The Effect of Social Support on Elderly Peoples Leisure Satisfaction

Kyung-ju Lee\textsuperscript{1} and Jong-eun Yang\textsuperscript{2}
\textsuperscript{1}Department of Occupational Therapy, Kangwon National University, 346 Hwangjo-gil, Dogye-eup Samcheok-si Gangwon-do 245-710, Republic of Korea
Ot2ggang@naver.com
\textsuperscript{2}Bethesda Hospital Rehabilitation Center 1623 Bongyeongro, Suwonsi Yeongtong-gu, Gyeonggi-do, 443-810, Republic of Korea
Solution1225@naver.com
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Abstract

\textbf{Background/Objectives:} This study aimed to investigate the degree of leisure satisfaction of elderly people receiving social support.

\textbf{Methods/Statistical analysis:} This study conducted a questionnaire survey of 50 elderly people aged 65 years or older residing in G metropolitan city. Descriptive statistics and Pearson correlation were used to investigate the sub-categories of social support and the degree of leisure satisfaction and their correlation.

\textbf{Findings:} As for the sub-categories of social support, the mean of emotional support was 26.76 (SD=4.72), the mean of informational support was 22.25 (SD=4.30), the mean of material support was 22.31 (SD=4.50), and the mean of appraisal support was 21.73 (SD=2.82). The mean of
leisure satisfaction was 20.48 (SD=8.92). Emotional support, informational support, material support, appraisal support, which are the sub-categories of social support, all had significantly positive correlation with leisure satisfaction.

**Improvements/Applications:** As shown in the results of this study, social support has a positive effect on the leisure satisfaction of elderly people.

**Key Words:** Elderly people, Social support, Leisure satisfaction.

1 **Introduction**

The concept of the elderly is difficult to define in one word because the country, economic, cultural, social background, norms, customs, traditions, and history are different\(^1\). Currently, the elderly are referred to as those who are over 65 years of age, but they also refer to those who actually retire from economic activities. Although there is an individual difference, in general, over 65 years old is said to be an elderly person because of physical limitations in the part of economic activity\(^2\).

In Korea, the elderly population is, recently, increasing because of the improvement of living standards and the extension of life expectancy due to its rapid economic growth and the development of modern medicine\(^3\). In comparison with developed countries, the pace of entry into the aging society and the aged society is very fast. In 2030, one out of every four people is expected to become an elderly person aged 65 or older\(^4\). As the average life expectancy increases, the life of healthy longevity, which refers to a long and healthy life in the old age, is being emphasized\(^5\). However, the increase in the elderly population has caused social problems. As nuclear families are increasing and generations to support elderly people are decreasing, family support for elderly people is being reduced\(^6\) and elderly people are faced with the deterioration in health due to aging, the loss of family, the decline and loss of previous social relationships, and the sense of loss, loneliness and depression after retirement from social position\(^6\). Moreover, elderly people lack the ability to relieve stress from the outside due to the deterioration in physical function and financial ability compared to other ages\(^7\). Thus, it has been found out that the increase in stress...
affects not only various physical health problems, headache, hypertension and gastrointestinal diseases, but also mental problems such as anxiety, depression and irritability. It is known that social support for negative problems that occur in old age has a very positive effect on physical and mental adjustment, and it is claimed that social support is an important factor for successful aging.

Diamond defines social support as a resource that is provided by others and is a psychological and sociological approach that considers the interactions of individuals and the environment as factors affecting successful aging, to control physical, mental, and psychological health by adjusting factors in unexpected life change or situation, it has been reported to have a positive impact.

Park Ji-won divided social support into four categories: First, emotional support through acts such as trust and interest, listening, affection, and respect; second, informational support to provide information to cope with problems, such as teaching how to find a job or giving job opportunity; Third, material support including direct assistance such as providing money or goods or substituting work, and fourth, appraisal support to convey information related to self-appraisal such as acknowledging or denying one’s action. The higher the level of social support, the more likely it is to affect the health and social adaptability of the individual life, it reduces the harmful effects of stress and psychological and social burdens. Social support is a resource that elderly people obtain through interaction with others and social relationships in the process of participating in leisure activities. With the loss of social role in old age, elderly peoples social networks are reduced due to the reduction of opportunities for interaction with others. This naturally reduces social support that elderly people receive from others. Elderly peoples participation in leisure activities enables them to form relationships and to interact with others. It is necessary to increase social support from others so that elderly people can obtain positive effects through it.

Since leisure in old age is life itself, not leisure and leisure time, it is very important to recognize how to make leisure activities to be enjoyable and rewarding for the rest of your life. In general definitions of leisure satisfaction, Burr defined the subjective emotional state of an individual as achieved by achieving any purpose or desire, and as a positive result obtained through leisure.
activities, leisure satisfaction was an important factor in determining future leisure choices. Bultena and Wood also pointed out that leisure satisfaction was not improved by simply increasing the available services, but by satisfaction with the help of others, or by self-motivated activities or intrinsically motivated activities. Leisure satisfaction is a positive emotion obtained through leisure participation. Satisfaction refers to subjective feelings of an individual who feel the purpose or desire to be obtained through an activity. Therefore, it can be said that leisure satisfaction is the degree to which an individual directly or indirectly participates in leisure activities.

Leisure activities are emerging as a way for elderly people to actively cope with alienation and frustration caused by their physical, mental and economic instability and the loss of social role, and to spend the old age efficiently. It is suggested that leisure activities can enhance life satisfaction. Participation in leisure activities in old age focuses on maintaining and promoting health for elderly people who are in psychological change due to the loss of social role. It can also be a means to reproduce labor force through leisure and, as a result, can affect the quality and satisfaction of life. Thus, leisure activities can be an important way to lead a successful life in old age. However, elderly people perceive that they cannot enjoy active leisure because of their physical, mental, and functional deterioration. As a result, many elderly people spend meaningless time doing static leisure activities such as watching TV and taking a nap. In this regard, there is a need to develop a social system and program that are easily accessible to elderly people. Although elderly people spend most of their lives at leisure after retirement, they lack social systems and environment through which they can actually participate in leisure activities. Accordingly, this study investigated the effect of social support on elderly peoples leisure satisfaction.

2 Materials and Methods

2.1 Subjective and Procedure

In this study, a questionnaire survey was conducted for 50 elderly people aged 65 years or older residing in G metropolitan city from
September 1 to 30, 2014.

This author performed the questionnaire survey through direct interviews, and read out the questionnaire to elderly people who had difficulty in responding to the questionnaire so that they could fill it out.

### 2.2 Investigation Tools

This study investigated social support using a scale composed of emotional support, informational support, material support and appraisal support, which are 4 sub-categories developed by Park Ji-won and modified and supplemented by Kim Yeon-su. The questionnaire includes a total of 25 items composed of 7 items related to emotional support, 6 items related to informational support, 6 items related to material support and 6 items related to appraisal support. Each item is rated on a 5-point Likert scale (1 = not at all; 5 = to a great extent), and the total of points can range from a minimum of 25 to a maximum of 125. Higher score indicates higher social support.

Leisure satisfaction meets the desire for rest, the recovery of physical fatigue, vitality, and health promotion, and induces intrinsic motivation to engage in activities that can be freely chosen and to participate in activities that fulfill the desire for self-realization. It also includes opportunities to satisfy the desire for satisfaction with the physical environment such as cleanliness and embellishment of facilities and places, the desire to acquire relevant knowledge and gain new experiences, and the desire to maintain relationships within social groups or small groups. Each item is rated on a 5-point Likert scale (1 = very little; 5 = to a great extent), and higher score indicates higher leisure satisfaction.

### 2.3 Statistical Analysis

In the collected data, descriptive statistics were used to investigate the sub-categories of social support and leisure satisfaction, and Pearson correlation was used to investigate the correlation between sub-categories and leisure satisfaction.
3 Results

The level of sub-categories in the social support for elderly people was as follows: The mean of emotional support was 26.76 (SD=4.72); the mean of informational support had 22.25 (SD=4.30); the mean of material support was 22.31 (SD=4.50); the mean of appraisal support was 21.73 (SD=2.82), and the mean of emotional support was the highest among the sub-categories. The mean of leisure satisfaction was 20.48 (SD=8.92).

Table 1. Social Support and Degree of Leisure Satisfaction

<table>
<thead>
<tr>
<th>Social Support</th>
<th>M</th>
<th>SD</th>
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<tbody>
<tr>
<td>EMT support</td>
<td>26.76</td>
<td>4.72</td>
</tr>
<tr>
<td>IFM support</td>
<td>22.25</td>
<td>4.30</td>
</tr>
<tr>
<td>MTR support</td>
<td>22.31</td>
<td>4.50</td>
</tr>
<tr>
<td>APS support</td>
<td>21.73</td>
<td>2.82</td>
</tr>
<tr>
<td>LS satisfaction</td>
<td>20.48</td>
<td>8.92</td>
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</tbody>
</table>

The correlation between leisure satisfaction and the sub-categories of social support was as follows. Emotional support showed a significant positive correlation with leisure satisfaction ($r=.221$, $p<.01$). Informational support showed a significant positive correlation with leisure satisfaction ($r=.209$, $p<.05$). Material support showed a significant positive correlation with leisure satisfaction ($r=.188$, $p<.05$). Appraisal support showed a significant positive correlation with leisure satisfaction ($r=.251$, $p<.01$). As a result, there was a statistically significant positive correlation between leisure satisfaction and the sub-categories of social support, and there was a higher positive correlation in the leisure satisfaction of emotional support and appraisal support.
Table 2. Correlation between social support and leisure satisfaction

<table>
<thead>
<tr>
<th></th>
<th>EMT support</th>
<th>IFM support</th>
<th>MTR support</th>
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<tr>
<td>EMT support</td>
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<tr>
<td>IFM support</td>
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<tr>
<td>MTR support</td>
<td>.926**</td>
<td>.942**</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>APS support</td>
<td>.888**</td>
<td>.837**</td>
<td>.808**</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LS sat</td>
<td>.221**</td>
<td>.209*</td>
<td>.188*</td>
<td>.251**</td>
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</tr>
</tbody>
</table>

*p<0.05, **p<0.01 EMT; Emotional support, IFM; Informational support, MTR; Material support, APS; Appraisal support, LS; Leisure satisfaction

4 Discussion

As the development of advanced science and medicine has increased elderly people's life expectancy, many social problems have occurred accordingly. Elderly people are classified as socially disadvantaged or underprivileged people, and thus they feel isolated from social members. Even now, social support and attention to elderly people is low.

This study investigated the effect of social support on the leisure satisfaction of elderly people residing in G metropolitan city. As the result of this study, the degree of effect the sub-categories of social support had on the leisure satisfaction appeared in the decreasing order of emotional support, material support, informational support and appraisal support. As the result of Kim Yeon-su’s study, the degree of effect of the sub-categories of social support had on the leisure satisfaction appeared in the decreasing order of emotional support, informational support, appraisal support and material support. As the result of Yu Song-ja’s study, the de-
gree of effect of the sub-categories of social support had on the leisure satisfaction appeared in the decreasing order of informational support, material support, appraisal support and emotional support. These differences in the results of the degree of effect the sub-categories had on the leisure satisfaction are due to different personal and financial situation of elderly people and different local community systems.

In terms of the correlation between the sub-categories of social support and leisure satisfaction, emotional support, informational support, material support and appraisal support all showed a significant positive correlation with leisure satisfaction. In particular, the correlation between emotional support and leisure satisfaction, and appraisal support and leisure satisfaction was higher than the correlation between informational support and leisure satisfaction, and material support and leisure satisfaction. Although there may be individual differences, it may be because of the fact that elderly people living at the end of their lives tend to experience negative emotional states such as the loss of self-esteem, depression, anxiety, and irritability caused by a decrease in social exchange due to loss of role, and emptiness due to the absence of a spouse and other reasons. In addition, it may be due to the ensuing feeling of helplessness about themselves which are greater than the joy of getting financial support and new information.

The limitations of this study are that the results of the study cannot be generalized because the scope of the study was limited to elderly people residing in G metropolitan city. It is necessary to conduct a further study targeting elderly people residing in a wider area.

5 Conclusion

This study aims to investigate the leisure satisfaction of elderly people in social support targeting 50 elderly people aged 65 or older residing in G metropolitan city. The results of this study show that there is a significant positive correlation between social support and leisure satisfaction. Thus, it has been found that elderly people with higher social support have higher leisure satisfaction. The results of this study suggest that as leisure time occupies most of the daily
life time of elderly people after retirement, by increasing the degree of leisure satisfaction through social support, elderly people will be able to spend their life in old age efficiently and successfully and to maintain their physical and mental health condition, and increase the quality and satisfaction of life as a result.

References


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