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Women's Attitudes toward Leisure Time

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Abstract:

Research aims to know the trends of Women's Attitudes toward Leisure Time. Therefore we used descriptive survey method on the sample was selected randomly included 120 women from the town of frenda in Tiaret (Algeria). Between the ages of (25-45) old years. A search tool for measuring trends toward scale leisure time is a measure of its owner Mohamad Hassan Alawi (1998), and includes 24 words divided into three dimensions (Cognitive dimension, the emotional dimension, the behavioral dimension). After statistical treatment of results raw researchers: Women's attitudes toward leisure time significantly positive. There are differences in women's attitudes towards leisure time recreational activity practiced by a variable for the benefit of sport activity. And no differences in women's attitudes towards leisure time as professional experience variable

Keywords: Attitudes; Women; Leisure Time;

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1. INTRODUCTION

There is no definition of the void agreed interested in studying free time, In this regard, Mohamed al-Hamahmi and Aida Mustafa (2009) refer, citing both Helmi Ibrahim and Iuschine that no unified theory of leisure, but they refer to leisure in the following three points busy time any activity or action or performance contrary to the working time, is in the same time period that an individual need to feel his presence and his being. A form of humanitarian activities that interfere with business activity (Al-Hamahmi, Aida,2009, p26)

Investment is void of the important reason that affect the development and personal growth and the very of scientists need to focus on the formation of leisure time activities contribute to acquire many individual good experiences positive, at the same time, it helps in the growth of his character and gain many of the benefits of birth health and moral and physical, psychological and social.

According to Edgington (2007) using the leisure time is one of the most important factors that increase and improve the individuals' quality of life in the modern societies thus contributing to the discovery, innovation and realization of the individual. The use of leisure time is important not only on the individual level but also on the social level as it plays an important role in enhancing the individual's experience in the global society while contributing to the communication and understanding between the cultures. In this context, the leisure activities provide the individual with the opportunity to discover their creativity and put their sense of discovery in action thus supporting and easing change. Additionally, as an aspect of leisure time, an increase in the interest and inclination in the participation in physical activities can be observed in recent years (Henderson, 2001, p21), (Ragheb,1993, p61), (Watson,1996).

Leisure activities are defined with freedom of choice and enjoyable concepts. To be enjoyable to the participants, leisure has to be perceived as freely chosen (Passmore, Davina,2001, p67). Researchers identify four characteristics of the leisure experience: it is freely chosen; intrinsically satisfying, optimally arousing; and requires a sense of commitment (Mokhtarian et al, 2004). Leisure is an important component of a balanced lifestyle, one which reflects the quality of life (Lee,2000). While leisure is assumed to be an important aspect in the quality of life for people, some women do not acknowledge the potential for leisure in their lives. Women have expressed a need for leisure experiences as an opportunity for expressing autonomy, self-definition, and choice often not present in other aspects of their lives (Henderson, 1994, p228).

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Leisure is conceptualized as a subjective interpretation of the social context in which a woman's life occurs. From the perspective of symbolic interaction theory, leisure is viewed as a distinctive pattern of perceiving and relating to ongoing interaction (Samdahl, 1988, p27).

Gülsün et al (2008) indicates that there is a good deal of variation in definitions of leisure. For example, in a study of both men and women, Deem (1986) also found that for women leisure typically involved the idea of free choice (Deem,1986). Henderson (1994) argued that leisure as a concept is difficult for women to define and that it is better to use terms such as: enjoyment, pleasure, relaxation, and sociability. Recognizing these variations and difficulties, we chose to be as inclusive as possible by allowing participants to apply their own definitions in determining leisure activities (Henderson, 1994)

Research on women and leisure emerged as a body of knowledge about 25 years ago (Henderson & Hickerson,2007,p591). More recent leisure researchers, however, have examined the changing role and status of women in today's society, and a number of critical issues such as: the interrelationships among the type of work women do inside and outside of the home, in a career; the nature of family relationships; women's prior leisure experiences and interests; perceptions of work, family, and leisure roles; and current leisure perceptions of meaning and behavior from a lifespan perspective (Henderson et al , 2002, p253)

There is no doubt that the lack of leisure time usefully in women such as work or recreational activities or volunteer in charities and civil and other fields has negative impact on the physical and mental health, however the lack of regulation institutions and official that allow the exploitation of leisure time exacerbates this problem by adults and may feel alienated and unity within the community felt that the community at got him into this problem and didn't help him overcome, no there is doubt that preparing for retirement early help to anticipate this problem and take the necessary precautions to counter them.

After field visits to Tiaret city in Algeria country and personal interviews with a sample of women to know their problems, we felt a sense of responsibility towards and the right to educate them of the importance of recreational activities in them spare time. As for attitudes toward leisure time it was noted that attitudes vary from one person to another, and their outlook mixed, and about in order to spread the idea of "invest leisure time medicine", it was necessary to learn women's attitudes towards leisure time.

1.1. Research objectives

- Determine the nature of women's attitudes toward leisure time activities.

- Exposing the differences in women's attitudes towards leisure according to the type of leisure activity and professional experience variable
- Detect positive role to invest of leisure time among women's.

1.2. Hypothèses

- Women's attitudes towards leisure time are positive
- There are differences in women's attitudes towards leisure according to the type of recreational activity practicing variable
- There are differences in women's attitudes towards leisure according to professional experience.

1.3. Similar studies

- **Hüseyin Gümüş, Çağla AYNA's, İrfan Yıldırım (2018)** : Reviewing attitudes of women towards leisure activities in terms of different variables.

This study focused on reviewing attitudes of women towards leisure activities in terms of different variables. The population of the study was consisted of women who were aged between 18 and 65 and lived in Mersin Province while the sample of the study was consisted of 214 women who participated in the study voluntarily. As data collection tools; Information Request Form and Leisure Attitude Scale (LAS) were used. To measure participants' physical activity level; International Physical Activity Questionnaire (IPAQ) were used. Normality of the distributions was tested with Kolmogorov-Smirnov test. For the analyses of the data; T-test, ANOVA and Correlation tests were used for those data that followed a normal distribution whereas Mann Whitney U test and Kruskal-Wallis H test were used for those data that did not follow a normal distribution. As a result; it may be concluded that women's leisure attitudes differed in terms of variables of having children and age. Besides, it was identified that women's employment status caused a significant difference in LAS-cognitive sub-dimension. No significant difference was found in leisure attitudes in terms of educational status while there was significant difference in affective sub-dimension and total scale score in terms of marital status. No significant correlation was found between women's physical activity levels and leisure attitudes ($p < .05$).

- **Elzbieta Biernat, Monika Pia, tkowska (2017)**: Leisure time physical activity among employed and unemployed women in Poland.

The aim of the paper was to investigate the leisure time physical activity (LTPA) among Polish employed and unemployed women in light of meeting the World Health Organisation (WHO) recommendations and analysed its relationship with employment status. The concept of personal responsibility for a healthy lifestyle plays in the modern times a crucial role here and is an integral part of the

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prevention process (including the necessity for LTPA). A sample (n527) of Polish women was surveyed by the long form of International Physical Activity Questionnaire (IPAQ-LF), with statistically significant differences between variables (intensity and duration of the activity vs. employment status), in the model being verified by chi-square testing. Multi-variable logistic regression analysis was performed to find the relationship between socio-demographic criteria and the amount of exercise recommended by WHO. The relationship between LTPA and the amount of exercise recommended by WHO was assessed using the log-linear analysis. Results: Over one-third of the respondents did not engage in any LTPA (employed 38.6 and un employed 36.6%). Employed women engaged in vigorous exercises more often (18.2%) than those who were unemployed (5.8%). The amount of LTPA undertaken by the majority of respondents (58.7% employed and 65.2% unemployed) was not sufficient to maintain their health owing to lack of walking, moderate and vigorous LTPA.

- **Erin Whiteside, Marie Hardin (2011):** Women (Not) Watching Women: Leisure Time, Television, and Implications for Televised Coverage of Women's Sports

This research explores the factors in choices women make about watching sports. The assumption about coverage of women's sports in post-Title IX decades has been that girls who have played will turn into women who watch, encouraging media producers to provide more women's sports programming. Yet that audience has not materialized, and women's sports have languished on the periphery of the sports media landscape. Using focus-group discussions with heterosexual, married women, we argue that sports media consumption is tied to gender roles and related domestic work. That association with emotion labor presents significant barriers to the cultivation of these women as fans of women's sports.

- **Maya Skowron, Monika Stodolska, Kimberly Shinew (2008):** Determinants of Leisure Time Physical Activity Participation among Latina Women

The goal of this study was to examine leisure time physical activity (LTPA) among Latina women and to determine factors influencing their LTPA participation. The ecological model was employed as a theoretical framework in order to examine attitudes, social support, and constraints affecting physical activity. Surveys and in-depth interviews were used to collect data. Results showed that although women's LTPA participation was low, they had positive attitudes toward LTPA, and they believed they had high levels of support for LTPA. The most often mentioned constraints included lack of childcare and lack

of time. Attitudes toward LTPA, social support for LTPA, and certain constraints were significant predictors of LTPA participation. Results of the in-depth interviews complemented the survey data.

- **Henderson Karla, Hickerson, Benjamin (2007):** Women and Leisure: Premises and Performances Uncovered In an Integrative Review

Research about women and leisure continues to expand as meanings are examined from different perspectives. The purpose of this paper is to extend three previous integrative reviews about research trends and outcomes regarding women's leisure. Research articles appearing from 2001-2005 in selected major research journals of English speaking countries were analyzed through an integrative review to ascertain patterns and themes. New as well as recurring patterns in the content of the research emerged. Results indicated five themes related to premises and performances of leisure that summarized the recent literature about women and leisure at the beginning of the new century: gender resistance and leisure choices, gendered leisure and critical theory, constraints in context, women's leisure and social factors, and active leisure.

- **Henderson, K.A, Ainsworth, B. (2001):** Researching leisure and physical activity with women of color: Issues and emerging questions

The roles of women in the United States are changing, along with the idea that being female is mitigated by a number of constructions such as race, class, age, income, culture, and sexual orientation. Interest in understanding physical activity as leisure embodied in movement, exercise, fitness, recreation, and sports has increased because moderate to vigorous physical activity is associated with a lower risk for premature death, some chronic diseases, and being overweight. Research from the Centers for Disease Control, however, has shown that fewer than 30% of minority women in the United States obtain sufficient amounts of moderate activity to derive physical and mental health benefits. The Cross Cultural Activity Participation Study was designed to measure physical activity habits in African American and American Indian women and to develop and validate a set of surveys to measure moderate physical activity. A qualitative component was included as part of the larger study to obtain additional information about the psychosocial context and socio-cultural meanings of physical activity and perceptions of leisure. The process of data collection, analyses, and reporting the qualitative findings, as well as developing and validating quantitative measurement instruments, resulted in raising methodological issues about studying race and culture and theoretical concerns for future research.

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1.4. Commentary on studies:

Scientific studies have focused on investigating the importance of leisure time as well as practicing recreational activities for women. It also explained the importance of recreational activity in achieving physical and psychological benefits. The descriptive approach was used for its relevance and the nature of the research problem. Among the findings, it is to pay attention to the category of women and direct them towards investing their leisure time by practicing various recreational activities because of their positive benefits on the health aspects of the individual.

2. METHOD and TOOLS

2.1. Research methodology: It was followed descriptive approach and survey manner of suitability and the nature of the research problem.

2.2. Research sample: The sample was selected randomly included 120 women from the town of frenda in Tiaret (Algeria), between the ages of (25-45) old years.

2.3. Tool of search: A trend toward scale leisure time is a measure of its owner Mohamad Hassan Allawi (1998), and includes 24 items divided into three dimensions:

- ***Cognitive dimension of the trend:*** knowledge General and it is intended of the individual and his beliefs about leisure time and its characteristics and its development and its importance in relationship to various aspects of an individual's life.

- ***The emotional dimension of the trend:*** and of the individual towards his free time and degree or his inclination towards the activities and experience of leisure.

- ***The behavioral dimension of the trend:*** and means the verbal expression of positive behavior towards the actual practice of leisure time activities whether in the present or the future.

The whole measure of positive statements so that each phrase from her words and weight listed according to ladder likert quinte where given a numeric value (5) to respond to a very large degree, value (4) to respond to a large degree, value (3) moderate response, value (2) little response, value (1) to very little response (Allawi, 1998, p457)

3. RESULTS

3.1. View and analyze the results of women's attitudes towards leisure time

Table 1. it shows the averages for each dimensions

| Dimension | Means± SD | Degree of trend | Classement |
|----------------------|------------------|------------------------|-------------------|
| Cognitive dimension | 3.52±0.65 | Big | 01 |
| Emotional dimension | 3.25±0.50 | Middle | 03 |
| Behavioral dimension | 3.62±0.56 | Big | 02 |
| All test | 3.47±0.44 | Big | ----- |

Note by the table 1, that the value of the arithmetic average of dimensions (cognitive, behavioral, emotional) ranged between 3.25 and 3.62 sample search, as it came on straight emotional dimension, cognitive dimension and behavioral dimension. As for the search tool as a whole arithmetic average 3.47 it belongs to the domain [4.19-3.40] and therefore the women's attitudes towards leisure as a whole was significantly.

3.2. View and analyze the results of women's attitudes towards leisure time depending on the type of recreational activity.

Table 2. Explains compared attitudes towards women invest leisure time depending on the type of recreational activity

| Dimension | | Cognitive dimension | Emotional dimension | Behavioral dimension | All test |
|--------------------|------|----------------------------|----------------------------|-----------------------------|--------------------|
| Physical activity | M±Sd | 1.37±0.16 | 1.30±0.19 | 1.09±0.06 | 3.71±0.46 |
| Reading | M±Sd | 1.06±0.11 | 1.19±0.16 | 1.0±0.13 | 3.28±0.21 |
| Sewing | M±Sd | 0.90±0.31 | 1.00±0.20 | 0.95±0.08 | 2.87±0.38 |
| Tourism | M±Sd | 1.08±0.11 | 1.16±0.13 | 0.98±0.06 | 3.16±0.14 |
| F Calculated | | 16.86 | 3.87 | 3.47 | 08.33 |
| Significant | | Significant | Significant | Significant | Significant |

F tabular 2.97, p=0.05

Through the table2, clear to as that (F) calculated in each of the recreational activity (sports, reading, sewing, tourism) greater than F tabular (2.97) when the level of significance (0.05) and the degree of freedom (26-3) this indicates that there are statistically significant differences in the women’s attitudes towards leisure time in all dimensions in terms of type of recreational activity.

3.3. View and analyze the results of the women's attitudes towards investing leisure time as professional experience

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Table 3. Shows the comparison of results of women's attitude towards leisure as professional experience

| Dimension | | Cognitive dimension | Emotional dimension | Behavioral dimension | All test |
|--------------------|------|----------------------------|----------------------------|-----------------------------|--------------------|
| (1-5) years | M±Sd | 1.25±0.28 | 1.26±0.20 | 0.99±0.14 | 3.56±0.54 |
| (6-10) years | M±Sd | 1.06±0.17 | 1.12±0.20 | 1.08±0.13 | 3.19±0.41 |
| + 10 years | M±Sd | 1.05±0.07 | 1.15±0.15 | 0.95±0.20 | 3.14±0.25 |
| F Calculated | | 3.14 | 1.46 | 0.47 | 02.40 |
| Significant | | No | No | No | No |
| | | Significant | Significant | Significant | Significant |

F tabular 3.35, p=0.05

Note by table 3, to F calculated in all of professional experience (1-5), (6-10) and more than 10 years younger than (F) at the table denote (0.05) and the degree of freedom (27-2) and there is no difference in women's attitudes towards investing leisure time as professional experience.

4. DISCUSSION

According to the researchers in table 1, the result was positive and high (big) in attitudes for leisure time by women's, This shows that women have a great desire to use their spare time in free activities that are appropriate for them, which helps them improve their psychological states, such as independence, satisfaction with life, self-confidence and achieve their desires in life and society. Here, a number of leisure researchers have pointed that a lot of women think that they have any right in leisure time and their attitudes toward entertainment, as Skowron et al (2008), Elzbieta Biernat, Monika Pia, tkowska (2017), Erin Whiteside, Marie Hardin (2011), Hüseyin Gümüş et al (2018). All of them have written on women's right to entertainment.

Where the current results showed that women have a significantly positive attitudes towards leisure time. The researches attributed this to their awareness and knowledge of the importance of investing this time because of its positive benefits to one's health of the individual (physical, psychological, mental and social), which make them feel happy and feel refreshed and pleasant emotions, and increase their friendships and acquaintances.

Here, Lee Sung Ju (2000) asserts that leisure time is an important element of a balanced lifestyle which reflects the quality of life of people. Thus, participation in leisure time activities contribute to the upgrading human health and to the ability helps him on the production and creativity. As both Jean-Charles and

Chebat (1995) in their study that women work more and attribute more value to leisure than men (Jean-Charles, Cataldo, 1995)

This is illustrated with indicated Henderson (1990) to some women do not acknowledge the potential for leisure in their lives. Women have expressed a need for leisure experiences as an opportunity for expressing autonomy, self-definition, and choice often not present in other aspects of their lives (Henderson, 1994)

It also adds Rodriguez et al (2008) to Leisure may be an important indicator of subjective wellbeing and quality of life, there is very little understanding as to how this occurs. Activity theory suggests a positive relationship between activity and life satisfaction. According to the activity theory, the greater the frequency and intimacy of activity, the greater the life satisfaction. Activity theory suggests both the frequency of participation and the degree of intimacy associated with the activity influence life satisfaction. The greater the frequency and the more intimate the activity, the greater the life satisfaction. Participation in activities is often considered positively related to life satisfaction. Place-centered leisure activities, people-centered leisure activities (talking with friends and family and participation in community or religious activities) have found to be significantly related to quality life (Rodriguez et al, 2008,)

And statistically significant differences appeared in women's attitudes towards leisure time in all dimensions, depending on the type of recreational activity, and heading sample search towards sport activity significantly (Table 2) as the most vital activity which characteristic interaction and break the routine, sport activity an interesting likable character is insipid and that they hardly need this for the rest of the women's advantages in the love suspense and interaction.

There is also a difference in women's attitudes towards leisure time as professional experience (Table3) and it concluded that the professional experience did not affect determining women's attitudes toward leisure time, because search sample members are characterized by active life and are not affected by professional experience, because the trends in the fact of the matter is personal related to preparations character of each individual, group or team group and appears in the form of opinions, views, attitudes and behavior that reflects the person's tendencies and this tendency towards a subject of the issues affecting them. Although Eva Cyba (1992) refers with respect to women's attitudes toward leisure time. There is no straightforward relationship between occupational status and preferences regarding leisure time (Eva Cyba, 1992,)

If women believe that they deserve leisure, then it is useful to describe how women can empower themselves through leisure. Several of the women in this

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study described the balance they were seeking in their lives. The achievement of this balance will require changes on several levels. Deem (1986) has suggested that to change women's leisure (in this case to entitle women to leisure and to empower them), it will be necessary to create an environment for women's leisure, to offer leisure provision for women, and to change women's social position. The creation of an environment and the changing of women's social position offer implications for empowering women to leisure; efforts also must continually be made to offer recreation opportunities that are of interest and within the time and financial constraints of women.

Entertainment also has a positive role in overcoming stress in stress-coping has been examined from one of two perspectives: leisure activity as a mechanism for coping with stress, or as a psychosocial phenomenon whereby the underlying functions or meanings of leisure act as a resource or strategy for managing stress.

These results are consistent with indicated Arbide (2008) to women can develop their creative skills with these leisure activities organized in an environment by themselves thus they can express themselves and feel better. Therefore, this has a positive effect on women's family, work, social and psychological life. Psychological well-being of the women improves both physical and mental health of women.

5. CONCLUSIONS

- Women's attitudes toward leisure time significantly positive.
- There are differences in women's attitudes towards leisure time recreational activity practiced by a variable for the benefit of sport activity.
- No differences in women's attitudes towards leisure time as professional experience variable.

Through the findings, we offer some recommendations:

- Educating women about the importance of engaging in recreational activities in their leisure time.
- Investing leisure time in practicing recreational activities with its various activities
- Directing women to participate in social and recreational activities and competitions.
- Providing lectures and holding national and local forums through which the importance of investing leisure time can be felt.
- Establishing cultural and sporting centers and associations for women.
- Continuous support to achieve more positive aspects of recreation in a woman's life.

- Conducting research on the degree of practicing recreational activities at leisure according to some variables such as age, gender, occupation, economic level.

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