

# The effect of leisure benefits on leisure satisfaction: Extreme sports

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## Abstract

In this study, it was aimed to investigate the effect of leisure benefit on leisure satisfaction in extreme sports athletes. In order to determine the leisure satisfaction level of participants, Leisure Satisfaction Scale developed by Beard and Ragheb (1980) and adapted to Turkish by Gökçe and Orhan (2011) was used. Leisure benefit scale developed by Ho (2008) and adapted into Turkish by Akgül, Ertüzün, and Karaküçük (2018) was used to measure the perceived benefit from recreational activities. The conventional sampling method was used for sample selection, and a face-to-face survey method was used for data collection. Descriptive statistics, Pearson Correlation Analysis, and Regression Analysis were used in the analysis of obtained data. A total of 202 people (105 male and 97 female) participated in the study voluntarily. According to the results of the present study, it was determined that there was a positive significant relationship between Leisure benefit and Leisure satisfaction. In addition, it was determined that Leisure satisfaction was predicted by the sub-dimensions of Leisure benefit approximately 84%. This result showed that providing leisure benefits in extreme sports had a significant effect on Leisure satisfaction of extreme athletes.

**Key words:** Extreme sports, Leisure benefits, Leisure satisfaction.

## INTRODUCTION

Nowadays, individuals give importance to leisure by creating some strategies to get rid of work pressure and to renew and strengthen themselves (22). The busy and tiring parts of working life and other compulsory activities has made leisure activities an essential part of life (18, 37). Leisure is the remaining time period of the work or other activities that an individual has to keep living (4, 30). According to another authors, leisure time is defined as the time part in which one can choose whatever he wants except for tasks and obligations in the official life (32). Individuals in this time period participate in the activities such as recreation, sight-seeing, health, being together, excitement, obtaining different experiences, outside or outside the home, in open or closed areas or in active-passive forms, in urban or rural areas (24). At the same time, leisure activities provide leisure benefits in terms of increasing life experiences, realizing oneself (increase in life energy inside them), conscious use and renewal of people's energies (6, 14).

The leisure benefit is defined as the positive effects experienced by participants during leisure

activities (15). Leisure benefits are a subjective concept and relates to personal experiences (23). This concept has been widely discussed and researched in the fields of physiology, psychology, sociology, and economics. Leisure benefits in these areas were examined as a subjective experience for each individual. These experiences help people to improve their mental and physical health and to satisfy their physical and mental needs (12). Leisure benefits are classified under three headings: physical, psychological and social benefits (20). Physical benefits refer to physical appearance preservation, energy gain, development of abilities for activities, regular resting, fatigue removal, and extra energy release. Psychological benefits include relief from life pressures, emotional relaxation, creative thinking, relaxation of mind and body, and enjoyment of life. Social benefits include the creation of new friendships and relationships, to be considered by other people, understanding the feelings of the people and gaining the trust of others (12). While the characteristic, social background and leisure environment affect the peoples' motivation, attitude, preference, and expectation for participating in a leisure activity, people

participating to the leisure activities has many benefits in return (23). Therefore, it is possible to say that there was a mutual exchange.

The benefits of participating in leisure activities are unlimited. Individuals who participate in activities gain benefits in terms of psychological, physiological, educational, social and relaxation. In addition, fatigue, anxiety and job stress decrease (36, 38). Individuals enjoying leisure activities gain a leisure satisfaction (5). Leisure satisfaction is the positive satisfaction or emotions that a person receives as a result of participation in leisure activities (8). These activities, in addition to strengthening the connections of individuals with life, provide health and spiritual personality development (2). In accordance with the benefits of leisure activities, it is likely that individuals who are satisfied with leisure are happy and healthy.

People often want to participate in leisure activities to meet their psychological needs related to feel good and happy. Therefore, the more leisure activities meet the basic needs, the higher it contributes to the subjective well-being of individuals (26). Newman et al., (2014) explained this link as the bottom-up spillover theory of subjective well-being (31). According to this theory, if a person satisfied with a leisure activity, this satisfaction contributes to the leisure life satisfaction and in return to the subjective well-being of a person (35). It was thought that determining the effects of leisure benefits of the athletes participating in extreme sports on leisure satisfaction was important. Therefore, the aim of this study was to investigate the effect of leisure benefits on leisure satisfaction in extreme sports athletes.

## MATERIAL AND METHOD

Because it is easily accessible by the researcher, the study universe was determined as extreme athletes in Istanbul. A total of 202 extreme athletes (105 male (52%) and 97 female (48%) participated in the study voluntarily. The average age of the participants was  $23.48 \pm 6.36$  (years).

The questionnaire form was applied to the sample mass, which was determined by conventional sampling method, between 28 January 2018 and 15 March 2018 by using face to face survey technique. In this study based on quantitative research method, general screening model was used. A Total of 48 items were used in the questionnaire form.

In order to determine the leisure satisfaction level of participants, Leisure Satisfaction Scale developed by Beard and Ragheb (1980) (8), and adapted to Turkish by Gökçe and Orhan (2011) was used. Leisure Satisfaction Scale in 5-point rating (1 = Almost Never True, 4, 5 = Almost Always True) 24 items and consists of six sub-dimensions as Psychological (4 items), Educational (4 items), Social (4 items), Relaxation (4 items), Physical (4 items) and Aesthetics (4 items). Items 1-4 were related to the psychological sub-dimension, 5-8 educational sub-dimension, 9-12 social sub-dimension, 13-16 relief sub-dimension, 17-20 the physical sub-dimension, and 21-24 the aesthetic sub-dimension. In addition, leisure satisfaction scale total scores were calculated as arithmetic means of all items (17).

The leisure benefit scale developed by Ho (2008) (19), and adapted to Turkish by Akgül, Ertüzün, and Karaküçük (2018) was used to measure the perceived benefit of participants from leisure activities. Leisure Benefit Scale is a 5-point Likert type (1 = Strongly Disagree, ..., 5 = Strongly Agree), has 24 items and 3 sub-dimensions as Physical benefits (7 items), Psychological benefits (8 items) and Social benefits (9 items). Items 1-7 were related to sub-dimension of physical benefits, 8-15 sub-dimension of psychological benefits, and 16-24 sub-dimension of social benefits (1).

## INTERPRETATION OF ANALYSIS AND FINDINGS

Descriptive statistics, Correlation, and Regression analysis were used to analyze the data. Durbin-Watson coefficient values for the regression model, binary correlations (binary  $r < 0.80$ ), tolerance values ( $1 - R^2 > 0.20$ ), variance magnification factor ( $VIF = [1 / (1 - R^2)] < 10$ ) and the highest status index value ( $CI < 30$ ) were examined and it was determined that there was no autocorrelation problem between the variables. For the social benefit sub-dimension of the Cronbach  $\alpha$  internal consistency values of each factor was determined as  $\alpha = 0.92$ , for the physical benefit sub-dimension  $\alpha = 0.91$  for the psychological benefit sub-dimension  $\alpha = 0.91$ , for the sum of the leisure benefit scale  $\alpha = 0.97$  and for leisure satisfaction scale  $\alpha = 0.97$  and was found to be greater than the recommended value of 0.70 (3, 10). Significance was set at  $p < 0.01$ .

Table 1. The Relationship between Participants' Leisure Satisfaction and Leisure Benefit Sub-dimensions

Variables		1	2	3	4
Level of Total Leisure Satisfaction <sup>1</sup>	r	1	.840	.843	.868
	p		.001**	.001**	.001**
Leisure Benefits	Physical Benefits <sup>2</sup>	r	1	.859	.784
		p		.001**	.001**
	Psychological Benefits <sup>3</sup>	r		1	.777
		p			.001**
	Social Benefits <sup>4</sup>	r			1
		p			

\*\*p&lt;0.01

According to the correlation analysis, high positive relationship between leisure benefit sub-dimensions (physical, psychological and social benefit) was determined. In addition, it was

Linear regression analysis was used to determine the effect of leisure benefit levels of the participants on leisure satisfaction. As a result of the analysis, it was determined that leisure benefit sub-dimensions predicted leisure satisfaction approximately 84% (adj. R<sup>2</sup> = .835). Furthermore, independent variables were found to affect the dependent variable positively and significantly (p < .001). In addition, the highest effect on leisure satisfaction was determined as a social ( $\beta = .468$ , p < .01), psychological ( $\beta = .277$ , p < .001), and physical benefit ( $\beta = .235$ , p < .001), respectively.

## CONCLUSION AND EVALUATION

According to the primary findings of the study, it was determined that there was a high positive relationship between all sub-dimensions of leisure benefits and leisure satisfaction. This result indicates that the higher leisure satisfaction level the participants have, the more leisure benefit levels will increase. Thanks to participation in leisure activities, individuals move away from work pressure and monotonous lifestyle and their social environment and lifestyle change (13). Individuals gain psychological, physiological, social, educational and aesthetic benefits through recreational activities. These benefits increase the level of satisfaction of individuals (23). Lewis, Cooper, Smithson, and Dyer (2001) have reported that recreation policies are an important way to reduce work pressure and a significant source of leisure satisfaction (27).

determined that the leisure benefits sub-dimensions (physical benefit r = .840, psychological benefit r = .843 and social benefit r = .868) were highly correlated with leisure satisfaction.

Table 2. The Effect of Leisure Benefit Sub-Dimensions on Leisure Satisfaction Level

Dependent Variable: Level of Total Leisure Satisfaction

Variables	B	Standard Error	$\beta$	t	p
(Constant)	.205	.112		1.819	.070
Physical Benefits	.198	.051	.235	3.917	.001**
Psychological Benefits	.270	.058	.277	4.678	.001**
Social Benefits	.447	.047	.468	9.588	.001**
R <sup>2</sup> = .837, adj.R <sup>2</sup> = .835					
F=339.94, p=.001					Method : Enter

According to the main findings of the study, the results of the regression analysis to determine the effect of the leisure benefit levels on leisure satisfaction shows that the leisure benefit sub-dimensions predicted the leisure satisfaction by approximately 84% and positively. It can be thought that the remaining 14% of the missing time to complete the leisure satisfaction may constitute other variables (motivation, coping with participation in activities, level of care, life satisfaction, subjective well-being, and socio-economic status, etc.).

The recreational activities that the extreme athletes participated can contribute to discovering their special abilities, experiencing the sensation of curiosity, struggle and success and enjoying the life. These benefits, which they achieve in line with their expectations, can ensure that they are satisfied with the activities they participate in. Chang (2002) has reported that the benefits of participation in leisure activities increased the sense of satisfaction of individuals towards activities and their behavioral motivation, and showed a positive attitude towards the activity and strengthened their intention to rejoin (11). Yang (2006) has reported that recreational activities will contribute to the preservation and maintenance of mental and physical health of individuals, the development of teamwork and the increase of positive effect on daily work (40). Kelly and Godbye (1992) have reported that individuals can satisfy their daily life and leisure needs through recreational activities (25). These results show that the increase in the levels of

benefits that achieved as a result of their participation in the activities will contribute to the increase of their behavioral intentions and satisfaction levels.

Some researchers have reported that leisure benefits are effective in achieving feelings of satisfaction for individuals in their leisure activities. Accordingly, benefits such as body weight control, physical health protection, and energy regeneration are effective in satisfying individuals' physical characteristics (7, 9, 33). Benefits such as the feeling of freedom, the development of self-efficacy and the reduction of the earthquake-anxiety-nervous system are effective in the psychological satisfaction of the individual (12, 21, 29, 39). Benefits such as the discovery of new information and technologies, originality and the desire for potential talent are effective in educational satisfaction (7, 12).

The positive changes in the mood are effective in satisfying the stresses of work and everyday life, reducing energy, improving energy efficiency and improving work efficiency, reducing stress and anxiety (7, 12). The benefits such as satisfying the spiritual needs of the individual and enriching his life are effective in aesthetic satisfaction (7). The benefits of social and cultural identity acquisition, family bond development, social relations and the development of skills are effective in social satisfaction (7, 9, 28).

As a result, it was found that the leisure benefits were an important determinant of leisure satisfaction. The physical, psychological, and social benefits of individuals as a result of their participation in leisure activities (34) help to meet their expectations from recreational activities. In this context, the happiness and satisfaction of participation in recreational activities contribute to the development of personal satisfaction (39). Finally, individuals need to be directed to activities that provide leisure benefits to increase their leisure satisfaction. Thus, individuals can be increased leisure satisfaction levels.

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