

Original Article

Effect of serious leisure experience on the leisure satisfaction among senior sport games participants

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Abstract:

This study attempted to investigate the effect of serious leisure on leisure satisfaction among older adults. A total of 243 questionnaires were administered during two senior sport games held in Daejeon and Incheon, Korea, from November to December 2015, using purposive sampling. All statistical analyses were performed using SPSS 21.0, namely, frequency analysis, exploratory factor analysis, reliability analysis, correlation analysis, and multiple regression analysis. The analysis led to the following conclusions. First, the individual benefit of serious leisure was significantly related to all factors of leisure satisfaction, except educational factor. Second, the identification factor of serious leisure was significantly related to relaxation, physiological, and educational factors of leisure satisfaction. Third, the personal effort factor of serious leisure was significantly related to relaxation and educational factors of leisure satisfaction. Fourth, the career factor of serious leisure was significantly related to the physiological and psychological factors of leisure satisfaction. Fifth, the perseverance factor of serious leisure was negatively related to relaxation, aesthetic, and social factors of leisure satisfaction. Sixth, the unique ethos of serious leisure was significantly related to the educational factor.

Key words: serious leisure, leisure satisfaction, senior games, sport activities, elderly.

Introduction

A number of sport studies suggest participation in regular sport activities as an essential condition for successful life of older adults (Smith & Storandt, 1997; Stahi, Fox, & McKenna, 2002; Sasidharan, Payne, Orsega-Smith, & Godbey, 2006; Silverstein & Parker, 2002). Regular sports in old age, particularly, may prevent accumulation of waste in the body and aging-associated diseases and other kinds of diseases. Active sport participation enables successful aging due to its physical, psychological, and social benefits.

In Korea, there is a growing interest in sport activities for older adults. In addition, sports mania among them has also increased, wherein they participate in sport activities in their leisure time as enthusiastically as young people.

Stebbins (1992) divided leisure activities into casual leisure and serious leisure. Serious leisure refers to long-term participation in leisure activities with special skills, knowledge, and experience like a devoted hobbyist or specialized social volunteer participant (Stebbins, 2007). A number of studies have validated that serious leisure participation of older adults has positive effects on leisure satisfaction. Siegenthaler and O'Dell (2003) described positive relationship between serious golf experiences and successful aging. Heo and Lee (2013) found that older adults who participated in serious leisure activities recognized greater life satisfaction and confidence in their health. Similarly, studies on serious leisure participation through sports proved the positive relationship between regular sport activities and enhanced life satisfaction (Brown, McGuire & Voelkl, 2008; Cardenas, Henderson & Wilson, 2009; Sasidharan, Payne, Orsega-Smith, & Godbey, 2006; Stahi, Fox, & McKenna, 2002; Silverstein & Parker, 2002; Yau & Packer, 2002).

The term leisure satisfaction refers to the degree of satisfaction in social, educational, aesthetic, relaxation, and physical domain that individuals acquire from participation in leisure activities (Beard & Ragheb, 1980). If a person is satisfied with leisure activities, he or she can continue to participate. The engagement through serious leisure participation may increase leisure satisfaction (Riddick & Steward, 1994). In this context, serious leisure participation will improve leisure satisfaction of older adults, and in turn, it will have a key part in enhancing their life satisfaction (Coleman & Iso-Ahola, 1993).

The positive effect of serious leisure on leisure satisfaction among older adults in Korea has not been the focus of research until now. As the importance of successful aging is being realized, studying the effect of participation in serious leisure sport on leisure satisfaction among older adults may provide evidence of its

efficacy for them. In this context, this study endeavored to analyze the effect of serious leisure participation on leisure satisfaction among older adults.

Method

Participants

The sample comprised 254 older adults, aged 65 and above, who participated in senior bowling and table tennis games held in Daejeon and Incheon, Korea, from November to December 2015. The questionnaires were administered through personal visit to the venue. The intention, purpose of this study, and the method of filling the self-administered questionnaires were described to the participants while distributing them. Eleven questionnaires were not included for analysis to retain only genuine responses. Table 1 shows the general characteristics of subjects.

Table 1. General characteristics of subjects

Characteristics	Category	Frequency	Percentage (%)
Gender	Male	143	58.8%
	Female	100	41.2%
	Total	243	100%
Age	60~69 years old	124	51.0
	70~79 years old	108	44.5
	80~89 years old	11	4.5
	Total	243	100
Years of Leisure Activities	Not more than 1 year	4	1.6
	1 – 2 years	4	1.6
	2 – 3 years	7	2.9
	3 – 4 years	27	11.1
	5 years and more	201	82.7
	Total	243	100
Number of Leisure Activities per Week	Once a week	3	1.2
	Twice a week	23	9.5
	3~4 times a week	119	49.0
	5 times a week	78	32.1
	6 times a week or more	20	8.2
Total	243	100	
Mean Time for Leisure Activities	Not more than 1 hour	1	0.4
	1 hour –2 hours	23	9.5
	2 hours – 3 hours	139	57.2
	3 hours – 4 hours	72	29.6
	4 hours and more	8	3.3
	Other	0	0
Total	243	100	

Instruments

The survey instrument was a questionnaire comprising 5-point Likert scale. The questionnaire included 2 questions on socio-demographic features, 4 question on types of leisure activities, 29 questions on serious leisure, and 24 questions on leisure satisfaction. It took 30 minutes on an average to complete the questionnaires. The validity and reliability of the test was verified to see whether the content of the questionnaire was suitable.

1) Serious Leisure

Serious Leisure Scale (SLS, Korean version), developed by Kim (2009) and based on a study by Gould, Moore, McGuire, and Stebbins (2008) was used. A 5-point Likert scale ranging from “not at all” (1 point) to “very much so” (5 points) was utilized. The questionnaire had 22 questions across six sub-factors, namely, individual benefit (6 questions), identification (5 questions), unique ethos (4 questions), perseverance (3 questions), personal effort (2 questions), and leisure career (2 questions). Questions with low factor loading were not included in the final analysis, which included identification (2 questions), unique ethos (2 questions), leisure career (1 question), personal effort (1 question), and individual benefit (1 question)

2) Leisure Satisfaction

For the scale on leisure satisfaction, this study used a 5-point Likert scale ranging from “not at all” (1 point) to “very much so” (5 points), which was adapted for Korean population. An expert group verified the content validity of this scale. It was translated by Kim, Lee, and Hwang (2010) based on the questions developed by Beard and Ragheb (1980). The questionnaire had six sub-factors comprising relaxation (4 questions), psychological (4 questions), educational (4 questions), physiological (3 questions), social (3 questions), and

aesthetic (3 questions). The final analysis included 21 questions after excluding three questions with low factor loading, namely, psychological (1 question), social (1 question), and aesthetic (1 question).

Statistical analysis

To verify structural validity of the scales, exploratory factor and reliability analysis were conducted. Identical to the factor extraction method, principal component analysis was used, and Varimax method of orthogonal rotation was employed. For common factor extraction, based on Eigenvalue 1.0 and more, questions with factor loading 0.5 and more were selected. In reliability analysis, the adequacy of each factor was verified through Cronbach's α coefficients. To test the suitability of factor analysis, Bartlett's sphericity test and Kaiser-Meyer-Olkin (KMO) measure of sampling adequacy were employed. Cronbach's α coefficients were used to test the reliability of the questionnaire. Since the reliability of serious leisure factor was found to be from 0.614 to .796 and of leisure satisfaction from 0.613 to 0.803, the overall reliability was considered acceptable. The results of exploratory factor and reliability analysis for the questions are described in Table 2 and Table 3.

Table 2. Exploratory factor and reliability analysis for serious leisure

Questions	Individual benefit	Identification	Perseverance	Unique ethos	Personal effort	Leisure career
Satisfaction is greater than invested time	<u>.707</u>	.139	-.019	.157	-.075	-.048
Worth the time	<u>.694</u>	.232	.034	.054	.147	-.125
Gives me deep sense of accomplishment	<u>.674</u>	.345	.153	.003	.015	.072
Very satisfactory	<u>.662</u>	.237	.009	.115	-.075	.151
Makes my life abundant	<u>.608</u>	.165	.064	-.036	.112	.291
Refreshes myself	<u>.494</u>	.259	-.145	.063	.153	.073
Maximizes my potential	.247	<u>.705</u>	-.024	.045	.130	.042
Feel sense of unity with the activity	.214	<u>.679</u>	-.058	-.046	.180	-.064
Expresses my ability	.307	<u>.617</u>	.020	.109	-.012	-.172
Features representing myself	.315	<u>.610</u>	.004	.128	-.198	.261
Expresses my ability	.441	<u>.485</u>	-.074	.104	.129	.170
Try to overcome situation that is difficult for participation	-.092	.026	<u>.835</u>	.011	.188	.049
Participate until the end despite bad physical condition	.099	-.063	<u>.830</u>	.016	.012	.034
Participate constantly despite difficulty	.040	-.043	<u>.828</u>	-.022	-.077	-.036
Know unique features of enthusiastic participants	.040	-.004	-.112	<u>.765</u>	.015	.239
Make effort for the development of the group	-.113	.233	.284	<u>.657</u>	-.174	.137
Have the same belief	.197	.097	.017	<u>.645</u>	.258	-.132
Feel sense of kinship with enthusiastic participants	.289	-.063	-.097	<u>.561</u>	.280	-.138
Try to improve skill	-.008	.152	-.039	.114	<u>.817</u>	.226
Try to achieve personal goal	.108	.055	.138	.099	<u>.779</u>	.064
Have high dimensional skill	.060	.093	-.029	.033	.154	<u>.845</u>
Have a chance to build leisure career	.400	-.239	.188	.148	.212	<u>.559</u>
Eigen value	5.162	2.382	1.899	1.420	1.265	1.048
Variance(%)	23.463	10.826	8.633	6.457	5.751	4.763
Accumulation(%)	23.463	34.289	42.922	49.379	55.129	59.892
Reliability analysis (Cronbach's α)	.796	.769	.798	.614	.680	.616

Table 3. Exploratory factor and Reliability analysis for leisure participation satisfaction

Questions	Relaxation	Physiological	Psychological	Educational	Social	Aesthetic
Leisure activity is beneficial for emotional happiness	<u>.754</u>	.037	.262	.086	.127	.103
Leisure activity is helpful for stress reduction	<u>.751</u>	.021	.243	-.079	.083	.168
Leisure activity relieves tension	<u>.736</u>	-.072	.097	.179	.190	.114
I participate in this leisure because I like leisure activity	<u>.608</u>	.122	.404	-.094	.142	.008
Leisure activity gives me confidence	.053	<u>.801</u>	.107	.212	.064	.033
Leisure activity is very interesting	-.102	<u>.770</u>	.106	.138	-.018	.070
Leisure activity gives me a sense of accomplishment	.067	<u>.740</u>	.084	.139	.094	.060
Leisure activity is helpful for keeping health	.229	.076	<u>.718</u>	-.066	.056	-.027
Leisure activity is a physical challenge	.090	-.004	<u>.717</u>	.111	.211	.024
Leisure activity improves physical fitness	.220	.146	<u>.644</u>	.146	.100	.237
Leisure activity recovers me physically	.307	.111	<u>.637</u>	.138	-.061	.313
Leisure activity increases knowledge about my surrounding	-.039	.096	.128	<u>.769</u>	-.067	.030
Leisure activity provides me with a chance to try new things	-.053	.238	.186	<u>.724</u>	.121	.003
Leisure activity helps me learn about myself	.321	.361	-.115	<u>.557</u>	-.018	-.014
Leisure activity helps me learn about others	.345	.430	-.170	<u>.506</u>	.152	-.036
Leisure activity helps me develop close relationship with other people	.111	.069	.056	.006	<u>.719</u>	.038
In my free time, I hang out with those who deeply participate in leisure activity and enjoy it	.182	-.116	.210	-.108	<u>.692</u>	.007
I have social interchange with other people through leisure activity	.102	.219	.038	.192	<u>.646</u>	.143
The region or place for leisure activity is interesting	.223	.220	-.008	-.113	.105	<u>.731</u>
The region or place for leisure activity is well designed	.178	.089	.137	-.043	-.014	<u>.724</u>
The region or place for leisure activity is pleasant and clean	-.120	-.222	.182	.249	.151	<u>.583</u>
Eigen Value	4.859	2.638	1.655	1.436	1.283	1.129
Variance (%)	23.136	12.564	7.880	6.839	6.110	5.376
Accumulation (%)	23.136	35.700	43.580	50.419	56.528	61.904
Reliability Analysis (Cronbach's α)	.803	.752	.767	.710	.686	.613

The statistical analysis was performed using SPSS 21.0 to fulfill the objectives of the study. To understand the characteristics of subjects, frequency analysis was performed; and Cronbach's α coefficients, which test internal consistency between questions, were calculated for testing the reliability of the measuring instrument. In addition, construct validity was verified using exploratory factor analysis. Finally, to examine the relationship between serious leisure and leisure satisfaction among older adults, correlation analysis was performed, followed by the multiple regression analysis.

Results

1. Analysis of correlation between serious leisure and leisure satisfaction among older adults

To analyze the correlation between sub-factors of serious leisure and leisure satisfaction, the Pearson product-moment correlation coefficient was used. The analysis revealed that there was a statistically significant correlation between serious leisure and leisure satisfaction. The correlation coefficients for all variables were not more than 0.7, indicating that there was no multicollinearity problem. The results are presented in Table 4.

Table 4. Analysis result of correlation

	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
Individual benefit (1)	1											
Identification (2)	.630**	1										
Perseverance (3)	.034	-.035	1									
Unique ethos (4)	.265**	.241**	.051	1								
Personal effort (5)	.207**	.194**	.086	.253**	1							
Leisure career (6)	.305**	.160*	.115	.207**	.317**	1						
Relaxation (7)	.385**	.362**	.252**	.141*	.122	.137*	1					
Physiological (8)	.163*	.204**	-.049	.024	.125	.104	.533**	1				
Psychological (9)	.365**	.305**	.090	.141*	.159*	.263**	.145*	.210**	1			
Educational (10)	.334**	.340**	.074	.319**	.258**	.245**	.193**	.224**	.494**	1		
Social(11)	.204**	.149*	-.097	.138*	.122	.157*	.258**	.223**	.093	.111	1	
Aesthetic(12)	.146*	.100	.169**	.099	.066	.115	.272**	.272**	.123	.122	.204**	1

* $p < .05$, ** $p < .01$, *** $p < .001$

2. The effect of serious leisure on leisure satisfaction among older adults

Table 5 depicts the results of multiple regression analysis, wherein sub-factors of serious leisure were the independent variables and sub-factors of leisure satisfaction were the dependent variables.

First, the total variance of the relaxation factor, which is a sub-factor of leisure satisfaction, was 22.1% ($F=12.439$, $P<.001$), indicating that it was significantly related to perseverance ($t= -3.919$, $p<.001$), personal effort ($t=2.134$, $p<.05$), individual benefit ($t=5.111$, $p<.001$), and identification ($t=4.723$, $p<.001$). Second, the total variance of the psychological factor, a sub-factor of leisure satisfaction, was 14.6% ($F=7.912$, $P<.001$), meaning that it was significantly related to leisure career ($t=2.087$, $p<.05$) and individual benefit ($t=2.893$, $p<.01$). Third, the total variance of the educational factor, a sub-factor of leisure satisfaction, was 20.1% ($F=11.161$, $P<.001$), showing that it was significantly related to personal effort ($t=2.429$, $p<.05$), unique ethos ($t=3.170$, $p<.01$), and identification ($t=2.599$, $p<.05$). Fourth, the total variance of the aesthetic factor, a sub-factor of leisure satisfaction, was 5.5% ($F=3.339$, $P<.001$), demonstrating that it was significantly related to perseverance ($t=-3.224$, $p<.01$) and individual benefit ($t=2.010$, $p<.05$). Fifth, the total variance of the social factor, a sub-factor of leisure satisfaction, was 10.3% ($F=5.631$, $P<.001$), indicating that it was significantly related to perseverance ($t=-3.316$, $p<.01$) and individual benefit ($t=2.848$, $p<.01$). Sixth, the total variance of the physiological factor, a sub-factor of leisure satisfaction, was 10.9% ($F=5.959$, $P<.001$), showing that it was significantly related to leisure career ($t=2.711$, $p<.01$), individual benefit ($t=4.374$, $p<.001$), and identification ($t=1.743$, $p<.05$).

Table 5. The effect of serious leisure factors on leisure satisfaction factors

Dependent variable	Independent variable	Non-standardized coefficient		Standardized coefficient	<i>t</i>	<i>p</i>
		<i>B</i>	<i>SD</i>	β		
Relaxation	(Constant)	2.527	.434		5.818	.000
	Perseverance	-.177	.039	-.263	-3.919***	.000
	Leisure career	.045	.063	.045	.554	.580
	Personal effort	.034	.055	.038	2.134*	.034
	Individual benefit	.309	.091	.262	5.111***	.000
	Unique ethos	.033	.072	.028	1.944	.053
	Identification	.179	.083	.162	4.723***	.000
F=12.439, R ² =.240 R ² Change =.221						
Dependent variable	Independent variable	<i>B</i>	<i>SD</i>	β	<i>t</i>	<i>p</i>
Psychological	(Constant)	1.482	.494		2.999	.003
	Perseverance	-.045	.044	.069	1.151	.251
	Leisure career	.104	.072	.137	2.087*	.038
	Personal effort	.020	.062	.012	.188	.851
	Individual benefit	.046	.103	.233	2.893**	.004
	Unique ethos	-.118	.082	.013	.207	.836
	Identification	.163	.094	.131	1.676	.095
F=7.912, R ² =.167 R ² Change =.146						
Dependent variable	Independent variable	<i>B</i>	<i>SD</i>	β	<i>t</i>	<i>p</i>
Educational	(Constant)	.974	.426		2.285	.023
	Perseverance	.032	.038	.049	.847	.398
	Leisure career	.098	.062	.101	1.584	.114
	Personal effort	.096	.054	.150	2.429*	.016
	Individual benefit	.120	.089	.105	1.349	.179
	Unique ethos	.225	.071	.194	3.170**	.002
	Identification	.211	.081	.197	2.599*	.010
F=11.161, R ² =.221 R ² Change=.201						
Dependent variable	Independent variable	<i>B</i>	<i>SD</i>	β	<i>t</i>	<i>p</i>
Aesthetic	(Constant)	3.105	.506		6.134	.000
	Perseverance	-.145	.045	-.204	-3.224**	.001
	Leisure career	.108	.073	.102	1.475	.141
	Personal effort	-.030	.064	-.031	-.464	.643
	Individual benefit	.089	.106	.071	2.010*	.046
	Unique ethos	.086	.084	.068	1.017	.310
	Identification	.084	.096	.072	.873	.384
F=3.339, R ² =.078 R ² Change=.055						
Dependent variable	Independent variable	<i>B</i>	<i>SD</i>	β	<i>t</i>	<i>p</i>
Social	(Constant)	3.237	.388		8.354	.000
	Perseverance	-.114	.034	-.204	-3.318**	.001
	Leisure career	.056	.056	.067	.993	.322

Dependent variable	Independent variable	<i>B</i>	<i>SD</i>	β	<i>t</i>	<i>p</i>
	Personal effort	.056	.049	.076	1.146	.253
	Individual benefit	.231	.081	.235	2.848**	.005
	Unique ethos	.070	.065	.070	1.076	.283
	Identification	-.022	.074	-.024	-.300	.765
F=5.631, R ² =.125 R ² Change=.103						
	(Constant)	3.645	.492		7.416	.000
	Perseverance	.078	.044	.066	1.294	.197
	Leisure career	.104	.071	.102	2.711**	.007
Physiological	Personal effort	.075	.062	.022	.321	.215
	Individual benefit	.265	.103	.039	4.374***	.000
	Unique ethos	-.118	.082	-.097	-1.436	.152
	Identification	.142	.094	.146	1.743*	.020
F=5.959, R ² =.132 R ² Change=.109						

* $p < .05$, ** $p < .01$, *** $p < .001$

Discussion

This study proposed to investigate the relationship between serious leisure and leisure satisfaction among older adults. The analysis revealed the following results. First, the individual benefit was found to have significant effects on all factors of leisure satisfaction, except educational factor. It was inferred that if self-realization is fulfilled through serious leisure, it might benefit physiological, psychological, social, aesthetic, and relaxation factors. That is, an attempt to compensate through sport activities may improve psychological satisfaction, sense of accomplishment, engagement, good relationship with others, stress reduction, health maintenance, etc. (Brenes, Rapp, Rajeski, & Miller, 2002; Ferreira & Sherman, 2007; Uskull & Greenglass, 2005). Second, the identification factor was significantly related to relaxation, physiological, and educational factors of leisure satisfaction. The identification of self through serious leisure helps relieve tension among older adults, makes them regard themselves as healthy, and realize the necessity of sport education for fostering their identity (Stebbins, 2007). Third, the personal effort factor was significantly related to relaxation and educational factors of leisure satisfaction. The aspect of significant personal effort while pursuing serious leisure alleviates tension through participation. Fourth, the leisure career factor was significantly related to physiological and psychological factors of leisure satisfaction. In this aspect, Riddick & Stewart (1994) reported that constant participation of adults in leisure activities would improve physical ability and enhance life satisfaction at the same time. Fifth, the perseverance factor was negatively related to relaxation, aesthetic, and social factors of leisure satisfaction. Some form of distress usually accompanies perseverance in serious leisure. Consequently, older adults overlook the aesthetic and social benefits. Accordingly, the leisure satisfaction may be diminished, and therefore, continued participation by older adults may be possible only if sport games entail moderate perseverance (Lawton, 1994). Finally, the unique ethos factor was significantly related to the educational factor. Older adults who constantly participate in sport activities tend to create their unique culture. Once this consciousness is created, they participate further to reinforce the consciousness (Smith & Storandt, 1997).

Conclusions

This study suggests that follow-up studies focus on two aspects. First, this study included only those older adults who participated in two senior sport events (bowling and table tennis). Subsequent studies could include more number of events in different regions (e.g., senior Olympic Games in every state in the U.S. etc.) (Heo & Lee, 2010). Second, it will be meaningful to include variables such as life satisfaction, sense of happiness, and leisure negotiation strategies in future studies that investigate serious leisure and leisure satisfaction.

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