



## LEISURE ACTIVITY AND LIFE SATISFACTION AMONG COLLEGE TEACHERS

Dr .Shalini Yadav<sup>1</sup>

### AFFILIATION

1.Sports Officer, Government College, Majholi, Jabalpur (M.P) Email: yshalini69b@yahoo.com

---

---

### ABSTRACT

In order to assess the relationship between leisure activity and life satisfaction among one hundred and seventy ( 85 male & 85 female) teachers from different colleges of Rani Durgawati University, Jabalpur, Madhya Pradesh ,India. The age of teachers ranged between 23 to 63 years. A questionnaire consisting of socio-demographic variables, degree of life satisfaction, health status and frequency of participation in different leisure activities was administered on all the subjects. Zero order correlations between degree of life satisfaction and leisure activity participation of male teachers indicated that activities like “perform volunteer work”; “attend cultural events”; “holiday trips”; and “gardening” were significantly correlated. In case of female teachers “perform volunteer work”; “engage in artistic and musical activities”; “perform handicraft and home repairs”; “participate in sports” and “attend sports events” were significantly correlated with life satisfaction. Partial correlations (controlling the age & medical condition) no change in activities was observed for male teachers. In female participants “attend cinema”; and “attending classical\ gazal concerts” were added. In female teachers, surprisingly “visiting neighbor” was negatively correlated with life satisfaction.

**Keywords:** Leisure, Life Satisfaction, College Teacher, Male, Female, Happiness

---

---

## 1. INTRODUCTION

Leisure activities means that individuals willingly take up activities that could benefit their mental, physical, and social health during free time. In such activities, individuals could be satisfied, happy, and self-enrichment in a leisure state (**Zhan, 2001**).

According to **Mannell and Kleiber (1997)** leisure is both objective and subjective. It is objective when participating one or multiple leisure activities, while subjective leisure means individual obtaining inner satisfaction through activities. While examining the mediating effect of leisure activities between social relationship, physical health and psychological wellbeing.

**Kleiber & Nimrod (2009)**, define leisure activities as preferred and enjoyable activities participated in during one's free time and characterized as representing freedom and providing intrinsic satisfaction. Individuals can recover from stress and restore social and physical resources (**Pressman et al., 2009**) through leisure activities. Leisure activities with others may provide social support and, in turn, mediate the stress health relationship (**Coleman & Iso-Ahola, 1993**), enrich meaning of life (**Carruthers & Hood, 2004**), as well as helping older adults adapt to potential restrictions of chronic conditions (**Hutchinson & Nimrod, 2012**) and overcome negative life events (e.g., losing a loved one) (**Janke, Nimrod, & Kleiber, 2008**). Because engaging in leisure activities may affect different aspects of well-being (**Gautam, Saito, & Kai, 2007**). **Paillard-Borg, Wang, Winblad, and Fratiglioni (2009)** examined five types of leisure activities in older adults- mental, social, physical, productive, and recreational—to assess how participation affects health status. They found that mental activities (e.g., writing, reading) were not only the most popular type of leisure activities, but also enhanced well-being the most.

**Silverstein and Parker (2002)** divided 15 leisure activities into six domains -culture entertainment, productive personal growth, outdoor physical, recreation expressive, friendship, and formal group. They found that engaging in friendship-type leisure activities (e.g., visiting friends) resulted in the highest quality of life in older Swedish adults. Studies on social and leisure activities and well-being in older adults, by **Adam et.al. (2011)** found that informal social activity benefited well-being the most.

**Bouchard (2006)** stated that leisure-time physical activity includes commuting, non-exercise, exercise and sports. Commuting physical activity may be done simply as a means of travel or for other reasons such as exercise. Non-exercise physical activity is done for other purposes than conditioning exercise or fitness itself. For example, snow shovelling, heavy gardening or wood chopping increase energy expenditure but the ultimate goal is not to enhance fitness. Exercise is a form of leisure-time physical activity that is performed repeatedly over a longer period to maintain or enhance fitness.

The results of study to examine the interest for and participation in cultural leisure activities for undergraduate students enrolled in leisure studies courses conducted by **Auger et.al., 1999** indicated that the most favourite leisure time activities are sports, socializing with family and friends, and watching T.V. and movies. Very few respondents mentioned cultural leisure activities as favorites. Female respondents read magazines more than males. Usually they read fashion magazines. Half of the respondents "never" or "rarely" read books other than those required for school. Two-thirds claimed that they "don't have enough time" but one-third stated that they are "not interested" in reading more. About 95% of respondents listen to music "often" but virtually no one listens to classical music "most often".

Indians are like any other people in the world. Not all people in India spend their leisure time the same way. There was a time before television was introduced when there were more social activities like clubs where people met and played and there were lots of sports activities.

Girls and women devoted time to learning arts and crafts, especially with throw-away items. They also learnt cooking, cleaning, sewing, embroidering, gardening. Home science was supposed to be the 'in' thing. The upper class men played billiards/snooker and the middle-class played football or cricket on common playgrounds.

Now the scene is different. Children are extremely busy with academics (the Indian curriculum is quite taxing), and since extra-curricular activities give them 'points' for university, they try to learn a musical instrument, go in for some dance/language/personality improvement/yoga classes. Most women too are working. So, with this double income, the quality of life and leisure has changed. There are clubs for the privileged, membership of which is not easy. The average middle class is able to afford tourism within the country and also fly overseas for holidays. Weekend shopping in malls, eating out in restaurants, going to the cinemas and generally having fun or unwinding with friends is how an average Indian spends his/her leisure time nowadays.

Actually in India when the people are free they go to see some historical places or talking with their relationers. In leisure time people are discussing to each other and share their problems and happiness.

People in India spend their free time doing exactly what people elsewhere do- hanging out with friends, watching TV, going shopping, going to a bar, reading a book, taking pottery classes, pursuing hobbies etc. They are warm people so spending time with the family is always a big deal. Their are traditional hobbies like Indian classical dance, yoga, spirituality, traditional Indian art etc. which a lot of people take time out for.

In Indian context, hobby may be considered as a leisure activity. India has too vast and diverse of a history and culture to easily find common hobby trends though that may be changing among the middle class.

Indian Leisure & Entertainment Trends 2008-09 survey states that, Leisure is not new to the country. Music, dance, theatre, poetry have entertained people.

Religion plays a key role in the life of an Indian. Rituals, worship and other religious activities are very prominent in an individual's daily life; this is evident from the fact that close to 7 out of 10 individuals consider 'visits to temples / places of worship' as an activity that they would pursue in their leisure time. 60% have also engaged in the activity as part of their leisure repertoire, in the last one year Interestingly, this is also an activity that does not seem to be on the wane; it is in the consideration set of leisure activities for nearly as many younger people as it is among the older age group.

Gaming (playing games on computers/mobiles) as an activity is catching up in India. Though the proportion of those who have engaged in some form of gaming is still restricted, gaming as a pastime has spread across town classes and socioeconomic strata. The active gamers - those who consider gaming to be among their top 5 leisure activities - are young expectedly (more than 80% are below 30 years of age) and mostly male. But active female gamers also form a significant segment at 24%.

**Misra and Singh (2015)** conducted a study on Pattern of leisure-lifestyles among Indian school adolescents: Contextual influences and implications for emerging health concerns that participants spent more time in sedentary and religious activities than they did in sports and games, cultural, and community service activities, except cycling, racing, and walking. More than half of the participants reported sedentary involvement (i.e. bike riding, mobile chatting, Internet, fast music, videogames, watching TV/cinema). About one-third of the participants reported engagement in cultural activities, different types of sports, games, or other physical

activities. Only one-fifth of them were engaged in community or professional activities (i.e. scout/NCC, job work). However, walking, cycling, racing, and reading newspapers were also reported as salient activities during leisure time. Interestingly religious behaviors were commonly practiced by the participants.

This findings reflect segregation and sharing both in features of leisure time use among participants from rural, urban, and metro residential settings. Urban adolescents' pattern of leisure-lifestyles reflects transitional state of choices with similarity in the extent of cultural participation, doing job work, scout/NCC participation with rural adolescents but not different from metro participants in listening to fast music, cycling, playing football or hockey, cricket, kho-kho/kabaddi, and job work. Rural adolescent participants' pattern of leisure indicates transgression of traditional boundaries of leisure by urbanization and industrialization. Despite similarity in practice of certain sedentary leisure with urban segment of adolescents, metro adolescent participants seem to increase their awareness for a healthy leisure time use as reflected in the findings related to greater practice of racing, cultural participation, and scout/NCC health among them. It seems efforts by different governmental and non-governmental agencies through different channels of media are inducing a positive impetus.

The purpose of the study is to determine the effect of leisure activities on happiness and which leisure activity increases happiness, among college teachers affiliated with Rani Durgawati University, Jabalpur, Madhya Pradesh, India.

## **2. METHODOLOGY**

### **2.1 Sample:**

One hundred and seventy (85 males & 85 females) college teachers who volunteered to participate in the study, were selected.. The age of subjects ranged was from 23 to 63 years.

### **2.2 Selection of Variables**

The age, sex, marriage, education, income (gross amount of salary) income are socio-demographic variables, were administered upon male and female respondents, The twenty leisure activities related to India population were also selected for the purpose of study.

### **2.3 Administration of Questionnaire**

To gather the desirable data a self report questionnaire consisting of 1. one's present satisfaction with life, measured with single question "how satisfied are you at present with your life as whole" rating his\her life satisfaction on a 10 point scale in which 0 means totally unhappy, and 10 means totally happy. 2. Frequency of one's participation in Leisure activities. In total 21 activities popular with Indian population were included participants were asked "how frequently do you participate in the following activities: daily; at least once a week ;at least once a month ;less often; never.3. Health measured as the total number of doctor visits in the past 3 months and 4.

### **2.4 Statistical Analysis**

The Zero order correlation were computed to find out to what extent the happiness goes together with leisure activities, partial correlation were computed. (by controlling the effect of age and health on life satisfaction and leisure activities).

## **3. RESULTS AND DISCUSSION**

To find out extent of the happiness goes together with leisure activities, partial correlation were computed. To check whether these correlation are spurious, the correlation for male and female are presented in table-1.

**TABLE-1**  
**CORRELATION BETWEEN LEISURE ACTIVITIES AND LIFE SATISFACTION**  
**AMONG MALE AND FEMALE COLLEGE TEACHERS**

S No.	Activity	$r_m$	$r_f$	$pr_m$	$Pr_f$
		N 85	N 85	N 85	N 85
1	Go out to eat or drink	.102	.037	.092	.048
2	Visit neighbour	.019	-.148	.038	-.200*
3	Visit family members	.154	.174	.175	.101
4	Play card or board games	.154	.148	.166	.139
5	Participate in local politics	.024	.156	.028	.063
6	Perform volunteer work	.250*	.279**	.242*	.265*
7	Attend prayer or other religions event	.036	.113	.041	.110
8	Watch television, videos	.004	-.167	.004	-.150
9	Read magazines or books	.101	.202	.105	.164
10	Engage in artistic and musical activities	.081	.276*	.069	.212*
11	Performed handicraft and home repairs	-.041	.289**	-.036	.228*
12	Participates in sports	.097	.249*	.087	.239*
13	Attend sports event	.154	.230*	.143	.251*
14	Attend cinema	-.005	.180	.006	.217*
15	Attend cultural events	.218*	.177	.243*	.178
16	Holiday trips	.228*	.121	.229*	.130
17	Attend community events	.180	.114	.184	.121
18	Attend social gathering	.194	.187	.216*	.197
19	Gardening:	.224*	.190	.230*	.147
20	Vehicle servicing	.186	.174	.196	.199
21	Attend classical/gazals concerts or theatre	.183	.199	.183	.204*

\* $p < .05$

In case of male teachers just four activities – perform volunteer work ; attend cultural events; Holiday trips and gardening; were significantly correlated with life satisfaction “Perform volunteer work”; “Engage in artistic and musical activities”; “Performed handicraft and home repairs”; “Participates in sports” and “attend sports event” significantly correlated with life satisfaction for female teachers.

The partial correlations (controlling the age and medical condition ) indicate that leisure activities significantly correlating life satisfaction are the same for male teachers where as in case of female teachers “attending cinema”; “attending classical/gazals concerts” were the additional activities correlated significantly with life satisfaction. Surprisingly the partial correlation between “visiting neighbors” and life satisfaction is negatively correlated. “Performing volunteer work”, “attending cultural events”, “holiday trips”, “attending social gathering” and “gardening” are the leisure activities that have significant effect on life satisfaction of male teachers where as performing volunteer work, engage in artistic and musical activities, performing handicraft and home repairs participating in sports, attending sports events, attending cinema and attending

classical \ gazals concerts or theatre has significant effect on life satisfaction of female teachers visiting neighbors also emerged as significant leisure activities for female teachers but is negatively correlated with life satisfaction.

#### 4. CONCLUSIONS

1. Leisure activities significantly correlating life satisfaction are the same for male teachers
2. Female teachers “perform volunteer work”; “engage in artistic and musical activities”; “perform handicraft and home repairs”; “participate in sports” and “attend sports events” were significantly correlated with life satisfaction.
3. No change in activities was observed for male teachers.
4. Female participants “attend cinema”; and “attending classical\ gazal concerts” were added. surprisingly “visiting neighbor” was negatively correlated with life satisfaction among female teachers,

#### REFERENCES

- Auger, Denis., Dawson, Don., Gravelle, Francois., Kadis, George., Pageot, Jean-Claude and Zalatan Antoine (1999).** The interest for and participation in cultural leisure activities: a study of students enrolled in undergraduate leisure studies courses. Abstracts of Papers Presented at the Ninth Canadian Congress on Leisure Research, Acadia University, Wolfville, Nova Scotia, May 12 - 15.
- Adams KB, Leibbrandt S, and Moon H. A (2011).** Critical review of the literature on social and leisure activity and wellbeing in later life. *Ageing & Society*, 31, 683–712. doi: 10.1017/S0144686X10001091
- Bouchard C, Blair SN, Haskell WL. (2006).** Why Study Physical Activity and Health? In Bouchard C, Blair SN, Haskell WL, editors. *Physical activity and health*. Champaign, IL: Human Kinetics, 3-19.
- Cynthia, C.P. and Hood, C.D. (2004).** The Power of the Positive: Leisure and Well-Being. *Therapeutic Recreation Journal*, 38 (2), 225-245.
- Coleman, D., & Iso-Ahola, S. E. (1993).** Leisure and health: The role of social support and self-determination. *Journal of Leisure Research*, 25(2), 111–128.
- Gautam, R., Saito, T., and Kai I. (2007).** Leisure and religious activity participation and mental health: gender analysis of older adults in Nepal. *BMC Public Health*, 22(7), 299. doi: 10.1186/1471-2458-7-299.
- Indian Leisure & Entertainment Trends (2008-09).** Retrieved from ID:649746, January 2008 Region: India
- Jeroen Nawijn and Ruut Veenhoven (2011).** The Effect of Leisure Activities on Life Satisfaction: The Importance of Holiday. Trips, I Brdar(ed) *The Human Pursuit of Well-Being: A Cultural Approach*. Springer Science, 39-53 ISBN 978-94-007-1374-I. doi 10.1007/978-007-1375-8\_4(2011).
- Janke Megan C., Nimrod, Galit., and Kleiber, Douglas A. (2008)** . Reduction in Leisure Activity and Well-Being During the Transition to Widowhood. *Journal of Women & Aging*, 20(1-2):83-98 February 2008
- Kleiber ,D.,& Nimrod, G. (2009).** 'I can't be very sad': Constraint and adaptation in the leisure of a 'learning in retirement' group. *Leisure studies*. 28,67-83. doi:10.1080\02614360802260820.
- Mannel, R.C. and Kleiber, D.A (1997).** *A Social Psychology of Leisure*. PA: Venture Publishing.

**Misra, Girishwar and Singh, Arun Pratap (2015).** Pattern of Leisure-Life Style Among Indian School Adolescents: Contextual Influence and Implications for Emerging Health Concerns. *Congent Psychology*, 2 : 1.

**Paillard-Borg, S, Wang, H-X, Winblad, B, & Fratiglioni, L (2009).** Pattern of Participation in Leisure Activities among Older People in Relation to their Health Conditions and Contextual Factors: A Survey in a Swedish Urban Area. *Aging & Society*. 29, 803-821,doi:10.1017/S0144686X08008337.

**Pressman, Sarah D., Matthews, Karen A., Cohen, Sheldon., Martire, Lynn M., Michael Scheier, P., Baum, Andrew., and Schulz, Richard (2009).** Association of Enjoyable Leisure Activities With Psychological and Physical Well-Being *Psychosom Med.* 71(7), 725–732.

**Silverstein, M, & Parker, M G, (2002).** Leisure Activities & Quality of Life Among the Oldest in Sweden, *Research on Aging*. 24, 528-547 doi:10.1177/0164027502245003.

**Zhan, Z.R, (2001).** *Urban Sociology*, Shanghai, Shanghai University Press