

The Correlation between Event and Life Satisfaction and Curiosity and Discovery Levels of Individuals Participating in Activities in Recreational Areas*

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Abstract

The aim of this research is to determine the levels of curiosity and exploration, event and life satisfaction levels of individuals participating in activities in these areas and compare these levels according to various demographic variables. The universe of the study is the individuals in Erzurum city. The sample group consisted of 1140 volunteers, 585 males and 555 females, who attended activities in recreation areas. In this research, recreation areas of Erzurum city were determined and ARCGIS 10.5 program based on GPS systems and geographic information systems were used to map these areas. The "The Curiosity and Exploration Inventory" (CEI-II), "Event Satisfaction Scale" (ESS) and "Life Satisfaction Scale" (LSS) were used as data collection tools in the study. Descriptive statistics, independent samples t-test, ANOVA and Simple Correlation tests were used in the analysis of the obtained data. Cronbach's Alpha analysis was carried out to determine the reliability of measurement tools. According to the findings obtained, "age", "marital status" and "educational status", a statistically significant difference was found in all scale scores of the variables whereas according to the variable "place of participation in activities", there is statistically significant difference in "ESS" and "LSS". According to the correlation between the scales, it was found that there is only a positive and low level statistically significant correlation between the total average scores of the "LSS" and the total average scores of the "ESS". It was concluded that the levels of curiosity and exploration, event satisfaction, and life satisfaction of the participants differ according to their various demographic characteristics and that the higher the satisfaction obtained from the activities, the higher the life satisfaction.

Keywords: Recreation area, Curiosity and exploration, Life satisfaction, Leisure participation

Rekreasyonel Alanlarda Etkinliklere Katılan Bireylerin Merak ve Keşfetme, Etkinlik ve Yaşam Doyum Düzeyi İlişkisi

Öz

Araştırmanın amacı, rekreasyonel alanlarda etkinliklere katılan bireylerin merak ve keşfetme, etkinlik ve yaşam doyum düzeylerinin belirlenmesi ve çeşitli demografik değişkenlere göre karşılaştırılmasıdır. Çalışmanın evrenini Erzurum şehrinde bulunan bireyler, örneklem grubunu ise rekreasyon alanlarında etkinliklere katılan 585 erkek ve 555 kadın olmak üzere toplam 1140 gönüllü birey oluşturmuştur. Araştırmada veri toplama aracı olarak, "Merak ve Keşfetme II" (MKÖ II) ölçeği "Etkinlik Doyum Ölçeği" (EDÖ) ve "Yaşam Doyum Ölçeği" (YDÖ) kullanılmıştır. Elde edilen verilerin analizinde betimsel istatistik yöntemler, bağımsız örneklem t-testi, ANOVA ve basit korelasyon analizi yöntemleri kullanılmıştır. Ölçeklerin güvenilirliklerini belirlemek için Cronbach Alpha iç tutarlık katsayıları hesaplanmıştır. Elde edilen bulgulara göre, "yaş", "medeni durum" ve "eğitim durumu" değişkenlerinin tüm ölçek puanları arasında, "etkinliklere katılım yeri" değişkenine göre "EDÖ" ve "YDÖ"ne ilişkin toplam ortalama puanları arasında istatistiksel olarak anlamlı düzeyde bir farklılık olduğu tespit edilmiştir. Ölçekler arasında ilişkiye göre sadece "YDÖ"nin toplam ortalama puanları ile "EDÖ"nin toplam ortalama puanları arasında pozitif yönde ve düşük düzeyde istatistiksel olarak anlamlı bir ilişki olduğunu göstermiştir. Sonuç olarak, katılımcıların merak ve keşfetme, etkinlik doyumunu, yaşam doyumunu düzeylerinin çeşitli demografik özelliklerine göre farklılık gösterdiği ve etkinliklere katılım sıklığındaki artışa bağlı olarak, yaşam doyumunu seviyelerinin artacağı söylenebilir.

Anahtar Kelimeler: Rekreasyonel alanlar, Merak ve keşfetme, Yaşam doyumunu, Serbest zaman katılımı

* This study is based on his doctoral dissertation completed at Manisa Celal Bayar University Institute of Social Sciences.

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INTRODUCTION

The concept of curiosity, which is present in every moment of life from the day people come into the world to the day their lives end, is a phenomenon that leads them to make new discoveries, sail towards the unknown, and while doing so, to research, learn and be involved in some activities. It is a belief in ancient Hindu that Brahma claimed people would dig the deepest parts of the earth, they would learn to dive into the ocean and finally they would climb the highest mountains to achieve divinity (Persson & Bondke-Persson, 2017). In the literal sense, all the inventions, all the accomplishments and anything that is new have been achieved by the sense curiosity throughout the history. The sense of satisfaction and pleasure derived from life as a result of activities, which are one of the destinations of this journey of discovery, makes people feel physically and mentally well (Fox, 1999).

It is important to learn about the activities we encounter in our journey of discovery triggered by the sense of curiosity, the satisfaction obtained from these activities by people who want to use their leisure time in this direction, and the levels at which their life satisfaction is affected, in order to create a healthy, socially strong and happy society (Cho, 2020; Hawkins, Foose & Binkley, 2004). The fact that the activity areas where people who want to use their leisure time in line with their curiosity can spend this time should be at a level that can meet their needs and that the activities should be of high quality and tailored to the individual in order for them to experience the highest level of satisfaction from the activity makes the studies on this subject more valuable.

Curiosity is defined as the desire to understand the unknown with the desire to explore, the tendency to obtain new experiences and the state of desire and desire that gives pleasure (Kashdan & Steger 2007; Kashdan et al., 2009). It is also explained as a desire or desire to understand oneself and the environment one lives in, as well as the desire to research and gain new experiences about the events that take place in the environment (Demirel & Diker-Coşkun, 2009). Berlyne (1954), who has many studies in the field of psychology, examined curiosity under two headings as perceptual curiosity and epistemic curiosity, and epistemic curiosity was examined in two subscales as specific curiosity and diversive curiosity.

Berlyne (1954) defined the concept of perceptual curiosity as the state of acquiring new information through behaviors directed by emotional concepts (sight, smell, sound) in order to obtain new information about complex and uninterpretable objects or situations that develop with the increase of sensory perception along with impulsive perceptions. This sense of curiosity in humans and animals mobilizes the organism to obtain information (Renner, 2007). The concept of perceptual curiosity has created an explanatory situation in explaining exploratory behaviors in animals (Loewenstein, 1994). Epistemic curiosity, on the other hand, blends the restlessness resulting from lack of knowledge with the feeling of curiosity and tends to investigate new ideas and facts, and the resulting learning and discovery state reveals a relaxed and motivational state in people (Berlyne, 1954). The fact that it appears as a continuous problem-solving process until satisfactory answers are obtained to the questions asked in order to reach knowledge distinguishes it from perceptual curiosity and reveals that it

is a human-specific type of curiosity (Mittman & Terrell, 1964; Litman & Spielberger, 2003; Renner, 2007).

The physical and mental characteristics of people change in the world where change is constantly experienced between the past and the present. Within this change, recreational activities in leisure time have helped people to protect their physical and mental health (Demirel et al., 2017). While leisure time is defined as the time period that people use in the activities they are interested in, apart from meeting the basic biological needs necessary for the continuity of life with the time they spend on their work and occupations (McLean & Hurd, 2015; Veal, 1992), it is also defined as a time period in which people in the globalizing world have effects on obtaining a sense of success as well as getting pleasure and satisfaction in their leisure time (Chen et al., 2013). With the increase in leisure time, the number of activities that people are oriented towards has also increased rapidly. These activities are all kinds of social, physical, spiritual and mental activities that are done for a purpose, cannot be transferred to another person, have voluntary participation, revitalize the individual by giving happiness to the individual, on the basis of personal satisfaction, passive or active participation (Güngörmüş & Yenel, 2020). Recreation within leisure time is; Although it is a systematically prepared activity that people carry out with a sense of responsibility in their lives and enable them to get rid of the routine lifestyle they are dependent on, it is a phenomenon that provides the energy, enthusiasm and excitement required to overcome the difficulties that people may encounter in their lives, and also adds value to their lives and provides positive opportunities (McLean & Hurd, 2015).

Participating in recreational activities to be happy, satisfied and satisfied has an important place in human life (Soyer et al., 2017). The feeling of satisfaction that people get from the activity they choose with their curiosity and desire to explore brings out the concept of life satisfaction. Myers and Diener (1995), while explaining the concept of life satisfaction, stated that it includes behaviors such as accepting the positive and negative characteristics of the person in their entirety, having positive feelings about their life, as well as setting goals and taking action to achieve these goals. For this reason, the contribution of leisure time activities to the increase in people's life satisfaction, such as the effect of individual development, is too important to be ignored (Benson, 1975; Hemingway, 1996).

Satisfaction with the experience of a sporting event as a leisure activity can help to identify its role in the development of physically active leisure. Specifically, prediction of event satisfaction, activity commitment and future practice intention would highlight the importance of service quality for organizations responsible for the provision of such experiential services. This information, combined with an understanding of motives, can help to identify the developmental capacity of events to promote positive attitude change. However, it should be examined whether this potential increase is observed among the least active members of a population or only among those already active. A useful way to examine this potential is to assess the level of physical activity participation (Funk et al., 2011).

When the literature is examined, it is noteworthy that there are few studies on curiosity and exploration, event satisfaction and life satisfaction. No study was found in which the relationship between these variables was examined. In this sense, filling the gap in the literature makes the study important. In line with this information, the aim of this study is to determine the curiosity and discovery, event and life satisfaction levels of individuals participating in activities in recreational areas and to compare them according to various demographic variables.

METHOD

Research Model

The research was designed according to the quantitative research model and conducted within the framework of the relational survey model. Since the relationships between dependent and independent variables affecting curiosity and exploration, activity satisfaction and life satisfaction were examined, the relational survey model was used. Relational survey model is a research model that aims to determine the existence and/or degree of change between two or more variables (Karasar, 2015).

Participants

The research aimed to obtain quantitative data from individuals participating in activities in recreation areas in Erzurum between 2018-2020. The research group of this study, which is based on the relational survey model, consists of a total of 1140 volunteer individuals, 585 men and 555 women, who participate in leisure activities in Erzurum metropolitan districts. The research group was determined using purposive sampling method, one of the non-probability sampling techniques. Purposive sampling allows the use of situations that are considered rich in information and allows for in-depth study (Yıldırım & Şimşek, 2000). In this sampling, criteria that are thought to be important for selection are determined. It is thought that the sample selected according to these criteria can represent the research universe with all its qualities (Tavşancıl & Aslan, 2001).

Data Collection Tools

In the study, the participants were asked to fill out a questionnaire form consisting of two different sections. In the first part of the questionnaire form, various questions including personal information of the participants were included. In the second part, the participants expressed their opinions about the statements in the "Curiosity and Exploration Inventory II" (CEI- II), "Event Satisfaction Scale" (ESS) and "Life Satisfaction Scale" (LSS).

Curiosity and Exploration Inventory II; The scale developed by Kashdan et al., (2009) was adapted into Turkish by Akin (2012). The scale is a self-assessment scale that measures curiosity and exploration and consists of 10 items on a 5-point Likert scale (1= not at all suitable for me and 5= completely suitable for me). High scores indicate a high level of curiosity. There are no reverse scored items in the scale.

Event Satisfaction Scale: The scale, which was developed by Oliver (1980), adapted by Funk et al., (2011) and adapted into Turkish by Aydın et al., (2018), consists of three items to measure activity satisfaction. Each item is answered on a 7-point scale (1: Strongly Disagree - 7: Strongly Agree). The scale, which aims to measure activity satisfaction, is suitable for all ages from adolescents to adults.

Life Satisfaction Scale: It was developed by Diener et al., (1985) to determine the satisfaction of individuals with their lives. The scale consists of five items related to life satisfaction. Each item is answered on a 7-point scale (1: not at all appropriate - 7: very appropriate). The scale, which aims to measure general life satisfaction, is suitable for all ages from adolescents to adults. The scale was adapted into the Turkish language by Yetim (1991). A high score on the scale indicates a high degree of life satisfaction and a low score indicates a low degree of life satisfaction.

Ethical Approval

A letter of permission dated 05/12/2018 was obtained from Manisa Celal Bayar University Faculty of Medicine, Health Sciences Ethics Committee that the study was scientifically and ethically appropriate. At the beginning of the forms delivered to the individuals participating in the study, information about the confidentiality of the information and the purpose of the research was given.

Data Collection

Quantitative data were collected by applying scales for curiosity and exploration, event satisfaction and life satisfaction levels through one-on-one interviews by the researcher by giving information about the content of the study to visitors who were in rural and urban recreation areas of Erzurum city and who volunteered to participate in the study.

The data were answered by the participants within 10-15 minutes on average. The data were answered on a voluntary basis.

Data Analysis

At the end of the data collection process, a total of 1140 scales were transferred to the IBM SPSS 25 program and made ready for analysis. Then, the data obtained by using the SPSS program were evaluated. In the analysis of the data, Shapiro-Wilk test and skewness and kurtosis analysis methods were used to test the normality distribution. In determining the differences between variables, independent samples t-test for related samples, ANOVA and Simple Correlation tests were performed. Cronbach's Alpha analysis was applied to determine the reliability of the measurement tools. In the statistical analysis and interpretations of the data, $p < 0.05$ significance level was taken into consideration.

Table 1. Distribution of scale scores

	N	Min.	Max.	Mean / SD	Skewness	Kurtosis	C. Alpha	Shapiro-Wilk
LSS	1140	1,20	6,60	4,17 / 0,67	0,39	1,27	0,77	0,97/0,00
ESS	1140	1,00	7,00	5,09 / 0,87	-0,74	1,87	0,73	0,95/0,00
CEI-II-Stretching	1140	1,60	4,60	3,32 / 0,43	-0,03	0,02	0,74	0,98/0,00
CEI-II-Embracing	1140	1,40	4,80	2,99 / 0,48	0,06	0,63	0,69	0,98/0,00
CEI-II Total	1140	2,10	4,60	3,15 / 0,35	0,18	0,54	0,81	

When the results of the Shapiro-Wilk test are analyzed, it is seen that there are deviations from normality in the total score of the ESS, the total score of the LSS, and the sub-dimension scores of the CEI ($p < 0.01$). Since p values are less than $\alpha = 0.05$, the variables are not normally distributed. However, when the skewness and kurtosis values are examined, it is observed that these values are in the range of ± 1.87 for all score groups. According to Tabachnick and Fidell (2013), skewness and kurtosis values within the range of ± 1.5 and according to George and Mallery (2010) within the range of ± 2 are acceptable for normality. From this point of view, after examining the normal distribution curves and Q-Q distributions, it was decided to apply parametric statistical techniques for the analysis procedures for determining the relationship, considering that deviations from normality were not excessive.

When the mean scores of the participants in the study for the 2 subscales of the CEI are examined, it is seen that the factor with the highest mean is "Stretching" and the Cronbach Alpha internal consistency coefficient varies between 0.69 and 0.74 for the subscales of the scale. The Cronbach Alpha internal consistency coefficient of the total scale was calculated as 0.81. It was determined that the total mean score of the LSS was 4.17. The Cronbach Alpha internal consistency coefficient of the total scale was calculated as 0.77. In addition, the total mean score of the ESS was found to be 5.09. The Cronbach Alpha internal consistency coefficient of the total scale was calculated as 0.73.

FINDINGS

Table 2. T-test results of the research group according to marital status variable

Variable	Marital Status	N	Mean / SD	t	P
LSS	Single	414	4,29 / 0,72***	4,68	0,00*
	Married	726	4,10 / 0,64		
ESS	Single	414	5,17 / 0,92*	2,29	0,02*
	Married	726	5,05 / 0,83		
CEI-II-Stretching	Single	414	3,36 / 0,46***	2,82	0,00*
	Married	726	3,29 / 0,41		
CEI-II-Embracing	Single	414	3,03 / 0,54*	2,49	0,01*
	Married	726	2,96 / 0,45		

* $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$

When Table 2 is analyzed, it is seen that the participants' "LSS" [$t_{(1138)} = 4.68$; $p = 0.00 < 0.05$] and the total mean scores of "ESS" with [$t_{(1138)} = 2.29$; $p = 0.02 < 0.05$] and "Stretching" of "CEI" [$t_{(1138)} = 2.82$; $p = 0.00 < 0.05$] and "Embracing" [$t_{(1138)} = 2.49$; $p = 0.01 < 0.05$] sub-dimension mean scores showed a significant difference according to the "marital status" variable. In the total mean scores and subscales of the scale in which a significant difference was detected, the scores of the "single" participants were statistically significantly higher.

Table 3. ANOVA test results of the research group according to age variable

Variable	Age	N	Mean / SD	F	p	Difference
LSS	25 ≥ Age ¹	274	4,36 / 0,79***	11,19	0,00*	1>2, 1>3, 1>4, 1>5, 2>5, 3>5
	26-35 Age ²	285	4,18 / 0,65***			
	36-45 Age ³	233	4,15 / 0,63***			
	46-55 Age ⁴	172	4,12 / 0,52			
	56 ≤ Age ⁵	176	3,94 / 0,59			
ESS	25 ≥ Age ¹	274	5,28 / 0,99***	5,46	0,00*	1>2, 1>4, 1>5
	26-35 Age ²	285	5,08 / 0,86			
	36-45 Age ³	233	5,08 / 0,80			
	46-55 Age ⁴	172	4,97 / 0,81			
	56 ≤ Age ⁵	176	4,95 / 0,75			
CEI-II- Stretching	25 ≥ Age ¹	274	3,40 / 0,46***	4,23	0,00*	1>4, 1>5
	26-35 Age ²	285	3,31 / 0,41			
	36-45 Age ³	233	3,32 / 0,41			
	46-55 Age ⁴	172	3,25 / 0,41			
	56 ≤ Age ⁵	176	3,26 / 0,45			
CEI-II- Embracing	25 ≥ Age ¹	274	3,08 / 0,56***	4,85	0,00*	1>2, 1>3, 1>5
	26-35 Age ²	285	2,94 / 0,49			
	36-45 Age ³	233	2,96 / 0,45			
	46-55 Age ⁴	172	3,02 / 0,44			
	56 ≤ Age ⁵	176	2,91 / 0,42			

*p<0.05, **p<0.01, ***p<0.001

When the results of the analysis were analyzed, the total scores of the participants regarding the LSS showed a significant difference according to the "age" variable [$F_{(4-1135)} = 11.19$; $p=0.00 < 0.05$]. According to the results, it was determined that there was a significant difference between the scores of the participants in the "25 ≥ age" group and the scores of the participants in the other four age groups and between the scores of the participants in the "56 ≤ age" group and the scores of the participants in the "36-45 age" and "46-55 age" groups. The total mean scores of the participants in the "25 ≥ age" group were statistically significantly higher than the scores of the participants in the other four groups, while the total mean scores of the participants in the "56 ≤ age" group were statistically significantly lower than the scores of the participants in the "36-45" and "46-55" age groups.

The total scores of the participants on the ESS showed a significant difference according to the "age" variable [$F_{(4-1135)} = 5.46$; $p=0.00 < 0.05$]. According to the results, it was determined that there was a significant difference between the total mean scores of the participants in the "25 ≥ age" group and the scores of the participants in the "26-35 years", "36-45 years" and "56 ≤ age" groups, and that the total mean scores of the participants in the "25 ≥ age" group had a statistically significant higher mean than the participants in the other three groups.

The mean scores of the research group in the " Stretching " sub-dimension of the CCQ showed a significant difference according to the "age" variable [$F_{(4-1135)} = 4.23$; $p=0.00 < 0.05$]. According to the results, it is seen that there is a significant difference between the mean scores of the participants in the "25 ≥ age" group and the scores of the participants in the "46-55 years" and "56 ≤ age" groups, and the mean scores of the participants in the "25 ≥ age" group regarding

the " Stretching " sub-dimension are statistically significantly higher than the participants in the other two groups.

It is seen that there is a significant difference in the mean scores of the " Embracing " sub-dimension of the CEI according to the "age" variable [$F_{(4,1135)} = 4.85$; $p=0.00 < 0.05$]. According to the results, it was determined that there was a significant difference between the mean scores of the participants in the " $25 \geq \text{age}$ " group and the scores of the participants in the "26-35 years", "46-55 years" and " $56 \leq \text{age}$ " groups and that the mean scores of the participants in the " $25 \geq \text{age}$ " group regarding the " Embracing " sub-dimension were statistically significantly higher than the participants in the other three groups.

Table 4. T-test results of the research group according to the place of participation in the activities

Variable	place of participation in activities	N	Mean / SD	t	P
LSS	Urban areas	1043	4,19 / 0,67***	2,74	0,00*
	Rural areas	97	3,99 / 0,64		
ESS	Urban areas	1043	5,11 / 0,85*	2,14	0,03*
	Rural areas	97	4,91 / 0,98		
CEI-II- Stretching	Urban areas	1043	3,31 / 0,43	-0,39	0,69
	Rural areas	97	3,33 / 0,43		
CEI-II- Embracing	Urban areas	1043	2,99 / 0,49	-0,03	0,97
	Rural areas	97	2,99 / 0,43		

* $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$

According to the data in Table 4, the total mean scores of the participants' "LSS" [$t_{(1138)} = 2.74$; $p=0.00 < 0.05$] and "ESS" [$t_{(1138)} = 2.14$; $p=0.03 < 0.05$] showed a significant difference according to the "place of participation in activities" variable. In the total mean scores of the scale where a significant difference was found, the scores of those who participated in the activities in "urban areas" were statistically significantly higher. In addition, it was concluded that the " Stretching " [$t_{(1138)} = -0.39$; $p=0.69 > 0.05$] and " Embracing " [$t_{(1138)} = -0.03$; $p=0.97 > 0.05$] subscales of the "CEI" did not show a significant difference according to the "place of participation" variable.

Table 5. The results of the analysis of the relationship between CEI and event and life satisfaction of the research group

	LSS	ESS	CEI-II- Stretching	CEI-II- Embracing
LSS	1	0,139**	0,079**	0,053
ESS		1	0,032	0,004
CEI-II- Stretching			1	0,134**
CEI-II- Embracing				1

* $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$

The results of the simple correlation analysis showed that there was a positive and low level statistically significant relationship only between the total mean scores of the LSS and the total mean scores of the ESS.

DISCUSSION and CONCLUSION

The results of the study showed that the participants' total mean scores of the "LSS" and "ESS" and the mean scores of the "Stretching" and "Embracing" subscales of the "CEI" showed a significant difference according to the "marital status" variable. In the total mean scores and subscales of the scales where a significant difference was found, the scores of "single" participants were statistically significantly higher. When the related field studies are examined, it is frequently found that married individuals have higher levels of life satisfaction. Ünal et al., (2001) stated in their study that married physicians had higher life satisfaction levels than single physicians. Kaydemir et al., (2005) found that marital happiness increased overall happiness and life satisfaction, while problematic marriages and incompatible marriages negatively affected mental and physical health. Çetinkaya (2004) emphasized that marital status affects life satisfaction and concluded that marital status has a positive effect on life satisfaction.

Yılmaz and Aslan (2013) examined teachers' life satisfaction and loneliness at work and found that life satisfaction showed a significant difference according to gender variable. Botha and Booysen (2013) examined the relationship between marital status and life satisfaction in South Africa. As a result of the research, they found that married individuals had higher life satisfaction. Diener et al., (1999) stated that married individuals have higher levels of happiness than unmarried individuals. There are studies indicating that marriage does not make a difference on life satisfaction. Yetim (1991) stated in his study that being married does not have a significant effect on an individual's life satisfaction. Similarly, Taş (2011) stated that there was no significant difference between marital status and life satisfaction in a study conducted on teachers. These studies are not similar to our research results. In our study, the higher life satisfaction of single individuals compared to married individuals can be explained by the fact that they have a hopeful expectation for the future and the sense of responsibility they undertake is lighter than married individuals, considering the age factor as well as social and cultural phenomena. Considering that young individuals are mostly single according to health status, the fact that their life satisfaction is higher is another issue that should be emphasized. In their study, Lubetkin et al., (2005) stated that quality of life scores decreased in older age groups, people with low-income levels and people with conditions such as diabetes, asthma and heart disease.

Say (2015) found that there was no statistically significant difference in the subscales of curiosity, Stretching and Embracing according to the marital status variable. Bahadır and Certel (2013) concluded in their study that the curiosity levels of single teachers were higher than married teachers. The high curiosity and exploration levels of single individuals are similar to our research findings. This situation can be said to be closely related to the energy of youth and the desire to explore and discover the unknown. When the research data are analyzed, the total scores of the participants regarding the LSS showed a significant difference according to the "age" variable. According to the results, it is seen that the total average scores of the participants in the "25 ≥ age" group are statistically significantly higher than the scores of the participants in the other four groups, and the scores of the participants in the "36-45 years" and "46-55 years" groups are statistically significantly higher than the total average scores of the participants in the "56 ≤ age" group.

Çevik and Korkmaz (2014) stated in their study that life satisfaction decreases with aging. Similarly, Sarıdemir (2015) concluded that life satisfaction decreases with increasing age. These studies are in line with our research results. Dockery (2003) reported in his study that youth energy and high expectations are effective in the high life satisfaction of young people. There are also studies indicating that life satisfaction does not change according to age variable. Latten (1989) found in his study that there is no specific age period in which individuals have low or high life satisfaction. Similarly, Kıvılcım (2014) stated in his study that life satisfaction levels did not differ significantly among the age groups formed. Apart from these studies, studies indicating that life satisfaction increases with aging have also been encountered. Ünal et al., (2001) found that individuals aged 40 years and older had higher life satisfaction than younger individuals. Daig et al., (2009) stated that life satisfaction did not differ in older people compared to other age groups. Heisel and Flett (2004) concluded that life goals are associated with high life satisfaction.

It was determined that the mean scores of the participants in the " $25 \geq \text{age}$ " group in the "Stretching" sub-dimension were statistically significantly higher than the participants in the "46-55 years" and " $56 \leq \text{age}$ " groups, and the mean scores of the participants in the " $25 \geq \text{age}$ " group in the "Embracing" sub-dimension were statistically significantly higher than the participants in the other three groups. In parallel with our research findings, Bahadır and Certel (2013), in a study conducted to determine the curiosity levels of teachers, observed that teachers between the ages of 23-30 were more curious than teachers between the ages of 31-40. Say (2015) concluded in his study that secondary school teachers' sense of curiosity did not show a statistically significant difference according to the age variable. In his study, Dindar (2018) stated that there was no significant difference in the sub-dimension of acquiring knowledge and controlling knowledge, while there was a significant difference in the self-confidence sub-dimension at the age of 23 and above. It was determined that the total mean scores of the participants in the " $25 \geq \text{age}$ " group regarding ESS were statistically significantly higher than the participants in the other three groups. When the research findings are evaluated together, we can say that the life satisfaction, curiosity and exploration levels of young individuals and the satisfaction they derive from activities are higher, while the level of curiosity, satisfaction with life and activities decreases with some problems that arise due to aging. The reason for this situation may be that young individuals are more open to innovations and more active in social life, have better health conditions and participate in recreational activities more than older individuals.

According to the research data, the total mean scores of the participants in the "LSS" and "ESS" showed a significant difference according to the variable of "place of participation in the activities". In the total mean scores of the scales where a significant difference was found, the scores of those who participated in the activities in "urban areas" were found to be statistically significantly higher. It was concluded that the "Stretching" and "Embracing" subscales of the "CEI" of the participants did not show a significant difference according to the "place of participation in activities" variable. Gümüş and Koç (2019) examined the psychological well-being of individuals according to their frequency of participation in parks and recreation areas in their study titled "recreation area preference and psychological well-being" and stated that although it was not significant, the psychological well-being of the participants changed

positively as the frequency of participation in parks and recreation areas increased. Today, many recreation areas built in urban areas stand out. Fresh air, green environment, and open space activities, which are the attractive features of rural areas, have started to move to city centers. In this direction, in the city of Erzurum, which is our research area, the increase in parks, gardens and recreation areas in recent years has caused the people of the city to spend more time in urban areas. It can be said that the sports halls, open fields, ski centers and indoor sports complexes built for winter sports in Erzurum, where the winter months are severe and long-lasting, increase the life satisfaction of the city's people in parallel with our research findings.

Kueh and Voon (2007) stated that the quality of a product or service is among the expectations of individuals when choosing a product or service, and that service quality expectations are positively related to uncertainty avoidance and long-term orientation. In this direction, the fact that the sports facilities built in Erzurum are qualified enough to meet the Winter Olympics has also increased the satisfaction levels of the people of the city. The results of the simple correlation analysis showed that there was a positive and low level statistically significant relationship only between the total mean scores of the LSS and the total mean scores of the ESS. Based on this result, we can say that as the satisfaction obtained from the activities increases, life satisfaction will also increase. Aydın et al., (2018), in their study to determine the effect of personality, interest and general satisfaction obtained from the activity on life satisfaction of individuals participating in a fitness program as a leisure time activity, found that extroverted personality trait has a direct positive effect on interest, activity satisfaction and life satisfaction. They also stated that interest and general activity satisfaction have a direct positive effect on life satisfaction, personality traits affect consumers' purchasing behavior and make a significant difference on activity satisfaction, which in turn affects their life satisfaction. Gürbüz and Gücal (2020) stated that the selection of personnel who are experts in their field, have high education quality and communication skills directly affects customers' perception of service quality, and as the frequency of participation of customers increases, their loyalty to the business increases and cognitive loyalty occurs. As a result of the research conducted by Sümbül et al., (2019) on people participating in nature sports, they stated that individuals with a high tendency to curiosity and exploration may differentiate their life orientation and consequently increase the life satisfaction level of the individual.

As a result, it was concluded that the participants felt their health status was generally good, their welfare level and leisure time duration were normal, they sometimes had difficulties in evaluating their leisure time, they spent their leisure time mostly in urban areas and participating in domestic activities, and they found recreation areas partially sufficient, It is seen that they get information about recreational areas by someone's recommendation, leisure time is considered as a time of rest and entertainment, the main reasons that lead them to recreational activities are the desire to be with friends, work efficiency and the idea of getting rid of monotony, and leisure time activities are more effective in solving social and cultural problems.

RECOMMENDATIONS

Considering the limitations of our research and the limitation of the sample section, it can be said that generalization cannot be made in terms of other provinces since this study was conducted in Erzurum city center. In order to evaluate the results in general, research on curiosity and exploration, event satisfaction and life satisfaction of individuals participating in activities in recreation areas in different cities will make positive contributions to the literature. In our research, curiosity and exploration, event satisfaction and life satisfaction scales were used. Considering the existence of many factors that can change the direction of the research in social sciences research, it is envisaged that using different scales in scientific studies from different perspectives can expand the results of the research.

Considering that the research was conducted in a certain period of time and that urbanization is developing rapidly with technological developments, it is important to conduct similar studies at certain time intervals. In this way, local governments and private enterprises can develop projects and services in line with the needs. Given that individuals choose different activities according to their personality traits, local institutions and private organizations planning wellness initiatives should offer or sponsor a variety of activities and programs so that individuals can maximize the benefits derived from physically active leisure time.

Married individuals should be directed to a number of activities and events that will increase their life satisfaction. These activities can be various games and activities that will bring couples closer to each other, strengthen the bond between them, and create a sense of achievement together. While organizing these games and activities, the cultural structure of the people should be taken into consideration and directing these people to activities such as folk dances will increase their life satisfaction.

Measures should be taken to organize recreational activities that provide health and fitness for elderly individuals and to ensure that these individuals have easy access to these areas, leisure of charge, together with trainers and adapted exercise programs adapted to age. In this sense, recreation leaders can be employed. Considering that physical activities both trigger the desire for curiosity and discovery and contribute positively to life satisfaction, public awareness-raising and encouraging activities should be emphasized.

Since individuals with high levels of curiosity and discovery prefer touristic activities and state that leisure time activities provide social and cultural benefits, culture and tourism enterprises should take measures to this end. In this direction, by organizing cultural trips, the socialization opportunities of individuals within a touristic trip will increase.

The curiosity and exploration levels of individuals who stated that recreation activities relax and increase work efficiency were found to be higher. Based on this result, employers in the public and private sectors should organize recreational activities for their employees and their families or direct their employees to these areas, which will lead to positive results in terms of job performance. In order for recreational areas to meet the expectations of the public, the

opinions and suggestions of experts such as recreation managers should be consulted when designing and planning these areas.

Increasing the number of walking and cycling paths will provide a suitable environment for a healthy life and will contribute positively in terms of costs. Implementing walking and cycling school bus programs, especially for educational institutions, will eliminate the security problem and ensure that physical activities are included in life from an early age. The lack of thermal facilities in the city, which is rich in geothermal resources, is striking. In order to revitalize thermal and health tourism, facilities that can attract tourists in the modern sense should be built.

Areas designed for physical activity should be closed and heated, taking into account winter conditions. In this way, continuity will be ensured in the transitions between seasons and distraction from activities will be prevented. The city center should be cleared of traffic as much as possible and areas suitable for walking should be created.

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