

PERCEIVED PSYCHOLOGICAL BENEFITS OF PARTICIPATION
IN LEISURE ACTIVITIES

by

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For my mother
for her love, support
and encouragement.

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CHAPTER 1

INTRODUCTION

Leisure is one of the most difficult components of human behaviour to define. Tinsley (1984:98) described leisure behaviour as, "complex, having multiple causes, multiple attributes, and multiple benefits."

Murphy (1981:22) wrote of leisure,

"as an all inclusive term to describe the meaning, conditions, functions, and opportunity complex in which recreation/play behaviour occurs."

The term recreation also appears to be difficult to define. Butler-Adam (1986:2) was of the opinion that whilst people recreate, there appeared to be little clarity about what recreation is. He also maintained that there was no easy way to describe, define or analyse the phenomenon.

Perhaps some clarity may be obtained from examining the role of leisure which Dumazedier (1967:14-16) portrayed as,

- (a) relaxation and diversion
- (b) social participation and entertainment
- (c) personal development and learning.

Dumazedier's perceptions were supported by Murphy (1981:208), who cryptically elucidated the role which leisure plays in human life when he stated that, "leisure involves social interaction, celebration, relaxation, mastery, and self expression." These he asserted are not segmented aspects of living, they are part of life.

Research on leisure appears to have evolved over the years with a shifting of emphasis from an examination of why people participate in leisure activities (Olds 1964), to reasons for participation in particular leisure activities (Bishop & Witt 1970), to the more direct measurement of leisure needs (Tinsley & Kass 1979). Once leisure needs had been identified researchers directed their attention to the satisfaction of leisure needs and the link between need satisfaction (Ragheb 1980), and the attainment of leisure benefits (Wankel & Berger 1990).

A number of studies focussing on psychological need have been published in South Africa in the last decade. Wilson, Morley & Bird (1980) examined the mood profiles of marathon runners. Franke (1985) assessed the felt and expressed needs across population groups. Butler-

Adam (1986) developed a framework for the social analysis of recreation and also examined recreation and social need. Motivation for participation in sports among urban adults was the theme of the Scholtz (1987) study, whilst Scholtz & Steyn (1988) examined the motivational dimensions for those participating in sporting activities.

There is a great need for research in South Africa into other psychological dimensions of the leisure experience, in particular the perceptions about the psychological benefits of various forms of leisure. The importance of the role of individual perception of the psychological benefits of leisure participation was reinforced by Iso-Ahola (1980:212) when he stated that:

"Involvement in leisure activity in itself is meaningless, it is critical what people do psychologically with their participation."

Driver (1990:97) was of the opinion that little scientific knowledge about the benefits of leisure exists except for a few specific types of benefits (e.g. health related benefits of physical activity).

The purpose of this study is to examine the perceptions of the psychological benefits of leisure participation among a selected group of urban dwellers.

1.1. STATEMENT OF THE PROBLEM

The main problem was to ascertain the perceptions of leisure benefits of people living in a high density, non-central city area.

A secondary problem was to determine which types of activities (leisure clusters) were perceived to satisfy particular benefits.

Examination of the influence of certain socio-economic indicators on the respondents' perceptions of both leisure benefits and leisure clusters constituted the third problem.

The fourth problem was to gain insight into the respondents' perceptions of the psychological aspects, Diversion/Relaxation, Interpersonal Relationships and Competence as they relate to leisure benefits, leisure clusters and the selected socio-economic indicators.

1.2 DELIMITATIONS

This study was delimited to the compilation of a list of 18 leisure benefits, after a review of other studies on leisure needs and benefits, in particular that of Crandall (1980). A second delimitation was the compilation of the leisure clusters, again after examination of previous research on the clustering of leisure activities. The psychological aspects, Diversion/Relaxation, Interpersonal Relationships and Competence determined by Iso-Ahola & Allen (1982) was a further delimitation. Finally the study was delimited to the data obtained from the questionnaires which were returned by respondents living in a high density, non-central city area.

1.3 HYPOTHESIS

The following four hypotheses guided this study:

1. The respondents will perceive that leisure participation results in a variety of psychological benefits.

2. The respondents will perceive that certain benefits are more likely to be obtained from participation in specific types of leisure activities.
3. The socio-economic characteristics of the respondents will influence their perceptions of selected leisure benefits and clusters of leisure activities
4. The respondents will perceive that the psychological aspect of Diversion/Relaxation is satisfied in a variety of leisure activities, while the aspects of Interpersonal Relationships and Competence will be perceived to be satisfied by participation in a more narrow and specific range of activities.

1.4 ASSUMPTIONS

It was assumed that the benefits chosen for this study would be fairly representative of the various types of psychological benefits which are expected to accrue from leisure participation. Likewise it was assumed that the eight leisure clusters were sufficiently diverse to represent most types of leisure activities. It was further assumed that, although these data were collected in 1987, they remain valid, as the Durban Berea is a well

established and stable residential area. Finally it was assumed that the psychological aspects, factorized by Iso-Ahola & Allen (1982) were general psychological aspects of leisure participation and that these aspects would not change when applied to South African respondents.

1.5 DEFINITIONS

For the purpose of attaining clarity in this study the following definitions are offered.

LEISURE

According to Wagner, Lounsbury & Fitzgerald (1989:155) an issue of central and continuing concern among leisure researchers has been the definition and conceptualization of leisure (e.g. Ellis & Witt, 1984; Kelly, 1978; Neulinger, 1974; Iso-Ahola, 1979, 1980; Roadburg, 1983). Most frequently, leisure conceptualizations emphasized such notions as perceived freedom, intrinsic motivation, and work antithesis.

As this study concentrated on the psychological benefits of leisure participation, leisure is defined from a psychological perspective, in which the emphasis is on personal fulfillment and self development through intrinsically motivated activities engaged in under conditions of perceived freedom.

According to Driver (1990:95) leisure is commonly defined as time within which people freely engage in activities that are intrinsically rewarding and thus beneficial.

LEISURE BENEFIT

Driver (1990:94-96) stated that benefit refers to a change that is viewed as advantageous - an improved condition. He also proposed the grouping of benefits into four categories: economic and environmental, physiological and psychophysiological, psychological and sociopsychological, and sociological.

The term leisure benefit used in this study refers to changes of a psychological, sociopsychological or psychophysiological nature which are viewed as advantageous for the leisure participant.

LEISURE CLUSTER

Leisure cluster refers to the grouping of a number of similar activities. An example of a leisure cluster is Outdoor Active in which such activities as bicycling, camping, canoeing, and hiking are grouped. Eight leisure clusters were used in this study namely, NATURE/GARDEN, ENTERTAINMENT/MASS MEDIA, CULTURAL/INTELLECTUAL OUTDOOR ACTIVE, HOBBIES, SEA/COAST BASED, SPORTS and DO-IT-YOURSELF/DOMESTIC.

PSYCHOLOGICAL ASPECT

Psychological aspect is a term used to identify the underlying dimensions of leisure needs. The psychological aspects used in this study were DIVERSION/RELAXATION, INTERPERSONAL RELATIONSHIPS and COMPETENCE which were determined by Iso-Ahola & Allen (1982).

1.6 RESEARCH DESIGN

This study took the form of a survey which used a questionnaire for the collection of data. A pilot study was conducted to ensure that the questionnaire enabled the required information to be collected. A random

sampling process was used for the distribution of the questionnaires which were delivered by hand. A Kish Table (Kish, 1949) was used to select the respondent at the selected address. Questionnaires were returned by mail.

1.7 STATISTICAL ANALYSIS

Once the questionnaires were examined for correctness and accuracy, they were numbered and coded. The responses indicated in Section C of the questionnaire were weighted according to the numbers on the questionnaire. The coded data was keyed into a computer and the Statistical Package for Social Sciences (SPSSX 1983) was used for the statistical analysis of the data. Frequency tables and a statistical analysis for each of the variables were examined and this process was followed by more detailed cross tabulations, which were evaluated. The statistical procedures used were:

(a) the calculation of an average score (\bar{X}) for each of the 18 benefits and for each of the eight leisure clusters

(b) an average mean score (average \bar{X}) for each leisure cluster and for each psychological aspect.

1.8 JUSTIFICATION

Few studies have been undertaken in South Africa on leisure needs or leisure benefits. Information is required to permit efficient planning, based on the results of research into the psychological dimensions of the leisure experience. South African researchers such as Franke (1985), Butler-Adam (1986) and Scholtz & Steyn (1988) concurred with this view.

No research has been undertaken involving the study of leisure benefits accruing from a wide range of leisure activities for people living in a high density, non-central city area.

The benefits used in this study were selected after a detailed review of the literature on leisure needs, satisfactions and benefits. An extensive literature review also preceded the selection of the leisure clusters. As the psychological aspects were considered to be general dimensions of leisure activity, their inclusion in a South African study appeared justified.

London, Crandall & Fitzgibbons (1977:255) expressed it concisely when they wrote:

"In order to develop a psychologically meaningful categorization of leisure activities, three things should be taken into account simultaneously; the activities, the needs they satisfy, and the individual differences in perception of activities and their need-satisfying properties."

The purpose of this study was to provide such information to enable appropriate planning for leisure to be implemented.

CHAPTER 2

REVIEW OF LITERATURE AND THEORY DEVELOPMENT.

The aim of this study was to examine the perceptions of residents, living in a high density area, with regard to:

(a) selected benefits which may be obtained from participation in leisure activities

(b) the importance of particular leisure clusters in providing those benefits.

This knowledge could be used to assess the demand for particular leisure activities and facilities. Information of this nature could be invaluable to those who are charged with the provision of leisure resources for people living in high density areas.

This chapter reviews literature concerning the following:

2.1 The relationship between leisure needs and psychological benefits incorporating a review of studies on the concept of leisure need.

- 2.2 Studies on leisure needs conducted in other countries.
- 2.3 South African studies on leisure needs.
- 2.4 Studies on leisure activity clusters.
- 2.5 Studies on the spatial aspects of urban life.
- 2.6 The role of leisure.
- 2.7 Theoretical framework.

The complexities and difficulties of research into recreation have been outlined by Butler-Adam (1986 a; 4).

"Recreation is a difficult realm of human experience to define. Not only does it vary from individual to individual quite considerably and at a significant level in human affairs, but it also varies in form, content, nature and relationships as a social phenomenon through time, space and culture."

In addition Butler-Adam noted that South African research is even more complicated, because South Africa is a land of temporal, spatial and cultural contrasts of a high order.

2.1. THE RELATIONSHIP BETWEEN LEISURE NEEDS
AND PSYCHOLOGICAL BENEFITS

In previous studies the terms NEEDS, REASONS, MOTIVATIONS and SATISFACTIONS have to a large extent been used interchangeably. According to Crandall (1980:50) they have all been appropriate terms, and all the terms could be used, until a more definitive work became available, without attaching specific implications to each. Some differentiation has however been made more recently. Needs, reasons and motivations are terms used when referring to the causal influence on leisure participation, and need satisfaction or psychological benefit is the term used when referring to possible results of leisure participation (Crandall 1980:50).

When people indicate their perceptions of the benefits which may be accrued through participation in various forms of leisure pursuits, they are in effect indicating, that in seeking those benefits they are attempting to fulfill certain needs. This view is substantiated by Beard and Ragheb (1980:22) who stated that the measurement of leisure benefit was a measurement of the extent to which individuals perceive that certain needs are met through leisure activities.

Tinsley and Kass (1978:112) were also fully in agreement, maintaining that benefits people expect to obtain should provide an estimate of the needs which they wish to fulfill by their participation in activities. An example of this dialectical view of leisure behaviour is to consider "escaping urban stress" as both a reason for and a benefit of leisure participation. In using the approach of ascertaining psychological benefit, it should be possible to determine both felt and latent needs, categories which are so often excluded when only expressed needs are measured.

When considering the concept of leisure need, we must consider that leisure, in its broader sense, has been an essential element of social practice since the emergence of societies. Neumeier and Neumeier (1949); Brightbill (1961); Meyer and Brightbill (1969) and Ball and Cipriano (1978) have traced the historical background from leisure in primitive societies to leisure in the twentieth century. So long has leisure been a component of human behaviour, that it could be regarded as a central part of being human.

The fact that leisure is an important human need is well documented in research literature (Mercer 1973,

1976; London, Crandall and Fitzgibbons 1977; Tinsley, Barrett and Kass 1977). Tinsley et al. (1977:111) stated that a growing number of mental health specialists recognize of the importance of leisure activities as a determinant of the mental health, work adjustment and life satisfaction of the individual. To support this statement Tinsley et al. (1977) referred to research by de Grazia (1962); Kaplan (1960) and Mendel (1971);

Researchers in leisure have turned to the realm of psychology in an attempt to conceptualize leisure need, because of a dearth of theories dealing with this phenomenon. Maslow's Needs Hierarchy (1954), well known in psychological literature, provided a taxonomy which accommodated leisure. According to Wahba and Bridwell (1976:213) Maslow's Need Hierarchy Theory has had great appeal, because it provides both a theory of human motives by classifying human needs in a hierarchy, and a theory of human motivation that relates these needs to general behaviour. As a theory of motives, Maslow proposed that human needs can be classified into different categories, which can be structured in a hierarchy of prepotency and probability of appearance. In an

ascending order of prepotency the hierarchy of needs is the belongingness needs, the esteem needs and the need for self actualization (Maslow 1954:10). Maslow, in referring to some of the needs as deficiency needs (safety, belonging, love and respect) and to others as growth needs (self respect, achievement and self actualization), distinguished the five categories (Maslow 1970:35-74). As a theory of motivation, the two concepts of deprivation and gratification were used by Maslow to provide the dynamic forces that linked needs to behaviour. Relative gratification of a given need submerges it and activates the next higher need in the hierarchy.

There has, however, been disagreement over Maslow's classification of needs into five distinct categories and his hierarchical construction of those categories. Whaba and Bridwell (1976:213-225) claimed that:

- (a) no studies have shown all of Maslow's need categories as independent factors
- (b) in some studies deficiency needs and growth needs clustered independently from each other

- (c) self actualizing needs emerged as an independent factor in some studies and in other studies, it overlapped other need categories.

Wahba and Bridwell's findings were not supportive of the hierarchy theory, although they maintained that there was some evidence of two types of needs; deficiency needs and growth needs. Wahba and Bridwell (1976:220) felt that Maslow's ideas suggested an overlapping of needs.

Farina (1969) felt that the wide range of activities and motivations that have been attributed to leisure could be explained by Maslow's Need Hierarchy Theory. He applied Maslow's classification of needs specifically to leisure and argued that self actualization could be considered the end goal of taking part in leisure activities. Whenever an individual is functioning at the self actualizing level, that individual is freed from the urgent demands of lower level needs and is liberated to literally play at or challenge lower level needs. The gourmet, the Don Juan, and the athlete, according to Farina, are expressing the physiological needs for hunger, sex and activity in their own specific way. The freely chosen risk taking

behaviour of the mountaineer, canoeist and parachutist are challenges to the the need for physical safety. The social aspect of many leisure activities fulfills the need for belonging, and competence in leisure activities fulfills the need for self respect.

The leisure phenomenon is however an extremely complex one, it is not easy to define nor to categorize, as it is multi-dimensional and multi-variate in nature. A hierarchical need scheme such as Maslow's does not accommodate the leisure phenomenon, and if research such as that of Wahba and Bridwell (1976) is not supportive of Maslow's Need Hierarchy Theory, it follows that the application by Farina of Maslow's theory is also inadequate.

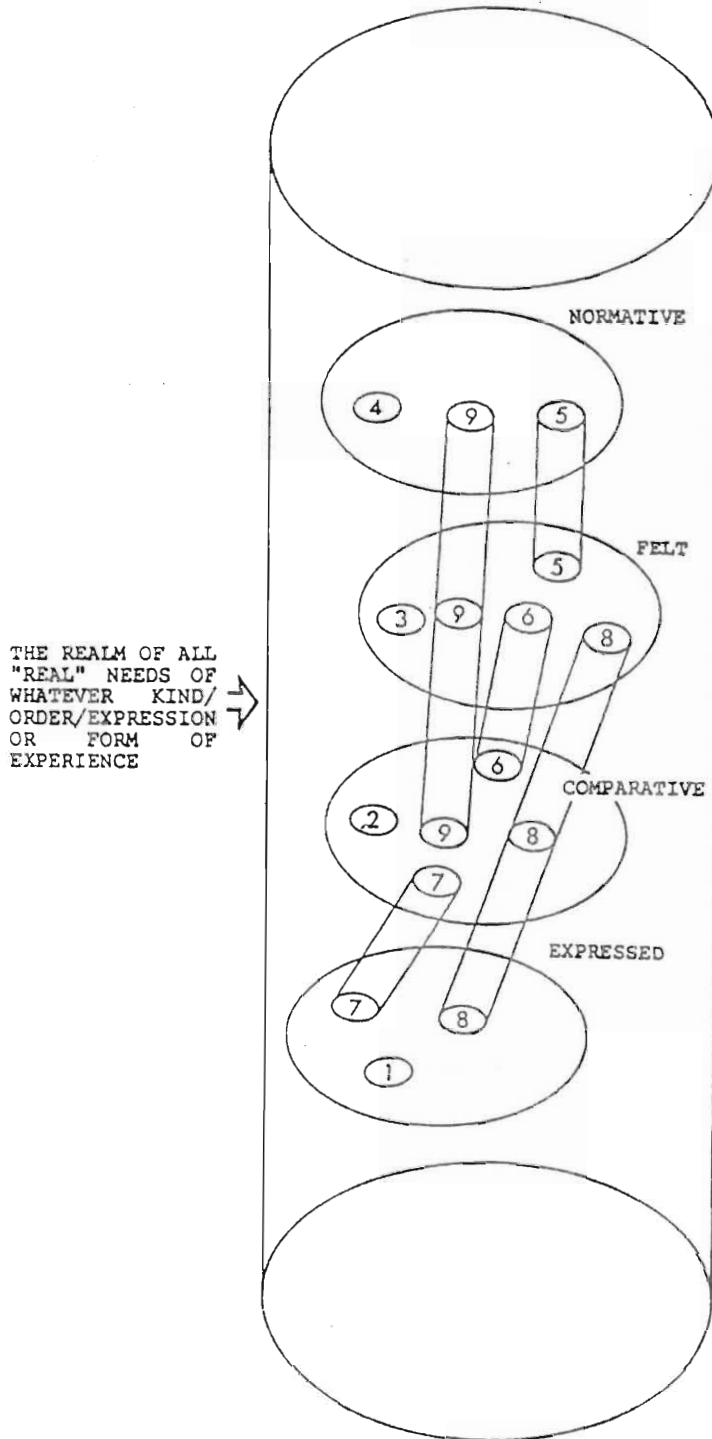
The need classification system formulated by Bradshaw (1972) appears to be more realistic when applied to recreation. He classified needs as being normative, felt, expressed or comparative. The normative category refers to the norm of leisure participation determined by outside sources, such as the expert or the professional. Felt need is a function of individual beliefs, principles and attitudes, and is equated with want and the fulfillment of that want. The category of expressed

need is determined by an individual's current activity pattern. Bradshaw stated that expressed need is felt need turned into action. Comparative need is related to the leisure resources available to an individual and also to an individual's socio-economic characteristics, and refers to the relative ability or disability of an individual to make use of leisure opportunities for one reason or the other.

All four categories should be used in any attempt to define 'real' need. When this occurs different combinations and areas of overlap are evident. Franke (1985: 20) presented a diagrammatic representation of Bradshaw's need taxonomy and a description of a few possible areas of combination and overlap.

"Imagine that each of the four categories of need (normative, felt, expressed and comparative) may be seen as an oval 'box' whose sides define the type of need in question and whose 'contents' are the individuals or groups who are identified with that type of need. The next situation to imagine is easy: if the boxes are linked to one another, only in so far as they deal with a common conceptual problem (i.e. needs) but have, within the constraints so set, a fair degree of freedom of movement, then a range of possible combinations and overlaps can be established by varying their locations in relation to one another." (Franke, 1985: 20).

FIGURE 1.1: A DIAGRAMATIC REPRESENTATION OF BRADSHAW'S
NEED TAXONOMY (CITED IN FRANKE 1985:20)



(N.B. Since the diagram is static, columns have been used to indicate varying types of overlap)

Figure 1 shows some of the most probable need combinations. Types 2 and 3 in represent a situation in which all people or particular groups of people have only one kind of need. There is therefore no overlap. A situation in which people state which services and facilities they need (felt need), and at the same time are aware of the extent of the provision of such services to another community or to another group within the same community (comparative need), is represented by type 6. In this study residents indicated their felt needs. Type 9 indicates a situation in which professionals outline the needs of a community, according to standards which have been predetermined, yet the people in that community express wants other than those nominated by the "experts" and enforce those wants by indicating a lack of facility provision in comparison with a neighbouring community or another group within the same community.

These overlapping needs; the normative need (what others feel an individual should have), the comparative need (what others have), the felt need (what an individual would like) lead to a demand for leisure places and choices.

In addition to stating their felt needs in terms of the services and facilities they require, the residents also indicated their perception of the benefits, (also felt needs) they expected to obtain through participation in activities within various leisure clusters, and the extent to which this participation satisfied those needs. The importance of satisfaction was emphasised by Deci and Ryan (1985:237) who stated that people engage in self determined behaviour, because they have an awareness of potential satisfaction. Ragheb (1980:148) maintained that satisfaction was the strongest contributor and predictor of leisure participation. Experiencing satisfaction may lead to the ultimate objective of the leisure experience, which according to Murphy (1981:182) is the attainment of human benefits.

2.2 STUDIES ON LEISURE NEEDS CONDUCTED

IN OTHER COUNTRIES

Studies on leisure needs have followed various approaches. People have been asked why they participated in leisure and the reasons given have been used to establish the need for leisure. An example of this approach is the work done by Olds (1964), who asked high school boys why they liked leisure and recorded reasons such as; to be with a person of the opposite sex, to

get away from people, to obtain physical exercise, to use the mind, to help people, to meet new people, to gain admiration and to be with the family. Donald and Havighurst (1959:355-360) asked a group of Americans and a group of New Zealanders what their favourite leisure activities were and why they engaged in these activities. There was no specification and any leisure activity could have been a favourite leisure activity. The most frequently mentioned reasons were; just for the pleasure of it, as a welcome change from work, to make contact with friends, to provide new experiences, to allow for achievement in something, to obtain a feeling of being creative, to benefit society and to make time pass. Donald and Havighurst concluded that different age, gender and social class groups had similar reasons for doing different activities.

In asking why high school students enjoyed a set of extra-curricular activities, Gump and Friesen (cited in Barker 1962) were able to report on reasons for participating in a particular group of activities and elicited reasons such as competence development, novelty and social contact. In the studies mentioned the respondents came from various social and residen-

tial environments, yet there appears to be some commonality in the reasons given for participating in leisure.

The question of why people do specific activities appears to be a natural extension of the earlier studies. O'Connor (1971) examined the relationship between activity choice and the fifteen needs measured by the Edwards Personal Reference Schedule. She used nine different leisure interest groups and obtained data from a general sample of adults. Kelly (1978) collected data from three different communities of adults on a range of leisure experiences to determine reasons for participation.

An important study of this type was that of Bishop and Witt (1970). They presented college students with thirteen different activities and asked them to rate the degree to which they would feel like participating in each of them after having been in ten situations characteristic of five need theories. The need theories were surplus energy, which also entailed a need for stimulation; relaxation, determined as the need to release emotional tensions and anxiety; catharsis; compensation, the need to compensate for unattained goals

in other domains and task generalization. Bishop and Witt distinguished between restoration relaxation, which referred to passive leisure involvement and diversionary relaxation, which referred to active leisure participation.

The results showed that surplus energy, catharsis and compensation were more useful than the other "need theories" in explaining the reasons for leisure participation. Bishop and Witt (1970:352-360) maintained that prior situational and social experiences have a role to play in determining the way a person chooses to use leisure time. It would appear that environmental situations, for example the emotional or social environment, have an influence on the choice of leisure activities and help create a demand for particular leisure activities and choices.

In an effort to improve the services and facilities for outdoor leisure a number of researchers investigated peoples' reasons for going camping and for pursuing other forms of outdoor leisure. Mueller and Gurin (1962) asked people why they liked camping and discovered no difference in the percentages of people who camped where they could meet people, and those who

camped to avoid people. It would appear that very different benefits were being sought in the same environmental situation.

Perhaps a reason for this could be found in the report by Knopp (1972:129-138) that solitude was one of the leading motives for participation in outdoor recreation for urban residents, whereas social interaction served the same function for people from farm areas. Elzkorn (1964:76-89) found that rest and relaxation, social contact with the family and meeting people were the three most important reasons for camping. Other reasons given for outdoor leisure participation were; to enjoy emotional and spiritual experience in solitude and tranquility (Clark, Hendee and Campbell 1971:143-159), to find challenge and adventure and escape routine and urban stress (Hollender 1977:133-140), and to experience the aesthetic enjoyment of a natural setting (Clark et al., 1971; Hollender 1977). The respondents sought the same type of environment for many different reasons, and each study revealed that the leisure participant appeared to have a clear image of "good" leisure and a clear perception of the benefits they expected to obtain in the outdoor setting.

Researchers, having established peoples' reasons for liking leisure in general and their reasons for doing particular activities, turned their attention to the needs which might be fulfilled through leisure participation. This approach measured needs more directly than the type of measurement used in past studies.

Over a period of two years Tinsley and Kass (1978, 1979) used college students to determine;

- (a) the extent to which needs were fulfilled by five and later ten specific leisure activities
- (b) whether there were gender related differences in the extent to which leisure activities met needs
- (c) the difference between leisure activity specific needs and general needs.

The needs which Tinsley and Kass (1979:286-288) identified were self actualization, companionship, power, compensation, security, social service, intellectual aesthetisicm, autonomy, self esteem and self control. The conclusions reached by Tinsley and Kass (1978:199-200) were that leisure activities differed in the needs

they satisfied and that there were no observable differences in gender perceptions of the extent to which leisure activities met needs. Leisure activity specific needs (needs which can be satisfied to a significantly greater degree through participation in some leisure activities than others) were; catharsis, independence, advancement, getting along with others, reward, understanding, activity, ability utilization and exhibition (Tinsley and Kass 1978:201).

The purpose of the research by Tinsley et al. (1977: 112-118) was to determine which needs were leisure activity specific and which needs were leisure activity general. They asked college students why they chose to get involved in five popular leisure activities, the reasons given providing an estimate of needs. They concluded that forty two of the forty five need dimensions they studied were leisure specific, particularly, sex, catharsis, independence, getting along with others, understanding and affiliation. The probability that some needs were leisure general received very little support. Their research indicated that different activities were perceived to satisfy the same need to a different degree and the same activity was perceived to satisfy different needs. These researchers were of the

opinion that the forty two need dimensions represented the full spectrum of the need domain relevant to leisure.

The three factors, which should be taken into account simultaneously, for the development of a psychologically meaningful categorization of leisure activities are :-

- (a) the activities
- (b) the needs they satisfy
- (c) individual differences in perception of activities and their need satisfying properties (London et al., 1977:255).

Leisure activities were perceived in terms of three basic need dimensions:-

- a) the extent to which they provide feedback about competence
- (b) the degree of liking the activities
- (c) the amount of positive interpersonal involvement.

The conclusions reached in this study included the finding that individuals differ in the degree to which they view competence and enjoyment as important to their leisure involvement. Individuals also differ in terms of the activities through which these feelings are sought and in the degree of social interaction required.

The research by Tinsley and Kass (1978 and 1979), Tinsley et al. (1977) and London et al. (1977) is important, because the role of people's perception of the extent to which their needs can be met through participation in leisure activities was highlighted. The research also indicated how cognisance of the benefits of leisure participation can create a demand for particular leisure activities and choices. Individual differences in perception of the importance of competence and enjoyment and in the extent to which social interaction is required (London et al., 1977), gave greater definition to the link between the perception of particular types of psychological dimensions (such as diversion/relaxation, interpersonal relationships and competence) and the resulting demand for particular leisure activities and choices.

Havighurst, Kelly, Peterson, Tinsley and Crandall, at a meeting at Illinois, generated a list of seventeen needs or groups of needs, which they agreed were fairly discrete and comprehensive with regard to leisure. They felt that the items on the list could be designed to measure reasons, feelings, satisfactions, benefits or other different aspects of motivation (Crandall 1980: 48). The need categories, which were decided upon at Illinois, are presented in Table 2.1.

The members attending the Illinois session agreed that motivations are very complex. Different activities can meet different needs for different people at different times. Different activities can be done for different reasons by the same people at different times. The same activity can be done for different reasons by different people at the same time (Crandall 1980:50).

Iso-Ahola and Allen (1982:143-148) developed a 40 item instrument to measure leisure needs. The 40 items were constructed from the need satisfying attributes identified by Crandall (1979), London et al. (1977), and Tinsley et al. (1977) and from some items which they created themselves. Factor analysis of these 40 need variables produced seven factors, namely;

TABLE 2.1: NEED CATEGORIES AND ITEMS

- | | |
|---|--|
| <p>1. ENJOYING NATURE, ESCAPING CIVILIZATION
To get away from civilization for awhile
To be close to nature</p> | <p>10. RECOGNITION, STATUS
To show others I could do it
So others would think highly of me for doing it</p> |
| <p>2. ESCAPE FROM ROUTINE AND RESPONSIBILITY
Change from my daily routine
To get away from the responsibilities of my everyday life</p> | <p>11. SOCIAL POWER
To have control over others
To be in a position of authority</p> |
| <p>3. PHYSICAL EXERCISE
For the exercise
To help keep me in shape</p> | <p>12. ALTRUISM
To help others</p> |
| <p>4. CREATIVITY
To be creative</p> | <p>13. STIMULUS SEEKING
For the excitement
Because of the risks involved</p> |
| <p>5. RELAXATION
To relax physically
So my mind can slow down for awhile</p> | <p>14. SELF-ACTUALIZATION (FEEDBACK, SELF-IMPROVEMENT, ABILITY UTILIZATION)
Seeing the results of your efforts
Using a variety of skills and talents</p> |
| <p>6. SOCIAL CONTACT
So I could do things with my companions
To get away from other people</p> | <p>15. ACHIEVEMENT, CHALLENGE, COMPETITION
To develop my skills and ability
Because of the competition
To learn what I am capable of</p> |
| <p>7. MEETING NEW PEOPLE
To talk to new and varied people
To build friendships with new people</p> | <p>16. KILLING TIME, AVOIDING BOREDOM
To keep busy
To avoid boredom</p> |
| <p>8. HETEROSEXUAL CONTACT
To be with people of the opposite sex
To meet people of the opposite sex</p> | <p>17. INTELLECTUAL AESTHETICISM
To use my mind
To think about my personal values</p> |
| <p>9. FAMILY CONTACT
To be away from the family for awhile
To help bring the family together more</p> | |
-

- Factor I Interpersonal Diversion and Control
- Factor II Personal Competence
- Factor III Escape from Daily Routine
- Factor IV Positive Interpersonal Development
- Factor V Diversionary Relaxation
- Factor VI Interpersonal Competence
- Factor VII Contact with the Opposite Gender

Iso-Ahola and Allen (1982:148) maintained, however, that of the seven need factors, three dealt with Interpersonal Relationships (Factors I, IV and VII), two were concerned with Competence (Factors II and VI), and two with Escape or Diversion (Factors III and V). This was a particularly important study, because Iso-Ahola and Allen claimed that their results replicated the study by London et al. (1977), who found that three basic dimensions explained peoples' leisure needs: positive interpersonal development, liking, and feedback about one's competence. Iso-Ahola and Allen (1982:148) also asserted that leisure needs are quite stable and invariant across various populations. The psychological dimensions DIVERSION/RELAXATION, INTERPERSONAL RELATIONSHIPS and COMPETENCE have therefore been included in this study as psychological aspects of the leisure experience.

Once researchers had identified specific leisure needs, interest appears to have been directed to the satisfaction of leisure needs and the link between need satisfaction and the attainment of benefits from leisure participation. Leisure satisfaction was defined by Beard and Rageb (1980:22) as the positive perception or feeling, which an individual forms, elicits or gains as a result of enjoying leisure activities and choices. Murphy (1981:103) drew the distinction between satisfaction and benefits, maintaining that satisfactions are not the same as benefits, but may lead to benefits.

"Satisfactions are the more specific, immediately gratifying pleasure for certain aspects of the recreation experience. Benefits, on the other hand are the more enduring, improved conditions resulting from one or more satisfactions, for example improved physical and psychological well being and improved personal relationships."
(Murphy, 1981:103)

Ragheb (1980:147) maintained that for an activity to be satisfying, it must make the maximum use of the individual's abilities. This statement reinforces the role of competence, both personal and interpersonal, in attaining satisfaction in and eventually benefits from

leisure activities. Satisfaction was also found by Ragheb (1980:138) to be the strongest contributor and predicator of leisure participation.

The study of satisfactions and benefits, derived from participation in leisure time pursuits, facilitates the understanding of what is being achieved through participation, so that facilities, experiences and activities may be tailored to specific goals of participants (Hawes 1978:249). There is a direct link therefore between satisfactions, benefits and demand for particular leisure activities and choices. Hawes (1978:253) asked adults to nominate three favourite leisure pursuits and to evaluate each in terms of thirty two satisfaction statements. The most important satisfactions for women were; peace of mind, learning new things, enjoying life and escaping from home pressures. Men concurred with regard to peace of mind and enjoying life, but included finding adventure and excitement as a major satisfaction. Hawes (1978:262) concluded that individuals seek out a group of related leisure satisfactions through a variety of means.

The importance of the link between perception and participation was explained by Bergier (1981:150).

"The extent to which an individual participates in some activity is not purely a function of the capacity of this activity to satisfy his needs, wants or motives. It is rather a function of how the individual perceives the benefits provided by the activity."

In discussing the nature of perception, Bergier (1981: 145) was of the opinion that perceptions could be assumed to be governed by both the nature of the physical stimulus itself and some factors related to the individual and his environment. Some of the personal factors, which could affect perception were experience, knowledge and needs, while examples of the situational factors were the economic, social and cultural environment of the individual.

2.3 SOUTH AFRICAN STUDIES ON LEISURE NEEDS

Leisure research in South Africa has mainly been centered on participation patterns and activities of the various communities, constituting the South African population. It must be assumed that recreation planning which has taken place has been based on the results of such research.

There is a paucity of research on leisure needs. This situation requires rectification as efficient recreation planning should be based on needs assessment. This view is supported by Franke (1985:42), Butler-Adam (1986 b:20) and Scholtz and Steyn (1988:67-68). The latter expressed concern about heavy reliance on studies undertaken in other cultures, because of possible cultural and behavioural differences.

Research by Franke (1985:6 and 7) assessed expressed recreation needs of people representing the four main population groups in Metropolitan Durban, by means of an analysis of recreation activity space patterns. The study also investigated felt needs of the groups, compared the recreation activity patterns and examined the impact which government policy and location of facilities have had on the quality and use of the leisure environment. Franke (1985:163) concluded that expressed recreation needs are influenced by the Apartheid policy mainly in the reduction of leisure opportunities, the least affected being the white group and the most constrained being the black group. Normative needs were ascertained by examination of the relevant municipal open space standards, and were judged to be an inadequate means of assessing recreation needs.

These standards did not reveal anything about the quality of the recreation environment, and the study revealed grossly inequitable distributions of recreation facilities. Felt needs were found to differ considerably from group to group and to be inconsistent with normative standards. This again highlighted the necessity to look beyond normative paradigms in the assessment of "real" recreation needs (Franke 1985 :164). The influence of the socio-political system on the broad environmental situation, which includes the social, political, residential and economic environments was clearly depicted in this study.

Butler-Adam (1986) published four papers, which have relevance to this overview. In the first of these papers he developed a framework for the social analysis of recreation (1986 a:1-15) which has served as a starting point for the theory development in this research. The idea of recreation as a need was advanced, the nature, identification and treatment of recreation need was discussed, the concept of equity in meeting recreation needs was considered, and the concept of peoples' parks was explained. The study examined the socio-political meaning of emergent recreation patterns and activities and revealed that,

"Recreation need is neglected at conceptual, planning, provisional and social levels in South Africa and are normally treated in an inequitable manner, given real recreation needs."

Butler-Adam reinforced the point that the socio-economic system has an influence on the leisure needs and participation patterns of individuals in any society. In addition he maintained that Peoples' Parks clearly elucidated the danger of using predetermined normative standards for the establishment of recreation programmes and facilities (Butler-Adam 1986 b:17-29).

Images, Behaviour and the local system were examined in the paper on Recreation in Natal (Butler-Adam 1986 c: 31-42). The concept of opportunity space and examination of recreation demand and preference in Kwa-Zulu was also examined (Butler-Adam 1986 d:45-64).

A number of studies focussing on psychological need have been published in South Africa in the last decade. The mood states of marathon runners, joggers and non-exercisers was examined by Wilson, Morley & Bird (1980), who reported that people who engage in long endurance exercise appeared to be less stressed and were more confident. Potgieter (1981:49-55) investigated psychological aspects that served as motivators for

continued participation in jogging. He stated that friendship, self confidence, happiness, relaxation and a lessening of worry were the associated positive mood states.

Scholtz (1987:33) identified the ten most important reasons for sports participation among urban adults, and revealed two major factors, namely, the intrinsic dimension which is arousal, anxiety reduction and friendship and the extrinsic dimension which is health and physical fitness.

A study on the motivational dimensions for those participating in sporting activities revealed four relatively consistent basic motives, which manifested across gender and age groups, namely activity experience, social approval, sport competence and physical well being (Scholtz and Steyn 1988:67).

There is a great need for research into other psychological dimensions of the leisure experience, in particular the perceptions about the psychological benefits of various types of leisure activities.

2.4 STUDIES ON LEISURE ACTIVITY CLUSTERS.

Examination of the research on leisure activity clusters reveals tremendous diversity in the types of clusters which have been factorized. This diversity could be a result of the influence of the different environments on the type of leisure activities engaged in. It may also be the impact of the type of social group studied upon the type of clusters which emerged or the different psychological perceptions of leisure activities. Indeed Gudykunst, Morra, Kantor and Parker (1981:40) maintained that different populations would probably yield different ordering of leisure activity factors and/or entirely different factors.

Numerous researchers have identified leisure groupings. These include Kaplan (1960), De Grazia (1962), Bishop (1970), Witt (1971), Howard (1976), London et al. (1977), Chase, Kasulis and Lusch (1980), Bergier (1981), Gudykunst et al. (1981), and Allen and Buchanan (1982). The clusters which appear to have been most frequently categorized are; active-passive, sports, diversionary-relaxation, nature, outdoor-indoor, social-solitary, hobbies and cultural-intellectual. As

none of these are South African studies, it is only the identified commonalities that might have bearing on this study.

It would be more pertinent to examine the leisure clusters used in the study by Venter, Nair and Chetty (1989) which surveyed recreation patterns in Metropolitan Durban. They used the categories home based and other selected leisure activities, outdoor, indoor sports, outdoor sports, and water sports.

A review of previous research in the South African context persuaded the author to increase the number of leisure clusters for purposes of this study, because greater differentiation was felt to be necessary for the assessment of psychological benefits. The following leisure clusters were used; **nature/garden, entertainment/mass media, cultural/intellectual, outdoor active, hobbies, sea/coast based, sports and do-it-yourself/ domestic.**

2.5 STUDIES ON THE SPATIAL ASPECTS OF URBAN LIFE

Urbanization has in effect caused spatial shrinkage. As more and more people flock to urban areas, the amount of space available for individuals diminishes followed by crowding and higher population densities. Manning and Cialli (1980:330) defined density as a physical concept, usually relating to the idea of a number of people per unit of space. The concept of crowding was distinguished very clearly from density by Stokols (1972:275-278) and was given psychological meaning. Crowding may be defined as a negative, personal, subjective evaluation of some density level. The density increases to a point where it infringes on one's motivations or objectives and at that point crowding occurs. Iso Ahola (1980:300) stated that crowding is felt when privacy controlling mechanisms fail, producing more social interaction than is desired. He also felt that as people both approach and avoid crowds, the nature of crowding may be considered dialectical. Berry (1981:74) stated that urban density levels were manifested in two main forms; material density, which is concerned with population concentration; and dynamic density, which is concerned with the rate of interaction.

Crowding and high density levels appear to have a considerable effect on spatial interaction and the scarcity of resources. However the effect may vary from one population group to another, for as Evans (1982:25) pointed out, crowding and spatial invasion were culture bound in that responses to varying densities and proximates were specific to cultural norms. Comparison of the population densities of such cities as Tokyo and Paris, and resident's responses to those densities, provided an example of different cultural responses to density levels. The population density of Tokyo results in masses of people on the streets, high traffic volume and cramped living quarters, these being accepted as the norm for that part of the world. In contrast to this the density level of Paris is much lower. An individual from Paris is likely to experience a feeling of crowding in Tokyo to a much greater extent than people who live and work in Tokyo.

Spatial interaction may be affected both positively and negatively by high density levels. Urbanization, according to Fischer (1976:123), provided more bases of association, which resulted in greater freedom of association. Taylor (1982:305) supported this view, maintaining that the presence of more people meant that there

was a greater chance of meeting them and being helped by them. Urban people also enjoyed greater stimulation, and pursued a wide variety of activities, if they were in a position to do so.

The presence of others in unnaturally high numbers and in close quarters may, however, produce psychological overstimulation, because it frequently leads to violation of personal space. Iso Ahola (1980:306) reported that urban dwellers have developed ways of minimizing the psychological impact and of optimizing the amount of social interaction. Milgram (1970:1461-1468) suggested that a number of adaptive responses enable urban dwellers to cope with crowding, for example:

- (a) giving less time to inputs such as having brusque contact with others
- (b) disregarding some inputs, such as the presence of drunks
- (c) redrawing boundaries
- (d) blocking stimulus inputs, such as having unlisted telephone numbers
- (e) filtering inputs, reducing the intensity of stimuli.

A perception that one has some control over the degree of psychological impact and the amount of social interaction serves as a mediating variable.

The development of various social networks, whether they are family, occupation or interest based, serves a number of purposes in urban society. The complexity of that society and the mass of people could have a tendency to reduce the importance of the individual, to produce a sense of powerlessness and of alienation. Fischer (1976:172) did not support this view, he maintained that urban people were attached to group norms, and a cohesive social network could modify the effect of crowding. Another positive aspect of social contact according to Anderson (1971:16) was that social contact with organizations of every sort e.g. social, economic, political, cultural and leisure, give the city dweller a measure of security within the mass of urban agglomerate

High density levels have, however, resulted in social stratification and structural differentiation. Beshers (1962:127) defined social structure as a persistent system of social relationships and stratification as a persistent ranking system. This ranking system or

stratification was considered by Anderson (1971:202) to be based on occupation, education and income. Social classes resulted from stratification according to Anderson (1971:202), who defined social classes as categories of people who belong at a social level based on particular generally accepted criteria which could include level of wealth, education, occupation and family of origin.

Class conflict resulting in the poor being pushed to the periphery of the city, with precarious access to the labour market and to adequate leisure facilities, is a negative aspect of stratification. This represents another example of the effect of a socio-political system on individuals' social, economic and residential environment, which has a resulting effect on available leisure time and leisure needs.

To offset the effect of overcrowding in urban areas, the importance of the provision of adequate parks and other open spaces cannot be over-emphasised. As the number of people living in apartments and townhouses with limited access to gardens increases, there is a reduction of opportunities for outdoor leisure experiences. Ulrich and Adams (1981:61) mentioned the

psychological benefit of the knowledge of the presence of parks, which allowed the individual a sense of perceived control, an ability to escape from adverse conditions.

Leisure density is deemed to be measured by the number of encounters that occur between recreationists. The presence of a large number of people in a small area could result in the crowding of available resources. Epstein (1980:134) was of the opinion that crowding was felt only if the activities of one person interfered with the activities of another. He stressed that high density levels alone did not lead to stress reactions, unless there was a sense of lack of control and an inability to escape from the situation.

Manning and Ciali (1980:334) reported that research on the effect of high density levels in leisure has resulted in controversy. Some research, such as that of Stankey (1973) reported strong negative reaction to increased density, with a reduction of satisfaction with the leisure experience. Research by Heberlein (cited in Manning and Ciali 1980:334) cast doubt on the density satisfaction relationship.

"The interpretation of when density reaches social interaction levels, which take on negative implications of crowding, is a normative concept, dependent on the activity, the setting and personal characteristics of the participant." (Heberlein cited in Manning and Cialli 1980:334).

Leisure participants resort to various coping behaviours, when crowding is experienced. The main coping behaviours are those of:

(a) product shift, which is a change in the definition of the recreation experience, in this way satisfaction can remain high regardless of increased density.

(b) the process of displacement in which people move to less crowded areas, being displaced by leisure participants with norms more tolerant of higher leisure density.

The ability to escape, the ability to take advantage of the resources which the city offers, may be inhibited by physical barriers, financial barriers, social barriers and the availability of transport. Butler-Adam's (1986:46) concept of opportunity space has relevance here. He defines opportunity space as :-

"A realm of physical space through which individuals and/or groups can conceivably move, given the social, economic, political, physical information and time constraints imposed (or relaxed, or even removed) by the fundamental elements of the prevailing socio-political system."

For resources to be utilized by any urban community they need to be reachable, affordable, available, and suitable. If they do not comply with all of these conditions then resource scarcity results and spatial restriction occurs.

Leisure has a very important role to play in high density areas, because recreation activities are intrinsically motivated and as Iso Ahola (1980:392) stated intrinsically motivated behaviours are psychologically potent, because they provide for feelings of control over life, and are conducive to feelings of personal and interpersonal competence.

2.6 THE ROLE OF LEISURE

Kaplan (1975:320) felt that one of the roles of leisure is to compensate for goals which one has not attained in other areas, for example in work situations which are non-satisfying and non-stimulating. Mundy and Odum (1979:36) were of the opinion that,

"When inconsistencies exist between what the social system requires and what the value system requires, social problems are created, prominent among which are alienation from work."

As a result of alienation major satisfaction in life is sought through leisure, not work. Brightbill (1961:168) viewed leisure as an "unbeatable device for animating and generating within us an awareness of our own abilities to accomplish." If a sense of accomplishment is not present in work, perhaps it will be found in leisure.

Indeed many writers see the main value of leisure as a means of giving meaning to life. The fulfillment idea was expressed in various ways by a number of writers. Dumazidier (1967:293) maintained that leisure has value in encouraging the optimal growth and development of the personality through participation. Kraus (1978:88)

was of the opinion that leisure provides the opportunity to master time and ourselves. Brightbill (1961:171) valued leisure as,

"a dependable road to the exploration of worlds beyond the ones we know, and thus an avenue to greater self discovery and broader personal development."

He saw leisure as having two dimension, giving the opportunity to shape values and providing the settings to express them.

For Crandall (1980:165) the central role of leisure was that of social interaction, whilst for Beard and Ragheb (1980:138) it was satisfaction. Iso Ahola (1980:213), however, maintained that the critical factor is what an individual can derive psychologically from leisure participation. He viewed leisure involvement as an opportunity to increase the repertoire of individual experiences, which in turn influences self determination and perceived competence.

The urban situation can cause great emotional tension and anxiety. Effects of overcrowding and other aspects of environmental stress may be alleviated, according to

the catharsis theorists, by involvement in leisure pursuits.

Tinsley's (1982:100) broad view of the role of leisure fell within the psychological domain.

He maintained that through leisure one could,

- (a) gain a sense of personal stability
- (b) raise self esteem
- (c) increase life satisfaction
- (d) facilitate self actualization

Iso Ahola and Allen (1982:144) asserted that the role of leisure was to fulfill needs, in particular the need for diversion and relaxation, interpersonal relationships and competence.

Finally Beard and Ragheb (1980:22) stated that leisure fulfilled psychological, educational, social, relaxation, physiological and aesthetic needs.

2.7 THEORETICAL FRAMEWORK

The need for theory development in recreation has been expressed by overseas researchers such as Coppock (1980 in Butler-Adam 1986 a:5) and Collins and Patmore (1981 in Butler-Adam 1986 a:5) and by Butler-Adam (1986 a:5) in South Africa. Indeed Butler-Adam (1986 a:5) stated that a literature search for the period after 1982 showed little progress in the area of theory development. The situation in South Africa reflected the same tendency towards once-off data collection.

The development of a framework for the social analysis of recreation by Butler-Adam (1986 a:1-16) is of value to other researchers, because the framework can be used to:

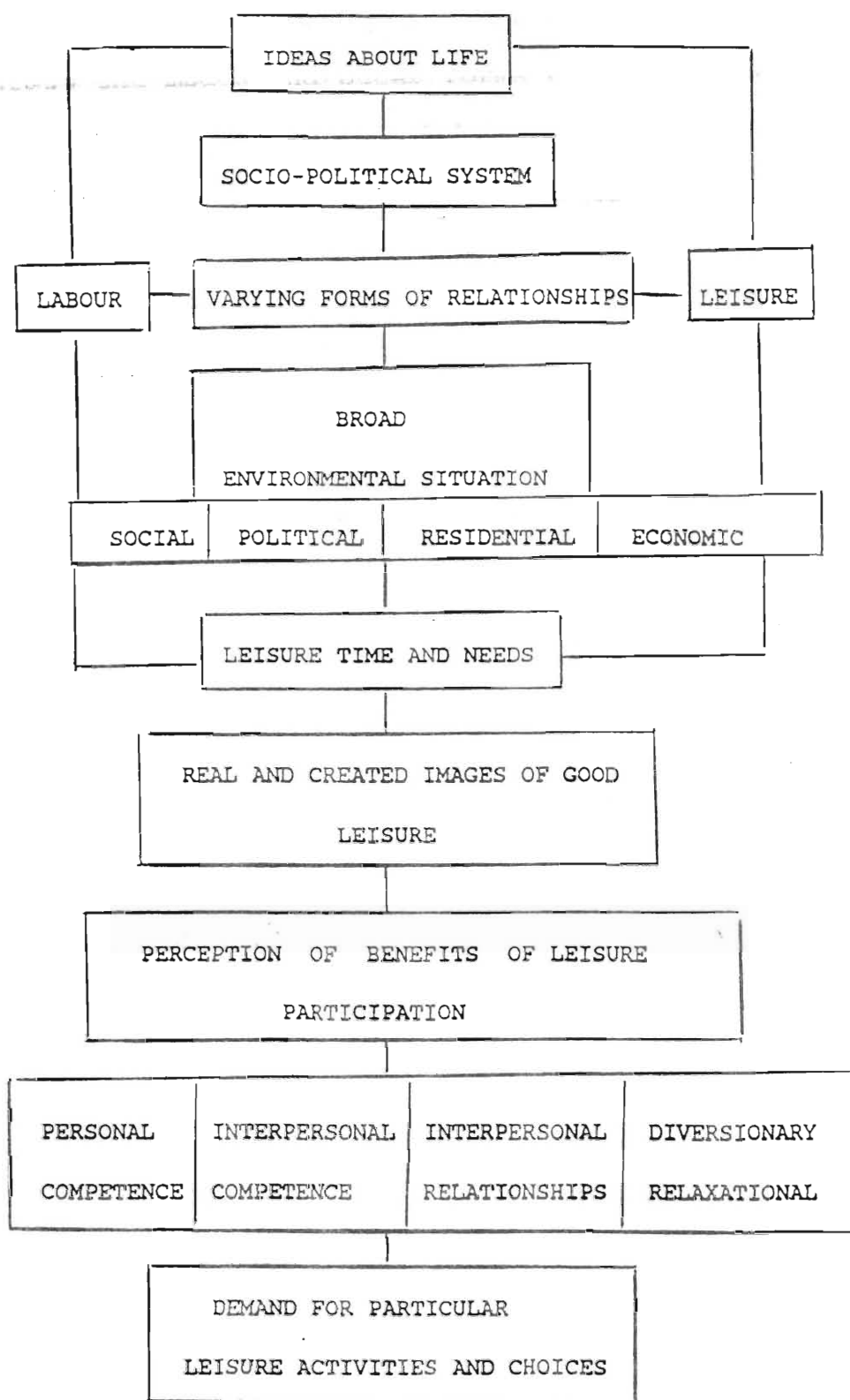
- (a) enhance the understanding of recreation as a social phenomenon and process
- (b) identify the realms of disciplinary interest in recreation, and indicate the important areas of overlap, interaction and co-operation.
- c) identify areas which have received relatively little attention.

The theoretical framework for this study emanates from Butler-Adam's framework for the social analysis of recreation. In addition leisure is viewed from three perspectives, namely; leisure needs, leisure clusters and the psychological aspects of diversion/ relaxation, interpersonal relationships and competence. Need theories, including leisure need identification, and the satisfaction of leisure needs leading to the attainment of benefits from leisure participation have been discussed in this chapter. Research on the clustering of leisure activities and the problem of great diversity in leisure activity categories have also been presented. The problems of density and crowding were also explored in this chapter.

The first part of the framework reflects Butler-Adam's outline for the social analysis of recreation, namely, ideas about life, and the influence of the socio-political system on labour and leisure in particular (Butler-Adam, 1986, a:7). Some clarification of these concepts is, however, necessary.

The relationship between labour and leisure is in the process of change because of the many forces operating on and influencing this relationship. Two major forces

TABLE 2.2: THEORETICAL FRAMEWORK



which mould the relationship between labour and leisure are the socio-political system and society's "world view" (i.e. primary beliefs or ideas about life), which dictate the modes and outer forms of production. These forces dictate the nature of labour and leisure and the relationship between them (Butler-Adam 1986, a:7). Labour may take on an almost infinite variety of external forms and expressions, depending on the socio-political system in operation and the "world view" which reinforces the socio-political system.

Different perceptions of the labour-leisure relationship may be found in different societies. Butler-Adam (1986 a:9) presented three examples of different perceptions.

(a) In a socio-political system such as that of the Bushmen it is very difficult to separate labour and leisure.

(b) In British society leisure was associated with refreshment, recuperation and amusement without reference to toil.

(c) In a work and material development driven society such as the United States leisure is considered as an activity which refreshes and restores after labour. Leisure is seen as the anthithesis of labour.

In contrast with the anthithesis view of labour and leisure, Neulinger (1981) did not perceive labour and leisure to be in opposition to one another. He used the psychological concepts of perceived freedom and perceived constraint to distinguish between labour and leisure. According to Neulinger (1981) the concept of freedom was most easily associated with leisure and constraint was most associated with labour. Iso-Ahola (1979 in Wagner, Lounsbury and Fitzgerald 1989:156) was in agreement with Neulinger about perceived freedom, for he found that people's definition of leisure increased with higher levels of intrinsic motivation, higher levels of perceived freedom and low relation to work.

According to the framework, both labour and leisure influence the broad environmental situation which embodies social, political, residential and economic components. Labour, leisure and the broad environmental

situation imprint on leisure time and needs and on real and created images of good leisure. These images influence the perception of leisure benefits, the main psychological dimensions of which are diversion/relaxation, interpersonal relationships and competence. Thus a demand for particular leisure activities and choices is created so that the benefits sought may be attained.

The emphasis in this dissertation is on the perception of psychological benefits of leisure participation. The focus is on people who live in a high density area. The type of leisure participation is defined by a variety of leisure activities, categorized into clusters . Few studies have been published in South Africa on the psychological aspects of leisure participation. Those studies, which have been undertaken, have dealt with a specific leisure cluster such as sport, and with a particular sample of the general adult population. Benefits which may be attained from participation in activities from a wide variety of leisure clusters, by people in a particular residential situation have not been addressed. It is the latter issue which is addressed in this study.

CHAPTER 3

METHOD AND PROCEDURES

In this chapter the following methods and procedures are detailed:

- 3.1 Data collection
- 3.2 Pilot study
- 3.3 Sampling procedure
- 3.4 Fieldwork
- 3.5 Data processing.

3.1 DATA COLLECTION

The present study was based on a survey methodology using a questionnaire for the collection of data. The use of a questionnaire appeared to be the most suitable method of data collection, as it would enable research expenses to be kept within the limitations of the research budget and the data collected would be quantifiable and suitable for statistical analysis. The questionnaire was delivered by hand, as it was necessary to ensure that the percentage of questionnaires distributed to the various types of residences was in proportion to the percentage distribution of the types of residences in the area, as indicated in the 1985

census (Population Census Report 1985). Confidentiality was maintained when the addresses to which the questionnaires were delivered were noted, so that follow up letters could be sent to thank residents for participating in the research project and to remind those residents, who had not yet done so, to complete and return the questionnaire. A letter, which explained what the research was about and which indicated some of the benefits which could accrue to the community as a result of the research, was included with each questionnaire. The completed questionnaire was returned by mail using a stamped, addressed envelope, which was provided for that purpose. Response rates are discussed later in this chapter under "Fieldwork".

3.1.1 THE QUESTIONNAIRE

As indicated in Chapter One in the definition of the research problem, empirical data were required and these were gathered using a questionnaire. In order to ensure a representative age and gender distribution, a Kish Table (Kish 1949) was included with each questionnaire. This permitted the random selection of respondents within house-holds. The first page of the questionnaire, which was to be completed by the head of the

household, gave instructions as to how the respondent was to be selected. All people aged 16 years and older in the household were to be listed, beginning with the oldest and ending with the youngest. The head of the household was then to count the number of people listed and to refer to the given Kish Table to establish who should answer the questionnaire. Information with regard to occupation was also included on the first page of the questionnaire (Appendix 2:239-246).

The questionnaire contained three sections. **Section A** was concerned with the socio-economic data of the respondent, namely gender, age and type of residence in which the household lived.


In **Section B** respondents were asked to indicate their leisure preferences and the frequency of their participation in various activities under leisure cluster headings (see Table 3.1). Frequency of participation was described as **very regular; regular; irregular or never;** and consideration of degrees of regularity was necessarily left to the discretion of the respondent. At the end of the listed activities in each leisure cluster respondents were given the opportunity to include other

TABLE 3.1: LEISURE CLUSTERS AND ACTIVITIES
LISTED IN EACH CLUSTER

NATURE/GARDEN	OUTDOOR ACTIVE
Birdwatching Gardening Garden club Walking in the park/open spaces Other, please specify:	Bicycling Camping Canoeing Hiking Jogging Picknicking Swimming Walking Other, please specify:
CULTURAL/INTELLECTUAL	SEA/COAST BASED
Amateur dramatics Attending ballet/dance programmes Attending education classes Attending concerts Attending theatre Playing a musical instrument Other, please specify:	Swimming in the sea Fishing Sailing Scuba diving Surfing Board sailing Paddleskiing Wind surfing Other, please specify:
ENTERTAINMENT/MASS MEDIA	SPORTS
Cinema attendance Displays/demonstration Reading magazines Reading newspapers Listening to radio/tapes Watching television Other, please specify:	Athletic Badminton Basketball Baseball Bowls Cricket Golf Hockey Netball Rugby Softball Squash Soccer Swimming (Competitive) Tennis Other, please specify:
HOBBIES	DO-IT-YOURSELF/DOMESTIC
Book club Handwork e.g. sewing, knitting Painting/crafts Pottery Stamp collecting Other, please specify:	Household chores as recreation Home repair/maintenance Visiting friends/relatives Visiting metalwork Woodwork metalwork Other, please specify:

activities which were not listed. In completing this section of the questionnaire the respondents would have become fully conversant with the nature of the leisure clusters, which were to be used again in Section C of the questionnaire, and with the types of activity which were included in each leisure cluster.

Section C of the questionnaire consisted of eighteen statements covering possible benefits which might accrue through participation in leisure activities. Each statement began with the words, "Participants in this activity have an opportunity to ..". The statements were presented in the Likert (1932) format with the following numbered response options:

- 1 Never true
 - 2 Rarely true
 - 3 Sometimes true
 - 4 Often true
 - 5 Always true.
- 

Respondents were asked to ring the number which they felt best represented their feeling about the accuracy of the statement in relation to each leisure cluster.

The eighteen statements were categorized into three benefit aspects which emerged from the literature analysed and presented in Chapter Three. These categories were **interpersonal relationships**, **competence** and **diversion-relaxation**. The statements relating to each aspect were randomised throughout the questionnaire to avoid the possibility of set responses.

Seven statements were used to measure the benefit aspect **interpersonal relationships**. These were statements 1, 6, 7, 10, 13, 14 and 17 (see Appendix 1).

Six statements, namely, 2, 3, 8, 11, 15 and 18 were used to measure the **competence** benefit aspect, whilst the benefit aspect **diversion-relaxation** was measured using five statements, namely, 4, 5, 9, 12 and 16.

At the end of **Section C** respondents were requested to indicate whether they felt that recreation facilities in their area were adequate in meeting their needs. They were also requested to offer suggestions, which they felt might bring about an improvement in the provision of the recreation facilities in their area.

A limitation of self administered questionnaires often is the degree of subjectivity of the responses. Every attempt was made to ensure consistency in the method of rating. For example a frequency scale to assess participation in activities listed under the leisure cluster headings (Section B), and a Likert format (Likert 1932) to establish how people felt about the statements relating to the perceptions of leisure benefits (Section C), were both employed. Assessments were none the less left to the respondents, since it was the aim of the study to establish the respondents' own perceptions.

3.2 THE PILOT STUDY

A pilot study was undertaken to pretest the questionnaire for any shortcomings. The questionnaire was distributed to 30 colleagues in the Faculty of Education at the University of Durban-Westville. As people in professional occupations comprised a large percentage of the population of the Berea, according to the 1985 census, colleagues from the University were deemed to be suitable respondents. The general consensus of those involved in the pilot study was that the questions were easily understood and the questionnaire was considered

interesting. It was, however, thought to be too long. Section C of the questionnaire for the pilot study consisted of 36 statements, i.e. two statements for each leisure benefit. It was decided to reduce the number of statements to one statement for each benefit, leaving eighteen statements, which effectively halved the length of Section C. As no other problems were encountered, the modified questionnaire was accepted as a suitable method of data collection.

3.3 THE SAMPLING PROCEDURE

The objective of the sampling procedure was to provide a representative random sample of people over the age of 15, who resided in a non-central, yet high density city area.

3.3.1 THE CHOICE OF THE STUDY AREA

The study area chosen was Berea North, Durban, which is the nearest high density residential area to the city centre. It consists of two subdivisions viz. Musgrave and Essenwood. According to the 1985 census the area had a total population of approximately 22412 people.

FIGURE 3.1 : MAP OF BEREA NORTH, DURBAN



The subdivisions of Musgrave and Essenwood together with their sub-units (24 and 16 respectively) are depicted on the area map in Figure 3.1.

3.3.2 THE SELECTION OF THE SAMPLE

As the area is a high density, non-central city area, residence type was an important factor which had to be considered when selecting the sample. The selection of the sample was carried out in three stages.

3.3.2.1 Percentage distribution of types of residence

The percentage distribution of the types of residence in the Berea North areas of Musgrave and Essenwood according to the 1985 census are shown in Table 3.2.

TABLE 3.2: DISTRIBUTION OF TYPES OF RESIDENCE

Type of Residence	Sub-divisions				Total	
	Musgrave		Essenwood		n	%
	n	%	n	%		
Houses	839	19	900	21	1739	20
Simplexes/ Duplexes	832	19	489	12	1321	15
Flats	2721	62	2824	67	5545	64
Total	N					
	4392	51	4213	49	8605	100

* In all tables, figures represent rounded percentages and do not always therefore, add up to exactly 100.

A total of 1000 questionnaires was distributed in the study area. A return of 300 questionnaires was considered an adequate sample for the study (Hammond and McCullagh 1982:130-158), the distribution of 1000 questionnaires therefore allowed for a 70% non-return response.

Since residence type was considered to be an important variable, it was necessary to distribute the questionnaires within each sub-unit on a proportional basis in terms of the number of each type of residence within the sub-unit. The Musgrave subdivision was allotted 51% of the questionnaires and the Essenwood subdivision 49%; as this was representative of the number of residences within each subdivision. Table 3.3 indicates the distribution of the questionnaires in relation to types of residence.

3.3.2.2 Selection of addresses

A survey of the map of the sub-unit areas indicated the extent of the areas in terms of the number of residential blocks. Questionnaires were distributed at random within the sub-unit areas on a proportional basis according to the number of each type of residence in the residential blocks. The number of questionnaires for distribution in

each street was also ascertained on a proportional basis. In an attempt to distribute the questionnaires evenly throughout the areas, they were delivered by hand using a random selection process, for example if 10 questionnaires had to be delivered to addresses in a street which had 60 houses, the questionnaires were delivered to houses numbered 1,7,13,19,25 on one side of the road and to those numbered 2,8,14,20 and 26 on the other side.

**TABLE 3.3: NUMBER OF QUESTIONNAIRES DISTRIBUTED IN
RELATION TO TYPES OF RESIDENCE**

Types of Residence	Sub-divisions				Total	
	Musgrave		Essenwood		n	%
	n	%	n	%		
Houses	97	19	103	21	200	20
Simplexes/ Duplexes	97	19	59	12	156	16
Flats	316	62	328	67	644	64
Total N	510		490		1000	
%		51		49		100

3.3.2.3 Selection of the respondents at selected addresses

A cross section of males and females over the age of 15 years residing in the area was required for the sample. It was important therefore to randomly select one person over the age of 15 years from each of the sampled addresses. Kish Tables (Kish, 1949) were used for this selection. These tables are based on random distributions of statistically drawn numbers that are matched against the number of people over the age of 15 within a household. Detailed instructions on the use of the Kish Table were provided on the first page of the questionnaire.

3.4 FIELDWORK

The fieldwork was undertaken in July 1987. The questionnaires were distributed by hand by the researcher and two fieldworkers. The bulk of the distribution was handled by the researcher to ensure accuracy in the proportional distribution of the questionnaires.

Whenever a respondent was met during the distribution of the questionnaires, the opportunity was used to ex-

plain why the respondent was being requested to complete the questionnaire and what possible benefits could accrue for the community on the completion of the study. Any questions pertaining to the completion of the questionnaire were answered.

A follow-up letter was sent to each household to thank those who had responded and to remind the others to return the questionnaires. Choi, Ditton and Matlock (1992:79-83) asserted that a final reminder mailing would significantly improve the response rate for a recreation research mail survey.

A total of 307 questionnaires was returned. As the the distribution of 1000 questionnaires comprised the sample, the 307 which were returned represented a 31% response, which was considered adequate.

3.5 DATA PROCESSING

The questionnaires were examined for correctness and accuracy. Each questionnaire was assigned a number and coded according to a prepared coding framework. A code was also given for information missing on the questionnaire.

For Section C, responses were weighted according to the numbers on the questionnaire. The weighting was as follows:

	Weighted response
Never True	1
Rarely True	2
Sometimes True	3
Often True	4
Always True	5

The selection of the number 1 represented a **Never True** response, which indicated that the respondent perceived that the particular benefit could never be obtained through participation in activities in the respective leisure cluster. Likewise the selection of the number 2 represented a **Rarely True** response. Number 3 indicated that the statement was only **Sometimes True**, whilst an **Often True** response was represented by the ringing of the number 4. When the number 5 was selected, the response indicated that the respondent perceived that the particular benefit could **always** be obtained through participation in activities in the respective leisure cluster.

The researcher keyed the coded data into a computer. The Statistical Package for Social Sciences (SPSSX 1983) was used for the statistical analysis of the data. Frequency tables and a statistical analysis for each of the variables were examined by the researcher and this process was followed by more detailed cross tabulations, which were evaluated.

An average score (\bar{X}) was calculated for each of the 18 statements (benefits) for each of the eight leisure clusters (i.e. $18 \times 8 = 144$ means). In addition, an average mean score (average \bar{X}) was calculated for each leisure cluster. Further, since the benefits covered various aspects relating to diversion-relaxation, competence and interpersonal relationships, an average mean score was calculated for each aspect. This was achieved by totalling the scores for the respective benefits and dividing by the total number of benefits involved.

The psychological aspects used in this study were the same aspects which Iso Ahola and Allen (1982) isolated using a factor analytical technique. Their study has been discussed in Chapter Three. A brief discussion of the purposes and limitations of factor analytical pro

cedures appears to be pertinent.

Kerlinger (1986:592) stated that the purpose of factor analysis is to test hypotheses. Yeates (1968:236) concurred when he maintained that,

"Factorial models can be used as a hypothesis testing device for both standard statistical tests and a rather more inferential approach."

Yeates (1968:237) extended the concept of hypothesis testing when he stated that factor analysis could be treated as a hypothesis creating technique.

"Given a mass of data, the various procedures of factorial ecology can be used to sort out the underlying structure in the data matrix and from this hypotheses can be generated, which can be tested by using more rigorous procedures."

Johnston (1977:37) felt that the purpose of factor analysis was to isolate the basic dimensions and describe their spatial patterns. Hair, Anderson, Tatham and Black (1992) concurred with this statement for they were of the opinion that factor analysis helped the investigator to make sense of large bodies of interrelated data. Johnston (1977:41) also stated that,

"The prime aim of many component analyses has been to replace a number of variables by a new composite variable and to locate the observations onto a standardized continuum of the composite."

There are, however, a number of limitations which should be considered when factor analytical procedures are used.

- (a) The major limitation appears to be that of interpretation. Components are often identified by a few high loadings only and this may lead to inaccurate interpretation according to Johnston (1977:41), who also warns against overinterpretation.
- (b) Both Hair et al. (1992) and Kerlinger (1986: 591) were concerned with the subjective aspects of factor analysis such as deciding how many factors to extract, which technique to use to rotate the factor axes and which factor loadings were significant.
- (c) Kerlinger (1986:592) stated that in terms of data, one gets out what one puts into the factor analysis. He used an example of the factor analysis of attitude items, which he maintained,

- "...cannot produce factors that are not in the items, but it can show that there are two or three sources of common variance in a scale that we thought to be inidimensional."
- (d) Factor analysis cannot be used to describe intensity for example of residential segregation. According to Johnston (1977:37) intensity is lost in the analysis.
- (e) Kerlinger (1986:592) mentioned the communality problem concerning what quantities to put into the diagonal of the R matrix before factoring.
- (f) A problem related to sample selection was a concern of Child (1970:11) who felt that samples from different populations should not be pooled when computing correlations, because factors which are specific to a population may become obscured when pooling is applied.
- (g) Child (1970:11) also stated that no entirely satisfactory method has been found to allow for the high margins of error which prevailed in tests of human behaviour.

In spite of the acknowledged limitations of factor analysis, Kerlinger (1986:592) asserted that,

"Factor analysis is one of the most powerful tools yet devised for the study of complex areas of behavioural scientific concern."

Iso-Ahola and Allen (1982:143) stated that the instrument they used to measure leisure needs was highly satisfactory psychometrically as the internal consistency coefficients were, on the average, .94. Their determination of diversion/relaxation, interpersonal relationships and competence as distinct need factors validates the use of these factors as psychological aspects of leisure participation.

A study undertaken by the Institute for Social and Economic Research at the University of Durban-Westville examined the recreational preferences of people living in Metropolitan Durban (Venter et al., 1989). As Section B of this study appeared to be very similar to the study undertaken by the Institute, it was decided not to proceed with the statistical analysis of this section. Section B had, however, served its purpose in

that it had acquainted the respondents with the leisure clusters and their activities, which was necessary to help obviate any misunderstanding with regard to the concept of leisure clusters.

3.6 LIMITATIONS OF THE SURVEY

The researcher acknowledges a number of limitations of this survey.

- (a) The empirical data collected in 1987 is relatively dated. However, the population of the Berea appears to be stable, and as the Berea is a high density area no changes are expected.
- (b) Two fieldworkers assisted the researcher to distribute the questionnaires. The distribution was, however, closely monitored by the researcher.

- (c) As a considerable amount of data was collected, the discussion dealt mainly with those perceptions of the psychological benefits of leisure participation which were positive and highlighted areas of particular benefit.

CHAPTER 4

ANALYSIS OF DATA AND DISCUSSION

The results of this study are presented in five sections. namely:

- 4.1 The Respondents: A description of those who participated in the study in terms of gender, age, occupation and residence.
- 4.2 Perceived Psychological Benefits: An analysis of the respondents' perceptions of the psychological benefits of participation in leisure activities, presented in terms of the whole sample.
- 4.3 Perceptions of the Leisure Clusters: An analysis of the respondents' perceptions of the eight leisure clusters in terms of the psychological benefits which were perceived to result from participation in activities within the leisure clusters.

4.4 The Effect of Socio-economic Characteristics on the Perceptions of Psychological Benefits:

A detailed analysis of the perceptions of the respondents with regard to the psychological benefits of leisure participation, in terms of the four socio-economic characteristics of the respondents namely; **gender, age, occupation** and **residence**.

4.5 Psychological Aspects: A detailed analysis of the psychological aspects **diversion/relaxation, interpersonal relationships** and **competence** in terms of the associated benefits, the leisure clusters and the effects of the socio-economic indicators.

4.1 THE RESPONDENTS

Researchers have indicated that socio-economic characteristics have an influence on leisure participation (Levy, 1979; Iso-Ahola, 1980; Kaplan, 1975). Four socio-economic characteristics were used in this study to ascertain the extent to which each affects people's perceptions of the psychological benefits of leisure

participation and their perceptions of leisure clusters. The characteristics gender, age, occupation and residence were used as independent variables in the study. The respondents are described in this section in terms of the four independent variables.

4.1.1 GENDER

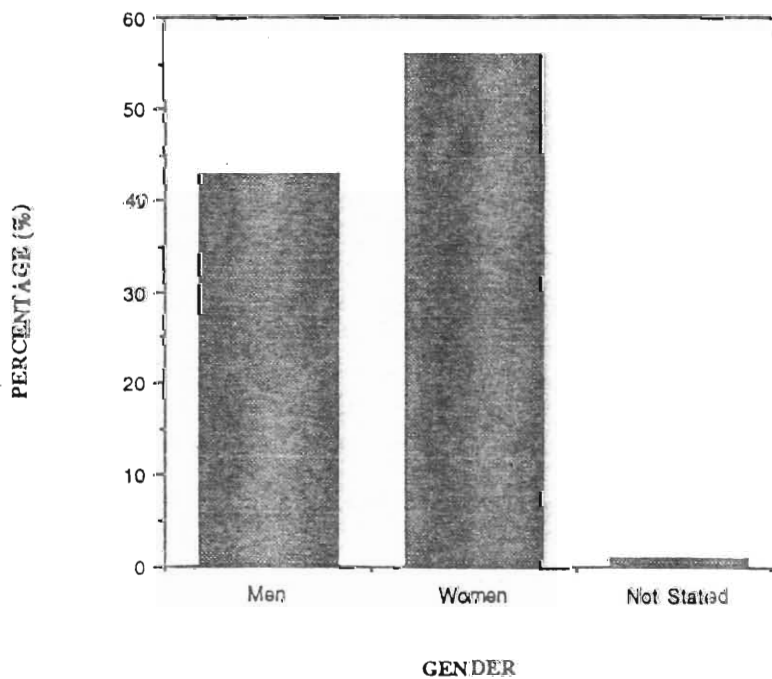
The total number of respondents was 307 of whom 173 (57%) were women and 132 (43%) were men (Table 4.1.1). Two respondents did not indicate their gender.

Only 8% of the men were 15-24 years old, whilst 29% were aged 65 years and older. Seventeen percent of the women were aged 15-24 years, which was more than double the number for the men. Only 18% of the women were 65 years and older. This was a low representation, but it must be borne in mind that this was not a matched sample. Another difference was noted in those aged 45-54 years, where 15% of the men, but only 8% of the women fell in this age range. The cross tabulation of gender and occupation revealed that 50% of the men were in professional/managerial positions, whilst 33% of the women had similar occupational status. Forty six percent of the women and 36% of the men were not economically

TABLE 4.1.1: GENDER DISTRIBUTION

	AGE		RESIDENCE		OCCUPATION			
MEN N-132 43%	15-24	8	HOUSE	25	PROFESSIONAL/ MANAGERIAL	50		
	25-34	21			FLAT	61	ACTIVE-OTHER	13
	35-44	14	SIMPLEX/ DUPLEX	13			NOT ECONOMICALLY ACTIVE	36
	45-54	15					OTHER	1
	55-64	14						
65+	29							
WOMEN N-173 56%	15-24	17	HOUSE	26	PROFESSIONAL/ MANAGERIAL	33		
	25-34	24			FLAT	59	ACTIVE-OTHER	21
	35-44	15	SIMPLEX/ DUPLEX	12			NOT ECONOMICALLY ACTIVE	46
	45-54	8					OTHER	2
	55-64	19						
65+	18							
NOT STATED		2						
TOTAL		N	307					

GENDER DISTRIBUTION



active, however 21% of the women and only 13% of the men were categorized as active-other. The active-other occupational category included clerical (9%) as well as communications (0,3%), service (1%), trade (2%) and those occupations which were not classifiable (6%). A large proportion of those in clerical positions may have been women, which could account for the larger representation of women who were economically active in other capacities than professional/managerial.

The distribution of men and women in the various types of residence was fairly equitable.

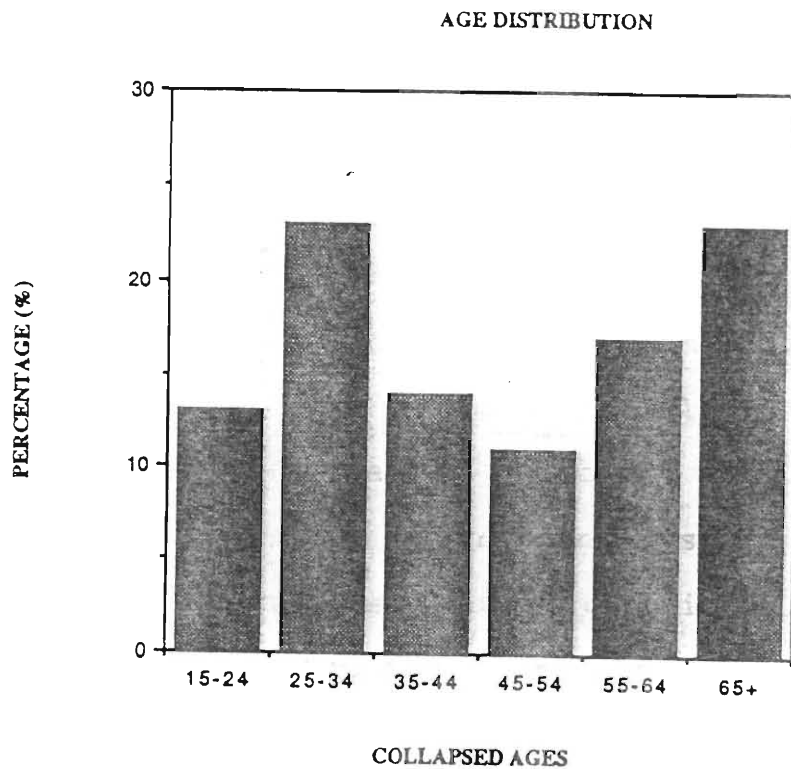
4.1.2 AGE

The age distribution of the respondents indicates that 50% (153) of the respondents were younger than 45 years and that 50% (154) were 45 years or older. The two youngest age groups, 15-19 years and 20-24 years, both represented five year age spans in contrast with the 10 year age span of the next five age groups. The age group 15-19 years was combined with the age group 20-24 years to make age groups comparable in terms of the number of years in the age span, and the number of people

TABLE 4.1.2: AGE DISTRIBUTION

AGES	COLLAPSED AGES				
	n	% *	n	% *	
15 - 19	16	5	15-24	39	13
20 - 24	23	8			
25 - 34	70	23	25-34	70	23
35 - 44	44	14	35-44	44	14
45 - 54	33	11	45-54	33	11
55 - 64	51	17	55-64	51	17
65 - 74	47	15	65+	70	23
75+	23	8			
TOTAL N	307			307	

(All percentages have been rounded)



represented in each group. In addition, because people aged 65 years and older were usually not economically active, the older age groups, 65-74 years and 75 years and older were incorporated into one group (Table 4.1.2).

Forty percent of the respondents were aged 55 years and older. This is a high representation, but again it should be noted that the sample was not matched. Those aged 25-34 years and 65 years and older formed the largest age ranges (23%) in the sample.

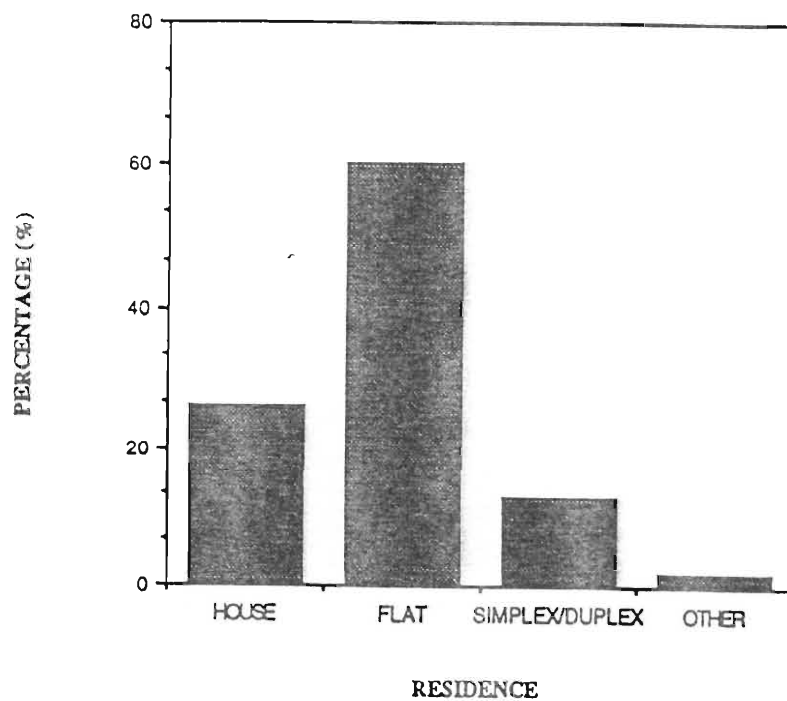
4.1.3 RESIDENCE

Some 16% of the questionnaires were distributed to simplexes and duplexes and the return from these types of residences was 13% of the total sample. Most of the residences in the area were flats, which received 64% of the questionnaires, and residents from this type of dwelling formed 60% of the total sample. Five people (i.e. 2% of the total sample) indicated that they lived in a type of residence other than those already mentioned. It must be assumed that the dwellings looked like flats, simplexes or duplexes to those responsible for the

TABLE 4.1.3: DISTRIBUTION OF RESIDENCES

RESIDENCE		n	%
House		78	25
Flat		182	59
Simplex		7	2
Duplex		32	10
Hotel		1	0
Institution		4	1
Not stated		3	1
TOTAL	N	307	

DISTRIBUTION OF RESIDENCES



distribution of the questionnaires. As this formed a very small percentage of the total sample, they have not been included in the discussion.

Another interesting feature is that 69% of the people who were not economically active, 52% of those in professional/managerial positions and 59% of those active in other occupations lived in flats at the time of the survey (Table 4.1.3).

4.1.4 OCCUPATION

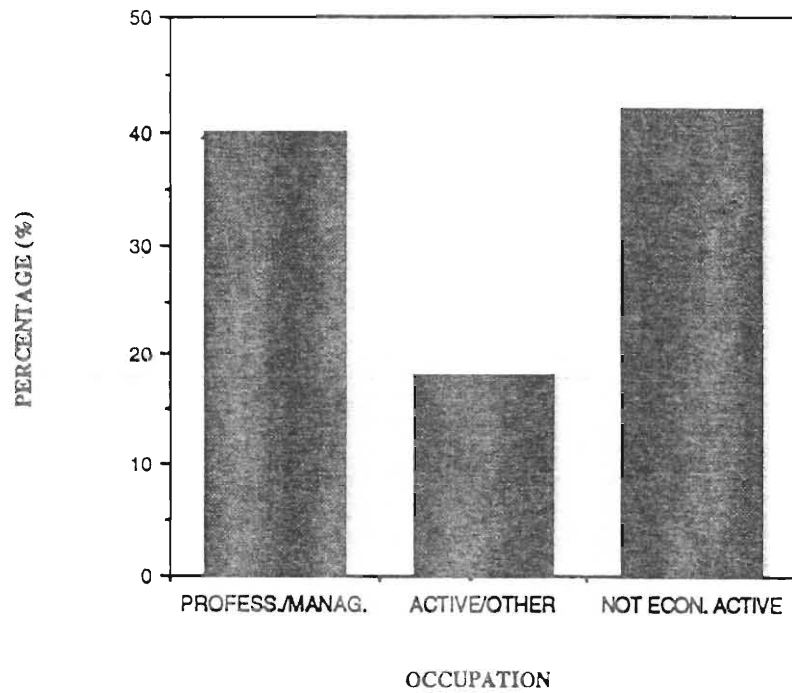
Forty percent of the respondents were not economically active at the time of the survey. People engaged in professional/managerial occupations formed the next largest group at 39%. The remaining 18%, the active-other group, included the following occupations, clerical, service, communications, trade and not classifiable.

When age is linked with occupation 58% of the people in professional/managerial positions were aged between 25-44 years, 37% were 25-34 years and 21% were 35-44 years, whilst 70% of those not active economically were 55 years and older. The high percentage of older, not economically

TABLE 4.1.4: DISTRIBUTION OF OCCUPATIONS

OCCUPATION	n	%
Professional	80	26
Managerial	39	13
Clerical	25	8
Communication	1	0,3
Service	3	1
Trade	6	2
Not economically active	123	40
Not classifiable	18	6
Not stated	12	4
TOTAL N	307	

DISTRIBUTION OF OCCUPATIONS



active, people in the sample may have had an influence on the overall perceptions of leisure benefits. Forty percent of respondents who were economically active in other occupations were aged 25-34 years (Table 4.1.4).

4.1.5 CONCLUSIONS

It is clear from the description of the respondents that the gender representation in the sample was fairly equitable. When gender and age were cross tabulated, some discrepancies were noted. Most of the younger people in the sample were women, whilst men were in the majority in the age group 65 years and older. Most of the respondents lived in flats. A large number of economically active people held professional or managerial positions, although most of the respondents were not economically active at the time of the survey.

4.2 PERCEIVED PSYCHOLOGICAL BENEFITS.

The respondents perceived that five of the benefits could be obtained through participation in activities in a number of different leisure clusters. These benefits were **PASSING TIME** (12) average (\bar{X}) 4,1, **CHANGING DAILY ROUTINE** (4) average (\bar{X}) 3,9, **DEVELOPING A SENSE OF ACCOMPLISHMENT** (3) average (\bar{X}) 3,7, **FEELING REFRESHED PHYSICALLY AND/OR MENTALLY** (9) average (\bar{X}) 3,7 and **ENJOYING NATURE** (5) average (\bar{X}) 3,7.

High responses (i.e. 4 and 5) reflected that the respondents felt that the benefit could be obtained from participation in activities in the leisure cluster, whilst low responses (i.e. 1 and 2) indicated a negative perception. A response of 3 indicated that the respondents were divided in their perception of whether the benefit did or did not accrue from participation. Because of the large amount of data collected, the discussion is focussed mainly on the responses which reflect that the benefit was perceived to emanate from leisure participation.

4.2.1 PASSING TIME

PASSING TIME (12) was perceived to be a benefit which could be procured from participation in the following leisure clusters (responses 4 + 5); **NATURE/GARDEN** (85%), **CULTURAL/INTELLECTUAL** (77%), **OUTDOOR ACTIVE** (87%), **HOBBIES** (87%), **SEA/COAST BASED** (81%) and **SPORTS** (87%). The remaining leisure clusters, **ENTERTAINMENT/MASS MEDIA** and **DO-IT-YOURSELF/DOMESTIC** had means of 3,9 and 3,7 respectively. Although these benefits were considered by 74% and 56% of the respondents to also be a way of **PASSING TIME** (response categories 4 + 5), the means in response category three indicate that the benefit is perceived by the respondents as a whole to sometimes be obtained from taking part in activities in the leisure clusters (Table 4.2.1).

4.2.2 CHANGING DAILY ROUTINE

Respondents gave responses of four and five for the benefit **CHANGING DAILY ROUTINE** (4) for the leisure clusters **OUTDOOR ACTIVE** (80%), **HOBBIES** (73%), **SEA/COAST BASED** (75%) and **SPORTS** (76%), indicating that they perceived that people had an opportunity to obtain a change from daily routine when they engaged in ac

tivities within these leisure clusters. **CHANGING DAILY ROUTINE** (4) was considered to sometimes occur when people engaged in activities in the remaining leisure clusters. Means for these clusters ranged from 3,4 to 3,8 (Table 4.2.2).

4.2.3 DEVELOPING A SENSE OF ACCOMPLISHMENT

Participation in activities in the leisure clusters NATURE/GARDEN (83%), HOBBIES (86%), SPORTS (81%) and DO-IT-YOURSELF/DOMESTIC (84%) (response categories 4 + 5) was considered to render the benefit **DEVELOPING A SENSE OF ACCOMPLISHMENT** (3). Fifty one percent of the respondents, however, felt that the leisure cluster ENTERTAINMENT/MASS MEDIA (\bar{X}) 2,7 did not afford the same benefit. A division of opinion was noted for the leisure clusters OUTDOOR ACTIVE (\bar{X}) 3,9 and CULTURAL/INTELLECTUAL (\bar{X}) 3,5, which respondents felt sometimes yielded a sense of accomplishment (Table 4.2.3).

4.2.4 FEELING REFRESHED PHYSICALLY AND/OR MENTALLY

FEELING REFRESHED PHYSICALLY AND/OR MENTALLY (9) was given a response of four and five for the leisure clusters OUTDOOR ACTIVE (87%), SEA/COAST BASED (80%)

and SPORTS (85%), affirming the perception that participation in activities in these leisure clusters yielded this benefit. The benefit was perceived to sometimes emanate from participation in the other leisure clusters, the means of which ranged from 3,1 to 3,9 (Table 4.2.4).

4.2.5 ENJOYING NATURE

A positive perception was evidenced for the benefit **ENJOYING NATURE** (5). The leisure clusters perceived to render this benefit (response categories 4 + 5) were NATURE/GARDEN (90%), OUTDOOR ACTIVE (83%) and SEA/COAST BASED (76%), whilst the clusters perceived negatively in this respect (response categories 1 + 2) were ENTERTAINMENT/MASS MEDIA (58%), CULTURAL/INTELLECTUAL (57%) and DO-IT-YOURSELF/DOMESTIC (68%). HOBBIES (45%) and SPORTS (39%) involvement sometimes resulted in the enjoyment of nature (Table 4.2.5).

4.2.6 DOING ACTIVITIES WITH COMPANIONS AND IMPROVING
and PHYSICAL CONDITION

4.2.7

Respondents were of the opinion that participation in activities within two leisure clusters OUTDOOR ACTIVE and SPORTS enabled them to **DO ACTIVITIES WITH COMPANIONS** (1). Responses of four and five were given by 79% of the respondents. A similar high response was noted for the benefit **IMPROVING PHYSICAL CONDITION** (2), 86% of the respondents felt that they could improve their physical condition through outdoor activities, whilst 88% of the respondents indicated that engaging in SPORTS served the same purpose. The DO-IT-YOURSELF/DOMESTIC cluster was perceived rather negatively in terms of these benefits, 53% of the respondents considered that DO-IT-YOURSELF/DOMESTIC activities rarely or never (response categories 1 + 2) permitted them to **DO ACTIVITIES WITH COMPANIONS** 1), whilst 47% held the same opinion about **IMPROVING PHYSICAL CONDITION** (2). **IMPROVING PHYSICAL CONDITION** (2) was not achieved from taking part in the following types of activities (response categories 1 + 2), ENTERTAINMENT/MASS MEDIA (80%), CULTURAL/INTELLECTUAL (79%) and HOBBIES (39%),

the opportunity to **DO ACTIVITIES WITH COMPANIONS** (1) was, however, perceived to sometimes result from these types of leisure activities (Tables 4.2.6 and 4.2.7).

- 4.2.8 MAKING SOCIAL CONTACTS; MEETING NEW PEOPLE;
to EXPERIENCING EXCITEMENT; BEING INTELLECTUALLY
4.2.12 STIMULATED AND DEVELOPING CREATIVELY

It is possible to discuss these benefits collectively, as they were perceived by the respondents to be obtained from rather specific types of activities. Five benefits were felt to definitely result from participation in activities in a particular leisure cluster and were given responses of four and five. **MAKING SOCIAL CONTACTS** (7) (Table 4.2.8), **MEETING NEW PEOPLE** (13) (Table 4.2.9) and **EXPERIENCING EXCITEMENT** (16) (Table 4.2.10) were perceived to result from **SPORTS** participation by 83%, 85% and 81% of the people respectively, whilst **BEING INTELLECTUALLY STIMULATED** (15) (Table 4.2.11) was a benefit accruing from **CULTURAL/INTELLECTUAL** activities (84%) and **DEVELOPING CREATIVELY** (18) (Table 4.2.12) from engaging in **HOBBIES** (79%).

- 4.2.13 SHARING ACTIVITIES WITH OTHER MEMBERS OF THE
 to FAMILY; EARNING RESPECT; DEVELOPING SELF CON-
 4.2.16 FIDENCE AND BEING FRIENDS WITH PEOPLE OF THE
OPPOSITE GENDER

The discussion focusses on these benefits collectively, because respondents' perceptions of these four benefits were less positive. **SHARING ACTIVITIES WITH OTHER MEMBERS OF THE FAMILY** (17) (Table 4.2.13) was thought to sometimes occur when participating in activities in all the leisure clusters. A similar perception was evidenced with **EARNING RESPECT** (11) (Table 4.2.14) with the exception of the ENTERTAINMENT/MASS MEDIA cluster, which 38% of the people felt did not render this benefit. Respondents felt that engaging in NATURE/GARDEN (44% - response categories 1 + 2) and ENTERTAINMENT/MASS MEDIA (49% - response categories 1 + 2) activities rarely contributed to the **DEVELOPMENT OF SELF CONFIDENCE** (8) (Table 4.2.15), whilst this benefit could sometimes be obtained when participating in activities in the other leisure clusters. **BEING FRIENDS WITH PEOPLE OF THE OPPOSITE GENDER**. (14) (Table 4.2.16) was considered to rarely be a benefit emanating from the leisure cluster DO-IT-YOURSELF/DOMESTIC (56% - response categories 1 + 2). Respondents were very

divided about this benefit and the cluster NATURE/ GARDEN (the response categories ranged from 36% for 1 + 2; 38% for 3; and 26% for 4 + 5), as the mean was (\bar{X}) 2,9 it is assumed that the consensus was that the benefit is never or rarely attained from participating in NATURE/GARDEN activities, however participation in activities in all the other leisure clusters sometimes resulted in **BEING FRIENDS WITH PEOPLE OF THE OPPOSITE GENDER** (14).

4.2.17 BEING USEFUL TO OTHERS AND BEING IN A POSITION
and OF AUTHORITY

4.2.18

According to the respondents the opportunity to **BE USEFUL TO OTHERS** (6) (Table 4.2.17) was sometimes realized from participation in activities in the OUTDOOR ACTIVE (39%), HOBBIES (38%) and DO-IT-YOURSELF/DOMESTIC (30%) clusters, the other clusters were perceived more negatively in this respect. A particular negative perception was noted in relation to **BEING IN A POSITION OF AUTHORITY** (10) (Table 4.2.18), which respondents felt was sometimes attained in SPORTS (41%), but rarely in the other clusters, the means for the other clusters ranged from 2,1 to 2,9.

4.2.19 CONCLUSIONS

The benefits which were perceived by the respondents to be obtained from participation in activities in most leisure clusters were **PASSING TIME (12)**, **CHANGING DAILY ROUTINE (4)**, **DEVELOPING A SENSE OF ACCOMPLISHMENT (3)** and **FEELING REFRESHED PHYSICALLY AND/OR MENTALLY (9)**. These benefits are therefore considered to be general psychological benefits of leisure participation.

Respondents perceived that the other benefits, with the exception of **BEING IN A POSITION OF AUTHORITY (10)**, were attained from participation in more specific types of leisure activities, e.g. **CULTURAL/INTELLECTUAL** activities resulted in respondents **BEING INTELLECTUALLY STIMULATED (15)** and **DEVELOPING CREATIVELY (18)** was achieved from engaging in **HOBBIES**.

Many benefits were perceived by the respondents to sometimes result from leisure participation, but the attainment of these benefits was not necessarily assured. It would appear that factors other than mere participation influenced the perception of the emergence of benefits.

Respondents did not appear to seek positions of authority during leisure. Engaging in SPORTS activities was regarded as resulting from **BEING IN A POSITION OF AUTHORITY (10)**. Occasionally, however, the benefit was negatively perceived in relation to activities in the other leisure clusters. It would appear that **BEING IN A POSITION OF AUTHORITY (10)** cannot be considered to be a psychological benefit of leisure participation.

4.3 PERCEPTIONS OF THE LEISURE CLUSTERS

The overall perception of the respondents was that psychological benefits sometimes accrued from participating in activities within the leisure clusters. The average means for the leisure clusters across the 18 benefits ranged from 3,0 to 3,8, and the clusters **OUTDOOR ACTIVE**, **SEA/COAST BASED** and **SPORTS** (average \bar{X} 3,7, 3,6 and 3,8 respectively) appeared to be the ones which rendered the most benefits (Figure 4.3). It is necessary to examine each leisure cluster to determine which benefits respondents felt they could obtain from participation in activities within the leisure cluster.

4.3.1 SPORTS

SPORTS appeared to be the leisure cluster from which the most benefits could be derived, nine of the 18 benefits were given scores of four and five namely; DOING ACTIVITIES WITH COMPANIONS (79%), IMPROVING PHYSICAL CONDITION (88%), DEVELOPING A SENSE OF ACCOMPLISHMENT (81%), CHANGING DAILY ROUTINE (76%), MAKING SOCIAL CONTACTS (83%), FEELING REFRESHED PHYSICALLY AND/OR MENTALLY (85%), PASSING TIME (87%), MEETING NEW PEOPLE (85%) and EXPERIENCING EXCITEMENT (81%) (Table 4.3.1 - Figure 4.3.1). Six benefits were accorded response category three, which indicated that the respondents were divided about whether the benefits did or did not accrue from **SPORTS** participation. Only three benefits BEING USEFUL TO OTHERS (36%); BEING INTELLECTUALLY STIMULATED (46%) and DEVELOPING CREATIVELY (41%) were not perceived to be obtained from **SPORTS** participation (response categories 1 + 2).

4.3.2 OUTDOOR ACTIVE

Participation in activities in the **OUTDOOR ACTIVE** cluster was considered by many people to render six benefits (response categories 4 + 5); DOING ACTIVITIES

WITH COMPANIONS (79%), IMPROVING PHYSICAL CONDITION (86%), CHANGING DAILY ROUTINE (80%), ENJOYING NATURE (83%), FEELING REFRESHED PHYSICALLY AND/OR MENTALLY (87%) and PASSING TIME (87%) (Table 4.3.2 - Figure 4.3.2).

Respondents also stated that another 10 benefits sometimes accrued (response category 3) from taking part in outdoor activities. Only two benefits, BEING IN A POSITION OF AUTHORITY (34%) and BEING INTELLECTUALLY STIMULATED (32%), were not perceived to emanate from activities within the **OUTDOOR ACTIVE** leisure cluster (response categories 1 + 2).

4.3.3 SEA/COAST BASED

Four benefits were considered by the respondents to accrue from **SEA/COAST BASED** activities (response categories 4 + 5); CHANGING DAILY ROUTINE (75%), ENJOYING NATURE (76%), FEELING REFRESHED PHYSICALLY AND/OR MENTALLY (80%) and PASSING TIME (81%). Another 11 benefits were, however, felt to sometimes (response category 3) be obtained from participation in **SEA/COAST BASED** activities. The benefits which respondents indicated were not associated with this leisure cluster

(response categories 1 + 2) were BEING USEFUL TO OTHERS (37%); BEING IN A POSITION OF AUTHORITY (51%); BEING INTELLECTUALLY STIMULATED (46%) and DEVELOPING CREATIVELY (39%) (Table 4.3.3 - Figure 4.3.3).

4.3.4 HOBBIES

Respondents perceived that four benefits could be derived from **HOBBIES** (response categories 4 + 5); DEVELOPING A SENSE OF ACCOMPLISHMENT (86%), CHANGING DAILY ROUTINE (73%), PASSING TIME (87%) and DEVELOPING CREATIVELY (79%). Opinion was divided about 12 other benefits, which the respondents felt sometimes (response category 3) resulted from having a hobby.

IMPROVING PHYSICAL CONDITION was not apparently thought of as a hobby, because 39% of the respondents indicated (response categories 1 + 2) that the benefit was rarely or never attained from taking part in activities within the **HOBBIES** cluster. BEING IN A POSITION OF AUTHORITY was the other benefit, which 44% of the respondents did not associate with this leisure cluster (Tables 4.3.4 - Figure 4.3.4).

4.3.5 NATURE/GARDEN

Taking part in **NATURE/GARDEN** activities (Table 4.3.5 - Figure 4.3.5) was considered to definitely result in three benefits (response categories 4 + 5); DEVELOPING A SENSE OF ACCOMPLISHMENT (83%), ENJOYING NATURE (90%) and PASSING TIME (85%). Seven benefits were perceived by the respondents to sometimes (response category 3) be obtained from **NATURE/GARDEN** activities. Participation in activities in this leisure clusters appeared to result in specific benefits, the respondents indicated that eight benefits did not accrue from **NATURE/GARDEN** activities (response categories 1 + 2); BEING USEFUL TO OTHERS (35%), MAKING SOCIAL CONTACTS (37%), DEVELOPING SELF CONFIDENCE (44%), BEING IN A POSITION OF AUTHORITY (69%), MEETING NEW PEOPLE (35%), BEING FRIENDS WITH PEOPLE OF THE OPPOSITE GENDER (36%), BEING INTELLECTUALLY STIMULATED (40%) and EXPERIENCING EXCITEMENT (40%).

4.3.6 CULTURAL/INTELLECTUAL

Only two benefits were thought to often or always accrue from participation in **CULTURAL/INTELLECTUAL** activities (response categories 4+ 5), they were PASSING

TIME (77% and BEING INTELLECTUALLY STIMULATED (84%) (Table 4.3.6 - Figure 4.3.6). Division of opinion was noted for 12 benefits, which respondents felt sometimes (response category 3) accrued from **CULTURAL/INTELLECTUAL** activities. Respondents stated that four benefits IMPROVING PHYSICAL CONDITION (79%), ENJOYING NATURE (57%), BEING USEFUL TO OTHERS (37%) and BEING IN A POSITION OF AUTHORITY (37%) were rarely or never attained from **CULTURAL/INTELLECTUAL** activities.

4.3.7 DO-IT-YOURSELF/DOMESTIC

The respondents felt that the **DO-IT-YOURSELF/DOMESTIC** leisure cluster (Table 4.3.7 - FIGURE 4.2.7) rendered the benefit DEVELOPING A SENSE OF ACCOMPLISHMENT (74% - response categories 4 + 5). Another eight benefits were considered to sometimes be obtained from taking part in activities within this leisure cluster (response category 3). Respondents indicated that the other nine benefits were rarely or never achieved from engagement in activities in this leisure cluster. It would appear that the respondents gave more emphasis to the **DO-IT-YOURSELF** than to the **DOMESTIC** activities which resulted in their attributing only one benefit to this leisure cluster.

4.3.8 ENTERTAINMENT/MASS MEDIA

Although the respondents indicated that participation in **ENTERTAINMENT/MASS MEDIA** activities sometimes resulted in many benefits, the majority indicated that no particular benefit was definitely derived from this leisure cluster (Table 4.3.8 - Figure 4.3.8). The means ranged from 1,9 to 3,7. It would appear that other factors than participation influence the perception of whether benefits are being obtained from this leisure cluster.

4.3.9 CONCLUSIONS

The respondents indicated that participation in **OUTDOOR ACTIVE, SEA/COAST BASED** and **SPORTS** activities rendered the most benefits. The overall perception of the respondents was that certain psychological benefits were accrued from taking part in activities in all the leisure clusters.

A division of opinion was noted in respondents' perceptions of **ENTERTAINMENT/MASS MEDIA** activities. Although 10 benefits were perceived by the respondents to some times be obtained from taking part in activities in

this leisure cluster, it would appear that other factors than participation may have influenced the perception of whether benefits were often or always obtained from this leisure cluster.

The respondents perceived that a few specific benefits were obtained from activities in the **HOBBIES, NATURE/GARDEN** and **CULTURAL/INTELLECTUAL** leisure clusters.

DEVELOPING A SENSE OF ACCOMPLISHMENT (3) was the only benefit which the respondents perceived to often or always accrue from **DO-IT-YOURSELF/DOMESTIC** activities. It would appear that respondents' perceptions were centered more on the **DO-IT-YOURSELF** component than on the **DOMESTIC** component of this leisure cluster, because benefits such as BEING USEFUL TO OTHERS (6) and SHARING ACTIVITIES WITH OTHER MEMBERS OF THE FAMILY (17) would be expected to often or always occur in the home environment.

4.4 THE EFFECT OF SOCIO-ECONOMIC CHARACTERISTICS ON THE PERCEPTIONS OF PSYCHOLOGICAL BENEFITS

Hypothesis three stated: "The socio-economic characteristics of the respondents will influence their perceptions of selected leisure benefits and clusters of leisure activities." The analysis of the data collected in this study supports this hypothesis in respect of age, however the hypothesis is not supported when the other characteristics namely, gender, residence and occupation are considered.

4.4.1 GENDER

There appears to be a substantial amount of consensus between men and women about the benefits which can be obtained from leisure participation. Both genders were in full agreement about six of the benefits across all eight leisure clusters; about five benefits across seven leisure clusters; about another five benefits across six leisure clusters; and finally about the remaining two benefits across five leisure clusters. Where differences of opinion did occur they appeared to be minor. For example men felt that they only sometimes **DEVELOPED A SENSE OF ACCOMPLISHMENT** from SPORTS activities (\bar{X} 3,9),

whilst women felt that they often or always attained that benefit (\bar{X} 4,1) (Table 4.4.1).

Both men and women perceived that the benefits indicated in Table 4.4.2 could be obtained from taking part in activities in the leisure clusters indicated (response categories 4 + 5). Women appeared to take a more positive stance in respect of the various types of activities which were perceived to render the same benefit and these differences have also been noted.

Men and women differed in their perceptions of whether some of the benefits were sometimes, rarely or not obtained from participation in activities in certain leisure clusters. Women felt that **DOING ACTIVITIES WITH COMPANIONS** could sometimes be obtained from HOBBIES (\bar{X} 3,0) whereas men did not think so (\bar{X} 2,8) (Table 4.4.3).

Men were of the opinion that sometimes they were **BEING USEFUL TO OTHERS** when taking part in OUTDOOR ACTIVE and SPORT pursuits (\bar{X} 3,1 and 3,0) respectively, whilst women were not of the same opinion when engaging in activities in these clusters (\bar{X} 2,9 and 2,8) (Table 4.4.4).

Women thought that they could sometimes **MAKE SOCIAL CONTACTS** through **NATURE/GARDEN** (\bar{X} 3,0) and **ENTERTAINMENT/MASS MEDIA** (\bar{X} 3,3) activities, men did not think that these activities served this purpose for them (Table 4.4.5). Men indicated that when they engaged in **ENTERTAINMENT/MASS MEDIA** (\bar{X} 3,0) activities they sometimes **EARNED RESPECT** from others, but women indicated that activities in the leisure cluster (\bar{X} 2,9) did not result in respect for them (Table 4.4.6).

Although the mean difference is minor, the interpretation is that the benefit sometimes accrued for men (\bar{X} 3,0), whilst it rarely or never accrued for women (\bar{X} 2,9).

The **NATURE/ GARDEN** activities enabled women to sometimes **MEET NEW PEOPLE** (\bar{X} 3,0), whilst men did not seek to **MEET NEW PEOPLE** (\bar{X} 2,8) through activities in this cluster (Table 4.4.7). **BEING INTELLECTUALLY STIMULATED** (\bar{X} 3,0) was sometimes a benefit for men from the **OUTDOOR ACTIVE** pursuits, however, women did not feel they were **INTELLECTUALLY STIMULATED** (\bar{X} 2,7) during these activities (Table 4.4.8).

Finally men were of the opinion that they could sometimes **DEVELOP CREATIVELY** (Table 4.4.9) in **OUTDOOR ACTIVE** (\bar{X}

3,2) and SPORTS (\bar{X} 3,0) activities, women did not concur (\bar{X} 2,8 and 2,7).

4.4.2 AGE

Respondents aged 15-24 years appeared to be the most positive in their perceptions of benefits which accrued from leisure participation. Thirty three percent of their responses were for response categories four or five indicating that the benefit was often or always obtained, whilst those aged 25-34 years responded positively 27% of the time. It is interesting to note that respondents aged 55-64 years also recorded responses of four or five for 22% of the statements and their perceptions of the benefits obtained from taking part in leisure activities were fairly similar to the perceptions of those aged 34 years and younger. People in the 35-44, 45-54 and 65 and older age groups recorded responses of four or five for 19%, 11% and 7% of the statements respectively and thus did not appear to be as positive in their perceptions as those in the afore mentioned age ranges.

The majority of people of all ages were in agreement about the following benefits: that **IMPROVING PHYSICAL CONDITION** (2) could be achieved from participating in

OUTDOOR ACTIVE and SPORTS activities (Table 4.4.10); that HOBBIES **DEVELOPED A SENSE OF ACCOMPLISHMENT** (3) (Table 4.4.1); that **ENJOYING NATURE** resulted from engaging in NATURE/GARDEN activities (Table 4.4.11) and finally that the benefit of **PASSING TIME** (12) could be obtained from doing activities in the NATURE/GARDEN, OUTDOOR ACTIVE, HOBBIES and SPORTS leisure clusters (Table 4.4.12).

People aged 65 years and older disagreed with all the other age groups about the extent to which activities in certain leisure clusters provided benefits. In each case the majority of the respondents stated that the benefit often or always resulted from participation, whereas those aged 65 and older maintained that this was only sometimes true. The benefits and leisure clusters in question were **DOING ACTIVITIES WITH COMPANIONS** (1) (Table 4.4.3 - SPORTS), **DEVELOPING A SENSE OF ACCOMPLISHMENT** (3) (Table 4.4.1 - NATURE/GARDEN), **ENJOYING NATURE** (5) (Table 4.4.11 - OUTDOOR ACTIVE and SEA/COAST BASED) and **BEING INTELLECTUALLY STIMULATED** (15) (Table 4.4.8 - CULTURAL/INTELLECTUAL).

Respondents aged 45-54 years differed from the majority of the other respondents in their perceptions of the benefits **CHANGING DAILY ROUTINE** (4) (Table 4.4.13) and

FEELING REFRESHED PHYSICALLY AND/OR MENTALLY (9) which they felt were only sometimes achieved through SPORTS and OUTDOOR ACTIVE pursuits respectively (Table 4.4.14).

Most people aged 45-54 and 65 years and older were of the opinion that **DEVELOPING A SENSE OF ACCOMPLISHMENT** (3) (Table 4.4.1), **MAKING SOCIAL CONTACTS** (7) (Table 4.4.5) and **FEELING REFRESHED PHYSICALLY AND/OR MENTALLY** (9) (Table 4.4.14) were only sometimes attained from playing SPORTS, the majority of the other respondents indicated that these benefits were often or always achieved from this cluster.

Most young people aged 15-24 felt that they could often or always **MAKE SOCIAL CONTACTS** (7) through OUTDOOR ACTIVE (90%) and SEA/COAST BASED (69%) activities (Table 4.4.5), **EARN RESPECT** (11) from their HOBBIES (80%) (Table 4.4.6), **MEET NEW PEOPLE** (13) during SEA/COAST BASED (82%) pursuits (Table 4.4.7), **BE FRIENDS WITH PEOPLE OF THE OPPOSITE GENDER** (14) in OUTDOOR ACTIVE (82%) and SEA/COAST BASED (82%) activities (Table 4.4.15), **EXPERIENCE EXCITEMENT** (16) doing SEA/COAST BASED (71%) endeavours (Table 4.4.16), **SHARE ACTIVITIES WITH OTHER MEMBERS OF THE FAMILY** (17) at SPORTS (71%) (Table 4.4.17) and

DEVELOP CREATIVELY (18) when involved in the **NATURE/GARDEN** (76%) leisure cluster (Table 4.4.9). Most of the other respondents were of the opinion that these benefits only sometimes resulted from participation in activities in these leisure clusters.

Whereas many younger people aged 15-34 years considered that the following benefits often or always emanated from participation in the leisure clusters mentioned, the older respondents stated that this only sometimes occurred:

TABLE 4.4.18: RESPONDENTS' (AGED 15-34 YEARS) PERCEPTION OF BENEFITS WHICH OFTEN OR ALWAYS EMANATED FROM LEISURE PARTICIPATION

<u>LEISURE BENEFITS</u>	<u>LEISURE CLUSTERS</u>
DOING ACTIVITIES WITH COMPANIONS (1)	- ENTERTAINMENT/ MASS MEDIA (80%)
DEVELOPING SELF CONFIDENCE (8)	- SPORTS (90%)
EARNING RESPECT (11)	- SPORTS (95%)
MEETING NEW PEOPLE (13)	- OUTDOOR ACTIVE (87%)
SHARING ACTIVITIES WITH OTHER MEMBERS OF THE FAMILY (17)	- OUTDOOR ACTIVE (84%) SEA/COAST BASED (84%)

The young people 15-24 years perceived that they obtained many benefits from taking part in activities in SEA/COAST BASED and SPORTS clusters, however, as was to be expected because of the vast age difference, those aged 65 years and older differed markedly in their perceptions of the benefits which could be gained from these leisure clusters.

4.4.3 Residence

Type of residence did not appear to be a factor which influenced respondents' perceptions of leisure benefits. The residents were in full agreement with regard to 119 i.e 83% of the 144 responses (18 benefits across eight leisure clusters). When differences of opinion did occur they were very slight for example less than half of the mean. A possible exception is **IMPROVING PHYSICAL CONDITION** (2), which people who lived in flats felt could sometimes be obtained from their HOBBIES (\bar{X} 3,0). Most of the respondents, who lived in houses and simplexes/duplexes respectively, indicated that this benefit was rarely or never attained from pursuing HOBBIES (\bar{X} 2,7 and 2,4) (Table 4.4.10).

A possible reason for this discrepancy is that a number of flat dwellers considered some form of dynamic endeavour to be a hobby.

4.4.4 Occupation

Type of occupation did not appear to have much influence on peoples' perceptions of the benefits which could be obtained from taking part in activities in the leisure clusters. There was full agreement on 116 of the 144 responses (18 benefits and eight leisure clusters), which means that people in the various occupation groups agreed 81% of the time. There was full agreement about the extent to which participation in each of the eight leisure clusters resulted in the benefits **ENJOYING NATURE** (5), **DEVELOPING SELF CONFIDENCE** (8), **FEELING REFRESHED PHYSICALLY AND /OR MENTALLY** (9), **BEING INTELLECTUALLY STIMULATED** (15) and **EXPERIENCING EXCITEMENT** (16). A similarly high level of agreement was noted across seven leisure clusters for the benefits **IMPROVING PHYSICAL CONDITION** (2), **MAKING SOCIAL CONTACTS** (7), **BEING IN A POSITION OF AUTHORITY** (10), **PASSING TIME** (12) and **SHARING ACTIVITIES WITH OTHER MEMBERS OF THE FAMILY** (17).

People in different occupations agreed about the extent to which participation in six of the eight leisure clusters resulted in the benefits **DEVELOPING A SENSE OF ACCOMPLISHMENT** (3), and **CHANGING DAILY ROUTINE** (4), whilst agreement was also noted on another four benefits **DOING ACTIVITIES WITH COMPANIONS** (1), **EARNING RESPECT** (11), **MEETING NEW PEOPLE** (13) and **DEVELOPING CREATIVELY** (18) with regard to five leisure clusters.

There appeared to be much less agreement about **BEING FRIENDS WITH PEOPLE OF THE OPPOSITE GENDER** (14) and **BEING USEFUL TO OTHERS** (6), people pursuing different types of occupations were in agreement about four clusters in relation to the the former benefit and only three clusters for the latter benefit (Tables 4.4.15 and 4.4.4).

Those involved in professional/managerial occupations and those who were not economically active at the time of the survey appeared to hold very similar perceptions of the psychological benefits of leisure participation. Disagreement about the extent to which a benefit could be derived from participation in activities in a particular leisure cluster occurred in only 15 of the 144 responses, this represents a 10% disagreement. It is

very possible that many of those classified as being not economically active had been previously engaged in professional or managerial occupations, which could account for the great similarity of perceptions.

Those who were not economically active at the time of the survey and those who were classified as active/other were not in agreement about 22 of the 144 responses. This indicated a very small 15% disagreement about the extent to which participation in activities in various clusters resulted in particular psychological benefits. It should be noted, however, that both the gender and age of the respondents may also have influenced this result; 67% of those who were categorized as active other and 62% of those who were not economically active at the time of the survey were women, whilst 70% of those not economically active were aged 55 years and older.

People in professional/managerial positions differed from those classified as active/other on 25 of the 144 responses, this represented a 17% disagreement in their perceptions of the psychological benefits and the leisure clusters. As 55% of the men held professional/managerial positions and 67% of the women were in oc-

occupations classified as active other, gender may also have been a factor.

Both those who were not economically active at the time of the survey and those who were classified as active/other indicated (Table 4.4.3) that taking part in DO-IT-YOURSELF/DOMESTIC ACTIVITIES rarely or never resulted in **DOING ACTIVITIES WITH COMPANIONS** (1) X 2,7 and 2,6 respectively, whilst those engaged in professional or managerial occupations felt that they sometimes **DID ACTIVITIES WITH COMPANIONS** (1) X 3,6 when involved in this leisure cluster. The difference of 1,0 and 0,9 between the mean of the professional/managerial group and the means of the other two groups was the largest observed difference in perception.

4.4.5 Conclusions

The only socio-economic characteristic which appeared to substantially influence the respondents' perceptions of leisure benefits was age. Younger people were more positive than older people in their perceptions of the benefits arising from leisure participation. Those aged

55-64 years proved to be an exception, their perceptions of leisure benefits were more similar to those of the younger age groups than to those who were closer to them in age.

Gender, type of residence and occupation did not appear to substantially influence peoples' perceptions of the benefits of leisure participation.

4.5 PSYCHOLOGICAL ASPECTS

Hypothesis four stated: "The respondents will perceive that the psychological aspect of Diversion/Relaxation is satisfied in a variety of leisure activities, while the aspects of Interpersonal Relationships and Competence will be perceived to be satisfied by participation in a more narrow and specific range of activities." The analysis of the data collected in this study supports this hypothesis.

4.5.1 DIVERSION/RELAXATION

The five benefits CHANGING DAILY ROUTINE (4), ENJOYING NATURE (5), FEELING REFRESHED PHYSICALLY AND/OR MENTALLY (9), PASSING TIME (12) and EXPERIENCING EXCITEMENT (16) were associated with the psychological aspect **DIVERSION/RELAXATION**. The most usual form of **DIVERSION/RELAXATION** as indicated in Table 4.5.1 appears to be PASSING TIME (12) (average \bar{X} 4,1), which respondents perceived to often or always result from participation in activities in six of the eight leisure clusters, the means of which ranged from 4,0 to 4,2. The other benefits associated with this aspect were considered to sometimes contribute to **DIVERSION/RELAXATION**, the average means

ranged from 3,3 to 3,9.

The respondents indicated that participation in OUTDOOR ACTIVE, SEA/COAST BASED and SPORTS activities often or always resulted in **DIVERSION/RELAXATION**. The average means for these leisure clusters were 4,1; 4,0 and 4,0 respectively. As the average means for the remaining leisure clusters ranged from 3,1 to 3,8, the indication was that engagement in activities in these leisure clusters sometimes afforded **DIVERSION/RELAXATION** (Table 4.5.1).

Men and women differed in their perceptions of the extent to which they could find relaxation or diversion from involvement in activities in various leisure clusters. Men stated that OUTDOOR ACTIVE pursuits often or always led to feelings of relaxation or diversion (average \bar{X} 4,0), whilst the same feelings were only sometimes felt when engaging in other forms of leisure (average means ranged from 3,1 to 3,9). Women, on the other hand, indicated that they experienced relaxation or diversion from three types of leisure pursuits, namely OUTDOOR ACTIVE, SEA/COAST BASED and SPORTS, the average means of which ranged from 4,0 to 4,1. DO-IT-YOURSELF/ DOMESTIC activities (average \bar{X} 2,9) were not considered to be

either relaxing or a diversion for women and these benefits were felt to sometimes be attained from other forms of leisure participation, the average means of which ranged from 3,3 to 3,9 (Table 4.5.2).

With the exception of those aged 45-54 and 65 years and older, participation in NATURE/GARDEN and OUTDOOR ACTIVE pursuits was perceived to often or always afford the opportunity for relaxation or diversion (average means 4,0 and 4,0 to 4,3 respectively). Those in the age groups mentioned felt that this only sometimes happened.

SEA/COAST BASED and SPORTS activities were felt by people aged 15-34 to be often or always relaxing or a diversion (average means 4,3 - 4,1 and 4,2 - 4,1 respectively), whilst those older than 34 years considered that **RELAXATION/DIVERSION** sometimes occurred when taking part in these pursuits (average means ranged from 3,5 to 3,9).

Those aged 35-44 years indicated that DO-IT-YOURSELF/ DOMESTIC activities (average \bar{X} 2,9) were rarely or never relaxing or diverting, whilst the rest of the respondents stated that the outcome sometimes occurred

(average means 3,0 to 3,2).

People of all ages agreed that taking part in HOBBIES, ENTERTAINMENT/MASS MEDIA and CULTURAL/INTELLECTUAL activities was sometimes either relaxing or diverting for them, the average means ranging from 3,4 to 3,8; 3,2 to 3,3 and 3,7 to 3,9 respectively as indicated in Table 4.5.3.

Type of residence appeared to affect peoples' perception of activities from which **DIVERSION/RELAXATION** could be obtained. Those who lived in houses or flats stated that taking part in OUTDOOR ACTIVE and SPORTS activities was relaxing or diverting for them (average means 4,0 - 4,1 and 4,0 respectively), whilst those who lived in simplexes/duplexes felt that this sometimes occurred (average \bar{X} 3,9).

SEA/COAST BASED activities were perceived by house dwellers to be often or always relaxing or diverting (average \bar{X} 4,0), whilst those in other dwellings felt that **RELAXATION/DIVERSION** sometimes occurred as a result of participation in activities in this leisure cluster (average means 3,9).

People who lived in flats indicated that DO-IT-YOUR/
SELF/DOMESTIC activities were sometimes relaxing or
diverting, whilst those in other types of accommodation
were of the opinion that they were rarely or never
relaxed or diverted as a result of these activities
(average means 2,9).

With reference to the remaining leisure clusters,
NATURE/GARDEN, ENTERTAINMENT/MASS MEDIA and CULTURAL/
INTELLECTUAL, people, irrespective of type of residence,
agreed that involvement in activities in these clusters
sometimes resulted in **RELAXATION/ DIVERSION**, the average
means ranged from 3,8 to 3,9; 3,2 to 3,3 and 3,4
respectively (Table 4.5.4).

Some differences of opinion were noted in respect of type
of occupation and perception of the extent to which
participation in activities in certain leisure clusters
resulted in feelings of **DIVERSION/RELAXATION**. SEA/COAST
BASED activities were considered by those in
professional/managerial positions and those who were not
economically active to often or always elicit this
psychological response (average means 4,0), whilst those
who were active in other occupations felt that relaxation

or diversion sometimes occurred as a result of SEA/COAST BASED activities. People in professional/ managerial positions felt they could sometimes feel relaxed or diverted in SPORTS activities (average \bar{X} 3,9), whilst those in other occupational categories indicated that this often or always occurred (average means 4,0). Everyone considered OUTDOOR ACTIVE activities to often or always result in **DIVERSION/ RELAXATION** (average means 4,0 - 4,1). Participation in activities in the other leisure clusters NATURE/GARDEN, ENTERTAINMENT/MASS MEDIA, DO-IT-YOURSELF/DOMESTIC and CULTURAL/INTELLECTUAL was perceived by most of the respondents, irrespective of occupation, to sometimes offer the possibility of **DIVERSION/RELAXATION** the average means of which were 3,8; 3,2 - 3,3; 3,0 and 3,4 respectively (Table 4.5.5).

4.5.2 INTERPERSONAL RELATIONSHIPS

As indicated in Table 4.5.6 the benefits associated with the psychological aspect **INTERPERSONAL RELATIONSHIPS** were DOING ACTIVITIES WITH COMPANIONS (1); BEING USEFUL TO OTHERS (6); MAKING SOCIAL CONTACTS (7); BEING IN A POSITION OF AUTHORITY (10); MEETING NEW PEOPLE (13); BEING FRIENDS WITH PEOPLE OF THE OPPOSITE GENDER (14) and SHARING ACTIVITIES WITH OTHER MEMBERS OF THE FAMILY (17).

With the exception of SPORTS the respondents did not perceive BEING IN A POSITION OF AUTHORITY (10) to be a benefit of leisure participation. The contribution of this benefit to **INTERPERSONAL RELATIONSHIPS** in leisure situations was minimal. BEING USEFUL TO OTHERS (6) was felt to sometimes emanate from OUTDOOR ACTIVE, HOBBIES and DO-IT-YOURSELF/DOMESTIC activities and appeared to be associated with **INTERPERSONAL RELATIONSHIPS** only in those spheres of activity.

Respondents considered that participation in activities in all the leisure clusters, except NATURE/GARDEN and DO-IT-YOURSELF/DOMESTIC sometimes assisted with the development of **INTERPERSONAL RELATIONSHIPS**. The average means ranged from 2,7 to 3,7.

As the average \bar{X} of the benefits ranged from 2,7 to 3,6, the indication was that the benefits associated with **INTERPERSONAL RELATIONSHIPS**, with the exception of BEING IN A POSITION OF AUTHORITY (10), were perceived by the respondents to sometimes contribute to this psychological aspect as a result of participation in leisure activities (Table 4.5.6).

There was a marked similarity in the perceptions of men

and women of the extent to which taking part in activities in the various leisure clusters fostered **INTERPERSONAL RELATIONSHIPS**. The overall opinions were in accord with those of the total sample and the average means for the leisure clusters ranged from 2,7 to 3,7 (Table 4.5.7).

People of all ages considered that participation in CULTURAL/INTELLECTUAL, OUTDOOR ACTIVE, HOBBIES, and SEA/COAST BASED activities sometimes contributed to **INTERPERSONAL RELATIONSHIPS** (average means 3,0 to 3,9), and that DO-IT-YOURSELF/DOMESTIC activities did not (average means 2,6 to 2,8). Some differences of opinion were noted. NATURE/GARDEN pursuits were felt by those aged 55 years and older to sometimes engender relationships between people (average means 3,0 and 3,1), whilst younger people were not of the same opinion. People aged 35-44 and 65 and older stated that ENTERTAINMENT/MASS MEDIA activities did not foster **INTERPERSONAL RELATIONSHIPS** (average \bar{X} 2,9), while those of other ages indicated that this sometimes occurred (average means 3,0 to 3,4). The youngest group 15-24 years were of the opinion that SPORTS involvement (average \bar{X} 4,0) often or always had an effect on relations with others (Table 4.5.8).

Considerable agreement was noted, irrespective of type of residence, in peoples' perceptions that most of the leisure clusters (average means from 3,1 to 3,8), with the exception of the NATURE/GARDEN, HOBBIES and DO-IT-YOURSELF/DOMESTIC clusters (average means 2,6 to 2,9), sometimes afforded the opportunity for **INTERPERSONAL RELATIONSHIPS**. The only disagreement noted was that those who lived in simplexes/duplexes considered that HOBBIES (average \bar{X} 2,9) rarely or never afforded the same opportunity (Table 4.5.9).

Type of occupation appeared to have little influence on peoples' perceptions of those leisure clusters which afforded opportunities for the development of **INTERPERSONAL RELATIONSHIPS**. Irrespective of occupation people indicated that ENTERTAINMENT/MASS MEDIA, CULTURAL/INTELLECTUAL, OUTDOOR ACTIVE, HOBBIES, SEA/COAST BASED and SPORTS activities sometimes effected a relationship with others (average means ranged from 3,0 to 3,8) and that DO-IT-YOURSELF/DOMESTIC activities rarely or never rendered the same opportunity (average means 2,8 to 2,9). Those who were not economically active felt that NATURE/GARDEN activities sometimes helped develop relationships with others (average \bar{X} 3,0), but those who were

economically active disagreed with them, the average means being 2,8 and 2,9 (Table 4.5.10).

4.5.3 COMPETENCE

The benefits associated with the psychological aspect **COMPETENCE** were IMPROVING PHYSICAL CONDITON (2), DEVELOPING A SENSE OF ACCOMPLISHMENT (3), DEVELOPING SELF CONFIDENCE (8), EARNING RESPECT (11), BEING INTELLECTUALLY STIMULATED (15) and DEVELOPING CREATIVELY (18) as indicated in Table 4.5.11.

The only leisure cluster considered by the respondents to be irrelevant in terms of competence was ENTERTAINMENT/MASS MEDIA (average \bar{X} 2,8). The respondents perceived that involvement in activities in all the other leisure clusters resulted in sometimes feeling competent, the average means ranging from 3,2 to 3,6 (Table 4.5.11).

All the benefits associated with **COMPETENCE** were perceived by the respondents to sometimes result from leisure participation and therefore to be relevant to this psychological aspect, the average means ranging from 3,1 to 3,7 (Table 4.5.11).

There was a marked similarity in the perceptions of men and women of the extent to which taking part in activities in the various leisure clusters fostered a feeling of **COMPETENCE**. The overall opinions were in accord with those of the total sample and the average means for the leisure clusters ranged from 2,7 to 3,6.

(Table 4.5.12).

People of all ages concurred that a feeling of **COMPETENCE** was sometimes experienced whilst engaging in activities in most of the leisure clusters with the exception of ENTERTAINMENT/MASS MEDIA, with the average means being 2,7 to 2,8 (Table 4.5.13).

Examination of the remaining socio-economic variables, type of residence and occupation indicated that these variables did not appear to influence the perceptions of the respondents in respect of **COMPETENCE**. Again, in each case, respondents irrespective of type of residence or occupation, indicated that ENTERTAINMENT/ MASS MEDIA activities (means 2,7 to 2,9 for both variables) rarely or never contributed to feelings of **COMPETENCE**, whilst participation in other leisure activities (average means 3,1 to 3,7 and 3,2 to 3,8 respectively) sometimes enabled respondents to feel competent (Tables 4.5.14 and 4.5.15).

4.5.4 CONCLUSIONS

It would appear that **DIVERSION/RELAXATION** was the psychological aspect which most respondents considered a product of many forms of leisure participation. **INTERPERSONAL RELATIONSHIPS** and **COMPETENCE**, whilst important psychological aspects, appeared to be sought in more specific types of activities, particularly when examined in terms of the socio-economic characteristics of the respondents.

General conclusions, some recommendations and suggestions for future research are presented in Chapter Five.

CHAPTER 5

CONCLUSIONS AND RECOMMENDATIONS

In this chapter certain conclusions have been drawn from the major findings of the study. These conclusions form the basis of the recommendations which follow. Suggestions about possible future areas of research, emanating from this study, are also offered. The chapter concludes with a summary of the study.

5.1 CONCLUSIONS

5.1.1 THE RESPONDENTS

It is clear from the description of the respondents that the gender representation in the sample was fairly equitable. When gender and age were cross-tabulated, some discrepancies were noted. Most of the younger people in the sample were women, whilst men were in the majority in the age group 65 years and older. Most of the respondents lived in flats, which is to be expected in a high density area. A large number of economically active people held professional or managerial positions, although most of the respondents were not economically active at the time of the survey. Those who were not economically active may

have been students, housewives, unemployed or retired persons at the time of the survey, which could account for the high representation of not economically active people in the sample.

5.1.2 PERCEIVED PSYCHOLOGICAL BENEFITS

Tinsley (1984:96) maintained that participation in leisure activities provides benefits to the participants. In this study the benefits which were generally perceived to emanate from leisure participation were **PASSING TIME (12)**, **CHANGING DAILY ROUTINE (4)**, **FEELING ACCOMPLISHED (3)**, and **FEELING REFRESHED PHYSICALLY AND/OR MENTALLY (9)**. These benefits were perceived to be obtained from participation in activities in a number of leisure clusters, and are therefore considered the more general psychological benefits of leisure participation.

The respondents perceived that the other benefits, with the exception of **BEING IN A POSITION OF AUTHORITY (10)**, were procured from specific types of leisure activities. For example, activities in the **CULTURAL/ INTELLECTUAL** leisure cluster were considered essential for **BEING**

INTELLECTUALLY STIMULATED (15) while **HOBBIES** activities were valuable for **DEVELOPING CREATIVELY (18)**.

Buchanan (1983:46) was of the opinion that satisfactions derived from engaging in one activity were usually different from the satisfactions derived from engaging in a different activity. If this is true of satisfactions, then the assertion is likely to apply to benefits as well.

Benefits were perceived by the respondents to result from leisure participation, although the mean for a number of benefits was between 3,0 and 3,9 which indicated that the respondents perceived that the attainment of these benefits sometimes occurred, but was not necessarily assured. It would appear that factors other than participation influenced the perception of the emergence of these benefits.

Respondents did not appear to seek positions of authority during leisure. Engaging in **SPORTS** activities occasionally resulted in **BEING IN A POSITION OF AUTHORITY (10)**, however the benefit was negatively perceived in relation to activities in the other leisure clusters.

clusters. **BEING IN A POSITION OF AUTHORITY (10)** cannot be considered to be a general psychological benefit of leisure participation.

5.1.3 PERCEPTIONS OF THE LEISURE CLUSTERS

The **OUTDOOR ACTIVE, HOBBIES, SEA/COAST BASED** and **SPORTS** activities were those which were perceived to render the most benefits for the participants. The overall perception of the respondents was that certain psychological benefits were obtained from taking part in activities in all the leisure clusters, with the possible exception of **ENTERTAINMENT/MASS MEDIA**. As a few benefits were considered to only sometimes accrue from **ENTERTAINMENT/MASS MEDIA** activities, it would appear that factors other than participation influenced the respondents perceptions about whether benefits were obtained from the activities in this leisure cluster. If **ENTERTAINMENT** had been presented as a separate leisure cluster and not coupled with **MASS MEDIA** it is possible that the respondents might have indicated a more positive perception of the benefits accruing from **ENTERTAINMENT** or from **MASS MEDIA** activities.

Respondents felt that specific benefits could be attained from **NATURE/GARDEN** and **CULTURAL/INTELLECTUAL** pursuits. As the respondents indicated that the only real benefit of **DO-IT-YOURSELF/DOMESTIC** activities was **DEVELOPING A SENSE OF ACCOMPLISHMENT** (3), it would appear that their perceptions were centered more on the **DO-IT-YOURSELF** component than on the **DOMESTIC** component of this leisure cluster. Benefits such as **BEING USEFUL TO OTHERS** (6) and **SHARING ACTIVITIES WITH OTHER MEMBERS OF THE FAMILY** (17) would be expected to often or always occur in the home environment.

5.1.4 THE EFFECT OF SOCIO-ECONOMIC CHARACTERISTICS ON THE PERCEPTIONS OF PSYCHOLOGICAL BENEFITS

Neither gender, type of residence nor occupation appeared to exert much influence on people's perceptions of leisure benefits. Although women appeared to be a little more positive than men in their perceptions of the benefits which they expected to obtain from participation in various types of activities, the degree of consensus noted was considerable. Tinsley and Kass (1978:199-200) also noted that there were no observable differences in gender perception of the extent to which leisure activities met needs.

Similarity of perceptions about leisure benefits was also noted for respondents who lived in different types of residence. This was not surprising, as the study concentrated on a particular neighbourhood, the main characteristic of which was that it was a non-central, yet high density area. Type of neighbourhood appears to be of greater significance than type of residence. According to Kaplan (1975:396) research should take account of socio-cultural desires and initiatives expressed at the level of local neighbourhoods. Those who lived in houses and simplexes/duplexes had gardens, and some flat dwellers had access to gardens, which may have affected certain perceptions of benefits in relation to the NATURE/GARDEN leisure cluster.

People who pursued different occupations or who were not economically active were in agreement about most of the leisure benefits. The differences of opinion, which were noted were not necessarily consequences of the occupation variable, because other variables such as age or gender may have influenced the perceptions. In the area studied differentiation of occupation did not appear to be sufficiently wide for occupation to be considered a viable socio-economic characteristic. This contention was supported by Godbey (1981:296) who main

tained that the extent to which occupational status influenced the content and meaning of leisure was becoming less pronounced.

Age, however, was an important factor. Younger people, particularly those aged 15 to 34 years, responded more positively and appeared to expect to obtain many more benefits from leisure participation, than those who were older. A possible exception was evidenced in people aged 55-64 years whose perceptions about leisure benefits in many ways mirrored those of the younger age groups. As one ages, activity levels tend to diminish somewhat. Dower, Rapoport, Strelitz and Kew (1981:143) maintained that people at specific stages in their personal and family life cycle have characteristic preoccupations and interests. This may account for the different perceptions of leisure benefits, which was noted among people aged 65 years and older. People in this age group felt that many benefits sometimes accrued from leisure participation, but rarely took a more adamant stance.

5.1.5 PSYCHOLOGICAL ASPECTS

5.1.5.1 Diversion/relaxation

Diversion/relaxation was the psychological aspect most sought from leisure participation and activities in the OUTDOOR ACTIVE, SEA/COAST BASED and SPORTS leisure clusters appeared to be preferred.

(a) Gender

Women indicated that they found diversion and relaxation in more types of activities than men. Apart from this difference however, gender perceptions of the extent to which leisure activities provided for **diversion/relaxation** were very similar.

(b) Age

Most respondents, irrespective of age, favoured NATURE/GARDEN and OUTDOOR ACTIVE pursuits. When they wished to feel relaxed or experience diversion, younger people (aged 15-34) also included SEA/COAST BASED and SPORTS activities.

(C) Residence

Apart from the fact that people in houses and in some simplexes/ duplexes could relax in their gardens, type of residence did not appear to influence the manner in which respondents sought relaxation or diversion.

(d) Occupation

People in different types of occupations varied somewhat in their perceptions of the types of activities which most afforded relaxation or diversion for them, for example those in professional/managerial positions favoured SEA/COAST BASED and OUTDOOR ACTIVE pursuits, whilst those who were not economically active also included SPORTS. Finally those who were active in other occupations preferred OUTDOOR ACTIVE and SPORTS activities.

5.1.5.2 Interpersonal relationships

The respondents felt that **interpersonal relationships** were sometimes developed as a result of or during many different leisure activities.

(a) Gender

Both men and women appeared to develop relationships with others in similar ways.

(b) Age

SPORTS appeared to be very important for younger people as a means of developing relationships. Deci and Ryan (1985:313-314) were also of the opinion that sport provided an excellent opportunity for social involvement. Those aged 55 years and older felt that NATURE/GARDEN activities served the same purpose for them. Most people considered that participation in HOBBIES, CULTURAL/INTELLECTUAL, OUTDOOR ACTIVE and SEA/COAST BASED activities fostered **interpersonal relationships**. Indeed, for the older people most leisure activities were undertaken for social rather than achievement reasons (Godbey 1981:300). DO-IT-YOURSELF/DOMESTIC activities were perceived to be less important for the development or maintenance of relationships, however the perceptions of the respondents appear to have been centered more on the DO-IT-YOURSELF than on the DOMESTIC component of that leisure cluster.

(c) Residence and occupation

Neither residential nor occupational differentiation appeared to have much influence on people's perceptions of those activities through which **interpersonal relationships** could be cultured. A possible exception is that those who were not economically active included NATURE/GARDEN activities, perhaps because they had more time available for these pursuits.

5.1.5.3 Competence

Whilst **competence** was considered sometimes to be developed as a result of taking part in different activities, with the exception of those associated with ENTERTAINMENT/MASS MEDIA, specific competencies were considered to result from specific leisure activities, for example IMPROVING PHYSICAL CONDITION (2) was closely related to OUTDOOR ACTIVE and SPORTS activities and INTELLECTUAL STIMULATION (15) to involvement in CULTURAL/INTELLECTUAL pursuits, whilst DEVELOPING CREATIVELY was associated with HOBBIES. Sport in particular

according to Deci and Ryan (1985:313-314) provided an excellent opportunity to be self determining and to get competence feedback.

Deci and Ryan (1985:314) stated that according to a study on youth sports by Wankel and Kreisel (cited in Deci and Ryan, 1985),

"The most important factors influencing their sports enjoyment and participation were improvement of skills, sense of personal accomplishment, and excitement derived from the activity."

Apart from this particular age factor the socio-economic characteristics of people did not appear to have much influence on their perceptions in relation to **competence**.

5.2 RECOMMENDATIONS

This study should be of interest and value to those who are responsible for the provision of recreation services, the development of recreation programmes and the development of leisure education programmes. Very often decisions taken by the various recreation agencies have been based on leisure preference studies, while the psychological implications of leisure activities have scarcely been addressed. Indeed, Driver (1990:95) was of the opinion that,

"Information on benefits is needed to,

(a) Facilitate a "benefits-based" approach to the management of leisure service delivery systems within which management objectives are explicitly targeted to the provision of opportunities for specified types of benefits.

(b) Enhance leisure choices by improving understanding of the consequences of alternative leisure behaviours.

(c) Increase understanding of what leisure is, and thus advance the state of the art as well as the state of the practice.

(d) Improving understanding of what the contributions of leisure are to human welfare, and increase the pride of leisure professionals in their career choices.

To accomplish these ends, leisure professionals must give explicit focus to benefits."

Cognizance of what people gain psychologically as a result of their leisure activities should enable those in the recreation profession to have a more holistic view of leisure and thus enable them to address matters associated with leisure more adequately.

(a) DIVERSION/RELAXATION appears to be the most desirable psychological aspect required from taking part in leisure activities. The greater the variety of pursuits provided, the more opportunities residents will have to fulfil this need.

(b) The enhancement of INTERPERSONAL RELATIONSHIPS is highly desirable in any society. The residents have indicated that OUTDOOR ACTIVE and SPORTS activities were perceived to be the type of activities from which these relationships are most likely to be developed, it is therefore imperative that activities from these leisure clusters are provided for all communities, particularly for those people living in high density, non-central city areas.

(c) COMPETENCE according to Deci and Ryan (1985: 58) is a component of intrinsic motivation which in turn is an important aspect of leisure. Therefore the provision of those activities which have been perceived to be associated with various forms of competencies, both personal and interpersonal, is vital for good leisure programming. Those responsible for the provision of leisure services and programmes need to be aware of the specific types of activities required for the development of specific competencies.

(d) With regard to COMPETENCE however, the mere provision of facilities is insufficient. Without leisure skills, facilities could be under-utilised or misused. The findings of this study clearly indicate that respondents perceived that specific competencies such as;

IMPROVING PHYSICAL CONDITION (2) could be developed through OUTDOOR ACTIVITIES and SPORTS.

DEVELOPING A SENSE OF ACCOMPLISHMENT (3) could be achieved from NATURE/GARDEN, HOBBIES, SPORTS and DO-IT-YOURSELF/DOMESTIC activities.

BEING INTELLECTUALLY STIMULATED (15) occurred during CULTURAL/INTELLECTUAL pursuits.

DEVELOPING CREATIVELY (18) was a benefit ensuing from engaging in HOBBIES.

Skill learning is an implicit factor for the emergence of feelings of competence in these pursuits. However, as discussed in Chapter Two leisure learning outcomes embrace more than skill learn-

ing. Other types of learning such as learning low impact behaviours, gains in direct visual memory, information learning, concept learning, schemata learning, metacognition learning and attitude learning are also an implicit part of the leisure experience (Roggenbuck, Loomis and Dagostino, 1990:112-121). There is therefore a need to provide for leisure education to enhance these learning processes.

(e) As it may be difficult for the providers of leisure services and developers of leisure programmes to address the need for leisure education, other agencies could also be involved in this endeavour, such as local community organizations, youth groups, education institutions and those who cater for the elderly. Kaplan (1975:409) maintained that education for leisure extends through all ages, however, he was concerned for the elderly in particular, for he felt that they were on their own more and more and were most in need of guidance. Leisure education could well be included among those subjects categorized as Life Skills in the proposed National Education Syllabus. The importance of providing for leisure

education cannot be over emphasised. Unemployment figures are rising and the situation may not improve for some time, therefore leisure education may help to alleviate some of the problems associated with high levels of unemployment. Indeed it is possible that certain skills learned in leisure education could form the basis for some forms of economic enterprise.

(f) Careful planning is required for the leisure of those aged 65 years and older, who were very cautious in their perceptions of the benefits which they could obtain from participating in leisure activities. Older people very often have an abundance of time available and there is a particular need to consider the provision of leisure activities which fulfil the need for diversion and relaxation and also for the development and maintenance of positive interpersonal relationships.

5.3 FUTURE RESEARCH AREAS

This study focussed on people who lived in a high density, non-central city area, their perceptions of the psychological benefits of leisure participation and the types of activities from which these benefits could be obtained. The following suggestions are offered for future areas of research in this field.

(a) Similar research using other high density, non-central city areas, both coastal and inland, would result in a much wider perspective of the perceptions of the psychological benefits of leisure participation.

(b) The perceptions of the psychological benefits of leisure participation of those living in other areas, such as rural areas could be examined.

(c) This study tended to take a macro view of leisure activities, hence the use of leisure clusters. Future research could be centered on a particular leisure cluster and the associated activities.

(d) Instead of type of residence, different neighbourhoods differing markedly in terms of their socio-economic characteristics could be studied.

(e) The requirements of older people (65 years and older) could be researched in depth, because their perceptions appear to differ markedly from those of younger people

(f) Investigation could be undertaken into why the perceptions of those aged 55-64 are more similar to the perceptions of younger people than to those closer to them in chronological age with regard to psychological benefits.

(g) Factors which influence perceptions of the benefits which may be derived from ENTERTAINMENT/MASS MEDIA activities could be examined.

(h) The DO-IT-YOURSELF/DOMESTIC leisure cluster could be re-examined, possibly by treating each aspect singly instead of collectively.

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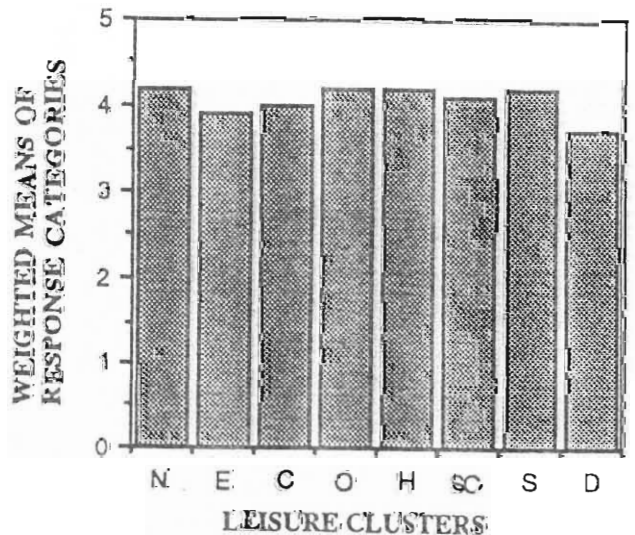
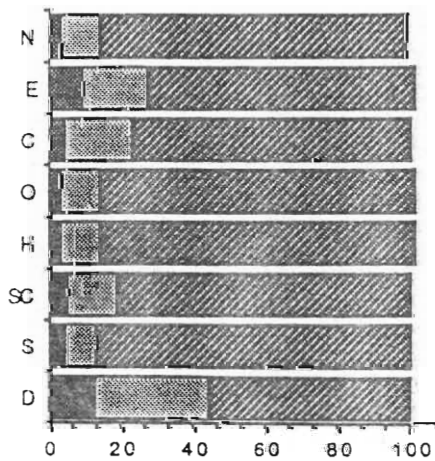
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APPENDIX 1

TABLES AND FIGURES

**TABLE 4.2.1: PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF BENEFIT (12):
PASSING TIME : FOR VARIOUS LEISURE CLUSTERS**

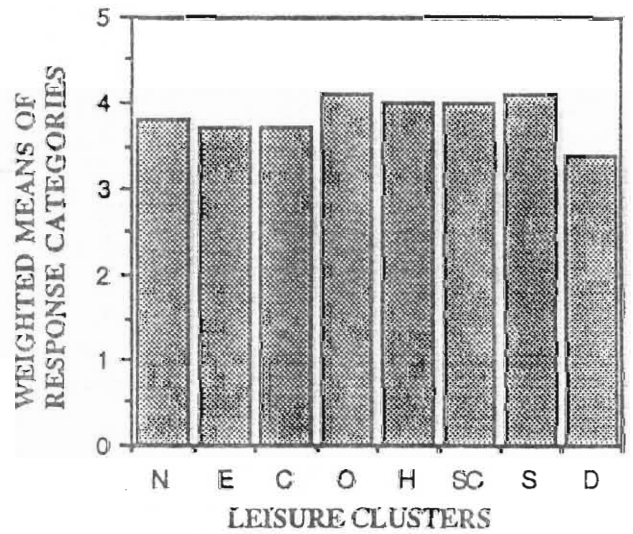
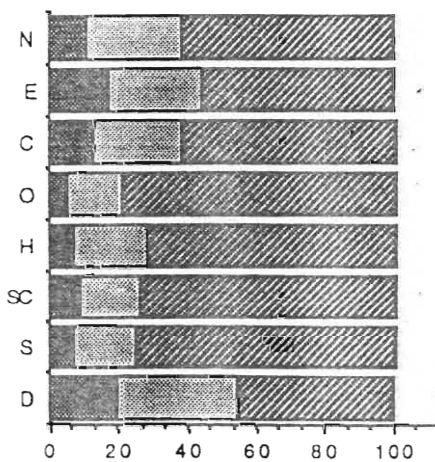
PERCEPTIONS RESPONSE CATEGORIES	LEISURE CLUSTERS							
	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL/ INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST BASED (SC)	SPORTS (S)	DO-IT-YOURSELF/ DOMESTIC (D)
	%	%	%	%	%	%	%	%
1	2	2	1	2	1	3	2	3
2	1	7	3	1	2	2	2	10
3	11	18	19	11	11	14	9	31
4	45	51	49	51	45	47	47	33
5	40	23	28	36	42	34	40	23
(\bar{X})	4,2	3,9	4,0	4,2	4,2	4,1	4,2	3,7
AVERAGE (\bar{X})	4,1							



NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

TABLE 4.2.2: PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF BENEFIT (4):
CHANGING DAILY ROUTINE : FOR VARIOUS LEISURE CLUSTERS

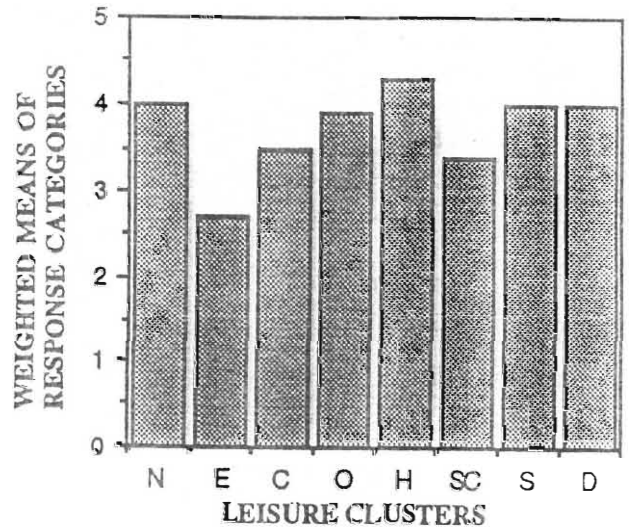
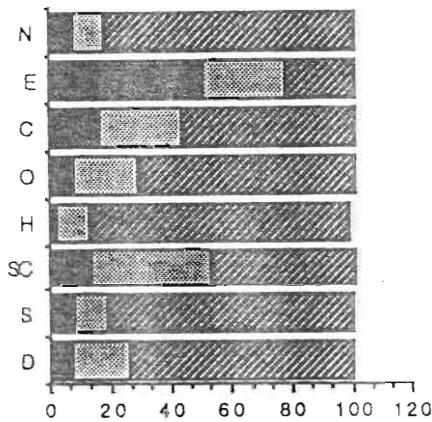
PERCEPTIONS RESPONSE CATEGORIES	LEISURE CLUSTERS							
	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL/ INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST BASED (SC)	SPORTS (S)	DO-IT-YOURSELF/ DOMESTIC (D)
	Z	Z	Z	Z	Z	Z	Z	Z
1	4	4	4	2	2	3	4	6
2	7	13	9	3	5	6	3	14
3	27	27	25	16	21	17	18	34
4	34	35	42	41	41	38	35	27
5	28	21	21	39	32	37	41	19
(\bar{X})	3,8	3,7	3,7	4,1	4,0	4,0	4,1	3,4
AVERAGE (\bar{X})	3,9							



NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORE 4 AND 5)

TABLE 4.2.3: PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF BENEFIT (3):
DEVELOPING A SENSE OF ACCOMPLISHMENT : FOR VARIOUS LEISURE CLUSTERS

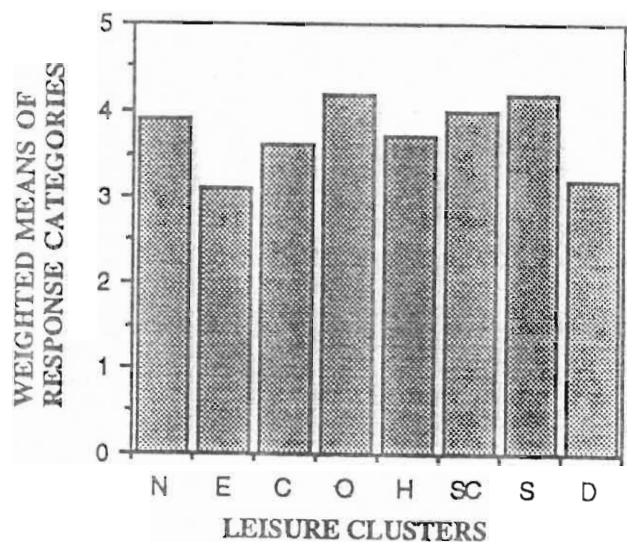
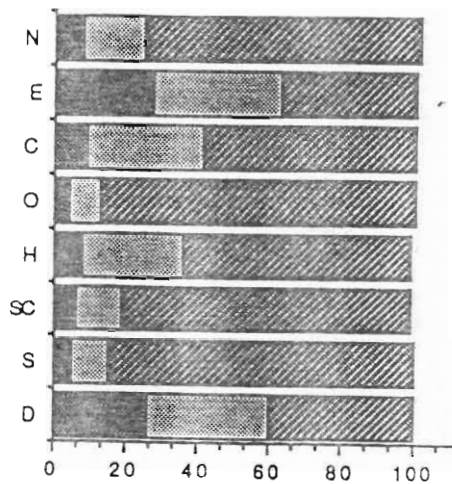
PERCEPTIONS RESPONSE CATEGORIES	LEISURE CLUSTERS							
	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL/ INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST BASED (SC)	SPORTS (S)	DO-IT-YOURSELF/ DOMESTIC (D)
	%	%	%	%	%	%	%	%
1	4	14	4	3	1	5	4	3
2	4	37	13	5	1	9	4	4
3	10	27	27	21	11	39	11	19
4	53	16	39	48	41	36	46	38
5	30	7	18	24	45	12	35	36
(\bar{x})	4,0	2,7	3,5	3,9	4,3	3,4	4,0	4,0
AVERAGE (\bar{x})	3,7							



NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

**TABLE 4.2.4: PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF BENEFIT (9):
FEELING REFRESHED PHYSICALLY AND/OR MENTALLY : FOR VARIOUS LEISURE CLUSTERS**

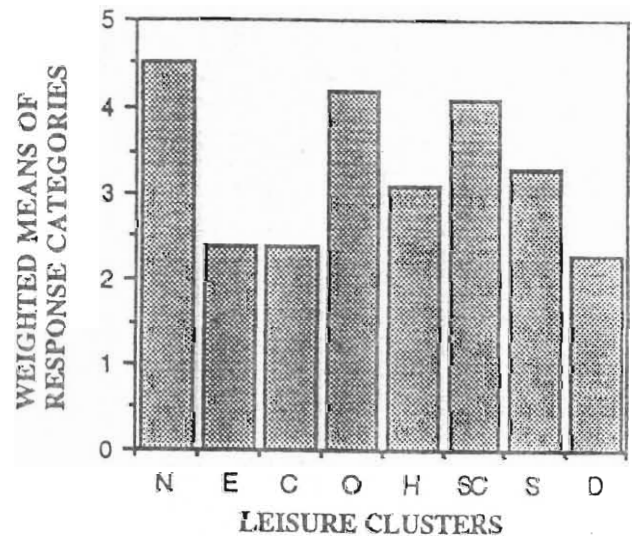
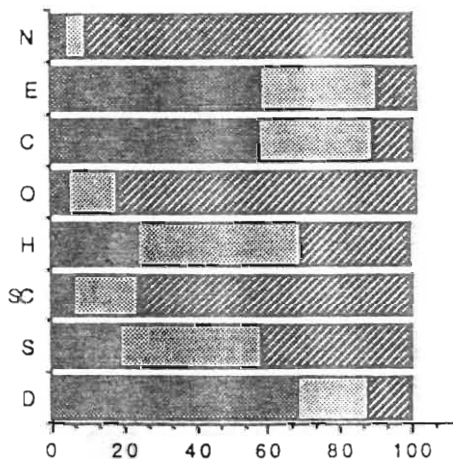
PERCEPTIONS RESPONSE CATEGORIES	LEISURE CLUSTERS							
	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL/ INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST BASED (SC)	SPORTS (S)	DO-IT-YOURSELF/ DOMESTIC (D)
	Z	Z	Z	Z	Z	Z	Z	Z
1	3	5	3	2	2	3	3	6
2	5	22	6	2	6	3	2	20
3	17	36	32	9	28	13	10	34
4	50	28	44	49	45	48	42	29
5	26	9	15	38	18	32	43	11
(\bar{X})	3,9	3,1	3,6	4,2	3,7	4,0	4,2	3,2
AVERAGE (\bar{X})	3,7							



NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

TABLE 4.2.5: PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF BENEFIT (5):
ENJOYING NATURE FOR VARIOUS LEISURE CLUSTERS

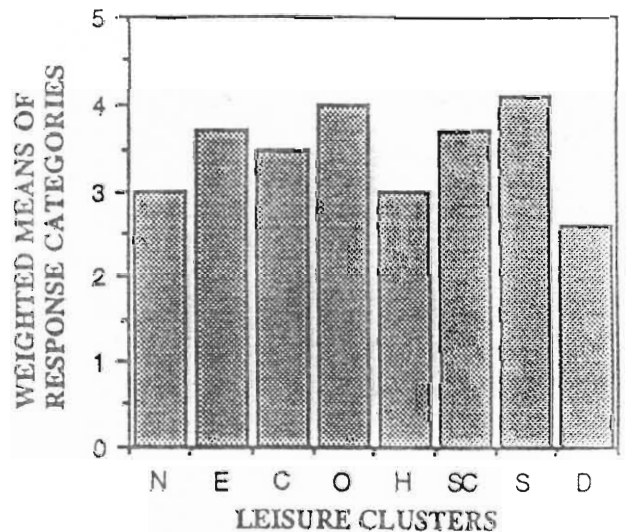
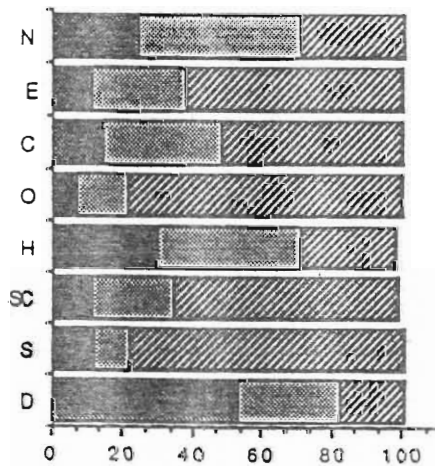
PERCEPTIONS RESPONSE CATEGORIES	LEISURE CLUSTERS							
	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL/ INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST BASED (SC)	SPORTS (S)	DO-IT-YOURSELF/ DOMESTIC (D)
	%	%	%	%	%	%	%	%
1	2	19	16	2	7	2	7	21
2	2	39	41	3	17	4	12	47
3	6	32	32	13	45	18	39	20
4	20	9	8	38	22	34	27	6
5	70	2	3	45	8	42	15	6
(\bar{x})	4,5	2,4	2,4	4,2	3,1	4,1	3,3	2,3
AVERAGE (\bar{x})	3,3							



NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

TABLE 4.2.6: PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF BENEFIT (1)
DOING ACTIVITIES WITH COMPANIONS : FOR VARIOUS LEISURE CLUSTERS

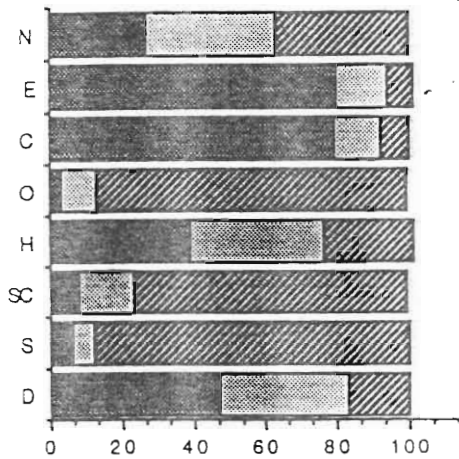
PERCEPTIONS RESPONSE CATEGORIES	LEISURE CLUSTERS							
	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL/ INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST BASED (SC)	SPORTS (S)	DO-IT-YOURSELF/ DOMESTIC (D)
	%	%	%	%	%	%	%	%
1	8	4	4	2	8	6	7	14
2	16	7	10	5	24	5	5	39
3	47	27	34	14	41	23	10	29
4	24	40	39	45	17	44	27	13
5	6	22	13	34	10	21	52	6
(\bar{x})	3,0	3,7	3,5	4,0	3,0	3,7	4,1	2,6
AVERAGE (\bar{x})	3,5							



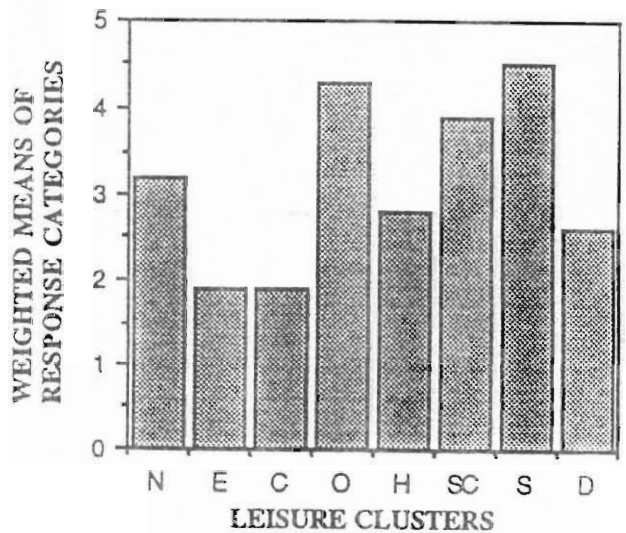
■ NEVER/RARELY TRUE (SCORES 1 AND 2)
 ▨ SOMETIMES TRUE (SCORE 3)
 ▩ OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

**TABLE 4.2.7: PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF BENEFIT (2):
IMPROVING PHYSICAL CONDITION : FOR VARIOUS LEISURE CLUSTERS**

PERCEPTIONS RESPONSE CATEGORIES	LEISURE CLUSTERS							
	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL/ INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST BASED (SC)	SPORTS (S)	DO-IT-YOURSELF/ DOMESTIC (D)
	%	%	%	%	%	%	%	%
1	7	40	41	2	13	4	4	16
2	20	40	38	1	26	4	2	31
3	36	14	13	10	37	15	6	36
4	25	5	4	34	17	46	20	11
5	12	2	4	52	8	30	68	6
(\bar{X})	3,2	1,9	1,9	4,3	2,8	3,9	4,5	2,6
AVERAGE (\bar{X})	3,1							



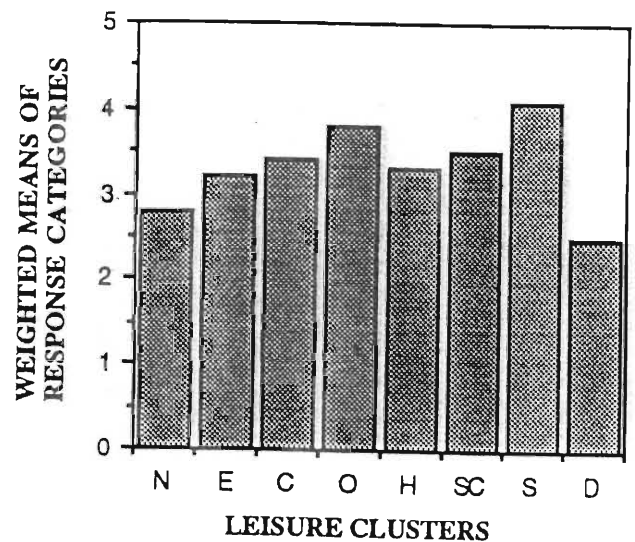
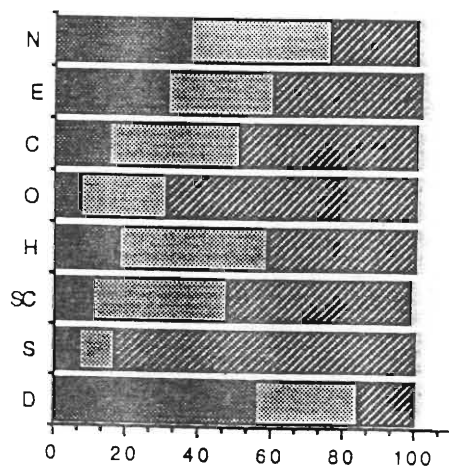
NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)



**TABLE 4.2.8: PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF BENEFIT (7):
MAKING SOCIAL CONTACTS : FOR VARIOUS LEISURE CLUSTERS**

LEISURE CLUSTERS

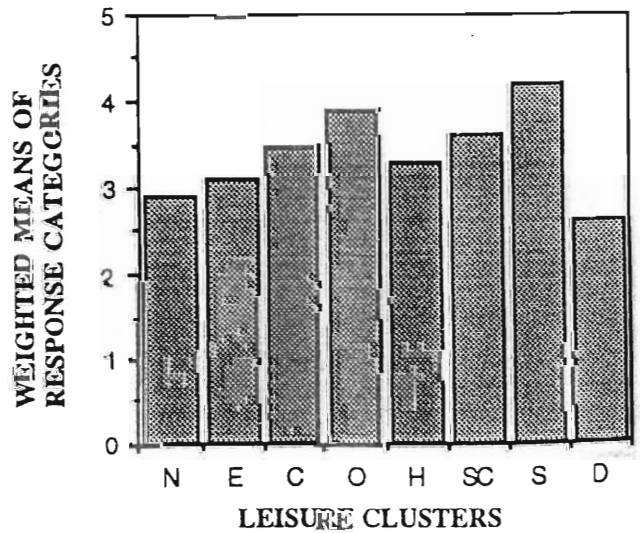
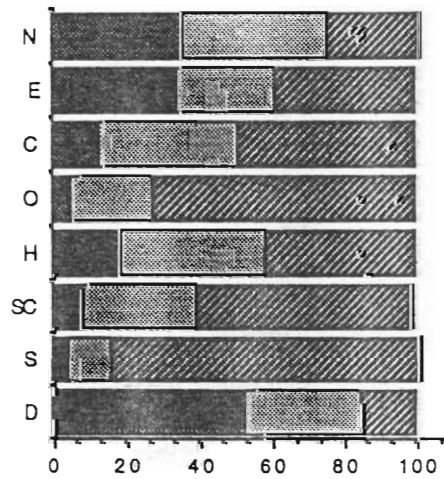
PERCEPTIONS	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL/ INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST BASED (SC)	SPORTS (S)	DO-IT-YOURSELF/ DOMESTIC (D)
RESPONSE CATEGORIES	Z	Z	Z	Z	Z	Z	Z	Z
1	8	8	4	2	4	4	5	16
2	29	23	11	5	14	7	2	40
3	39	29	36	24	41	37	10	28
4	19	28	36	50	32	38	43	11
5	5	13	13	19	9	13	40	5
\bar{X}	2,8	3,2	3,4	3,8	3,3	3,5	4,1	2,5
AVERAGE (\bar{X})				3,3				



NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

TABLE 4.2.9: PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF BENEFIT (13): MEETING NEW PEOPLE : FOR VARIOUS LEISURE CLUSTERS

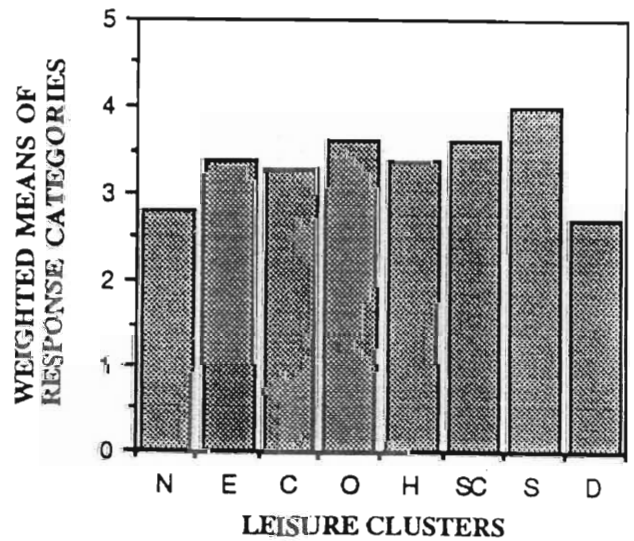
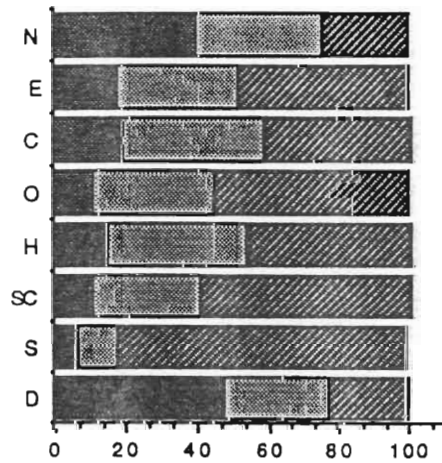
PERCEPTIONS RESPONSE CATEGORIES	LEISURE CLUSTERS							
	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL/ INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST BASED (SC)	SPORTS (S)	DO-IT-YOURSELF/ DOMESTIC (D)
	%	%	%	%	%	%	%	%
1	7	8	4	2	4	3	3	12
2	28	26	9	3	14	5	1	41
3	40	27	38	22	40	31	12	32
4	17	25	35	53	31	45	47	9
5	9	14	14	20	11	15	38	6
(\bar{x})	2,9	3,1	3,5	3,9	3,3	3,6	4,2	2,6
AVERAGE (\bar{x})				3,4				



NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

TABLE 4.2.10: PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF BENEFIT (16): EXPERIENCING EXCITEMENT : FOR VARIOUS LEISURE CLUSTERS

PERCEPTIONS RESPONSE CATEGORIES	LEISURE CLUSTERS							
	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL/ INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST BASED (SC)	SPORTS (S)	DO-IT-YOURSELF/ DOMESTIC (D)
	%	%	%	%	%	%	%	%
1	12	4	5	3	4	6	5	15
2	28	14	14	8	11	5	1	33
3	35	34	40	34	39	30	12	29
4	20	37	35	40	37	42	50	14
5	5	11	7	15	10	18	31	9
(\bar{X})	2,8	3,4	3,3	3,6	3,4	3,6	4,0	2,7
AVERAGE (\bar{X})	3,4							

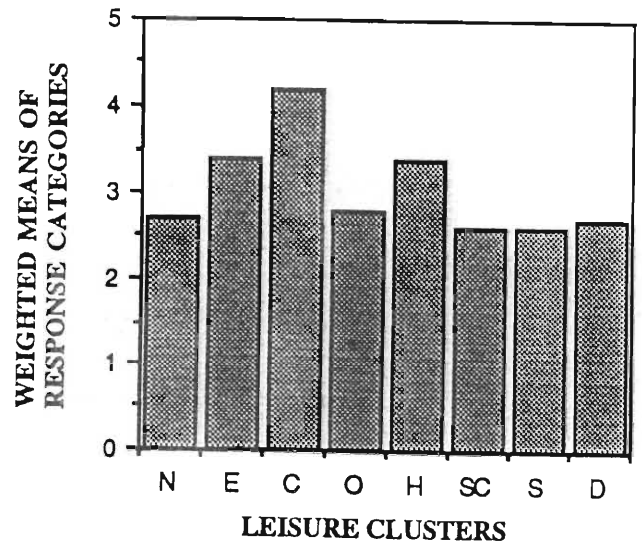
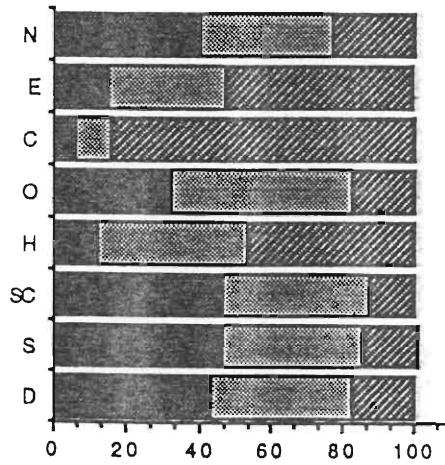


NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

**TABLE 4.2.11: PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF BENEFIT (15):
BEING INTELLECTUALLY STIMULATED : FOR VARIOUS LEISURE CLUSTERS**

LEISURE CLUSTERS

PERCEPTIONS RESPONSE CATEGORIES	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL/ INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST BASED (SC)	SPORTS (S)	DO-IT-YOURSELF/ DOMESTIC (D)
	%	%	%	%	%	%	%	%
1	14	4	4	8	4	13	13	13
2	26	11	2	24	8	33	33	30
3	37	32	10	50	41	41	39	39
4	17	42	42	14	38	10	12	14
5	6	10	42	4	9	3	4	4
(\bar{X})	2,7	3,4	4,2	2,8	3,4	2,6	2,6	2,7
AVERAGE (\bar{X})				3,1				

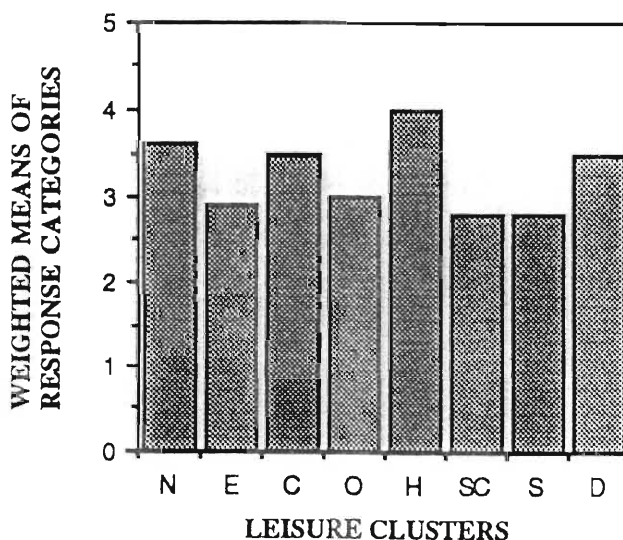
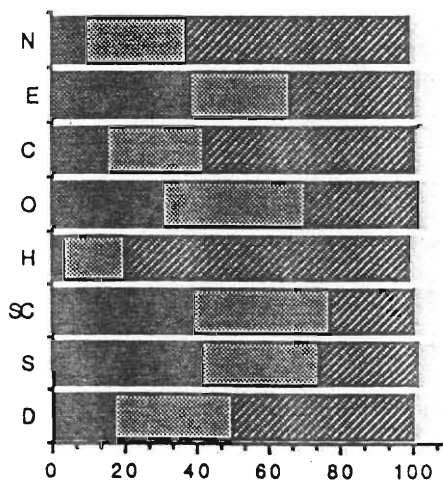


NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

**TABLE 4.2.12: PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF BENEFIT (18):
DEVELOPING CREATIVELY : FOR VARIOUS LEISURE CLUSTERS**

LEISURE CLUSTERS

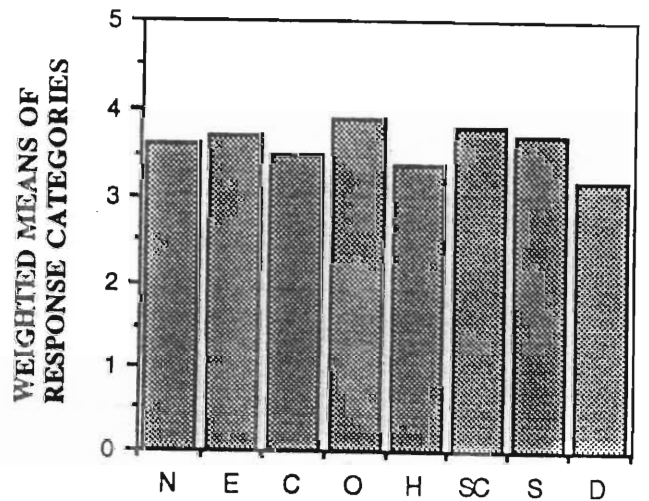
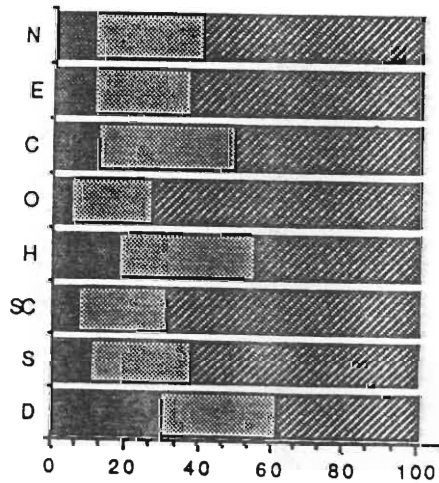
PERCEPTIONS RESPONSE CATEGORIES	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL/ INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST BASED (SC)	SPORTS (S)	DO-IT-YOURSELF/ DOMESTIC (D)	
	%	%	%	%	%	%	%	%	
1	4	12	5	7	2	8	10	5	
2	5	26	10	23	1	31	31	12	
3	28	28	27	40	17	38	33	33	
4	47	27	42	24	50	17	19	30	
5	15	7	16	7	29	6	8	20	
(\bar{X})	3,6	2,9	3,5	3,0	4,0	2,8	2,8	3,5	
AVERAGE (\bar{X})									3,3



NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

TABLE 4.2.13: PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF BENEFIT (17): SHARING ACTIVITIES WITH OTHER MEMBERS OF THE FAMILY : FOR VARIOUS LEISURE CLUSTERS

PERCEPTIONS RESPONSE CATEGORIES	LEISURE CLUSTERS							
	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL/ INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST BASED (SC)	SPORTS (S)	DO-IT-YOURSELF/ DOMESTIC (D)
	Z	Z	Z	Z	Z	Z	Z	Z
1	5	4	4	3	5	3	4	7
2	6	7	8	2	13	4	7	23
3	29	26	37	22	37	24	27	32
4	41	45	36	45	32	47	40	23
5	19	18	15	28	13	22	22	16
(\bar{X})	3,6	3,7	3,5	3,9	3,4	3,8	3,7	3,2
AVERAGE (\bar{X})	3,6							

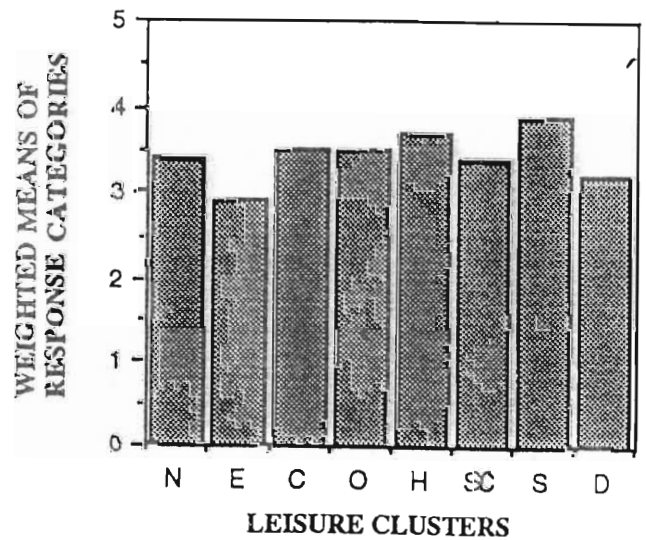
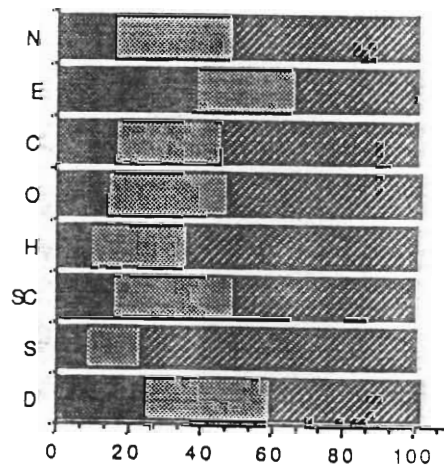


NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

LEISURE CLUSTERS

**TABLE 4.2.14: PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF BENEFIT (1):
EARNING RESPECT : FOR VARIOUS LEISURE CLUSTERS**

PERCEPTIONS RESPONSE CATEGORIES	LEISURE CLUSTERS							
	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL/ INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST BASED (SC)	SPORTS (S)	DO-IT-YOURSEL DOMESTIC (D)
	1	1	1	1	1	1	1	1
1	6	15	5	4	2	6	4	6
2	10	23	11	10	7	9	4	19
3	32	28	29	33	27	34	15	34
4	40	24	38	44	50	41	55	30
5	12	10	17	10	14	9	22	12
(\bar{X})	3,4	2,9	3,5	3,5	3,7	3,4	3,9	3,2
AVERAGE (\bar{X})				3,1				

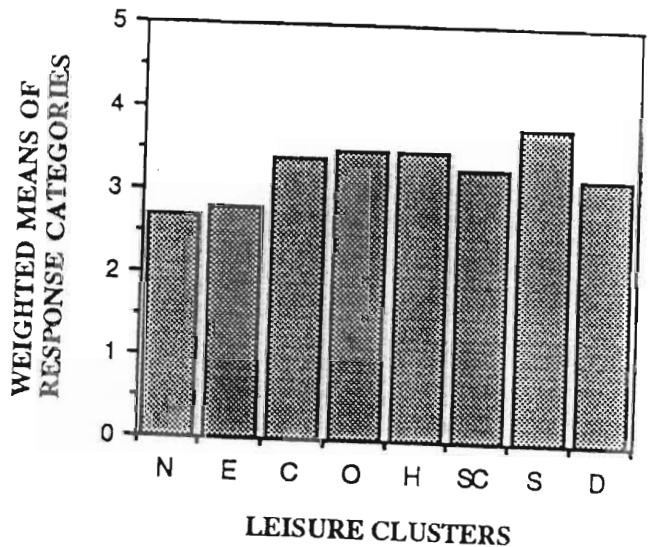
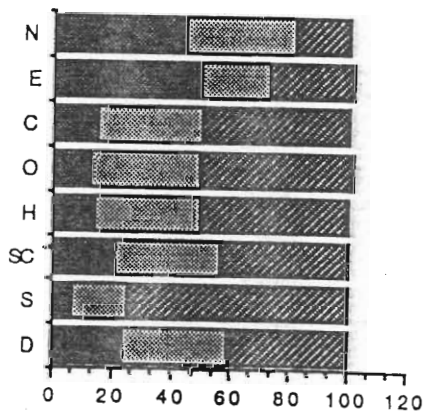


NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

**TABLE 4.2.15: PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF BENEFIT (8):
DEVELOPING SELF CONFIDENCE: FOR VARIOUS LEISURE CLUSTERS**

LEISURE CLUSTERS

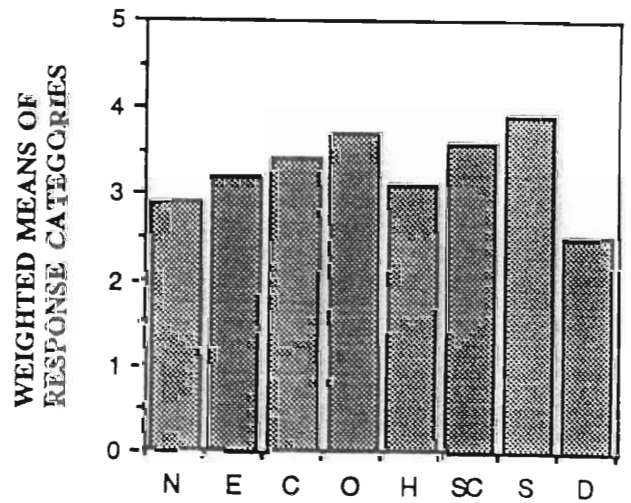
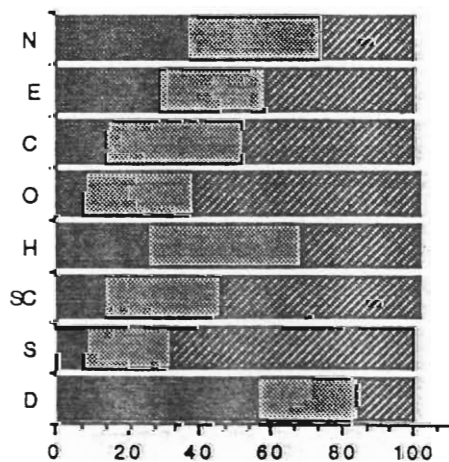
PERCEPTIONS	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL/ INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST BASED (SC)	SPORTS (S)	DO-IT-YOURSELF/ DOMESTIC (D)
RESPONSE CATEGORIES	Z	Z	Z	Z	Z	Z	Z	Z
1	12	15	5	4	4	5	5	5
2	32	34	10	9	10	16	2	19
3	37	23	35	36	35	35	18	35
4	12	19	37	39	38	34	55	28
5	7	10	13	13	13	10	20	13
(\bar{x})	2,7	2,8	3,4	3,5	3,5	3,3	3,8	3,2
AVERAGE (\bar{x})				3,3				



NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

TABLE 4.2.16: PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF BENEFIT (14): BEING FRIENDS WITH PEOPLE OF THE OPPOSITE GENDER : FOR VARIOUS LEISURE CLUSTERS

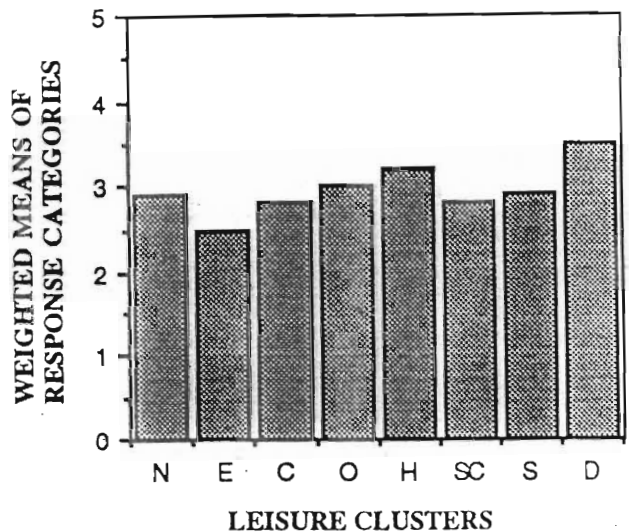
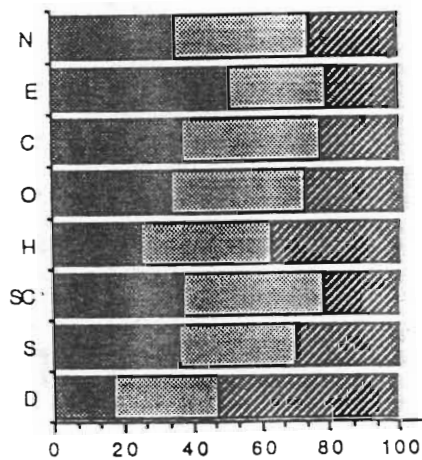
PERCEPTIONS RESPONSE CATEGORIES	LEISURE CLUSTERS							
	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL/ INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST BASED (SC)	SPORTS (S)	DO-IT-YOURSELF/ DOMESTIC (D)
	%	%	%	%	%	%	%	%
1	9	8	5	4	8	5	4	22
2	27	21	9	4	17	8	4	34
3	38	29	38	30	43	32	23	28
4	16	28	31	43	23	36	40	8
5	10	14	17	20	10	20	29	8
(\bar{x})	2,9	3,2	3,4	3,7	3,1	3,6	3,9	2,5
AVERAGE (\bar{x})	3,3							



NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

TABLE 4.2.17: PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF BENEFIT (6): BEING USEFUL TO OTHERS : FOR VARIOUS LEISURE CLUSTERS

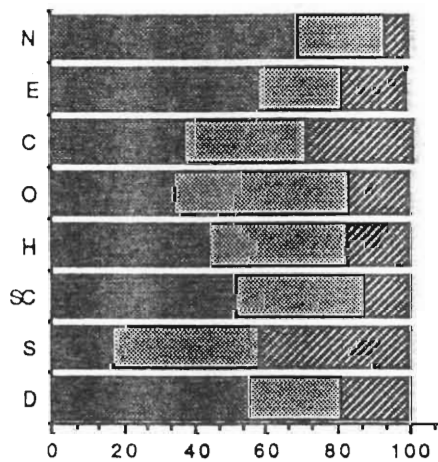
PERCEPTIONS RESPONSE CATEGORIES	LEISURE CLUSTERS							
	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL/ INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST BASED (SC)	SPORTS (S)	DO-IT-YOURSELF/ DOMESTIC (D)
	Z	Z	Z	Z	Z	Z	Z	Z
1	11	23	11	7	5	9	12	4
2	24	28	26	27	20	28	24	13
3	39	28	40	39	38	41	34	30
4	18	17	18	18	26	16	23	36
5	8	4	5	10	11	6	7	16
(\bar{x})	2,9	2,5	2,8	3,0	3,2	2,8	2,9	3,5
AVERAGE (\bar{x})	3,0							



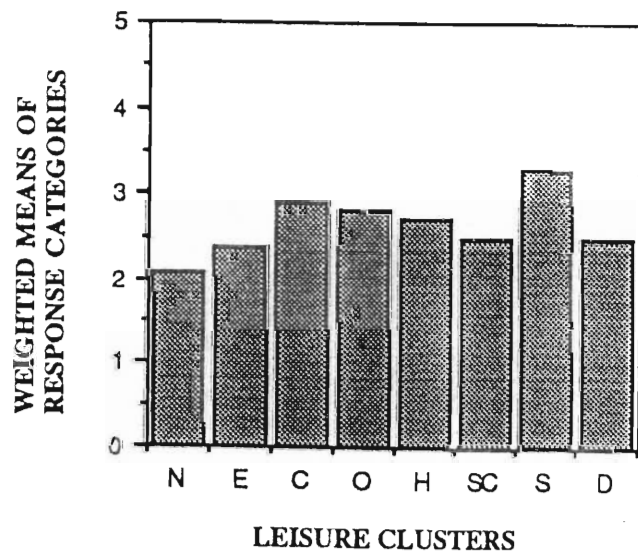
NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

TABLE 4.2.18: PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF BENEFIT (10): BEING IN A POSITION OF AUTHORITY : FOR VARIOUS LEISURE CLUSTERS

PERCEPTIONS RESPONSE CATEGORIES	LEISURE CLUSTERS							
	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL/ INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST BASED (SC)	SPORTS (S)	DO-IT-YOURSELF/ DOMESTIC (D)
	%	%	%	%	%	%	%	%
1	28	27	14	11	13	15	8	20
2	41	31	23	23	31	36	9	35
3	24	23	34	49	38	36	41	26
4	5	15	23	13	13	9	32	11
5	2	3	7	4	5	4	10	8
(\bar{x})	2,1	2,4	2,9	2,8	2,7	2,5	3,3	2,5
AVERAGE (\bar{x})	2,7							

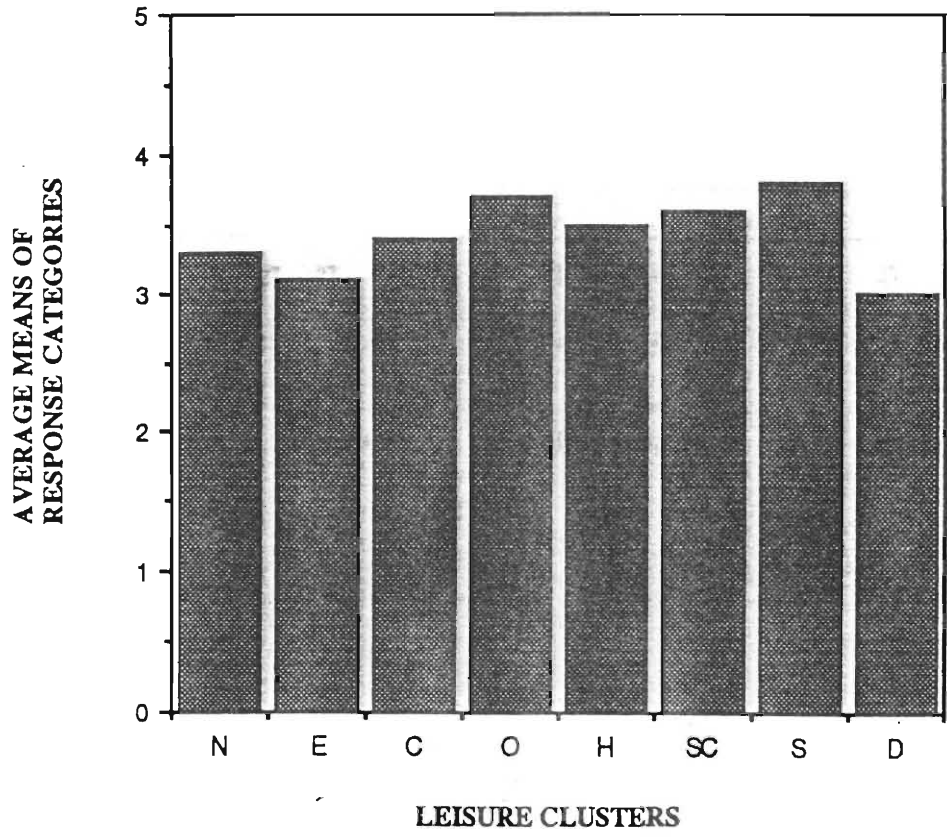


NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)



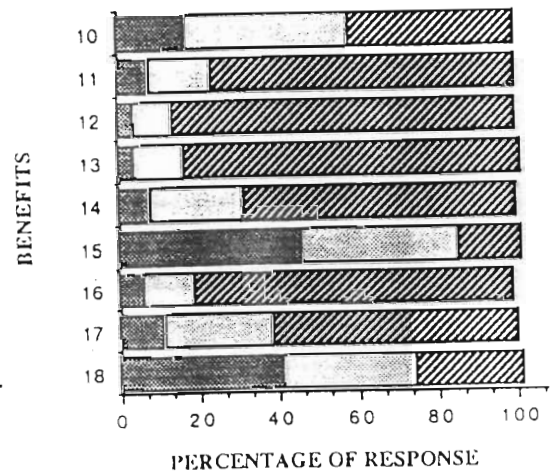
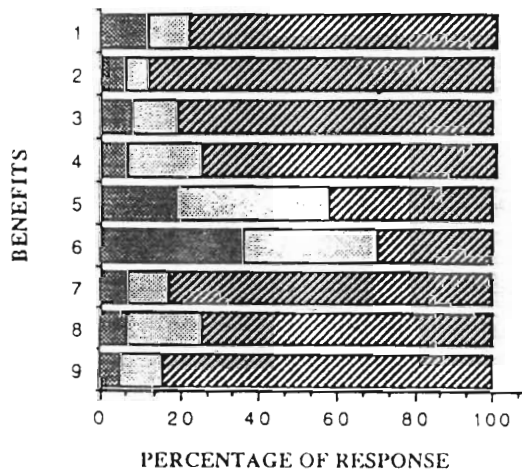
LEISURE CLUSTERS

FIGURE 4,3 : AVERAGE MEANS FOR LEISURE CLUSTERS



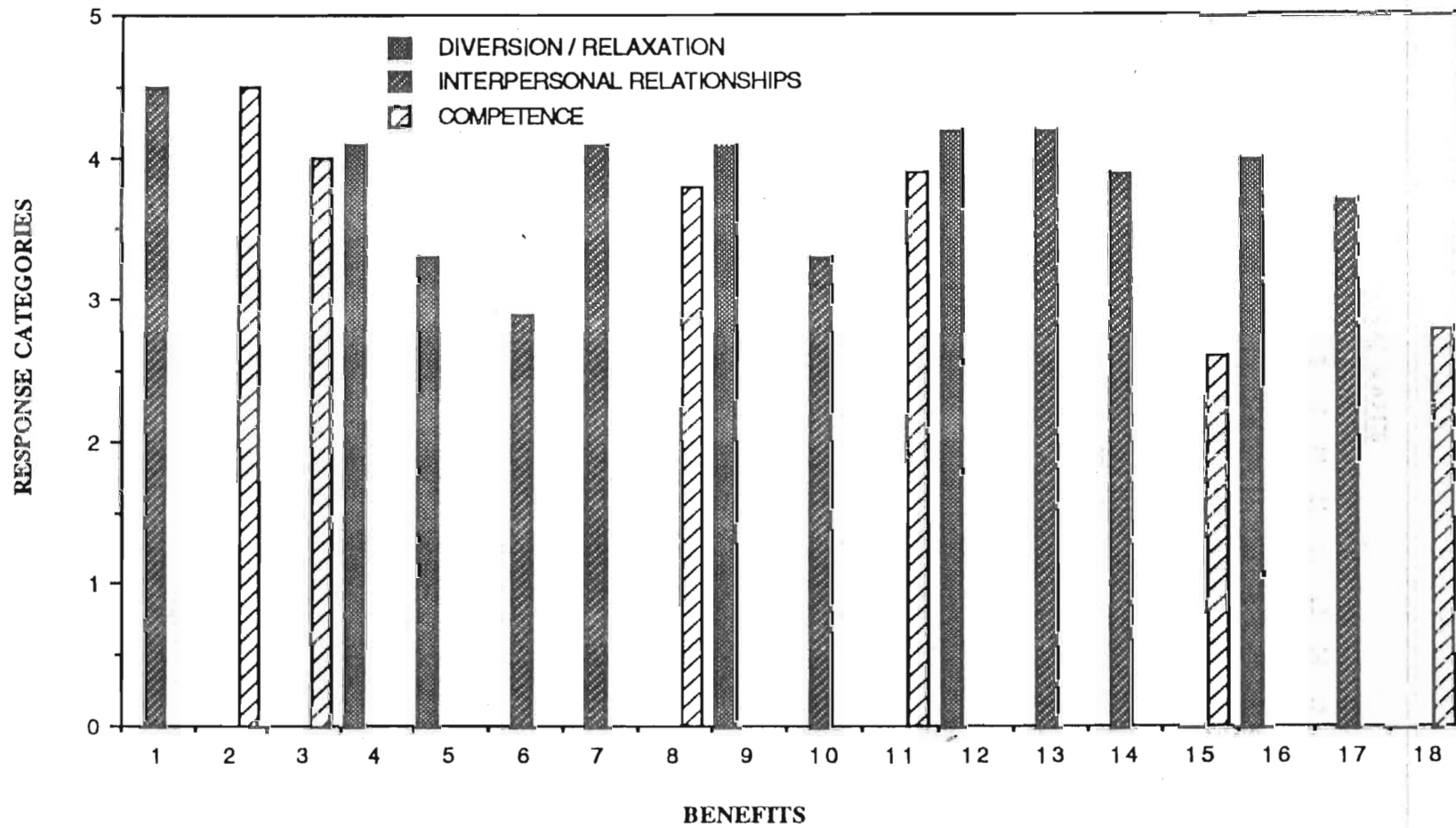
**TABLE 4.3.1 : PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF THE LEISURE CLUSTER:
SPORTS : FOR VARIOUS LEISURE BENEFITS**

		LEISURE BENEFITS																	
PERCEPTIONS		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
RESPONSE CATEGORIES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1		7	4	4	4	7	12	5	5	3	8	4	2	3	4	13	5	4	10
2		5	2	4	3	12	24	2	2	2	9	4	2	1	4	33	1	7	31
3		10	6	11	18	39	34	10	18	10	41	15	9	12	23	39	12	27	33
4		27	20	46	35	27	23	43	55	42	32	55	47	47	40	12	50	40	19
5		52	68	35	41	15	7	40	20	43	10	22	40	38	29	4	31	22	8
(\bar{x})		4,1	4,5	4,0	4,1	3,3	2,9	4,1	3,8	4,2	3,3	3,9	4,2	4,2	3,9	2,6	4,0	3,7	2,8
AVERAGE (\bar{x})		3,8																	



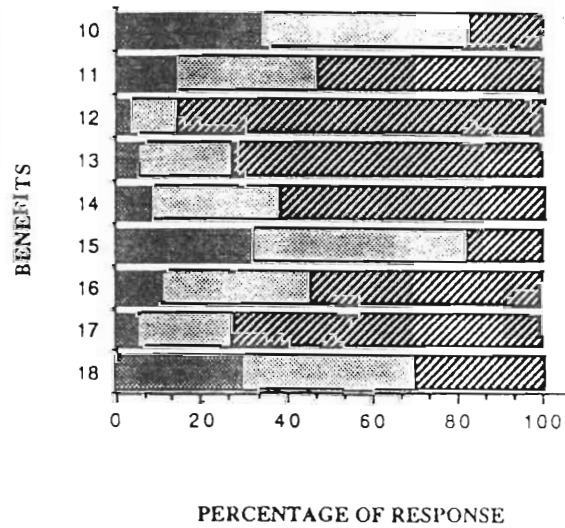
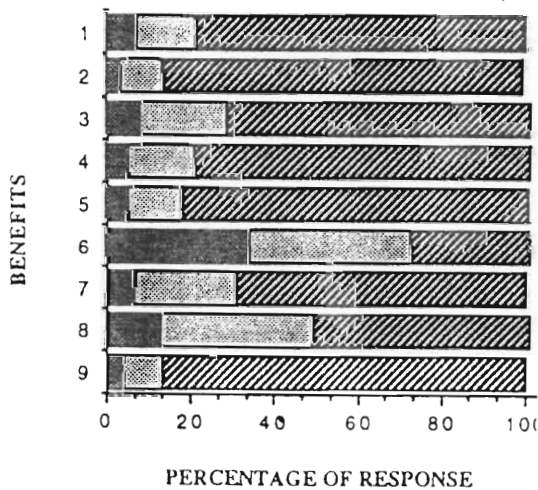
NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

FIGURE 4.3.1 : PERCEPTIONS OF LESISURE CLUSTER : SPORTS



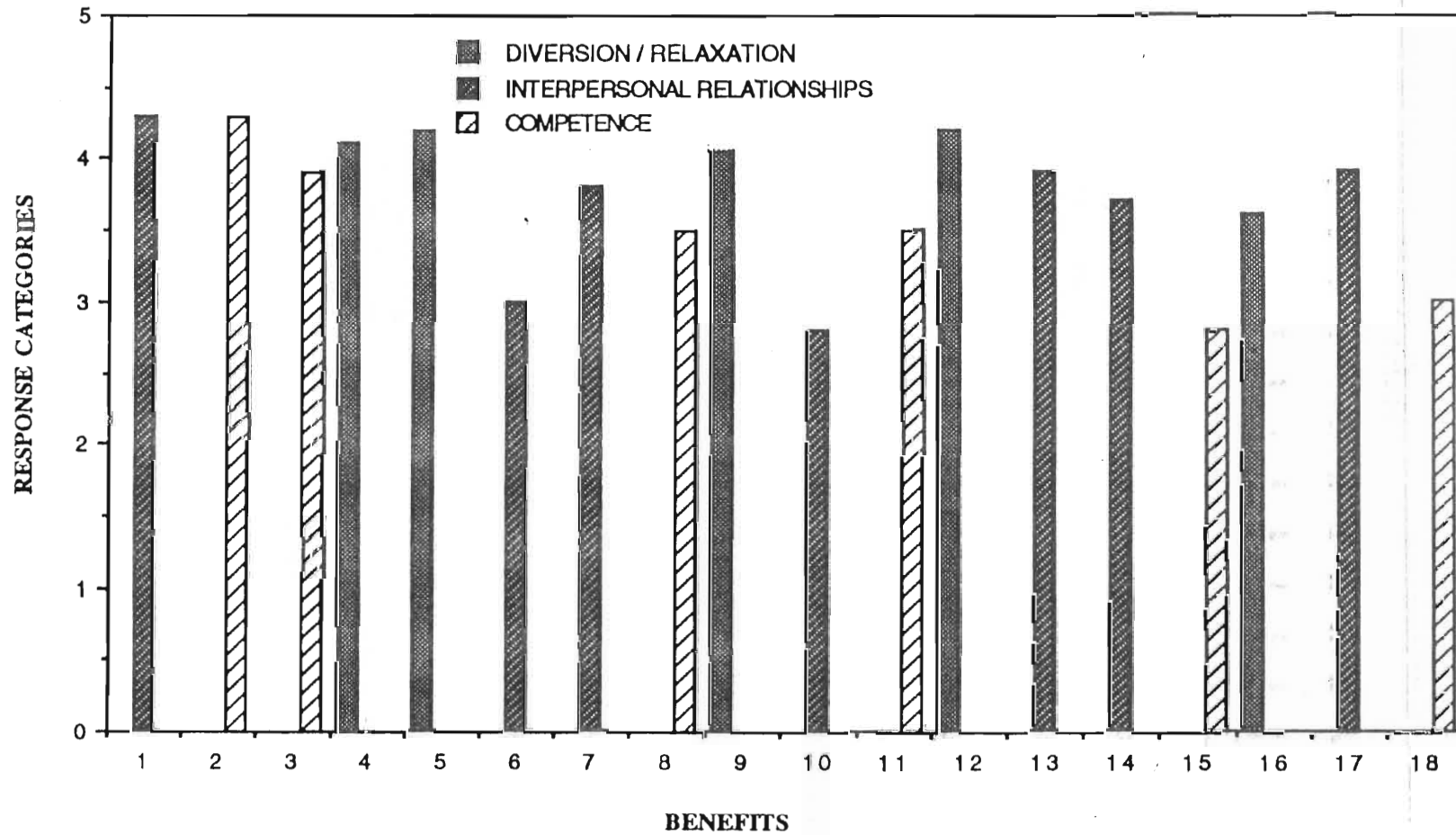
**TABLE 4.3.2 : PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF THE LEISURE CLUSTER:
OUTDOOR ACTIVE : FOR VARIOUS LEISURE BENEFITS**

		LEISURE BENEFITS																	
PERCEPTIONS		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
RESPONSE CATEGORIES		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1		2	2	3	2	2	7	2	4	2	11	4	2	2	4	8	3	3	7
2		5	1	5	3	3	27	5	9	2	23	10	1	3	4	24	8	2	23
3		14	10	21	16	13	39	24	36	9	49	33	11	22	30	50	34	22	40
4		45	34	48	41	38	18	50	39	49	13	44	51	53	43	14	40	45	24
5		34	52	24	39	45	10	19	13	38	4	10	36	20	20	4	15	28	7
(\bar{X})		4,0	4,3	3,9	4,1	4,2	3,0	3,8	3,5	4,2	2,8	3,5	4,2	3,9	3,7	2,8	3,6	3,9	3,0
AVERAGE (\bar{X})		3,7																	



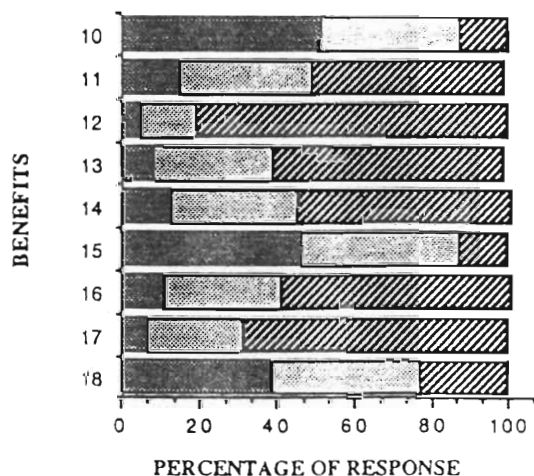
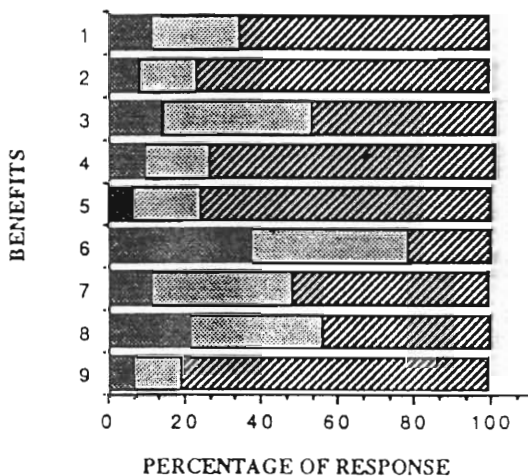
NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

FIGURE 4.3.2 : PERCEPTIONS OF LEISURE CLUSTER : OUTDOOR ACTIVE



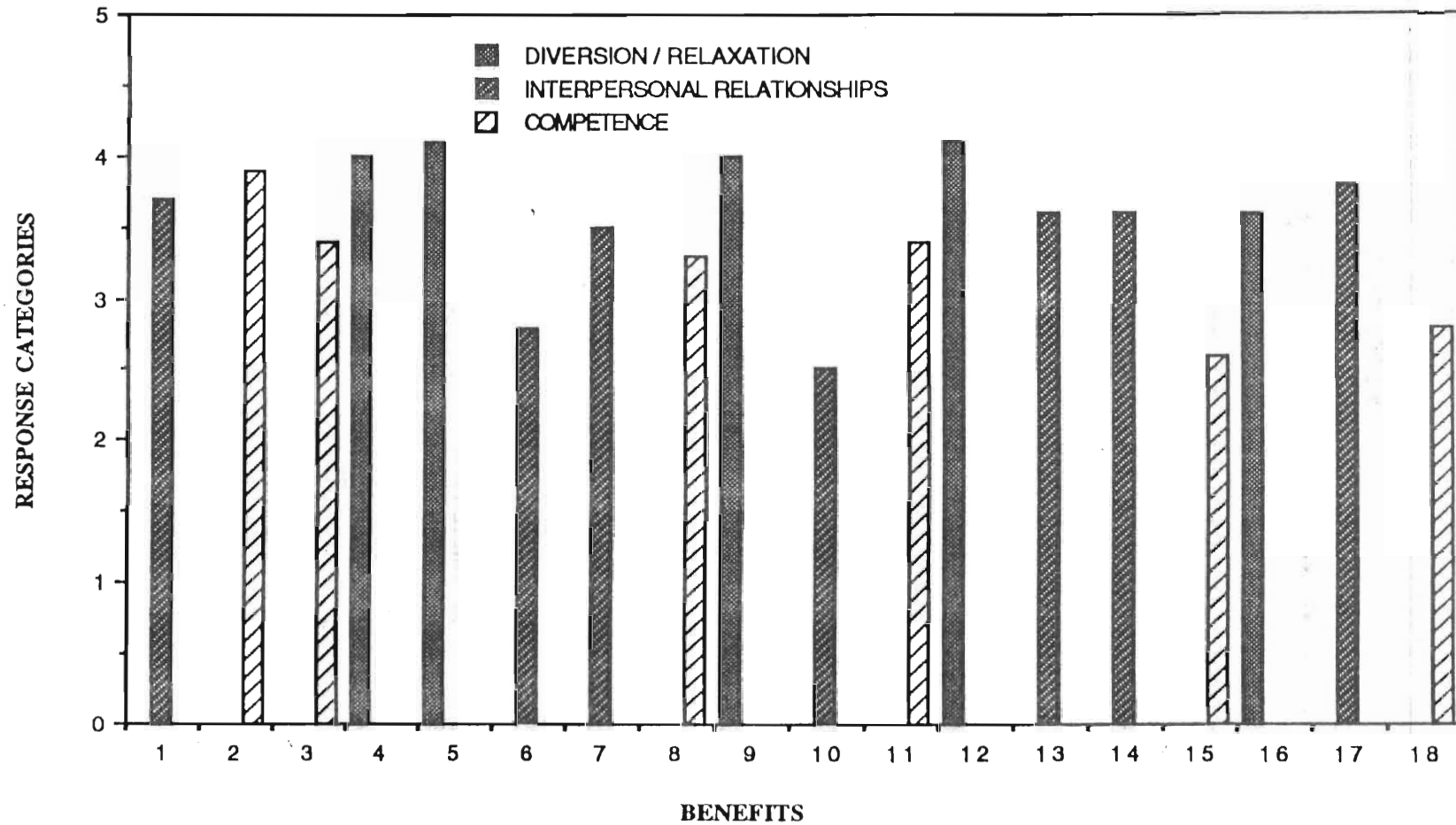
**TABLE 4.3.3 : PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF THE LEISURE CLUSTER:
SEA/COAST BASED : FOR VARIOUS LEISURE BENEFITS**

PERCEPTIONS	LEISURE BENEFITS																	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1	6	4	5	3	2	9	4	5	3	15	6	3	3	5	13	6	3	8
2	5	4	9	6	4	28	7	16	3	36	9	2	5	8	33	5	4	31
3	23	15	39	17	18	41	37	35	13	36	34	14	31	32	41	30	24	38
4	44	46	36	38	34	16	38	34	48	9	41	47	45	36	10	42	47	17
5	21	30	12	37	42	6	13	10	32	4	9	34	15	20	3	18	22	6
(\bar{x})	3,7	3,9	3,4	4,0	4,1	2,8	3,5	3,3	4,0	2,5	3,4	4,1	3,6	3,6	2,6	3,6	3,8	2,8
AVERAGE (\bar{x})	3,6																	



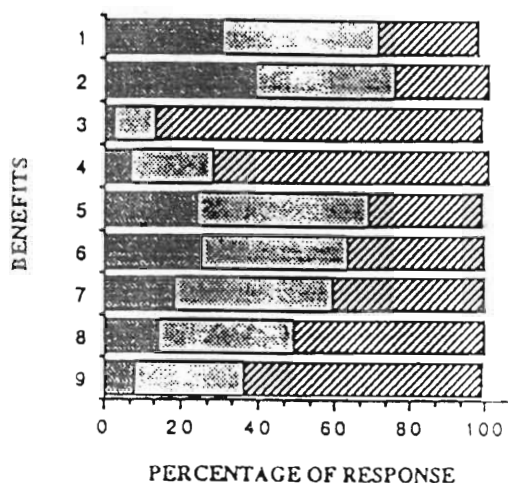
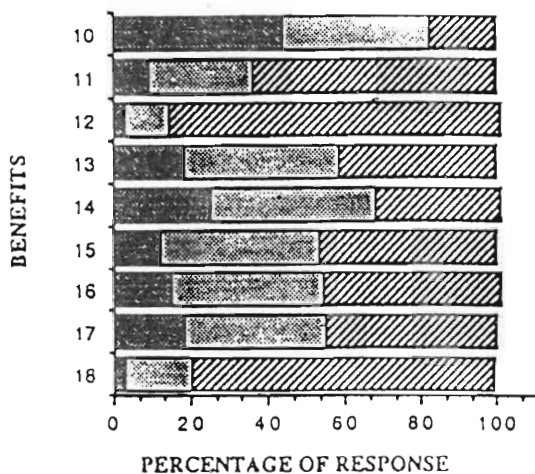
NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

FIGURE 4.3.3 : PERCEPTIONS OF LEISURE CLUSTER : SEA / COAST BASED



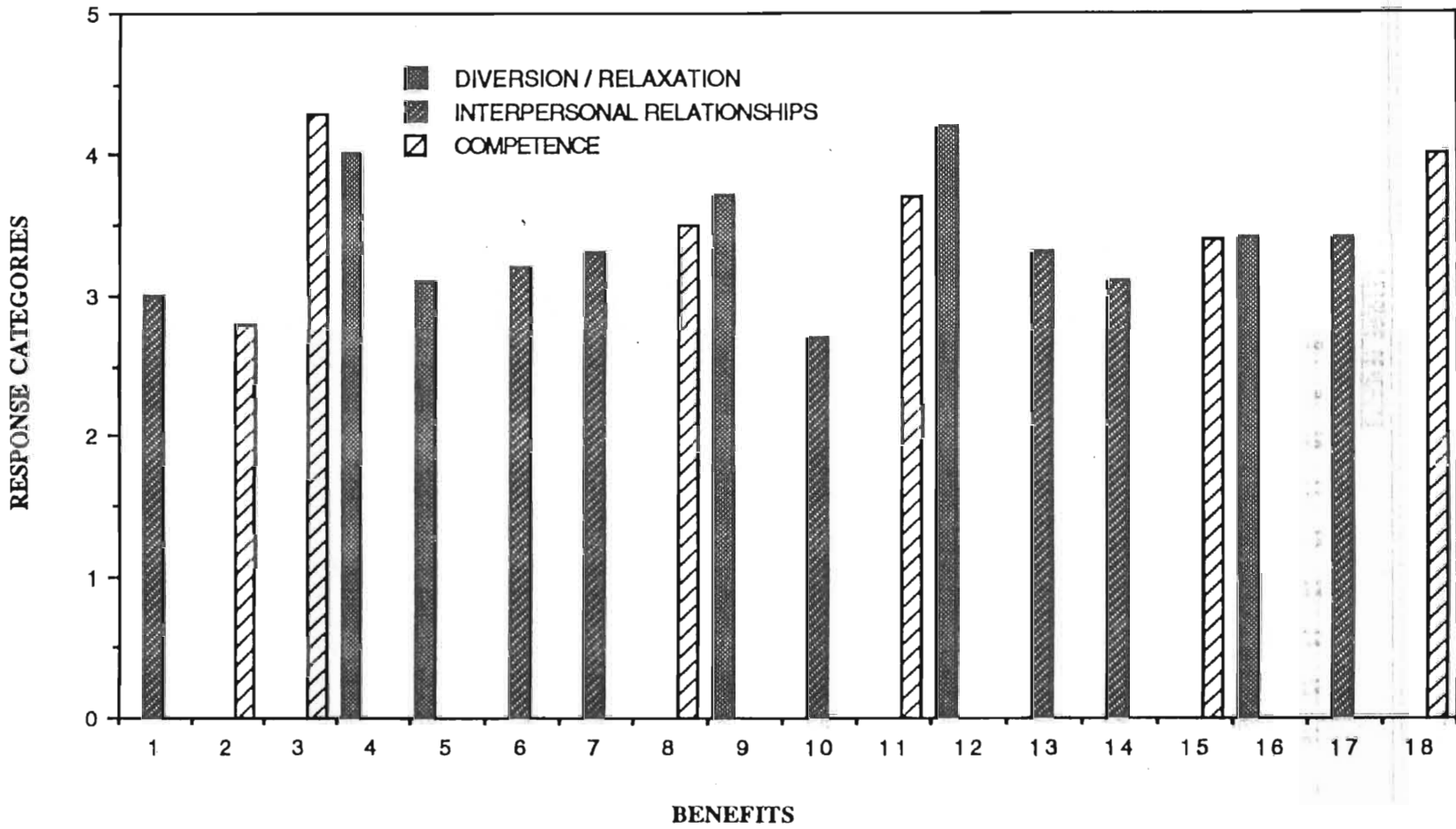
**TABLE 4.3.4 : PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF THE LEISURE CLUSTER:
HOBBIES : FOR VARIOUS LEISURE BENEFITS**

PERCEPTIONS	LEISURE BENEFITS																	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
RESPONSE CATEGORIES	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z
1	8	13	1	2	7	5	4	4	2	13	2	1	4	8	4	4	5	2
2	24	26	1	5	17	20	14	10	6	31	7	2	14	17	8	11	13	1
3	41	37	11	21	45	38	41	35	28	38	27	11	40	43	41	39	37	17
4	17	17	41	41	22	26	32	38	45	13	50	45	31	23	38	37	32	50
5	10	8	45	32	8	11	9	13	18	5	14	42	11	10	9	10	13	29
(\bar{X})	3,0	2,8	4,3	4,0	3,1	3,2	3,3	3,5	3,7	2,7	3,7	4,2	3,3	3,1	3,4	3,4	3,4	4,0
AVERAGE (\bar{X})	3,5																	



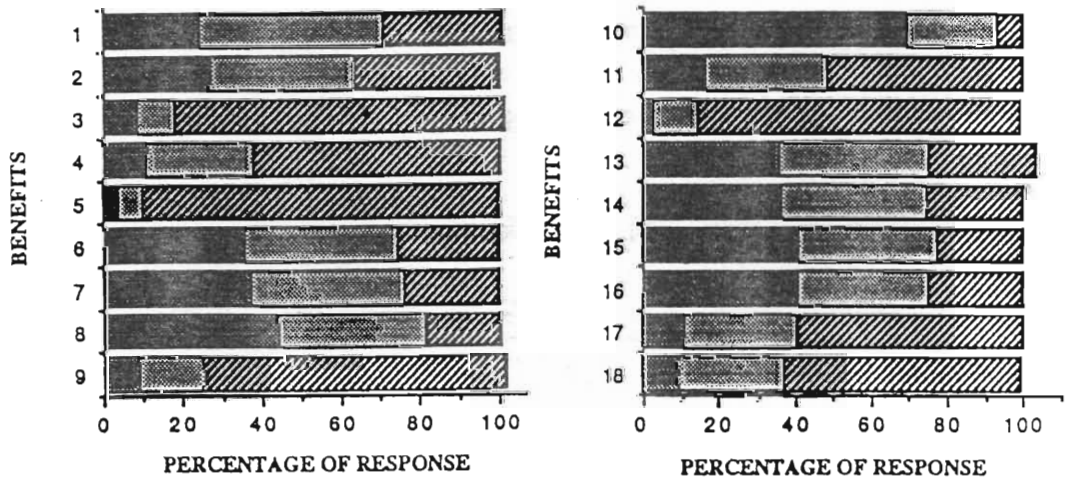
NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

FIGURE 4.3.4 : PERCEPTIONS OF LEISURE CLUSTER : HOBBIES



**TABLE 4.3.5 : PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF THE LEISURE CLUSTER:
NATURE/GARDEN : FOR VARIOUS LEISURE BENEFITS**

PERCEPTIONS	LEISURE BENEFITS																	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
RESPONSE CATEGORIES	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1	8	7	4	4	2	11	8	12	3	28	6	2	7	9	14	12	5	4
2	16	20	4	7	2	24	29	32	5	41	10	1	28	27	26	28	6	5
3	47	36	10	27	6	39	39	37	17	24	32	11	40	38	37	35	29	28
4	24	25	53	34	20	18	19	12	50	5	40	45	17	16	17	20	41	47
5	6	12	30	28	70	8	5	7	26	2	12	40	9	10	6	5	19	15
(\bar{X})	3,0	3,2	4,0	3,8	4,5	2,9	2,9	2,7	3,9	2,1	3,4	4,2	2,9	2,9	2,7	2,8	3,6	3,6
AVERAGE (\bar{X})	3,3																	



NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

FIGURE 4.3.5 : PERCEPTIONS OF LEISURE CLUSTER : NATURE / GARDEN

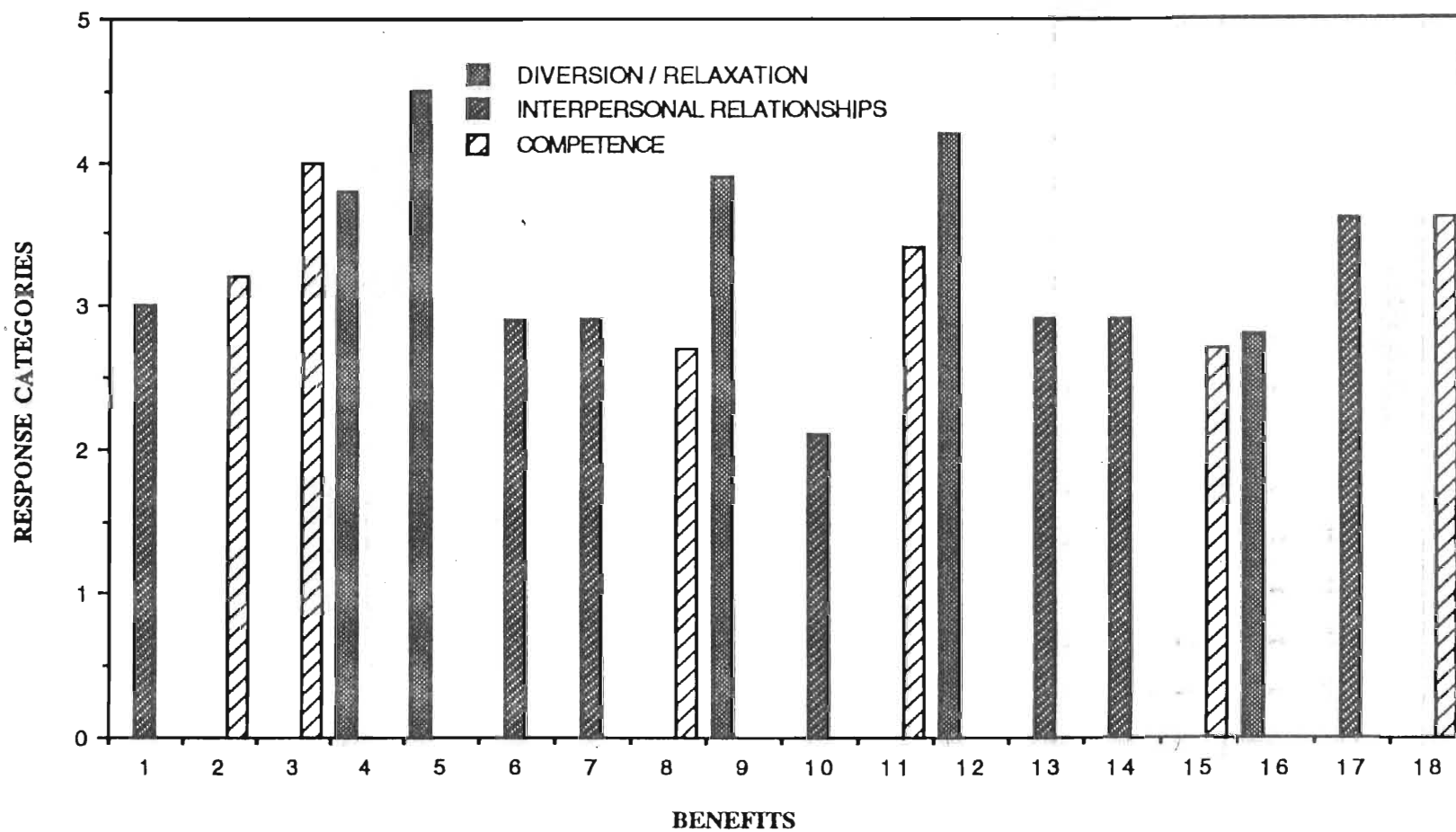
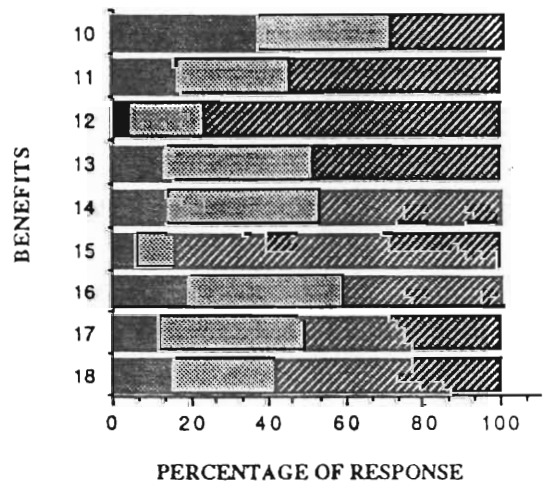
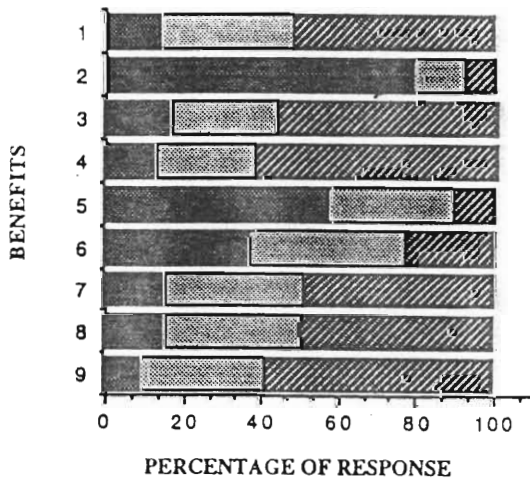


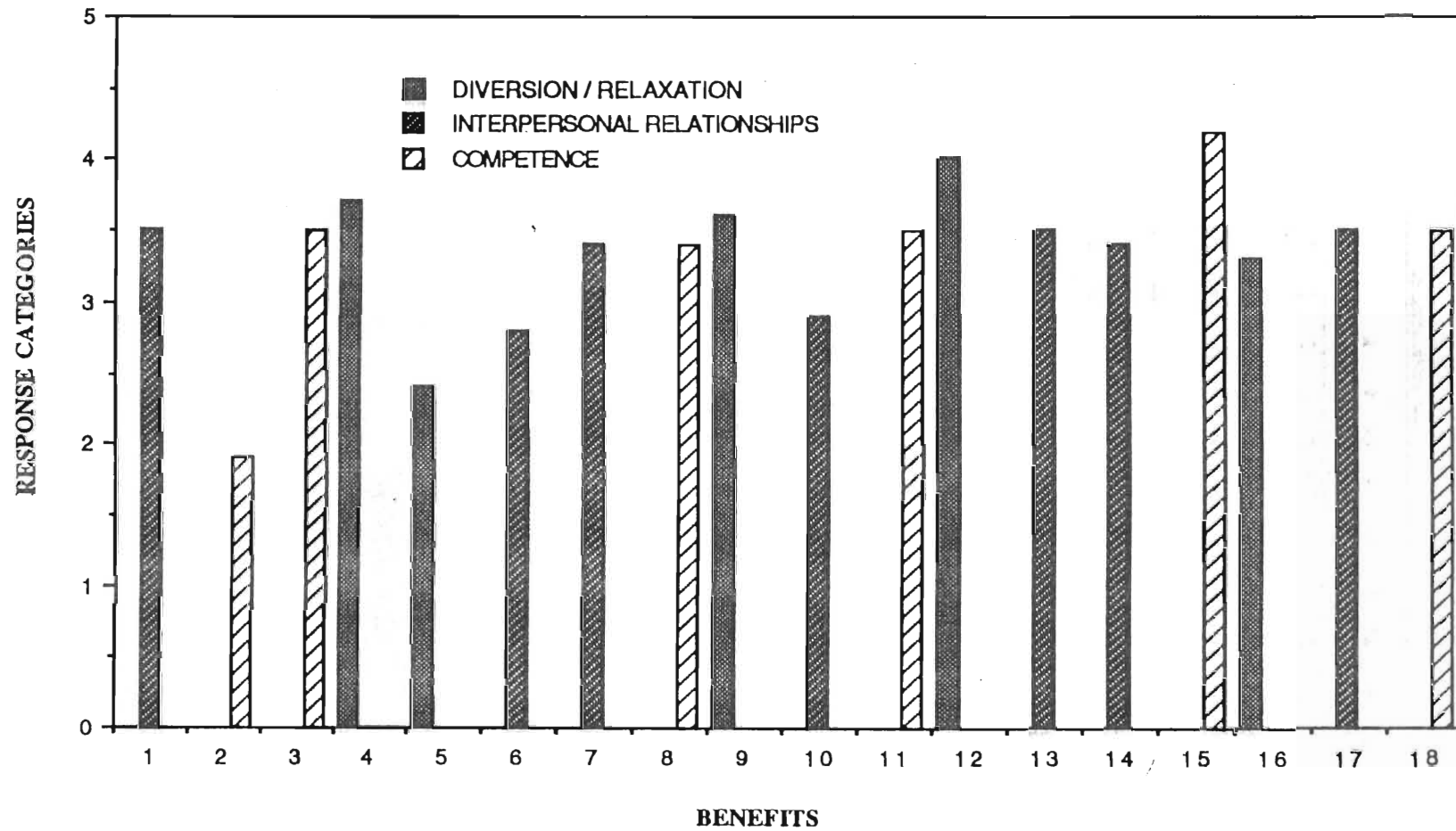
TABLE 4.3.6 : PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF THE LEISURE CLUSTER: CULTURAL/INTELLECTUAL : FOR VARIOUS LEISURE BENEFITS

PERCEPTIONS	LEISURE BENEFITS																	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
RESPONSE CATEGORIES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1	4	41	4	4	16	11	4	5	3	14	5	1	4	5	4	5	4	5
2	10	38	13	9	41	26	11	10	6	23	11	3	9	9	2	14	8	10
3	34	13	27	25	32	40	36	35	32	34	29	19	38	38	10	40	37	27
4	39	4	39	42	8	18	36	37	44	23	38	49	35	31	42	35	36	42
5	13	4	18	21	3	5	13	13	15	7	17	28	14	17	42	7	15	16
(\bar{x})	3,5	1,9	3,5	3,7	2,4	2,8	3,4	3,4	3,6	2,9	3,5	4,0	3,5	3,4	4,2	3,3	3,5	3,5
AVERAGE (\bar{y})	3,4																	



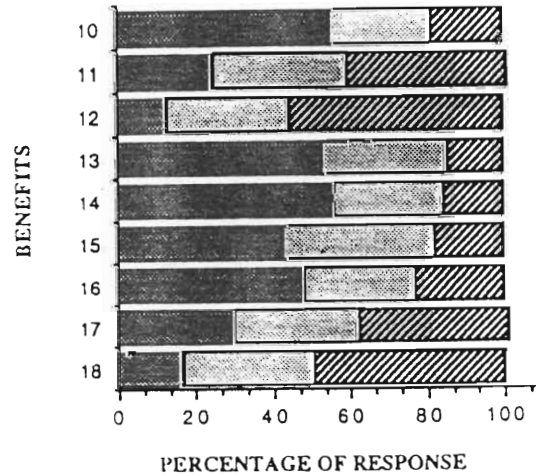
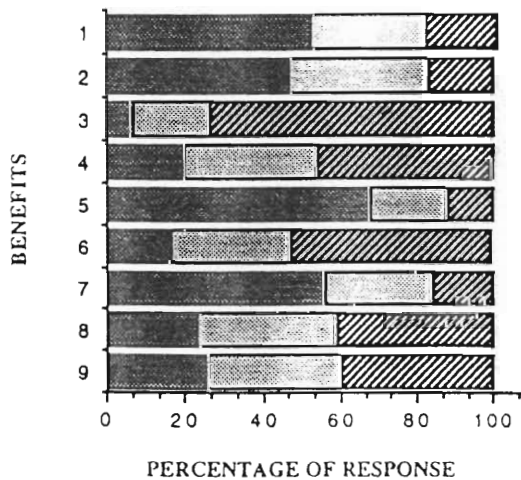
NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

FIGURE 4.3.6 : PERCEPTIONS OF LEISURE CLUSTER : CULTURAL / INTELLECTUAL



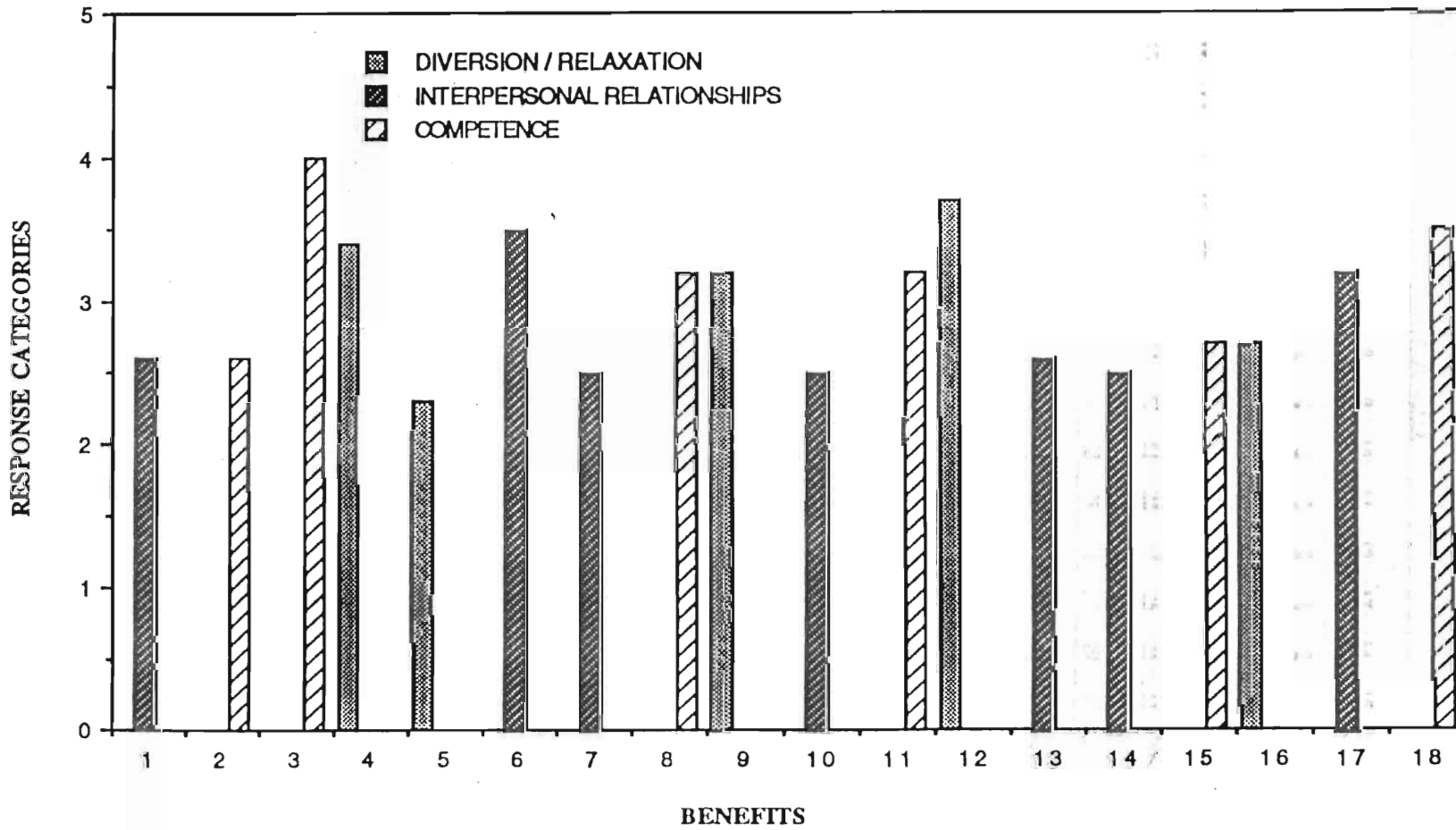
**TABLE 4.3.7 : PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF THE LEISURE CLUSTER:
DO-IT-YOURSELF/DOMESTIC : FOR VARIOUS LEISURE BENEFITS**

PERCEPTIONS RESPONSE CATEGORIES	LEISURE BENEFITS																	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1	14	16	3	6	21	4	16	5	6	20	6	3	12	22	13	15	7	5
2	39	31	4	14	47	13	40	19	20	35	19	10	41	34	30	33	23	12
3	29	36	19	34	20	30	28	35	34	26	34	31	32	28	39	29	32	33
4	13	11	38	27	6	36	11	28	29	11	30	33	9	8	14	14	23	30
5	6	6	36	19	6	16	5	13	11	8	12	23	6	8	4	9	16	20
(\bar{x})	2,6	2,6	4,0	3,4	2,3	3,5	2,5	3,2	3,2	2,5	3,2	3,7	2,6	2,5	2,7	2,7	3,2	3,5
AVERAGE (\bar{x})	3,0																	



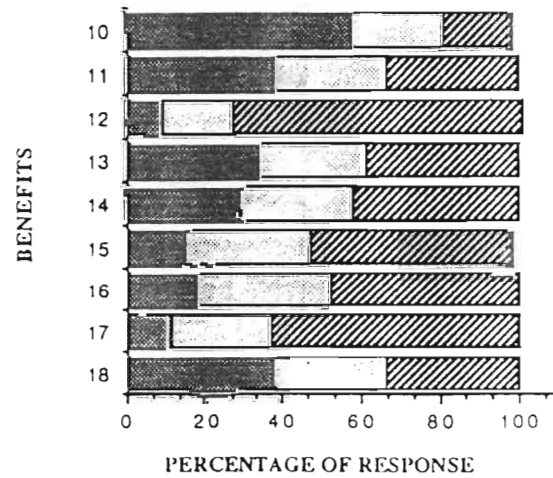
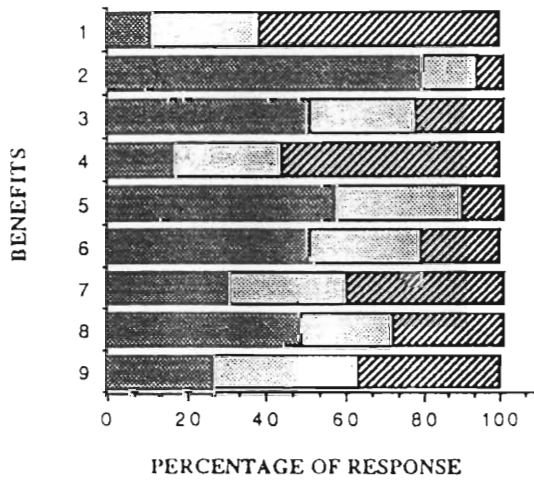
NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

FIGURE 4.3.7 : PERCEPTIONS OF LEISURE CLUSTER : D0-IT-YOURSELF / DOMESTIC



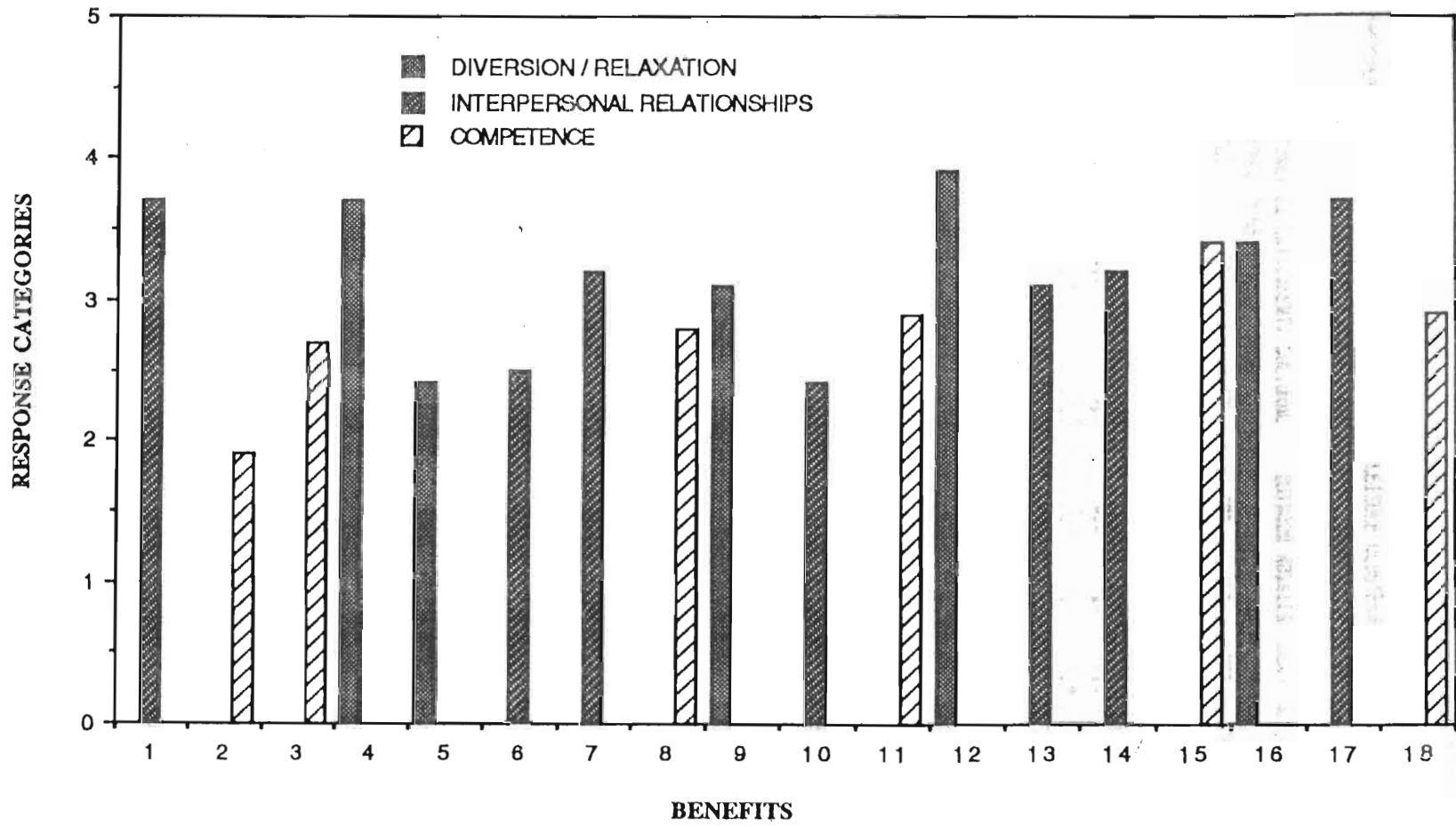
**TABLE 4.3.8 : PERCENTAGE DISTRIBUTION OF RESPONDENTS' PERCEPTIONS OF THE LEISURE CLUSTER:
ENTERTAINMENT/MASS MEDIA : FOR VARIOUS LEISURE BENEFITS**

		LEISURE BENEFITS																	
PERCEPTIONS		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
RESPONSE CATEGORIES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1		4	40	14	4	19	23	8	15	5	27	15	2	8	8	4	4	4	12
2		7	40	37	13	39	28	23	34	22	31	23	7	26	21	11	14	7	26
3		27	14	27	27	32	28	29	23	36	23	28	18	27	29	32	34	26	28
4		40	5	16	35	9	17	28	19	28	15	24	51	25	28	42	37	45	27
5		22	2	7	21	2	4	13	10	9	3	10	23	14	14	10	11	18	7
(\bar{x})		3,7	1,9	2,7	3,7	2,4	2,5	3,2	2,8	3,1	2,4	2,9	3,9	3,1	3,2	3,4	3,4	3,7	2,9
AVERAGE (\bar{x})		3,1																	



NEVER/RARELY TRUE (SCORES 1 AND 2)
 SOMETIMES TRUE (SCORE 3)
 OFTEN/ALWAYS TRUE (SCORES 4 AND 5)

FIGURE 4.3.8: PERCEPTIONS OF LEISURE CLUSTER : ENTERTAINMENT / MASS MEDIA



**TABLE 4.4.1 : RESPONDENTS' PERCEPTIONS OF BENEFIT (3) : DEVELOPING A SENSE OF ACCOMPLISHMENT:
FOR THE VARIOUS LEISURE CLUSTERS IN TERMS OF THE SOCIO-ECONOMIC CHARACTERISTICS**

SOCIO-ECONOMIC CHARACTERISTICS	RESPONDENTS		LEISURE CLUSTERS (X)								
	N	Z	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST (SC)	SPORTS (S)	DO-IT-YOURSELF DOMESTIC (D)	AVERAGE (X)
GENDER											
MEN	132	43	3,9	2,5	3,5	3,8	4,1	3,4	3,9	3,9	3,7
WOMEN	173	57	4,1	2,6	3,5	3,9	4,4	3,4	4,1	4,0	3,8
AGE											
15-24	39	13	4,0	2,5	3,6	3,9	4,5	3,7	4,4	4,2	3,9
25-34	70	23	4,1	2,6	3,6	4,0	4,4	3,5	4,3	4,1	3,8
35-44	44	14	4,1	2,6	3,5	3,9	4,2	3,5	4,0	3,8	3,7
45-54	33	11	4,2	2,8	3,5	3,7	4,2	3,3	3,6	3,9	3,7
55-64	51	17	4,1	2,8	3,6	3,8	4,3	3,5	4,0	4,1	3,8
65+	70	23	3,7	2,7	3,5	3,7	4,0	3,1	3,8	3,8	3,5
RESIDENCE											
HOUSE	78	26	4,2	2,6	3,7	3,8	4,3	3,4	4,1	3,9	3,8
FLAT	182	60	3,9	2,6	3,5	3,9	4,3	3,4	4,1	4,0	3,6
SIMPLEX/ DUPLEX	39	13	4,1	2,7	3,4	3,6	4,2	3,3	3,9	4,1	3,7
OCCUPATION											
PROFESSIONAL/ MANAGERIAL	119	40	4,1	2,5	3,5	3,9	4,2	3,4	4,0	4,0	3,7
ACTIVE-OTHER NOT ECONOMICALLY	53	17	3,9	2,7	3,5	3,8	4,2	3,4	4,0	3,9	3,7
ACTIVE	123	42	4,1	2,8	3,6	3,9	4,5	3,6	4,3	4,1	3,9

TABLE 4.4.2: GENDER PERCEPTION OF BENEFITS OBTAINED FROM PARTICIPATION IN ACTIVITIES
IN THE LEISURE CLUSTERS

LEISURE BENEFITS	LEISURE CLUSTERS	MEN	WOMEN
		%	%
DOING ACTIVITIES WITH COMPANIONS (1)	SPORTS	77	80
	OUTDOOR ACTIVE	(74)	83
IMPROVING PHYSICAL CONDITION (2)	OUTDOOR ACTIVE	85	88
	SPORTS	86	89
DEVELOPING A SENSE OF ACCOMPLISHMENT (3)	HOBBIES	80	91
	NATURE/GARDEN	82	84
	SPORTS	(75)	86
	DO-IT-YOURSELF/DOMESTIC	(76)	73
CHANGING DAILY ROUTINE (4)	OUTDOOR ACTIVE	81	79
	HOBBIES	77	69
	SPORTS	77	74
	SEA/COAST BASED	72	75
ENJOYING NATURE (5)	NATURE/GARDEN	86	93
	OUTDOOR ACTIVE	82	83
	SEA/COAST BASED	75	76
MAKING SOCIAL CONTACTS (7)	SPORTS	81	85
FEELING REFRESHED PHYSICALLY AND/OR MENTALLY	OUTDOOR ACTIVE	85	88
	SPORTS	82	87
	NATURE/GARDEN	(69)	81
	SEA/COAST BASED	(76)	84
PASSING TIME (12)	NATURE/GARDEN	78	91
	OUTDOOR ACTIVE	83	90
	HOBBIES	84	89
	SEA/COAST BASED	80	81
	SPORTS	84	89
	ENTERTAINMENT/MASS MEDIA	(69)	77
	CULTURAL/INTELLECTUAL	(69)	83
MEETING NEW PEOPLE (13)	SPORTS	84	86
BEING INTELLECTUALLY STIMULATED (15)	CULTURAL/INTELLECTUAL	83	86
EXPERIENCING EXCITEMENT (16)	SPORTS	81	81
SHARING ACTIVITIES WITH OTHER MEMBERS OF THE FAMILY (17)	OUTDOOR ACTIVE	(69)	77
DEVELOPING CREATIVELY (18)	HOBBIES	(76)	63

(Figures in brackets indicate an average man below 4.0)

TABLE 4.4.3 : RESPONDENTS' PERCEPTIONS OF BENEFIT (1) : DOING ACTIVITIES WITH COMPANIONS:
FOR THE VARIOUS LEISURE CLUSTERS IN TERMS OF THE SOCIO-ECONOMIC CHARACTERISTICS

SOCIO-ECONOMIC CHARACTERISTICS	RESPONDENTS		LEISURE CLUSTERS (X̄)								
	N	Z	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST (SC)	SPORTS (S)	DO-IT-YOURSELF DOMESTIC (D)	AVERAGE (X̄)
GENDER											
MEN	132	43	3,0	3,5	3,3	3,9	2,8	3,6	4,0	2,6	3,3
WOMEN	173	57	3,0	3,8	3,6	4,1	3,0	3,7	4,2	2,6	3,5
AGE											
15-24	39	13	2,8	4,1	3,4	4,2	2,7	3,9	4,3	2,6	3,5
25-34	70	23	3,1	4,0	3,8	4,3	3,2	4,1	4,2	2,8	3,7
35-44	44	14	3,0	3,6	3,7	4,1	3,0	3,9	4,2	2,4	3,5
45-54	33	11	2,8	3,8	3,6	3,8	3,0	3,3	4,0	2,4	3,3
55-64	51	17	3,2	3,7	3,2	4,1	2,9	3,6	4,3	2,5	3,4
65+	70	23	3,1	3,1	3,1	3,6	2,9	3,2	3,8	2,7	3,2
RESIDENCE											
HOUSE	78	26	3,0	3,7	3,6	4,2	3,0	3,8	4,3	2,6	3,5
FLAT	182	60	3,0	3,7	3,4	4,0	3,0	3,7	4,1	2,7	3,5
SIMPLEX/ DUPLEX	39	13	3,1	3,7	3,6	4,0	2,7	3,7	4,0	2,4	3,4
OCCUPATION											
PROFESSIONAL/ MANAGERIAL	119	40	3,0	3,7	3,6	4,1	2,9	3,8	4,1	3,6	3,6
ACTIVE-OTHER	53	17	3,1	3,6	3,3	3,9	2,9	3,6	4,1	2,7	3,4
NOT ECONOMICALLY ACTIVE	123	42	3,0	3,9	3,4	4,2	3,0	3,7	4,2	2,6	3,5

TABLE 4.4.4 : RESPONDENTS' PERCEPTIONS OF BENEFIT (6) : BEING USEFUL TO OTHERS:
FOR THE VARIOUS LEISURE CLUSTERS IN TERMS OF THE SOCIO-ECONOMIC CHARACTERISTICS

SOCIO-ECONOMIC CHARACTERISTICS	RESPONDENTS		LEISURE CLUSTERS (\bar{x})							
	N	Z	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST (SC)	SPORTS (S)	DO-IT-YOURSELF DOMESTIC (D)
GENDER										
MEN	132	43	2,8	2,4	2,8	3,1	3,0	2,8	3,0	3,4
WOMEN	173	57	2,9	2,6	2,8	2,9	3,3	2,8	2,8	3,5
AGE										
15-24	39	13	3,0	2,7	3,0	3,2	3,2	2,9	2,9	3,8
25-34	70	23	2,8	2,6	2,8	3,0	3,2	3,0	2,9	3,5
35-44	44	14	2,6	2,2	2,6	3,7	3,2	2,6	2,8	3,3
45-54	33	11	2,9	2,3	2,8	2,9	3,0	2,8	2,7	3,5
55-64	51	17	3,1	2,6	2,8	3,1	3,3	2,8	3,0	3,4
65+	70	23	2,9	2,6	2,7	2,9	3,1	2,6	3,0	3,4
RESIDENCE										
HOUSE	78	26	2,9	2,4	2,9	3,1	3,2	3,0	3,0	3,5
FLAT	182	60	2,9	2,5	2,8	2,9	3,2	2,8	2,9	3,5
SIMPLEX/ DUPLEX	39	13	2,7	2,6	2,6	2,9	2,9	2,7	2,9	3,4
OCCUPATION										
PROFESSIONAL/ MANAGERIAL	119	40	2,7	2,4	2,7	2,8	3,0	2,7	2,8	3,4
ACTIVE-OTHER	53	17	3,0	2,6	2,7	3,0	3,2	2,7	2,9	3,5
NOT ECONOMICALLY ACTIVE	123	42	3,0	2,5	3,0	3,1	3,4	3,1	3,1	3,7

**TABLE 4.4.5 : RESPONDENTS' PERCEPTIONS OF BENEFIT (7) : MAKING SOCIAL CONTACTS:
FOR THE VARIOUS LEISURE CLUSTERS IN TERMS OF THE SOCIO-ECONOMIC CHARACTERISTICS**

SOCIO-ECONOMIC CHARACTERISTICS	RESPONDENTS		LEISURE CLUSTERS (7)								
	N	Z	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST (SC)	SPORTS (S)	DO-IT-YOURSELF DOMESTIC (D)	AVERAGE (X)
GENDER											
MEN	132	43	2,7	2,9	3,3	3,7	3,2	3,4	4,1	2,6	3,2
WOMEN	173	57	3,0	3,3	3,5	3,9	3,3	3,6	4,1	2,4	3,4
AGE											
15-24	39	13	2,7	3,7	3,6	4,3	3,2	4,0	4,6	2,3	3,4
25-34	70	23	2,7	3,2	3,6	3,9	3,5	3,7	4,4	2,5	3,4
35-44	44	14	2,8	3,1	3,3	3,7	3,3	3,4	4,1	2,4	3,3
45-54	33	11	2,8	2,8	3,4	3,5	3,0	3,3	3,6	2,5	3,1
55-64	51	17	3,1	3,2	3,6	3,9	3,4	3,4	4,1	2,5	3,4
65+	70	23	3,1	2,9	3,1	3,4	3,0	3,1	3,7	2,7	3,1
RESIDENCE											
HOUSE	78	26	2,9	3,1	3,4	3,9	3,3	3,6	4,2	2,4	3,4
FLAT	182	60	2,8	3,1	3,4	3,7	3,3	3,5	4,1	2,6	3,3
SIMPLEX/ DUPLEX	39	13	2,7	3,1	3,5	3,8	3,1	3,6	4,3	2,4	3,3
OCCUPATION											
PROFESSIONAL/ MANAGERIAL	119	40	2,7	2,9	3,4	3,7	3,2	3,4	4,1	2,4	3,2
ACTIVE-OTHER	53	17	2,9	3,2	3,3	3,8	3,2	3,5	4,1	2,6	3,3
NOT ECONOMICALLY ACTIVE	123	42	2,9	3,4	3,7	3,9	3,6	3,7	4,3	2,6	3,5

**TABLE 4.4.6 : RESPONDENTS' PERCEPTIONS OF BENEFIT (11) : EARNING RESPECT:
FOR THE VARIOUS LEISURE CLUSTERS IN TERMS OF THE SOCIO-ECONOMIC CHARACTERISTICS**

SOCIO-ECONOMIC CHARACTERISTICS	RESPONDENTS		LEISURE CLUSTERS (X)								
	N	Z	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST (SC)	SPORTS (S)	DO-IT-YOURSELF DOMESTIC (D)	AVERAGE (X)
GENDER											
MEN	132	43	3,3	3,0	3,5	3,4	3,5	3,3	3,8	3,2	3,4
WOMEN	173	57	3,5	2,9	3,5	3,5	3,8	3,4	3,9	3,2	3,5
AGE											
15-24	39	13	3,5	2,9	3,8	3,7	4,0	3,7	4,3	3,5	3,7
25-34	70	23	3,5	3,1	3,8	3,6	3,8	3,6	4,1	3,3	3,6
35-44	44	14	3,1	2,6	3,2	3,3	3,5	3,1	3,7	2,9	3,2
45-54	33	11	3,4	2,8	3,4	3,3	3,5	3,2	3,7	3,1	3,3
55-64	51	17	3,6	3,0	3,5	3,4	3,6	3,2	3,8	3,2	3,4
65+	70	23	3,3	3,0	3,3	3,4	3,5	3,3	3,6	3,3	3,3
RESIDENCE											
HOUSE	78	26	3,4	2,9	3,5	3,4	3,6	3,3	3,8	3,1	3,5
FLAT	182	60	3,4	2,9	3,5	3,5	3,7	3,4	3,9	3,3	3,5
SIMPLEX/ DUPLEX	39	13	3,5	3,2	3,7	3,4	3,6	3,3	3,9	3,0	3,5
OCCUPATION											
PROFESSIONAL/ MANAGERIAL	119	40	3,3	2,8	3,5	3,4	3,5	3,3	3,8	3,1	3,3
ACTIVE-OTHER	53	17	3,5	2,9	3,4	3,5	3,7	3,3	3,9	3,2	3,4
NOT ECONOMICALLY ACTIVE	123	42	3,5	3,2	3,9	3,5	3,0	3,6	4,0	3,5	3,7

**TABLE 4.4.7 : RESPONDENTS' PERCEPTIONS OF BENEFIT (13) : MEETING NEW PEOPLE:
FOR THE VARIOUS LEISURE CLUSTERS IN TERMS OF THE SOCIO-ECONOMIC CHARACTERISTICS**

SOCIO-ECONOMIC CHARACTERISTICS	RESPONDENTS		LEISURE CLUSTERS (I)								
	N	Z	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL INTELLECTUAL (C)	OUTDOOR HOBBIES ACTIVE (O)	SEA COAST (SC)	SPORTS DOMESTIC (S)	DO-IT-YOURSELF (D)	AVE (X)	
GENDER											
MEN	132	43	2,8	3,0	3,3	3,7	3,2	3,6	4,1	2,6	3,3
WOMEN	173	57	3,0	3,2	3,5	3,9	3,4	3,6	4,2	2,5	3,4
AGE											
15-24	39	13	2,8	3,5	3,7	4,2	3,4	4,2	4,4	2,3	3,6
25-34	70	23	2,8	3,2	3,6	4,0	3,5	3,8	4,3	2,6	3,5
35-44	44	14	2,9	2,8	3,2	3,8	3,0	3,5	4,1	2,6	3,2
45-54	33	11	3,0	2,9	3,5	3,8	3,2	3,6	4,1	2,6	3,3
55-64	51	17	3,1	3,2	3,5	3,9	3,4	3,5	4,2	2,6	3,4
65+	70	23	3,0	3,0	3,2	3,5	3,3	3,3	3,8	2,7	3,2
RESIDENCE											
HOUSE	78	26	2,8	3,1	3,5	3,7	3,1	3,6	4,0	2,4	3,3
FLAT	182	60	2,9	3,1	3,4	3,9	3,5	3,7	4,2	2,7	3,4
SIMPLEX/ DUPLEX	39	13	3,1	3,2	3,5	3,8	3,1	3,6	4,1	2,5	3,4
OCCUPATION											
PROFESSIONAL/ MANAGERIAL	119	40	2,9	2,9	3,4	3,8	3,2	3,6	4,1	2,5	3,3
ACTIVE-OTHER	53	17	2,9	3,2	3,3	3,9	3,3	3,6	4,1	2,6	3,4
NOT ECONOMICALLY ACTIVE	123	42	3,0	3,4	3,7	4,1	3,6	3,8	4,3	2,7	3,6

**TABLE 4.4.8 : RESPONDENTS' PERCEPTIONS OF BENEFIT (15) : BEING INTELLECTUALLY STIMULATED:
FOR THE VARIOUS LEISURE CLUSTERS IN TERMS OF THE SOCIO-ECONOMIC CHARACTERISTICS**

SOCIO-ECONOMIC CHARACTERISTICS	RESPONDENTS		LEISURE CLUSTERS (\bar{X})							
	N	Z	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST (SC)	SPORTS (S)	DO-IT-YOURSEL DOMESTIC (D)
GENDER										
MEN	132	43	2,8	3,4	4,1	3,0	3,3	2,7	2,7	2,8
WOMEN	173	57	2,7	3,4	4,2	2,7	3,5	2,5	2,5	2,6
AGE										
15-24	39	13	2,6	3,4	4,5	2,9	3,7	2,6	2,4	3,0
25-34	70	23	2,7	3,6	4,3	2,8	3,4	2,6	2,6	2,7
35-44	44	14	2,6	3,5	4,1	2,7	3,5	2,5	2,6	2,5
45-54	33	11	2,9	3,6	4,2	2,9	3,5	2,7	2,6	2,9
55-64	51	17	2,8	3,2	4,2	2,8	3,3	2,5	2,7	2,5
65+	70	23	2,8	3,3	3,9	2,8	3,1	2,5	2,7	2,7
RESIDENCE										
HOUSE	78	26	2,7	3,3	4,2	2,8	3,3	2,6	2,7	2,5
FLAT	182	60	2,7	3,5	4,1	2,8	3,4	2,6	2,6	2,8
SIMPLEX/ DUPLICATE	39	13	2,7	3,5	4,3	2,9	3,5	2,5	2,4	2,6
OCCUPATION										
PROFESSIONAL/ MANAGERIAL	119	40	2,8	3,4	4,2	2,7	3,4	2,5	2,6	2,6
ACTIVE-OTHER	53	17	2,7	3,3	4,0	2,9	3,3	2,5	2,6	2,7
NOT ECONOMICALLY ACTIVE	123	42	2,6	3,5	4,4	2,9	3,5	2,7	2,6	2,8

**TABLE 4.4.9 : RESPONDENTS' PERCEPTIONS OF BENEFIT (18) : DEVELOPING CREATIVELY:
FOR THE VARIOUS LEISURE CLUSTERS IN TERMS OF THE SOCIO-ECONOMIC CHARACTERISTICS**

SOCIO-ECONOMIC CHARACTERISTICS	RESPONDENTS		LEISURE CLUSTERS (\bar{X})								
	N	Z	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST (SC)	SPORTS (S)	DO-IT-YOURSELF DOMESTIC (D)	AVE (X)
GENDER											
MEN	132	43	3,6	2,9	3,5	3,2	3,9	2,9	3,0	3,6	3,3
WOMEN	173	57	3,6	2,9	3,5	2,8	4,1	2,7	2,7	3,4	3,2
AGE											
15-24	39	13	4,1	3,1	3,7	3,3	4,5	2,9	2,7	3,8	3,5
25-34	70	23	3,7	3,1	3,6	3,2	4,2	3,0	2,9	3,6	3,4
35-44	44	14	3,5	2,7	3,5	3,0	4,0	2,8	2,9	3,3	3,2
45-54	33	11	3,7	2,8	3,4	2,8	3,8	2,7	2,7	3,5	3,2
55-64	51	17	3,7	2,8	3,5	3,0	4,0	2,7	2,9	3,3	3,2
65+	70	23	3,3	2,8	3,4	2,8	3,7	2,8	2,8	3,3	3,1
RESIDENCE											
HOUSE	78	26	3,7	2,9	3,6	3,1	4,0	2,9	2,9	3,4	3,3
FLAT	182	60	3,5	2,9	3,5	3,0	4,1	2,8	2,9	3,6	3,3
SIMPLEX/ DUPLEX	39	13	3,9	3,1	3,4	3,0	4,1	2,7	2,6	3,4	3,3
OCCUPATION											
PROFESSIONAL/ MANAGERIAL	119	40	3,6	2,8	3,6	2,9	4,0	2,8	2,8	3,5	3,3
ACTIVE-OTHER	53	17	3,6	2,9	3,4	3,0	3,9	2,8	2,8	3,4	3,2
NOT ECONOMICALLY ACTIVE	123	42	3,7	3,0	3,6	3,2	4,3	2,9	2,9	3,7	3,4

TABLE 4.4.10 : RESPONDENTS' PERCEPTIONS OF BENEFIT (2) : IMPROVING PHYSICAL CONDITION:
FOR THE VARIOUS LEISURE CLUSTERS IN TERMS OF THE SOCIO-ECONOMIC CHARACTERISTICS

SOCIO-ECONOMIC CHARACTERISTICS	RESPONDENTS		LEISURE CLUSTERS (I)								
	N	Z	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST (SC)	SPORTS (S)	DO-IT-YOURSELF DOMESTIC (D)	AVERAGE (X)
GENDER											
MEN	132	43	3,1	1,9	1,9	4,3	2,9	3,9	4,4	2,7	3,0
WOMEN	173	57	3,9	1,9	1,9	4,3	2,7	3,9	4,5	2,6	3,2
AGE											
15-24	39	13	2,8	1,8	1,8	4,5	2,7	4,1	4,8	2,5	3,1
25-34	70	23	2,8	1,7	1,8	4,4	2,9	4,3	4,7	2,5	3,1
35-44	44	14	3,3	2,0	1,9	4,3	2,6	4,0	4,5	2,4	3,1
45-54	33	11	3,1	1,9	1,8	4,0	2,7	3,7	4,1	2,5	3,0
55-64	51	17	3,6	1,9	2,0	4,5	2,9	3,9	4,4	3,0	3,3
65+	70	23	3,4	2,2	2,1	4,1	2,8	3,6	4,1	2,7	3,1
RESIDENCE											
HOUSE	78	26	3,2	1,8	1,9	4,3	2,7	4,0	4,6	2,5	3,1
FLAT	182	60	3,2	2,0	2,0	4,4	3,0	4,0	4,4	2,8	3,2
SIMPLEX/ DUPLEX	39	13	3,1	1,7	1,8	4,2	2,4	4,0	4,4	2,2	3,0
OCCUPATION											
PROFESSIONAL/ MANAGERIAL	119	40	3,1	1,8	1,9	4,3	2,8	3,9	4,4	2,5	3,1
ACTIVE-OTHER	53	17	3,3	2,0	2,0	4,3	2,8	3,9	4,4	2,7	3,2
NOT ECONOMICALLY ACTIVE	123	42	3,0	1,9	1,9	4,4	2,8	4,1	4,6	2,6	3,2

**TABLE 4.4.11 : RESPONDENTS' PERCEPTIONS OF BENEFIT (5) : ENJOYING NATURE:
FOR THE VARIOUS LEISURE CLUSTERS IN TERMS OF THE SOCIO-ECONOMIC CHARACTERISTICS**

SOCIO-ECONOMIC CHARACTERISTICS	RESPONDENTS		LEISURE CLUSTERS (\bar{x})								
	N	Z	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST (SC)	SPORTS (S)	DO-IT-YOURSELF DOMESTIC (D)	AVERAGE (\bar{x})
GENDER											
MEN	132	43	4,4	2,3	2,4	4,2	3,1	4,0	3,3	2,3	3,3
WOMEN	173	57	4,6	2,3	2,4	4,2	3,0	4,1	3,2	2,2	3,3
AGE											
15-24	39	13	4,7	2,2	2,4	4,6	2,9	4,3	3,4	2,2	3,3
25-34	70	23	4,7	2,2	2,4	4,3	3,2	4,3	3,4	2,3	3,4
35-44	44	14	4,7	2,3	2,2	4,2	2,9	4,2	3,3	2,1	3,2
45-54	33	11	4,4	2,5	2,5	4,1	2,9	4,1	3,4	2,6	3,3
55-64	51	17	4,6	2,3	2,4	4,2	3,2	4,1	3,1	2,2	3,3
65+	70	23	4,2	2,7	2,5	3,9	3,0	3,6	3,1	2,4	3,2
RESIDENCE											
HOUSE	78	26	4,6	2,3	2,4	4,2	3,1	4,3	3,4	2,2	3,3
FLAT	182	60	4,5	2,4	2,5	4,3	3,0	4,0	3,3	2,3	3,3
SIMPLEX/ DUPLICATE	39	13	4,5	2,2	2,1	4,1	3,1	4,1	3,1	2,2	3,2
OCCUPATION											
PROFESSIONAL/ MANAGERIAL	119	40	4,5	2,3	2,4	4,2	3,1	4,2	3,3	2,3	3,3
ACTIVE-OTHER	53	17	4,5	2,4	2,4	4,2	3,0	4,0	3,3	2,2	3,3
NOT ECONOMICALLY ACTIVE	123	42	4,6	2,3	2,3	4,2	3,0	4,0	3,3	2,2	3,2

TABLE 4.4.12 : RESPONDENTS' PERCEPTIONS OF BENEFIT (12) : PASSING TIME:
FOR THE VARIOUS LEISURE CLUSTERS IN TERMS OF THE SOCIO-ECONOMIC CHARACTERISTICS

SOCIO-ECONOMIC CHARACTERISTICS	RESPONDENTS		LEISURE CLUSTERS (X)								
	N	I	NATURE/ GARDEN	ENTERTAINMENT/ MASS MEDIA	CULTURAL INTELLECTUAL	OUTDOOR ACTIVE	HOBBIES	SEA COAST	SPORTS	DO-IT-YOURSELF DOMESTIC	AVERAGE (X)
			(N)	(E)	(C)	(O)	(H)	(SC)	(S)	(D)	(X)
GENDER											
MEN	132	43	4,0	3,7	3,8	4,1	4,1	4,0	4,1	3,7	3,9
WOMEN	173	57	4,3	4,0	4,1	4,2	4,3	4,1	4,3	3,6	4,1
AGE											
15-24	39	13	4,3	3,8	4,1	4,4	4,4	4,4	4,5	3,8	4,2
25-34	70	23	4,2	3,9	4,0	4,2	4,2	4,1	4,2	3,5	4,0
35-44	44	14	4,1	3,9	3,9	4,2	4,2	3,9	4,2	3,4	4,0
45-54	33	11	4,2	3,8	4,0	4,1	4,1	4,1	4,1	3,9	4,0
55-64	51	17	4,4	4,0	4,1	4,3	4,4	4,1	4,3	3,8	4,2
65+	70	23	4,1	3,8	3,8	4,0	4,1	3,8	4,0	3,6	3,9
RESIDENCE											
HOUSE	78	26	4,2	3,8	4,0	4,1	4,2	4,1	4,2	3,5	4,0
FLAT	182	60	4,2	3,9	4,0	4,2	4,3	4,1	4,2	3,7	4,1
SIMPLEX/ DUPLEX	39	13	4,2	3,8	4,1	4,1	4,1	3,9	4,2	3,5	4,0
OCCUPATION											
PROFESSIONAL/ MANAGERIAL	119	40	4,1	3,8	3,9	4,1	4,1	4,0	4,1	3,6	4,0
ACTIVE-OTHER	53	17	4,2	3,9	4,0	4,3	4,3	4,1	4,3	3,7	4,1
NOT ECONOMICALLY ACTIVE	123	42	4,2	3,9	4,1	4,2	4,4	4,1	4,3	3,7	4,1

TABLE 4.4.13 : RESPONDENTS' PERCEPTIONS OF BENEFIT (4) : CHANGING DAILY ROUTINE:
FOR THE VARIOUS LEISURE CLUSTERS IN TERMS OF THE SOCIO-ECONOMIC CHARACTERISTICS

SOCIO-ECONOMIC CHARACTERISTICS	RESPONDENTS		LEISURE CLUSTERS (X)								
	N	Z	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL/ INTELLECTUAL (C)	OUTDOOR HOBBIES ACTIVE (O)	(H)	SEA COAST (SC)	SPORTS (S)	DO-IT-YOURSELF DOMESTIC (D)	AVERAGE (X)
GENDER											
MEN	132	43	3,7	3,3	3,5	4,1	4,0	3,9	4,0	3,5	3,8
WOMEN	173	57	3,8	3,7	3,8	4,1	4,0	4,0	4,1	3,2	3,8
AGE											
15-24	39	13	3,8	3,7	3,6	4,2	4,2	4,4	4,3	3,4	4,0
25-34	70	23	3,8	3,7	3,8	4,3	4,1	4,2	4,1	3,3	3,9
35-44	44	14	3,7	3,3	3,6	4,1	3,7	4,0	4,1	3,4	3,7
45-54	33	11	3,7	3,5	3,7	3,9	3,9	3,7	3,7	3,5	3,7
55-64	51	17	4,0	3,7	3,9	4,3	4,1	3,9	4,1	3,4	3,9
65+	70	23	3,6	3,4	3,5	3,9	3,6	3,5	4,0	3,3	3,6
RESIDENCE											
HOUSE	78	26	3,7	3,4	3,7	4,2	4,0	4,1	4,1	3,3	3,8
FLAT	182	60	3,8	3,6	3,7	4,2	4,0	3,9	4,1	3,5	3,9
SIMPLEX/ DUPLEX	39	13	3,8	3,6	3,6	3,9	3,9	3,8	3,9	3,2	3,7
OCCUPATION											
PROFESSIONAL/ MANAGERIAL	119	40	3,8	3,5	3,8	4,1	3,9	4,1	4,0	3,5	3,8
ACTIVE-OTHER	53	17	3,7	3,6	3,6	4,1	4,0	3,8	4,1	3,3	3,8
NOT ECONOMICALLY ACTIVE	123	42	3,7	3,5	3,6	4,1	4,1	4,0	4,0	3,3	3,8

**TABLE 4.4.14 : RESPONDENTS' PERCEPTIONS OF BENEFIT (9) : FEELING REFRESHED PHYSICALLY AND/OR MENTALLY:
FOR THE VARIOUS LEISURE CLUSTERS IN TERMS OF THE SOCIO-ECONOMIC CHARACTERISTICS**

SOCIO-ECONOMIC CHARACTERISTICS	RESPONDENTS		LEISURE CLUSTERS (\bar{x})								
	N	Z	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST (SC)	SPORTS (S)	DO-IT-YOURSELF DOMESTIC (D)	AVERAGE (X)
GENDER											
MEN	132	43	3,7	3,0	3,5	4,1	3,7	3,9	4,1	3,4	3,7
WOMEN	173	57	4,0	3,2	3,7	4,2	3,7	4,1	4,2	3,0	3,8
AGE											
15-24	39	13	4,1	3,2	3,7	4,5	3,8	4,5	4,6	3,1	3,9
25-34	70	23	3,8	3,1	3,7	4,3	3,9	4,2	4,4	3,4	3,9
35-44	44	14	4,0	3,0	3,5	4,2	3,8	4,0	4,2	2,9	3,7
45-54	33	11	3,9	2,9	3,5	3,8	3,5	3,8	3,8	3,2	3,6
55-64	51	17	4,0	3,2	3,7	4,2	3,8	4,0	4,2	3,2	3,8
65+	70	23	3,8	3,1	3,5	4,0	3,4	3,6	3,9	3,2	3,6
RESIDENCE											
HOUSE	78	26	4,1	3,0	3,6	4,2	3,7	4,0	4,2	2,9	3,7
FLAT	182	60	3,8	3,1	3,6	4,2	3,7	4,0	4,2	3,3	3,7
SIMPLEX/ DUPLIX	39	13	3,8	3,2	3,8	4,0	3,7	4,1	4,2	3,2	3,8
OCCUPATION											
PROFESSIONAL/ MANAGERIAL	119	40	3,9	3,1	3,6	4,2	3,8	4,1	4,2	3,2	3,8
ACTIVE-OTHER	53	17	3,9	3,2	3,6	4,2	3,6	4,0	4,2	3,2	3,7
NOT ECONOMICALLY ACTIVE	123	42	3,9	2,9	3,7	4,1	3,8	4,0	4,2	3,3	3,7

**TABLE 4.4.15 : RESPONDENTS' PERCEPTIONS OF BENEFIT (14) : BEING FRIENDS WITH PEOPLE OF THE OPPOSITE GENDER:
FOR THE VARIOUS LEISURE CLUSTERS IN TERMS OF THE SOCIO-ECONOMIC CHARACTERISTICS**

SOCIO-ECONOMIC CHARACTERISTICS	RESPONDENTS		LEISURE CLUSTERS (X)								
	N	Z	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST (SC)	SPORTS (S)	DO-IT-YOURSELF DOMESTIC (D)	AVERAGE (X)
GENDER											
MEN	132	43	2,8	3,1	3,4	3,5	3,0	3,4	3,7	2,4	3,2
WOMEN	173	57	2,9	3,3	3,5	3,6	3,2	3,7	3,9	2,5	3,4
AGE											
15-24	39	13	3,0	3,6	3,7	4,2	3,2	4,2	4,3	2,4	3,6
25-34	70	23	2,9	3,3	3,6	3,9	3,4	3,8	4,0	2,6	3,4
35-44	44	14	2,6	3,0	3,2	3,7	2,9	3,4	4,0	2,3	3,1
45-54	33	11	3,0	3,0	3,4	3,6	3,0	3,5	3,4	2,7	3,2
55-64	51	17	3,2	3,3	3,6	3,6	3,2	3,5	3,9	2,3	3,3
65+	70	23	2,9	2,9	3,2	3,3	2,8	3,0	3,6	2,4	3,0
RESIDENCE											
HOUSE	78	26	2,9	3,3	3,4	3,7	3,1	3,5	3,8	2,3	3,3
FLAT	182	60	3,0	3,2	3,4	3,7	3,2	3,7	3,9	2,6	3,2
SIMPLEX/ DUPLEX	39	13	2,7	3,1	3,5	3,7	2,9	3,5	3,6	2,3	3,2
OCCUPATION											
PROFESSIONAL/ MANAGERIAL	119	40	2,8	3,0	3,4	3,6	3,0	3,5	3,7	2,4	3,2
ACTIVE-OTHER	53	17	2,9	3,2	3,3	3,7	2,9	3,5	3,8	2,4	3,2
NOT ECONOMICALLY ACTIVE	123	42	3,0	3,5	3,8	4,0	3,5	3,8	4,1	2,7	3,6

TABLE 4.4.16 : RESPONDENTS' PERCEPTIONS OF BENEFIT (16) : EXPERIENCING EXCITEMENT:
FOR THE VARIOUS LEISURE CLUSTERS IN TERMS OF THE SOCIO-ECONOMIC CHARACTERISTICS

SOCIO-ECONOMIC CHARACTERISTICS	RESPONDENTS		LEISURE CLUSTERS (\bar{X})								
	N	Z	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL INTELLECTUAL (C)	OUTDOOR HOBBIES ACTIVE (O)	SEA COAST (SC)	SPORTS DOMESTIC (S)	DO-IT-YOURSELF DOMESTIC (D)	AVE (X)	
GENDER											
MEM	132	43	2,7	3,3	3,2	3,6	3,4	3,5	4,0	2,8	2,9
WOMEN	173	57	2,8	3,4	3,3	3,6	3,3	3,6	4,0	2,6	3,3
AGE											
15-24	39	13	2,9	3,8	3,3	3,9	3,6	4,0	4,4	2,9	3,6
25-34	70	23	2,8	3,1	3,4	3,8	3,6	3,8	4,3	2,6	3,4
35-44	44	14	2,8	3,3	3,2	3,5	3,3	3,5	3,9	2,5	3,3
45-54	33	11	2,9	3,1	3,3	3,5	3,4	3,6	3,8	3,0	3,3
55-64	51	17	2,9	3,5	3,2	3,5	3,1	3,4	4,0	2,5	3,3
65+	70	23	2,6	3,2	3,1	3,2	3,1	3,2	3,7	2,8	3,1
RESIDENCE											
HOUSE	78	26	2,9	3,3	3,3	3,5	3,3	3,6	3,9	2,5	3,3
FLAT	182	60	2,8	3,4	3,2	3,6	3,4	3,6	4,1	2,9	3,4
SIMPLEX/ DUPLEX	39	13	2,7	3,4	3,3	3,5	3,3	3,7	4,0	2,4	3,3
OCCUPATION											
PROFESSIONAL/ MANAGERIAL	119	40	2,8	3,2	3,2	3,5	3,4	3,6	4,0	2,6	3,8
ACTIVE-OTHER NOT ECONOMICALLY ACTIVE	53	17	2,8	3,4	3,2	3,5	3,2	3,5	4,0	2,8	3,3
ACTIVE	123	42	2,8	3,5	3,4	3,9	3,7	3,8	4,3	2,7	3,5

**TABLE 4.4.17 : RESPONDENTS' PERCEPTIONS OF BENEFIT (17) : SHARING ACTIVITIES WITH OTHER MEMBERS OF THE FAMILY:
FOR THE VARIOUS LEISURE CLUSTERS IN TERMS OF THE SOCIO-ECONOMIC CHARACTERISTICS**

SOCIO-ECONOMIC CHARACTERISTICS	RESPONDENTS		LEISURE CLUSTERS (\bar{x})								
	N	Z	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST (SC)	SPORTS (S)	DO-IT-YOURSELF DOMESTIC (D)	AVERAGE (X)
GENDER											
MEN	132	43	3,6	3,5	3,4	3,8	3,3	3,7	3,6	3,1	3,5
WOMEN	173	57	3,6	3,8	3,6	4,0	3,3	3,9	3,7	3,2	3,6
AGE											
15-24	39	13	3,7	3,8	3,6	4,3	3,6	4,2	4,0	3,6	3,9
25-34	70	23	3,7	3,7	3,6	4,1	3,5	4,0	3,7	3,2	3,7
35-44	44	14	3,6	3,5	3,2	3,8	3,2	3,8	3,7	3,1	3,5
45-54	33	11	3,5	3,6	3,6	3,8	3,5	3,5	3,7	3,1	3,5
55-64	51	17	3,7	3,7	3,4	3,9	3,3	3,7	3,6	3,2	3,6
65+	70	23	3,5	3,6	3,5	3,7	3,2	3,4	3,5	3,1	3,4
RESIDENCE											
HOUSE	78	26	3,6	3,6	3,5	3,9	3,3	3,9	3,8	3,0	3,6
FLAT	182	60	3,7	3,7	3,5	4,0	3,4	3,8	3,7	3,3	3,6
SIMPLEX/ DUPLEX	39	13	3,4	3,5	3,6	3,8	3,1	3,7	3,4	3,1	3,6
OCCUPATION											
PROFESSIONAL/ MANAGERIAL	119	40	3,6	3,6	3,5	3,9	3,3	3,8	3,7	3,1	3,6
ACTIVE-OTHER	53	17	3,6	3,7	3,5	4,0	3,4	3,8	3,7	3,4	3,6
NOT ECONOMICALLY ACTIVE	123	42	3,7	3,7	3,5	4,1	3,4	3,8	3,6	3,2	3,6

**TABLE 4.4.19 : RESPONDENTS' PERCEPTIONS OF BENEFIT (B) : DEVELOPING SELF CONFIDENCE:
FOR THE VARIOUS LEISURE CLUSTERS IN TERMS OF THE SOCIO-ECONOMIC CHARACTERISTICS**

SOCIO-ECONOMIC CHARACTERISTICS	RESPONDENTS		LEISURE CLUSTERS (\bar{X})								
	N	Z	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL INTELLECTUAL (C)	OUTDOOR ACTIVE (O)	HOBBIES (H)	SEA COAST (SC)	SPORTS (S)	DO-IT-YOURSELF DOMESTIC (D)	AVERAGE (X)
GENDER											
MEN	132	43	2,7	2,7	3,4	3,5	3,4	3,3	3,8	3,3	3,3
WOMEN	173	57	2,7	2,7	3,4	3,4	3,5	3,2	3,8	3,2	3,2
AGE											
15-24	39	13	2,7	2,9	3,9	3,7	3,5	3,5	4,3	3,4	3,5
25-34	70	23	2,6	2,8	3,5	3,6	3,7	3,4	4,0	3,2	3,4
35-44	44	14	2,4	2,5	3,3	3,4	3,3	3,1	3,7	2,9	3,1
45-54	33	11	2,9	2,5	3,2	3,5	3,5	3,4	3,7	3,2	3,2
55-64	51	17	2,8	2,9	3,3	3,5	3,4	3,2	3,8	3,2	3,3
65+	70	23	2,9	2,8	3,3	3,3	3,2	3,2	3,5	3,4	3,2
RESIDENCE											
HOUSE	78	26	2,6	2,6	3,4	3,5	3,4	3,2	3,8	3,1	3,1
FLAT	182	60	2,7	2,8	3,4	3,5	3,5	3,3	3,9	3,3	3,3
SIMPLEX/ DUPLEX	39	13	2,7	2,9	3,5	3,4	3,5	3,3	3,8	3,6	3,6
OCCUPATION											
PROFESSIONAL/ MANAGERIAL	119	40	2,7	2,7	3,5	3,5	3,5	3,2	3,8	3,2	3,3
ACTIVE-OTHER	53	17	2,8	2,8	3,3	3,5	3,3	3,4	3,9	3,3	3,3
NOT ECONOMICALLY ACTIVE	123	42	2,7	2,9	3,6	3,5	3,5	3,3	3,9	3,2	3,3

**TABLE 4.4.20: RESPONDENTS' PERCEPTIONS OF BENEFIT (10) : BEING IN A POSITION OF AUTHORITY:
FOR THE VARIOUS LEISURE CLUSTERS IN TERMS OF THE SOCIO-ECONOMIC CHARACTERISTICS**

SOCIO-ECONOMIC CHARACTERISTICS	RESPONDENTS		LEISURE CLUSTERS (\bar{X})									
	N	Z	NATURE/ GARDEN (N)	ENTERTAINMENT/ MASS MEDIA (E)	CULTURAL INTELLECTUAL (C)	OUTDOOR HOBBIES ACTIVE (O)	(H)	SEA COAST (SC)	SPORTS (S)	DO-IT-YOURSELF DOMESTIC (D)	AVE (X)	
GENDER												
MEN	132	43	2,1	2,3	2,9	2,7	2,6	2,5	3,2	2,5	2,6	
WOMEN	173	57	2,2	2,3	2,8	2,8	2,7	2,5	3,3	2,5	2,6	
AGE												
15-24	39	13	2,1	2,2	3,1	3,2	2,7	2,7	3,7	2,4	2,8	
25-34	70	23	2,3	2,6	3,2	2,8	2,8	2,7	3,5	2,7	2,5	
35-44	44	14	1,8	2,1	2,6	2,5	2,4	2,1	3,0	2,2	2,3	
45-54	33	11	2,3	2,3	2,8	2,7	2,8	2,4	3,0	2,7	2,6	
55-64	51	17	2,1	2,3	2,7	2,8	2,6	2,4	3,2	2,5	2,6	
65+	70	23	2,2	2,3	2,6	2,7	2,5	2,6	3,1	2,4	2,6	
RESIDENCE												
HOUSE	78	26	2,1	2,4	2,9	2,8	2,7	2,6	3,4	2,2	2,6	
FLAT	182	60	2,1	2,3	2,8	2,8	2,6	2,5	3,2	2,6	2,6	
SIMPLEX/ DUPLEX	39	13	2,0	2,6	2,9	2,8	2,7	2,4	3,3	2,8	2,7	
OCCUPATION												
PROFESSIONAL/ MANAGERIAL	119	40	2,2	2,3	2,9	2,7	2,7	2,4	3,3	2,6	2,6	
ACTIVE-OTHER	53	17	2,0	2,2	2,7	2,7	2,5	2,5	3,2	2,4	2,5	
NOT ECONOMICALLY ACTIVE	123	42	2,1	2,5	3,2	2,8	2,9	2,6	3,3	2,6	2,8	

**TABLE 4.5.1 : RESPONDENTS' PERCEPTIONS OF LEISURE BENEFITS IN TERMS OF THE PSYCHOLOGICAL ASPECT:
DIVERSION/RELAXATION : FOR VARIOUS LEISURE CLUSTERS**

BENEFITS	LEISURE CLUSTERS								
	NATURE/ GARDEN (N) (\bar{X})	ENTERTAINMENT/ MASS MEDIA (E) (\bar{X})	CULTURAL/ INTELLECTUAL (C) (\bar{X})	OUTDOOR ACTIVE (O) (\bar{X})	HOBBIES (H) (\bar{X})	SEA/ COAST BASED (SC) (\bar{X})	SPORTS (S) (\bar{X})	DO-IT-YOURSELF/ DOMESTIC (D) (\bar{X})	BENEFITS AVE. (\bar{X})
4	3,8	3,7	3,7	4,1	4,0	4,0	4,1	3,4	3,9
5	4,5	2,4	2,4	4,2	3,1	4,1	3,3	2,3	3,3
9	3,9	3,1	3,6	4,2	3,7	4,0	4,2	3,2	3,7
12	4,2	3,9	4,0	4,2	4,2	4,1	4,2	3,7	4,1
16	2,8	3,4	3,3	3,6	3,4	3,6	4,0	2,7	3,4
AVE. (\bar{X}) LEISURE CLUSTERS	3,8	3,3	3,4	4,1	3,7	4,0	4,0	3,1	

TABLE 4.5.2: RESPONDENTS' PERCEPTIONS OF LEISURE BENEFITS IN TERMS OF GENDER AND THE PSYCHOLOGICAL ASPECT:
 DIVERSION/RELAXATION: FOR VARIOUS LEISURE CLUSTERS

BENEFITS	LEISURE CLUSTERS									
	NATURE/ GARDEN (N) (\bar{X})	ENTERTAINMENT/ MASS MEDIA (E) (\bar{X})	CULTURAL/ INTELLECTUAL (C) (\bar{X})	OUTDOOR ACTIVE (O) (\bar{X})	HOBBIES (H) (\bar{X})	SEA/ COAST BASED (SC) (\bar{X})	SPORTS (S) (\bar{X})	DO-IT-YOURSELF/ DOMESTIC (D) (\bar{X})	BENEFITS AVE. (\bar{X})	
GENDER										
4	MEN	3,7	3,3	3,5	4,1	4,0	3,9	4,0	3,5	3,8
	WOMEN	3,8	3,7	3,8	4,1	4,0	4,0	4,1	3,2	3,8
5	MEN	4,4	2,3	2,4	4,2	3,1	4,0	3,3	2,3	3,3
	WOMEN	4,6	2,3	2,4	4,2	3,0	4,1	3,2	2,2	3,3
9	MEN	3,7	3,0	3,5	4,1	3,7	3,9	4,1	3,4	3,7
	WOMEN	4,0	2,0	3,7	4,2	3,7	4,1	4,2	3,0	3,8
12	MEN	4,0	3,7	3,8	4,1	4,1	4,0	4,1	3,7	3,9
	WOMEN	4,3	4,0	4,1	4,2	4,3	4,1	4,3	3,6	4,1
16	MEN	2,7	3,3	3,2	3,6	3,4	3,5	4,0	2,8	2,9
	WOMEN	2,8	3,4	3,3	3,6	3,3	3,6	4,0	2,6	3,3
LEISURE CLUSTERS AVERAGE (\bar{X})										
	MEN	3,7	3,1	3,3	4,0	3,7	3,9	3,9	3,1	
	WOMEN	3,9	3,3	3,5	4,1	3,7	4,0	4,0	2,9	

TABLE 4.5.3: RESPONDENTS' PERCEPTIONS OF LEISURE BENEFITS IN TERMS OF AGE AND THE PSYCHOLOGICAL ASPECT:
 DIVERSION/RELAXATION: FOR VARIOUS LEISURE CLUSTERS

BENEFITS	AGES	LEISURE CLUSTERS								AVE. (\bar{X})
		NATURE/ GARDEN (N) (\bar{X})	ENTERTAINMENT/ MASS MEDIA (E) (\bar{X})	CULTURAL/ INTELLECTUAL (C) (\bar{X})	OUTDOOR ACTIVE (O) (\bar{X})	HOBBIES (H) (\bar{X})	SEA/ COAST BASED (SC) (\bar{X})	SPORTS (S) (\bar{X})	DO-IT-YOURSELF/ DOMESTIC (D) (\bar{X})	
4	15-24	3,8	3,7	3,6	4,2	4,2	4,4	4,3	3,4	4,0
	25-34	3,8	3,7	3,8	4,3	4,1	4,2	4,1	3,3	3,9
	35-44	3,7	3,3	3,6	4,1	3,7	4,0	4,1	3,4	3,7
	45-54	3,7	3,5	3,7	3,9	3,9	3,7	3,7	3,5	3,7
	55-64	4,0	3,7	3,9	4,3	4,1	3,9	4,1	3,4	3,9
	65+	3,6	3,4	3,5	3,9	3,6	3,5	4,0	3,3	3,6
5	15-24	4,7	2,2	2,4	4,6	2,9	4,3	3,4	2,2	3,3
	25-34	4,7	2,2	2,4	4,3	3,2	4,3	3,4	2,3	3,4
	35-44	4,7	2,3	2,2	4,2	2,9	4,2	3,3	2,1	3,2
	45-54	4,4	2,5	2,5	4,1	2,9	4,1	3,4	2,6	3,3
	55-64	4,6	2,3	2,4	4,2	3,2	4,1	3,1	2,2	3,3
	65+	4,2	2,7	2,5	3,9	3,0	3,6	3,1	2,4	3,2
9	15-24	4,1	3,2	3,7	4,5	3,8	4,5	4,6	3,1	3,9
	25-34	3,8	3,1	3,7	4,3	3,9	4,2	4,4	3,4	3,9
	35-44	4,0	3,0	3,5	4,2	3,8	4,0	4,2	2,9	3,7
	45-54	3,9	2,9	3,5	3,8	3,5	3,8	3,8	3,2	3,6
	55-64	4,0	3,2	3,7	4,2	3,8	4,0	4,2	3,2	3,8
	65+	3,8	3,1	3,5	4,0	3,4	3,6	3,9	3,2	3,6
12	15-24	4,3	3,8	4,1	4,4	4,4	4,4	4,5	3,8	4,2
	25-34	4,2	3,9	4,0	4,2	4,2	4,1	4,2	3,5	4,0
	35-44	4,1	3,9	3,9	4,2	4,2	3,9	4,2	3,4	4,0
	45-54	4,2	3,8	4,0	4,1	4,1	4,1	4,1	3,9	4,0
	55-64	4,4	4,0	4,1	4,3	4,4	4,1	4,3	3,8	4,2
	65+	4,1	3,8	3,8	4,0	4,1	3,8	4,0	3,6	3,9
16	15-24	2,9	3,8	3,3	3,9	3,6	4,0	4,4	2,9	3,6
	25-34	2,8	3,1	3,4	3,8	3,6	3,8	4,3	2,6	3,4
	35-44	2,8	3,3	3,2	3,5	3,3	3,5	3,9	2,5	3,3
	45-54	2,9	3,1	3,3	3,5	3,4	3,6	3,8	3,0	3,3
	55-64	2,9	3,5	3,2	3,5	3,1	3,4	4,0	2,5	3,3
	65+	2,6	3,2	3,1	3,2	3,1	3,2	3,7	2,8	3,1
LEISURE CLUSTERS AVERAGE (\bar{X})										
	15-24	4,0	3,3	3,4	4,3	3,8	4,3	4,2	3,1	
	25-34	4,0	3,2	3,5	4,2	3,8	4,1	4,1	3,0	
	35-44	4,0	3,2	3,3	4,0	3,6	3,9	3,9	2,9	
	45-54	3,8	3,2	3,4	3,9	3,6	3,9	3,8	3,2	
	55-64	4,0	3,3	3,5	4,1	3,7	3,9	3,9	3,0	

TABLE 4.5.4: RESPONDENTS' PERCEPTIONS OF LEISURE BENEFITS IN TERMS OF RESIDENCE AND THE PSYCHOLOGICAL ASPECT:
DIVERSION/RELAXATION: FOR VARIOUS LEISURE CLUSTERS

BENEFITS	LEISURE CLUSTERS									
	NATURE/ GARDEN	ENTERTAINMENT/ MASS MEDIA	CULTURAL/ INTELLECTUAL	OUTDOOR ACTIVE	HOBBIES	SEA/ COAST BASED	SPORTS	DO-IT-YOURSELF/ DOMESTIC	BENEFITS	
	(N) (\bar{X})	(E) (\bar{X})	(C) (\bar{X})	(O) (\bar{X})	(H) (\bar{X})	(SC) (\bar{X})	(S) (\bar{X})	(D) (\bar{X})	AVE. (\bar{X})	
4	HOUSE FLAT SIMPLEX/ DUPLEX	3,7 3,8 3,8	3,4 3,6 3,6	3,7 3,7 3,6	4,2 4,2 3,9	4,0 4,0 3,9	4,1 3,9 3,8	4,1 4,1 3,9	3,3 3,5 3,2	3,8 3,9 3,7
5	HOUSE FLAT SIMPLEX/ DUPLEX	4,6 4,5 4,5	2,3 2,4 2,2	2,4 2,5 2,5	4,2 4,3 4,1	3,1 3,0 3,1	4,3 4,0 4,1	3,4 3,3 3,1	2,2 2,3 2,2	3,3 3,3 3,2
9	HOUSE FLAT SIMPLEX/ DUPLEX	4,1 3,8 3,8	3,0 3,1 3,2	3,6 3,6 3,8	4,2 4,2 4,0	3,7 3,7 3,7	4,0 4,0 4,1	4,2 4,2 4,2	2,9 3,3 3,2	3,7 3,7 3,8
12	HOUSE FLAT SIMPLEX/ DUPLEX	4,2 4,2 4,2	3,8 3,9 3,8	4,0 4,0 4,1	4,1 4,2 4,1	4,2 3,3 4,1	4,1 4,1 3,9	4,2 4,2 4,2	3,5 3,7 3,5	4,0 4,1 4,0
16	HOUSE FLAT SIMPLEX/ DUPLEX	2,9 2,8 2,7	3,3 3,4 3,4	3,3 3,2 3,3	3,5 3,6 3,5	3,8 3,4 3,3	3,6 3,6 3,7	3,9 4,1 4,0	2,5 2,9 2,4	3,3 3,4 3,3
LEISURE CLUSTERS AVERAGE (\bar{X})										
	HOUSE	3,9	3,2	3,4	4,0	3,7	4,0	4,0	2,9	3,6
	FLAT	3,8	3,3	3,4	4,1	3,7	3,9	4,0	3,1	3,7
	SIMPLEX/ DUPLEX	3,8	3,2	3,4	3,9	3,6	3,9	3,9	2,9	3,6

TABLE 4.5.5: RESPONDENTS' PERCEPTIONS OF LEISURE BENEFITS IN TERMS OF OCCUPATION AND THE PSYCHOLOGICAL ASPECT:
DIVERSION/RELAXATION: FOR VARIOUS LEISURE CLUSTERS

BENEFITS	LEISURE CLUSTERS									
	NATURE/ GARDEN	ENTERTAINMENT/ MASS MEDIA	CULTURAL/ INTELLECTUAL	OUTDOOR ACTIVE	HOBBIES	SEA/ COAST BASED	SPORTS	DO-IT-YOURSELF/ DOMESTIC	BENEFITS	
	(N) (\bar{X})	(E) (\bar{X})	(C) (\bar{X})	(O) (\bar{X})	(H) (\bar{X})	(SC) (\bar{X})	(S) (\bar{X})	(D) (\bar{X})	AVE. (\bar{X})	
4	PROF/ MAN.	3,8	3,5	3,8	4,1	3,9	4,1	4,0	3,5	3,8
	A.O.	3,7	3,6	3,6	4,1	4,0	3,8	4,1	3,3	3,8
	N.E.A.	3,7	3,5	3,6	4,1	4,1	4,0	4,0	3,3	3,8
5	PROF/ MAN.	4,5	2,3	2,4	4,2	3,1	4,2	3,3	2,3	3,3
	A.O.	4,5	2,4	2,4	4,2	3,0	4,0	3,3	2,2	3,3
	N.E.A.	4,6	2,3	2,3	4,2	3,0	4,0	3,3	2,2	3,2
9	PROF/ MAN.	3,9	3,1	3,6	4,2	3,8	4,1	4,2	3,2	3,8
	A.O.	3,9	3,2	3,6	4,2	3,6	4,0	4,2	3,2	3,7
	N.E.A.	3,9	2,9	3,7	4,1	3,8	4,0	4,2	3,3	3,7
12	PROF/ MAN.	4,1	3,8	3,9	4,1	4,1	4,0	4,1	3,6	4,0
	A.O.	4,2	3,9	4,0	4,3	4,3	4,1	4,3	3,7	4,1
	N.E.A.	4,2	3,9	4,1	4,2	4,4	4,1	4,3	3,7	4,1
16	PROF/ MAN.	2,8	3,2	3,2	3,5	3,4	3,6	4,0	2,6	3,6
	A.O.	2,8	3,4	3,2	3,5	3,2	3,5	4,0	2,8	3,3
	N.E.A.	2,8	3,5	3,4	3,9	3,7	3,8	4,3	2,7	3,5

LEISURE CLUSTERS AVERAGE (\bar{X})

PROF/ MAN.	3,8	3,2	3,4	4,0	3,7	4,0	3,9	3,0
A.O.	3,8	3,3	3,4	4,1	3,6	3,9	4,0	3,0
N.E.A.	3,8	3,2	3,4	4,1	3,8	4,0	4,0	3,0

KEY: PROF/MAN - PROFESSIONAL/MANAGERIAL
A.O. - ACTIVE OTHER
N.E.A. - NOT ECONOMICALLY ACTIVE

**TABLE 4.5.6 : RESPONDENTS' PERCEPTIONS OF LEISURE BENEFITS IN TERMS OF THE PSYCHOLOGICAL ASPECT:
INTERPERSONAL RELATIONSHIPS : FOR VARIOUS LEISURE CLUSTERS**

BENEFITS	LEISURE CLUSTERS								AVE. (\bar{x})
	NATURE/ GARDEN (N) (\bar{x})	ENTERTAINMENT/ MASS MEDIA (E) (\bar{x})	CULTURAL/ INTELLECTUAL (C) (\bar{x})	OUTDOOR ACTIVE (O) (\bar{x})	HOBBIES (H) (\bar{x})	SEA/ COAST BASED (SC) (\bar{x})	SPORTS (S) (\bar{x})	DO-IT-YOURSELF/ DOMESTIC (D) (\bar{x})	
1	3,0	3,7	3,5	4,0	3,0	3,7	4,1	2,6	3,5
6	2,9	2,5	2,8	3,0	3,2	2,8	2,9	3,5	3,0
7	2,8	3,2	3,4	3,8	3,3	3,5	4,1	2,5	3,3
10	2,1	2,4	2,9	2,8	2,7	2,5	3,3	2,5	2,7
13	2,9	3,1	3,5	3,9	3,3	3,6	4,2	2,6	3,4
14	2,9	3,2	3,4	3,7	3,1	3,6	3,9	2,5	3,3
17	3,6	3,7	3,5	3,9	3,4	3,8	3,7	3,2	3,6
AVE. (\bar{x}) LEISURE CLUSTERS	2,9	3,1	3,3	3,6	3,1	3,4	3,7	2,7	

TABLE 4.5.7: RESPONDENTS' PERCEPTIONS OF LEISURE BENEFITS IN TERMS OF GENDER AND THE PSYCHOLOGICAL ASPECT INTERPERSONAL RELATIONSHIPS: FOR VARIOUS LEISURE CLUSTERS

BENEFITS	LEISURE CLUSTERS									
		NATURE/ GARDEN	ENTERTAINMENT/ MASS MEDIA	CULTURAL/ INTELLECTUAL	OUTDOOR ACTIVE	HOBBIES	SEA/ COAST BASED	SPORTS	DO-IT-YOURSELF/ DOMESTIC	BENEF AVE
		(N) (\bar{x})	(E) (\bar{x})	(C) (\bar{x})	(O) (\bar{x})	(H) (\bar{x})	(SC) (\bar{x})	(S) (\bar{x})	(D) (\bar{x})	(\bar{x})
GENDER										
1	MEN	3,0	3,5	3,3	3,9	2,8	3,6	4,0	2,6	3,3
	WOMEN	3,0	3,8	3,6	4,1	3,0	3,7	4,2	2,6	3,5
6	MEN	2,8	2,4	2,8	3,1	3,0	2,8	3,0	3,4	2,9
	WOMEN	2,9	2,6	2,8	2,9	3,3	2,8	2,8	3,5	3,0
7	MEN	2,7	2,9	3,3	3,7	3,2	3,4	4,1	2,6	3,2
	WOMEN	3,0	3,3	3,5	3,9	3,3	3,6	4,1	2,4	3,4
10	MEN	2,1	2,3	2,9	2,7	2,6	2,5	3,2	2,5	2,6
	WOMEN	2,2	2,3	2,8	2,8	2,7	2,5	3,3	2,5	2,6
13	MEN	2,8	3,0	3,3	3,7	3,2	3,6	4,1	2,6	3,3
	WOMEN	3,0	3,2	3,5	3,9	3,4	3,6	4,2	2,5	3,4
14	MEN	2,8	3,1	3,4	3,5	3,0	3,4	3,7	2,4	3,2
	WOMEN	2,9	3,3	3,5	3,8	3,2	3,7	3,9	2,5	3,4
17	MEN	3,6	3,5	3,4	3,8	3,3	3,7	3,6	3,1	3,5
	WOMEN	3,6	3,8	3,6	4,0	3,3	3,9	3,7	3,2	3,6
LEISURE CLUSTERS: AVERAGE (\bar{x})										
	MEN	2,8	3,0	3,2	3,5	3,0	3,3	3,7	2,7	
	WOMEN	2,9	3,2	3,3	3,6	3,2	3,4	3,7	2,7	

TABLE 4.5.8: RESPONDENTS' PERCEPTIONS OF LEISURE BENEFITS IN TERMS OF AGE AND THE PSYCHOLOGICAL ASPECT:
INTERPERSONAL RELATIONSHIPS : FOR VARIOUS LEISURE CLUSTERS

BENEFITS	LEISURE CLUSTERS									
	NATURE/ GARDEN	ENTERTAINMENT/ MASS MEDIA	CULTURAL/ INTELLECTUAL	OUTDOOR ACTIVE	HOBBIES	SEA/ COAST BASED	SPORTS	DO-IT-YOURSELF/ DOMESTIC	BENEFITS	
	(N) (\bar{X})	(E) (\bar{X})	(C) (\bar{X})	(O) (\bar{X})	(H) (\bar{X})	(SC) (\bar{X})	(S) (\bar{X})	(D) (\bar{X})	AVE. (\bar{X})	
AGES										
1	15-24	2,8	4,1	3,4	4,2	2,7	3,9	4,3	2,6	3,5
	25-34	3,1	4,0	3,8	4,3	3,2	4,1	4,2	2,8	3,7
	35-44	3,0	3,6	3,7	4,1	3,0	3,9	4,2	2,4	3,5
	45-54	2,8	3,8	3,6	3,8	3,0	3,3	4,0	2,4	3,3
	55-64	3,2	3,7	3,2	4,1	2,9	3,6	4,3	2,5	3,4
	65+	3,1	3,1	3,1	3,6	2,9	3,2	3,8	2,7	3,2
6	15-24	3,0	2,7	3,0	3,2	3,2	2,9	2,9	3,8	3,1
	25-34	2,8	2,6	2,8	3,0	3,2	3,0	2,9	3,5	3,0
	35-44	2,6	2,2	2,6	3,7	3,2	2,6	2,8	3,3	2,8
	45-54	2,9	2,3	2,8	2,9	3,0	2,8	2,7	3,5	2,9
	55-64	3,1	2,6	2,8	3,1	3,3	2,8	3,0	3,4	3,0
	65+	2,9	2,6	2,7	2,9	3,1	2,6	3,0	3,4	2,9
7	15-24	2,7	3,7	3,6	4,3	3,2	4,0	4,6	2,3	3,4
	25-34	2,7	3,2	3,6	3,9	3,5	3,7	4,4	2,5	3,4
	35-44	2,8	3,1	3,3	3,7	3,3	3,4	4,1	2,4	3,3
	45-54	2,8	2,8	3,4	3,5	3,0	3,3	3,6	2,5	3,1
	55-64	3,1	3,2	3,6	3,9	3,4	3,4	4,1	2,5	3,4
	65+	3,1	2,9	3,1	3,4	3,0	3,1	3,7	2,7	3,1
10	15-24	2,1	2,2	3,1	3,2	2,7	2,7	3,7	2,4	2,8
	25-34	2,3	2,6	3,2	2,8	2,8	2,7	3,5	2,7	2,5
	35-44	1,8	2,1	2,6	2,5	2,4	2,1	3,0	2,2	2,3
	45-54	2,3	2,3	2,8	2,7	2,8	2,4	3,0	2,7	2,6
	55-64	2,1	2,3	2,7	2,8	2,6	2,4	3,2	2,5	2,6
	65+	2,2	2,3	2,6	2,7	2,5	2,6	3,1	2,4	2,6
13	15-24	2,8	3,5	3,7	4,2	3,4	4,2	4,4	2,3	3,6
	25-34	2,8	3,2	3,6	4,0	3,5	3,8	4,3	2,6	3,5
	35-44	2,9	2,8	3,2	3,8	3,0	3,5	4,1	2,6	3,2
	45-54	3,0	2,9	3,5	3,8	3,2	3,6	4,1	2,6	3,3
	55-64	3,1	3,2	3,5	3,9	3,4	3,5	4,2	2,6	3,4
	65+	3,0	3,0	3,2	3,5	3,3	3,3	3,8	2,7	3,2
14	15-24	3,0	3,6	3,7	4,2	3,2	4,2	4,3	2,4	3,6
	25-34	2,9	3,3	3,6	3,9	3,4	3,8	4,0	2,6	3,4
	35-44	2,6	3,0	3,2	3,7	2,9	3,4	4,0	2,3	3,1
	45-54	3,0	3,0	3,4	3,6	3,0	3,5	3,4	2,7	3,2
	55-64	3,2	3,3	3,6	3,6	3,2	3,5	3,9	2,3	3,3
	65+	2,9	2,9	3,2	3,3	2,8	3,0	3,6	2,4	3,0
17	15-24	3,7	3,8	3,6	4,3	3,6	4,2	4,0	3,6	3,9
	25-34	3,7	3,7	3,6	4,1	3,5	4,0	3,7	3,2	3,7
	35-44	3,6	3,5	3,2	3,8	3,2	3,8	3,7	3,1	3,5
	45-54	3,5	3,6	3,6	3,8	3,5	3,5	3,7	3,1	3,5
	55-64	3,7	3,7	3,4	3,9	3,3	3,7	3,6	3,2	3,6
	65+	3,5	3,6	3,5	3,7	3,2	3,4	3,5	3,1	3,4
LEISURE CLUSTERS AVERAGE (\bar{X})										
	15-24	2,9	3,4	3,4	3,9	3,1	3,7	4,0	2,8	
	25-34	2,9	3,2	3,5	3,7	3,3	3,6	3,9	2,8	
	35-44	2,8	2,9	3,1	3,6	3,0	3,2	3,7	2,6	
	45-54	2,9	3,0	3,3	3,4	3,1	3,2	3,5	2,8	
	55-64	3,1	3,1	3,3	3,6	3,2	3,3	3,8	2,7	
	65+	3,0	2,9	3,1	3,3	3,0	3,0	3,5	2,8	

TABLE 4.5.9: RESPONDENTS' PERCEPTIONS OF LEISURE BENEFITS IN TERMS OF RESIDENCE AND THE PSYCHOLOGICAL ASPECT: INTERPERSONAL RELATIONSHIP: FOR VARIOUS LEISURE CLUSTERS

BENEFITS	LEISURE CLUSTERS									
	NATURE/ GARDEN (N) (\bar{X})	ENTERTAINMENT/ MASS MEDIA (E) (\bar{X})	CULTURAL/ INTELLECTUAL (C) (\bar{X})	OUTDOOR ACTIVE (O) (\bar{X})	HOBBIES (H) (\bar{X})	SEA/ COAST BASED (SC) (\bar{X})	SPORTS (S) (\bar{X})	DO-IT-YOURSELF/ DOMESTIC (D) (\bar{X})	BENEFITS AVE. (\bar{X})	
	1	HOUSE FLAT SIMPLEX/ DUPLEX	3,0 3,0 3,1	3,7 3,7 3,7	3,6 3,4 3,6	4,2 4,0 4,0	3,0 3,0 2,7	3,8 3,7 3,7	4,3 4,1 4,0	2,6 2,7 2,4
6	HOUSE FLAT SIMPLEX/ DUPLEX	2,9 2,9 2,7	2,4 2,5 2,6	2,9 2,8 2,6	3,1 2,9 2,9	3,2 3,2 2,9	3,0 2,8 2,7	3,0 2,9 2,9	3,5 3,5 3,4	3,0 2,9 2,8
7	HOUSE FLAT SIMPLEX/ DUPLEX	2,9 2,8 2,7	3,1 3,1 3,1	3,4 3,4 3,5	3,9 3,7 3,8	3,3 3,3 3,1	3,6 3,5 3,6	4,2 4,1 4,3	2,4 2,6 2,4	3,4 3,3 3,3
10	HOUSE FLAT SIMPLEX/ DUPLEX	2,1 2,1 2,0	2,4 2,3 2,6	2,9 2,8 2,9	2,8 2,8 2,8	2,7 2,6 2,7	2,6 2,5 2,4	3,4 3,2 3,3	2,2 2,6 2,8	2,6 2,6 2,7
13	HOUSE FLAT SIMPLEX/ DUPLEX	2,8 2,9 3,1	3,1 3,1 3,2	3,5 3,4 3,5	3,7 3,9 3,8	3,1 3,5 3,1	3,6 3,7 3,6	4,0 4,2 4,1	2,4 2,7 2,5	3,3 3,4 3,4
14	HOUSE FLAT SIMPLEX/ DUPLEX	2,9 3,0 2,7	3,3 3,2 3,1	3,4 3,4 3,5	3,7 3,7 3,7	3,1 3,2 2,9	3,5 3,7 3,5	3,8 3,9 3,6	2,3 2,6 2,3	3,3 3,2 3,2
17	HOUSE FLAT SIMPLEX/ DUPLEX	3,6 3,7 3,4	3,6 3,7 3,5	3,5 3,5 3,6	3,9 4,0 3,8	3,3 3,4 3,1	3,9 3,8 3,7	3,8 3,7 3,4	3,0 3,3 3,1	3,6 3,6 3,6
LEISURE CLUSTERS AVERAGE (\bar{X})										
	HOUSE FLAT SIMPLEX/ DUPLEX	2,9 2,9 2,8	3,1 3,1 3,1	3,3 3,2 3,3	3,6 3,6 3,5	3,1 3,2 2,9	3,4 3,4 3,3	3,8 3,7 3,7	2,6 2,9 2,7	

TABLE 4.3.10: RESPONSES/ PERCEPTIONS OF LEISURE BENEFITS IN TERM OF DYNAMIC RELATIONSHIP WITH SUBJECTS' ECONOMIC AND SOCIOCULTURAL AND VARIOUS LEISURE CLUSTERS

BENEFITS	LEISURE CLUSTERS								
	NATURE/ GARDEN (N) (\bar{x})	ENTERTAINMENT/ MASS MEDIA (E) (\bar{x})	CULTURAL/ INTELLECTUAL (C) (\bar{x})	OUTDOOR ACTIVE (O) (\bar{x})	HOBBIES (H) (\bar{x})	SEA/ COAST BASED (SC) (\bar{x})	SPORTS (S) (\bar{x})	DO-IT-YOURSELF/ DIY (D) (\bar{x})	BENEFITS (B) (\bar{x})
1 PROF/MAN.	3,0	3,7	3,6	4,1	2,9	3,8	4,1	3,6	3,6
A.O.	3,1	3,6	3,3	3,9	2,9	3,6	4,1	2,7	3,4
N.E.A.	3,0	3,9	3,4	4,2	3,0	3,7	4,2	2,6	3,5
6 PROF/MAN.	2,7	2,4	2,7	2,8	3,0	2,7	2,8	3,4	2,8
A.O.	3,0	2,6	2,7	3,0	3,2	2,7	2,9	3,5	3,0
N.E.A.	3,0	2,5	3,0	3,1	3,4	3,1	3,1	3,7	3,1
7 PROF/MAN.	2,7	2,9	3,4	3,7	3,2	3,4	4,1	2,4	3,2
A.O.	2,9	3,2	3,3	3,8	3,2	3,5	4,1	2,6	3,3
N.E.A.	2,9	3,4	3,7	3,9	3,6	3,7	4,3	2,6	3,5
10 PROF/MAN.	2,2	2,3	2,9	2,7	2,7	2,4	3,3	2,6	2,6
A.O.	2,0	2,2	2,7	2,7	2,5	2,5	3,2	2,4	2,5
N.E.A.	2,1	2,5	3,2	2,8	2,9	2,6	3,3	2,6	2,8
13 PROF/MAN.	2,9	2,9	3,4	3,8	3,2	3,6	4,1	2,5	3,3
A.O.	2,9	3,2	3,3	3,9	3,3	3,6	4,1	2,6	3,4
N.E.A.	3,0	3,4	3,7	4,1	3,6	3,8	4,3	2,7	3,6
14 PROF/MAN.	2,8	3,0	3,4	3,6	3,0	3,5	3,7	2,4	3,2
A.O.	2,9	3,2	3,3	3,7	2,9	3,5	3,8	2,4	3,2
N.E.A.	3,0	3,5	3,8	4,0	3,5	3,8	4,1	2,7	3,6
17 PROF/MAN.	3,6	3,6	3,5	3,9	3,3	3,8	3,7	3,1	3,6
A.O.	3,6	3,7	3,5	4,0	3,4	3,8	3,7	3,4	3,6
N.E.A.	3,7	3,7	3,5	4,1	3,4	3,8	3,6	3,2	3,6
LEISURE CLUSTERS AVERAGE (\bar{x})									
PROF/MAN.	2,8	3,0	3,3	3,5	3,0	3,3	3,7	2,9	
A.O.	2,9	3,1	3,2	3,6	3,1	3,3	3,7	2,8	
N.E.A.	3,0	3,3	3,5	3,7	3,3	3,5	3,8	2,9	

KEY: PROF/MAN - PROFESSIONAL/MANAGERIAL
 A.O. - ACTIVE OTHER
 N.E.A. - NOT ECONOMICALLY ACTIVE

**TABLE 4.5.11 : RESPONDENTS' PERCEPTIONS OF LEISURE BENEFITS IN TERMS OF THE PSYCHOLOGICAL ASPECT:
COMPETENCE : FOR VARIOUS LEISURE CLUSTERS**

BENEFITS	LEISURE CLUSTERS								
	NATURE/ GARDEN (N) (\bar{X})	ENTERTAINMENT/ MASS MEDIA (E) (\bar{X})	CULTURAL/ INTELLECTUAL (C) (\bar{X})	OUTDOOR ACTIVE (O) (\bar{X})	HOBBIES (H) (\bar{X})	SEA/ COAST BASED (SC) (\bar{X})	SPORTS (S) (\bar{X})	DO-IT-YOURSELF/ DOMESTIC (D) (\bar{X})	BENEFITS AVE. (\bar{X})
	2	3,2	1,9	1,9	4,3	2,8	3,9	4,5	2,6
3	4,0	2,7	3,5	3,9	4,3	3,4	4,0	4,0	3,7
8	2,7	2,8	3,4	3,5	3,5	3,3	3,8	3,2	3,3
11	3,4	2,9	3,5	3,5	3,7	3,4	3,9	3,2	3,1
15	2,7	3,4	4,2	2,8	3,4	2,6	2,6	2,7	3,1
18	3,6	2,9	3,5	3,0	4,0	2,8	2,8	3,5	3,3
AVE. (\bar{X}) LEISURE CLUSTERS	3,3	2,8	3,3	3,5	3,6	3,2	3,6	3,2	

TABLE 4.5.12: RESPONDENTS' PERCEPTIONS OF LEISURE BENEFITS IN TERMS OF GENDER AND THE PSYCHOLOGICAL ASPECT: COMPETENCE : FOR VARIOUS LEISURE CLUSTERS

BENEFITS	LEISURE CLUSTERS									
	NATURE/ GARDEN	ENTERTAINMENT/ MASS MEDIA	CULTURAL/ INTELLECTUAL	OUTDOOR ACTIVE	HOBBIES	SEA/ COAST BASED	SPORTS	DO-IT-YOURSELF/ DOMESTIC	BENEFITS AVE.	
	(N) (\bar{X})	(E) (\bar{X})	(C) (\bar{X})	(O) (\bar{X})	(H) (\bar{X})	(SC) (\bar{X})	(S) (\bar{X})	(D) (\bar{X})	(\bar{X})	
GENDER										
2	MEN	3,1	1,9	1,9	4,3	2,9	3,9	4,4	2,7	3,0
	WOMEN	3,9	1,9	1,9	4,3	2,7	3,9	4,5	2,6	3,2
3	MEN	3,9	2,5	3,5	3,8	4,1	3,4	3,9	3,9	3,7
	WOMEN	4,1	2,6	3,5	3,9	4,4	3,4	4,1	4,0	3,8
8	MEN	2,7	2,7	3,4	3,5	3,4	3,3	3,8	3,3	3,3
	WOMEN	2,7	2,7	3,4	3,4	3,5	3,2	3,8	3,2	3,2
11	MEN	3,3	3,0	3,5	3,4	3,5	3,3	3,8	3,2	3,4
	WOMEN	3,5	2,9	3,5	3,5	3,8	3,4	3,9	3,2	3,5
15	MEN	2,8	3,4	4,1	3,0	3,3	2,7	2,7	2,8	3,1
	WOMEN	2,7	3,4	4,2	2,7	3,5	2,5	2,5	2,6	3,0
18	MEN	3,6	2,9	3,5	3,2	3,9	2,9	3,0	3,6	3,3
	WOMEN	3,6	2,9	3,5	2,8	4,1	2,7	2,7	3,4	3,2
LEISURE CLUSTERS AVERAGE (\bar{X})										
	MEN	3,2	2,7	3,3	3,5	3,5	3,3	3,6	3,3	
	WOMEN	3,4	2,7	3,3	3,4	3,7	3,2	3,6	3,2	

TABLE 4.5.13: RESPONDENTS' PERCEPTIONS OF LEISURE BENEFITS IN TERMS OF AGE AND THE PSYCHOLOGICAL ASPECT:
COMPETENCE: FOR VARIOUS LEISURE CLUSTERS

BENEFITS	LEISURE CLUSTERS									
	NATURE/ GARDEN	ENTERTAINMENT/ MASS MEDIA	CULTURAL/ INTELLECTUAL	OUTDOOR ACTIVE	HOBBIES	SEA/ COAST BASED	SPORTS	DO-IT-YOURSELF/ DOMESTIC	BENEFITS	
	(N) (X)	(E) (X)	(C) (X)	(O) (X)	(H) (X)	(SC) (X)	(S) (X)	(D) (X)	AVE. (X)	
AGES										
2	15-24	2,8	1,8	1,8	4,5	2,7	4,1	4,8	2,5	3,1
	25-34	2,8	1,7	1,8	4,4	2,9	4,3	4,7	2,5	3,1
	35-44	3,3	2,0	1,9	4,3	2,6	4,0	4,5	2,4	3,1
	45-54	3,1	1,9	1,8	4,0	2,7	3,7	4,1	2,5	3,0
	55-64	3,6	1,9	2,0	4,5	2,9	3,9	4,4	3,0	3,3
	65+	3,4	2,2	2,1	4,1	2,8	3,6	4,1	2,7	3,1
3	15-24	4,0	2,5	3,6	3,9	4,5	3,7	4,4	4,2	3,9
	25-34	4,1	2,6	3,6	4,0	4,4	3,5	4,3	4,1	3,8
	35-44	4,1	2,6	3,5	3,9	4,2	3,5	4,0	3,8	3,7
	45-54	4,2	2,8	3,5	3,7	4,2	3,3	3,6	3,9	3,7
	55-64	4,1	2,8	3,6	3,8	4,3	3,5	4,0	4,1	3,8
	65+	3,7	2,7	3,5	3,7	4,0	3,1	3,8	3,8	3,5
8	15-24	2,7	2,9	3,9	3,7	3,5	3,5	4,3	3,4	3,5
	25-34	2,6	2,8	3,5	3,6	3,7	3,4	4,0	3,2	3,4
	35-44	2,4	2,5	3,3	3,4	3,3	3,1	3,7	2,9	3,1
	45-54	2,9	2,5	3,2	3,5	3,5	3,4	3,7	3,2	3,2
	55-64	2,8	2,9	3,3	3,5	3,4	3,2	3,8	3,2	3,3
	65+	2,9	2,8	3,3	3,3	3,2	3,2	3,5	3,4	3,2
11	15-24	3,5	2,9	3,8	3,7	4,0	3,7	4,3	3,5	3,7
	25-34	3,5	3,1	3,8	3,6	3,8	3,6	4,1	3,3	3,6
	35-44	3,1	2,6	3,2	3,3	3,5	3,1	3,7	2,9	3,2
	45-54	3,4	2,8	3,4	3,3	3,5	3,2	3,7	3,1	3,3
	55-64	3,6	3,0	3,5	3,4	3,6	3,2	3,8	3,2	3,4
	65+	3,3	3,0	3,3	3,4	3,5	3,3	3,6	3,3	3,3
15	15-24	2,6	3,4	4,5	2,9	3,7	2,6	2,4	3,0	3,1
	25-34	2,7	3,6	4,3	2,8	3,4	2,6	2,6	2,7	3,1
	35-44	2,6	3,5	4,1	2,7	3,5	2,5	2,6	2,5	3,0
	45-54	2,9	3,6	4,2	2,9	3,5	2,7	2,6	2,9	3,2
	55-64	2,8	3,2	4,2	2,8	3,3	2,5	2,7	2,5	3,0
	65+	2,8	3,3	3,9	2,8	3,1	2,5	2,7	2,7	2,9
18	15-24	4,1	3,1	3,7	3,3	4,5	2,9	2,7	3,8	3,5
	25-34	3,7	3,1	3,6	3,2	4,2	3,0	2,9	3,6	3,4
	35-44	3,5	2,7	3,5	3,0	4,0	2,8	2,9	3,3	3,2
	45-54	3,7	2,8	3,4	2,8	3,8	2,7	2,7	3,5	3,2
	55-64	3,7	2,8	3,5	3,0	4,0	2,7	2,9	3,3	3,2
	65+	3,3	2,8	3,4	2,8	3,7	2,8	2,8	3,3	3,1

LEISURE CLUSTERS AVERAGE (X)

15-24	3,3	2,8	3,6	3,7	3,8	3,4	3,8	3,4
25-34	3,2	2,8	3,4	3,6	3,7	3,4	3,8	3,2
35-44	3,2	2,7	3,3	3,4	3,5	3,2	3,6	3,0
45-54	3,4	2,7	3,3	3,4	3,5	3,2	3,4	3,2
55-64	3,4	2,8	3,4	3,5	3,6	3,2	3,6	3,2

TABLE 4.5.14: RESPONDENTS' PERCEPTIONS OF LEISURE BENEFITS IN TERMS OF RESIDENCE AND THE PSYCHOLOGICAL ASPECT: COMPETENCE: FOR VARIOUS LEISURE CLUSTERS

		LEISURE CLUSTERS								
BENEFITS		NATURE/ GARDEN	ENTERTAINMENT/ MASS MEDIA	CULTURAL/ INTELLECTUAL	OUTDOOR ACTIVE	HOBBIES	SEA/ COAST BASED	SPORTS	DO-IT-YOURSELF/ DOMESTIC	BENEFITS
		(N) (\bar{x})	(E) (\bar{x})	(C) (\bar{x})	(O) (\bar{x})	(H) (\bar{x})	(SC) (\bar{x})	(S) (\bar{x})	(D) (\bar{x})	AVE. (\bar{x})
2	HOUSE	3,2	1,8	1,9	4,3	2,7	4,0	4,6	2,5	3,1
	FLAT	3,2	2,0	2,0	4,4	3,0	4,0	4,4	2,8	3,2
	SIMPLEX/ DUPLEX	3,1	1,7	1,8	4,2	2,4	4,0	4,4	2,2	3,0
3	HOUSE	4,2	2,6	3,7	3,8	4,3	3,4	4,1	3,9	3,8
	FLAT	3,9	2,6	3,5	3,9	4,3	3,4	4,1	4,0	3,6
	SIMPLEX/ DUPLEX	4,1	2,7	3,4	3,6	4,2	3,3	3,9	4,1	3,7
8	HOUSE	2,6	2,6	3,4	3,5	3,4	3,2	3,8	3,1	3,1
	FLAT	2,7	2,8	3,4	3,5	3,5	3,3	3,9	3,3	3,3
	SIMPLEX/ DUPLEX	2,7	2,9	3,5	3,4	3,5	3,3	3,8	3,6	3,6
11	HOUSE	3,4	2,9	3,5	3,4	3,6	3,3	3,8	3,1	3,5
	FLAT	3,4	2,9	3,5	3,5	3,7	3,4	3,9	3,3	3,5
	SIMPLEX/ DUPLEX	3,5	3,2	3,7	3,4	3,6	3,3	3,9	3,0	3,5
15	HOUSE	2,7	3,3	4,2	2,8	3,3	2,6	2,7	2,5	3,0
	FLAT	2,7	3,5	4,1	2,8	3,4	2,6	2,6	2,8	3,1
	SIMPLEX/ DUPLEX	2,7	3,5	4,3	2,9	3,5	2,5	2,4	2,6	3,1
18	HOUSE	3,7	2,9	3,6	3,1	4,0	2,9	2,9	3,4	3,3
	FLAT	3,5	2,9	3,5	3,0	4,1	2,8	2,9	3,6	3,3
	SIMPLEX/ DUPLEX	3,9	3,1	3,4	3,0	4,1	2,7	2,6	3,4	3,3
LEISURE CLUSTERS AVERAGE (\bar{x})										
	HOUSE	3,3	2,7	3,4	3,5	3,6	3,2	3,7	3,1	
	FLAT	3,2	2,8	3,3	3,5	3,7	3,3	3,6	3,3	
	SIMPLEX/ DUPLEX	3,3	2,9	3,4	3,4	3,6	3,2	3,5	3,2	

TABLE 4.5.15: RESPONDENTS' PERCEPTIONS OF LEISURE BENEFITS IN TERMS OF OCCUPATION AND THE PSYCHOLOGICAL ASPECT: COMPETENCE: FOR VARIOUS LEISURE CLUSTERS

BENEFITS	LEISURE CLUSTERS									
	MATURE/ GARDEN	ENTERTAINMENT/ MASS MEDIA	CULTURAL/ INTELLECTUAL	OUTDOOR ACTIVE	HOBBIES	SEA/ COAST BASED	SPORTS	DO-IT-YOURSELF/ DOMESTIC	BENEFITS	
	(N) (\bar{x})	(E) (\bar{x})	(C) (\bar{x})	(O) (\bar{x})	(H) (\bar{x})	(SC) (\bar{x})	(S) (\bar{x})	(D) (\bar{x})	AVE. (\bar{x})	
2	PROF/ MAN.	3,1	1,8	1,9	4,3	2,8	3,9	4,4	2,5	3,1
	A.O.	3,3	2,0	2,0	4,3	2,8	3,9	4,4	2,7	3,2
	N.E.A.	3,0	1,9	1,9	4,4	2,8	4,1	4,6	2,6	3,2
3	PROF/ MAN.	4,1	2,5	3,5	3,9	4,2	3,4	4,0	4,0	3,7
	A.O.	3,9	2,7	3,5	3,8	4,2	3,4	4,0	3,9	3,7
	N.E.A.	4,1	2,8	3,6	3,9	4,5	3,6	4,3	4,1	3,9
8	PROF/ MAN.	2,7	2,7	3,5	3,5	3,5	3,2	3,8	3,2	3,3
	A.O.	2,8	2,8	3,3	3,5	3,3	3,4	3,9	3,3	3,3
	N.E.A.	2,7	2,9	3,6	3,5	3,5	3,3	3,9	3,2	3,3
11	PROF/ MAN.	3,3	2,8	3,5	3,4	3,5	3,3	3,8	3,1	3,3
	A.O.	3,5	2,9	3,4	3,5	3,7	3,3	3,9	3,2	3,4
	N.E.A.	3,5	3,2	3,9	3,5	4,0	3,6	4,0	3,5	3,7
15	PROF/ MAN.	2,8	3,4	4,2	2,7	3,4	2,5	2,6	2,6	3,0
	A.O.	2,7	3,3	4,0	2,9	3,3	2,5	2,6	2,7	3,0
	N.E.A.	2,6	3,5	4,4	2,9	3,3	2,7	2,6	2,8	3,1
18	PROF/ MAN.	3,6	2,8	3,6	2,9	4,0	2,8	2,8	3,5	3,3
	A.O.	3,6	2,9	3,4	3,0	3,9	2,8	2,8	3,4	3,2
	N.E.A.	3,7	3,0	3,6	3,2	4,3	2,9	2,9	3,7	3,4
LEISURE CLUSTERS (AVERAGE (\bar{x}))										
	PROF/ MAN.	3,3	2,7	3,4	3,5	3,6	3,2	3,6	3,2	
	A.O.	3,3	2,8	3,3	3,3	3,5	3,2	3,6	3,2	
	N.E.A.	3,3	2,9	3,5	3,6	3,8	3,4	3,7	3,3	
KEY: PROF/MAN - PROFESSIONAL/ MANAGERIAL										
A.O. - ACTIVE OTHER										
N.E.A. - NOT ECONOMICALLY ACTIVE										

APPENDIX 2

LETTER
QUESTIONNAIRE
FOLLOW UP LETTER

UNIVERSITY OF DURBAN-WESTVILLE
INSTITUTE FOR SOCIO-ECONOMIC RESEARCH

N.M. Hudgson
c/o Institute for Socio-Economic Research
University of Durban-Westville
Private Bag X54001
DURBAN
4000

Dear Resident

A survey to establish the leisure needs and preferences of people living on the Berea, is being conducted through the Institute for Socio-Economic Research of the University of Durban-Westville.

The Berea is rapidly becoming a densely populated area. So that efficient recreational planning can be undertaken, it has become necessary to establish what individual leisure needs and activity preferences are. You have been selected by way of a random procedure as one of 900 people who will be asked to help us by completing the attached questionnaire.

When the results of the survey are known your community could well benefit in the following ways:-

improved recreation programme planning for participants

improved recreation education planning

upgrading of recreation facilities to meet the indicated needs

introduction of new recreation facilities by public and/or private bodies

The head of the household should be the person responsible for completing page one of the survey questions, thereafter the person elected on page one should answer the rest of the questions. I wish to assure you that the data supplied will be treated confidentially and will be used in conjunction with data from all the other respondents.

Please return the questionnaire to me before 21 September 1987, using the enclosed stamped addressed envelope.

Thank you for assisting us with this important task. Your participation will be of great value to us.

Yours sincerely

N M HUDGSON
1 September 1987

UNIVERSITY OF DURBAN-WESTVILLE
LEISURE NEEDS AND PREFERENCES QUESTIONNAIRE

HEAD OF HOUSEHOLD

In order to choose the person who will fill in the questionnaire, we need your help. All you have to do is follow the steps listed one by one. The procedure will take you about 5 minutes. The process used here is a well known one which selects people in households at random. So you could end up being chosen:

1. List all the people in you household who are 16 years old and older (i.e. your family and those who live with you as part of your family). Start with the oldest and end up with the youngest member (but no younger than 16).

USE CHART 1

CHART 1

PERSON	AGE	GENDER (MALE/ FEMALE)	RELATIONSHIP TO YOU (i.e. TO HEAD OF HOUSEHOLD - HEAD WIFE, SON, COUSIN)	OCCUPATION
1				
2				
3				
4				
5				
6				

CHART 2

NO. OF PEOPLE OVER 16	NO. OF THE PERSON WHO MUST ANSWER THE QUESTION- NAIRE
1	1
2	2
3	3
4	1
5	2
6 or more	4

2. Count the number of people you have listed, including yourself.

In the first column of chart 2 (which is above and to the right of the page) find the number of people you have listed. Next to this number you will find the number of the person who must answer the questionnaire. Now refer to chart 1 to identify who this person is.

If you are the person who has been selected, please answer the rest of the questionnaire.
If another person has been selected, please ask that person to answer the rest of the questionnaire.

Thank you

Please return this page with the rest of the questionnaire

THIS QUESTIONNAIRE SHOULD BE COMPLETED BY THE HOUSEHOLD MEMBER SELECTED ON PAGE 1

Please complete section A first. Insert a cross in the appropriate block.

SECTION A

1. Gender of the person completing the questionnaire

MALE

FEMALE

2. Age

15 to 19

25 to 34

45 to 54

65 to 74

20 to 24,

35 to 44

55 to 64

75 and over

3. Type of residence

House

Flat

Simplex

Duplex

Hotel

Institution

Other (please specify): _____

Thank you

That is all for Section A. Please now turn your attention to Section B - your leisure preferences.

SECTION B

Activities are listed below under various headings e.g. outdoor-active walking. Please indicate your activity preferences by placing a cross next to the activity in the column provided. For example swimming is mainly a seasonal activity, if you swim twice a week in summer, you may consider that this is a very regular activity and so place a cross in the column next to swimming.

NATURE/GARDEN

	VERY REGULAR	REGULAR	IRREGULAR	NEVER
Birdwatching				
Gardening				
Garden club				
Walking in the park/open spaces ...				
Other, please specify:				

CULTURAL/INTELLECTUAL

	VERY REGULAR	REGULAR	IRREGULAR	NEVER
Amateur dramatics				
Attending ballet/dance programmes				
Attending education classes				
Attending concerts				
Attending theatre				
Playing a musical instrument				
Other, please specify:				

ENTERTAINMENT/MASS MEDIA

	VERY REGULAR	REGULAR	IRREGULAR	NEVER
Cinema attendance				
Displays/demonstrations				
Reading magazines				
Reading newspapers				
Listening to radio/tapes				
Watching television				
Other, please specify:				

OUTDOOR ACTIVE

	VERY REGULAR	REGULAR	IRREGULAR	NEVER
Bicycling				
Camping				
Canoeing				
Hiking				
Jogging				
Picknicking				
Swimming				
Walking				
Other, please specify:				

HOBBIES

	VERY REGULAR	REGULAR	IRREGULAR	NEVER
Book club				
Handwork e.g. sewing, knitting, etc.				
Painting/crafts				
Stamp collecting				
Other, please specify:				

SPORTS (you engage in as a player)

	VERY REGULAR	REGULAR	IRREGULAR	NEVER
Athletics				
Badminton				
Basketball				
Baseball				
Bowls				
Cricket				
Golf				
Hockey				
Netball				
Rugby				
Softball				
Squash				
Soccer				
Swimming (Competitive)				
Tennis				
Spectator of				
.....				
Other, please specify:				

SEA/COAST BASED

	VERY REGULAR	REGULAR	IRREGULAR	NEVER
Swimming				
Fishing				
Sailing				
Scuba diving				
Surfing				
Board sailing				
Waterskiing				
Wind surfing				
Other, please specify:				

DO-IT-YOURSELF/DOMESTIC

	VERY REGULAR	REGULAR	IRREGULAR	NEVER
Home repair/maintenance				
Visiting friends				
Visiting relatives				
Woodwork/metalwork				
Other, please specify:				

SECTION C

5

This is the last section and it will not take you long to complete it at all.

For each type of activity please ring the number you feel most represents your feelings with regard to the statements below.

		Nature/ Garden	Entertain- ment/Mass Media	Cultural Intellect- ual	Outdoor Active	Hobbies	Sea/ Coast Based	Sports	Do-it- yourself Domestic
<u>EXAMPLE</u>									
Participants in this activity have an opportunity to enjoy social interaction	never true rarely true sometimes true often true always true	1 2 ③ 4 5	1 2 ③ 4 5	1 2 ③ 4 5	1 2 3 ④ 5	1 2 3 4 5	1 2 3 ④ 5	1 2 3 4 ⑤	1 ② 3 4 5
1. Participants in this activity have an opportunity to do activities with companions	never true rarely true sometimes true often true always true	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
2. Participants in this activity have an opportunity to improve their physical condition	never true rarely true sometimes true often true always true	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
3. Participants in this activity have an opportunity to develop a sense of accomplishment	never true rarely true sometimes true often true always true	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
4. Participants in this activity have an opportunity to obtain a change from daily routine	never true rarely true sometimes true often true always true	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

		Nature/ Garden	Entertain- ment/Mass Media	Cultural Intellect- ual	Outdoor Active	Hobbies	Sea/ Coast Based	Sports	Do-it- yourself Domestic
Participants in this activity have an opportunity to obtain to enjoy nature	never true	1	1	1	1	1	1	1	1
	rarely true	2	2	2	2	2	2	2	2
	sometimes true	3	3	3	3	3	3	3	3
	often true	4	4	4	4	4	4	4	4
	always true	5	5	5	5	5	5	5	5
Participants in this activity have an opportunity to make themselves useful to others in their free time	never true	1	1	1	1	1	1	1	1
	rarely true	2	2	2	2	2	2	2	2
	sometimes true	3	3	3	3	3	3	3	3
	often true	4	4	4	4	4	4	4	4
	always true	5	5	5	5	5	5	5	5
Participants in this activity have an opportunity to make social contacts	never true	1	1	1	1	1	1	1	1
	rarely true	2	2	2	2	2	2	2	2
	sometimes true	3	3	3	3	3	3	3	3
	often true	4	4	4	4	4	4	4	4
	always true	5	5	5	5	5	5	5	5
Participants in this activity have an opportunity to develop self confidence	never true	1	1	1	1	1	1	1	1
	rarely true	2	2	2	2	2	2	2	2
	sometimes true	3	3	3	3	3	3	3	3
	often true	4	4	4	4	4	4	4	4
	always true	5	5	5	5	5	5	5	5
Participants in this activity have an opportunity to feel refreshed physical and/or mentally	never true	1	1	1	1	1	1	1	1
	rarely true	2	2	2	2	2	2	2	2
	sometimes true	3	3	3	3	3	3	3	3
	often true	4	4	4	4	4	4	4	4
	always true	5	5	5	5	5	5	5	5
Participants in this activity have an opportunity to be in a position of authority	never true	1	1	1	1	1	1	1	1
	rarely true	2	2	2	2	2	2	2	2
	sometimes true	3	3	3	3	3	3	3	3
	often true	4	4	4	4	4	4	4	4
	always true	5	5	5	5	5	5	5	5

		Nature/ Garden	Entertain- ment/Mass Media	Cultural Intellect- ual	Outdoor Active	Hobbies	Sea/ Coast Based	Sports	Do-it yourself Domestic
17. Participants in this activity have an opportunity to share activities with other members of the family	never true	1	1	1	1	1	1	1	1
	rarely true	2	2	2	2	2	2	2	2
	sometimes true	3	3	3	3	3	3	3	3
	often true	4	4	4	4	4	4	4	4
	always true	5	5	5	5	5	5	5	5
18. Participants in this activity have an opportunity to develop themselves creatively	never true	1	1	1	1	1	1	1	1
	rarely true	2	2	2	2	2	2	2	2
	sometimes true	3	3	3	3	3	3	3	3
	often true	4	4	4	4	4	4	4	4
	always true	5	5	5	5	5	5	5	5

4. This is the end of Section C. Perhaps you would like to indicate whether you feel that recreation facilities in your area are adequate in meeting your needs or are inadequate. If you feel they are inadequate you may have some suggestions to improve the situation. Please place a cross in the appropriate square.

Recreation facilities are adequate

inadequate

Suggestions : _____

Thank you for taking the time to complete this questionnaire. Your assistance will be invaluable to us.

Please return the completed questionnaire using the stamped, addressed envelope which we enclosed.

UNIVERSITY OF DURBAN-WESTVILLEINSTITUTE FOR SOCIO-ECONOMIC RESEARCH

N M Hudgson
c/o Institute for Socio-Economic Research
University of Durban-Westville
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DURBAN
4000

21 September 1987

Dear Resident

If you have returned the questionnaire on leisure needs and preferences, thank you very much for your assistance. Your participation in the research programme is valued.

If you have not yet returned the questionnaire, please do not discard it. It is not too late to post it to me. Information which you can supply is essential for this research programme.

We really would appreciate your assistance, and trust that you will return the completed questionnaire as soon as possible.

Thank you once again.

Yours sincerely

N M HUDGSON

APPENDIX 3

KISH TABLE

THE KISH TECHNIQUE

Kish (1949) devised a procedure for objective respondent selection within the household (see examples below). The technique is based on a random distribution of statistically drawn numbers which are matched against the number of adults within the household. The present study utilised the following tables to select specific respondents within the sampled households.

A.	Number of adults in dwelling unit:	1	2	3	4	5	6	or more
	Interview adult numbered:	1	1	3	2	5	1	

B.	Number of adults in dwelling unit:	1	2	3	4	5	6	or more
	Interview adult numbered:	1	2	1	3	4	2	

C.	Number of adults in dwelling unit:	1	2	3	4	5	6	or more
	Interview adult numbered:	1	1	2	4	1	3	

D.	Number of adults in dwelling unit:	1	2	3	4	5	6	or more
	Interview adult numbered:	1	2	3	1	2	4	

E.	Number of adults in dwelling unit:	1	2	3	4	5	6	or more
	Interview adult numbered:	1	1	2	1	3	5	

F.	Number of adults in dwelling unit:	1	2	3	4	5	6	or more
	Interview adult numbered:	1	2	1	4	3	6	