

## Research Summary

### **Leisure Time Planning For The Elderly & Its Effect On Life Satisfaction Feeling**

#### **Introduction and the problem of research:**

Human life goes along several stages for this is the will of Allah The Almighty. Man is created to go through these stages, and aging is one of the most important stages. It is a phase that follows childhood and adulthood. In this stage, the elderly enjoy a high status for their life-long contributions in serving their families and societies over the years, complementing their predecessors' efforts and maintaining the continuity of productive life for future generations.

Therefore, studying the elderly is one of the recent issues in the scientific arena, drawing an increasing attention internationally, especially in this modern age of medical health and economic advances contributing to the care of humanity, thus the average age of the individual is expected to increase and accordingly the numbers of elderly.

This is consistent with the statistics in Egypt, which refer to the constant increase in the number of elderly from 2 million in 1970 to 3.02 million 13 years later in 1983 and to 4.24 million in 2000. The number is expected to reach 11.025 million elderly in 2025.

Consequently, this category of the elderly needs concerted and collaborative efforts on the part of those working in various disciplines to understand the multiple and several dimensions of such study, which occupies a prominent place and increased attention.

In the aging phase, the elderly face many problems due to loss of employment: they feel lost and their identity is thwarted. This entails the loss of their place in society in addition to escape and withdrawal from this community.

In addition to the various problems of the elderly (mental, health, social, economic,) there is the problem of

leisure time. The elderly person has much leisure time coupled with a limited of how to use it properly. He/She does not know what to do in the spare time that was previously spent at work. Moreover, leisure time at the present time cannot be considered a problem with marginal significance, nor can it on no account be underestimated or simply ignored. This is due to the fact that the problem of leisure time lies at the core of all the problems facing the elderly as it affects their objectives in life and how they adapt to the current state and thus their self-satisfaction.

This is consistent with the results of many previous studies and researches which confirmed that many older retirees are characterized by the inability to adapt, which makes them unable to change behavior. In addition, they are usually too sensitive, and emotionally vulnerable. Retiring and the ensuing increased leisure time result in a sense of isolation, loneliness, and boredom.

Hence the idea of this research came to life. It contributes to exploring the relationship between leisure-time planning and life satisfaction for the elderly, and the problem is represented in answering the following questions:

- 1 - Are there differences in the axes of leisure-time planning questionnaire (time of family relations, time of social relations, time of various activities) of the main sample of research according to some demographic variables [gender, marital status, income]?
- 2 - Are there differences in the dimensions of life satisfaction scale [happiness, psychological stability, social appreciation, poise, conviction, and social behavior] of the main sample of research according to some demographic variables [gender, marital status, income]?
- 3 - What is the relationship between the axes of leisure-time planning questionnaire and the dimensions of life satisfaction and the research variables (gender, age, marital

status, education level, income, health status, place of residence, individuals who live with them)?

Objectives of the Research:

The study at hand aims to study the relationship between leisure-time planning among the elderly and a satisfactory life, through:

- Clarifying the differences in the axes of leisure-time planning questionnaire (family relations, social relations, different activities) of the research sample according to some demographic variables,
- shedding light on the differences in the dimensions of life satisfaction scale, (happiness, mental stability, conviction, social appreciation, poise, social behavior) of the research sample according to some demographic variables,
- Elucidating the relationship between the axes of the leisure-time planning questionnaire and dimensions of life satisfaction scale, and the variables of the study (gender, age, marital status, place of residence, income, education level).

**The importance of research:**

**The study at hand contributes to:**

- 1 - Shedding light on the elderly issues, needs and problems as they currently suffer a decline in public interest in their problems as a result of the remarkable increase in their numbers. Therefore, this segment of society should be cared for on a larger scale.
- 2 - Identifying the importance of the aging phase and its problems, making decision-makers interested in providing programs that work to address those problems and satisfy the multiple needs on sound scientific bases and spreading awareness about it.
- 3 - Shedding light on the time issue in general and leisure in particular together with its importance and functions for the elderly and the positive activities through which they can

spend their leisure time productively, to enhance their status and their place in society and realize their potential and lead a positive and hopeful life.

- 4 - Emphasizing the importance of the role of home economics in raising awareness about enhancing free time activities by clarifying the role of family relations (the relationship between husband/wife, children and grandchildren), social relations (relationship with friends, relatives, neighbors), and various activities (cultural, recreational, social) in a way useful for the elderly leisure-time planning and satisfaction of life.
- 5 - This research is a scientific contribution to the field of specialization as the Arab library needs more studies on leisure planning.
- 6 - Designing a proposed program to develop the elderly ability to plan leisure time.

**Research assumptions:**

- 1 – There are statistically significant differences between the axes of leisure-time planning questionnaire (family relations, social relations, different activities) of the main sample of research according to some demographic variables (gender, marital status, income).
- 2 - There are statistically significant differences between dimensions of the life satisfaction scale (happiness, psychological stability, social appreciation, poise, conviction, and social behavior) of the main sample of research according to some demographic variables (gender, marital status, income).
- 3 - There is a statistically significant correlation between the axes of the leisure-time planning questionnaire and dimensions of life satisfaction scale, and the variables of the study.

**Method of Approach:**

**This research follows the descriptive analytical approach.**

### **Scope of research:**

#### ***First: The human scope:***

- 1- A pilot study sample consisting of (30) elderly of both sexes equally.
- 2- A main study sample consisting of (193) elderly divided into (91) males, (103) females, aged (60 - 75) years. They are retired and have children and they live with one of their family members or relatives, not nursing homes. They come from different economic and social levels.

#### ***Second: The geographical scope:***

The geographical scope is limited to (rural and urban) Fayoum governorate.

### **Research tools:**

#### ***The tools include:***

- 1 - A form of the personal data
  - a) general data (gender- age- the number of children- educational level - income -health conditions).
  - b) Housing data on (location of residence- with whom the elderly live).
  - c) Marital status data (widower- married- divorced).
  - d) Health condition data (the health condition in general – diseases they have) **(prepared by the researcher)**
- 2- Leisure-time planning Questionnaire which includes:
  - a) the axis of family relations (relation between husband / wife - children and grandchildren).
  - b) the axis of social relations : (relationship with friends - relatives - neighbors).
  - c) the axis of various activities including: (cultural - social - recreational - religious - Sports - Hobbies).  
**(Prepared by the researcher)**
- 3 - life satisfaction scale which includes the following dimensions:
  - a) happiness dimension
  - b) psychological dimension
  - c) poise dimension
  - d) social behavior dimension
  - e) social appreciation dimension

f) conviction dimension

(Prepared by the researcher)

### **Procedural steps**

#### **The researches performed the following steps:**

- 1- Preparing the conceptual and theoretical framework through a review of the most important references, researches and studies related to the subject of research and determining the theoretical foundations of this research.
- 2- Conducting interviews with some of the elderly to build research tools.
- 3- Preparing the personal data form for the elderly to identify some of the characteristics of the sample.
- 4- Developing the leisure-time planning questionnaire for the elderly with its different axes in its preliminary form.
- 5- Preparing the life satisfaction scale with its various dimensions in its preliminary form.
- 6 - research tools were reviewed by a group of specialized professors in the fields of home management, family and childhood institutions and related fields to judge the validity of research tools and the appropriateness of the content to the target.
- 7- Applying amendments to the research tools as suggested by the referees.
- 8- Applying the research tools to the pilot study sample (30 males and females) to determine the reliability factor of these tools and to ensure the validity of their application.
- 9- Calculating the validity of internal consistency by creating correlative equations and statistical stability.
- 10- Applying the tools in their final forms to the research sample: (193) elderly; (91) males, (103) females.
- 11- Conducting appropriate statistical analyses to draw conclusions and verify the validity of the hypotheses.
- 12 - Drawing conclusions, interpretation and discussing them.
- 13- Presenting recommendations and suggestions.

14 - Designing a proposed program for the development of the elderly potentials of planning and making good use of leisure time.

**Summary of the Most Important Results**

1. There is a significant statistical coefficient (0.01) for the elderly people (males) against planning of leisure time related to social relationships, cultural activities, entertainment and sport activities. A similar statistical coefficient (0.01) also was found in favor of elderly people (females) against planning of leisure time through family relations, hobbies and religious activities.
2. There is a significant statistical coefficient (0.01) in favor of elderly widowers against planning their leisure time for family and social relationships and religious activities while a coefficient (0.05) was allocated for the same parameters on behalf of married elderly males.
3. Similar a significant statistical coefficient (0.01) was found in favor the elderly widower males in planning their entertainment, social, sport activities and hobbies. In contrast, only (0.05) statistical coefficient was found for the divorced elderly males against the above mentioned parameters.
4. A significant statistical coefficient (0.01) was due for elderly widow females against their social status, while only (0.05) in the favor of elderly married females. An exception was found in relation to cultural activities parameter which registered (0.01) for the elderly widow females and (0.05) for the elderly divorced females.
5. Another significant statistical coefficient (0.01) was found in favor elderly people with high income and (0.05) with moderate income against planning their family and social relationships and cultural, sport and entertainment activities. While only a significant statistical coefficient (0.01) was related to elderly people with low income against religious activities and hobbies.

6. There is a significant statistical coefficient (0.01) in favor elderly females in relation to all satisfaction parameters, except parameters like social behavior and social valuation that registered a significant statistical coefficient (0.01) for elderly males.
7. The elderly married and widower males have encountered a significant statistical coefficient (0.01) at all parameters related to satisfaction of life.
8. The same parameters in the above paragraph have registered statistical coefficients (0.01) and (0.05) on behalf the elderly females.
9. Other parameters such as happiness, social behavior, assurance and security were found of a significant statistical coefficient (0.01) in favor of elderly males with high and moderate incomes, while only social valuation and assurance have registered statistical coefficient (0.01) for low income elderly males.
10. A reversal correlation (0.01) was found between planning leisure time and age variables.
11. In contrast, a positive correlation was found between planning leisure time and other variables used in the study such as sex, social status, income and education status.
12. Positive correlations (0.01) and (0.05) were shown between satisfaction and other variables except age which indicated a reversal one with satisfaction.
13. There was no correlation between the social behavior and income variables.
14. Positive correlation showed a statistical coefficient of (0.01) and (0.05) between planning leisure time and satisfaction variable.

**Recommendations:**

1. Mass and education organizations should explain and illustrate the importance of leisure time that gained by elderly people and how to invest such leisure time positively and useful activities.
2. Educational curricula at different school levels must be developed to increase students' awareness about old age



phase accompanied with changes and needs and try to correct wrong traditions on that phase.

3. Establishment of more clubs for elderly people in all governorates to increase their social relationships and overcome their obstacles of staying home or in doors. These clubs will support them also to occupy their leisure time positively and continue linking them with happy life through hobby performance.
4. Development an "Elderly Care Approach" at national level as made earlier for other groups such as children, youth and women by in depth study of justice and equality among community groups.
5. Within the interest of different mass media, programs should be developed in particular for elderly people.

**Proposed Researches:**

1. Study the significance of a "guidance and supervision program" suggested for entertainment activities for elderly people to reduce their obstacles in investing leisure time and perform social harmonization.
2. Study the effect of "Home Care" for elderly people and psychological adaptation.
3. Study the relationship between life satisfaction at elderly people and their psychological loneliness feeling.
4. The effect of social relationships and financial conflicts on life satisfaction at elderly people.
5. Study different children attitudes towards their old parents in relation to life satisfaction.
6. Study how to plan leisure time of elderly people and its effect on social harmonization.
7. Compare between leisure time planning at elderly people living within their own families and others living somewhere else.

## **ABSTRACT**

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**Title of the study** : Leisure time planning for the elderly & its effect on life satisfaction feeling

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### **Problem of the Study:**

The elderly stage is considered an important period of man's life, however many elderly people facing great problem in managing their leisure time in addition to other psychological, social and economic problems. This issue, in fact, apposes a necessity for studying the time particularly the leisure one and its importance to elderly people. This time should be positively invested to keep good life for elderly people and reduce their feelings of isolation and loneliness.

The problem could be clearly observed by answering the following: What are the significant differences among elderly people (sample of this study) on discussion of leisure time planning according to some demographic variables compared to their life satisfaction parameter?

### **- Leisure time planning includes the following:**

- Family relationships represented by: husband, wife, children and grand children.
- Social relationships represented by: friends, relatives and neighbours.
- Cultural activities represented by: attendance rallies, sessions, buying books and magazines; computer and internet.
- Entertainment activities represented by: TV, music, cinema, shopping, ... etc.
- Religious activities represented by: reading books and programs performance.
- Sports activities represented by: walking, and other exercises.
- Hobbies represented by: sawing, food products, drawing, carpentry.

**Evaluation of life satisfaction including many parameters such as:**

- Happiness
- Assurance and safety
- Social valuation
- Social behavior
- Psychological settlement
- Convincement

The study tools were applied on sample of 193 elderly people (91 males and 103 females) including urban and rural areas in Fayoum governorate.

**The main important results are;**

- 1- There are significant statistical coefficients (0.01) and (0.05) for the elderly people against their social relationships, cultural activities, entertainment and sport activities. While a statistical coefficient (0.01) was found in favor of elderly people (females) against family relations, hobbies and religious activities.
- 2- There are significant statistical coefficients (0.05) and (0.01) in favor of elderly widowers against family and social relationships and religious activities while a coefficient (0.05) was allocated for the same parameters on behalf of widower and divorced elderly males.
- 3- There is a significant statistical coefficient (0.01) in favor elderly females in relation to satisfaction parameters like social behavior and social valuation that registered a significant statistical coefficient (0.01) for elderly males in relation to happiness, assurance, settlement and convincement.
- 4- A positive correlation with significant coefficients (0.01) and (0.05) were found between leisure time variables used in the study such as family and social relationships, entertainment and cultural activities and satisfaction parameters such as happiness, assurance and convincement.
- 5- Positive correlations (0.01) and (0.05) were shown between leisure time and studied variables such as health and education status and social behavior.
- 6- A reversible correlation showed a statistical coefficient of (0.01) between planning leisure time and age variable.
- 7- There was no correlation between leisure time planning and variables like number of children, place of living, companied people.