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The Mediating Role of Leisure Activity Participation in the Effect of Women's Psychological Resilience on Resistance to Change

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Abstract

The aim of this study is to examine the mediating role of participation in leisure activities in the relationship between psychological resilience and resistance to change in women. In today's changing living conditions, adaptability is associated not only with individuals' levels of psychological resilience but also with how they utilize their leisure time. In this context, the study investigated whether psychological resilience directly affects resistance to change or indirectly through various leisure activities. The research was conducted using a correlational survey model, and a total of 383 women (M_{age} = *27.02 ± 9.92*) aged 18-65 who regularly participated in physical activity voluntarily took part. Data were collected online using the Brief Resilience Scale, the Resistance to Change Subdimension of the Psychological Mindedness Scale, and the Leisure Activity Participation Scale. Descriptive statistics, Pearson correlation analysis, and multiple parallel mediation analysis using Hayes PROCESS Macro Model 4 were performed to analyze the data. The significance of indirect effects was evaluated using a 5,000 bootstrap sample and 95% confidence intervals. The findings showed that psychological resilience did not have a direct significant effect on resistance to change. However, it was determined that psychological resilience indirectly reduced resistance to change by increasing participation in aesthetically based and entertaining activities. The mediating effects of other leisure activity dimensions were not statistically significant. In conclusion, although women's levels of psychological resilience alone do not reduce resistance to change, participation in aesthetic and entertaining activities contributes to the development of a more open attitude towards change. The research findings indicate that prioritizing aesthetically and recreationally based activities in the planning of recreation programs for women offers important practical implications in terms of supporting psychological adjustment and openness to change.

Keywords: *Psychological Resilience, Resistance to Change, Leisure Activities, Mediation Analysis*

Kadınların Psikolojik Sağlamlıklarının Değişmeye Kapalılıkları Üzerindeki Etkisinde Serbest Zaman Aktivitelerine Katılımlarının Aracı Rolü

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Özet

Bu araştırmanın amacı, kadınlarda psikolojik sağlamlığın değişime kapalılık üzerindeki etkisinde serbest zaman aktivitelerine katılımın aracılık rolünü incelemektir. Günümüzde değişen yaşam koşullarına uyum sağlayabilme, bireylerin psikolojik sağlamlık düzeyleri kadar serbest zamanlarını nasıl değerlendirdikleriyle de ilişkilendirilmektedir. Bu kapsamda psikolojik sağlamlığın değişime kapalılığı doğrudan mı yoksa farklı serbest zaman etkinlikleri aracılığıyla mı etkilediği araştırılmıştır. Araştırma, ilişkisel tarama modeli temelinde yürütülmüş olup çalışmaya düzenli fiziksel aktiviteye katılan 18-65 yaş aralığında toplam 383 kadın ($M_{Yaş}$ = *27.02* ± *9.92*) gönüllü olarak yer almıştır. Araştırma verileri Psikolojik Sağlamlık Ölçeği, Psikolojik Farkındalık Ölçeği'nin Değişime Kapalılık Alt Boyutu ve Boş Zaman Katılım Ölçeği kullanılarak çevrim içi ortamda toplanmıştır. Verilerin analizinde tanımlayıcı istatistikler, Pearson korelasyon analizi ve Hayes PROCESS Macro Model 4 kullanılarak çoklu paralel aracılık analizi gerçekleştirilmiştir. Dolaylı etkilerin anlamlılığı 5.000 bootstrap örneklemesi ve %95 güven aralıkları ile değerlendirilmiştir. Bulgular, psikolojik sağlamlığın değişime kapalılık üzerinde doğrudan anlamlı bir etkisinin bulunmadığını göstermiştir. Bununla birlikte psikolojik sağlamlığın estetik temelli ve eğlendirici serbest zaman etkinliklerine katılımı artırarak değişime kapalılığı dolaylı biçimde azalttığı belirlenmiştir. Diğer serbest zaman etkinliği boyutlarının aracılık etkileri ise istatistiksel olarak anlamlı bulunmamıştır. Sonuç olarak, kadınların psikolojik sağlamlık düzeyleri tek başına değişime kapalılığı azaltmasa da estetik ve eğlence odaklı rekreatif etkinliklere katılım yoluyla değişime daha açık bir tutum geliştirmelerine katkı sağlamaktadır. Araştırma bulguları, kadınlara yönelik rekreasyon programlarının planlanmasında estetik ve eğlence temelli etkinliklerin önceliklendirilmesinin psikolojik uyum ve değişime açıklığın desteklenmesi açısından önemli uygulama çıktıları sunduğunu göstermektedir.

Anahtar kelimeler: *Psikolojik Sağlamlık, Değişime Kapalılık, Serbest Zaman Aktiviteleri, Aracılık Analizi*

Introduction

Scientific research is regarded as a fundamental means of systematically adapting to the complex and volatile structure of the contemporary world. Moreover, through this process individuals can develop a more objective and consistent body of knowledge concerning both themselves and their surrounding environment (Kosslyn & Rosenberg, 2004; Hayes, 2023). Human life is a dynamic process that involves encountering various difficulties, uncertainties, and stress-inducing situations; individuals therefore need to adapt to these circumstances and to develop their coping skills (Lazarus & Folkman, 1984; Masten, 2001). This situation brings the concept of psychological resilience to the fore. The concept of psychological resilience refers to individuals' capacity to adapt and to recover in the face of the difficulties, traumatic events, or intense stress they encounter. Encompassing cognitive, emotional, and behavioural dimensions, it contributes to individuals' ability to maintain their mental equilibrium and functionality in the process of coping with adverse conditions (Fletcher & Sarkar, 2013; Chidi et al., 2024). Participation in leisure activities is not limited to supporting physical health through physical activity; it also serves a multidimensional function that enhances social interaction, stimulates cognitive processes, and strengthens emotional well-being (Lee, 2021; Zhao et al., 2023). Especially for older individuals, engaging in voluntary and meaningful leisure activities increases psychological resilience, thus supporting both a health-protective function and a reduction in stress levels. This support, along with its potential role in reducing the risk of premature death, is also relevant (Kleiber et al., 2002; Zhang et al., 2025).

Psychological mindedness, within the scope of an individual's effort to understand their own experiences and behaviours, may be defined as the ability to distinguish the connections among thoughts, emotions, and behaviours and to evaluate these relationships (Applebaum, 1973, p. 36). While the capacity to recognise and critically evaluate one's own patterns of thought, emotion, and behaviour is expressed as psychological mindedness, resistance to change is defined as resistance directed towards maintaining existing cognitive schemas (Brown & Ryan, 2003). Change is a natural, inevitable, and evolutionary process in the world in which we live. It therefore becomes necessary and unavoidable for every individual, organisation, and society (Popescu et al., 2012; Kebede & Wang, 2022). “Resistance to change” is defined as an individual's tendency to preserve existing patterns of thought and behaviour and to display resistance towards new experiences and change. In the psychology literature, this condition is associated with cognitive rigidity, avoidance of uncertainty, and low openness to experience, and it is noted that individuals who resist change tend to maintain their existing cognitive schemas (Lewin, 1951; Oreg et al., 2008). It has been reported that many individuals who succeed in permanently changing their behaviours develop new habits over time (Kwasnicka et al., 2024). Moreover, in order to determine the mechanisms through which behavioural change occurs, it is necessary to examine how the behaviour emerges and how it is sustained (Pereira-Doel et al., 2025). The type of motivation possessed by the individuals performing the behaviour is important, because it shapes whether the behaviour will change over time and provides the opportunity to experience the emotions, psychological well-being, and interpersonal relationships that are dominant while the behaviour is being performed (McAnally & Hagger, 2024). One of the fundamental factors influencing the maintenance of a behaviour is the level of pleasure and satisfaction it provides to the individual (Sheldon et al., 2022).

When considering the underlying reasons for an individual to maintain a behaviour, motivation arises as a primary concept. From this perspective, among the motivation theories in the literature, Self-Determination Theory can be evaluated as the most comprehensive (Deci & Ryan, 2000). Self-Determination Theory is a motivational approach grounded in the basic psychological needs of perceived competence, relatedness, and autonomy (Deci & Ryan, 2012); the degree to which these needs are satisfied directly affects the state of readiness for change (Rahi et al., 2022). Within the context of Self-Determination Theory, the effect of women's psychological resilience on resistance to change becomes more comprehensible through participation in leisure activities. This is because leisure activities have the potential to satisfy individuals' basic psychological needs, such as autonomy, competence, and relatedness; the satisfaction of these needs strengthens psychological resilience and may weaken the tendency towards resistance to change. Accordingly, it may be argued that participation in leisure activities assumes a mediating role in the relationship between psychological resilience and resistance to change, thereby constituting an important variable that determines the direction and magnitude of this relationship. The aim of the present study is to examine the effect of women's psychological resilience on resistance to change through participation in leisure activities.

Materials and Methods

Research Design

This study, which focused on women who incorporate participation in physical activity into their weekly schedules when managing their leisure time, was designed on the basis of the relational (correlational) survey model, one of the quantitative research methods. A cross-sectional correlational research method, which examines the direction and strength of the relationship between two or more variables using data collected from a population at a single point in time, was employed.

Population and Sample

Purposive sampling was used as the sampling method of the study. Accordingly, in terms of eligibility for inclusion and suitability for the sample group, recreation centres attended by women and offering service provision were preferred. Without focusing on a single centre or a single setting, an effort was made to increase the diversity and representativeness of the sample by reaching women who preferred to engage in physical activity along walking trails in city parks, in the sports service areas of public education centres, in swimming pools, and in sports halls.

Inclusion Criteria: Participants included in the study had to meet the following criteria: (a) being a woman aged between 18 and 65 years; (b) having regularly participated in physical activity within the past six months; (c) actively using social media (at least 3 days per week); and (d) agreeing to participate voluntarily in the research.

Exclusion Criteria: Participants excluded from the study were defined as follows: (a) being male; (b) individuals with cognitive impairment; (c) individuals with restrictions on participation in leisure activities due to a physical or mental disability; (d) individuals

undergoing any pharmacological treatment that could adversely affect the research results (e.g., antipsychotics, changes in antidepressant dosage); and (e) women who were pregnant or had given birth within the past three months.

Sample Size: The G*Power 3.1 program was used to calculate the statistical power of the study. The calculation was performed for a multiple parallel mediation analysis, taking into account a medium effect size ($f^2 = 0.15$), a significance level of $\alpha = 0.05$, a power $(1-\beta) = 0.95$, and 8 mediator variables. In line with these parameters, the required minimum sample size was determined to be $n = 254$. A total of $n = 383$ women participated in the study, which ensured the statistical power of the research (Faul et al., 2007, 2009). The 383 women included in the study had a mean age of 27.02 years (SD = 9.92), with an age range of 18–65 years.

Table 1. Descriptive Statistical Analysis of the Participants

Variables	Groups	Frequency	%
Educational level	Primary	14	3.7
	Secondary	20	5.2
	High school	82	21.4
	Associate/Bachelor's	241	62.9
	Postgraduate	26	6.8
Occupation	Homemaker	54	14.1
	Worker	32	8.4
	Civil servant	52	13.6
	Retired	6	1.6
	Student	216	56.4
	Self-employed	23	6.0
Marital status	Married	109	28.5
	Single	274	71.5
		Mean	**S.D.**
Age		27.02	9.92

Data Collection Instruments

The data for the study were collected using a personal information form prepared by the researchers and scales whose validity and reliability had been established and which are applicable to a general participant profile across the age ranges of the sample. The research data were obtained using an online data collection method.

Personal Information Form: A form prepared by the researchers was used to compile the participants' demographic information. Through this form, information was collected regarding participants' age, educational level, occupation, marital status, current city of residence, income level, physical activity experience (in years), and weekly number of activity days.

Brief Resilience Scale (BRS): Developed by Smith et al. (2008) and adapted into Turkish by Doğan (2015), the scale is a 6-item self-report instrument developed to measure individuals' level of psychological resilience. It is a 5-point Likert-type scale (1=Strongly Disagree, 5=Strongly Agree) and includes items such as “I tend to bounce back quickly after hard times” and “I tend not to give up in difficult times.” Scores obtained from the scale range from 6 to 30,

with higher scores indicating a higher level of psychological resilience. In the original study, the internal consistency was reported as Cronbach's α=.80 (Smith et al., 2008), whereas in the present study it was calculated as α=.77. Because the scale has been applied to a broad population (adults, individuals in working life, and individuals experiencing crisis and trauma), it is suitable for the sample structure of the study.

Psychological Mindedness Scale-Resistance to Change Subdimension (RtC): The "Resistance to Change" subdimension of the Psychological Mindedness Scale, developed by Conte and Ratto (1996) and adapted into Turkish by Şahin and Yeniçeri (2015), was used. The scale measures individuals' level of resistance to change. In line with the aim of the study, the "resistance to change" subdimension (4 items) was used from the original scale. It is a 5-point Likert-type scale (1=Strongly Disagree, 5=Strongly Agree) and includes items such as "It is not worth the effort required to learn about a new situation." Scores obtained from the scale range from 4 to 20, with higher scores indicating greater resistance to change. In the study by Şahin and Yeniçeri (2015), the internal consistency was reported as Cronbach's α=.52, whereas in the present study it was calculated as Cronbach's α=.79.

Leisure Activity Participation Scale: Developed by Yıldırım Şimşek and Çevik (2020), this scale assesses participants' participation in leisure activities and the underlying constructs associated with them. It is a 56-item instrument consisting of eight subdimensions: Relaxing activity (*B1*), Developmental activity (*B2*), Socializing activity (*B3*), Activity with an attractive environment (*B4*), Productive activity (*B5*), Esthetic activity (*B6*), Entertaining activity (*B7*), and Exciting activity (*B8*). It is a 5-point Likert-type scale (1 = Strongly Disagree, 5 = Strongly Agree) and includes statements such as "In my leisure time I prefer to relax" (B1), "In my leisure time I participate in activities that develop me" (B2), and "In my leisure time I spend time with my friends" (B3). The scores obtained from each subdimension are summed within that subdimension and range from 7 to 35. Higher scores indicate greater participation in that type of activity. In the original study, the total internal consistency was reported as Cronbach's α = .96 (Yıldırım Şimşek & Çevik, 2020), whereas in the present study the total value was calculated as Cronbach's α = .95. The Cronbach's α values for the subdimensions were as follows: B1 = .68, B2 = .74, B3 = .71, B4 = .69, B5 = .75, B6 = .72, B7 = .79, B8 = .73.

Data Collection Procedure

The research data were collected over a three-month period between March 2026 and May 2026. Prior to data collection, participants were provided with detailed information about the aim of the study and the procedures to be applied. A written informed consent form was presented to all participants, and data were collected only from volunteer participants who gave their consent through this form. The data collection process was carried out in an online environment, and the average completion time ranged from 12 to 15 minutes.

Data Screening

Before starting the analysis of the data, data entry errors and missing values were checked. Missing data were examined using Little's MCAR test and it was determined that the data were completely randomly missing ($\chi^2(45) = 38.47$, $p = 0.71$). Multivariate outliers were checked using Mahalanobis distance (D^2). As a result of this screening, 7 of the 390 datasets were

excluded from the analysis, and consequently, the analyses were performed with 383 valid datasets. The normality assumption was checked with skewness and kurtosis values and it was determined that all variables were within the recommended limits (skewness and kurtosis values between -3 and +3).

Data Analysis

The data were analysed using IBM SPSS Statistics 26.0 and PROCESS Macro (v4.2). Descriptive statistical analyses (mean, standard deviation, minimum, maximum, skewness, and kurtosis) were performed for the variables included in the study. Cronbach's alpha (α) coefficients were calculated to determine internal consistency. The relationships among the variables were examined using Pearson product–moment correlation analysis. In line with the main aim of the research, Hayes' PROCESS Macro Model 4 (multiple parallel mediation model) was used to test the relationships among the variables and the model structure (Hayes, 2018). Within this model, the parallel mediating roles of Relaxing activity (B1), Developmental activity (B2), Socializing activity (B3), Activity with an attractive environment (B4), Productive activity (B5), Esthetic activity (B6), Entertaining activity (B7), and Exciting activity (B8) were examined in the effect of the independent variable (Brief Resilience Scale) on the dependent variable (the Resistance to Change subdimension). In the analyses, 5,000 bootstrap resamples were used, and the significance of the indirect effects was evaluated on the basis of 95% confidence intervals. When the confidence interval did not include zero, the relevant mediating effect was accepted as statistically significant (Preacher & Hayes, 2008). Within the scope of the analyses, the total effect, direct effect, and indirect effect were evaluated separately. The goodness of fit of the model was assessed through R^2 and F values.

Research Ethics

Ethical approval for this study was obtained from the Istanbul Yeni Yuzyil University Ethics Committee for Research in Health Sciences Not Requiring Scientific and Medical Intervention (Date: 03.03.2026, Approval No: 2026/03-1859). Throughout the research process, the principles set out in the Higher Education Institutions Scientific Research and Publication Ethics Directive and the Declaration of Helsinki were followed. Informed consent was obtained from all participants, and personal data were protected in accordance with the principle of confidentiality and used solely for research purposes.

Results

The study presents findings from the correlation and mediation analyses regarding the mediating role of the leisure participation subdimensions in the relationship between psychological resilience and resistance to change. First, a correlation analysis was conducted among the variables, followed by mediation analyses using Hayes' PROCESS Macro to examine the mediating role of the subdimensions of the Leisure Activity Participation Scale (M) between psychological resilience (X) and resistance to change (Y).

Table 2.

Results of the Correlation Analysis

Variable		M	SD	Y	X	B1	B2	B3	B4	B5	B6	B7	B8
	Y	3.47	.952	1									
	X	3.12	.576	-.079	1								
Leisure Activity Participation Scale	**B1**	4.22	.812	.115*	.093	1							
	B2	4.08	.827	.042	.156**	.765**	1						
	B3	4.05	.840	.122*	.094	.616**	.692**	1					
	B4	4.09	.830	.125*	.123*	.626**	.618**	.630**	1				
	B5	3.91	.842	.100	.101*	.530**	.591**	.618**	.633**	1			
	B6	3.88	.946	-.117*	.172**	.431**	.468**	.439**	.455**	.625**	1		
	B7	4.02	.893	-.180**	.147**	.461**	.539**	.506**	.494**	.511**	.659**	1	
	B8	4.01	.917	-.112*	.142**	.399**	.464**	.461**	.394**	.481**	.630**	.743**	1

** p < .05, ** p < .01;*

Note: The sub-dimension of resistance to change (RtC)=Y; Brief Resilience Scale(BRS)=X; Relaxing activity=B1; Developmental activity=B2; Socializing activity=B3; Activity with an attractive environment=B4; Productive activity=B5; Esthetic activity=B6; Entertaining activity=B7; Exciting activity=B8.

In evaluating the data obtained from the participants, correlation analysis among the scales used was conducted first. As a result of the correlation analysis, it was found that the dependent variable of resistance to change had a statistically positive relationship with the Relaxing activity (B1), Socializing activity (B3), and Activity with an attractive environment (B4) subdimensions of the Leisure Activity Participation Scale, and a statistically negative relationship with the Esthetic activity (B6), Entertaining activity (B7), and Exciting activity (B8) subdimensions (Table 2).

Table 3.

Direct Path Coefficients of the Multiple Parallel Mediation Model

Path	β	SE	t	p	95% CI	Result
BRS → B1	.1324	.0721	1.8375	.0669	[-.0093, .2741]	Not significant
BRS → B2	.2261	.0728	3.1049	**.0020**	[.0829, .3692]	Significant
BRS → B3	.1349	.0745	1.8114	.0709	[-.0115, .2813]	Not significant
BRS → B4	.1784	.0735	2.4271	**.0157**	[.0339, .3229]	Significant
BRS → B5	.1478	.0747	1.9787	**.0486**	[.0009, .2947]	Significant
BRS → B6	.2840	.0830	3.4215	**.0007**	[.1208, .4473]	Significant
BRS → B7	.2275	.0787	2.8907	**.0041**	[.0728, .3822]	Significant
BRS → B8	.2266	.0809	2.8014	**.0053**	[.0676, .3857]	Significant
B1 → RtC	.1791	.0926	1.9329	.0540	[-.0031, .3613]	Not significant
B2 → RtC	-.1276	.0997	-1.2796	.2015	[-.3237, .0685]	Not significant
B3 → RtC	.1643	.0848	1.9361	.0536	[-.0026, .3311]	Not significant
B4 → RtC	.1429	.0831	1.7202	.0862	[-.0205, .3064]	Not significant
B5 → RtC	.1908	.0854	2.2355	**.0260**	[.0230, .3586]	Significant
B6 → RtC	-.1535	.0746	-2.0586	**.0402**	[-.3002, -.0069]	Significant
B7 → RtC	-.3450	.0864	-3.9920	**.0001**	[-.5150, -.1751]	Significant
B8 → RtC	.0218	.0783	.2777	.7814	[-.1323, .1758]	Not significant
Total effect (BRS → RtC)	-.1306	.0847	-1.5419	.1239	[-.2971, .0359]	Not significant
Direct effect (BRS → RtC)	-.0841	.0815	-1.0327	.3024	[-.2443, .0761]	Not significant

When the path coefficients of the multiple parallel mediation model of the sub-dimensions of leisure time participation are considered in relation to the variables of psychological resilience and resistance to change (Table 3), psychological resilience had significant positive effects on Developmental act. (B2) (β = .2261, p = .002), Activity with an attractive environment (B4) (β = .1784, p = .016), Productive act. (B5) (β = .1478, p = .049), Esthetic act. (B6) (β = .2840, p =

.001), Entertaining act. (B7) (β = .2275, p = .004) and Exciting act. (B8) (β = .2266, p = .005). In contrast, the effects on Relaxing act. (B1) and Socializing act. (B3) were not found to be statistically significant. When the effects of mediating variables on resistance to change were evaluated, a positive and statistically significant relationship was found between Productive act. (B5) and resistance to change (β = .1908, p = .026). On the other hand, Esthetic act. (B6) (β = -.1535, p = .040) and Entertaining act. (B7) (β = -.3450, p < .001) were found to have a statistically significant negative relationship with resistance to change. It was determined that the other sub-dimensions of leisure time participation did not have a statistically significant relationship with resistance to change. When the total effect (β = -.1306, p = .124) and direct effect (β = -.0841, p = .302) were considered, no significant effect was observed. These results suggest that psychological resilience, rather than being a trait that directly reduces resistance to change, may influence individuals' attitudes toward change by shaping the quality of their leisure experiences.

Table 4.

Bootstrap Confidence Interval Results for the Mediating Effects of the Leisure Participation Subdimensions

Mediating Variable	Indirect Effect	BootSE	95% CI	Result
B1	.0237	.0189	[-.0028, .0688]	Not significant
B2	-.0288	.0252	[-.0857, .0161]	Not significant
B3	.0222	.0161	[-.0030, .0587]	Not significant
B4	.0255	.0172	[-.0028, .0640]	Not significant
B5	.0282	.0208	[-.0018, .0775]	Not significant
B6	**-.0436**	.0247	[-.0997, .-.0037]	**Significant**
B7	**-.0785**	.0319	[-.1489, -.0239]	**Significant**
B8	.0049	.0193	[-.0322, .0462]	Not significant
Total Indirect Effect	-.0464	.0339	[-.1145, .0174]	Not significant

Table 4 presents the results of the bootstrap analysis examining the indirect effects of the sub-dimensions of leisure time participation on the relationship between psychological resilience and resistance to change. These results show that the Esthetic act. (B6) and Entertaining act. (B7) sub-dimensions of the leisure time participation scale had a significant mediating effect. The calculated indirect relationship for Esthetic act. was significant (β = -.0436, 95% CI [-.0997, -.0037]), indicating that psychological resilience reduces resistance to change by increasing participation in Esthetic act. Similarly, Entertaining act. also played a significant mediating role (β = -.0785, 95% CI [-.1489, -.0239]), showing that psychological resilience reduces resistance to change by increasing participation in entertaining leisure activities. In contrast, the fact that the confidence intervals obtained for Relaxing act. (B1), Socializing act. (B3), Activity with an attractive environment (B4), Productive activity (B5), and Exciting act. (B8) include zero precludes concluding that there is a significant mediating effect and shows that the total indirect effect is not statistically significant (β = -.0464, 95% CI [-.1145, .0174]). In line with these results, it is shown that the effect of psychological resilience on resistance to change occurs through aesthetic and entertainment-based activities in leisure time participation. This situation suggests that as women's psychological resilience increases, their tendency to

engage in leisure time activities with aesthetic and entertainment themes makes them more open to change.

Discussion, Conclusion, and Recommendations

In this study, the relationships among resistance to change, psychological resilience, and participation in leisure activities were examined, along with the mediating role that participation in leisure activities plays in the relationship between psychological resilience and resistance to change. The findings show that psychological resilience is not a variable that directly affects resistance to change; rather, it may indirectly influence attitudes towards change by increasing participation in certain leisure activities. In this respect, the study demonstrates that leisure behaviours may be an important determinant not only of psychological well-being but also of individuals' processes of adapting to change.

The first finding of the study shows that significant relationships exist between resistance to change and some subdimensions of participation in leisure activities. Accordingly, as participation in relaxing, socializing, and attractive-environment activities increased, resistance to change increased slightly; whereas as participation in aesthetic, entertaining, and exciting activities increased, resistance to change decreased. This suggests that the quality of leisure activities may be decisive in individuals' attitudes towards change. In particular, because aesthetic- and entertainment-based activities support openness to new experiences, cognitive flexibility, and creativity, they may facilitate individuals' more positive approach to change. In contrast, activities based on rest and routine social interaction may strengthen individuals' tendencies to preserve the existing order of life.

Another important finding of the study is that psychological resilience is positively related to developmental, productive, aesthetic, entertaining, exciting, and attractive-environment leisure activities. This finding is consistent with research demonstrating that leisure is an important domain of life that strengthens individuals' psychological resources. Iwasaki et al. (2005) noted that leisure activities do not merely serve a resting function but also constitute an important coping resource that facilitates individuals' coping with stress, provides social support, and strengthens psychological adjustment. Similarly, Takiguchi et al. (2023) showed that participation in leisure activities strengthens psychological resilience and that psychological resilience is one of the fundamental mechanisms protecting mental health. In the present study, the finding that psychological resilience is associated particularly with activities involving active participation, personal development, and aesthetic experience suggests that psychologically resilient individuals prefer activities that enable them to develop themselves and to gain new experiences. In contrast, the absence of a significant relationship between psychological resilience and resistance to change is a noteworthy result. Whereas psychological resilience is mostly defined as an individual's capacity to recover after stressful life events, resistance to change refers more to cognitive, behavioural, and personality-based tendencies. Therefore, the fact that an individual is psychologically resilient does not mean that they will be open to change under all circumstances. This result is important in that it demonstrates that psychological resilience and attitudes towards change may be independent constructs.

The presence of moderate and high positive relationships among the leisure activity subdimensions supports the multidimensional structure of leisure behaviours. Köse et al. (2021) noted that individuals' leisure behaviours form a complementary pattern and that individuals tend to participate simultaneously in different types of activities. In our study, the fact that individuals who participated in developmental activities also oriented themselves towards social, productive, aesthetic, and entertaining activities supports this view. The multiple parallel mediation analyses conducted in line with the main aim of the study showed that psychological resilience did not directly affect resistance to change and that this relationship emerged through certain leisure activities. The path analyses revealed that psychological resilience significantly increased participation in developmental, attractive-environment, productive, aesthetic, entertaining, and exciting activities. However, of these activities, only aesthetic and entertaining activities were found to have a significant effect in reducing resistance to change. The bootstrap analyses likewise confirmed that only these two subdimensions assumed a significant mediating role.

The significant mediating effect of aesthetic activities is consistent with studies revealing the effect of art- and culture-based leisure activities on psychological adjustment. The DRAMMA model developed by Newman et al. (2014) argues that leisure activities support psychological well-being by strengthening individuals' feelings of positive emotion, autonomy, competence, meaning, and social affiliation. Similarly, Morse et al. (2021) showed that participation in creative leisure activities significantly increased psychological well-being and that artistic activities in particular support cognitive flexibility and positive affect. In this context, the fact that aesthetic activities constitute a significant mechanism explaining the effect of psychological resilience on resistance to change may be regarded as an expected result. The mediating effect of entertaining activities may also be explained by the role of positive emotions in psychological adjustment. Entertainment-based activities enable individuals to distance themselves from the stress of daily life, to renew themselves psychologically, and to have new social experiences. Qualitative studies conducted with samples of women likewise indicate that entertainment-oriented leisure activities provide important gains in terms of psychological relaxation, happiness, self-renewal, and life satisfaction (Abay et al., 2021). Accordingly, it may be argued that the orientation of women with high psychological resilience towards entertaining activities may contribute to their development of a more change-oriented attitude.

The finding that productive activities increase resistance to change is a result that should be evaluated carefully. Because productive activities involve planned work, task completion, and performance-oriented processes, they may strengthen individuals' tendency to maintain the existing order. Nevertheless, this result needs to be retested in different samples, as there is not yet sufficient empirical evidence in the literature regarding the effect of productive activities on attitudes towards change. The fact that the total indirect effect was not significant can be explained by only two subdimensions demonstrating significant mediation. In parallel mediation models, the effects of some mediating variables offsetting one another may cause the total indirect effect not to be statistically significant. This indicates that psychological resilience affects resistance to change not through general leisure participation but through specific leisure experiences, such as aesthetic and entertaining activities.

In conclusion, this study reveals that psychological resilience does not directly reduce resistance to change among women; rather, it indirectly supports openness to change by increasing participation in aesthetic and entertaining leisure activities. These findings show that the quality of leisure activities is important for individuals' psychological resources and their processes of adapting to change. In particular, the dissemination of art-, culture-, and entertainment-based recreation programmes may make important contributions to supporting women's psychological resilience and developing their skills for adapting to changing life conditions. Furthermore, the study is considered to make an original contribution to the literature in that it demonstrates that the relationship between psychological resilience and resistance to change can be explained through different dimensions of leisure activities.

Ethics Committee Approval Information

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The article was conducted in accordance with the principles set out in the Higher Education Institutions Scientific Research and Publication Ethics Directive and the Declaration of Helsinki throughout the research process.

Statement of Authors' Contribution Rates

All authors of the research contributed equally at all stages of the study.

Conflict of Interest Statement

The authors have no conflict of interest to declare in relation to the research.

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