



FREE TIME MANAGEMENT, LEISURE PARTICIPATION AND SATISFACTION IN UNIVERSITY STUDENTS

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Abstract

The aim of the study is to examine free time management, leisure participation, leisure satisfaction and life satisfaction in university students. Population consisted of 3665 students taking elective physical education courses. From the sampling formula ($n = \frac{Nt^2pq}{d^2(N-1) + t^2pq}$) sample size was 348 and 400 students were included in the study. For data collection "Free time management", "Leisure Satisfaction" and "Life Satisfaction" scales were utilized. Mann Whitney U test and Spearman Correlation Coefficient were used in statistical analyses. Life satisfaction scores showed positive correlation with Leisure Satisfaction and Free time management subscales ($p < 0.05$). Goal setting, evaluating and leisure attitude subscales showed positive correlations. Women participants achieved higher scores in psychological, relaxation subscales of leisure satisfaction and leisure attitude and programming subscales of free time management scales ($p < 0.05$). For future studies free time management can be associated with leisure concepts such as perceived freedom and leisure meaning.

Keywords: Recreation, Leisure, Free Time Management, Life Satisfaction, Leisure Satisfaction.