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# THE EFFECTS OF ADOLESCENTS' LEISURE FLOW, LEISURE SATISFACTION, AND LEISURE ATTITUDE ON LEISURE CONTINUATION

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***Abstract*— This study analyzed the variables that may impact adolescents'' continued participation in leisure sports. Data were collected from 187 Korean adolescents participating in leisure sports in 2019. The collected data were analyzed with frequency analysis, reliability analysis, descriptive statistics, correlational analysis, and multiple regression. The following results were obtained: First, all sub-scales of leisure flow had a positive impact on continued leisure participation. Second, the environmental satisfaction, psychological satisfaction, and social satisfaction subscales of leisure satisfaction had a positive impact on continued leisure participation. Third, all subscales of leisure attitude had a positive effect on continued leisure participation. Fourth, the perseverance, personal reward, social reward, and distinct feelings subscales of serious leisure had a positive effect on leisure continuation.**

***Keywords*— Adolescents, Continued Participation in Leisure Sports, Psychosocial Variables, Leisure Flow, Leisure Satisfaction, Leisure Attitude, Serious Leisure, Continuation of Leisure**

## 1. INTRODUCTION

Humans in modern society have naturally faced increased life expectancy and leisure time thanks to the remarkable advances in science and civilization. People have naturally become interested in quality of life and they pursue an array of leisure activities. Therefore, how to use the increased leisure time, what leisure activities to participate in, how to participate in such leisure activities, and what can be obtained from such participation have emerged as important topics of discussion, and research on leisure sports is ongoing [1]. This is because we can infer that these factors have a grave impact on the choice, participation, and re-participation in leisure sports. Thus, it is necessary to examine how leisure sports have become an integral part of our daily lives and how we can consistently continue participation by analyzing some factors that affect leisure continuation, namely leisure flow, leisure satisfaction, leisure attitude, and serious leisure. In addition, studies on leisure sports activities among adolescents are crucial, as leisure sports is a healthy means of relieving negative emotions, such as anxiety and tension. It is

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also a means for them to actively make decisions and enjoy their lives. In light of reports that leisure activities gravely impact people’'s happiness and quality of life, numerous studies have been conducted on the topic, but most of these involved adults. Moreover, most studies that involved adolescents examined the effects of school sport clubs or afterschool programs, and studies on adolescents' active participation in leisure sports are lacking. Studies have also examined only some variables that affect leisure continuation in independence from other variables. Thus, it is important to investigate the comprehensive relationships among these variables. The aim of this study is to encourage continued participation in leisure sports and promote a vibrant life among Korean adolescents, who are undergoing several difficulties in an educational environment focused on college admission, ultimately to foster a healthy leisure culture among adolescents and naturally link them to lifelong sports. To this end, we set the following hypotheses: First, leisure flow will have a positive effect on adolescents' continued leisure sports participation. Second, leisure satisfaction will have a positive effect on adolescents' continued leisure sports participation. Third, leisure attitude will have a positive effect on adolescents' continued leisure sports participation. Fourth, serious leisure will have a positive effect on adolescents' continued leisure sports participation.

## 2. STUDY POPULATION

We used convenience sampling to identify the psychosocial variables that affect continued leisure sports participation among adolescents. Data were collected by distributing a questionnaire to 200 adolescents who live in Gwangju Metropolitan City and Jeonju, Republic of Korea, in November 2019. All questionnaires were collected on the site. After excluding 13 questionnaires with insufficient or missing responses, data from 187 adolescents were analyzed.

## 3. INSTRUMENTS

We used a questionnaire. Among various instruments validated in previous studies, we chose the ones that were determined to be appropriate for the purpose of this study. Four items were used for participants’' general characteristics: gender and frequency, intensity, and duration of leisure sports participation. Leisure flow was measured using the scale developed by [2]. The scale specifically consists of two subscales of cognitive flow and behavioral flow. Leisure satisfaction was assessed using the scale developed by [3], which consists of six subscales: rest satisfaction, environmental satisfaction, social satisfaction, psychological satisfaction, educational satisfaction, and physiological satisfaction. Leisure attitude was assessed using the Leisure Attitude Scale developed by [4], which consists of three subscales: behavioral attitude, cognitive attitude, and affective attitude. Serious leisure was assessed using the scale developed by [5], which consists of six subscales: perseverance, expertise, effort, intrinsic reward, identification, and distinct feelings. Leisure continuation was assessed using the scale developed by [6] and used by [7]. The scale consists of two subscales of continued participation and possibility of continued participation. Each item was rated on a five-point Likert scale.

## 4. DATA PROCESSING

The collected data were analyzed as follows, using the SPSS 18.0 software: First, participants' demographic characteristics were analyzed with frequency analysis. Second, the reliability of the instruments was tested with Cronbach's α. Third, perception about leisure flow, leisure satisfaction, leisure attitude, serious leisure, and leisure continuation were analyzed with descriptive statistics. Fourth, the relationships among the variables were analyzed with correlational analysis. Fifth, the psychosocial variables that impact

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continued leisure sports participation among the participants were analyzed using multiple regression.

## 5. RESULTS

The effects of psychosocial variables on adolescents'continued leisure sports participation were analyzed with multiple regression. First, the results of multiple regression analyzing the effects of leisure flow on continued leisure sports participation are shown in Table I.

Table I. The impact of leisure flow on continued leisure sports participation

| Dependent variable | Independent variable | S.E. | β | t | *p* | Tolerance limit |
|---|---|---|---|---|---|---|
| Continued participation | Constant | .314 | | 1.090 | .277 | |
| | Cognitive flow | .385 | .287 | 2.403 | .017* | .235 |
| | Behavioral flow | .446 | .352 | 2.945 | .004** | .235 |
| | R=.619, $R^2$=.383, adj $R^2$=.377, F=57.189, p=.000, Durbin-Watson=1.761 | | | | | |
| Sustainability | Constant | .163 | | .582 | .562 | |
| | Cognitive flow | .456 | .338 | 2.915 | .004** | .235 |
| | Behavioral flow | .422 | .331 | 2.855 | .005** | .235 |
| | R=.648, $R^2$=.420, adj $R^2$=.413, F=66.517, p=.000, Durbin-Watson=1.869 | | | | | |

***p<.01, *p<.05*

The results showed that all subscales of leisure flow had a positive impact on continued leisure sports participation. First, cognitive flow (β=.287, p=.017) had a statistically significant positive effect on continued participation, and behavioral flow (β=.352, p=.004) also had a statistically significant positive effect on continued participation. Leisure flow explained for 37.7% of the variance of continued participation. Further, cognitive flow (β=.338, p=.004) had a statistically significant positive effect on sustainability, and behavioral flow (β=.331, p=.005) also had a statistically significant positive effect on sustainability. Leisure flow explained for 41.3% of the variance of sustainability.

Next, the results of multiple regression analyzing the effects of leisure satisfaction on continued leisure sports participation are shown in Table II.

Table II. The impact of leisure satisfaction on continued leisure sports participation

| Dependent variable | Independent variable | S.E. | β | t | *p* | Tolerance limit |
|---|---|---|---|---|---|---|
| Continued participation | Constant | .177 | | -.092 | .927 | |
| | Psychological satisfaction | .119 | .201 | 1.794 | .074 | .134 |
| | Educational satisfaction | .114 | .015 | .151 | .880 | .170 |
| | Social satisfaction | .129 | .104 | .899 | .370 | .125 |
| | Rest satisfaction | .139 | .142 | 1.151 | .251 | .110 |
| | Physiological satisfaction | .132 | .111 | .930 | .354 | .118 |
| | Environmental satisfaction | .109 | .308 | 3.233 | .001** | .184 |

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|---|---|---|---|---|---|---|
| | R=.836, R²=.699, adj R²=.689, F=69.821, p=.000, Durbin-Watson=1.892 | | | | | |
| Sustainability | Constant | .147 | | -1.338 | .182 | |
| | Psychological satisfaction | .099 | .387 | 4.180 | .000** | .134 |
| | Educational satisfaction | .095 | .151 | 1.846 | .067 | .170 |
| | Social satisfaction | .107 | .248 | 2.584 | .011* | .125 |
| | Rest satisfaction | .116 | -.065 | -.640 | .523 | .110 |
| | Physiological satisfaction | .110 | .071 | .725 | .470 | .118 |
| | Environmental satisfaction | .090 | .142 | 1.797 | .074 | .184 |
| | R=.891, R²=.794, adj R²=.787, F=115.634, p=.000, Durbin-Watson=1.868 | | | | | |

**p<.01, *p<.05

The results showed that the subscales of leisure satisfaction had partial positive impact on continued leisure sports participation. First, psychological satisfaction (β=.201, p=.074), educational satisfaction (β=.015, p=.880), and social satisfaction (β=.104, p=.370) did not have a statistically significant effect on continued participation. Rest satisfaction (β=.142, p=.251) and physiological satisfaction (β=.111, p=.354) also did not have a statistically significant effect on, but environmental satisfaction (β=.308, p=.001) had a statistically significant positive effect on continued participation. Leisure satisfaction explained for 68.9% of the variance of continued participation. Next, psychological satisfaction (β=.387, p=.000) social satisfaction (β=.248, p=.011) had a statistically significant positive effect on sustainability, but educational satisfaction (β=.151, p=.067), rest satisfaction (β=-.065, p=.523), physiological satisfaction (β=.071, p=.470), and environmental satisfaction (β=.142, p=.074) did not have a statistically significant positive effect on sustainability. Leisure satisfaction explained for 78.7% of the variance of sustainability.

The results of multiple regression analyzing the impact of leisure attitude on continued leisure sports participation are shown in Table III.

Table III. The impact of leisure attitude on continued leisure sports participation

| Dependent variable | Independent variable | S.E. | β | t | *p* | Tolerance limit |
|---|---|---|---|---|---|---|
| Continued participation | Constant | .148 | | 2.078 | .039 | |
| | Affective attitude | .093 | .253 | 2.763 | .006** | .186 |
| | Behavioral attitude | .107 | .314 | 3.034 | .003** | .145 |
| | Cognitive attitude | .094 | .316 | 3.556 | .000** | .196 |
| | R=.846, R²=.719, adj R²=.711, F=153.837, p=.000, Durbin-Watson=1.554 | | | | | |
| Sustainability | Constant | .110 | | .578 | .564 | |
| | Affective attitude | .069 | .306 | 4.534 | .000** | .186 |
| | Behavioral attitude | .080 | .437 | 5.722 | .000** | .145 |
| | Cognitive attitude | .070 | .213 | 3.242 | .001** | .196 |
| | R=.919, R²=.845, adj R²=.843, F=333.119, p=.000, Durbin-Watson=1.718 | | | | | |

**p<.01, *p<.05

The results showed that all subscales of leisure satisfaction had a positive impact on all subfactors of continued leisure sports participation. First, affective attitude (β=.253,


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p=.006), behavioral attitude (β=.314, p=.003), and cognitive attitude (β=.316, p=.000) had a statistically significant effect on continued participation. Leisure attitude explained for 71.1% of the variance of continued participation. Further, affective attitude (β=.306, p=.000) behavioral attitude (β=.437, p=.000), and cognitive attitude (β=.213, p=.001) had a statistically significant effect on sustainability. Leisure attitude explained for 84.3% of the variance of sustainability.

Next, the results of multiple regression analyzing the impact of serious leisure on continued leisure sports participation are shown in Table IV.

Table IV. The impact of serious leisure on continued leisure sports participation

| Dependent variable | Independent variable | S.E. | β | t | *p* | Tolerance limit |
|---|---|---|---|---|---|---|
| Continued participation | Constant | .136 | | 1.642 | .102 | |
| | Perseverance | .096 | .130 | 1.423 | .156 | .150 |
| | Expertise | .091 | -.079 | -.882 | .379 | .158 |
| | Effort | .117 | -.069 | -.609 | .543 | .099 |
| | Personal reward | .121 | .511 | 4.503 | .000** | .098 |
| | Identification | .099 | -.023 | -.222 | .825 | .116 |
| | Social reward | .118 | -.061 | -.533 | .595 | .095 |
| | Distinct feelings | .113 | .480 | 4.420 | .000** | .107 |
| | R=.880, $R^2$=.774, adj $R^2$=.766, F=87.777, p=.000, Durbin-Watson=1.758 | | | | | |
| Sustainability | Constant | .126 | | .696 | .487 | |
| | Perseverance | .089 | .208 | 2.462 | .015* | .150 |
| | Expertise | .085 | .039 | .468 | .641 | .158 |
| | Effort | .108 | -.042 | -.399 | .691 | .099 |
| | Personal reward | .112 | .543 | 5.182 | .000** | .098 |
| | Identification | .092 | -.069 | -.717 | .474 | .116 |
| | Social reward | .109 | .224 | 2.104 | .037* | .095 |
| | Distinct feelings | .105 | .027 | .264 | .792 | .107 |
| | R=.899, $R^2$=.808, adj $R^2$=.800, F=107.372, p=.000, Durbin-Watson=2.023 | | | | | |

*$p<.01$, *$p<.05$

The results showed that the subscales of serious leisure had partial positive impact on the subfactors of continued leisure sports participation. First, perseverance (β=.130, p=.156), expertise (β=-.079, p=.379), and effort (β=-.069, p=.543) did not have a statistically significant effect on continued participation. While personal reward (β=.511, p=.000) had a statistically significant effect on continued participation, identification (β=-.023, p=.825) and social reward (β=-.061, p=.595) did not. Distinct feelings (β=.480, p=.000) had a statistically significant effect on continued participation. Serious leisure explained for 76.6% of the variance of continued participation. Next, perseverance (β=.208, p=.015) had a statistically significant effect on sustainability, but expertise (β=.039, p=.641) and effort (β=-.042, p=.691) did not. Personal reward (β=.543, p=.000) had a statistically significant effect on sustainability, but identification (β=-.069, p=.474) did not. Social reward (β=.224, p=.037) had a statistically significant effect on sustainability, but distinct feelings (β=.027, p=.792) did not. Serious leisure explained for 80.0% of the variance of sustainability.

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## 6. CONCLUSION

This study explored the psychosocial variables that affect leisure continuation in adolescents and analyzed the relationships among them. The following results were obtained: First, leisure flow has a positive impact on leisure continuation. Second, leisure satisfaction has a partial positive impact on leisure continuation. Third, leisure attitude has a positive impact on leisure continuation. Fourth, serious leisure has a partial positive impact on leisure continuation. To date, all leisure sports-related studies involved adults with no study comprehensively investigating the relationships among various factors related to leisure sports in adolescents. However, this study examined adolescents and drew significant findings. In addition, whereas the factors that affect leisure continuation have only been sporadically reported in previous studies, this study is significant in that it comprehensively examined a variety of factors needed for leisure continuation and shed light on the importance of leisure flow, leisure satisfaction, leisure attitude, and serious leisure. Finally, this study proposed leisure sports as a means to enhance the quality of life of adolescents, who are undergoing a difficult time in their lives due to several reasons, such as academic pressure and peer relationships. Education and programs are needed for this purpose, and the educational view should be shifted to one that is focused on a whole-person growth of children with lower academic pressure. Moreover, a multilateral effort is needed, where communities should give the public access to their sports facilities, and schools should use the access to develop and implement leisure sports programs.

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