

The background of the slide is a light blue gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance.

MEANING BEYOND PLEASURE IN LEISURE: COMPARISON BETWEEN KOREA AND FRANCE

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INTRODUCTION: WHAT IS LEISURE?

- CLASSIC DEFINITION: LEISURE (OR CAUSAL LEISURE) AS INTRINSICALLY REWARDING, SHORT-LIVED PLEASURABLE ACTIVITY THAT REQUIRE NO SPECIAL SKILL TO ENJOY IT (STEBBINS, 1997)
- DIFFICULT TO DEFINE LEISURE BUT MAINLY TWO APPROACHES:
 - OBJECTIVE : TIME, ACTIVITY, SETTING
 - SUBJECTIVE: PSYCHOLOGICAL EXPERIENCES (KLEIBER ET AL. 2011)

=> JUST FOCUS ON SUBJECTIVE APPROACH, ON HOW INDIVIDUALS EXPERIENCE THEIR LEISURE IN A PSYCHOLOGICAL PERSPECTIVE.

INTRODUCTION: LEISURE AS A PSYCHOLOGICAL EXPERIENCE

- UNDERSTAND LEISURE BASED ON POSITIVE PSYCHOLOGY AND WELL-BEING
- LEISURE AS PERSONAL AND SOCIAL EXPERIENCE WITH DIFFERENT FACTORS:
 - ENJOYMENT
 - MOTIVATION
 - FREE CHOICE

} => ***DIFFERENT STATE OF MIND***
- LEISURE AS SOURCE OF PLEASURE (STEBBINS, 1997) AND MEANING IN LIFE (GROUDON & JOSE, 2015)

INTRODUCTION: LEISURE AS MEANINGFUL VS PLEASURABLE

- LEISURE DEFINED AS BOTH PLEASURABLE AND MEANINGFUL IN THE LITERATURE
- HOWEVER, MOST STUDY FOCUSED ON PLEASURABLE ASPECT OF LEISURE ACTIVITIES
- NO STUDY DIRECTLY ASKED HOW MEANINGFUL IS LEISURE TO INDIVIDUALS

=> NEED TO INVESTIGATE MEANINGFUL ASPECT OF LEISURE ACTIVITIES

INTRODUCTION: LEISURE FOUR DIMENSIONAL MODEL

- PLEASURE AND MEANING AS MAIN FACTOR TO EXAMINE INDIVIDUAL'S LEISURE EXPERIENCE
 - **PLEASURE:** ABOUT THE PURE ENJOYMENT OF LEISURE (CSIKSZENTMIHALYI'S, 1990 ; STEBBINS, 1997)
 - **MEANING:** ABOUT INDIVIDUAL'S PERCEPTION OF ACTIVITIES. BASED ON FREEDOM, INTRINSIC MOTIVATION, COMPETENCE AND POSITIVE AFFECT
- LEISURE AS PERSONAL AND SOCIAL (*E.G., COLEMAN & ISO-AHOLA, 1993*)
- FOUR DIMENSIONAL MODEL OF LEISURE ACTIVITIES:
 - => ***DISTINCTION OF PLEASURE AND MEANING INTO TWO SUBCATEGORIES TO BETTER UNDERSTAND LEISURE ACTIVITIES:***
 - ***PERSONAL PLEASURE***
 - ***SOCIAL PLEASURE***
 - ***PERSONAL MEANING***
 - ***SOCIAL MEANING***

INTRODUCTION: IMPACT OF CULTURAL CONTEXT ON LEISURE ACTIVITIES

- CONCEPTUALIZATION OF LEISURE AND RESEARCH ABOUT LEISURE MAINLY CONDUCTED IN WESTERN CULTURES (CHICK, 1998, IWASAKI, 2008)
- HOWEVER, LEISURE AS REFLECTING SHARED MEANING IN A SPECIFIC DOMINANT CULTURE (SEE ITO & WALKER, 2014; VASKE, 2008)

=> CONCEPT OF LEISURE MAY VARY DEPENDING ON CULTURE (CHICK, 1998)

***=> VERY FEW STUDIES ON THE INFLUENCE OF THE CULTURAL CONTEXT ON LEISURE ACTIVITIES
(ITO & WALKER, 2014)***

STUDY PURPOSE

- TWO OBJECTIVES:

- BETTER UNDERSTAND LEISURE IN A PSYCHOLOGICAL PERSPECTIVE

- => DEVELOPMENT OF LEISURE FOUR DIMENSIONAL MODEL (PERSONAL PLEASURE, SOCIAL PLEASURE, PERSONAL MEANING, SOCIAL MEANING)***

- ANALYZE CULTURAL DIFFERENCE IN LEISURE ACTIVITIES

- => COMPARE TWO CULTURAL CONTEXTS BASED ON LEISURE FOUR DIMENSIONAL MODEL***

STUDY: VARIABLES

- IV: COUNTRY (KOREA VS FRANCE)
- DV: FOCUSED ON INDIVIDUAL'S ATTITUDE TOWARDS THEIR LEISURE ACTIVITIES

* BASED ON:

- REASON WHY THEIR PRACTICE LEISURE ACTIVITIES
- REASON OF THEIR FAILURE TO PRACTICE THEIR ACTIVITIES
- THEIR OBSESSIONS RELATED TO THEIR LEISURE ACTIVITIES

METHOD: PARTICIPANTS

- 600 PARTICIPANTS
 - 300 KOREANS (150 WOMEN, 150 MEN) AND 300 FRENCH (150 WOMEN, 150 MEN)
 - AGE FROM 20YEARS OLD TO 50 YEARS OLD (M= 38,54; KOREA= 38.09 ; FRANCE= 39)
- ONLINE SURVEY WITH THREE PARTS:
 - GENERAL INFORMATION ABOUT HAPPINESS
 - LEISURE ACTIVITIES
 - DEMOGRAPHIC INFORMATION

=> FOR THIS PRESENTATION FOCUSED ON THE RESULTS ABOUT LEISURE ACTIVITIES

METHOD : MEASURE THE REASON WHY INDIVIDUALS PRACTICE THEIR LEISURE ACTIVITIES (여가활동을 하는 이유)

- Set of 16 items to measure the reason why individuals practice their leisure.

=> 당신이 여가활동을 하는 이유는 무엇입니까? 각 문항을 잘 읽고 당신이 동의하는 정도를 선택 해주십시오.

- Items divided in 4 groups:

- personal pleasure (e.g., « 감가적 즐거움을 추구하기 위해 »)
- social pleasure (e.g., « 사회적 지위를 추구하거나 인정받기 위해서 »)
- personal meaning (e.g., « 새로운 나의 모습을 찾기 위해서 »)
- social meaning (e.g., « 중요한 타인을 위해서 »)

=> 4 items per dimensions and after EFA to valid the scale, 3 items per dimensions were mantained

=> Use of a 7-point lickert scale (1 전혀 아니다 and 7 매우 그렇다)

METHOD: MEASURE OF FAILURE IN LEISURE

- REASON FOR FAILURE:

=> 여가활동이 실패한 이유는 무엇입니까? 각 문항을 잘 읽고 당신이 해당하는 정도를 가장 잘 나타낸 것을 선택 해주십시오.

- ANSWER FOUR ITEMS TO MEASURE FAILURE BASE ON SOCIAL MEANING

(E.G., « 사회적 가치와 의미를 찾을 수 없어서 »)

- USE OF A 7-POINT LICKERT SCALE (1 전혀 아니다 AND 7 매우 그렇다)

METHOD: MEASURE ABOUT LEISURE OBSESSION (여가 강박)

- CREATED 13 QUESTIONS TO MEASURE PARTICIPANT'S PERCEPTION OF OBSESSION ABOUT THEIR LEISURE ACTIVITIES

⇒ ITEMS EXAMPLE:

- 나는 효율적으로 여가활동을 해야 한다고 생각한다.
- 나는 여가활동은 가치가 있고 의미 있어야 한다고 생각한다.
- 나는 여가를 보낸 후에 잘못된 선택을 했다는 생각에 침울해진 적이 있다
- 나는 가족이나 주변 사람들 때문에 내가 하고 싶은 여가를 못한다.

- USE OF A 7-POINT LICKERT SCALE (1 전혀 아니다 AND 7 매우 그렇다)

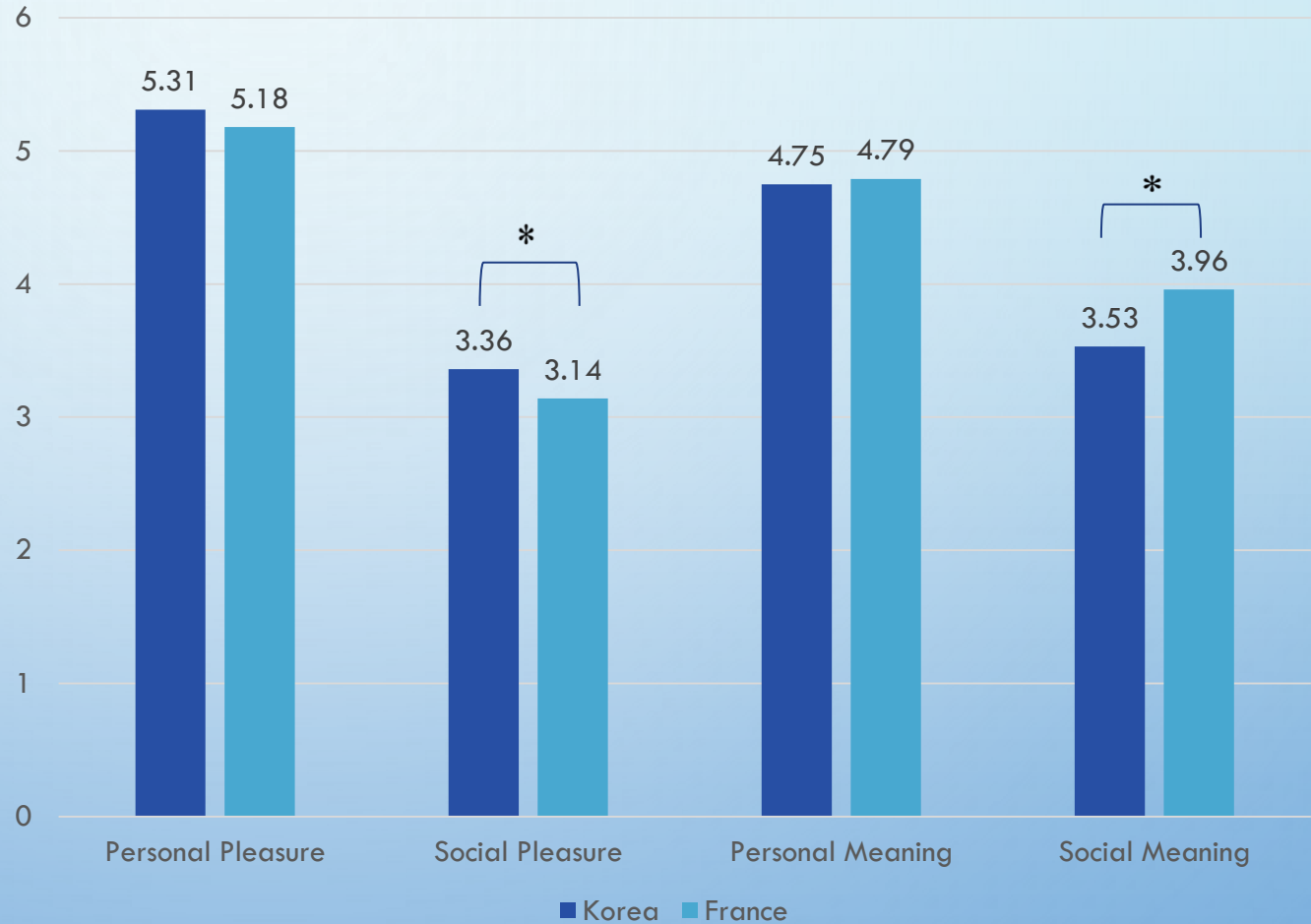
RESULTS: REASON FOR LEISURE ACTIVITIES (여가활동을 하는 이유)

- EFA WITH KOREAN DATA
- CFA WITH FRENCH DATA

$\chi^2(48) = 146.978, P < .05;$
TLI=94; CFI=.92; RMSEA=.083;
SRMR= .066

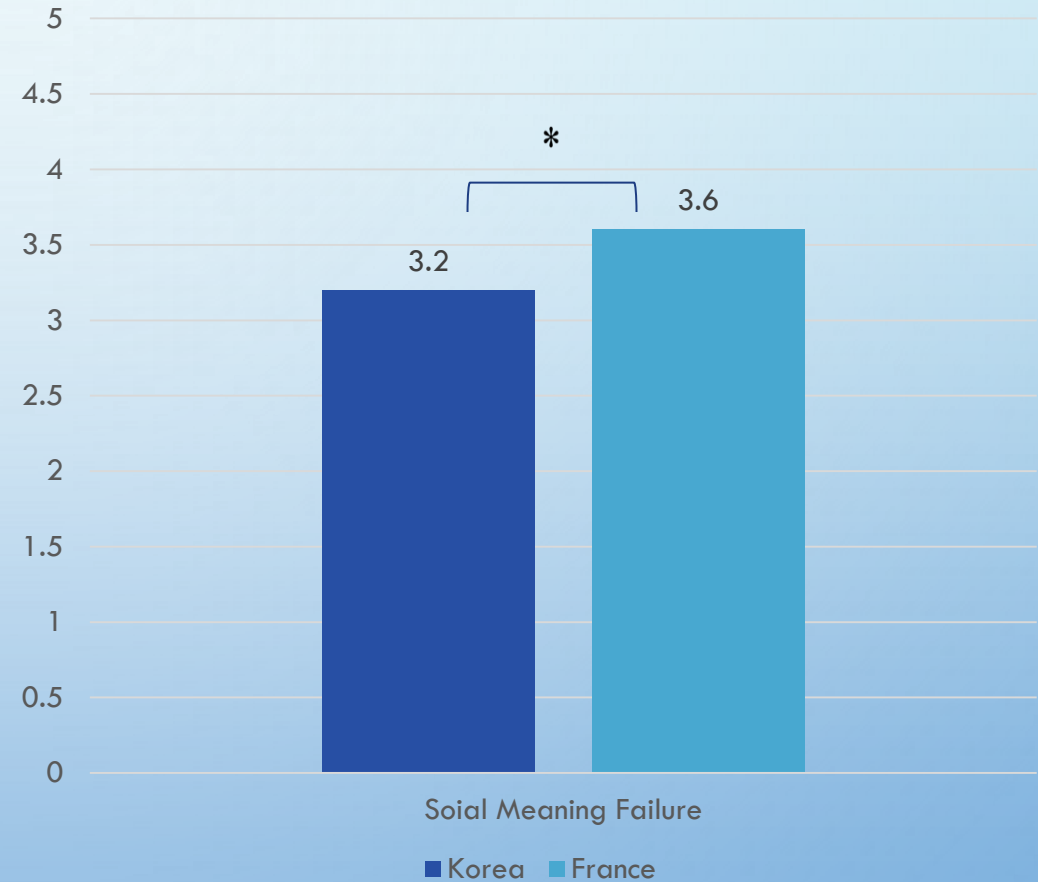
=> MODERATE FIT OF THE FOUR DIMENSIONAL MODEL

- SIGNIFICANT DIFFERENCES BETWEEN KOREA AND FRANCE ON **SOCIAL PLEASURE AND SOCIAL MEANING**



RESULTS: FAILURE IN LEISURE (여가활동이 실패한 이유)

- SIGNIFICATIVE DIFFERENCE BETWEEN KOREA AND FRANCE ON SOCIAL MEANING OF FAILURE



RESULTS: LEISURE OBSESSION (여가 강박)

- SIGNIFICANT DIFFERENCES BETWEEN KOREA AND FRANCE.

=> **FRENCH SCORED HIGHER THAN KOREANS IN GENERAL.**

- ABOUT MEANING

=> 나는 여가활동은 가치가 있고 의미 있어야 한다고 생각한다.

- ABOUT CHOICE

=> 나는 여가를 보낸 후에 잘못된 선택을 했다는 생각에 침울해진 적이 있다

- ABOUT FAMILY

=> 나는 가족이나 주변 사람들 때문에 내가 하고 싶은 여가를 못한다.



DISCUSSION

- PERCEPTION AND EXPERIENCE OF LEISURE ACTIVITIES DIFFER IN KOREA AND FRANCE
- BASED ON THE LEISURE FOUR DIMENSIONAL MODEL, KOREANS ASSOCIATED MORE THEIR LEISURE ACTIVITIES TO SOCIAL PLEASURE WHILE FRENCH ASSOCIATED MORE THEIR LEISURE ACTIVITIES TO SOCIAL MEANING
- FAILURE AND OBSESSION ABOUT LEISURE MORE ASSOCIATED WITH SOCIAL FACTORS FOR FRENCH THAN FOR KOREANS



LIMITS AND FUTURE RESEARCH

- FIRST TEST OF THE LEISURE FOUR DIMENSIONAL MODEL
- OPEN NEW DIRECTION IN STUDY OF LEISURE
- IMPACT OF CULTURAL CONTEXT ON LEISURE

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THANK YOU
Q & A

여가 하는 이유 척도

Items	Items
I/ 개인 즐거움	III/ 개인 의미
1) 감가적 즐거움을 추구하기 위해	9) 성취감을 얻기 위해서
2) 스트레스 해소 및 휴식을 위해서	10) 자아성장/발전을 위해서
4) 개인적 만족과 재미를 위해서	11) 새로운 나의 모습을 찾기 위해서
II/ 사회 즐거움	IV/ 사회 의미
5) 유행이어서	13) 중요한 타인을 위해서
6) 사회적 지위를 추구하거나 인정받기 위해서	14) 사회적 가치에 기여/부응하기 위해서
7) 외로움을 피하려고	16) 사회적 가치와 의미를 찾기 위해서

실패 척도

Social meaning for failure

- 1) 중요한 타인을 위한 일이 아니어서
- 2) 사회적 가치에 기여/부응할 수 없어서
- 3) 사회적 조화와 화합을 이루지 못해서
- 4) 사회적 가치와 의미를 찾을 수 없어서

강박 척도

Constraint in leisure practices

- 1) 나는 효율적으로 여가활동을 해야 한다고 생각한다.
- 2) 나는 여가활동은 가치가 있고 의미 있어야 한다고 생각한다.
- 3) 나는 여가활동은 재미있어야 한다고 생각한다.
- 4) 나는 여가 기회가 주어지면 뭔가 해야만 한다는 생각이 든다.
- 5) 나는 보다 경제적으로 여가활동을 해야 한다고 생각한다.
- 6) 나는 여가를 계획하고 여가를 준비할 때 스트레스를 받는다.
- 7) 나는 여가를 보낸 후에 잘못된 선택을 했다는 생각에 침울해진 적이 있다
- 8) 나는 여가 생활에 시간이나 비용을 과도하게 투자하기 때문에 가족 간에 불화를 경험할 때가 있다.
- 9) 나는 여가 시간을 잘못 보내면 남들보다 뒤처지는 것 같은 기분이 들 때가 있다.
- 10) 여가가 끝나면 일상생활(예. 직업, 학업, 가사 등)로 돌아가야 한다는 생각이 여가활동에 영향을 미친다.
- 11) 나는 여가 시간이 부족하다는 생각에 여가에 대해 고민한다.
- 12) 나는 여가활동 중, 일에 대한 생각으로 여가활동에 집중하지 못한다.
- 13) 나는 가족이나 주변 사람들 때문에 내가 하고 싶은 여가를 못한다.