

The Effects of Serious Leisure of Married Men on Leisure Identity, Family Function and Psychological Well-being

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Abstract

Background/Objectives: This study examined the effects of serious leisure of married men on the psychological well-being and analyzed how leisure identity affects family function. **Methods/Statistical Analysis:** This study selected the population of married men among lifetime sports club members who are currently involved in activities in Daejeon city used stratum and cluster sampling and the number of the cases that were used for the final analysis was 448. The data collected through the questionnaires were classified and input according to the cases. The statistic analysis method was correlation analysis, multiple regression analysis and path analysis. **Findings:** First, the sub factors of serious leisure of married men such as professionalism, effort, identification, intrinsic reward, and inherent emotion had significant impact on the factors of leisure identity. Second, serious leisure had significant impact on family cohesion and adaptability of family roles but among the sub-domains of serious leisure, patience and effort had negative effect. Also, serious leisure had significant impact on adaptability of family rules, but among its sub-domains, effort had negative effect on adaptability of family rules. Third, serious leisure affected positive interpersonal relationship the most, followed by purpose of life, self-acceptance, personal growth, and autonomy in the area of psychological well-being. Fourth, serious leisure had direct influence on family function, leisure identity and psychological well-being, while it had indirect influence on psychological well-being through family function and leisure identity. **Application/Improvements:** Sports activities contribute to high leisure identity through seriousness of participation and the participants in leisure sports activities have sense of happiness as those activities are balanced with family function.

Keywords: Family Function, Leisure Identity, Psychological Well-being, Serious Leisure

1. Introduction

With the emphasis on the importance of leisure area, various researches on leisure is being actively conducted. Especially among the research areas that are being vigorously investigated recently, the concept of serious leisure, which was founded by the leisure researcher ¹, is worthy of great attention. Serious leisure explains the professional enjoyment of leisure activities and the positive effect of leisure. Also, people who participate in serious leisure gain expertise that helps them realize their important values in certain activities, achieve self-realization and form leisure

identity. Through the personal satisfaction of leisure and life, people can realize their “well-being”.

Leisure identity is the role identity that is formed through constant participation in the leisure activities, and the expectation and importance that individuals impose on certain activities change according to the silence of role identity related to those activities². Therefore, if an individual has high leisure identity, it means that leisure plays an important part in the whole ego of that person. Also, we can assume that the perception of physical, social, and psychological well-being will be different^{3,4} considered leisure identity as an important factor in deciding psychological well-being and argued that it goes

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beyond the area of leisure and expands its influence into other life areas, affecting the perception of well-being and satisfaction of the life as a whole. Also, based on the social identity theory,⁵ claimed that leisure contributes to the satisfaction of life as identity grants the meaning and value to leisure activities. We can see here that leisure identity works positively and has impact on psychological well-being in human life.

Psychological well-being is a concept that true happiness of human being can be achieved not by simple hedonic happiness but by a valuable life or life that accords with the true self. That is, having high quality of life should reflect not only how people are satisfied with their lives but also how an individual is well functioning as a member of a society. From this respect,⁶ suggested 6 areas to measure the quality of an individual's life and name them psychological well-being.

A life that puts an emphasis on leisure makes individuals professionally involved in leisure, helps them form strong identity on the leisure area and gives dramatic changes in their every day and family lives. With this trend, there is a growing interest in serious leisure, leisure identity and leisure groups in the academic field of leisure⁷. At the same time, "family" is appearing as an important leisure group in Korea. Between family members, leisure is becoming a routine and plays a very important role in family function that decides the balanced family. In work life balance, if an individual's family and leisure are not balanced harmoniously, it can lead to role conflicts in the family and also conflicts among family members.

According to⁸, leisure identity is the role identity that is formed through constant participation in the leisure activities and high leisure identity means leisure plays an important part in the whole ego of an individual. However, they argued that the importance of family, which is another social system other than leisure that constitutes role identity of individuals, is being overlooked⁹ argued that healthy leisure in life needs to guarantee the satisfaction of not only individuals but also the family. But to our regret, for now, even though there are researches on the relationships between participation in leisure activities of family, satisfaction of family, leisure and life, these researches are still at the technical level of understanding the status quo. There should be more researches on the leisure activity participation level, changes in family structures, and the quality of family relationship¹⁰. We need to conduct researches on how serious leisure affects psychological well-being. But based on the related vari-

ables of psychological well-being such as leisure identity and family function that are being discussed lately, we need further researches on the related variables between psychological well-being and leisure identity formed by serious leisure.

Therefore, this research aims to explore the causal relationships between serious leisure and variables related to psychological well-being through examining the effects of serious leisure of married men on the psychological well-being and analyzing how leisure activity affects family function. To achieve the goal of this study, we set the research hypotheses and verified them. First, serious leisure will affect leisure identity. Second, serious leisure will affect family function. Third, serious leisure will affect psychological well-being. Fourth, there will be causal relationships between serious leisure, leisure identity, family function and psychological well-being.

2. Methods of Study

2.1 Study Subjects

The target of this study is married men among lifetime sports club members who are currently involved in activities in Daejeon Metropolitan City in 2015. We selected the population of married men who were participating in the clubs during the weekdays and weekends and assigned 50 people for each sport to make a total of 500, through stratum and cluster sampling. Among them, 448 questionnaires were returned. The general characteristics of the research subjects and the number and distribution of people for different sports are as shown in Table 1.

2.2 Measurement Tool

The research tool for this study was questionnaires, which were composed of 5 questions according to the demographic statistics (age, education, income, years of marriage, sports category). To measure serious leisure, the scale for serious leisure developed and verified by¹¹ were used. The main research was composed of 21 items for sub-factors as well as a total of 6 items including patience, professionalism, effort, intrinsic reward, identification, and inherent emotion.

For the scale to measure leisure identity, we used the scale developed by³, whose validity and reliability were verified through revision and complementation after the process of pre-survey. The questionnaire was composed of

Table 1. The general characteristics of subjects and distribution of the participants according to exercise types

Feature	Level	N	%	Type	Sports	N	Total	%
Age group	20-39	108	24.1	Overcome type	Marathon	48	98	21.9
	40-49	134	29.9		Weight training	50		
	50-59	118	26.3	Competition type	Badminton	50	100	22.3
	Over 60s	88	19.6		Tennis	50		
Average Income	lower 2million won	52	11.6	Adventure type	Paragliding	38	85	19.0
	2-3 million won	151	33.7		MTB	47		
	3-4 million won	162	36.2	Dance type	Aerobic dance	28	70	15.6
	higher 4million won	83	18.5		Dance sports	42		
Academic background	high school G	203	45.3	Play type	Inline skating	48	95	21.2
	college Graduated	245	54.7		Bowling	47		

identification, sense of respect, and emotional attachment, making a total 13 questions.

The questions to measure family function used FACES III (Family Cohesion and Adaptability Evaluation Scale) utilized by¹². In the main research, family cohesion, adaptability of family roles, and adaptability of family rules were included to make a total 16 questions for 3 sub-areas.

To measure psychological well-being, PWSB (Psychological Well-Being Scale) developed by⁶ was used. The scale was composed of self-acceptance, positive interpersonal relationship, autonomy, purpose of life, and personal growth, making a total 18 questions.

This study conducted exploratory factor analysis to verify the composition validity of the questionnaire. To verify reliability, we conducted verification of each factor using Cronbach's α coefficient for measuring internal coherence. The scale for serious leisure was composed of 6 sub-factors, and the reliability of each sub-factor turned out to be very high with Cronbach's α value of .808~.939. The scale for leisure identity is composed of 3 factors, and the reliability of each sub-factor was comparatively good with Cronbach's α value of .669~.820. The scale for family function is composed of 3 factors, and the reliability of each sub-factor was comparatively high with Cronbach's α value of .752~.881. The scale for psychological well-being is composed of 5 factors, and the reliability of each sub-factor was comparatively good with Cronbach's α value of .693~.777.

2.3 The Process of Study

To examine the effects of serious leisure of married men on the psychological well-being and family function,

we distributed questionnaires to the married men and had them respond to the questionnaires through self-administration after explaining the contents and precautions.

2.4 Data Processing

For the data processing for this study, we analyzed statistics with the data collected according to the factors through SPSS version 14.0 and AMOS 7.0. We secured the structural validity and reliability of the questionnaire by applying confirmatory factor analysis and reliability analysis. Also, we verified the causal relationships between the factors by setting the causal model for leisure identity, psychological well-being and family function, and by applying the correlation analysis and structural equation model to verify the model.

3. Results

3.1 The Relationship between Serious Leisure and Leisure Identity

The analysis of correlations between variables to verify the hypotheses of the study shows that all the relationships between the compositional concepts had positive and negative correlations as shown in Table 2. The directions of the relationships between variables suggested by the hypotheses of the study were coincident.

To examine the relationship between serious leisure and leisure identity of married men, we conducted multiple regression analysis between factors with results as shown in Table 3. According to Table 3, serious leisure had statistically

Table 2. Results of Correlation analysis between each variable

Factor	Serious leisure					Leisure identity				Family function				Psychological well-being						
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17			
1.Patience	1																			
2.Professionalism	.441**	1																		
3.Effort	.339**	.429**	1																	
4.Identification	.329**	.321**	.340**	1																
5.Intrinsic reward	.426**	.302**	.327**	.441**	1															
6.Distinct emotion	.328**	.482**	.524**	.328**	.449**	1														
7.Emotional attachment	.370**	.363**	.498**	.385**	.383**	.379**	1													
8.Self-esteem	.314**	.430**	.329**	.443**	.432**	.334**	.491**	1												
9.Attachment	.431**	.444**	.511**	.533**	.561**	.580**	.616**	.623**	1											
10.Family cohesiveness	-.488**	.495**	-.555**	.592**	.552**	.582**	.611**	.671**	.635**	1										
11.Family role adapt.	-.220**	.411**	-.338**	.360**	-.431**	-.448**	-.474**	.444**	.391**	.442**	1									
12.Family rules	.172*	.374**	-.284**	.305**	-.392**	-.427**	-.440**	.411**	.331**	.396**	.407**	1								
13.Purpose of life	.221**	.346**	.327**	.336**	.441**	.515**	.511**	.369**	.372**	.387**	.453**	.540**	1							
14.Autonomy	.214**	.398**	.332**	.351**	.440**	.481**	.495**	.432**	.383**	.431**	.672**	.560**	.530**	1						
15.Interpersonal relation	.172*	.374**	.284**	.305**	.392**	.427**	.440**	.411**	.331**	.396**	.507**	.510**	.438**	.514**	1					
16.Self-acceptance	.221**	.346**	.327**	.336**	.441**	.515**	.511**	.369**	.372**	.387**	.553**	.540**	.610**	.584**	.448**	1				
17.Personal growth	.214**	.398**	.332**	.351**	.440**	.481**	.495**	.432**	.383**	.431**	.672**	.660**	.730**	.610**	.487**	.549**	1			

**p<.01

Table 3. Effects of serious leisure on leisure identity

Variables	Emotional attachment	Sense of respect	Identification
	β	β	β
Patience	.216***	.168*	.325***
Professionalism	.386***	.115*	.126*
Effort	.218***	.208**	.161**
Identification	.328***	.308***	.379***
Intrinsic reward	.188*	.148*	.192*
Inherent emotion	.301***	.279***	.325***

** $p < .01$, *** $p < .001$

Table 4. Effects of serious leisure on family function

Variables	Family cohesion	Adaptability of family roles	Family rules
	β	β	β
Patience	-.220**	-.188*	.182*
Professionalism	.218**	.132*	.208**
Effort	-.312***	-.208**	-.198**
Identification	.209**	.219**	.218**
Intrinsic reward	.186*	.311***	.229**
Inherent emotion	.191**	.192*	.194**

** $p < .01$, *** $p < .001$

Table 5. Effects of serious leisure on psychological well-being

Variables	Purpose of life	Autonomy	Interpersonal relation	Self-acceptation.	Personal growth
	β	β	β	β	β
Patience	.216***	.172*	.227**	.196*	.201**
Professionalism	.178*	.226**	.182*	.213**	.207**
Effort	.217**	.192*	.176*	.184*	.211**
Identification	.315***	.208**	.381***	.249***	.188*
Intrinsic reward	.284***	.194*	.246***	.308***	.191*
Inherent emotion	.179*	.181*	.301***	.178*	.183

** $p < .01$, *** $p < .001$

significant impact on emotional attachment, sense of respect, and identification factors of leisure identity.

3.2 The Relationship between Serious Leisure and Family Function

To examine the relationship between serious leisure and family function of married men, we conducted multiple regression analysis between factors with results as shown in Table 4. According to Table 4, serious leisure had statistically significant impact on family cohesion, adaptability of family roles, and adaptability of family rules of family function. And among the sub-areas of serious leisure, patience and effort had negative effect on family cohesion, adaptability of family roles, and adaptability of family rules. Among the sub-areas of serious leisure, effort had negative effect on adaptability of family roles.

3.3 The Relationship between Serious Leisure and Psychological Well-Being

To examine the relationship between serious leisure and psychological well-being of married men, we conducted multiple regression analysis between factors with results as shown in Table 5. According to Table 5, serious leisure had

statistically significant impact on purpose of life, positive interpersonal relationship, self-acceptance, and personal growth, which are sub-factors of psychological well-being

3.4 Causal Relationships between Serious Leisure, Leisure Identity, Family Function and Psychological Well-being According

The result of verifying the whole structural model of the research shows that the research model that this study established met the adequacy criteria, with $\chi^2=60.132$, $GFI=.940(\geq 0.9)$, $TLI=.917(\geq 0.9)$, $CFI=.967(\geq 0.9)$, $RMSEA=.089(\leq 0.05\sim 0.1)$, $NFI=.984(\leq 0.05\sim 0.08)$. This study analyzed the path of the research model on the relationship between serious leisure, leisure identity, family function, and psychological well-being focusing on the hypotheses suggested earlier. The results of analyzing the causal relationships between serious leisure, leisure identity, family function, and psychological well-being are as shown in Table 6.

As shown in Table 6, the direct effects included the following; the effects of serious leisure on psychological well-being ($\beta=.410$), the effects of leisure identity

Table 6. The results of the causal effects between variables

Paths	Direct Effects	Indirect Effects	Causal Effects
Serious leisure → Psychological well-being	.410	-	.410
Leisure identity → Psychological well-being	.334	-	.334
Family function → Psychological well-being	.183	-	.183
Serious leisure→Leisure identity→Psychological well-being	-	.613 × .334	.205
Serious leisure→Family function→Psychological well-being	-	.425 × .183	.078
Total Effects			1.210

** $p < .01$, *** $p < .001$

on psychological well-being ($\beta = .334$), the effect of family function on psychological well-being ($\beta = .183$). The indirect effects included the effects of serious leisure on psychological well-being through leisure identity ($\beta = .205$) and the effects of serious leisure on psychological well-being through family function ($\beta = .078$). Causal effects are the result of total effects combining direct effects and indirect effects and showed comparatively high effects with $\beta = 1.210$.

Therefore, serious leisure had direct impact on leisure identity, family function, and psychological well-being and had indirect impact on psychological well-being through leisure identity, proving that it is an important factor. Now, we can see that there are causal relationships between serious leisure, leisure identity, family function, and psychological well-being.

4. Discussion and Conclusion

The discussions of the results of the study that examined the effects of serious leisure of married men on leisure identity, family function and psychological well-being are as follow:

First, serious leisure through participation in sports activities had positive impact on leisure identity. Serious leisure typically entails strengthening and forming leisure identity. In serious leisure, participants try to establish strong identity in the activities¹³. In other words, to maintain and improve certain identity, direct actions need to be done, which leads to participation in leisure sports activities¹⁴. This result indirectly supports¹⁵'s argument that continuous and systematic participation in "serious leisure" forms leisure identity. Also, the result is in line with the research result by¹⁶ that high degree of participation in leisure activities forms identity image through more powerful and attachment that involves emotional interest.

Second, in serious leisure through participation in sports activities, the sub-areas except for effort and patience had positive impact on family cohesion, adaptability of family roles, and adaptability of family rules of family function. In the current situation where the balance of life moves from work to leisure and life, leisure activities and family function bear more important meanings. Especially, the recent practice of 40 Hour Work Week System in our society is giving an opportunity to change the work-oriented culture to family-oriented culture. Among the sub-areas of serious leisure, patience and effort had negative impact on family function. The research by¹⁷ shows that excessive immersion in leisure has negative correlation with family satisfaction. Also other research results show that leisure activities in family can lead to the family problems caused by discord in expectations between family members.

Third, serious leisure significantly affected the positive interpersonal relations the most, followed by purpose of life, self-acceptance, personal growth, and autonomy for psychological well-being. People who participate in serious leisure initially joined the leisure sports activities for their health and physical development, but with activities going on, they felt satisfied through social activities with other people, indicating that participation in internally motivated activities which people want and grant meaning to have significant impact on psychological well-being to various degrees.

Fourth, the study results show that serious leisure directly and indirectly affects leisure identity, family function and psychological well-being. Also, family function and leisure identity had direct impact on psychological well-being. Sports immersion shows the climax of immersion through optimum interaction between the ability of participants and their level of activities. It plays a role of satisfaction and positive emotions toward the activities, being an important factor that can elicit hope

and happiness in life¹⁸. The research result by¹⁹ is partly in line with this study arguing that leisure identity of serious yoga participants has positive impact on purpose of life, self-acceptance, and personal growth of psychological well-being.

The result of this study shows that serious leisure had significant impact on family function, but its effect on psychological well-being through family function is significant but not high as it had negative effect on the variables such as patience and effort. There is a research result in line with this study arguing that leisure activities have limitations inside and outside of the family and that the original functions of leisure can have positive or negative impact on family^{17,20}. It makes us think about the necessity of family leisure in serious leisure in which all the family members can participate together. Active and shared family leisure activities can give an opportunity for high level of communication and interaction between family members²¹.

As shown above, the verification result of structural model that was established to examine the causal relationship between serious leisure, leisure identity and psychological well-being through family function supported the hypothetical model. In conclusion, sports activities contribute to high leisure identity through seriousness of participation and the participants in leisure sports activities have sense of happiness as those activities are balanced with family function.

5. References

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