



Leisure activities among resettlement community in war affected area in Sri Lanka

Sarojini P

Lecturer, Sri Lanka Foundation Institute, Colombo, Sri Lanka

Abstract

The way people spend their leisure time is different according to the social and cultural context in each society. The sample was selected from resettlement community in Jaffna district in Sri Lanka. Data collected from questionnaires. This paper found both the content and measurement of leisure and its relationship to quality of life. It reports the results of a study that examined the relative importance of selected place and person-centred leisure attributes in predicting quality of life. The study tested a set of objective and subjective indicators that people are most concerned with in their leisure lives. Overall it was found that the person-centred leisure attributes in leisure satisfaction, was the best predictor of quality of life. Further analysis revealed that people who engage with friends more frequently and who are more satisfied with the psychological benefits they derive from leisure, experience higher levels of perceived quality of life.

Keywords: leisure, satisfaction, quality of life, measurement, indicators

1. Introduction

Many studies have included selected leisure attributes such as, “amount of non-work time” spare time activities and access to leisure facilities in assessment of quality of life’

Spending leisure time and access to leisure facilities are vary according to the social and cultural context in each society. Hence measurement of key indicators is also varying from society to society; community to community. Further, criteria of leisure domain is measured is different social context.

This paper discusses leisure and QOL both place (conditions) & experience (person) oriented leisure variables. Accordingly the Osborne (1992) [8] measurement matrix for examine the relationship between leisure and QOL.

This study focused place centred attributes such as playing, reading, watching (TV/films) , cultivating, internet browsing contribute sustainability to individuals QOL and person centred attribute such as, with whom spend leisure time on the individual using subjective and objective indicators.

Measurement of leisure has been measured by using following subjective and objective indicators.

1. How do you spend your leisure time?
Playing, reading, watching TV/films, cultivating, internet browsing, nothing and other.
2. With whom do you spend your leisure time?
3. What are the recreational programmes that you have in your community?

The reasons of above indicators selected are this area is the new settlement area those who were displaced families by the war. Subsequently this community has not much leisure resources available in that area. Therefore researcher had to develop some indicators by using available resources for the community.

Osborne (1992) [8] reported that quality of leisure has two contents.

1. Conditions of life
2. Experience of life

The term of conditions of life is identified as place centred and experience of life is identifies as “person –centred in the leisure context.

Measurement of leisure domain has two approaches

1. Objective criteria
eg. Frequency of use of urban parks, sport facilities or services.

Under this, it seeks to measure leisure in terms external to the experiences of the individuals.

2. Subjective criteria
eg. Attitude to leisure and leisure satisfaction

This criterion seeks to measure leisure in terms related to the experiences of the individuals.

2. Material & Methods

Jaffna district had been selected as a research area and Jaffna AGA division was selected as the study population. Total Resettled families of the Jaffna district is 34032 as at 31st December 2016 (Ministry of Resettlement, Reconstruction and Hindu Religious Affairs). These families have been dispersed among respective AGA divisions. Highest number of families has been resettled in Jaffna AGA division similarly it is 4325 families. Probability sampling technique was employed to select respective sample. Selection of the sample within the area was randomized purposively. Sample was 100 for this study. Data collected from questionnaires and analysed by using SPSS methods.

3. Results and Discussion

3.1 Characteristics of the sample

The majority of the respondents 26% were aged between 20-25 and 56% were male. 42% were married most respondent have completed either primary or secondary school and primary education were completed 49% and more than half worked in either cooley or office work.

3.2 Leisure participation

Both the frequency and nature of leisure participation were seen as attributes that could be determinants of QOL. As such, Leisure participation was measured by a combination of a McKechmie’s leisure activities Blank (LAB) 1975, Russell 1987) and items selected from two ASS reports.

In this study, Leisure activities were grouped in to six categories

1. Playing
2. Reading
3. Watching TV/Films
4. Cultivating
5. Internet browsing
6. Nothing

Following statistical data analysis, shows reading are the main activity for spending leisure time in this community. It is 37.6% of total amount.

Table 1: Methods of Spending Leisure Time

Method		Percentage
Valid	Playing	23.7
	Reading	37.6
	Watching tv/films	22.6
	cultivating	12.9
	internet browsing	3.2
	Total	100.0
Missing	System	
Total		

Source: Research data

Table 1 shows leisure participation of community. Furthermore, internet browsing is the least leisure activity of that community and also Reading is the main leisure activity. Similarly, 20-30 aged groups were highly participated for leisure activities than other aged groups. That group are most interested methods of spending time are playing and reading. And, with aging; it appears that leisure participation will decrease. Results from interactions showed that the extent to which the QOL of the individuals can be enhanced does in part hinge on personal evaluations of factors in the external environment, such as accessible or high quality age –relevant leisure settings and social structures.

3.3 Gender difference of participating leisure activities

Most of men and women have selected reading to spend their spare time. Both of the group leastly selected internet browsing and cultivating as leisure items.

Considering educational level and method of spending leisure time, illiterate people don’t have considerable leisure participation similarly degree level people also have not spent time for leisure activities. But those who have median educational level have leisure activities to spend their spare

time. Human beings are live in society. People have different types of interactions and relationships among each other. Mostly, People like to share their life with their desired people. In this study, more than 72% people like to spend their leisure time with friends and other people like to be with family and relatives.

3.4 Most favourite person spend leisure time

Furthermore 20-25 and 26-30 age groups are most interested to share spare time with friends and significantly, 35- 40 age groups are like to be with their families. Besides male and female both groups are also like to spend their time with friends. Moreover Under grade 8 and illiterate people desire is also like to share their spare time with friends. These findings say people need to escape from the pressure of dealing with people entertainment, relaxation and companionship.

4. Conclusion

Given that the overall levels of participation reported in this study were extremely low, this raises important questions about the fit between people’s expectations and aspirations in regard to optimal leisure engagement and their capacity to engage in leisure at that level (actual level of study) the relationship between satisfactions with the aesthetic component of leisure (eg. Satisfaction with the places and settings in which people engage in leisure) and QOL is consistent with the findings reported in other studies. It indicates that leisure resources and environmental conditions are important to QOL in as much as they reflect the direct experiences of the individuals, not a global rating of satisfaction with resources that may not have been used by the respondent.

The more participation is tied to external attributes, the more negative the impact on QOL. This suggests that where participation involves use of leisure resources that fail to meet the needs of the individual and the chosen leisure activity, the outcome may be lower levels of QOL. Results showed that those who use leisure resources experience significant increases in QOL as the level of satisfaction with these resources becomes greater.

The relationships among QOL, the significant leisure variables and selected demographic variables were also investigated. It was found that gender, age, educational level were predictive of QOL, while only leisure satisfaction retained its significance and was in fact the dominant variable in relation to QOL when controlling for the effects of these indicators. The results suggest that demographic variables play a role in people’s perceptions of QOL but are far less important than satisfaction with the leisure domain.

The relationship between leisure and QOL are complex. They are in part influenced by selected social characteristics of individuals. Such as Age, gender, employment status, educational level etc. Attitudes, level of satisfaction, leisure participation determined person centred leisure attributes and leisure resources and environment determined place centred leisure attributes.

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