

AGE, GENDER AND THEIR RELATIONSHIPS TO LEISURE SATISFACTION : AN EXPLORATORY STUDY

MOUNIR G. RAGHEB

College of Education
King Saud University
Abha Branch

ABSTRACT

There are some studies on the relationship between age, gender, and leisure satisfaction. Results are meager and no studies were conducted to test the level of satisfaction of different stages and both sexes, and whose activities contribute to leisure satisfaction. To test those relations a simple random sample of 383 subjects was drawn. To compare how stages and both sexes differ in the satisfaction elicited from their activities, an analysis of variance was used and rank ordering was established.

It was found that differences were significant on 22 activities or areas out of 34. Differences were mostly in two categories; sports, and outdoor activities. On the other hand, based on sex, 15 activities or areas were significantly different between males and females. Two conclusions can be established within the range of age of this study after the fact. First, the younger the individual the more the satisfaction elicited from sports activities. Second, the older the individual the more the satisfaction gained from social activities.

Age and gender are determinants of leisure behavior and feelings toward leisure choices (Kraus, 1977; Roberts, 1970; Kaplan, 1975; Neumeyer and Neumeyer, 1958; and Neulinger 1976). Feelings toward leisure choices include perception, attitude and satisfaction elicited. Ragheb and Beard (1980) observed that satisfaction is only partially an attitude; the affective component of attitude. Satisfaction is not only how

an individual feels toward an object, but also what he/she elicited and/or will elicit from that object or activity. In spite of the importance of those subjective feelings and satisfactions obtained from leisure experience, systematic research is lacking which hinders the conceptualization of leisure satisfaction.

Knowledge on the relationships among age, sex, and leisure satisfaction has practical and scientific values. Findings could enable leisure practitioners to plan services and programs, and also could be bases for leisure education and leisure counseling to assist individuals in making wise uses of their free time activities. Scientifically, there is a strong need to know what activities emit satisfaction and gain interest from different life stages. Developing this knowledge could help theory building concerning leisure satisfaction. Beard and Ragheb (in press) define leisure satisfaction,

".... as the positive perceptions or feelings which an individual forms, elicits, or gains as a result of engaging in leisure activities and choices. It is the degree to which one is presently content or pleased with his/her general leisure experience and situations. This positive feeling of contentment results from the satisfaction of felt or unfelt needs of the individual"

This definition will be applied to this study.

Few findings are available on the relationships between age and leisure satisfaction. Winters (1973) obtained a negative relationship between age and leisure satisfaction using a sample of 438 adults employed full-time. But, Lewinshon and MacPhillany (1974) found no corresponding systematic decrease in the enjoyability ratings of activities as a function of age. Research relative to the relationship between sex and leisure satisfaction is sparse. Haavio - Mannila (1971) in Finland reported evidence showing that women were more satisfied with their leisure than men. Meanwhile, Lewinshon and MacPhillany (1974) found that there was no corresponding systematic decrease in the enjoyability ratings for groups differentiated on the basis of sex. London, Crandall, and Seals, (1977) showed that leisure satisfaction contributed more than the job to the quality of life of females than males.

Moreover, Lewinshon and Graf (1973) found that the mean correlation between the scores of total pleasant activities and their mood ratings was higher for females than for males. In terms of the amount of leisure, Neulinger and Breit (1971) observed that males were more satisfied with leisure than were females. These scattered and conflicting results have, therefore, suggested the need for this investigation.

Because of the lack of theoretical rationale, no specific hypotheses were stated. This investigation should be, therefore, considered exploratory; to discover significant variables in the field situation, to discover relationships among variables (Kutz, 1953), and to lay the groundwork for later, more systematic and rigorous testing of hypotheses (Kerlinger, 1973).

METHOD

Sample: A sample of 383 subjects was chosen by a stratified random sample to represent individuals between 11 and 58 years of age. The mean age was 23.4. To test how age and sex relate to leisure satisfaction, subjects were chosen from five groups or stages including males and females. Students from junior high schools (82 subjects), senior high schools (80 subjects), and college students (80 subjects) were chosen at random, utilizing cluster sampling. Classes were listed and a simple random sample of those classes was drawn. The adult subsamples (141 subjects) were drawn from a list of state government employees, a Chamber of Commerce list of all agencies and organizations, and a list of faculty members from two state universities. The adult subsamples were chosen by utilizing the simple random sampling method resulting in a subsample of early adulthood (71 subjects) and another of late adulthood (70 subjects). The refusal rates were 32% in the adult subsamples, and zero in the other subsamples which had incomplete questionnaires.

Measurements:

In addition to assessing a variety of demographic variables, including age and sex, and following test was utilized:

Leisure Satisfaction - The construct of satisfaction has been tested in relation to different life sectors. Ragheb (in press) observed that the review of these measures indicated that satisfaction could be assessed utilizing a single or several question (s) (Smith, Kendall, and Julin 1969; Martnes 1970; Haavio - Mannila 1971; Society 1974). The most relevant three indicators to leisure satisfaction were extracted from a measurement constructed to measure work satisfaction by Smith et al. (1969).

Leisure satisfaction was operationalized by coding the responses to the statement: "Choose a number from the following scale that describes your feelings on the given activity." Responses fell on an "unfavorable-favorable" continuum of 5-points (very unsatisfied-very satisfied; very

boring-very interesting; no sense of accomplishment-extremely high sense of accomplishment). The scores on the three scales were combined as one score which was utilized as an indicator of the level of leisure satisfaction. The recoded values of this variable ranged from three (respondent described leisure as unsatisfying) to fifteen (respondent described leisure as satisfying). Those feelings of satisfaction were assessed in relation to 34 leisure activities or areas independently under six leisure categories (see Table 1).

The instrument was exposed to two pilot tests. First, to determine its readability, clarity, and applicability; the instrument was sent to a number of experts in the fields of research and leisure. Second, items were given to students ten years and older. They were asked their opinions on specific criteria for evaluating the instrument. Based on their comments, items were modified, or omitted. Finally, the instrument was tested for the last time to satisfy the subjects' recommendations. The instrument was then ready for field testing. There was no test of reliability or validity available for this instrument.

Procedure:

Data were gathered from the first three groups (childhood, adolescents, and college students) by explaining the content of the questionnaire in meetings with them. Additionally, a mail questionnaire was used with the last two groups. For those who did not respond, two follow-ups were conducted.

Statistical Treatments:

An analysis of variance (ANOVA) was utilized to determine the differences among the means of males and females, as well as leisure satisfaction of the five groups or stages. Determining which differences and / or variabilities were significant at .05 or less required the employment of a multiple-range test (Student-Newman-Keuls procedures). Therefore, a statistical package for social sciences (SPSS) was used. The confidence level chosen was .05.

RESULTS

Table 1 represents an analysis of variance of the means of five groups and the two sexes regarding the satisfaction elicited from participation in leisure activities. The children's mean of satisfaction gained from watching TV was significantly different from the means of the other four groups, $F = 12.69$, $p < .01$. Also, it was found that the differences among the other means of the four stages, and males and females were not

statistically significant. There were, however, significant differences among the five groups on a total of 22 activities, e.g., going to movies, dating, attending parties. Thus, the categories which included many of the significant differences were in this order: sports activities, outdoor activities, mass media, and/or hobbies. Determining which differences and/or variabilities were significant at .05 or less required the utilization of a multiple range test (Student-Newman-Keuls procedure). Thus, findings noted that if two or more groups in Table 1 obtained the same sign (+, 0, ★), their means were not significantly different.

Based on age, the differences of satisfaction among the means of the five groups did not differ significantly on 12 leisure activities: for example, visiting and entertaining friends, individual sports, and photography. Also, studying the means of males and females showed no significant differences for 19 leisure activities, such as watching TV, reading magazines, visiting friends, and dating; to name a few.

Analyzing the means of leisure satisfaction gained from the six categories revealed certain trends. The greatest satisfaction with the total mass media choices was by the youngest group (childhood) with a slight decrease for older groups. The total social activities provided the most satisfaction for the second group, adolescents. For outdoor activities, as a group, there were no strong trends or differences. For sports and hobbies, the youngest group was highest again. For cultural activities, the third group (college students) elicited the highest satisfaction. Overall, the means of leisure satisfaction of the five groups did not differ significantly, with one exception that childhood was higher than late adulthood.

Female subjects from the five groups obtained higher levels of satisfaction from their leisure choices than male subjects in mass media, social activities, cultural activities, and hobbies. There was no difference between males and females in outdoor and sports satisfaction, although males elicited higher satisfaction from fishing, and hunting; team sports; and individual sports.

What were the activities which elicited high levels of satisfaction from the five groups? Table 2 identifies the ten highest and the three lowest activities eliciting satisfaction. Thus, one may note that children gained high satisfaction from a variety of sports activities which they ranked high. This same trend appeared with adolescence, but the ranking of sports was lower.

Dating was the first activity which elicited adolescents' satisfaction, with the highest mean in the table (3.53). Starting with college students,

the satisfaction elicited from social activities, and social interaction in dating, and dual sports began to be ranked higher. But satisfaction elicited from sports tended to decrease so that team sports was one of the three activities in late adulthood.

Gardening was also one of the lowest activities eliciting satisfaction from children. However, in early adulthood it began to be among the top ten, moving to be the number one choice for those persons in late adulthood. Overall, it has the second highest mean for the five groups (3.46).

Meanwhile, square dancing, and attendance at ballet were two of the least activities eliciting satisfaction. These activities maintained low levels in three stages. Finally, it is interesting to note that TV did not appear among the highest ten activities for any of the five stages except childhood.

Performing the same comparisons in relation to sex, Table 3 shows a rank order of the highest and lowest means of satisfaction elicited from leisure activities for males and females. Sport activities were ranked high by both sexes. However, two social activities were ranked even higher. Although reading, movies, and concerts were among the highest ten activities, they were ranked higher by females. The three lowest activities eliciting satisfaction from males were traditionally feminine activities.

DISCUSSION

Age more than sex was an underlying variable to explain specific leisure satisfactions. While a number of the means of the five groups were significantly different on 22 out of 34 choices, males and females responded differently on only 14 options. Since, the Neumeyers' (1958) have speculated that a more liberal attitude toward sex will reduce differences in leisure choices: there will be similarities between males' and females' leisure activities.

Age was an important factor in determining satisfaction gained from sports activities as groups differed significantly on four out of five sports alternatives. Meanwhile, social activities had the lowest significant differences: three out of six. Furthermore, sex was a strong variable in determining satisfaction gained from hobbies. It is, however, necessary and vital to note that traditions, norms, and stereotypes might have influenced sex roles. Thus, a reflection of the choices and satisfactions elicited may have noted woodworking as masculine, with needlework,

This trend was, therefore, consistent with leisure participation on the same set of choices (results will be provided upon request).

floral arranging, and weaving as feminine. Apparently, therefore, some old cultural stereotypes are still operating. Overall, however, sex was a weak link in the determination of satisfaction gained from outdoor activities.

Leisure satisfaction elicited from participating in activities seems to be a function of age. What can be satisfying for one stage may not be for a second or other stages. This could be explained on the basis of the differences in needs, interests, wishes, and wants among stages. For example, children and adolescents reported sports activities as the most satisfying of leisure activities. This trend continued to decrease as age increased. An exception for late adulthood individuals is the maintenance of eliciting satisfaction from fitness activities, which may be explained by one's desire to remain healthy. Perhaps some of the underlying factors or components for eliciting satisfaction from sports during the early stages could be the need for competition, the interest in physical development, the desire to participate in organized activities, and the need for activity or active participation. Hence, individuals in early stages play many sports and elicit high satisfaction from them.

Means of satisfaction gained from social activities reveal an intriguing notion about stages of development of human beings. While the ranks of sports activities diminished with age, the ranks of social interactive choices rose. It, therefore, seems that the older the individual, the more he/she will elicit satisfaction from social interactive leisure activities. Meanwhile, persons in all five stages included a set of activities which are social (visiting, entertaining, dating, dual sports). This may have stemmed from the nature and the needs of individuals.

Relative to this notion, Wilson (1967) in a comprehensive review of literature concluded that the single most consistent finding was the direct relationship between happiness with life and social participation. This agrees with Homan's (1961) interpretation of social interaction, i.e., a higher rate of participation should generate a greater number of positive sentiments (e.g. satisfaction). Meanwhile, Lemon, Bengtson, and Peterson (1972), in their tests for an activity theory in aging, found that only social activity with friends was in any way related to life satisfaction. Their explanation lies in the basis that friendships are not only more voluntary, but are more intimate in nature, i.e., characterized by primary relationships.

Satisfaction elicited from reading magazines and newspapers reflects a desire relevant to stages. The older the individuals, the higher they ranked satisfaction gained from reading. An exception, however, exists in adolescents who are attracted to each other and thus are highly

satisfied with dating. Older persons, however, are more interested in community and societal affairs, news, changes, and developments from which reading could communicate. Additionally, Maddox (1963) found non-personal activities (i.e., hobbies, reading, gardening, etc.) to be significantly related to the morale of older persons. Graney (1973), in a longitudinal study of elderly women, found similar results. The analysis and discussion of activities could, therefore, be extended on the bases of solitary vs. social interactive and their relations to stages and both sexes.

RECOMMENDATION

Results of this investigation explored what activities contribute to the satisfaction of various life stages. It would be advisable to penetrate below that level and seek an answer to why performance of a specific activity contributes to satisfaction of certain stages. This knowledge could enable scientists and practitioners to gain insights into psychological and cultural dynamics as well as the aspects and components of recreational and leisure choices and behaviors.

REFERENCES

Beard, J. G. and Ragheb, M. G. (in press) Measuring leisure satisfaction.. **Journal of Leisure Research.**

Graney, M. 1973. Happiness and social participation in old age. Paper presented at the 26th annual meeting of Gerontological Society, Miami Beach.

Haavio-Mannila, E. 1971. Satisfaction with family, work, leisure and life among men and women. **Human Relations** 24 (6): 585-601.

Homans, G. 1961. **Social Behavior.** New York : Harcourt, Brace, and World.

Kaplan, M. 1975. **Leisure: Theory and Policy.** NY. : John Wiley and Sons, Inc.

Katz, D. 1953. Field studies, pp 87-89. in: Festinger, L. and Katz, D. **Research Methods in the behavioral Sciences.** NY. : Holt, Rinehart, and Winston.

Kerlinger, F. 1973. **Foundations of Behavioral Research.** NY. : Holt, Rinehart and Winston. Inc.

Kraus, R. 1977. **Recreation Today: Program Planning and Leadership**. Santa Monica : Goodyear Publishing Company Inc.

Lemon, B. W.; Bengton, V. L.; and Peterson, J. A. 1972. **Journal of Gerontology** 27 (4), 511-523.

Lewinshon, P.; and Graf, M. 1973. Pleasant activities and depression. **Journal of Consulting and Clinical Psychology** 41 (2): 261-268.

Lewinshon, P. M.; and MacPhillany, D. J. 1974. The relationship between age and engagement in pleasant activities. **Journal of Gerontology** 29 (3), 290-294.

London, M.; Crandall, R.; and Seals, G. 1977. The contribution of job and leisure satisfaction to quality of life. **Journal of Applied Psychology** 62 (3): 328-334.

Maddox, G. L. 1963. Activity and morale: A longitudinal study of selected elderly subjects. **Social Forces** 42, 195-204.

Martens, R. 1970. Influence of participation motivation on success and satisfaction in team performance. **Research Quarterly** 41 (4): 510-518.

Measuring job satisfaction. **Society**, Jan 1974. 11:10.

Morse, N.; and Hoppock, R. 1936. Age and job satisfaction. **Psychological Monographs** 47, 212.

Neulinger, J. 1976. **The Psychology of Leisure: Research Approaches to the Study of Leisure**. Springfield, Illinois : Charles G. Thomas, Publisher.

Neulinger, J.; and Breit, M. 1971. Attitude dimensions of leisure: A replication study. **Journal of Leisure Research** 3 (2) : 108-115.

Neumeyer, M.; and Neumeyer, E. 1958. **Leisure and Recreation: A Study of Leisure and Recreation In their Sociological Aspects**. New York : The Ronald Press Company.

Nie, N.; Hull, C.; Jenkins, J.; Steinbrenner, K.; and Bent, D. 1975. **Statistical Package for the Social Sciences** (SPSS). New York : McGraw-Hill, Company.

Ragheb, M. G. (in press) Interrelationships among leisure participation, leisure satisfaction, and leisure attitudes. **Journal of Leisure Research**.

Ragheb, M. G. and Beard J. G. (in press) Leisure satisfaction: Concept, theory, and measurement. In: Iso-Ahola, S. **Social Psychological**

Perspectives on Leisure and Recreation. Springfield, Illinois : Charles C. Thomas, Publisher.

Roberts, K. 1970. **Leisure.** London : Longman.

Smith, P.; Kendall, L.; and Hulin, C. 1969. **The Measurement of Satisfaction in Work and Retirement: A Strategy for the Study of Attitude.** Chicago, Illinois : Rand McNally and Company.

Wilson, W. 1967. Correlates of avowed happiness. **Psychological Bulletin** 294-306.

Winter, R. 1973. Relationships between job satisfaction and leisure satisfaction. Unpublished doctoral dissertation, State University of New York at Buffalo. Dissertation Abstracts International, 34, 3077-A-3078-A.



TABLE 1

Analysis of Variance and Significance of Difference Among Means and Standard Errors of Satisfaction Gained from Leisure Activities and Categories Based on Age and Sex

Leisure Satisfaction	Groups' Means and Standard Errors										Series Means & Standard Errors						
	G. 1		G. 2		G. 3		G. 4		G. 5		F		Males		Females		F
	(n = 82)		(n = 80)		(n = 80)		(n = 71)		(n = 70)		(n = 217)		(n = 165)				
	M	S.E.	M	S.E.	M	S.E.	M	S.E.	M	S.E.	M	S.E.	M	S.E.			
A. Mass Media:																	
1. Watching TV	3.18	.123	2.59	.100	2.25	.101	2.37	.108	2.43	.086	12.69**	2.50	.066	2.68	.076	3.11	
2. Reading magazine and newspapers	2.83	.130	2.75	.117	2.88	.130	2.93	.118	3.10	.120	1.10	2.81	.079	2.99	.075	2.43	
3. Going to the movies	3.24	.142	2.97	.112	2.76	.147	2.44	.119	2.26	.114	9.30**	2.63	.085	2.92	.083	5.76*	
4. Total satisfaction gained from mass media	3.08	.089	2.77	.077	2.63	.080	2.58	.075	2.60	.072	7.21**	2.65	.050	2.66	.053	8.40**	
B. Social Activities:																	
5. Visiting friends	3.19	.140	2.97	.149	3.37	.134	3.18	.141	3.07	.141	1.10	3.02	.089	3.32	.086	5.68*	
6. Entertaining friends	2.92	.169	2.91	.161	3.24	.129	3.15	.166	3.25	.158	1.45	2.98	.100	3.24	.094	3.23	
7. Dining	1.94	.167	3.53	.186	3.22	.205	1.78	.177	1.99	.272	16.49**	2.52	.133	2.52	.143	0.00	
8. Attending parties (socials birthdays, holidays)	3.01	.136	3.15	.155	2.48	.135	2.17	.162	2.43	.181	7.27**	2.50	.099	2.87	.097	6.63**	
9. Social dancing	2.02	.141	2.23	.176	2.16	.180	2.04	.145	2.19	.224	0.29	1.86	.088	2.46	.132	15.28**	
10. Indoor game parties	2.53	.179	1.77	.141	1.62	.125	1.67	.131	1.83	.207	5.72**	1.86	.100	1.93	.106	0.26	
11. Total satisfaction gained from social activities	2.60	.090	2.76	.093	2.68	.100	2.33	.095	2.46	.108	3.03*	2.46	.057	2.73	.066	9.32**	
C. Outdoor Activities:																	
12. Picnicking	2.73	.152	2.24	.147	2.24	.145	2.51	.155	2.62	.187	2.06	2.38	.092	2.58	.109	1.84	
13. Fishing, Hunting	2.82	.174	2.64	.147	1.94	.144	2.96	.173	3.08	.193	7.26**	3.03	.105	2.20	.101	30.85**	
14. Gardening	1.92	.170	1.94	.178	2.35	.162	2.70	.183	3.46	.214	12.00**	2.40	.116	2.50	.126	0.30	
15. Day outings (zoo, museums)	2.02	.144	1.68	.141	2.68	.184	2.65	.155	2.15	.149	7.65**	2.14	.089	2.33	.119	1.64	
16. Hiking	2.33	.159	2.58	.200	2.21	.158	2.17	.166	1.65	.140	4.00**	2.26	.107	2.14	.106	0.58	
17. Boating, canoeing, sailing	2.12	.152	2.73	.166	2.88	.161	2.95	.195	2.38	.165	4.47**	2.63	.106	2.59	.109	0.05	
18. Nature study	1.99	.188	2.03	.182	2.16	.160	1.96	.190	1.98	.156	0.20	2.03	.109	2.01	.114	0.02	
19. Camping	2.70	.172	3.02	.174	2.38	.163	2.70	.206	2.23	.165	3.12*	2.59	.109	2.64	.118	0.09	
20. Total satisfaction gained from outdoor activities	2.33	.095	2.36	.087	2.36	.105	2.57	.106	2.44	.091	1.03	2.43	.057	2.37	.068	0.47	

	Groups Means and Standard Errors										Sexes Means & Standard Errors			
	G. 1		G. 2		G. 3		G. 4		G. 5		F		Males	
	(n 82)		(n 80)		(n 80)		(n 71)		(n 70)				(n 217)	
	M	S.E.	M	S.E.	M	S.E.	M	S.E.	M	S.E.	M	S.E.	M	S.E.
D. Sports Activities:														
21. Attending sports events as a spectator	3.27	.163	3.41	.136	2.19	.138	2.88	.151	2.60	.133	12.26	.107	2.88	.089
22. Fitness activities as swimming, track and field, gymnastics, physical fitness	3.38	.156	3.29	.153	3.03	.155	2.84	.177	2.55	.173	4.18	.104	2.94	.103
23. Team sports as football, softball, soccer, hockey	3.25	.164	3.01	.192	2.34	.194	2.45	.200	1.63	.136	12.25	.135	2.73	.108
24. Individual sports as golf, bowling, fencing, archery	2.36	.147	2.53	.168	2.14	.149	2.55	.184	2.50	.167	1.12	.103	2.55	.101
25. Dual sports as tennis, badminton, handball, squash, racquet	3.00	.178	3.00	.172	3.23	.161	3.09	.194	2.42	.160	2.90	.118	2.90	.108
26. Total satisfaction gained from sports activities	3.05	.107	3.05	.100	2.59	.100	2.76	.127	2.34	.105	7.97	.075	2.80	.087
E. Cultural Activities:														
27. Attendance at concerts, musicals, singing	2.65	.160	3.05	.154	3.14	.142	2.32	.152	2.62	.194	4.42	.104	2.63	.101
28. Attendance at ballet, dance, opera performance	1.54	.099	1.46	.093	2.53	.160	1.68	.138	1.79	.136	11.92	.100	1.68	.073
29. Visiting art museums	2.07	.153	1.90	.188	2.43	.184	2.14	.193	2.41	.236	1.46	.125	2.11	.116
30. Participating in square dancing, folk dancing, folk singing, folklore	1.74	.129	1.84	.188	1.74	.165	1.41	.126	1.54	.136	1.08	.096	1.63	.096
31. Attendance at theater plays	2.16	.228	2.50	.214	3.35	.158	2.20	.166	2.45	.177	6.38	.144	2.33	.104
32. Total satisfaction gained from cultural activities	2.03	.080	2.15	.100	2.64	.116	1.95	.109	2.18	.118	6.74	.074	2.63	.082
F. Hobbies:														
33. Painting, drawing, sketching	3.10	.175	2.17	.170	2.06	.159	1.95	.154	1.94	.186	8.70	.120	2.14	.104
34. Woodwork, carpentry, carving, furniture refinishing	2.48	.190	1.73	.128	2.20	.167	2.65	.220	2.55	.178	4.41	.112	.58	.112
35. Collecting, stamping, coins, insects, etc.	2.11	.156	1.80	.141	1.71	.136	1.68	.136	1.72	.128	1.60	.101	1.72	.080
36. Needlework, knitting, crocheting, sewing, needlepoint	2.32	.155	2.00	.146	2.18	.168	1.66	.129	1.96	.154	2.66	.137	1.37	.090
37. Flowering, plant care, indoors	1.97	.156	1.90	.153	2.22	.166	1.89	.165	1.99	.164	0.69	.119	1.54	.076
38. Weaving, pottery, decoupage	2.02	.151	1.90	.138	1.93	.149	1.40	.108	1.44	.125	4.46	.114	1.46	.060
39. Photography, movie making	2.08	.153	2.03	.186	2.32	.201	2.01	.155	1.77	.135	0.85	.090	2.05	.090
40. Total satisfaction gained from hobbies	2.29	.097	1.93	.082	2.07	.096	1.89	.077	1.91	.083	3.76	.066	1.83	.046
41. Total leisure satisfaction	2.56	.064	2.50	.055	2.49	.058	2.35	.065	2.32	.058	3.02	.044	2.37	.034

.. Significance at the .05 level
 ... Significance at the .01 level

df 4.378

df 1.380

Rank Order of the Means of the Highest Ten and the Lowest Three Leisure Activities
Eliciting Satisfaction from Subjects of Five Groups

TABLE 2

RANK	CHILDHOOD	MEAN	ADOLESCENCE	MEAN	COLLEGE	MEAN	EARLY ADULTHOOD	MEAN	LATE ADULTHOOD	MEAN
	ACTIVITY		ACTIVITY		ACTIVITY		ACTIVITY		ACTIVITY	
1	Fitness Act.	3.38	Dating	3.53	Visit Friends	3.37	Visit Friends	3.18	Gardening	3.46
2	Sports Spect.	3.27	Sports Spect.	3.41	Attend Theater	3.35	Entertain Frnds.	3.15	Entertain Frnds.	3.25
3	Team Sports	3.25	Fitness Act.	3.29	Entertain Frnds.	3.24	Dual Sports	3.09	Reading Mag.	3.10
4	Go to Movies	3.24	Attend Parties	3.15	Dual Sports	3.23	Fish. Hunt	2.96	Fish. Hunt	3.08
5	Visit Friends	3.19	Attend Concerts	3.05	Dating	3.22	Boat. Canoe	2.95	Visit Friends	3.07
6	Watching T.V.	3.18	Team Sports	3.01	Attend Concerts	3.14	Reading Mag.	2.93	Picnicking	2.82
7	Paint, Draw.	3.10	Camping	3.00	Fitness Act.	3.03	Sports Spect.	2.88	Attend Concerts	2.82
8	Dual Sports	3.00	Go to Movies	2.97	Reading Mag.	2.88	Fitness Act.	2.84	Sports Spect.	2.80
9	Entertain Frnds	2.92	Dual Sports	2.97	Boat. Canoe	2.88	Gardening	2.70	Fitness Act.	2.55
10	Reading Mag.	2.83	Visit Friends	2.97	Go to Movies	2.76	Day Outings	2.65	Wdwrk., Carpentry	2.55
1	Attend Ballet	1.54	Attend Ballet	1.46	Indoor Game Par	1.62	Weave, pottery	1.40	Weave, pottery	1.44
2	Square Dance	1.74	Dai Outings	1.68	Col. Simps. Coin	1.71	Square Dance	1.41	Team Sports	1.63
3	Gardening	1.92	Wdwrk., Carpentry	1.73	Square Dance	1.74	Ballet Needlewk.	1.56	Hiking	1.55

TABLE 3

Rank Order for the Means of the Highest
Ten and the Lowest Three Levels of Satisfaction
Elicited from Leisure Activities by Males
and Females

RANK	MALES		FEMALES	
	ACTIVITY	MEAN	ACTIVITY	MEAN
1	Fishing, hunting	3.03	Visiting Friends	3.32
2	Visiting friends	3.02	Entertaining Friends	3.24
3	Entertaining friends	2.98	Fitness activities	3.16
4	Fitness activities	2.94	Dual Sports	3.02
5	Dual sports	2.90	Reading Magazines &	
6	Attending sports events	2.88	Newspapers	2.99
7	Reading Magazines &		Attending concerts	2.95
	Newspapers	2.81	Going to Movies	2.92
8	Team sports	2.73	Needlework, knitting	2.91
9	Going to movies	2.63	Attending parties	2.87
10	Attending concerts	2.63	Attending sports events	2.86
1	Needlework, knitting	1.37	Square dancing	1.79
2	Weaving, pottery	1.46	Indoor game parties	1.93
3	Floral arranging	1.54	Collections: stamps, coins	1.93