

Leisure Benefit Scale: A Study of Validity and Reliability

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Research Article

Abstract

The aim of this study was to develop a Turkish version of the "Leisure Benefit Scale" and to test its validity and reliability. The Leisure Benefits Scale contains 24 items, which are expressed on a 5-point Likert scale. The scale was tested on a total of 421 Turkish individuals over 20 years of age. First of all, lingual equivalence of the scale was applied. The sample group (n=421) was used to test data using confirmatory factor analysis (CFA). Confirmatory factor analysis confirmed this 3-factor solution (confirmatory factor analysis, GFI=0.96, NFI=0.94, CFI=0.95, IFI 0.95, SRMR 0.05) Internal consistency coefficient of the whole scale was found to be .83 and the 3 sub-dimensions ranged from 0.80 to 0.86. The results demonstrate that the Turkish version of the scale is a valid and reliable instrument for Turkish individuals.

Keywords: Leisure benefits, Scale, Confirmatory factor analysis.

Rekreasyon Fayda Ölçeği: Geçerlilik ve Güvenirlik Çalışması

Öz

Bu çalışmanın amacı, "Rekreasyon Fayda Ölçeği"ni (2008) Türkçeye uyarlamak ve ölçeğin geçerlik ve güvenilirlik analizlerini yapmaktır. Rekreasyon Fayda Ölçeği 5'li Likert tipi bir ölçek olup, 24 maddeden oluşmaktadır. Araştırmaya 20 yaş ve üstü 421 kişi katılmıştır. Öncelikle ölçeğin dilsel eşdeğerliği incelenmiş ve dilsel eşdeğerliğe sahip olduğu görüldükten sonra geçerlik ve güvenilirlik analizleri yapılmıştır. Ölçeğin geçerlilik çalışmasında, doğrulayıcı faktör analizi (DFA) kullanılmıştır. Ölçeğin yapılan doğrulayıcı faktör analizinde ölçeğin 3 faktörlü yapıyı desteklediği ve orijinal formla uyumlu olduğu görülmüştür (CFA; GFI=0.96, NFI=0.94, CFI=0.95, IFI 0.95, SRMR 0.05). Ölçeğin Cronbach Alpha değeri .83 olup üç alt boyut için ise iç tutarlılık katsayıları .80-.86 arasında değişmektedir. Bu sonuçlara göre ölçeğin Türk popülasyonu için geçerli ve güvenilir bir ölçme aracı olduğu söylenebilir.

Anahtar Kelimeler: Rekreasyon faydaları, Ölçek, Doğrulayıcı faktör analizi

Introduction

Developments in technology and economy have given people more time and opportunity to participate in recreational activities for the uses of leisure and entertainment. Benefits of leisure can be widely indemnified and studied by physiology, psychology, sociology and economics. Driver, Brown and Peterson (1991) defined a benefit as an 'improved condition'. According to this definition, an individual's heightened cardiovascular fitness is a consequence (goal), he/she will participate in the activities of swimming, biking or running to improve his/her social skills (benefits). Ajzen (1991) stated that benefits of leisure are the goals of leisure activities, in which people believe that they can reach these goals by participating in leisure activities. Chen (2001) considered Leisure Benefits as individuals subjectively evaluating the satisfaction demand for improving the physical and mental conditions during and after participating in leisure activities. Hsiesh (2009) regarded Leisure Benefits as the subjective perception after individuals participating in various activities in the free time for improving personal conditions and satisfying individual demands. Consequently, everyone perceives distinct Leisure Benefits because of the background or the participated activities. Hung (2012) classified Leisure Benefits into Physiological Benefits, Psychological Benefits, and Social Benefits with thirty items. Bammel & Burrus-Bammel (1996) stated that benefits of leisure are divided into six aspects, which include: 1) Physiological benefits; 2) Social benefits; 3) Relaxation benefits; 4) Educational benefits; 5) Psychological benefits; and 6) Aesthetic benefits.

According to the Chen (2001) (1) Physiological benefits contained physical maintenance, abundant energy, activity skill enhancement, proper rest, fatigue removal, potential development, personal activity capability test, and extra energy release. (2) Psychological benefits contained included releasing living pressure, relaxing emotion, creative thinking, releasing emotion and relaxing body and mind, acquiring achievement, pleasant mood and living pleasure, balancing spiritual emotion and being independent. (3) Social benefits covered understanding surrounding affairs, promoting harmonious relationship, making friends, being considerate of others, understanding the feelings of companions, sharing ideas with companions, getting well along with companions, receiving supports from companions, supporting companions' ideas, and acquiring trust from others. (4) Relaxation benefits from leisure are derived from elements of escape, relief, refreshment, novelty and expending physical energy. A greater effort is being made to view individuals and their well-being from holistic perspective that considers all aspects of their mind, body and spirit (Bammel, 1996). (5) Educational benefits from leisure can be widely divided into the areas of arts, humanities, social sciences, and recreational skills. The learning process might occur in a formal or informal group experience (a classroom learning or group leisure activity) or one's own (Bammel, 1996). (6) Aesthetic benefits can help people to enhance their quality of spirited- life (Bammel, 1996).

Finally, in the field of leisure benefits, many researchers and scholars state that people who participant in leisure activities will gain various benefits. Driver (1996) has proposed an applied conceptual framework, the Benefits Approach to Leisure (BAL),

which attempts to avoid much of the theoretical confusion generated by earlier studies. Philips (1997) followed the BAL definition of leisure benefits and improved the lists and seven leisure benefit areas were selected. This scale has 14 questions and these questions were separated into 7 aspects as mentioned before. On the other hand, Kuo (2013a) modified the scale of leisure benefits developed by Kao (1995) and Huang (2007), (cited in Kuo, 2013a). This scale was divided into two factors: balanced life experience and sound philosophy of life.

Ho (2008) used the Leisure Benefits Scale (LBS) as a reference for measuring the subject's leisure benefits on Physical, Psychological and Social aspects. Physical Aspect measures the subject's physical benefits (such as disease prevention and control) from leisure and sport activities participation, psychological aspect measures the subject's psychological benefits (such as self-growth and mental stress relieving) and social aspect measures the subject's social benefits (such as social relationship and family bonding developments).

Purpose of the Research

While many studies related to leisure attitudes, leisure satisfaction, leisure constraints etc. have been conducted in Turkey, where the concept of leisure benefits has recently been a popular topic, there is a shortage of studies related to the concept of leisure benefits. This need motivated the present study. Furthermore, it is believed that by measuring what kind of benefits individuals derives from participation in leisure experiences and examining their goals of leisure, would serve as a contribution to the leisure literature. Within this scope, the aim of this study was to test the reliability and validity of the Leisure Benefit Scale for Turkish people.

Methodology

Participants

The participants of the study were selected amongst individuals from over 20 years of age in Ankara and Konya in 2014. The sample group consisted of 421 adults, of which 209 were female and 218 were male. The ages of the participants ranged between 20 and 83 and their mean age was 37.52.

Data Collection Tools

'The Personal Information Form' and 'Leisure Benefit Scale' were used as data collection tools.

The Personal Information Form: This form was developed by the conductor of the study in order to gather information about the participants subjected to research by asking questions on independent variables such as gender, age, educational and marital status and the working sector.

The Leisure Benefit Scale: This study used 'Leisure Benefit Scale' designed and modified by Ho (2008) to measure the subject's leisure benefits on Physical, Psychological and Social aspects. Physical Aspect had seven multiple choice questions

(questions 1 to 7). These questions were used to measure the subject's physical benefits (such as disease prevention and control) from leisure and sport activities participation. Psychological Aspect had 10 multiple choice questions (questions 7 to 16). These questions were employed to measure the subject's psychological benefits (such as self-growth and mental stress relieving). Social Aspect had nine multiple choice questions (questions 17-25). These questions were used to measure the subject's social benefits (such as social relationship and family bonding developments). In total, there were 25 questions. The range of Cronbach's alpha in these aspects was from 0.83 to 0.89. In addition, the consistency in whole LBS was 0.903 measured by Cronbach's alpha. Participants responded on a 5-point Likert Scale and the highest score that can be derived from the scale was 125 and the lowest score was 25. The items and the subdimensions of the scale is given in Table 1 and the Turkish version of the scale is shown in Appendix 1.

Table 1. The items and subdimensions of Leisure Benefit Scale

Item No	Physical Benefits
1	Leisure or sport activities can improve my cardiopulmonary and physical fitness.
2	Leisure or sport activities can prevent and control diseases.
3	Leisure or sport activities can help people to maintain a good body shape.
4	Leisure or sport activities can help one's body growth.
5	Leisure or sport activities can help an individual to release his/her energy.
6	Leisure or sport activities can improve one's quality of sleep.
7	Leisure or sport activities can help an individual to remove the lethargy from daily work and renew his/her energy.
Psychological Benefits	
8	Participating in leisure or sport activities can help an individual relieve mental stress.
9	Participating in leisure or sport activities can help an individual to obtain a pleasurable mood.
10	An individual can confirm his/her ability by leisure or sport activities.
11	Participating in leisure or sport activities can help an individual to develop his/her potential abilities.
12	Leisure and sport activities can help an individual to be more satisfied with his/her life or work.
13	Through leisure or sport activities an individual can cultivate a active personality to face challenges.
14	Leisure or sport activities can help an individual to cultivate an independent personality.
15	Through leisure or sport activities, I can enjoy and learn new experiences and knowledge.
Social Benefits	
16	Leisure or sport activities can improve my relationships with my friends or peers.
17	Leisure or sport activities can improve family harmony.
18	Leisure or sports activities can help an individual establish the concept of teamwork.
19	Leisure or sports activities can help individual develop his/her social relationship and make new friends.
20	1 can gain trust from other participants in a leisure or sport activity.
21	1 can gain support from other participates in a leisure or sport activity.
22	When I participant in my favorite leisure or sport activities, I can understand the different feelings of other participants.
23	When I participant in my favorite leisure or sport activities, I can share my opinion and thoughts with other participants
24	Leisure or sport activities can help to improve my relationship with family and friends.

Language Adaptation Process

In the adaptation process, translation back-translation and reverse translation methods were used. Firstly, the scale was translated into Turkish by three academic referees who have good command of English, each doing the translation independently of each other. The output was submitted for the review of three academicians. Next, they were asked to select the best translations among the three versions of translations that fit the most to the statements in the original scale. Based on the feedback from the academicians necessary changes were made on the scale items and the Turkish form was prepared. This form was reverse translated into English by an English instructor in order to minimize the loss of meaning during the translation process. This step also served to provide consistency of meaning for each scale item with those of the original scale. The Turkish form obtained was then submitted to the scholars of scale development and the clarity of the items were tested by applying on a test group of twenty. Finally, after all these procedure, the adapted Leisure Benefits Scale was made ready for reliability and validity test.

Procedure

The application of the data collection tools used in the research was executed in the leisure time of the participants with respecting the principle of voluntary participation. Before the application of the questionnaire, necessary explanations about the purpose of the study and the application of the questionnaire form were made. The participants filled out the forms in five minutes in average. After the application of the forms the ones that were not completely filled out or that were filled wrong were reviewed and out of all forms 421 questionnaire forms were coded and transferred to digital environment for evaluation.

Data Analysis

The Confirmatory factor analysis (CFA) was performed on the data from sample, using LISREL 8.7 (Jöreskog & Sörbom, 2004). The purpose of the CFA is not to identify the number of factors, but to confirm the factor structure of the scale. Consequently, CFA is more of a theory- testing procedure, in which variables can be specified to be loaded onto certain factors and the number of factors is fixed in advance. In addition, it can be suggested for adaptation of intercultural scale studies to commence with confirmatory factor analysis, since the factor pattern of aforesaid measure instrument is revealed within original culture and the construct validity of the instrument is identified by empirical evidences. In such circumstances, the factor pattern of instrument can be investigated by confirmatory factor analysis whether the instrument has the original construct in original culture (Cokluk et al, 2010). A large number of fit indices are used in the CFA to assess the validity of the model including: chi-square (χ^2/sd), RMSEA (Root Mean Square Error of Approximation), SRMR (Standardised Root Mean Square Residual), CFI (Comparative Fit Index), GFI (Goodness of Fit Index) and NFI (Normal Fit Index). It is desirable that this ratio (χ^2/sd) is below 5 (Klem, 2000; Sumer, 2000). On a scale, values

of $05 < RMSEA < 0.08$; $.95 \leq NFI \leq .97$; $.95 \leq CFI \leq .97$; $.90 \leq GFI \leq .95$ and $.90 \leq NFI \leq .95$ indicate an acceptable fit (Kline, 2004; Sumer, 2000).

Cronbach's alpha reliability coefficients were calculated to test reliability and internal consistency of the LBS.

Results

Validity of the Leisure Benefit Scale

The factor pattern of Leisure Benefit Scale was examined by confirmatory factor analysis within the study. According to first CFA results, the factor loads of physical benefits were between 0.46-0.78, psychological benefits were between 0.16-0.69 and social benefits were between 0.59-0.68, as analyzed the factor loads of the model. Although the factor loads of the model were good in generally, the low factor load of item r11 (Factor load: 0.16) impacted the model's goodness- of fit negatively so r11 was removed from the scale in Turkish version. Figure 1 shows the second CFA (Confirmatory Factor Analysis) results of 421 participants, who are performed Leisure Benefit Scale. LBS is 24 items totally and consisting of three sub-dimensions.

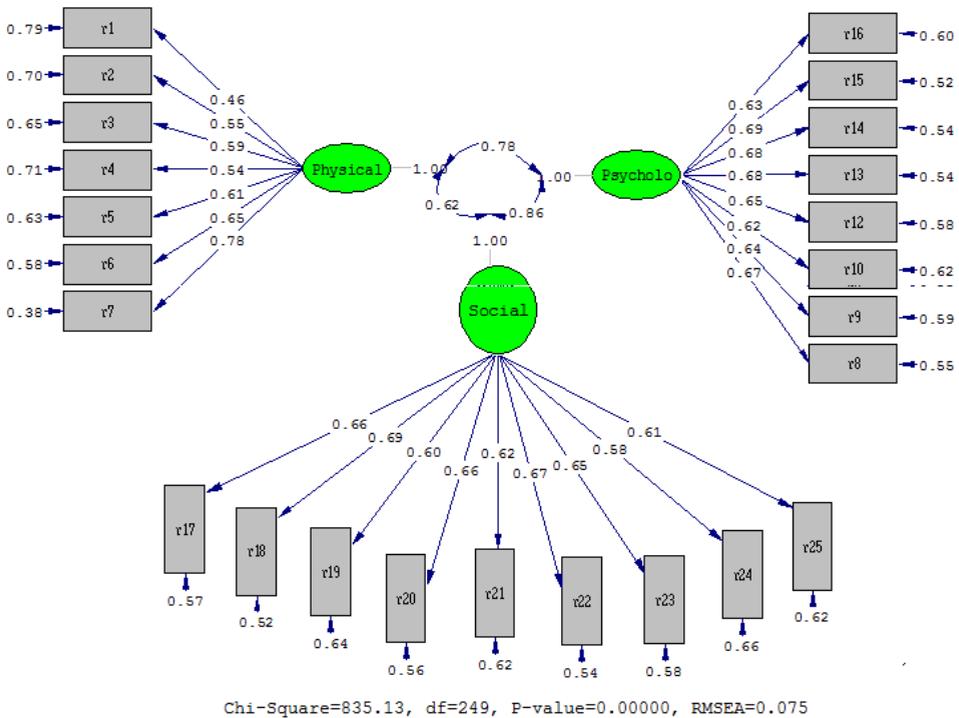


Figure 1. CFA Model for the LBS

χ^2/sd ratio is 3.35, which is used for evaluating general goodness- of fit of the model, accordingly the model has acceptable fit, as observed in Figure 1 (Marsh & Hocevar, 1985). Besides, RMSEA value, which is another important fit index, is 0.075 hence the model shows acceptable fit (Jöreskog & Sörbom, 1993). The factor loads of physical benefit are between 0.46-0.78, psychological benefit are between 0.62-0.69 and social benefit are between 0.58-0.69, as analyzed the factor loads of the model other important indexes that show the fit of the model are shown in Table 1.

Table 2. Model Goodness-of Fit Values of LBS

Fit Index	Calculate Value	Critical Value (Hu ve Bentler, 1999)
SRMR	0.05	≤0.8
NFI	0.94	≥0.90
IFI	0.95	≥0.95
CFI	0.95	≥0.95
GFI	0.96	≥0.90

As examined Table 2, the fit of the model is good. In the light of these results, it can be stated that factor construct of LBS is confirmed and the construct validity is provided.

Reliability of the Leisure Benefit Scale

According to the statistics derived, overall alpha reliability for the LBS was .83. Alpha reliabilities for the physical, psychological, and social aspect were .81, .80, and .86, respectively.

Discussion

The purpose of this study was to examine the validity and reliability of the Turkish version of the LBS for adults. This study used 'Leisure Benefit Scale' designed and modified by Ho (2008) to measure the subject's leisure benefits on Physical, Psychological and Social aspects. The factor pattern of LBS was examined by confirmatory factor analysis (CFA) within the study. According to first CFA results, although the factor loads of the model were good in general, the low factor load of item r 11 (Factor load: 0.16) impacted the model's goodness- of fit negatively so r 11 (item: My mood will stay stable by participation in leisure or sport activities) was removed from the scale in Turkish version. After that, second CFA results of 421 participants, who are performed Leisure Benefit Scale. LBS is 24 items totally and three sub-dimensions. In addition, it is observed that the fit of the model is good. Furthermore, the internal consistency coefficient for the scale was .91 in present study, which was consistent with the reliability coefficient for the scale was (.90) obtained by Ho (2008). Tezbasaran (1997) reported that a reliability coefficient that is considered adequate for a Likert scale is required to approximate 1 as closely as possible. Thus, the reliability of the LBS in present study can be considered as high.

Based on all these parameters, researches that classify leisure benefit as physical, psychological, physiological, social, educational, relaxation, aesthetic are observed (Bammel & Bammel, 1996; Heintzman, 2009; Hung, 2012; Mensink et al. 1999; Yue, 2012).

Research using leisure benefit scale, researching leisure benefit level, and associating this level with different variables is frequently found in the literature (Chao et al, 2013; Chiung and et al., 2014; Kuo, 2013b; Philipp, 1997; Shyu, 2012; Yan Wu, 2013). In addition to these researches, it is known that recreational activities have also contributed positively to the lives of individuals. Recreation in general; Develops the creative power, makes people happy, improves work performance and work efficiency, develops economic action, provides social solidarity and integration, promotes the development of democratic society To increase the quality of life, to provide educational benefits, to solve the need for excitement and adventure, to solve the emotional need (Ardahan et al. , 2016; Caltabiano, 2006; Karaküçük, 2005; Karaküçük and Akgül, 2016; Leitner and Leitner, 2012; Lankford et al. 2007; Ho, 2008).

From the results of all these studies, it is found that the recreation benefit scale which is tried to be adapted to the Turkish literature to determine the recreation benefit level in the light of the literature is valid and the result is valid. In conclusion, the results of this study demonstrated that the Turkish version of the scale is a valid and reliable instrument for Turkish people.

Study Limitations and Future Studies

This research was conducted with the participants in Ankara province. Within the scope of the research, different sample groups can be studied. The research can be expanded by increasing the number of 421 participants in the research sample, and the measurement tool can be tested in different cities and countries for evaluating the cultural differences about leisure benefit. Furthermore it is recommended that scholars, particularly those who desire to conduct research in this field in Turkey, should study the experience of different sample groups' (university students, retired people etc.) Leisure benefits and LBS that is confirmed as reliable and valid in this study.

Author Note

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Appendix (Ek) 1. Rekreasyon Fayda Ölçeği Alt Boyutları ve Ölçek Maddeleri

Madde No	Fiziksel alt boyut
1	Rekreasyonel aktiviteler bireylerin fiziksel sağlığını geliştirebilir.
2	Rekreasyonel aktiviteler bireylerin hastalıklardan korunmalarını sağlayabilir.
3	Rekreasyonel aktiviteler vücut formunun iyi olarak (bozulmadan) sürdürülmesine yardım edebilir.
4	Rekreasyonel aktiviteler bireylerin vücut gelişimine yardımcı olabilir.
5	Rekreasyonel aktiviteler bireylerin enerjilerini açığa çıkarmalarına yardımcı olabilir.
6	Rekreasyonel aktiviteler kişinin uyku kalitesini iyileştirebilir/artırabilir.
7	Rekreasyonel aktiviteler bireylerin gündelik işlerindeki yuşukluktan kurtulmalarına ve enerjilerini yenilemelerine yardımcı olabilir.
Psikolojik alt boyut	
8	Rekreasyonel aktivitelere katılım bireylerin zihinsel sıkıntılarından kurtularak rahatlamlarına yardımcı olabilir.
9	Rekreasyonel aktivitelere katılım bireylere hoş bir ruh hali sağlayabilir.
10	Bireyler rekreasyonel aktivitelere katılarak yeteneklerinin farkına varabilirler.
11	Rekreasyonel aktivitelere katılım bireylerin potansiyel yeteneklerini geliştirmelerine yardımcı olabilir.
12	Rekreasyonel aktiviteler bireylerin, yaşamlarından ve işlerinden daha fazla zevk almalarına yardımcı olabilir.
13	Rekreasyonel aktiviteler vasıtasıyla bireyler, sorunlarıyla baş edebilmek için aktif kişilik geliştirebilirler.
14	Rekreasyonel aktiviteler bireylerin bağımsız kişilik geliştirmelerine yardımcı olabilir.
15	Rekreasyonel aktiviteler vasıtasıyla, yeni deneyim ve bilgiler kazanılabilir.
Sosyal alt boyut	
16	Rekreasyonel aktiviteler bireyin arkadaşları ile olan ilişkilerini geliştirebilir.
17	Rekreasyonel aktiviteler aile uyumunu artırabilir.
18	Rekreasyonel aktiviteler bireylerin iş birliği/ takım çalışması kurmalarına yardımcı olabilir.
19	Rekreasyonel aktiviteler bireylerin sosyal ilişkilerini geliştirmelerine ve yeni arkadaş edinmelerine yardımcı olabilir.
20	Rekreasyonel aktivitelere katılan birey, diğer katılımcıların güvenini kazanabilir.
21	Rekreasyonel aktivitelere katılan birey, diğer katılımcıların desteğini kazanabilir.
22	Rekreasyonel aktivitelere katılan birey, diğer katılımcıların farklı duygularını anlayabilir.
23	Rekreasyonel aktivitelere katılımda birey, düşünce ve fikirlerini diğer katılımcılarla rahatça paylaşabilir.
24	Rekreasyonel aktiviteler bireyin ailesi ile olan ilişkilerin gelişimine yardımcı olabilir.