

Examining the Motivation to Play Digital Games in Generation Z Individuals from a Serious Leisure Perspective

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Abstract

The aim of the study is to examine the motivation to play digital games in Generation Z individuals from a serious leisure perspective. The study utilized the relational screening model, one of the quantitative research methods. The sample group of the study consists of 130 female (%42.6) and 175 male (%57.4) individuals of Generation Z, aged between 18-22, with an average age of 19.51 ± 1.11 , who participate in digital games. The Digital Game Playing Motivation Scale and the Serious Leisure Scale were used as data collection tools. The findings obtained showed that the gender variable did not show a significant difference in terms of success and recovery dimensions of digital game playing motivations ($p > .05$), but it was concluded that curiosity and social acceptance were in favor of men, and the uncertainty in game request dimension was in favor of women. It is observed that gender does not create a difference in terms of serious leisure personal benefit and social benefit dimensions ($p > .05$) but there is a significant difference in favor of men in the seriousness dimension. In terms of digital participation time and internet participation time variables, significant differences were found in all sub-dimensions of digital game playing motivation and serious leisure participation. The study results showed that digital game playing motivation is related to serious leisure participation dimensions. In addition, it was determined that the success and recovery and arousal and curiosity and social acceptance dimensions of digital game playing motivations are significant predictors of serious leisure seriousness, personal benefit and social benefit.

Keywords: Generation Z, Serious leisure, Digital game playing motivation.

Introduction

In the historical process of leisure, social structures have always had differences and characteristics between generations. In this process, while social characteristics and events affect individual experiences, individuals are affected by the experiential content of the period they live in and carry the characteristics of that period. Therefore, generational differences also emerge as an important factor in terms of leisure experiences. Today, many variables affect leisure experiences, and digital technologies also have an important place in the lives of individuals in every aspect of life. These experiences have undergone a major transformation according to the historical process due to the impact of developments. One of the most important characteristics that distinguishes Generation Z individuals from generations X, Y or earlier is that they coincide with a period when digital technologies were widely used both for the essential needs of individuals in their daily lives and for their leisure experiences. One of the most important leisure experiences in this widespread use is digital games.

With technological developments changing the flow of daily life, digital games constitute one of the most important preference points of leisure experiences. Subjective experiences, physiological changes, reasons for playing digital games, motivating factors and satisfaction obtained while participating in digital games are examined in different studies (Wang et al., 2008; Boyle et al., 2012; Kneer & Glock, 2013; Cota & Ishitani, 2015; Reer & Quandt, 2019; Erol & Çırak, 2020; Zu et al., 2021; Cheah et al., 2022). When we look at the studies examining the factors that motivate individuals to play digital games, it is seen that Cheah et al. (2022) considers the situation as six factors. These factors are expressed as flow, satisfaction, escape, social interaction, identification and goal orientation. On the other hand, Tekkurşun Demir and Hazar (2018) define the motivation factors for playing digital games as three factors: success and recovery, curiosity and social acceptance, and uncertainty in game request. In the study conducted by De Grove et al. (2016) to develop a measurement tool for the factors that motivate individuals to play digital games, it is seen that these factors are determined as performance, activity, moral self-reaction, social, narrative, entertainment and escape. It is seen that other studies in the literature aimed at determining the factors of motivation to play digital games focus on the factors of entertainment (Kümpel & Unkel, 2017; Possler et al., 2020), escapism (Calleja, 2010; Stenseng et al., 2021), flow experience (Takatalo et al., 2010; Alexiou et al., 2012), success-failure (Frommel et al., 2021), satisfaction (Tomlinson, 2022), social interaction (Ekman et al., 2012) and goal orientation (Kwak et al., 2021).

Digital games are inherently seen as entertainment environments for individuals. This situation also enables the spread of digital leisure culture (Silvermann, 2006; Lee & Jeong, 2013; Carnicelli et al., 2016; Er & Cengiz, 2023). When digital leisure activities become a systematic follow-up in terms of duration and frequency, they need to be examined in terms of serious leisure perspective (Bayrak et al. 2023). Serious leisure perspective refers to the theoretical approach that frames the different characteristics, similarities and relationships of serious pursuits (serious leisure/dedicated work), casual/indifferent leisure and project-based leisure activities. It also examines how this is shaped by the psychological, social, cultural and historical conditions between the three types of activities (Stebbins, 2020). In the context of this theoretical framework, digital games constitute an important point of preference for individuals today when the frequency and duration of participation as a serious leisure activity are considered. While this situation reveals the reason for conducting the study, the aim of this study is to examine the motivation to play digital games from a serious leisure perspective in Generation Z individuals. The research questions of the study are as follows:

RQ1: Is there a relationship between digital game playing motivation and serious leisure factors of Generation Z individuals?

RQ2: Do the digital game playing motivation factors of Generation Z individuals have an impact on their serious leisure factors?

RQ3: Are there any differences in the motivational factors for playing digital games and serious leisure factors of Generation Z individuals in terms of gender variable?

RQ4: Is there a difference in the motivational factors for playing digital games and serious leisure factors of Generation Z individuals in terms of the digital game participation duration variable?

RQ5: Is there a difference in the motivational factors for playing digital games and serious leisure factors of Generation Z individuals in terms of the Internet usage time variable?

Material and Method

Ethics committee permission

The necessary ethics committee permission for the research was obtained with the decision of Istanbul Aydin University Social and Human Ethics Committee dated 2024/08.

Research Model

In the study, the relational screening model, one of the quantitative research methods, was used. The reason for choosing this model is that the relational screening model is a research model that can determine the existence or degree of change between two or more variables (Karasar, 2020).

Study Group

The sample group of the study consists of 130 females (42.6%) and 175 males (57.4%) of Generation Z, aged between 18-22, with an average age of 19.51±1.11, who participate in digital games. In terms of the status of active sports participation, a significant portion of the participant individuals, such as 74.4%, stated that they actively do sports, while 25.6% stated that they do not. Individuals aged 18-22 who regularly play digital games were included in the study.

Table 1. Findings Regarding Descriptive Statistics

Age (18-22)		\bar{X}	S.s.
		19.51	1.11
		N	%
Gender	Female	130	42.6
	Male	175	57.4
Active Sports Participation	Yes	227	74.4
	No	78	25.6
Daily Digital Game Duration	1-2 hours	135	44.3
	3-4 hours	81	26.6
	5-6 hours	61	20.0
	7 hours and above	28	9.1
Device Preference	Computer	67	22.0
	Phone	208	68.2
	Game Console	19	6.2
	Tablet	11	3.6
Internet Usage Duration	1-2 hours	57	18.7
	3-4 hours	92	30.2

5-6 hours	89	29.1
7 hours and above	67	22.0

When the research group is examined in terms of daily digital game duration, it is seen that 44.3% spend 1-2 hours, 26.6% spend 3-4 hours, 20% spend 5-6 hours, and 9.1% spend 7 hours or more. In terms of device preference in digital game participation, it is seen that 68.2% prefer phones, 22% use computers, 6.2% use game consoles, and 3.6% use tablets. In terms of internet usage time, it is seen that 18.7% spend 1-2 hours, 30.2% spend 3-4 hours, 29.1% spend 5-6 hours, and 22% spend 7 hours or more.

Data Collection Tools

Digital Game Playing Motivation Scale: The Digital Game Playing Motivation Scale developed by Tekkurşun Demir and Hazar (2018) has a 5-point Likert-type structure, with 1-I completely disagree and 5-I completely agree. The scale consists of 3 sub-dimensions and 19 items as success and recovery, curiosity and social acceptance, and uncertainty in game request. The negativity sub-dimension in game desire consists of negative expressions and is reverse scored. In this study, the Cronbach Alpha reliability coefficient determined for the scale sub-dimensions is success and recovery $\alpha=.70$, curiosity and social acceptance $\alpha=.85$, and uncertainty in game request $\alpha=.71$.

Table 2. Average Scores for Scale Sub-Dimensions

Sub-Dimensions	N	\bar{X}	S.d.	α
Success and Recovery	305	3.38	.88	.70
Curiosity and Social Acceptance	305	3.39	.75	.85
Uncertainty in Game Request	305	2.83	.69	.71
Seriousness	305	3.19	.59	.88
Personal Benefit	305	3.23	.79	.89
Social Benefit	305	3.36	.97	.93

Serious Leisure Scale: The Serious Leisure Scale, developed by Işık et al. (2020), consists of a total of 18 items and 3 sub-dimensions. The sub-dimensions are seriousness, personal benefit and social benefit. The scale has a 5-point Likert-type structure as 1-strongly disagree and 5-strongly agree. The Cronbach Alpha reliability coefficients determined in this study are seriousness $\alpha=.88$, personal benefit $\alpha=.89$ and social benefit $\alpha=.93$, respectively.

Data Collection

In line with the study's objective, an application form consisting of demographic information questions, the Digital Game Playing Motivation Scale, and the Serious Leisure Scale was administered to research participants both online and in person. Participants were also provided with the necessary information about the study.

Analysis of Data

SPSS 25 package program was used in the analysis of the data. While descriptive statistics methods were used regarding the demographic information of the research group, Independent Sample T-test was applied to examine the differences in the gender variable. Single Factor Analysis of Variance (ANOVA) was used to examine the differences in daily digital game duration and internet usage duration. While the Pearson Correlation test was used to determine the relationship between digital game playing motivation and serious leisure, Simple Linear Regression analysis was used to test the effect of digital game playing motivation on serious leisure dimensions.

Findings

In this section, the results of the statistical analyses applied to the data obtained from the study will be explained.

Table 1. Independent Sample T-Test Results in Terms of Gender Variable

Variable	Gender	N	\bar{X}	S.d.	df	T	p
Success and Recovery	Female	130	3.3062	.84933	303	-1.295	.196
	Male	175	3.4389	.91116			
Curiosity and Social Acceptance	Female	130	3.2795	.78375	303	-2.284	.023*
	Male	175	3.4768	.71723			
Uncertainty in Game Request	Female	130	2.9492	.66697	303	2.577	.010*
	Male	175	2.7429	.70949			
Seriousness	Female	130	3.0962	.55949	303	-2.544	.011*
	Male	175	3.2705	.61447			
Personal Benefit	Female	130	3.1462	.75398	303	-1.632	.104
	Male	175	3.2959	.81932			
Social Benefit	Female	130	3.2462	1.00349	303	-1.861	.064
	Male	175	3.4552	.94504			

*p<.05

The results of the independent samples t-test in terms of gender variable are shown in Table 3. According to the results, a significant difference was found in favor of males in the curiosity and social acceptance sub-dimension of digital game playing motivation ($t=-2284$; $p=.023$), and in favor of females in the uncertainty in game request ($t=2.577$; $p=.010$) sub-dimension. No significant difference was found in the success and recovery sub-dimension of digital game playing motivation in terms of gender variable ($t=-1.295$; $p=.196$). While a significant difference was found in favor of male participants in the serious leisure seriousness ($t=-2.544$; $p=.011$) sub-dimension in terms of gender variable, no significant difference was found in the personal benefit ($t=-1.632$; $p=.104$) and social benefit ($t=-1.861$; $p=.064$) sub-dimensions.

Table 4. One-Way ANOVA Test in Terms of Digital Game Participation Duration Variable

Variable		Sum of Squares	df	Mean of Squares	F	p	Sig. Dif.
Success and Recovery	Within Group	46.813	3	15.604	24.462	.000*	1-2
	Between Groups	192.011	301	.638			1-3
	Total	238.824	304				1-4
Curiosity and Social Acceptance	Within Group	34.640	3	11.547	25.367	.000*	1-2
	Between Groups	137.013	301	.455			1-3
	Total	171.653	304				1-4
Uncertainty in Game Request	Within Group	10.318	3	3.439	7.511	.000*	1-3
	Between Groups	137.832	301	.458			1-4
	Total	148.150	304				
Seriousness	Within Group	9.616	3	3.205	9.772	.000*	1-2
	Between Groups	98.730	301	.328			1-3
	Total	108.346	304				1-4
Personal Benefit	Within Group	31.561	3	10.520	19.761	.000*	1-2
	Between Groups	160.249	301	.532			1-3
	Total	191.810	304				1-4
Social Benefit	Within Group	39.001	3	13.000	15.680	.000*	1-2
	Between Groups	249.560	301	.829			1-3
	Total	288.561	304				1-4

*p<.05

The results of the variance analysis examining the differences in digital game playing motivation and serious leisure participation in terms of the digital game participation duration variable are presented in Table 4. The results show that there is a significant difference in the sub-dimensions of digital game playing motivation success and recovery ($F=24.462$; $p=.000$), curiosity and social acceptance ($F=25.367$; $p=.000$) and uncertainty in game request ($F=7.511$; $p=.000$) in terms of the digital game participation duration variable. As a result of the Bonferroni Post-hoc test performed to examine the source of the significant difference, it is seen that the difference in terms of success and recovery and curiosity and social acceptance sub-dimensions is between those who participate for 1-2 hours and those who participate for 3-4 hours, between those who participate for 1-2 hours and those who participate for 5-6 hours, and between those who participate for 1-2 hours and those who participate for 7 hours and above. All significant differences are in favor of the groups with lower participation duration. In the uncertainty in uncertainty in game request sub-dimension, it is seen that the significant difference is between those who participate for 1-2 hours and those who participate for 3-4 hours and between those who participate for 1-2 hours and those who participate for 5-6 hours. It can be said that the difference in this dimension is in favor of the group with low digital game participation time. In line with these results, it can be said that individuals with lower digital game participation time are more motivated in terms of success and recovery, curiosity and social acceptance and uncertainty in game request compared to individuals with higher digital game participation time.

A significant difference was found in the seriousness ($F=9.772$; $p=.000$), personal benefit ($F=19.76$; $p=.000$) and social benefit ($F=15.680$; $p=.000$) sub-dimensions of serious leisure participation. Bonferroni Pos-hoc test was used to determine the source of the significant difference. It is seen that the significant difference for all sub-dimensions is between those whose digital game participation time is between 1-2 hours and 3-4 hours, between those whose digital game participation time is between 1-2 hours and 5-6 hours, between those whose digital game participation time is between 1-2 hours and 7 hours and above. It can be said that the significant differences for all sub-dimensions are in favor of the groups whose digital game participation time is lower. It would not be wrong to say that the seriousness, personal benefit and social benefit gains of the participants whose digital game participation time is lower are more significant.

Table 4. One-Way ANOVA Test in Terms of Internet Usage Duration Variable

Variable		Sum of Squares	df	Mean of Squares	F	p	Sig. Dif.
Success and Recovery	Within Group	32.174	3	10.725	15.621	.000	1-2
	Between Groups	206.650	301	.687			1-3
	Total	238.824	304				1-4
Curiosity and Social Acceptance	Within Group	14.642	3	4.881	9.356	.000	1-2
	Between Groups	157.011	301	.522			1-3
	Total	171.653	304				1-4
Uncertainty in Game Request	Within Group	9.659	3	3.220	6.998	.000	1-2
	Between Groups	138.491	301	.460			1-3
	Total	148.150	304				1-4
Seriousness	Within Group	5.743	3	1.914	5.616	.001	1-2
	Between Groups	102.603	301	.341			1-3
	Total	108.346	304				1-4
Personal Benefit	Within Group	17.072	3	5.691	9.803	.000	1-2
	Between Groups	174.738	301	.581			1-3
	Total	191.810	304				1-4
Social Benefit	Within Group	15.262	3	5.087	5.603	.001	1-2

Between Groups	273.299	301	.908	1-3
Total	288.561	304		1-4

*p<.05

The results of the single factor analysis of variance test in terms of the internet usage duration variable are shown in Table 5. According to the results, a significant difference was found in the sub-dimensions of digital game playing motivation success and recovery ($F=15.621$; $p=.000$), curiosity and social acceptance ($F=9.356$; $p=.000$) and uncertainty in game request ($F=6.998$; $p=.000$). Bonferroni Post-hoc test was used to determine the source of the significant difference. It is seen that all the differences in the sub-dimensions of digital game participation motivation success and recovery, curiosity and social acceptance, uncertainty in game request are similarly between those with 1-2 hours and 3-4 hours in terms of internet participation duration, between those with 1-2 hours and 5-6 hours, and between those with 1-2 hours and 7 hours and above. It is seen that all significant differences are in favor of the groups with shorter participation duration. In terms of the internet usage duration variable, a significant difference was found in the serious leisure seriousness ($F=5.616$; $p=.000$), personal benefit ($F=9.803$; $p=.000$) and social benefit ($F=5.603$; $p=.000$) sub-dimensions. Bonferroni Post-hoc test was used to determine the source of the significant difference. The results show that the significant difference in all sub-dimensions, including serious leisure seriousness, personal benefit and social benefit, is between those with 1-2 hours and 3-4 hours in terms of internet participation time, between those with 1-2 hours and 5-6 hours, and between those with 1-2 hours and 7 hours and above. It is seen that all significant differences are in favor of the groups with lower participation time.

In line with these results, it is possible to say that internet usage time is an effective variable in terms of digital game playing motivation and serious leisure participation. It can be interpreted that individuals with low internet usage time within the participant group have higher digital game participation motivation than those with high internet usage time, and that the seriousness, personal and social benefits of serious leisure participation increase.

Table 6. Pearson Correlation Test for the Relationship Between Digital Game Playing Motivation and Serious Leisure Participation

		Serious Leisure			
		Seriousness	Personal Benefit	Social Benefit	
Digital Game Playing Motivation	Success and Recovery	r	.488**	.707**	.652**
		p	.000	.000	.000
	Curiosity and Social Acceptance	r	.529**	.738**	.644**
		p	.000	.000	.000
	Uncertainty in Game Request	r	-.286**	-.395**	-.364**
		p	.000	.000	.000

*p<.01

Table 6 shows the results of the analysis for the relationship between digital game playing motivation and serious leisure participation. A moderate positive relationship was found between the success and recovery sub-dimension of digital game playing motivation and the serious leisure seriousness ($r=.488$; $p=.000$) and social benefit ($r=.652$; $p=.000$) sub-dimensions; a high positive relationship was found between the personal benefit ($r=.707$; $p=.000$) sub-dimension. A moderate positive relationship was found between the curiosity and social acceptance of digital game playing motivation and the seriousness ($r=.529$; $p=.000$) and social benefit ($r=.644$; $p=.000$) sub-dimensions; and a high positive relationship was found between the personal benefit ($r=.738$; $p=.000$) sub-dimension. As a result of the correlation test, a low level of negative relationship was found between the uncertainty in game request

sub-dimension and the serious leisure seriousness ($r=-.286$; $p=.000$) sub-dimension, which are among the motivation factors for playing digital games; and a moderate level of negative relationship was found between the personal benefit ($r=-.395$; $p=.000$) and social benefit ($r=-.364$; $p=.000$) sub-dimensions.

Table 7. Results of Simple Linear Regression Analysis on Prediction of Serious Leisure Participation in Terms of “Success and Recovery” Dimension of Digital Game Playing Motivation

Dependent Variable	Independent Variable	B	Standart Error	β	t	p	Binary r	Tolerance	VIF
Seriousness	Constant	2.085	.118		17.653				
	Success and Recovery	.329	.034	.488	9.731	.000	.488	1.000	1.000
$R = .488^a$ $R^2 = .238$ $Adj. R^2 = .626$ $F = 94.693$ $p = .000$									
Personal Benefit	Constant	1.090	.127		8.560				
	Success and Recovery	.633	.036	.707	17.381	.000	.707	1.000	1.000
$R = .707^a$ $R^2 = .499$ $Adj. R^2 = .498$ $F = 302.110$ $p = .000$									
Social Benefit	Consant	.941	.167		5.623				
	Success and Recovery	.717	.048	.652	14.981	.000	.652	1.000	1.000
$R = .652^a$ $R^2 = .426$ $Adj. R^2 = .424$ $F = 224.427$ $p = .000$									

* $p < .01$

The results of simple linear regression analysis regarding the prediction of serious leisure participation in terms of the “success and revitalization” dimension of digital game playing motivation are shown in Table 7. According to the findings, 23.8% of the seriousness sub-dimension of serious leisure; 49.9% of the personal benefit dimension and 42.6% of the social benefit dimension are predicted by the success and revitalization sub-dimension of digital game playing motivation. As a result, it is seen that success and recovery as digital game playing motivation are important factors in terms of seriousness, personal and social benefit in serious leisure participation.

Table 8. Results of Simple Linear Regression Analysis on Prediction of Serious Leisure Participation in Digital Game Playing Motivation in Terms of “Curiosity and Social Acceptance” Dimension

Dependent Variable	Independent Variable	B	Standart Error	β	t	p	Binary r	Tolerance	VIF
Seriousness	Constant	1.772	.135		13.159				
	Curiosity and Social Acceptance	.420	.039	.529	10.837	.000	.529	1.000	1.000
$R = .529^a$ $R^2 = .279$ $Adj. R^2 = .277$ $F = 117.446$ $p = .000$									
Personal Benefit	Constant	.584	.142		4.106				
	Curiosity and Social Acceptance	.780	.041	.738	19.052	.000	.738	1.000	1.000
$R = .738^a$ $R^2 = .545$ $Adj. R^2 = .544$ $F = 362.964$ $p = .000$									
Social Benefit	Constant	.532	.198		2.690				
	Curiosity and Social Acceptance	.835	.057	.644	14.660	.000	.644	1.000	1.000
$R = .644^a$ $R^2 = .415$ $Adj. R^2 = .413$ $F = 214.927$ $p = .000$									

* $p < .01$

The results of simple linear regression analysis regarding the prediction of serious leisure participation in terms of the “curiosity and social acceptance” dimension of digital game playing motivation are presented in Table 8. According to the findings, 27.9% of the seriousness sub-dimension, 54.5% of the personal benefit sub-dimension, and 41.5% of the

social benefit sub-dimension of serious leisure participation are predicted by curiosity and social acceptance, which are digital game playing motivations. According to the results, it can be said that curiosity and social acceptance, as digital game playing motivation, are important predictors in terms of seriousness, personal and social benefits in serious leisure participation.

Table 9. Results of Simple Linear Regression Analysis on Predicting Serious Leisure Participation in Digital Game Playing Motivation in Terms of “Uncertainty in Game Request” Dimension

Dependent Variable	Independent Variable	B	Standart Error	β	t	p	Binary r	Tolerance	VIF
Seriousness	Sabit	3.887	.137		28.321				
	Uncertainty in Game Request	-.244	.047	-.286	-5.186	.000	-.286	1.000	1.000
<i>R=.286^a R²=.082 Adj. R²=.079 F=26.899 p=.000</i>									
Personal Benefit	Sabit	4.503	.175		25.720				
	Uncertainty in Game Request	-.449	.060	-.395	-7.478	.000	-.395	1.000	1.000
<i>R=.395^a R²=.156 Adj. R²=.153 F=55.917 p=.000</i>									
Social Benefit	Sabit	4.804	.218		22.065				
	Uncertainty in Game Request	-.508	.075	-.364	-6.801	.000	-.364	1.000	1.000
<i>R=.364^a R²=.132 Adj. R²=.130 F=46.250 p=.000</i>									

*p<.01

The results of simple linear regression analysis regarding the prediction of serious leisure participation in terms of the “uncertainty in game request” dimension of digital game playing motivation are shown in Table 9. When the findings are examined, it is seen that the uncertainty dimension of digital game playing motivation has a negative effect of 8.2% on seriousness, 15.6% on personal benefit and 13.2% on social benefit. Together with these results, it is possible to say that the uncertainty in game request dimension of digital game playing motivation has a negative effect on serious leisure seriousness, personal and social benefits.

Discussion and Conclusion

This study was conducted to examine the motivation to play digital games from a serious leisure perspective among individuals of Generation Z. In this section, the results obtained will be discussed in the context of literature.

According to the results obtained regarding the first question of the research (RQ1), positive and negative relationships were determined between the digital game playing motivation and serious leisure factors of the individuals of generation Z. It was concluded that the digital game playing motivation factors have a positive relationship with the success and recovery dimension, serious leisure seriousness, personal benefit and social benefit. This situation can be interpreted as being related to the perception of the personal social benefit obtained by the individuals who participate in digital games for the purpose of success and recovery by following serious leisure activities. Similarly, the motivational factor of curiosity and social acceptance has a positive relationship with the seriousness, personal benefit and social benefit dimensions. According to this result, it is possible to say that the digital game participation of the individuals of generation Z, who are motivated by curiosity and social acceptance, is aimed at serious leisure pursuit and personal and social benefits that they will obtain. It was concluded that the uncertainty factor in the game desire, which includes negative expressions among the motivational factors of playing digital games, has a negative relationship with the

seriousness, personal and social benefit dimensions. It is seen that this motivational factor reveals a negative relationship in terms of seriousness and benefits.

The results for the second research question (RQ2) show that the sub-dimensions of digital game play motivation, success and recovery positively affect the serious leisure participation dimensions of seriousness, personal benefit and social benefit. Similarly, the curiosity and social acceptance dimension of digital game play motivation also affects the serious leisure participation dimensions of seriousness, personal benefit and social benefit. On the other hand, the uncertainty in the game desire, which includes negative expressions of digital game play motivation, negatively affects seriousness, personal benefit and social benefit. According to these results, it has been revealed in this study that the factors of success and revitalization and curiosity and social acceptance are positive factors in terms of seriousness and personal-social benefits as digital game play motivation, while uncertainty in the game desire is a negative factor.

The results of the third problem question of the research (RQ3) show that men are more motivated in the curiosity and social acceptance dimensions of the motivation factors of playing digital games in terms of gender variable. It is seen that women are more motivated in the uncertainty in game request dimension of the desire to play games in terms of the motivation factors of playing digital games. Success and recovery are not variables that create a difference for either female or male participants. In terms of serious leisure dimensions, it is seen that men have a higher average in the seriousness dimension and their activities are more intensely involved in digital games. Personal and social benefit dimensions did not create any difference in the gender variable.

The results of the fourth problem question (RQ4) of the study show that the duration of digital game participation of individuals of Generation Z is an effective factor in the motivation to play digital games and serious leisure factors. It was concluded that as the duration of playing digital games decreases for individuals of Generation Z, they are more motivated in terms of success and recovery, curiosity and social acceptance and uncertainty in game request compared to individuals with higher levels. Similarly, it is seen that the seriousness, personal benefit and social benefit gains of serious leisure participation increase as the duration of playing digital games decreases. The results of the last problem question (RQ5) of the study show that the internet usage time variable creates a difference in the motivation to play digital games and serious leisure factors. The results show that the motivation to play digital games increases in individuals with lower internet usage time compared to individuals with higher levels and the seriousness, personal and social benefits of serious leisure time factors are strengthened.

When the literature on the concept of digital game playing motivation is examined; Wallenius et al. (2009) determined two main motivation factors in the study in which they examined the motivations of individuals in the adolescent period to play digital games. The first of these is instrumental, that is, learning new things and procedures, having a common topic for conversation, using and developing game playing skills, experiencing different roles/worlds. Another source of motivation is expressed as ritualized work, expressing fun, recovery, relaxation, escape from daily life, and forgetting worries. The results of the study revealed that motivational factors became stronger as the participation period increased and the motivation of male participants was higher. Beltekin and Kuyulu (2020) examined the motivation and problem-solving skills of university students in digital game playing and obtained the results that male participants had higher motivation scores in the dimensions of success and revitalization and curiosity and social acceptance, and female participants had

higher motivation scores in the dimension of uncertainty in game desire. In the study, it was determined that the motivation to play digital games was also related to problem-solving skill levels. Güler and Çakır (2020) concluded in their study on children that daily digital game playing significantly affects physical activity motivation. Similarly, Hazar (2019) revealed that there is a relationship between digital game addiction and digital game playing motivation in children. Turgut and Yaşar (2019) found in their study examining the digital game playing motivations of university students that the participants' digital game playing motivations differed according to gender, department, age, class and income status variables; male participants' motivations were higher and motivation increased as age increased. Tekkurşun Demir and Hazar (2019) found a negative relationship between high school students' physical activity participation motivation and digital game playing motivation. However, while differences were obtained in favor of males in the sub-dimensions of success and revitalization and curiosity and social acceptance in terms of gender variable in the study, it was concluded that as the participant group's physical activity participation motivation increased, the motivation to play digital games and the motivation to have fun through digital games decreased. Tüver and Gümüş (2024) found a positive low-level significant relationship between digital game playing motivation and leisure physical activity restrictions. While the study results state that the duration of digital game playing is not a factor variable, it is argued that reducing the factors that motivate individuals to play digital games will increase their participation in physical activity in their leisure.

There is no study in the literature examining the motivation to play digital games from a serious leisure perspective. However, when the literature on participation in activities from a serious leisure perspective is examined, Bayrak et al. (2023) found a positive relationship between serious leisure and digital game addiction. Liu and Yu (2015) concluded in their study on art group participants as a serious leisure activity that university students who participated in serious leisure activities had higher satisfaction levels than those who did not. Similarly, Heo et al. (2013) stated that there was a positive relationship between participation in serious leisure activities and life satisfaction and health. Ma et al. (2024) emphasized in their study on university students that serious leisure participation was associated with subjective well-being.

Digital games have been shown to be a significant experience choice for the age groups comprising the study's sample. This study demonstrates that these experiences, from a serious leisure perspective, devote a significant portion of individuals' time to them. In this respect, the study is expected to contribute to the leisure literature. In this study, motivation to play digital games was examined from a serious leisure perspective. The relationship and effect between the concepts and the contribution of different variables were also addressed in the study. However, the study includes some limitations in terms of sample group and conceptually. Studies on digital games and digital leisure participation from a serious leisure perspective need to be increased and examined on different groups.

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