Hall	No	18	72,00
		Yes	7	28,00
	Shopping Center	No	19	76,00
		Yes	6	24,00
	At home	No	10	40,00
		Yes	15	60,00
	Outside (Cafe, Coffee House, Course, Picnic, etc.)	No	16	64,00
		Yes	9	36,00

Table 5 shows the answers given by the participants to the question about where they spend their leisure time. Some participants stated that they spend their leisure time in more than one place. As can be seen in Figure 5, 28% (n=7) of

the participants answered the question of where they spend their leisure time as gym, 24% (n=6) as shopping center, 60% (n=15) as home, and 36% (n=9) as outdoors (cafes, coffeehouses, courses, picnics, etc.).

Table 6. Event Participation by Community Customs and Traditions

Theme	Code	Answer	n	%
Event Participation According to Community Customs and Traditions	Condolence	No	5	20,00
		Yes	20	80,00
	Wedding	No	6	24,00
		Yes	19	76,00
	Festivals (Honey Festivals etc.)	No	17	68,00
		Yes	8	32,00
	Sport Activities	No	14	56,00
		Yes	11	44,00
	Invitations	No	16	64,00
		Yes	9	36,00
	Disagree	No	24	96,00
		Yes	1	4,00

Table 6 shows the answers of the participants to the question about activity participation according to community customs and traditions. Some participants stated that they participate in more than one activity in their leisure time. As can be seen in Figure 6, when analysed across the group, it was seen that 80% (n=20) of the participants answered condolences, 76% (n=19) weddings, 32% (n=8) festivals (honey festivals, etc.), 44% (n=11) sports activities, 36% (n=9) invitations, and 4% (n=1) disagreed with the question on activity participation according to community customs and traditions.

Table 7. Participation in Activities Conducted in Person

Theme	Code	n	%
In-Person Event Participation	I agree	14	56,00
	Disagree	11	44,00

As can be seen in Table 7, 56% (n=14) of the participants agreed and 44% (n=11) disagreed with the question of whether the participants personally participated in the activities they were involved in.

Table 8. Leisure Time Competence

Theme	Code	n	%
Leisure Time Competence	Sufficient	17	68,00
	Not Sufficient	8	32,00

As seen in Table 8, 68% (n=17) of the participants stated that their leisure time was sufficient, while 32% (n=8) stated that their leisure time was not sufficient.

Table 9. Budget Allocated for Leisure Time

Theme	Code	n	%
Budget Allocated to Leisure Time	Budget Allocation	15	60,00
	No Budget Allocation	10	40,00

Table 9 shows the answers of the participants to the question about the budget allocated for leisure time. As seen in Figure 9, 60% of the participants (n=15) stated that they allocate a budget for the activities they do in their leisure time, while 40% (n=10) stated that they do not allocate a budget for the activities they do in their leisure time.

Table 10. Reflection of Culture in Leisure Time Activities Participated

Theme	Code	n	%
Participation in Leisure Time Activities Reflects Culture	Reflects My Culture	15	60,00
	Does Not Reflect My Culture	10	40,00

Table 10 shows the answers of the participants to the question about the reflection of culture in the leisure time activities they participate in. As seen in Figure 10, 60% (n=15) of the participants stated that the activities they do in their leisure

time reflect their culture, while 40% (n=10) stated that the activities they do in their leisure time do not reflect their culture.

Table 11. Reflection of Culture in Leisure Time Activities Participated in

Volunteer Participant (VP)	Age	Gender	Education Status	Economic Situation
VP1	34	Male	University	Good
VP2	30	Male	High School	Good
VP3	29	Male	High School	Centre
VP4	38	Male	High School	Centre
VP5	22	Female	High School	Good
VP6	37	Female	Primary School	Good
VP7	56	Female	Primary School	Good
VP8	58	Male	Primary School	Centre
VP9	37	Female	University	Centre
VP10	50	Female	Primary School	Bad
VP11	13	Female	Middle School	Good
VP12	23	Male	High School	Centre
VP13	54	Male	Middle School	Good
VP14	23	Female	University	Good
VP15	41	Female	Middle School	Centre
VP16	29	Female	Primary School	Centre
VP17	17	Male	High School	Good
VP18	53	Male	Middle School	Centre
VP19	36	Male	University	Good
VP20	50	Female	Primary School	Centre
VP21	48	Male	High School	Good
VP22	28	Male	University	Good
VP23	18	Female	High School	Centre
VP24	33	Male	University	Centre
VP25	31	Male	University	Bad

Table 12. Happiness Satisfaction of Leisure Time Activities

Theme			Code	n	%
Happiness	Pleasure	of Participated Leisure Time Activities	Makes You Happy	21	84,00
			Doesn't Make You Happy	4	16,00

Table 12 shows the answers of the participants to the question about the happiness satisfaction of the leisure time activities in which they participated. As seen in Figure 11, 84% (n=21) of the participants stated that the leisure time activities in which they participated created happiness satisfaction for them, while 16% (n=4) stated that the leisure time activities in which they participated did not create happiness satisfaction for them.

4. Discussion

As a result of the interviews, ten themes were highlighted: compulsory working time, sleep time, with whom leisure time is spent, where leisure time is spent, participation in activities according to social customs and traditions, participation in activities carried out personally, adequacy of leisure time, budget allocated to leisure time, reflection of the culture of the leisure time activities participated in, happiness satisfaction of the leisure time activities participated in.

In our study, the majority of the participants stated that they had a compulsory working time of 8 hours or less. In this direction, it is thought that people other than the 6 people who stated that they have a compulsory working time of 9 hours or more can provide themselves with the time to allocate leisure time. Kartal (2022) examined leisure time behaviours in different cultures on the sample of Assyrians and reported that individuals with working hours over 8 hours do not participate in leisure activities because their leisure time is not sufficient.

In our study, participants stated that they had a sleep duration of 8 hours or more and 7 hours or less. It was observed that the majority (60%) had a sleep duration of 7 hours or less. It is thought that this may be due to the inclusion of young individuals in our study. Considering that most of the individuals participating in our study are adults, it is expected that they follow the recommended sleep duration. In addition, statistically and theoretically, it is known that the activities included in recreational activities support a healthy life. In a healthy life, the sleep duration of young adults varies between 6 hours and 10 hours (Güçlücan, 2019). In this direction, the sleep duration of the participants in the study corresponds to the healthy sleep duration.

In our study, participants stated that they usually spend their leisure time with their families, friends and alone. It was seen that the majority of the participants (76%) spent time with their families. In this direction, it can be thought that people have strong social ties and attach importance to family ties in our society. In our study, participants stated that they usually spend their leisure time at the gym, shopping center, home or outdoors (cafes, coffee houses, courses, picnics, etc.). It was observed that the majority of the participants (60%) spent time at home. In addition, participants generally prefer to chat with friends or family members when they spend time at home. In this context, it can be thought that the culture of the region they live in causes people to exhibit chatting and chatting behaviours in their leisure time. When the literature is examined, Kurar and Baltacı (2014) reported in their study that the participants spent their leisure time with family or doing sports. Özdağ et al. (2009) stated in their research that people spend their leisure time with their families, going to sports and traveling. In Demir and Demir's (2006) study, it was reported that individuals mostly turn to similar leisure time activities and that factors such as family, environment, friendships, responsibilities, age and gender are factors in the selection of these activities. Çoban and Özel (2022), in their study examining leisure time behaviours in Eskişehir sample, stated that the most important cultural structure of Eskişehir is the hammam and coffeehouse culture. In our study, some participants stated that they went to coffeehouses in their leisure time. Similar to our study, Çoban and Özel (2022) also reported that the participants preferred to spend their time with their families and friends. In a study conducted by Kurar (2020) to determine the recreation experience preferences, expectations and satisfaction levels of the locals living in Alanya, it was determined that the locals mostly spend time with their friends in their leisure time. Similarly, in a study conducted by Bölükbaşı (2019), it was concluded that the majority participated in leisure activities with a group of friends. Başkan and Karaküçük (2015) examined leisure time behaviours in different cultures in the sample of Armenians. In their study, it was determined that Armenian citizens living in rural areas mostly engage in church-centered activities, hunting, some festivals, meetings and housework, and give a special place to Armenian songs and dances. In the same study, it was also stated that they engage in activities such as watching television and going to coffeehouses in common with other ethnic groups and the general society. In the study by Kartal (2022), in which they examined leisure time behaviours indifferent cultures on the sample of Assyrians, it was stated that the participant group participated in religious activities in their leisure time. Kül Avan and Karaküçük (2020) examined leisure time behaviours in different cultures on the sample of Cappadocia and found that the participants mostly participated in coffee houses, sports, shopping and watching TV among leisure time activities according to general social life. In addition, it was found that the participants spent their leisure time with their family, friends or alone. The results of this study are similar to our study. When foreign studies were examined, it was determined that participants shopped, visited relatives and friends, engaged in tourism, and participated in entertainment-based activities as a result of the study conducted in China (Yin, 2005). Looking at leisure time activities in Germany, it is seen that people garden, shop and solve crossword puzzles (Statista et al., 2019). Baştuğ et al. (2017) found that people living in Germany and Australia participate in outdoor and sports activities more than other activities. In a study conducted by Fox and Rickards (2002) in the United Kingdom, it was found that the most frequently attended activities of individuals were attending movies, plays, musicals, painting, sculpture and photography exhibitions.

In our study, the participants stated that they participate in condolences, weddings, festivals (especially honey festivals), sports activities (horse racing, astroturf, etc.), invitations (house sittings, planned conversations with friends, etc.) according to the customs and traditions of society. It was seen that most of the participants (80%) participated in condolences. In this context, it can be thought that neighbourhood relations are high in the culture where individuals live and these relations are valued more. It was also observed that there are local festivals (e.g. honey festival) and the interest in this activity is high in the middle-aged population. Only one of the participants stated that he did not participate in any activity. When the literature is examined, in the research conducted by Çoban and Özel (2022) in Eskişehir sample, it was found that locals mostly participate in social and cultural activities in their leisure time. In the study conducted by Güçer et al. (2019), preferred was determined that the most preferred leisure time activities by the

locals are activities such as going to the plateau, watching TV and listening to music. In a study examining the leisure time activities of Safranbolu people, it was revealed that people spend their leisure time with their families with passive activities such as watching television, relaxing, walking, and listening to music (Türker et al., 2016). In a study conducted by Okumuş (2013), it was revealed how people spend their leisure time at home in Eskişehir Odunpazarı during Ramadan nights. In the study, it was concluded that leisure time evaluation covers dimensions and functions such as rest, entertainment, games, friendship, social relations, education, politics, food and beverage culture, socialization, economy, family, women and spending time. In another study conducted by Okumuş (2015), it was revealed how people in Eskişehir Odunpazarı spend their leisure time at home in summer-winter, day-night, Ramadan. In this study, people from all walks of life experience recreation, entertainment, games, friendship, social relations, education, politics, food and drink culture, socialization, economy, spending time, religion, women and family, art and music. In Kül Avan and Karaküçük's (2020) study on leisure time behaviours in different cultures in the sample of Cappadocia, the leisure time activities of the participants according to their own culture were listed as attending festivals, worshipping, religious conversations, participating in conversations and religious visits.

In our study, the majority of the participants (56%) stated that there were activities that they were personally involved in and that they participated in these activities. In this direction, it can be said that individuals in the region where we conducted the research as summers possibility by taking part in the activities themselves. In addition, the fact that individuals have a say in the organization of activities is an indication that they support those activities and tend to participate in them in their leisure time.

In our study, the majority of the participants (68%) stated that the leisure time left for them outside of work was sufficient. In this direction, it can be inferred that the geographical region does not have an element that may constitute an obstacle to leisure activities in terms of time. When the literature is examined, it was determined that the participants considered their leisure time sufficient in the study conducted by Kül Avan and Karaküçük (2020) in which they examined leisure time behaviours in different cultures in the Cappadocia sample.

In our study, the majority of the participants (60%) stated that they allocated a special budget for their leisure time activities. This shows that people in there gondola not have any financial obstacles to participate in any leisure time activity. When the literature is examined, Çoban and Özel (2022) found that the highest rate among the factors that prevent people from participating in leisure time activities in Eskişehir sample was found to be at the income level. In our study, most participants stated that they could allocate a budget for leisure time activities. In one study, the reason for this was evaluated as the convenience provided by social and economic conditions (Sutinen et al., 2003). In a study by Kül Avan and Karaküçük (2020), in which leisure time behaviors in different cultures were examined in the sample of Cappadocia, unlike our study, it was determined that the participants mostly did not allocate a budget for leisure time activities. In a study conducted by Gomez (2006), it was stated that the reasons why some ethnic groups do not participate in recreational activities are not due to cultural differences, but due to socio-economic characteristics.

In our study, the majority of the participants (60%) stated that the activities they performed during leisure time reflected their own culture. This situation shows that people in the region have a leisure culture. In addition, the answers given to this question are an indication that individuals are connected to the culture of the geography in which they are located. When the literature is examined, Çoban and Özel (2022) found that the activities that the locals participated in their leisure time reflected their culture in the research they conducted in Eskişehir sample. In the research of Kül Avan and Karaküçük (2020), in which they examined leisure time behaviors in different cultures in the sample of Cappadocia, unlike our study, it was determined that the leisure time activities that my participants participated in mostly did not reflect their culture. In the study by Şen Demir and Demir (2014), it was stated that the cultural characteristics of individuals can affect the determination of the types of activities, the way and purpose of participation, and factors such as family structure, lifestyle, tastes and habits, social environment, etc. can play an active role in determining the tendency to participate in all kinds of activities other than business life.

In our study, the majority of the participants (84%) stated that the leisure time activities they participated in increased happiness pleasure for them. There is a son for this can be explained by the fact that the culture adopted by the individuals in our study supports leisure activities, provides individuals with areas where they can socialize and provide activities in which they can be personally involved. When the literature is examined, Özdağ et al. (2009) state in their research that leisure activities have a relaxing, educational, peaceful and happiness-inducing effect on the

person. Balish et al. (2016) also concluded that there is a positive relationship between individuals who engage in recreation and their happiness. Kaya et al. (2024) state that social structures are effective in the transfer of regional characteristics and the selection of cultural reflections in cultural promotion through the different applications they use in leisure activities. In another study, Musson (2017) reported that recreation can increase the level of happiness in life. In other studies, it has been stated that recreation has an effect on individuals' life satisfaction (Kaya et al., 2018). In addition, there are studies revealing that the quality of life of adults who participate in physical activities as recreational activities is high (Güllü & Çiftçi, 2016). In Ortaç's (2019) research, it is seen that participation in recreational activities has an effect on quality of life. In this context, it can be said that the sphere of influence of recreational activities that provide opportunities for the protection and strengthening of the psychological and physical health of men and women of all age groups is quite comprehensive.

As a result, it has been determined that the mandatory working time of individuals with Bingöl Zaza culture is different from each other, the majority of them have a maximum working time and this situation creates a preference to allocate time to create leisure time for themselves. In addition, it has been determined that these individuals sleep between 6 hours and 10 hours, which is called healthy, sleep time. It has been determined that individuals with Bingöl Zaza culture utilize their leisure time differently from each other, some prefer to spend time with family, some with friends, and some alone. It has been observed that these individuals stay at home in their leisure time or like to go out, to the gym and to the shopping center. In addition, it has been observed that these individuals care about their religious duties, ties with their relatives, festivals reflecting their culture, and leisure time activities. It has been determined that individuals with Bingöl Zaza culture are members of events and participate in these events. It has also been determined that individuals think that the leisure time left to them outside of work is sufficient. In addition, individuals stated that they allocated a special budget for the activities they carried out in their leisure time and that the activities they participated in reflected their culture. Finally, individuals stated that the leisure time activities they participated in created a sense of happiness.

5. Conclusion

Based on all these inferences, it was determined in this study that there is a standardization in the leisure time behaviours of ethnic and belief groups as a result of acculturation, but ethnic cultural life is tried to be kept alive with a certain consciousness. For this reason, it is thought that cultural differences should be kept alive, taught to new generations and measures should be taken to prevent the loss of richness arising from differences. In our study, it was determined that individuals participated in more passive recreational activities. In this respect, the functionality of recreation units in local governments should be increased and people should be enabled to engage in active recreational activities in these areas as individuals or groups. Although the majority of the individuals thought that the activities they participated in reflected their culture, a significant group stated that the activities did not reflect their culture. In this respect, it is thought that the local administration should organize recreational activities that can still the culture of the region. Considering that each culture has its own beliefs, values, attitudes and judgments, we can say that these phenomena are an important factor in determining people's behaviours and the activities they are oriented towards. Considering the leisure time evaluation situations, it is observed that there is not much difference between Bingöl Zaza culture and other cultures.

Limitations

The main limitation of this study is that the general inability of the findings obtained is limited since the participant group consists only of individuals from Bingöl Zaza culture. Another limitation is that since the qualitative data collection method was used in the study, the participants' responses are based on subjective values and the possibility of making comparisons with other regions or cultures is limited. Future studies can take a comparative approach to leisure behaviours among different ethnic and cultural groups and examine cross-cultural similarities and differences more comprehensively by using quantitative methods and larger samples. In addition, there is a need for studies evaluating the effects of leisure activities on individuals' quality of life, social connectedness and happiness levels from a cross-cultural perspective.

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