



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(2): 651-652

© 2018 Yoga

www.theyogicjournal.com

Received: 15-05-2018

Accepted: 16-06-2018

Shilpa Rani

1) Research Scholar, Department of Physical Education, Guru Kashi University, Talwandi Sabo, Bathinda, Punjab, India
2) Head Department of Physical Education, Guru Kashi University, Talwandi Sabo, Bathinda, Punjab, India

Analysis the relationship between leisure Time activities with life satisfaction scores regard to 26 to 35 year rural women's of Punjab

Shilpa Rani

Abstract

The purpose of the study was to find out the relationship between Leisure time activities with life satisfaction scores regard to 26 to 35 year rural women's of Punjab. For Leisure time activities scale (LTAS) Dr. S. K. Bawa and Poonam and Life satisfaction scale (LSS) Q.G. Alam and Ramji Srivastava, 2001 questionnaire was used. After collecting the data researcher apply the descriptive statistic, and to see the association Pearson correlation is applied. The level of significance at 0.05. The outcome of the study shows that the insignificant relationship between Leisure time activities with life satisfaction scores regard to 26 to 35 year rural women's of Punjab.

Keywords: Leisure time activities scale, life satisfaction scale and rural

Introduction

One of the most important problems arising out of our complex social, economic and industrial conditions is the effective use of leisure-time. With increased life expectancy, shorter working hours and more systematic retirement plans the place of leisure in today's society has assumed increasing importance. Ground for utilization of leisure time is laid at the school stage itself. Many feel that the schools and other institutions need to take greater responsibility for preparing students for leisure and giving them guidance in its satisfactory use. (Sethi, 2009) [4].

- Although the concept of leisure has varied in some respects from time to time, it has always carried with it the idea of free time that is spare time at one's disposal. It is usually interpreted as time not spent on the activities of making a living, keeping alive or maintaining one's efficiency-eating, sleeping and the ordinary care of the body. Leisure is synonymous with idleness or with time spent on avocations, hobbies or recreations. These are merely ways of employing leisure-time. (Sethi, 2009) [4].
- We know that leisure is a time, which away from the daily toils is given to the freedom of inner life of man. Physical freedom from work is leisure. It has been seen that as the working week is shortened, education time lengthened. In one's leisure time, one may come to the state of introversion through the education and dissatisfaction with the material trappings of life. Hence we see that a leisure time activity also educates us directly or indirectly. It should be utilized in a right way and we should try to avoid the negative traits of leisure i.e. wasting it insignificantly (Caspersen and Powell, 1985) [1].

Life satisfaction Life satisfaction is an important concept in positive psychology. Positive psychology is the branch of psychology that uses scientific understanding and effective intervention to aid in the achievement of a satisfactory life, rather than merely treating mental illness. It emphasizes to use the scientific method to study and determine positive human development, this area of psychology fits well with the investigation of how human development can falter. Positive psychology began as a new area of psychology in 1998 when Martin Seligman chose it as the theme for his term as president of the American Psychological Association, though the term originates with Maslow, in his 1954 book Motivation and Personality, and there have been indications that psychologists since the 1950s have been increasingly focused on the promotion of mental health rather than merely treating illness.

Correspondence

Shilpa Rani

1) Research Scholar, Department of Physical Education, Guru Kashi University, Talwandi Sabo, Bathinda, Punjab, India
2) Head Department of Physical Education, Guru Kashi University, Talwandi Sabo, Bathinda, Punjab, India

In the first sentence of his book *Authentic Happiness*, Seligman claimed: "for the last half century psychology has been consumed with a single topic only - mental illness", expanding on Maslow's comments. He urged psychologists to continue the earlier missions of psychology of nurturing talent and improving normal life. (Diener, Oishi & Lucas, 2003) [2]. Ultimately, in the pursuit of understanding happiness, there are two main theoretical perspectives which from on addressing the question of what makes people feel good and happy. These are the hedonic and eudemonic approaches to happiness (Keyes, Shmotkin, & Ryff, 2002) [3].

Procedure: The researcher collected the data on five hundred (N=250), rural women's of Malwa region (Punjab). The age of subjects is: 26 to 35 year. The survey method through the technique of questionnaire had been adopted to collect the relevant data for this study.

Selection of Variables

A feasibility analysis as to which of the variables could be taken up for the investigation, keeping in view the availability of tools, adequacy to the subjects and the legitimate time that could be devoted for tests and to keep the entire study unitary and integrated was made in consultation with experts. With the above criteria's in mind, the following variables were selected for the present study:

- Leisure time activities
- Life satisfaction

Selection of Tool

1. Leisure time activities scale (LTAS) Dr. S. K. Bawa and Poonam.
2. Life satisfaction scale (LSS) Q.G. Alam and Ramji Srivastava, 2001

Statistical Procedure

The Statistical Package for the Social Sciences (SPSS) version 16.0 was used for all analyses. After collecting the data researcher apply the descriptive statistic, and to see the association Pearson correlation is applied. The level of significance at 0.05.

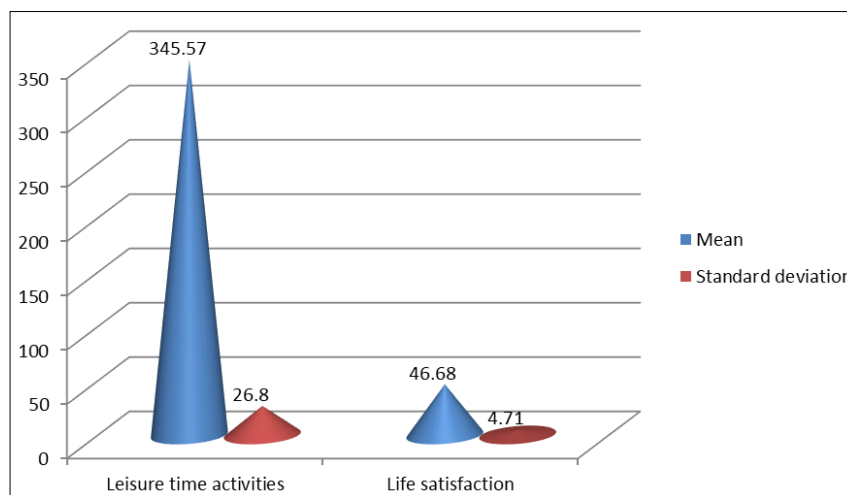
Results

Table 1: Shows the relationship of Leisure time activities with life satisfaction scores regard to 26 to 35 year rural women's of Punjab

Variable 1	Variable 2	R value
Leisure time activities	Life satisfaction	.041
Mean=345.57	Mean=46.68	
S.D=26.80	S.D.= 4.71	

$r_{0.05(198)} = .195$

Table 1: Represent that the of relationship between Leisure time activities with life satisfaction scale regard to 26 to 35 year rural women's of Punjab the r value was .041, it is less than the tabulated value. The outcome does recommend that there is insignificant relationship between these two variables.



Conclusions of the Study

Based on the findings of this study, the following conclusions were drawn:

Results validate that, insignificant relationship were found in leisure time activities with life satisfaction scores regard to 26 to 35 year rural women's of Punjab.

References

1. Caspersen, Powell. Campus Recreational Participation, Health, and Quality of life. *Recreational Sports Journal*. 1985; 26(2):51-60.
2. Diener Oishi, Lucas. *Lyubomirsky Life Satisfaction*. New Jersey, Prentice Hall, Clinical Rehabilitation. 2003; 5(1):25-3, 56-89.
3. Keyes Shmotkin, Ryff. An Assessment of Life Satisfaction among Women. 2007T Factors affecting life satisfaction among women. *Journal of Psychological Researches*. 2002; 51:63-73.

4. Sethi P. Leadership behaviour of college students in relation to their leisure time activities in college life. Published thesis, Lovely Institute of Education, Lovely Professional University Phagwara, 2009.