

Outdoor Leisure Activities in the Family: Marital Satisfaction and Problem Solving Skills in the Family

Assist.Prof. Dr. Gülay Günay

Karabuk University
Faculty of Economics and Administrative Sciences
Department of Economics KARABUK/TURKEY
Email: ggunay@karabuk.edu.tr

Prof. Dr. Özgün Bener

Hacettepe University
Faculty of Economics and Administrative Sciences
Department of Family and Consumer Sciences ANKARA/TURKEY
Email: obener@hacettepe.edu.tr

Abstract Family recreation has contributed to numerous positive family outcomes and plays a vital role in the development of family health, functioning, and strength. This study was carried out to determine the effect of couple's marital satisfaction and problem solving skills in the family on their outdoor leisure activities. The influence of demographic characteristics, marital satisfaction and problem solving skills of couples on their outdoor leisure activities with family members was investigated. 3492 married couples (Female=1746, Male=1746) living in Karabuk city center at different socio-economic levels were chosen based on the "Simple Sampling Method". Data were collected through a demographic information form, a questionnaire on the outdoor leisure activities shared with family members, Marital Life Scale (MLS) and Marital Problem Solving Scale (MPSS). To determine the factors affecting outdoor leisure activities shared with family members, t-test and hierarchical regression analyses were employed. The results demonstrated that the female in this study ranged from 17 to 72 years of age ($M = 37.13$, $SD = 9.74$) and the male ranged from 18 to 80 in age ($M = 40.31$, $SD = 10.10$). The average length of marriage was found to be 15.1 years. The result of hierarchical multiple regression analysis revealed that demographic characteristics, marital satisfaction and problem solving of couples was important predictors of outdoor leisure activities shared with family members ($p < .05$).

Keywords: leisure activities, family and leisure time, recreation, marital satisfaction, marital problem solving.

Introduction

Changing of the life conditions and technological development has made the leisure time an important part of lifetime for today's people. Changing lifestyle of the people affects the choices of people for the types and ways of leisure activities (Oğuz ve Çakci, 2010). There are various definition of leisure time in the literature (Veal, 1992, Gökmen at al. 1985:20, Stewart, 1998). Leisure time is defined as "the time left apart from the working and resting time". Leisure time is the time that a person is free from all responsibilities or connections and can make an activity by his/her own will (Tezcan,1982: 9). "Leisure time" is sometimes confused with the "free time" concept. Leisure time is the free time period after the work hours. Free time is non-working time which is used freely. Leisure time is the time a person uses for non-working activities and is a part of free time. If a person can act as they will without work related concerns and is satisfied with enjoyment and happiness, this activity is called leisure time activity (Demir & Demir, 2006). Leisure time activities are an important part of personal development, family life, social relations and the culture. It also contributes to the individual health and relations with others, as well as supporting the family life and cultural transfers (Beck & Arnold, 2009).

Family is the most fundamental and important place to give the social conscious to the individuals which is required for a society to maintain its existence (DeFrain & Asay, 2007:2, Ulu, 2003:14).). For this reason, families relations are traditionally assumed as to be the most important factor to keep people together (Hojat at all, 2000; DeFrain & Asay, 2007). Leisure activities are very important for the family life (Harrington at al 1999). Participation to the leisure activities provides environment and opportunity to communication, interaction and problem solving (Nelson et al. 1995). Thus the leisure activities among the family members help them improve their relations and solve their problems (Ageta at al 2009). Leisure activities allow interaction between the changing environment and the family as well. This interaction provides the new input, energy and motivation which is required to sustain a healthy family development (Zabriskie and

McCormick,2001). Along with improving the family relations, cohesion and treaty, leisure activities also emphasize the family values and traditions (Du Lee at al. 2006). Leisure activities are a kind of interaction that encourages and improves the positive interaction between couples, sibling, and parents and children (Orthner & Mancini, 1991; Shaw & Dawson, 2001; Agate at al. 2009; Agate at al. 2007).

Studies have also consistently found that some family recreation endeavors, such as outdoor activities and camping, are more related to quality of family life than other kinds of family leisure (Hawkes, 1991; Hill, 1988). Outdoor activities such as eating outside, going to cinema or theater, sports, watching match, camping, going to vacation etc.(Beck & Arnold, 2009) are also related and vary according to the education and income level of the family (Godbey, 1994).

For more than 60 years, researchers identified leisure and recreation activities made in family. Many researchers have investigated the relationship between the leisure activities and life satisfaction, family leisure activities and family life satisfaction. Among many investigations there are some studies on the effects of indoor and outdoor family activities on family function and strengthening the family (Zabriskie ve McCromick, 2001; Freeman ve Zabriskie, 2002; Shaw ve Dawson, 2001), communication between the parents and children (Huff at al, 2003), problem solving ability in the family (Wells, Widmer ve McCoy, 2004), relationship between the family leisure activities and family life satisfaction (Agate at al, 2009), marital satisfaction (Johnson at al, 2006), maintenance the marriage (Hill, 1988), parental satisfaction (Freysing, 1994), relationship between the family and life satisfaction (Aslan, 2009), family function, family communication, the relationship between the family leisure activities satisfaction and family life satisfaction (Poff at al. 2010). These studies generally deal with the effects of family leisure activities on the marriage, family life, family life satisfaction, and parent-child relationship. These studies also investigated the relationship between the frequency of the shared outdoor activities with family members and the satisfaction from the outdoor leisure activities, adequacy of the income, marital satisfaction and the marital problem solving ability. In this study, the effect of marital satisfaction and marital problem solving ability on the shared outdoor leisure activities was investigated by evaluating the opinions of male and female members of the family separately.

Method

Sample

Participation of this study consisted of families which are live in Karabük city, Turkey. The population of Karabük is about 110.000 (TÜİK, 2010). Iron steel industry is the most significant factor shaping the socioeconomic structure of Karabük. Iron-Steel factory has played the main role for Karabük to become a complex and cosmopolitan industrial area in terms of socioeconomic structure. It is a developing city and includes a wide variety of different ethnic and cultural groups. Simple random sampling is the basic selection process. Each unit in the population is identified, and each unit has an equal chance of being in the sample. The authors had randomly selected 2000 family (couples) out of total 110,000 populations lived center of the Karabük city. A total of 1746 (female=1746, male=1746) interviews were conducted with an approximately 87.3 percent participation rate. The average age of the couples included to the study is 37.13(±9.74) for the females ranging from 17 to 72, and 40.31(±10.10) for the males ranging from 18 to 80. Average marital length of the couples is 15.09(±10.46) and the average number of children was two ranging from 0 to 9 in the families'. The percentages of couples having two, one and three children are 37.5%, 21.8% and 18.6% respectively. The income of the couples range from 350 to 10.000 TL, and the average income is 1828.18(±1104.51)TL (about 1010.05\$) (1 US dollar is equivalent to about 1.81 TL- March,2012).

Instruments and Data Collection

Data collection mean has three stages.

In the first stage, demographic question were asked to the couples participating the investigation such as their age, education level, marital length, number of children, income, employment status, profession, additional income sources, how the economic decisions are made etc.

In the second phase, the questions were aimed to address the outdoor shared activities of the family members. Some of these questions were; "How often do you make the following activities with your family; eating outside, going to cinema, going on vacation, buying gifts, going to theater, sports?", "Is your family income adequate for doing outdoor activities?", and "Are you satisfied with the frequency of your shared outdoor activities of your family?"

In the third phase, Marital Life Scale (MLS) developed by Tezer (1986) to measure the couple's overall level of satisfaction from the marriage, and Marital Problem Solving Scale (MPSS) developed by Baugh, Avery and Sheets-

Hawth (1986) to determine the conception of the couples on solving their marital problems were used to measure their overall satisfaction from marital relationship.

Marital Satisfaction (MSs): MSs was developed by Tezer (1986) to measure the overall satisfaction from the marital relationship. MLS scale includes 10 items such as; "I achieved most of my expectations from marriage" and "I think that my marital problems cannot be overcome." Responses were given on a 5-point Likert Scale range from "1= certainly disagree" to "5=certainly agree". The highest and lowest scores that can be taken from this scale are 50 and 10. Higher scores mean more marital satisfaction. Reliability of the scale which is determined by test-retest method is .85, and Cronbach Alfa coefficient is .88 for male group and .91 for female group. These findings show that the scale is reliable (Tezer, 1986). Factor analysis results also confirm that the scale is valid. In this study Cronbach Alfa coefficient for male and female participants were found as .83 and .88 respectively.

Marital Problem Solving Scale (MPSS): This is a scale with 9 item and 7-point Likert which was developed by Baugh, Avery and Sheets-Hawth (1982) to determine the conception of married couples on their ability to solve their marital problems. There are questions in the scale like; "how much do you depend on your problem solving ability compared to the other couples?" and "how much are you satisfied with the solutions brought to the problems?" etc. Internal consistency of the scale and test-retest correlation coefficient of the original study were found as .95 and .86 respectively. The scale was adapted to the Turkish culture by Hünler and Gençöz (2002). The original 7 grades of the scale were reduced to 5 as it is easy to answer the questions. The highest and the lowest scores that can be taken from the scale are 45 and 9. Higher scores show that the person perceive himself/herself successful in solving marital problems. Cronbach Alfa coefficient was found to be .91 and the item total correlation was .63 (Hünler and Gençöz, 2002). According to the results of dependability analysis, for this study, researchers have found the Cronbach Alfa coefficient of the scale as .89 for females and .86 for males.

Data Collection

Questionnaires are arranged in accordance with the aim of the research. The questionnaire was pretested by applying to 25 couples (both women and men) in order to evaluate the conformity of the questionnaire. The form was rearranged through the suggestions came from this pretest group and the required corrections were made.

The Questionnaires was applied between 30.03.2011 and 15.06.2011. The couples which didn't live in Karabük, didn't accept the questionnaire interview, or were not married to each other were excluded from the study. Questionnaire was asked to be filled by both males (n=1746) and females (n=1746) in the family separately and freely, without affecting each other and only taking some assistance from the researchers in case of need. Name and address were not required to be written onto the questionnaire to obtain more sincere and actual results. The questionnaire took about 20-25 minutes to be filled.

Data Analysis

The analysis of the data was conducted using the "SPSS for Windows 11.5" program. Data analysis began with calculating frequencies of the sample on all variables and the graphs for these distributions were obtained. Mean and standard deviation for the scales used in the study were calculated.

Correlation analysis were performed to determine the level and direction of the relationship between the dependent and independent variables, and Hierarchical Regression Analysis was used to determine the sequence of contribution for the variables. In this approach, independent variables are put into the regression analysis in a certain sequence to determine the model that best describes the dependent variable. (Büyüköztürk, 2007:31). In this study, multiple-variable hierarchical regression analysis were performed to find out whether some variables related to family life such as; demographic variables (age, marital length, family monthly income, profession, education level, additional income sources of the family and how the economic decisions are made in the family), marital satisfaction, marital problem solving ability, adequacy of family income to perform shared outdoor leisure activities and the level of satisfaction from the frequency of outdoor shared leisure activities, have any effect on the frequency of shared outdoor leisure activities with family members or not. Also independent sampling T-Test was performed to identify if there is a meaningful difference between the couples in terms of the effect of marital satisfaction and problem solving ability on the outdoor leisure activities (Büyüköztürk, 2007:30).

Results

The finding reflected that 39.5 percent of the females and 42.1 percent of the males had high school graduate. Between the females primary school graduate was in the second stage (36.9%). For the males university graduate comes in the second stage (37.2%). Distribution of the occupations among the couples in the study was house wife (69.0%) which is more than the half, state officer (12.5%) and worker (12.0%) for females, and worker (40.1%), state officer (26.3%) and retired (13.3%) for males (Table 2).

How the manner that economic decisions are made in the family was asked both to men and women separately. According to the results of both female (47.6%) and male (44.4%) participants, the economic decisions were always made together in the family (Table 2).

Table 2 gives the mean and standard deviation values of the variables that were expected to have effect on the frequency of outdoor leisure activities shared with the family for men and women separately.

Table 2 gives the mean and standard deviation values of the variables that were expected to have effect on the frequency of outdoor leisure activities shared with the family for men and women separately. Table 2 gives the mean and standard deviation values of the variables that were expected to have effect on the frequency of outdoor leisure activities shared with the family for female and male separately. According to the analysis of t-test results; economic decisions making in the family ($t=2.595$, $df=3490$, $p<.05$), marital satisfaction ($t=-18.804$, $df=3490$, $p<.05$), marital problem solving ability ($t=-8.241$, $df=3490$, $p<.05$), the frequency of outdoor leisure activities shared with the family members ($t=-52.999$, $df=3490$, $p<.05$), the satisfaction from the frequency of outdoor leisure activities shared with the family members ($t=-2.507$, $df=3490$, $p<.05$) and the relationships between gender was statistically significant. However, the relationship between the adequacy of the family income for the outdoor leisure activities shared with the family members and the gender is statistically not important ($t=0.816$, $df=3490$, $p<.05$). As seen in Table 3 the significant between couples and dependent variables was examined, economic decision making (female:3.27, male: 3.14) and the satisfaction from the frequency of outdoor leisure activities shared with family members (female:3.08, male: 2.98) stem from females. On the other hand, the significant between couples and frequency of outdoor leisure activities shared with family members (female: 9.35, male: 16.73), marital satisfaction (female: 35.80, male: 38.90) and marital problem solving ability (female:35.19, male: 36.84) was caused by males (Table 3.).

The Pearson's correlations among the demographic variables, marital satisfaction, marital problem solving ability, adequacy of the family income for the frequency of outdoor shared leisure activities, the satisfaction from the outdoor leisure activities shared with family members, and the frequency of outdoor leisure activities shared with family members. There are significant positive relationships for females participant, between the frequency of outdoor leisure activities shared with family members and the family income level (.47, $p<.01$), education level (.48, $p<.01$), economic decision making (.07, $p<.01$), marital satisfaction (.16, $p<.01$) and marital problem solving ability (.26, $p<.01$), while the age (-.2, $p<.01$), length of marriage (-.27, $p<.01$), occupation (-.14, $p<.05$), additional income sources (-.07, $p<.01$), the adequacy of family income for the outdoor leisure activities shared with family members (-.60, $p<.01$) and the satisfaction from the outdoor activities shared with family members (-.59, $p<.01$) has statistical significant and negative relationship at 0.01 level. For the male participants, there is a similar relationship between the level of outdoor shared leisure activities shared with family members and the other variables. There is a positive relationship at 0.01 level between the frequency of the outdoor leisure activities shared with family members and the age (.18, $p<.01$), length of marriage (.24, $p<.01$), additional income resource (.07, $p<.01$) the adequacy of the family income for the outdoor activities shared with family members (.58, $p<.01$) and the satisfaction from the frequency of the outdoor leisure activities shared with family members (.58, $p<.01$). On the other hand, there is a significant and negative relationship with the family income level (-.46, $p<.01$), education level (-.36, $p<.01$), economic decisions making (-.08, $p<.01$), marital satisfaction (-.23, $p<.01$), marital problem solving ability (-.17, $p<.01$) (Table 3). The most interesting finding of this table is that the frequency of outdoor leisure activities shared with family members and the satisfaction from the frequency of outdoor leisure activities showed negative correlation for females (-.59, $p<.01$) and positive (.58, $p<.01$) for males.

Table 3 shows the results of hierarchical multiple regression analysis for the outdoor leisure activities shared with family members. For the first stage of the Hierarchical Multiple Regression Analysis, only the demographic factors, such as age, length of marriage, monthly income of the family, occupation, education level, additional income sources of the family and the economic decisions making were included to the analysis. In the second stage, the adequacy of the income to leisure activities shared with family members and the level of satisfaction from the outdoor leisure activities shared with family members were added. At the third and last stage of the analysis, the independent variables Marital Life Scale and Marital Problem Solving Scale were added to the regression along with the demographic factors and other independent variables. The determination coefficients (R^2) obtained in the end of three stages were compared and the

variables evaluated for females and males participant discretely if these variables give information about their outdoor leisure activity behaviors shared with family members.

Demographic variables explains 33% of the effect of the total variance on the frequency of outdoor leisure activities shared with family members for the females participants ($R=0.573$, $R^2=0.329$, $F=121.586$, $p<.05$), while it 30% for males ($R=0.548$, $R^2=0.300$, $F=193.085$, $p<.05$).

Table 3 gives the t-test results related to significance and the regression coefficient (β) standardized to test the effect of the independent variables, in the first stage of the analysis, on the outdoor leisure activity behavior shared with family members.

The findings indicated that between females participants adequacy of income for outdoor leisure activities and satisfaction from outdoor leisure activities shared with family members explained variance rate was 51 percent ($R=0.710$, $R^2=0.505$, $F=196.426$, $p<.05$). The added variables adequacy of income for outdoor leisure activities and satisfaction from outdoor leisure activities shared with family members, while this rate was 66 percent for the male participants of the spouses ($R=0.810$, $R^2=0.657$, $F=331.723$, $p<.05$). Considering also both of females and males participant standardized regression coefficient (β) and the t-test results show that the relationships between the adequacy income for outdoor leisure activities shared with family members ($\beta=-.22$, $p<.05$; $-.28$, $p<.05$) and the frequency of leisure activities shared with family members ($\beta=-.05$, $p<.05$; $\beta=.48$, $p<.05$) was statistically important

The third stage was run by including marital satisfaction (MSs) and marital problem solving (MPSs) regression equations. The results illustrated that the stage was significant both of females ($R=0.716$, $R^2=0.509$, $F=165.458$, $p<.05$) and males ($R=0.815$, $R^2=0.661$, $F=284.919$, $p<.05$). Additionally finding indicated that among females participants the relationships between satisfaction from outdoor leisure activities shared with family members and marital satisfaction (MSs) ($\beta=.00$, $p>.05$) was insignificant, while the relationships with marital problem solving (MPSs) ($\beta=.09$, $p<.05$) was statistically significant. For the male participants the results showed that an inverse relationship compared to females, between satisfaction from outdoor leisure activities shared with family members and marital satisfaction (MSs) ($\beta=.20$, $p<.05$) and marital problem solving (MPSs) ($\beta=-.06$, $p>.05$) satisfaction level of satisfaction from the outdoor leisure activities shared with family members (Table 3).

Discussion

Family leisure activities contribute to family cohesion, help the family members solve their problems and improve their relationship with each other (Agate at al. 2009). Recent studies clearly show the relationship between the family bonds and the shared leisure activities (Huff, Widmer, McCoy & Hill, 2003; Wells, Widmer & McCoy, 2004; Mactavish & Schleien, 1998; Zabriskie & McCormick, 2003). Studies on the subject deal with the effect of family leisure activities on the different variables related to marital and family life. This study, on the other hand, deals with the relationship between the outdoor family leisure activities with family members and the satisfaction from this activity, adequacy of family income, marital satisfaction and marital problem solving ability. Two different sampling were taken to investigate if there is any difference between the females ($N=1746$) and males ($N=1746$) side of the couples, as well as to determine the relationship between the frequency of outdoor leisure activities shared with family members and the variables.

It was determined that the frequency of outdoor leisure activities in family (eating out, going to cinema or theater, going on vacation, buying presents, doing sports etc.) is different for the female (9.35) and male (16.73) couples'. This finding can be assumed normal in the context of social gender roles. According to this role, man has to provide breadwinner for the family and the woman has to do housework and taking care of the children. As an extension to these roles, women have a voice in decisions related to the house, and men have the right to speak on purchasing and outside relations. Since the women pass their time at home much more than the men, they are eager to participating outdoor leisure activities. On the other hand, since the men work outside and spend their time out of the house, they might consider outdoor leisure activities boring in their point of view. Also the Pearsons' correlation coefficients between the frequency of the outdoor shared leisure activities and the variables show that, there is a significant (0.01 level) and negative relationship, for female participants, between the adequacy of the family income for outdoor leisure activities ($-.60$, $p<.01$) and the satisfaction from the frequency of outdoor leisure activities ($-.59$, $p<.01$) while, for the male, there is a positive relationship with 0.01 significance level between the adequacy of the family income for the outdoor leisure activities ($.58$, $p<.01$) and the satisfaction from the frequency of outdoor leisure activities ($.58$, $p<.01$). Therefore the results obtained from Table 2 support the results of Table 3. Besides, one of the important factors affecting the shared outdoor leisure activities is the income level of the family. Income level is directly related to the health, education, social interaction, housing, leisure time an overall living style conditions along with expressing the level of meeting the needs of a family (Cilga, 1994:357). The families having a high income can easily meet their basic needs and thus reach a high

living quality. On the other hand, low income may limit the leisure time activities of a family. According to Godbey (1994), income level is more and more dominantly affects the leisure activities of the people. Because most of the outdoor leisure activities are money-dependent like cinema, theater or concert, eating out, going on vacation, doing sports, watching matches etc. According to the results of Family Structure Investigation research conducted jointly by TÜİK and Family Research Organization in 2006, 84.3% of the home population reported that they didn't go to cinema or theater, and 68.6% didn't go to eating out. The most frequent activities of people were visits to their relatives (24.9%) and secondly visit to friends/family friends (%64.9).

The third stage of the Hierarchical Multiple Regression Analysis was including MSs and MPSs to the regression equation the coefficient of determination was significantly increased among both of female participants ($R=0.716$, $R^2=0.509$, $F=165.458$, $p<.05$) and males participants ($R=0.815$, $R^2=0.661$, $F=284.919$, $p<.05$). Therefore based on this findings it can be said that, the marital satisfaction and marital problem solving are significant predictors on the frequency of outdoor leisure activities shared with family members.

Hill's (1988) findings, which demonstrated casual relationships between shared leisure time and marital stability, also reflected these trends. Family leisure involvement has also been positively correlated with family cohesion, family adaptability, and overall family functioning (Ageta, Zabriskie, & Eggett, 2007; Zabriskie & McCormick, 2001; Zabriskie & Freeman, 2004). Research on leisure activities revealed that, family ties can be strengthening by participation in recreation and leisure activities (Freeman & Zabriskie, 2002; Johnson et al. 2006; Orthner & Mancini, 1991; Du Lee et al. 2006).

Zabriskie and McCormick (2003) conducted a study on 179 families to investigate the relationship between the family involvement to the leisure activities and the living satisfaction of the family. The findings of this study indicated that a positive relationship between the family involvement to the leisure activities and the living satisfaction of the family. Ageta et al. (2009), conducted a study in USA on 898 family and found that there are important determinants of shared leisure activities according to both core and the balance model. Poff et al. (2011) performed a study in Australia on 902 parents (both parents) and 810 children living with these parents and reported that the children at adolescent age tend to be affected from the quantity of the family involvement to the leisure activities. On the other hand the parents focus on the quality of the family involvement to the leisure activity probably the other family variables (family communication, family functions, family leisure time satisfaction and family living satisfaction). Contrary to these findings, Aslan (2009) found that among traditional Turkish city families to the shared leisure activities and level of enjoyment from these activities are low but, the family living satisfaction is very high. Although Zabriskie and McCormick (2003), Ageta et al (2009), Hill (1988) and Poff et al. (2011) supports the results of this study, Aslan (2009) seems to be not supporting. This situation may arise from the socio-economic and socio-cultural differences among the families.

It is possible to argue that family involved activities or having time with family is a common and important leisure time activity for all people from any culture or age. Skill, interest area, manners and behaviors gained during the family involved recreation and leisure activities in childhood or adolescent age are effective throughout the life stage of a person. Therefore, the recreation and leisure time activities in the family are very important for the development of both the person and the family.

According the results of this study, it is possible to conclude that; the women participants do not see enough the outdoor leisure activities shared with family members. Their satisfaction level for these activities is low and the outdoor leisure activities with family members should be improved. On the other hand, men participants are satisfied with the current situation of outdoor leisure activities.

Further studies may deal with social gender point of view, considering variables like socio-economic and socio-cultural situation of the family which would contribute to the development of the family. It is also necessary that the opinions of family members on the indoor and outdoor leisure activities should be investigated separately, difference among the people should be stated and this type of studies should be repeated with a time interval to identify the factors affecting the change. It would be useful for the study to include all socioeconomic classes.

Table 1. Demographic Variables of Spouses

	Female (N=1746)		Male (N=1746)	
	F	%	F	%
Education Level				
Secondary School	644	36.9	361	20.7
High School	689	39.5	735	42.1
College or University	413	23.7	649	37.2

Occupation				
Employee	210	12.0	701	40.1
Employer	21	1.2	89	5.1
Self-employed	28	1.6	166	9.5
Casual employee	14	0.8	60	3.4
Unpaid family worker	12	0.7	3	0.2
Retired	38	2.2	250	14.3
Homemaker	1205	69.0	-	-
Servant	218	12.5	460	26.3
Unemployed	-	-	17	1.0
Economic Decision Making in Family				
Each time men	282	16.2	378	21.6
Each time women	49	2.8	28	1.6
Woman and men together	837	47.9	775	44.4
Sometimes woman almost men	292	16.7	310	17.8
Sometimes men almost woman	69	4.0	47	2.7
Family members together	217	12.4	208	11.9

Table 2. Comparison of Mean Values (and Standard Deviations) of Female and Male (Spouses) and T-Test Results

Variables	Female		Male		DF	t	p
	M.	SD.	M.	SD.			
Economic Decision Making in Family	3.27	1.43	3.14	1.49	3490	2.595	.010*
Marital Satisfaction Scale (MSs)	35.80	4.26	38.90	4.97	3490	-18.804	.000*
Marital Problem Solving Scale (MPSs)	35.19	6.36	36.84	5.48	3490	-8.241	.000*
The adequacy of family income to outdoor leisure activities with family members	3.10	1.15	3.06	1.13	3490	0.816	.415**
Satisfaction of level frequency outdoor leisure activities with family members	3.08	1.19	2.98	1.16	3490	-2.507	.012*
Frequency of outdoor leisure activities with family members	9.35	2.41	16.73	2.99	3490	-52.999	.000*

* $p > 0.05$; ** $p < 0.05$

Table 3. Hierarchical Multiple Analysis Results

Model	Independent Variables	FEMALE					MALE				
		B	SH	β	t	p	B	SH	β	t	p
1	Age	-.013	.012	-.054	-1.066	.287	-.015	.015	-.050	-1.018	.309
	Length of marriage	-.011	.012	-.049	-.934	.350	.053	.014	.187	3.774	.000*
	Family Income	.001	.000	.321	14.419	.000*	-.001	.000	-.398	-17.952	.000*
	Occupation	-.043	.023	-.038	-1.869	.062	-.706	.220	-.076	-3.203	.001*
	Education	.903	.077	.288	11.689	.000*	.053	.022	.053	2.417	.016*
	ASI ¹	-.106	.033	-.064	-3.211	.001*	-.781	.096	-.195	-8.108	.000*
	EDMF ¹	.073	.034	.043	2.173	.030	.163	.042	.080	3.915	.000*
2	Age	-.001	.011	-.005	-.111	.912	-.020	.010	-.068	-1.967	.049*
	Length of marriage	-.016	.010	-.069	-1.546	.122	.047	.010	.163	4.687	.000*
	Family Income	.000	.000	.165	8.127	.000*	.000	.000	-.157	-9.506	.000*
	Occupation	-.045	.020	-.039	-2.279	.023*	-.475	.155	-.051	-3.076	.002*
	Education	.681	.067	.218	10.166	.000*	.059	.015	.058	3.801	.000*
	ASI ¹	-.018	.029	-.011	-.635	.525	-.429	.068	-.107	-6.307	.000*

	EDMF ¹	.041	.029	.024	1.424	.155	.034	.029	.016	1.141	.254
	AIOLA ¹	-.454	.061	-.217	-7.469	.000*	-.094	.028	-.047	-3.331	.001*
	SOLA ¹	-.568	.057	-.279	-9.933	.000*	1.274	.064	.482	20.018	.000*
3											
	Age	.000	.011	.001	.029	.977	-.023	.010	-.079	-2.301	.022*
	Length of marriage	-.017	.010	-.073	-1.635	.102	.048	.010	.167	4.866	.000*
	Family Income	.000	.000	.163	8.098	.000*	.000	.000	-.155	-9.450	.000*
	Occupation	-.047	.019	-.042	-2.427	.015*	-.415	.153	-.045	-2.707	.007*
	Education	.666	.067	.213	10.002	.000*	.058	.015	.058	3.791	.000*
	ASI ¹	-.023	.028	-.014	-.811	.417	-.422	.067	-.106	-6.267	.000*
	EDMF ¹	.028	.029	.016	.965	.335	.039	.029	.019	1.347	.178
	AIOLA ¹	-.439	.060	-.210	-7.263	.000*	-.089	.028	-.044	-3.157	.002*
	AIOLA ¹	-.541	.057	-.266	-9.430	.000*	1.275	.063	.482	20.197	.000*
	MSs ¹	.000	.010	-.001	-.030	.976	.517	.061	.201	8.538	.000*
	MPSs ¹	.034	.007	.091	4.912	.000*	-.038	.010	-.063	-3.760	.000*
		R	R ²	F	P	R	R ²	F	P		
	Model 1	0.573	0.329	F _(7,1738) = 121.586	0.000*	0.548	0.300	F _(7,1738) = 93.085	0.000*		
	Model 2	0.710	0.505	F _(8,1737) = 196.426	0.000*	0.810	0.657	F _(8,1737) = 331.723	0.000*		
	Model 3	0.716	0.509	F _(10,1735) = 165.458	0.000*	0.815	0.661	F _(10,1735) = 284.919	0.000*		

*p>0.05; **p<0.05 1 ASI= Adititonal Source of Income; EDMF= Economic Decision Making in the Family; AIOLA= Adequacy of income for outdoor leisure activities; SOLA= Satisfaction from outdoor leisure activities

References

- Oğuz, D. & Çakci, I. (2010). Changes in Leisure and Recreational Preferences: A case study of Ankara. *Scientific Research and Essays*, 5;8:721-729.
- Veal, A. J. (1992). Definitions of Leisure and Recreation. *Australian Journal of Leisure and Recreation*, 2;4:44-48, 52.
- Gökmen, H., Açıklalın, A., Koyuncu, N. & Saydar, Z., (1985). Yüksek Öğrenim Öğrencilerinin Serbest Zaman Etkinlikleri ve Kendilerini Gerçekleştirme Düzeyleri, (Higher Education Students' Leisure Time Activities and Level of Self-Realizations) MEB. Yayınları Ankara,.
- Stewart, W. P. (1998). Leisure as Multiphase Experiences: Challenging Traditions. *Journal of Leisure Research*, 30;4:391-400.
- Tezcan, M. (1982). Sosyolojik Açından Bos Zamanların Değerlendirilmesi (Sociological Perspective of Leisure Time). Ankara Üni. Eğitim Bilimleri Fak. Yay., No: 116., Ankara.
- Demir, C., Demir, N., (2006). Bireylerin Bos Zaman Faaliyetlerine Katılmalarını Etkileyen Faktörlerle Cinsiyet Arasındaki İlişki: Lisans Öğrencilerine Yönelik Bir Uygulama (Factors Affecting the Relationship Between Gender and individuals': A Case Study Towards Undergraduate Students participate in leisure activities: *Ege Akademik Bakış Dergisi*, 6;1:36-48.
- Beck, M.E. & Arnold, J.E. (2009). Gendered Time Use at Home: An Ethnographic Examination of Leisure Time in Middle-Class Families. *Leisure Studies*, 28;2:121-142.
- DeFrain, J., & Asay, S. M. (2007). Strong families around the world: An introduction to the family strengths perspective. *Marriage and Family Review*, 4;1/2:1-10.
- Ulu, S. (2003). Attitudes toward Marital Violence: Individual and Situational Factors (Unpublished Msc Thesis). Ankara: The Graduate School of Social Sciences of Middle East Technical University.
- Hojat, M. Shapurian, R. Foroughi, D. Nayerahmadi, H. Farzaneh, iM. Shafieyan, M. & Parsi, M. (2000). Gender Differences in Traditional Attitudes toward Marriage and the Family: An Empirical Study of Iranian Immigrants in the United States, *Journal of Family Issues* 21: 419-434.
- Harrington, M., Bell, B., Shaw, S. & Dawson, D. (1999). Family leisure: some comparisons between Canadian and Australian families. Ninth Canadian Congress on Leisure Research. May 12 -15, 1999 Acadia University, Wolfville, Nova Scotia. Pp:139-141.
- Nelson, A. Capple, M. & Adkins, D. (1995). Strengthening families through recreation: Family outdoor recreation activities provide opportunities for skill development and socialization. *Parks & Recreation*, 30;6: 44-47.
- Agate, J., Zabriskie, R., Agate, S., & Poff, R. (2009). Family leisure satisfaction and satisfaction with family life. *Journal of Leisure Research*, 41;2: 205-223.
- Zabriskie, R., & McCormick, B. (2001). The influences of family leisure patterns on perceptions of family functioning. *Family Relations: Interdisciplinary Journal of Applied Family Studies*, 50:281-289.
- Orthner, D. K., & Mancini, J. A. (1991). Benefits of leisure for family bonding. In B. L. Driver, P. J. Brown, & G. L. Peterson, (Eds.), *Benefits of Leisure* (215-301). State College, PA: Venture Publishing
- Shaw, S., & Dawson, D. (2001). Purposive leisure: Examining parental discourses on family activities. *Leisure Sciences*, 23:217-231.
- Agate, S. T., Zabriskie, R. B., & Eggett, D. (2007). Praying, playing, and successful families: An examination of family religiosity, family leisure, and family functioning. *Marriage and Family Review*, 42;2:1-7.

- Hill, M. S. (1988). Marital stability and spouses shared time. *Journal of Family Issues*, 9:427-451.
- Hawkes, S. (1991). Recreation in the family. In S. J. Bahr (Ed.), *Family research: A sixty year review, 1930-1990* (pp. 387-433). New York: Lexington Books.
- Holman, T. B., & Epperson, A. (1984). Family and leisure: A review of the literature with research recommendations. *Journal of Leisure Research*, 16:277-294.
- Godbey, G. (1994). *Leisure in Your Life: An Exploration*. 4th Ed. State College, Pa.: Venture.
- Arendell, T. (2001). The New Care Work of Middle Class Mothers: Managing Childrearing, Employment and Time, pp. 163-204 in K.J. Daly (Ed.) *Minding the Time in Family Experience: Emerging Perspectives and Issues*. London: JAI.
- Freeman, P.A. & Zabriskie, R.B. (2002). The Role of Outdoor Recreation in Family Enrichment. *Journal of Adventure Education and Outdoor Learning* 2;2:131 -145.
- Wells, M. S., Widmer M. A., & McCoy, J. K. (2004). Grubs and grasshoppers: Challenge-based recreation and the collective efficacy of families with at-risk youth. *Family Relations*, 53;3: 326-333.
- Johnson, H., Zabriskie, R., & Hill, B. (2006). The contribution of couple leisure involvement, leisure time, and leisure satisfaction to marital satisfaction. *Marriage and Family Review*, 40:69-91.
- Poff, R.A., Zabriskie, R.B. and Townsend, J.A. (2010). Australian Family Leisure: Modeling parent and youth data, *Annals of Leisure Research*, 13;3:420-438.
- Huff, C, Widmer, M., McCoy, K., & Hill, B. (2003). The influence of challenging outdoor recreation on parent-adolescent communication. *Therapeutic Recreation Journal*, 37;1: 18-37.
- Aslan, N. (2009). An Examination of Family Leisure and Family Satisfaction Among Traditional Turkish Families, *Journal of Leisure Research*. 41;2:157-176.
- Freysinger, V.J. (1994). Leisure with children and marital satisfaction: Further evidence of a sex difference in the experience of adult roles and leisure. *Journal of Leisure Research*, 26, 212-226.
- Du Lee, B., Graefe, A., & Burns, R. (2006). An exploratory study of the outdoor recreation participation of families who have a child under sixteen, Proceedings of the 2006 Northeastern Recreation Research Symposium no. P-14, pp. 335-341.
- Tezer, E. 1986. Evli Eşler Arasındaki Çatışma Davranışları: Algılama ve Doyum, *Yayınlanmamış Doktora Tezi*, Hacettepe Üniversitesi Sosyal Bilimler Enstitüsü, Ankara.
- Baugh. C. W., Avery, A.W. and Sheets-Haworth. K.L. (1982). Marital Problem-Solving Scale: A measure to assess relationship conflict negotiation ability. *Family Therapy*. 9;1:43-51.
- Hünler, O.S., & Gençöz, T. (2002). The Effect of Religiousness on Marital Satisfaction and the Mediator Role of Perceived Marital Problem Solving Abilities Between Religiousness and Marital Satisfaction 12th National Psychology Congress, September 9-13.2002, Ankara.
- Büyükoztürk, Ş. 2007, *Sosyal Bilimler için Veri Analizi El Kitabı (Handbook of Data Analysis for the Social Sciences)*, 7.Baskı, Ankara: Pegem A Yayıncılık.

