RECREATION PROGRAM PARTICIPATION BY OLDER ADULTS:
ITS RELATIONSHIP TO PERCEIVED FREEDOM IN
LEISURE AND LIFE SATISFACTION

DISSERTATION

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By

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This study examined the contribution of several variables to the prediction of perceived freedom in leisure (PFL) and life satisfaction in older adults. Demographic, health and socioeconomic variables were compared with participation in recreation programs, church involvement and PFL. Church involvement was viewed as a leisure activity rather than a measure of religiosity. The survey instrument incorporated all these variables and was pretested and revised before use in the study.

The sample consisted of 198 persons 60 years of age and older who were members of two Southern Baptist churches. Subjects were randomly selected, but persons considered by church staff members to be incapable of completing the survey were eliminated. Surveys were hand delivered and picked up by volunteer workers, and a 38 percent return rate was obtained.

Alpha reliability for the church involvement, PFL and life satisfaction scales in the instrument were .87, .94, and .77, respectively. Frequency counts and percentages
or means and standard deviations were calculated for the demographic variables.

Subjects were categorized by level of involvement in church and community recreation programs. Persons involved in community but not church recreation programs were under-represented in the sample. A selective sampling procedure was utilized to obtain more respondents in this category, but the data from these individuals were analyzed separately.

Stepwise multiple regression analyses were utilized to ascertain the impact of different variables upon PFL and life satisfaction. Three predictors of PFL emerged—participation in recreation programs, church involvement and satisfaction with health. Correlations between these variables and life satisfaction were consistent with the findings in the literature. Inclusion of church involvement, participation in recreation programs and, for the life satisfaction analysis, PFL raised the percentage of variance explained. Thus, greater predictive power emerged using these variables than when only demographic, health and socioeconomic variables were included.
PREFACE

This research would not have been possible without the assistance and cooperation of many people. I would like to acknowledge the help of the staff and members of the Park Hill Baptist Church in North Little Rock, Arkansas, and the First Baptist Church in Springfield, Missouri, and thank them for their cooperation and aid in the study. Very special thanks are expressed to the Activities Directors of these two churches, Bobby Shows and Carolyn McClure.

Finally, my thanks to all who assisted both directly and indirectly in making the study a reality.
# TABLE OF CONTENTS

LIST OF TABLES ........................................ iv

Chapter

I. INTRODUCTION .................................... 1

   Statement of the Problem
   Purpose of the Study
   Research Questions
   Definition of Terms
   Delimitations
   Limitations
   Organization of the Study

II. REVIEW OF THE LITERATURE ...................... 13

   Two Theories of Aging
   Instruments Measuring Life Satisfaction
   Correlates of Life Satisfaction
   Summary

III. METHODOLOGY ................................... 44

   Description and Measurement of Variables
   Life Satisfaction Scale
   Pretest and Revision of the Instrument
   Sample
   Data Collection
   Data Analysis

IV. RESULTS AND DISCUSSION ........................ 70

   Characteristics of the Sample
   Reliability of the Instruments
   Data Recodings
   Results of Regression Analyses
   Discussion

V. SUMMARY, FINDINGS AND RECOMMENDATIONS .... 113

   Summary
   Findings
   Recommendations

APPENDICES ........................................... 122

BIBLIOGRAPHY ......................................... 141
# LIST OF TABLES

<table>
<thead>
<tr>
<th>Table</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>I. Breakdown of Respondents by Level of Recreation Participation</td>
<td>71</td>
</tr>
<tr>
<td>II. Descriptive Information for Participants in Community Recreation Programs Exclusively</td>
<td>74</td>
</tr>
<tr>
<td>III. Frequencies and Percentages of Descriptive Variables</td>
<td>76</td>
</tr>
<tr>
<td>IV. Means and Standard Deviations of Descriptive Variables for Sample</td>
<td>78</td>
</tr>
<tr>
<td>V. Correlations of Independent Variables with Perceived Freedom in Leisure and Life Satisfaction</td>
<td>81</td>
</tr>
<tr>
<td>VI. Independent Variables Used in Regression Analyses</td>
<td>82</td>
</tr>
<tr>
<td>VII. Results of Stepwise Regression Equation for PFL</td>
<td>83</td>
</tr>
<tr>
<td>VIII. Results of Stepwise Regression Analysis for Life Satisfaction</td>
<td>86</td>
</tr>
<tr>
<td>IX. Results of Stepwise Regression Analysis for PFL Without Activity Variables</td>
<td>88</td>
</tr>
<tr>
<td>X. Results of Stepwise Regression Analysis for Life Satisfaction Without Activity Variables</td>
<td>90</td>
</tr>
</tbody>
</table>
A great deal of research has been directed toward identifying the elements which contribute to an individual's happiness and satisfaction with life. Older persons have been the subject of much of this research, perhaps because of the rapid growth in this segment of the American population and also because of the changes which often occur in later life such as death of spouse or retirement. A variety of factors have been suggested (9, 11) as possible predictors of life satisfaction among older adults. These include demographic characteristics such as age and marital status, satisfaction with standard of living, health status and adequate social relationships.

One well known theory related to the life satisfaction of older persons is the activity theory of aging. This theory suggests that activity patterns of the middle years must be maintained if one is to experience optimal aging (17). When certain social roles and activities are lost, these must be replaced if the individual is to experience high satisfaction with life. Activity provides essential role supports and thereby helps the individual maintain a positive self-concept (10). Social activity, in particular,
has been found to be positively and significantly correlated with life satisfaction (11).

If the activity theory is accepted, variables such as participation in recreation activities and involvement in formal organizations become potential contributors to life satisfaction. As recreation participation leads to higher levels of leisure satisfaction, leisure satisfaction itself becomes still another potential contributor to life satisfaction (14, 15). In fact, any activity which could help the individual maintain middle-aged roles and a high self-concept should be related to life satisfaction.

Activity theory appears to be incorporated in the rationale for many programs and activities provided for older adults. The assumption seems to be that a busy, active older person is a happy one. This assumption has no doubt contributed to the proliferation of programs targeted for the older segment of the American population.

Community programs and services for older persons have been spurred by the passage of the Older Americans Act (OAA) in 1965. These have included nutrition services, transportation, legal and counseling aid, information and referral services as well as a variety of recreational opportunities, available through community senior centers. One of the ten objectives outlined in Title I of the OAA is that older persons will be provided the opportunity for meaningful activity (2, p. 31). "Meaningful activity"
suggests that recreational activity and satisfaction with leisure are components of the good life for older adults.

Federal programs have helped to increase recreational activity for older persons, and groups such as religious organizations have also provided programs. There is, in fact, a type of partnership between the federal government and religious agencies serving older persons. The Final Report on the 1981 White House Conference on Aging notes that "the aging network should include religious organizations, which have extensive resources for dealing with problems of aging, as partners in their activities" (5, p. 91).

One example of a religious organization moving to meet the needs of older persons is the Southern Baptist Convention (SBC), which encompasses two and one-half million adults over 60 years of age, or 20 percent of the total membership of Southern Baptist churches (12). In 1975, a special Senior Adult Department was created as part of the SBC administrative structure. This department has initiated a variety of programs and leadership training opportunities at national, regional, state and local levels.

The SBC emphasis on senior adult ministry has resulted in the establishment of many senior adult programs in local Southern Baptist churches. A survey of Southern Baptist churches by Basden and Lumsden (1) found that the two
leading classes of activity for senior adults (other than Bible study, which was the leading activity) were hobbies and crafts and travel and travel features, both pairs of which are recreation-oriented programs. However, the survey also indicated that only 11.6 percent of the churches responding provided any educational opportunities (including recreation-oriented programs) for older persons other than Bible study. This suggests that church leaders may not be convinced of the value of such educational and recreational programs for their older members.

While there may still be reluctance in providing recreation programming for older persons in some Southern Baptist churches, the weekly schedule of most churches is filled with more traditional church activities. These include Sunday morning and evening worship services, Sunday School, a Sunday evening church training time, Wednesday evening service (often accompanied by a meal), men's and women's missionary organizations, etc. Thus, being an active member of a Southern Baptist church typically consumes a great deal of an individual's discretionary time, even if that individual is not involved in the church's recreation programs as such.

The activity emphasis both in church and community groups indicates a growing awareness that recreation and leisure satisfaction may be factors in a person's overall satisfaction with life. A closely related construct to
leisure satisfaction is that of perceived freedom in leisure (PFL). Perceived freedom in leisure is based on defining leisure as a state of mind or attitude (4, 18). The Latin word *licere*, from which leisure is derived, suggests permission or freedom, which is quite compatible with the "state of mind" definition of leisure. When an individual "attributes" the causes of his or her behavior to either internal or external factors, that person's perception of freedom is altered. Applying attribution theory (6) to the concept of leisure behavior provides the basis for conceptualizing perceived freedom in leisure. In two quasi-experimental studies, Iso-Ahola (7, 8) found perceived freedom to be a critical factor in the subject's rating of the quality of their leisure experiences. Thus, authors such as Ellis and Witt (4) argue that perceived freedom in leisure is as important a concept as that of leisure satisfaction.

Both leisure activity and leisure satisfaction have been examined in the literature as potential contributors to life satisfaction of older persons. Perceived freedom in leisure has been conceptually linked to life satisfaction but no studies have been conducted using PFL to date. Ragheb and Griffith (13) found leisure satisfaction to be a contributor to life satisfaction, accounting for 20 percent of the variance. Sneegas (15) found that greater levels of leisure participation contributed both to leisure...
satisfaction and life satisfaction. Riddick and Daniel (14) also found leisure activity to be a predictor of life satisfaction of older adults. These results suggest the potential for PFL to be an outcome of leisure participation and a predictor of life satisfaction.

These studies are valuable, but they have emphasized the need for additional research, in that much of the variance in life satisfaction remains unexplained. Larson's (9) review of life satisfaction literature reflects this. His study summarizes thirty years of life satisfaction research, and reveals that the most commonly investigated variables are health, socioeconomic status, age, race, sex, employment, marital status, transportation, housing and social activity. Larson suggests a range of life satisfaction variance explained by each of these variables, based on the literature. The maximum percentage of variance explained by any single variable is 16 percent (for the health variable). Totalling the maximum variance explained by all ten variables accounts for only 50 percent of the life satisfaction variance.

Larson's summary makes it clear that additional variables which are potential contributors both to life and leisure satisfaction (or PFL) must be considered. For instance, Steinitz (16) conducted a study in which frequency of church attendance was found to be related to six different measures of life satisfaction. She suggested
that church attendance was primarily a measure of activity, not religiosity. This relationship certainly merits further study. Cutler (3) found that activity was not related to life satisfaction when socioeconomic status and health were controlled. Cutler suggested that different types of voluntary organizations and activities should be examined for their possible relationship to the life satisfaction of older persons.

Given the above, it seems useful to consider whether recreational activities provided by church and community organizations for older persons are actually contributing both to PFL (or leisure satisfaction) as well as to overall life satisfaction of older persons. The amount or level of recreation activity would also bear examination as a possible contributor to PFL and to life satisfaction.

Statement of the Problem

The problem of this study was recreation program participation by older adults and its relationship to perceived freedom in leisure and life satisfaction.

Purpose of the Study

The purpose of this study was to determine the contribution of several variables or groups of variables to the prediction of perceived freedom in leisure and life satisfaction of older adults. The variables to be considered were (1) perceived health and socioeconomic
status and demographic characteristics, (2) level of participation in church or community recreation programs, and (3) involvement in traditional church activities. The variables of particular interest in this study, level of recreation participation and church involvement, were compared with demographic, health and socioeconomic variables to determine which are better predictors of perceived freedom in leisure and life satisfaction.

Research Questions

1. What are the best predictors of perceived freedom in leisure among older adults?

2. What are the best predictors of life satisfaction among older adults?

3. Are degree of participation in church and community recreation programs and church involvement better predictors of perceived freedom in leisure than demographic, health and socioeconomic variables?

4. Are degree of participation in church and community recreation programs, church involvement and perceived freedom in leisure better predictors of life satisfaction than demographic, health and socioeconomic variables?

Definition of Terms

Church Involvement—participation in traditional church activities such as Sunday School, worship, etc. This is
distinguished from involvement in recreation oriented programs provided by the church.

Church Recreation Program—any organized recreation program or activity sponsored by an individual church. Traditional religious activities such as Sunday School or worship services are not included in this definition.

Community Recreation Program—those programs sponsored by community groups or agencies which provide recreational opportunities for older adults.

Life Satisfaction—an individual's feeling of subjective well-being (9).

Perceived Freedom in Leisure—incorporates three elements including an individual's sense of perceived competence, perceived control and intrinsic motivation in leisure experiences (4).

Senior Adult—any individual 60 years of age or older.

Delimitations

This study was limited to those persons 60 years of age and older who are members of two Southern Baptist churches located in two communities (Springfield, Missouri and North Little Rock, Arkansas). It was further limited to individuals who had lived in the community and had been a member of the church for at least one year. This delimitation was intended to provide some continuity in the respondents exposure to programs available in the church and community.
Limitations

Although the persons to be included in the sample were originally randomly selected, church staff members subsequently screened the sample, omitting persons they considered to be unable to satisfactorily complete the instrument. Thus, the final sample was somewhat biased toward those in good physical and mental health. Since the survey was publicized through the church, persons involved in church activities and affairs were probably more willing to respond than inactive members. Because of these biases, the generalizability of the findings is limited.

Organization of the Study

The remainder of this study includes Chapter II, which reviews literature pertaining to life satisfaction of older adults; Chapter III, which presents the methodology utilized in gathering and treating the data; Chapter IV, which presents the results of the data analysis and a discussion of these results; and Chapter V, which summarizes the study and presents conclusions and recommendations.
CHAPTER BIBLIOGRAPHY


CHAPTER II

REVIEW OF THE LITERATURE

A great deal of research has been devoted to understanding life satisfaction of older persons and the variables which seem to affect it. Several instruments have been developed which attempt to assess life satisfaction and these instruments have produced fairly consistent results. Leisure satisfaction or related constructs such as perceived freedom in leisure (PFL) have also been examined by researchers. Leisure satisfaction has been considered both as a dependent variable, impacted by recreation participation and a variety of other factors, as well as a potential contributor to life satisfaction.

This chapter has three primary objectives. First, a brief discussion of the activity and disengagement theories of aging is offered. Much of the research dealing with life and leisure satisfaction has been conducted with the validation of these two theories as at least a secondary purpose.

A second objective of this chapter is to identify the major instruments which have been developed to assess life satisfaction of the elderly. Finally, the major portion of
the chapter examines and summarizes research findings pertaining to the major correlates of life satisfaction. These include health, socioeconomic status, social interaction and activities and leisure satisfaction.

Two Theories of Aging

The two theories which have dominated gerontological thought are the activity and disengagement theories. It seems clear that neither theory can fully explain the complex process of aging, but they do provide a useful framework and direction for research efforts.

The activity theory of aging is, as Decker (10) suggests, the oldest and probably the most widely accepted social theory of aging. At the heart of this theory is the idea that "social activity is the essence of life, and that this is true for people at all ages" (10, p. 135). As individuals age, they may be divested of many of the social roles which have been central to their lives and experience a narrowing of their social radius, a reduction of activity levels, and a sense of loss or confusion in their identity (17). The activity theory suggests, then, that "personal satisfaction depends on a positive self-image which is validated through continued active participation in middle-aged roles" (4, p. 104). Activity is seen as being necessary to provide the role supports which "are necessary
for the maintenance of a positive self-concept which in turn is associated with high life satisfaction" (26, p. 515).

Simply stated, the activity theory suggests that if a person is to remain socially and psychologically fit in the aging process, he or she must remain active. Lemon and his associates (26) have noted that activity may be classified as formal, informal or solitary. And they note that "the more intimate and the more frequent the activity, the more reinforcing and the more specific will be the role supports" (p. 515).

Activity theory has some weaknesses. It does not adequately consider the probability that some individuals have been inactive throughout their lives and continue this pattern into old age and are still quite satisfied. Ward (49) notes that a slower, more relaxed lifestyle may be considered a reward of older age. He also comments that activity theory "ignores qualitative changes accompanying retirement, declining health, or widowhood. Such age-linked events may shift both social and psychological orientations to different sources of satisfaction" (p. 108). Hendricks and Hendricks (17) emphasize another problem with activity theory, pointing out that "it may hardly be appropriate merely to substitute pastimes, geared to what is thought to be the older people's interests and abilities, for those roles they surrendered as they moved beyond middle age" (p. 111).
Despite the problems and concerns associated with activity theory, it does appear to be more strongly supported in research on older persons than the opposing disengagement theory.

Disengagement theory suggests a view of aging which is nearly opposite to that offered by activity theory. In disengagement theory "the aging process is presented as a mutual disengaging of the individual and society" (49, p. 105). The theory is based on the recognition of approaching death as people age. As Atchley (2, p. 25) states,

It is profitable for society to phase out those members whose possible contributions are outweighed by the possible disruption their deaths would cause to the smooth operation of society if the deaths occurred while the people were still functioning members.

The process is seen as a mutual one, in which the aging individual and society gradually withdraw from one another. Thus, in contrast to the activity theory, higher life satisfaction should occur in older individuals who are less active and are withdrawing from society rather than actively participating.

The two major criticisms of disengagement theory appear to be the assessment that it is universal and that it is mutually satisfying for both the individual and society (4). Many would suggest that disengagement does not occur universally, and that when it does occur, it is not necessarily satisfying for the older person. While
disengagement obviously does occur within certain social roles and for some older individuals, it, like activity theory, does not offer an adequate and comprehensive explanation of the aging process. But since both theories are cited repeatedly in the literature pertaining to life satisfaction, knowledge and understanding of these theories is essential.

Instruments Measuring Life Satisfaction

Measuring life satisfaction is clearly a difficult task. Most of the instruments which have been developed are survey instruments utilizing self-assessment techniques. Because of this reliance on self-reporting, Larson (24) utilizes the term "subjective well-being" rather than life satisfaction. Regardless of the name given to this construct, it is important to recognize that most of the instruments and research are indeed based on subjective, rather than objective judgments.

Perhaps the best-known measures of life satisfaction are those developed by Neugarten, Havighurst and Tobin (36). They defined life satisfaction as incorporating five areas:

1. **zest** (taking pleasure from the activities of daily life),
2. **resolution** (regarding life as meaningful and accepting the past),
3. **congruence** (feeling one has succeeded in achieving major goals),
4. **self-concept** (holding a positive image of self), and
5. **mood** (maintaining happy and
optimistic moods and attitudes). Based on these five areas, Neugarten et al. developed two scales, the Life Satisfaction Index-A (LSI-A), which utilized closed questions on attitudes, and the Life Satisfaction Index-B (LSI-B), which used open-ended questions. Responses on these two scales were compared with Life Satisfaction Ratings (LSR) of expert interviewers. The LSI-A and LSI-B had correlations of .55 and .58 with the ratings of the interviewers. The authors noted that direct self-reports, even when carefully measured, agreed only partly with the judgments of outside observers rating life satisfaction.

In a 1969 study by Wood, Wylie and Sheafor (49), an item analysis of the LSI-A was conducted, and seven of the original twenty items were dropped from the scale. A revised system for scoring the responses was suggested, and this instrument was identified as the Life Satisfaction Index-Z (LSI-Z). The reliability of this revised scale was .79, and the correlation between the LSI-Z and interviewer ratings was .57.

Still another revision of the LSI-A was suggested by Adams (1). After testing older subjects in small towns, Adams analyzed individual scale items and found that two of the items did not correlate significantly with overall life satisfaction. He suggested a revised scale omitting those two items and utilization of the revised scoring system suggested by Wood, Wylie and Sheafor (50).
One of the terms used to describe life satisfaction or psychological well-being is morale. Lawton (25) developed a measure of morale known as the Philadelphia Geriatric Center Morale Scale (PGC). The purposes for developing the scale were to (1) provide a multi-dimensional definition of morale, (2) provide a scale appropriate for the very old, and (3) develop a scale long enough to provide acceptable reliability and short enough to not cause excessive fatigue for respondents. The PGC includes six major components which are surgency, attitude toward one's own aging, acceptance of status quo, agitation, easygoing optimism, and lonely dissatisfaction. In Lawton's study, the PGC had an internal consistency of .81 and a validity coefficient between the scale and the criterion (morale) of .47. This level of validity was noted as being comparable to that of other psychological self-report instruments.

A more recent scale which attempts to measure happiness is the Memorial University of Newfoundland Scale of Happiness (MUNSH). Developed by Kozma and Stones (22), this scale was cross-validated against three other measures of life satisfaction. Testing an elderly population in Newfoundland, Kozma and Stones found the MUNSH to have higher test-retest reliability and stability than either the LSI-Z, the PGC or the Affect Balance Scale (ABS) developed by Bradburn (4). The MUNSH was also found to be a better predictor of happiness than the other scales.
tested. However, the authors noted that their scale had not been tested in the United States, nor had it been tested in urban areas.

Several other measures of life satisfaction (or closely related constructs) are found in the literature. Larson's review (24) identifies the most common instruments as the LSI-A and LSI-B, the PGC, the Affect Balance Scale, the Kutner Morale Scale, Cavan's Attitude Inventory and the Cantril Ladder. Some of these instruments are multidimensional, others unidimensional. The reliability statistics range from .71 (ABS) to .90 (Cavin Attitude Inventory), while validity correlations to interviewer ratings or other scales range from .55 (LSI-A) to .77 (Cavan Attitude Inventory).

Lohman (27) has examined various life satisfaction instruments and has found high correlations between them. Lohman's study included the LSI-A and LSI-B, the PGC, Cavan's Adjustment Scale, the Kutner Morale Scale, the Dean Scale, and a single "global question" aimed at identifying life satisfaction. The global question was the measure least correlated with the other scales and instruments. In a later study, Lohman (28) conducted a factor analysis of the items on these same seven measures, and found two factors which accounted for 37.7 percent of the variance. These factors included thirty-two items from six of the seven instruments (only the global question...
was not represented). Testing older subjects with this combination scale, Lohman obtained a reliability coefficient of .89, and suggested that this modified instrument might prove more effective than existing measures of life satisfaction.

This brief examination of instruments reveals several notable points. There are a variety of scales and instruments which have been developed which seek to measure psychological well-being objectively. The names of these instruments reflect the difficulty of labelling the construct being measured. Life satisfaction, adjustment, morale, and happiness are identified by various researchers as representing the construct in question. Despite the variations in labelling this construct, the reliability and validity of the different instruments is fairly consistent. This led Larson to state that "the evidence within this multiplicity of related measures is a shared core of something that can be called subjective well-being" and that "the similarities between measures appear to be of more significance than the differences" (24, p. 110). In general, then, the various scales appear to be measuring the same psychological construct, and are measuring it with acceptable reliability. Validity measurements are not as strong, which is to be expected given the nature of the construct.
The remainder of this review will examine the results and findings of various researchers in this area. For purposes of clarity and simplification, the psychological construct being examined will be identified as "life satisfaction," which is the term appearing most frequently in the literature.

Correlates of Life Satisfaction

The majority of studies which have examined life satisfaction among older persons have been correlational, identifying certain variables which are related to life satisfaction. The variables most often identified as significant are health, socioeconomic status and social interaction and involvement in various groups and organizations. Variables such as housing situation, marital status, employment, age, sex and race have also been explored but are generally found to be less significant than the first three. Studies producing findings related to these three major variables will be briefly reviewed.

Health

Larsen states that "among all the elements of an older person's life situation, health is the most strongly related to subjective well-being" (24, p. 112). An examination of the life satisfaction literature supports this statement. In one of the few longitudinal studies performed, Palmore and Kivett (38) tested subjects 46 to
70 years of age three different times at two year intervals. The Cantril Ladder measurement of life satisfaction was utilized. Results revealed that self-rated health was the strongest predictor of life satisfaction and that other variables accounted for very little predictive power. The authors also noted that "relative to a person's own expectations, there was no overall decline in life satisfaction in this 46-70 age range" (38, p. 314).

In another longitudinal study, Palmore and Luikart (39) again used the Cantril Ladder measurement on subjects 45 to 69 years of age. Once again, their findings indicated that "self-rated health is by far the strongest variable related to life satisfaction" (39, p. 73). It was pointed out that the individual's perception of health was the critical factor, rather than an objective assessment such as a doctor's rating of health.

Jeffers and Nichols (20) examined the relationship between activities and attitudes and physical well-being of older persons. They utilized a physical examination, rather than a subjective self-assessment of health, and found that older persons with no serious physical disabilities had higher total attitude and activity scores than individuals with mild to severe disabilities.

Spreitzer and Snyder (45) examined correlates of life satisfaction and found two factors, self-assessed health and economic sufficiency, to be the strongest predictors
of life satisfaction among older persons. They noted that although the types of stresses and gratifications experienced by older individuals seem to differ from those of younger persons, there was little difference between the age groups in overall life satisfaction. This finding is in agreement with that of Palmore and Kivett (38), who noted stability in life satisfaction in various age groups.

Bultena's (6) study exploring life continuity and morale among older persons also pointed out the importance of health as a correlate of life satisfaction. His results indicated that when a person's perceived health status remained the same or improved over a period of time, the person was more likely to experience high life satisfaction. Health status perceived as being worse or much worse over time was associated with low life satisfaction ratings.

A 1979 study by Markides and Martin (31) sought to establish a causal model of life satisfaction among the elderly. The authors included health, socioeconomic status, and activity as the three crucial variables in their model, which was tested using interviews with subjects 60 years of age and older. It was noted that health influenced life satisfaction both directly and indirectly by enabling or limiting the individual's ability to be active.

Cutler (8) and Bull and Aucoin (5) conducted studies which tended to challenge the impact of activity on life satisfaction. Both noted that health and socioeconomic
status were significantly related both to life satisfaction and to participation in voluntary associations. When health and socioeconomic status were controlled, the relationship of participation in voluntary associations to life satisfaction became nonsignificant in both studies. These findings support the model of Markides and Martin (31) and their observation that health is related both directly and indirectly to life satisfaction.

Of the studies dealing with life satisfaction of older persons, those which consider health as a variable are almost unanimous in finding it to be a significant predictor of life satisfaction. Lohman notes that "the primary disagreement is about the strength of the relationship between it [health] and satisfaction; some studies find it the most important variable and others find it to be of less importance" (29, p. 33). It is also interesting to note that health has been identified as a critical factor in the life satisfaction of younger adults as well as older adults (12). Given the relationship of health to life satisfaction, adequate medical care and programs promoting preventive health care (dietary planning, exercise, etc.) appear to be useful in insuring the well-being and life satisfaction of older adults.

**Socioeconomic Status**

Socioeconomic and financial factors are frequently identified as being strong predictors of life satisfaction.
A study by Jaslow (19) revealed that employed women over the age of 65 experienced higher morale than those who were not working, except when the retirees had high income. Medley (33) examined five variables related to life satisfaction in older adults. The five variables included financial situation and satisfaction with standard of living as separate categories. Medley's results suggested that standard of living was more closely related to life satisfaction than was an individual's financial situation. The standard of living variable was the second most important variable for women over 65 and the third most important for males in predicting life satisfaction, while financial situation was found to have no direct relationship to life satisfaction.

In examining twenty-two variables and their ability to predict life satisfaction, Edwards and Klemmack (11) found that the primary variable which accounted for the variance in life satisfaction was socioeconomic status, and particularly family income. When they controlled for socioeconomic status, several variables which had previously been significant (age, sex, marital status) became nonsignificant. The impact of other variables (including perceived health and participation in voluntary associations) was reduced when socioeconomic status was controlled, but still remained statistically significant.
As noted earlier, Palmore and Luikart (39) found self-rated health to be the strongest variable related to life satisfaction. But they also noted that an adequate annual income was related to life satisfaction, particularly for individuals with lower annual incomes. This finding might lend support to Medley's (33) finding that standard of living was a more important predictor than income. If older people with lower incomes are less satisfied, it may be due to their inability to maintain a satisfactory standard of living. The interrelated nature of these (and other) variables reflects the complexity of the life satisfaction construct.

Spreitzer and Snyder (45) lend further support to Medley's work, noting that perceived financial adequacy was a substantially stronger predictor of life satisfaction than actual socioeconomic status. Economic sufficiency and self-assessed health were the two strongest predictors of life satisfaction for those in their sample over 65 years of age.

In his study examining retired males, Bultena (6) noted that decremental changes in the pattern of life were related to low morale. And in his sample, those decremental changes were more common among the subjects of lower socioeconomic status, thus a larger number of persons in this group experienced low morale.
The work of Cutler (8) and of Bull and Aucoin (5) further reflects the importance of the socioeconomic variable in predicting life satisfaction. When health and socioeconomic status were controlled for, participation in voluntary associations was reduced to the point where it was not statistically significant. Yet when Bull and Aucoin controlled for health and participation in voluntary associations, socioeconomic status exhibited a strong statistical significance. Both studies concluded that the two most important variables in accounting for the variance in life satisfaction of older adults were subjective health and socioeconomic status. Research has indicated that socioeconomic status is significantly related to life satisfaction. But this variable incorporates several component variables (level of income, standard of living, social class, education, etc.), so the exact nature of this relationship is still rather ambiguous.

Social Interaction

A third major factor which appears in the literature related to life satisfaction is that of social interaction. Several studies dealing with this variable will be examined. Knapp (21) utilized the LSIA scale to test subjects over 62 years of age. He found that informal activity with friends, relatives, and neighbors is positively related to the dimensions of life satisfaction suggested
Neugarten et al. (36). Involvement in various associations and social functions was found to be positively related to mood and to overall satisfaction. Knapp also found that less mobile older persons experienced a lower zest for life and congruence between desired and achieved goals.

Graney (14) studied happiness and social participation in older persons using the Affect Balance Scale. He found happiness and social activity to be directly related, and pointed out that, "Of the activities highly associated with happiness, most involved face-to-face interactions, or the potential for this" (14, p. 705). Changes in activity levels over a period of time were found to be more highly correlated with the older segment of the sample than with the younger segment.

A study by Conner, Powers, and Bultena (7) examined twenty-two social interaction variables and their relationship to life satisfaction. When health and income were controlled for, three variables produced a significant relationship with life satisfaction. These three variables were (1) the number of siblings and other relatives seen, (2) exclusivity in the scope of interaction with immediate family members, and (3) exclusivity in the scope of interaction with siblings and other relatives. The authors noted that quality in social interaction appeared to be more important than quantity and stated that "morale adjustment, and life satisfaction imply an expression of the quality, or meaning of the life experience" (7, p. 121).
Tobin and Neugarten (48) also examined life satisfaction and social interaction among older persons. Four measures of social interaction (an Interaction Index, Social Life Space, Role Count, and Perceived Life Space) were utilized. Their findings indicated that social interaction was positively associated with life satisfaction for all ages studied, and that association appeared to become stronger with advanced age. The authors stated, "It appears that, with advancing age, engagement, rather than disengagement, is more closely related to psychological well-being" (48, p. 346).

The work of Flanagan (12) dealt with all age groups, and affirmed the importance of family interaction and satisfaction in maintaining a high quality of life. Flanagan also noted the increased importance of social and recreational activities for older women (70 year olds) who had lost their spouse. He suggested the need for improving a variety of social programs based on these findings.

Haavio-Mannila's (15) work on a mixed age sample of adults in Finland produced findings similar to those of Flanagan. Three life sectors (occupation, work, studies, home and family life, and leisure activities) were examined for their relationship to life satisfaction. Family life was found to be a greater source of life satisfaction than either leisure or work. For those in
lower socioeconomic strata this relationship was stronger than for those in higher strata.

These studies seem to indicate that for all age groups social and family interactions are significantly related to life satisfaction. Other studies have indicated that participation in various types of organizations and groups and leisure satisfaction are also significant in influencing life satisfaction. Several of these studies will be reviewed.

**Activities and Leisure Satisfaction**

McClelland (32) examined a causal model in which social activity led to feelings of social adequacy, which in turn led to a stronger self-concept and higher levels of life satisfaction. The model did appear to be supported by McClelland's research, leading the author to conclude that continued social contact is indeed of crucial importance for older adults. It was also suggested that the activity theory of aging might be even more applicable to the frail and more vulnerable elderly than to those with greater resources.

A study by Havens (16) looked at life satisfaction as related to three activity patterns: continuity, substitution, and discontinuity. The subjects were older adults who had been forced to relocate. A high percentage (84 percent) of those with discontinuous activity patterns had low life
satisfaction ratings (LSR). Of those with continuous activity patterns, 99 percent had either a high or medium LSR. Thus, individuals who were able to maintain continuity in activity patterns had consistently higher LSR than did those individuals who were not able to maintain continuity.

Palmore (37) conducted a longitudinal study utilizing volunteers which examined attitudes and activities among older persons. A strong tendency for subjects to continue in established patterns and levels of activity was noted, and Palmore stated that "changes in activities were positively correlated with changes in attitudes so that reductions in activity were associated with decreases in satisfaction" (37, p. 263). However, it should be noted that Palmore's subjects were a social, psychological and physical "elite," so the generalizability of the findings to other older populations is limited.

A study by Babchuk, Peters, Hoyt, and Kaiser (3) examined the voluntary organizations to which older adults belong. It was reported that church linked groups, fraternal and sororal organizations and veterans/patriotic groups accounted for 58.6 percent of all memberships in the sample. Individuals in higher socioeconomic strata were more likely to be affiliated with groups, and people that belonged to groups tended to attend more regularly. The authors noted that 79.8 percent of the sample belonged to at least one group, and there was no significant drop in
group affiliations even with subjects over 80 years of age.
The strong degree of involvement suggest that such voluntary
organizations are meeting some needs for older adults.

The causal model presented by Markides and Martin (31),
discussed previously, also examined activity as a variable
in determining life satisfaction. Health, income and
education were established as variables which impact a
person's activity level, which in turn impacted life satis-
faction. When these first three variables were controlled,
activity was still found to influence life satisfaction and
to fulfill an important mediating role between these
variables and life satisfaction.

A 1974 study by DeCarlo (9) attempted to find a
relationship between recreation activity patterns and
"successful aging." Standards for successful aging were
related to the individual's ability to carry out the daily
routines and functions of life. Subjects were given a bio-
psychological evaluation and categorized as good, fair or
poor in successful aging. These results were correlated
with scores on a recreation activity schedule, and a
significant relationship was found. A high relationship
between cognitive activity and intellectual performance
was noted, as was a moderate relationship between affective
activity and mental health. Interestingly, a significant
relationship between motor activity and health was not
found. DeCarlo suggested that successful aging is not just genetically determined, but is influenced by environmental factors.

Sherman (43) studied older persons in retirement housing facilities and in conventional housing to determine their levels of activity and life satisfaction. Over a two-year period, she found that the level of activity for those living in conventional dispersed housing decreased, while the activity level for those in the retirement housing compounds increased. Positive relationships between activity level and several measures of outlook on life were also noted, and several of these relationships were statistically significant. The author concluded that retirement housing did have an impact on the activity level of residents, and that increased activity level had at least a moderate impact on life satisfaction.

A study by Rageb and Griffith (40) examined relationships between several activity variables and life satisfaction. Their work indicated that leisure satisfaction as measured by their own Leisure Satisfaction Scale (LSS) accounted for 20 percent of the variance in life satisfaction (measured by the Life Satisfaction Index-A). A higher frequency of participation in leisure activities produced higher leisure satisfaction as well as higher life satisfaction. Based on these findings, the authors suggested that leisure opportunities and experiences should
be made available to older persons to increase the potential for leisure and life satisfaction.

A study by Sneegas (44) also seemed to support the activity theory, in that higher levels of leisure participation contributed both to higher leisure satisfaction (as measured by Rageb and Beard's Leisure Satisfaction Scale) and life satisfaction (measured by the Life Satisfaction Index-Z). Sneegas utilized a path analysis model which included variables that accounted for 17.6 percent of the variance in life satisfaction. Her model suggests that quality of life for older persons is influenced by perceived social competence, which in turn influences leisure participation, leisure satisfaction and life satisfaction.

Riddick and Daniel (41) studied older women and found that leisure activity participation was the strongest contributing factor to the life satisfaction of these subjects. The Life Satisfaction Index-Z (LSI-Z) was used to measure life satisfaction, and a Leisure Activities Index which divided discretionary time into six categories measured leisure activity. Both income and employment seemed to impact on life satisfaction through their influence on leisure participation. The authors suggested that factors such as leisure roles, health problems, income and employment have different levels of impact on the life satisfaction of males and females. They also suggested the
need to maintain or increase the recreational activities available to older persons, based on these findings.

Steinitz (46) explored relationships between four measures of religiosity and well-being. The measures of religiosity included frequency of church attendance, strength of affiliation, belief in life after death and confidence in organized religion. The six measures of well-being included self-report of happiness, self-report of health, is life exciting, satisfaction with city, satisfaction with family and satisfaction with health. Steinitz' results indicated that only church attendance yielded significant associations with all six well-being variables, but these relationships were not strong. The author suggested that church attendance was more a measure of activity than religiosity, and its relationship to health as a possible reason for its correlation with well-being (46, p. 66).

The studies just cited tend to support the activity theory of aging, in that they indicate positive relationships between activity and life satisfaction. However, not all of the research is this supportive. Lemon, Bengston and Peterson (26) examined subjects in a retirement community using the LSI-B scale. They found only one activity variable, informal activity with friends, to be significantly related to life satisfaction. The authors identified several possible reasons for this lack of support, but also
suggested that it is impossible to account for life satisfaction through a single theory.

The work of Cutler (8), and the later replication of this study by Bull and Aucoin (5), also create some question about the impact of voluntary associations on life satisfaction. Utilizing the LSI-A scale and determining level of involvement in voluntary organizations, both studies found significant relationships between activity level and life satisfaction. However, when health and socioeconomic status were controlled for, the relationship between activity and life satisfaction was reduced to a weak, nonsignificant one. Bull and Aucoin (5) stated that the positive relationship between organizational participation and life satisfaction was a function of the difference between participants and non-participants. However, Cutler (8) also pointed out that not all types of voluntary associations were considered in his study, and noted that some organizations might be strongly related to life satisfaction, regardless of health and socioeconomic variables.

Summary

This review briefly examined two theories of aging which are commonly cited in studies dealing with the life satisfaction of the elderly. These theories, the activity and disengagement theories of aging, were briefly introduced.
Next, some of the instruments which have been developed which attempt to measure life satisfaction were identified. It was noted that the instruments generally have comparable reliability and validity ratings and that they seem to be measuring a common psychological construct. For purposes of this review that construct was identified as life satisfaction, which is the term most frequently appearing in the literature. Finally, the variables which are most often identified as being correlated with life satisfaction, health, socioeconomic status, social interaction, and activity and leisure satisfaction, were identified, and studies pertaining to each of these variables were cited. There is strong evidence revealing the relationship between health and socioeconomic status and life satisfaction, but research regarding the activity variables has produced mixed results. Recent efforts which have presented causal models for life satisfaction and which have examined the construct from a multidimensional perspective appear to be useful.

There will always be some error associated with attempts to measure a subjective psychological construct objectively. However, research on life satisfaction can provide guidelines and direction for those who work with older adults in seeking to provide the services that will enable them to live full and meaningful lives.
CHAPTER BIBLIOGRAPHY


CHAPTER III

METHODOLOGY

This chapter describes the variables used in the study and the instrumentation utilized in measuring them. The methodology used in gathering and analyzing the data is also discussed.

Description and Measurement of Variables

The questionnaire utilized in this study was a combination of several scales and items. It was used to gather information concerning demographic characteristics, level of recreation program participation, perceived health and socioeconomic status, church involvement (all independent variables) as well as the two dependent variables of life satisfaction and perceived freedom in leisure.

Demographic Variables

Several independent variables were drawn from the demographic information obtained in the survey. In examining the literature, variables such as age, gender and marital status have been found to be relatively small contributors to life satisfaction of older persons (13). These variables were included in the survey to provide
descriptive information concerning the sample in this study, and also to validate the current research in relation to similar studies. The demographic information was obtained in items 1-4 and 8-10 in Part V of the questionnaire (see Appendix A).

Health and Socioeconomic Variables

Perceived health and socioeconomic status have consistently been found to be significant predictors of life satisfaction among older adults (4, 10, 14, 16, 20). Thus, their inclusion as independent variables in this study was essential. These variables were also expected to contribute to the prediction of perceived freedom in leisure.

Perceived health was assessed with a single item utilized by Medley (14) in a study examining life satisfaction of older adults. The item was originally stated as follows: "Of course, most people get sick now and then, but overall how satisfied are you with your health?" The preliminary portion of the statement was stated negatively, and it was believed that the phrase might negatively bias the subject's response. Thus, the item was revised to read simply, "Overall how satisfied are you with your health?" Five categories for responses were given ranging from "completely satisfied" to "completely dissatisfied." In addition, an item was included which simply asked the
respondent to rate their health as either Poor, Fair, Good or Excellent. This provided a self-assessment of the respondent's health, in addition to their satisfaction with health.

Satisfaction with standard of living was assessed through a single item also derived from Medley's work (14). The item was originally stated, "The things people have—housing, car, furniture, recreation and the like—make up their standard of living. Some feel like it is not as high as they would like. How satisfied are you with your standard of living?" This item was also revised slightly, in that the statement "Some feel like it is not as high as they would like" was omitted. It was believed that this statement might negatively bias the respondent's response to the item. Possible responses again ranged in five categories from "completely satisfied" to "completely dissatisfied." The items relating to health and socioeconomic status are found in Part V, numbers 5-7 of the survey instrument (see Appendix A).

Level of Participation in Organized Programs

The three independent variables of greatest concern for this study were level of participation in church recreation programs, level of participation in community recreation programs, and church involvement. The literature has produced mixed results concerning these relationships (1,
3, 4, 6, 17, 20). Little attention has been given to the differing contributions of church and community recreation programs to life satisfaction. Both types of programs are intended to meet the needs of older persons. It was believed that an examination of the contribution of such programs to life satisfaction and perceived freedom in leisure for older adults would indicate the effectiveness of these programs in meeting the needs and improving the quality of life for older persons. Additionally, church involvement was included as an independent variable which is an indicator of one's level of activity, and thus a possible predictor of both perceived freedom in leisure and life satisfaction.

Level of participation in church or community recreation programs was assessed through three items. The first was a question asking if the subject participated in any church (or community) recreation programs. The second item was an objective measure (i.e., number of activities attended each month) of the subject's level of participation, while the third item asked for the respondent's subjective assessment of his/her level of participation in the program. In addition, items requesting the subject's evaluation of the overall quality of the church or community program were included.

Questions assessing level of participation in church or community recreation programs were stated in the following
format: "Do you take part in any of the organized recreation programs provided by the church (community)?"

"How often have you attended such church (community) activities in the last six months?" Responses to these questions were in six categories ranging from "twice a week or more" to "less than once a month."

The subjective rating of participation in recreation programs was measured through items stated as follows: "Please rate your level of participation in the recreation programs sponsored by your church (community)." Five categories, ranging from "very high" to "very low" were provided.

Subjective assessment of program quality was determined through the following items. "Please rate the quality of the recreation programs you participate in at your church (community)." Responses were in five categories ranging from "very high" to "very low." Items pertaining to level of participation in recreation programs are found in Part I of the survey instrument (see Appendix A).

Church Involvement

The scale utilized to measure church involvement was derived from King (12) who used factor analytic techniques to derive nine dimensions to measure the "religious variable." His dimension for "Participation in Congregational Activities" included thirteen items. Seven of the nine
items with the highest factor loadings were included in this survey. The two which were omitted were considered inappropriate for this study (one dealt with Communion, which is given on an irregular basis in Southern Baptist churches, the other required the respondent to list offices or jobs held in the church). The remaining four items were omitted both because the factor loadings were lower than on the other items, and also due to the need to keep the total instrument as brief as possible. The seven items used from King's work included a subjective assessment of the respondent's level of involvement in the church, four objective measures of time spent in church activities, a statement assessing church involvement as a source of life satisfaction, and an item concerning the respondent's assessment of being well informed about the congregation. These seven items were combined into a scale measuring the church involvement variable. The items included in the church involvement scale are numbers 2-8 in Part II of the instrument (see Appendix A).

**Perceived Freedom in Leisure**

Title I of the Older Americans Act identifies the pursuit of meaningful activity, including recreational activity, as one of its ten objectives (2, p. 3). Church-sponsored recreation programs are also directed at providing meaningful social and recreational interaction, in addition
to spiritual growth and development (11). Examining the relationship between program involvement (either church or community) and perceived freedom in leisure is clearly a useful step in evaluating program effectiveness. Thus, perceived freedom in leisure has been included as a dependent variable in this study. Leisure satisfaction has been noted as a contributor to overall life satisfaction (17). Therefore, in analyzing the data in this study perceived freedom in leisure, which is closely akin to leisure satisfaction (5), was also examined as an independent variable which contributes to the dependent variable of life satisfaction.

The instrument used to assess perceived freedom in leisure in this study was the short form of the Leisure Diagnostic Battery (LDB) developed by Witt and Ellis (21). These researchers argue that perceived freedom in leisure is as important a concept as leisure satisfaction (5). Freedom has been identified by a variety of authors as a central defining aspect of whether an experience can be labeled as leisure. Iso-Ahola has empirically tested this notion in two quasi-experimental studies and found perceived freedom to be a critical factor in the quality of the subject's leisure experiences (8, 9). It seems clear that individuals perceiving a greater sense of freedom should in turn be more satisfied in their leisure. Because of the close relationship between perceived freedom in leisure and
leisure satisfaction, the LDB short form was selected for use in this study.

The LDB in its original form contained ninety-five items divided into five scales. These scales were perceived leisure competence, perceived leisure control, leisure needs, depth of involvement in leisure experiences, and playfulness. Combined, these scales represented the construct labeled as "perceived freedom in leisure" (5).

The LDB short form includes the twenty-five items which correlated most highly with the total score for the five original scales. This shortened form was tested with four groups, and had a reported alpha reliability ranging from .90 to .94 (21).

Validity of the original LDB scales was examined in several ways. Convergent validity, with the five original scales "converging" around the central factor of perceived freedom in leisure was found, with this central factor accounting for 60.9 percent of the variance. In addition, a correlation of -.67 was found between perceived freedom in leisure and a scale measuring barriers to leisure experiences. Additional testing of the short form revealed higher perceived freedom in leisure scores for a sample of normal children than for a sample of hospitalized asthmatic children, thus providing evidence of predictive validity (21). The LDB short form was also administered to a group of ninety-one college students, along with the Rosenberg
Self-Esteem Scale (SES) and the Willoughby Self-Concept Scale (SCS). Correlations between the LDB and these scales were .39 (p < .01) and .22 (p < .02) for the SES and SCS, respectively, which were in the expected direction.

Since the LDB short form had not been fully utilized with older adults, a pretest of this instrument (along with the entire survey for this study) was conducted. The primary finding of the pretest was the indication of a need to revise the LDB short form in order to make the wording more appropriate for adults. Since the LDB was originally developed for use with children, the sentence structure and phrasing were necessarily kept simple. Following the pretest, several items were revised, not to change the content of the item, but rather to improve the grammar and sentence structure. These changes were made in consultation with the developers of the LDB short form, Peter Witt and Gary Ellis, and the revised version was tested a second time before finally being included in the survey instrument. An alpha reliability of .95 was found for the revised version of the instrument. A more complete description of the pretest procedures and results is provided later in this chapter.

The LDB short form consists of twenty-five items, to which subjects respond in one of five categories ranging from "strongly agree" (indicating high PFL) to "strongly disagree" (indicating low PFL). Scoring
ranges from five points for positive responses to one point for negative responses. The LDB short form is found in Part III of the survey instrument, items one through twenty-five (see Appendix A).

**Life Satisfaction Scale**

Life satisfaction, or a person's sense of well-being or happiness, was the primary dependent variable in this study. Both church and community recreation programs are directed at improving the quality of life for older persons (2, 11). Assessing life satisfaction and the factors which contribute to it was intended to provide direction and guidance for recreation service providers in both church and community settings.

Life satisfaction was measured using a revision of the Life Satisfaction Index A (LSI-A) originally developed by Neugarten, Havighurst, and Tobin (15). The original index contained twenty items measuring five components of life satisfaction: zest, resolution, congruence, self-concept, and mood. It should be noted that a subsequent analysis of the LSI-A by Hoyt and Creech (7) produced some question concerning the composition and interpretation of the measures in the LSI-A. Their study underscores the difficulty of accurately assessing a subjective psychological state such as life satisfaction.

Wood, Wylie, and Sheafor (22) conducted an item analysis of the LSI-A and reduced it from twenty to
thirteen items. They also revised the scoring system for the shortened instrument, which they labeled the Life Satisfaction Index-Z (LSI-Z). The reliability of the LSI-Z was .79 using the Kuder-Richardson Formula 20 (Alpha Coefficient). A correlation of .57 was found between interviewer ratings of life satisfaction and the thirteen item LSI-Z.

The LSI-Z includes thirteen statements reflecting attitudes toward life and overall satisfaction. Respondents mark "agree," "disagree," or "?" for each statement. The scale is scored with three points for the "right" answer (high life satisfaction), two points for uncertain (?) or no response, and one point for the "wrong" response (reflecting low life satisfaction). Items comprising the LSI-Z are found in Part IV of the survey instrument (see Appendix A).

Pretest and Revision of the Instrument

A pretest and review of the total instrument was conducted prior to its actual distribution for the study. The purpose of this procedure was to examine the instrument for clarity of working, readability, quality of layout, etc.

The pretest was initially conducted with a group of senior adults from the Highland Baptist Church in Denton, Texas in conjunction with their monthly meeting and program. The instrument was distributed and explained, and the
subjects completed it at that time. The subjects were also encouraged to write comments or suggestions on the instrument as they completed it. Twenty-one people participated in this pretest.

A few minor changes in wording and format were indicated following this pretest. The test also revealed the need to revise the short form of the Leisure Diagnostic Battery in order to make the wording more appropriate for older adults. For instance, item number two, reading "I know a lot of fun recreation activities" was revised to read "I know many recreation activities that are fun to do."

Once the revision was carried out, the revised version of the LDB was tested again to provide a comparison with the original scale. This second pretest was conducted in two locations.

The LDB short form was introduced and distributed to a group of older adults in a regularly scheduled monthly meeting at the First Baptist Church of Little Rock, Arkansas. The church's Christian Family Life Associate conducted the pretest. Those completing the instrument consisted of persons 55 years of age and older who were members of the "Young at Heart" club for senior adults. The group was comprised of approximately 85 persons with about three-fourths of the group females and one-fourth males. Since the survey was presented at the end of the meeting following a lengthy program, some of the group
were reluctant to complete it. Thus, only thirty-nine persons completed the survey.

In addition to this group, the revised LDB instrument was also given to thirteen senior adults from the Highland Baptist Church in Denton, Texas. The instrument was distributed by the author on a Sunday morning to those who indicated a willingness to complete and return it that evening at the regular worship service. Explanation of the instrument was given on an individual basis. Of the thirteen who completed the revised instrument, approximately half were males and half females, and all were 60 years of age or older.

The mean score on the revised scale was 3.82, with a standard deviation of .58. The alpha coefficient for the revised short form of the LDB scale was .95. This latter result was considered satisfactory, and thus the revised short form was utilized as part of the final survey instrument.

The instrument was also presented to the members of the author's doctoral advisory committee for review, and it was sent to the two churches involved in the study for review and approval by their staff members prior to actual use in the study. Changes and revisions suggested by these individuals were incorporated in the instrument prior to the final printing and use in the study.
Sample

The subjects for the study consisted of adults 60 years of age and older who were members of two Southern Baptist churches. These churches are located in Springfield, Missouri and North Little Rock, Arkansas. One hundred respondents from each church were sought for a total sample size of 200. Names were chosen at random from a list of all church members 60 years of age and older. These names were given to the church staff members, who reviewed them and eliminated persons who either lived outside of the immediate community or were considered unable to complete the survey satisfactorily for any reason. For instance, both churches have deaf ministries, and thus, a number of deaf persons who are church members. These individuals were eliminated from the sample because it was believed that their access to certain community and church recreation programs might be somewhat limited. To assure a degree of familiarity with both church and community opportunities, persons who had not lived in the community and been a member of the church for at least one year were also omitted from the sample.

The churches from which the sample was drawn were selected for several reasons. Both are large churches. There are 2963 resident members in the Park Hill Baptist Church in North Little Rock, and 2071 resident members in the First Baptist Church of Springfield, Missouri.
According to church records, a total of 761 members were 60 years of age or older in the Springfield church and 550 of the Park Hill members were 60 or older. The Park Hill church is the largest Southern Baptist church in North Little Rock, while the First Baptist Church in Springfield is also the largest Southern Baptist church in its community.

Both churches have a well-established recreation program under the direction of a full-time Director of Activities on the church staff. Each church provides a wide variety of recreational opportunities for its members, including crafts, exercise and fitness classes, sports leagues and activities, camping, drama, music, and so forth. In addition, both churches have special organizations for senior adults which meet monthly for meals, programs, music, trips and outings. The Springfield senior adult organization was established in 1972, while the Park Hill senior adult group is somewhat newer, being organized in 1979. The programs have very similar philosophies in that the current Director of Activities at Park Hill was previously Director of Activities at the Springfield church (from 1972 through 1979). Thus, his influence is felt strongly in both churches.

The Springfield church has had a special recreation facility (with gymnasium, bowling lanes, game room, craft room, etc.) since 1975, while the Park Hill church is currently in the process of building such a facility.
The first phase of the Park Hill building (gymnasium and indoor walking track) was opened for use in March of 1985.

In addition to the similarities in the churches themselves, North Little Rock and Springfield provide many comparable community programs and services for older adults. Each community has a strong Parks and Recreation Department providing a variety of recreational activities for persons of all ages. Both communities also have a local senior center which provides various programs and services. Both areas receive services funded in part by the OAA and provide meal services as well as information and referral, transportation, and similar services. Each community has a discount buying program for older persons. North Little Rock itself is somewhat smaller than Springfield (64,419 persons compared with 206,054), but those in North Little Rock have ready access to programs and services in the greater Little Rock area (population 502,940).

Data Collection

Before beginning the actual data collection, it was considered essential that the potential respondents in the two churches be made aware of the survey and understand that the study was legitimate. Each church sends a weekly newsletter to its members. A short article from the Springfield church pastor or North Little Rock Director of Activities was included in the newsletter the week prior to
contacting individuals selected for the sample. The articles were intended to inform church members of the study and its purpose, and to provide an endorsement from a church staff member. Drafts of these newsletter articles appear in Appendix B.

Following this general announcement, a letter was sent to the first 100 persons included in the sample in each city. These persons, as discussed earlier, were those remaining after a list of randomly selected older persons was reviewed by church staff members, with those considered unable to complete the instrument satisfactorily omitted. Thus, the final group of persons completing the survey was somewhat biased toward those in good physical and mental health. The letter to those in the sample included a note from the pastor introducing the author and a letter from the author, explaining the study in greater detail. Sample copies of these letters are included in Appendix C.

The survey was then hand-delivered to the subject and picked up a day or two later. Both volunteers and paid workers were used to carry out this procedure. Before beginning the survey distribution, the author met with these workers to explain the study and its purpose, allow the workers to examine the instrument, and explain procedures to be used in gathering the data. The Director of Activities was also thoroughly briefed on these procedures and sat in on the meeting with the workers. The volunteers in both
churches were predominantly senior adults. The paid helpers were college students who were members of the church and assistants in the church's recreation programs. All workers, both paid and volunteer, were offered reimbursement for any transportation expenses they incurred while delivering and picking up the surveys.

The workers were encouraged to telephone the respondent prior to delivering the survey in order to insure that the individual was at home. In practice, however, prior telephone contact seemed to lead to a higher refusal rate. Thus, for the majority of the sampling process, the workers went directly to the individual's home with the survey, rather than telephoning in advance. Workers were allowed to answer questions pertaining to the format of the survey, but were instructed to refrain from answers or explanations which might bias the subject's responses. The surveys were delivered in unsealed envelopes. Respondents were encouraged to return the surveys sealed in the envelopes to assure the confidentiality of their responses.

After the first 100 persons were contacted, additional names were randomly selected by the author and supplied to the Director of Activities at each church, who in turn distributed the names to the workers for contacting. These additional persons did not receive the letters from the church pastor and the author, but were simply contacted directly by the workers.
In addition to home delivery and pick up, persons in the sample who were known by the Director of Activities to be active participants in the program were, in several cases, given their surveys while at the recreation facility for a program or activity. This was done to reduce the work load on the volunteer and paid workers. In the Springfield church where the program and facility are both well established, this technique was especially effective. In North Little Rock, where both the program and the facility are much newer, this means of data collection was less effective.

In both churches, the refusal rate for the survey was high. The activities directors at both churches attributed this to difficulty in finding subjects at home as well as to simple reluctance to complete the survey. In Springfield the data collection was completed in four weeks, and approximately 225 names were gone through to obtain the 100 completed surveys, thus yielding a 40 percent return rate. In North Little Rock the process was slower, requiring 11 weeks, and the response rate was also lower. Approximately 260 names were required to produce 98 usable surveys, for a 36 percent return rate.

Two explanations are offered for the lower return rate and slower collection of data in North Little Rock. First, the author is a former member of the Springfield church, and is still known to many of the senior adults. Their willingness to respond was possibly encouraged by this. Second,
the recreation program and the facility at Springfield are better established than those at the church in North Little Rock. A survey dealing with recreation participation may have been less intimidating for the Springfield sample. There were also more volunteer workers at Springfield (15 compared with 6 at North Little Rock), thus the data collection proceeded more quickly while the explanation and awareness of the study were still fresh.

As completed surveys were returned and were examined, a problem, which had been anticipated, became apparent. One purpose of the study was to examine the differing relationships between participation in church recreation programs and community recreation programs and the two dependent variables of perceived freedom in leisure and life satisfaction. The surveys revealed persons who were active in both church and community recreation programs, those involved in church, but not community programs, and those not active in either. One group, those who were active in community programs but not church programs, was underrepresented. Thus, the Director of Activities at North Little Rock was asked to select those individuals who might fit this category and ask them to complete the instrument. One hundred completed surveys had already been obtained from Springfield when this problem was identified, thus the selective sampling procedure was used only in North Little Rock. The selective sampling in North Little Rock resulted
in a total of twelve individuals active in community recreation programs but not in church programs responding. Five persons in this category were obtained from the Springfield sample resulting in a total N of 17. Because these individuals were underrepresented, the data obtained from them were treated separately. This treatment will be discussed more thoroughly in the subsequent section on data analysis and in Chapter IV.

Data Analysis

A variety of methods was used in analyzing the data obtained from this study. For the demographic variables which were nominal or ordinal, frequency distributions of responses, both by church and for the total sample were calculated. For interval variables, means and standard deviations were utilized. Again, they were calculated both by churches and for the total sample.

Before undertaking the major data analysis, three variables—marital status, employment and education—were recoded. The five categories in the original survey for marital status were grouped into those married and those not married. For the education variable, those completing no school, elementary, or high school were grouped and compared with those completing college through a graduate degree. The employment variable was recoded to group those working full or part-time, compared with those who were retired, temporarily out of work or homemakers.
Because of the (anticipated) lack of respondents who participated in community recreation programs but not in church recreation programs, the recreation participation variable was coded as those not involved in either church or community programs (=1), those involved in church but not community programs (=2), and those involved in both (=3). The cases of those involved in community but not church programs was not included because they were too few for adequate analysis. They were not randomly selected, and they differed from the remainder of the sample on certain characteristics (see Chapter IV). Instead, they were analyzed separately, utilizing means and frequency counts.

Using the Kuder Richardson formula 20, alpha coefficients were calculated for the church involvement, perceived freedom in leisure and life satisfaction scales to determine their internal consistency.

For the Perceived Freedom in Leisure scale and the Life Satisfaction Index-Z, missing values were entered at the midpoint of the scale (3 for the LDB short form, 2 for the LSI-Z). Correlation coefficients were run for all appropriate variables, both for the individual churches and also for the total sample. Correlations were also run for the 17 cases (12 from North Little Rock, 5 from Springfield) of those involved in community recreation programs but not church programs, to identify differences in this group compared with the remainder of the sample.
Stepwise multiple regression analysis was utilized to ascertain the variables which were significant predictors of perceived freedom in leisure and life satisfaction and answer research question number one. To answer research questions two and three, two stepwise regression analyses were run for both perceived freedom in leisure and life satisfaction. In the first analysis for each dependent variable, only demographic, health and socioeconomic independent variables were included. In the second analysis for perceived freedom in leisure and life satisfaction, the control variables for this study, level of participation in organized recreation programs and church involvement and perceived freedom in leisure in the life satisfaction analysis, were included. The results of these two analyses for perceived freedom in leisure and life satisfaction were then compared to see which set of independent variables accounted for more of the variance in perceived freedom in leisure and life satisfaction.

The location of the program was also included as an independent variable in each pair of analyses for perceived freedom in leisure and life satisfaction, in order to answer part A on research questions two and three.


CHAPTER IV

RESULTS AND DISCUSSION

This chapter analyzes and discusses the data which were obtained in this study. The characteristics of the sample are described and alpha coefficients for the internal reliability of the three scales used in the study (church involvement, perceived freedom in leisure and life satisfaction) are presented. The results of the regression analyses utilized in answering the research questions are presented. Finally, discussion of the results is provided.

Characteristics of the Sample

A total of 198 subjects completed the questionnaire for this study, 100 from the First Baptist Church in Springfield, Missouri and 98 from the Park Hill Baptist Church in North Little Rock, Arkansas. One hundred respondents from each church were originally sought, but within the time frame established for completing the data collection, only 98 completed surveys were obtained from North Little Rock.

The sample was divided into four groups by degree of participation in organized recreation programs. As may be seen in Table I, 31 persons were participants in both
### TABLE I

**BREAKDOWN OF RESPONDENTS BY LEVEL OF RECREATION PARTICIPATION**

<table>
<thead>
<tr>
<th>Category</th>
<th>North Little Rock</th>
<th>Springfield</th>
<th>Total Sample</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N</td>
<td>%</td>
<td>N</td>
</tr>
<tr>
<td>Church and Community Recreation Participants</td>
<td>19</td>
<td>19.4</td>
<td>12</td>
</tr>
<tr>
<td>Church Recreation Participants Exclusively</td>
<td>27</td>
<td>27.6</td>
<td>42</td>
</tr>
<tr>
<td>Community Recreation Participants Exclusively</td>
<td>12</td>
<td>12.2</td>
<td>5</td>
</tr>
<tr>
<td>Participants in Neither Church nor Community Recreation Programs</td>
<td>40</td>
<td>40.8</td>
<td>40</td>
</tr>
</tbody>
</table>

*Note: Data is missing for one subject due to non-response.*

Church and community recreation programs. Sixty-nine were participants in church, but not community recreation programs, 80 were not involved in either type of program and 17 were participants only in community recreation programs. One individual did not respond to the recreation participation questions and could not be categorized. When these categories were further broken down by church, some differences in the distribution of respondents were revealed. Both groups had similar numbers of persons not involved in either type of program. However, in the
Springfield sample, a larger percentage of respondents were involved only in church programs (42.4 percent) than for the comparable category from the North Little Rock sample (27.6 percent).

One subgroup of the sample, persons who participated in community recreation programs, but not in church recreation programs, were underrepresented, with only seventeen persons in this category. When the data from the Springfield church were tabulated, only five persons in the category were found. The data collection in North Little Rock was approximately two-thirds complete at that time, and only two persons involved in community, but not church programs had responded. Thus, the selective sampling procedure described in Chapter III was undertaken in an attempt to oversample this category of respondents in the remainder of the North Little Rock sample. It was hoped that a sufficient number of community only respondents would be generated to permit appropriate statistical analyses and comparisons with the church only category of respondents. The selective sampling produced a final N of twelve persons from North Little Rock, which combined with the five respondents from Springfield, resulted in a total group of seventeen persons involved exclusively in community recreation programs.

Because of the difficulty in obtaining respondents in the community only category of respondents and the resultant
small N (even after selective sampling), separate analyses of these seventeen individuals were conducted. They were found to differ from the remainder of the sample on several descriptive variables. Chi square analysis revealed significant differences between these seventeen persons and the remainder of the sample on marital status \( (X^2 = 17.08, \text{df} = 1, p < .01) \), with unmarried persons overrepresented, and on gender \( (X^2 = 4.64, \text{df} = 1, p < .03) \), with females overrepresented. In addition, significant differences between these individuals and the rest of the sample existed for age \( (t = 2.26, \text{df} = 184, p < .03) \) with older persons overrepresented, and for income level \( (t = -2.67, \text{df} = 186, p < .01) \) with lower incomes overrepresented. The descriptive information on these seventeen individuals is presented in Table II.

The differences between the community only participants and the remainder of the sample were believed to be due partially to the selective sampling procedure utilized to obtain them. The Director of Activities from the Park Hill church conducted the selective sampling procedure in North Little Rock. He chose persons living in retirement centers as the most likely to be involved in community, but not church recreation programs. Recreational activities provided by a retirement center were classified as community recreation programs, for the purposes of this study. In the community only sample, 23.5 percent lived
# TABLE II

## DESCRIPTIVE INFORMATION FOR PARTICIPANTS IN COMMUNITY RECREATION PROGRAMS EXCLUSIVELY*

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<thead>
<tr>
<th>Variable</th>
<th>N</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gender</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>1</td>
<td>5.9</td>
</tr>
<tr>
<td>Female</td>
<td>16</td>
<td>94.1</td>
</tr>
<tr>
<td><strong>Marital Status</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td>3</td>
<td>17.6</td>
</tr>
<tr>
<td>Not Married</td>
<td>14</td>
<td>82.4</td>
</tr>
<tr>
<td><strong>Education</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>High school graduate or less</td>
<td>9</td>
<td>52.9</td>
</tr>
<tr>
<td>College graduate or above</td>
<td>8</td>
<td>47.1</td>
</tr>
<tr>
<td><strong>Housing</strong></td>
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<td></td>
</tr>
<tr>
<td>Privately owned home</td>
<td>9</td>
<td>52.9</td>
</tr>
<tr>
<td>With relatives or family</td>
<td></td>
<td>-</td>
</tr>
<tr>
<td>Apartment</td>
<td>3</td>
<td>17.6</td>
</tr>
<tr>
<td>Condominium</td>
<td></td>
<td>-</td>
</tr>
<tr>
<td>Retirement Center</td>
<td>4</td>
<td>23.5</td>
</tr>
<tr>
<td>Nursing Home</td>
<td></td>
<td>-</td>
</tr>
<tr>
<td><strong>Employment</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Employed full or part time</td>
<td>3</td>
<td>17.6</td>
</tr>
<tr>
<td>Not employed</td>
<td>14</td>
<td>82.4</td>
</tr>
<tr>
<td><strong>Income</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Under $5,000</td>
<td></td>
<td>-</td>
</tr>
<tr>
<td>$5,000-7,999</td>
<td>5</td>
<td>35.7</td>
</tr>
<tr>
<td>$8,000-9,999</td>
<td>2</td>
<td>14.3</td>
</tr>
<tr>
<td>$10,000-14,999</td>
<td>2</td>
<td>14.3</td>
</tr>
<tr>
<td>$15,000-19,999</td>
<td>1</td>
<td>7.1</td>
</tr>
<tr>
<td>Over $20,000</td>
<td>4</td>
<td>28.6</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Variable</th>
<th>Mean</th>
<th>Standard Deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>74.65</td>
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<tr>
<td>Church Involvement</td>
<td>24.06</td>
<td>4.88</td>
</tr>
<tr>
<td>Satisfaction with Living</td>
<td>4.00</td>
<td>0.71</td>
</tr>
<tr>
<td>Satisfaction with Health</td>
<td>3.53</td>
<td>0.94</td>
</tr>
<tr>
<td>PFL</td>
<td>3.69</td>
<td>0.44</td>
</tr>
<tr>
<td>Life Satisfaction</td>
<td>2.69</td>
<td>0.28</td>
</tr>
</tbody>
</table>

*Note: Data are missing in some categories due to non-response.
in retirement centers, compared with only 2.8 percent of the remainder of the sample living in retirement centers. This might partially account for the larger percentages of unmarried females in the selectively chosen group, as well as the lower income level of these persons. Because they differed from the remainder of the sample, the data from these individuals were not included in subsequent analyses.

Without the community only participants, the final sample included 180 respondents. Participants in both church and community recreation programs, only in church recreation programs and those not involved in either church or community programs were included.

Frequency counts and percentages for the descriptive variables for these 180 respondents are presented in Table III by church and for the total group.

The total population was comprised of 67.9 percent females and 32.1 percent males. The mean age for the sample was 70.9 years. Sixty-six percent of the respondents were married while 34.0 percent were not married. The majority (61.6 percent) had a high school education or less, compared with 38.4 percent completing college or graduate work.

Only 19.2 percent lived in apartments, retirement centers, condominiums or with relatives, while 81.8 percent of the sample reporting living in private homes. None lived in nursing homes. The majority of the subjects (80.2 percent)
### TABLE III

**FREQUENCIES AND PERCENTAGES OF DESCRIPTIVE VARIABLES***

<table>
<thead>
<tr>
<th>Variable</th>
<th>North Little Rock</th>
<th>Spring-</th>
<th>Total Sample</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N</td>
<td>%</td>
<td>N</td>
</tr>
<tr>
<td><strong>Gender</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>25</td>
<td>31.6</td>
<td>33</td>
</tr>
<tr>
<td>Female</td>
<td>54</td>
<td>68.4</td>
<td>55</td>
</tr>
<tr>
<td><strong>Marital Status</strong></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td>58</td>
<td>67.1</td>
<td>69</td>
</tr>
<tr>
<td>Not Married</td>
<td>28</td>
<td>32.9</td>
<td>25</td>
</tr>
<tr>
<td><strong>Education</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>High school graduate or less</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>College graduate or above</td>
<td>50</td>
<td>58.1</td>
<td>63</td>
</tr>
<tr>
<td>Privately owned home</td>
<td>70</td>
<td>81.4</td>
<td>83</td>
</tr>
<tr>
<td>With relatives or family</td>
<td>3</td>
<td>3.5</td>
<td>2</td>
</tr>
<tr>
<td>Apartment</td>
<td>8</td>
<td>9.3</td>
<td>12</td>
</tr>
<tr>
<td>Condominium</td>
<td>1</td>
<td>1.2</td>
<td>-</td>
</tr>
<tr>
<td>Retirement Center</td>
<td>4</td>
<td>4.7</td>
<td>-</td>
</tr>
<tr>
<td>Nursing Home</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Employment</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Full or part time</td>
<td>16</td>
<td>18.6</td>
<td>14</td>
</tr>
<tr>
<td>Not employed</td>
<td>70</td>
<td>80.2</td>
<td>79</td>
</tr>
<tr>
<td><strong>Income</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Under $5,000</td>
<td>4</td>
<td>4.9</td>
<td>5</td>
</tr>
<tr>
<td>$5,000–7,999</td>
<td>5</td>
<td>6.2</td>
<td>3</td>
</tr>
<tr>
<td>$8,000–9,999</td>
<td>2</td>
<td>2.5</td>
<td>5</td>
</tr>
<tr>
<td>$10,000–14,999</td>
<td>10</td>
<td>11.1</td>
<td>22</td>
</tr>
<tr>
<td>$15,000–19,999</td>
<td>19</td>
<td>23.5</td>
<td>17</td>
</tr>
<tr>
<td>Over $20,000</td>
<td>42</td>
<td>51.9</td>
<td>40</td>
</tr>
</tbody>
</table>

*Note: Data is missing for some subjects due to non-response.*
were retired, with only 19.8 percent working full or part time. The group as a whole had a high level of income, with 46.0 percent of those responding to the income question reporting annual incomes over $20,000 per year. Only 5.0 percent reported incomes of less than $5,000 annually.

Means and standard deviations for several variables both by church and for the total sample were calculated where appropriate. The two churches differed significantly on only one demographic variable, age. The mean age for the Springfield sample was 72.3 years, compared with a mean of 69.5 years for the North Little Rock respondents (f = 7.69, df = 1,194, p < .05). These data are summarized in Table IV.

Reliability of the Instruments

Scales were utilized to measure three major variables in the study, church involvement (CHINV), perceived freedom in leisure (PFL) and life satisfaction (LS). The Kuder Richardson Formula 20 (alpha) was used to determine the internal consistency of each scale. The church involvement scale was derived from King's (9) religious dimension entitled "Participation in Congregational Activities."

As discussed in Chapter III, only seven of the original thirteen items were included in the scale. Current data resulted in an alpha reliability of .87 for this scale.

The PFL scale consisted of twenty-five items. Earlier studies utilizing this instrument had produced alpha
<table>
<thead>
<tr>
<th>Variable</th>
<th>North Little Rock</th>
<th>Springfield</th>
<th>Total Sample</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>S.D.</td>
<td>Mean</td>
</tr>
<tr>
<td>Age*</td>
<td>68.83</td>
<td>5.57</td>
<td>72.3</td>
</tr>
<tr>
<td>Marital Status</td>
<td>1.33</td>
<td>.47</td>
<td>1.26</td>
</tr>
<tr>
<td>Education</td>
<td>1.42</td>
<td>.50</td>
<td>1.34</td>
</tr>
<tr>
<td>Income</td>
<td>4.98</td>
<td>1.45</td>
<td>4.76</td>
</tr>
<tr>
<td>Gender</td>
<td>1.68</td>
<td>.47</td>
<td>1.63</td>
</tr>
<tr>
<td>Employment</td>
<td>1.81</td>
<td>.39</td>
<td>1.85</td>
</tr>
<tr>
<td>Church Involvement</td>
<td>26.20</td>
<td>7.04</td>
<td>25.06</td>
</tr>
<tr>
<td>Recreation Participation</td>
<td>1.76</td>
<td>.80</td>
<td>1.68</td>
</tr>
<tr>
<td>Satisfaction with Living</td>
<td>4.20</td>
<td>.67</td>
<td>4.20</td>
</tr>
<tr>
<td>Satisfaction with Health</td>
<td>3.73</td>
<td>.85</td>
<td>3.68</td>
</tr>
<tr>
<td>P.F.L.</td>
<td>3.49</td>
<td>.48</td>
<td>3.66</td>
</tr>
<tr>
<td>Life Satisfaction</td>
<td>2.65</td>
<td>.35</td>
<td>2.62</td>
</tr>
</tbody>
</table>

*Significant differences between churches (p < .05)
reliabilities of at least .89 (22). As discussed in Chapter III, the scale was pretested and revised slightly for use in this study. The alpha coefficient utilizing current data was .94.

The final scale utilized in this study was the Life Satisfaction Index-Z developed by Neugarten, Havighurst and Tobin (13) and revised by Wood, Wylie and Sheafor (23). The alpha reliability for this scale was .77, which was lower than that of the other two scales, but consistent with the .79 alpha obtained by Wood, Wylie and Sheafor. This level of reliability is also comparable to that of other life satisfaction measures found in the literature.

Data Recodings

Three variables, marital status, education and employment, were recoded in order to convert from nominal to interval data. The recodings were: marital status, 1 = married, 2 = not married; education, 1 = high school or less, 2 = college graduate or above; employment, 1 = not working for pay, 2 = working part or full time. Data for the recoded variables are summarized in Table IV.

Results of Regression Analyses

Several different regression analyses were run with perceived freedom in leisure (PFL) and life satisfaction (LS) as the dependent variables. In the following section, each research question is listed, the type of analyses
used to answer the question are outlined, and the results of the analyses presented.

**Research Question One**

What are the best predictors of perceived freedom in leisure for older adults?

Pearson Product Moment Correlations between PFL and all independent variables were initially calculated in order to reveal which variables were most strongly related to PFL. These correlations are presented in Table V. Correlations were calculated only for those cases having data for a given variable pair. Thus, the number of cases differed slightly, but within acceptable limits. The strongest correlations occurred between PFL and participation in recreation programs (0.476), church involvement (0.442), and church (0.170). Both health (0.170) and satisfaction with health (0.161) were also significantly (p < 0.05) correlated with PFL.

Next, a stepwise linear regression analysis for PFL was run. The independent variables which were included are presented in Table VI. These variables included seven demographic characteristics (age, gender, employment, income, marital status, education and church), two health variables (health status and satisfaction with health), satisfaction with standard of living, and the activity variables of recreation participation and church involvement.
### TABLE V

**CORRELATIONS OF INDEPENDENT VARIABLES WITH PERCEIVED FREEDOM IN LEISURE AND LIFE SATISFACTION**

<table>
<thead>
<tr>
<th>Variable</th>
<th>North Little Rock</th>
<th>Springfield</th>
<th>Total Sample</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>PFL</td>
<td>LS</td>
<td>PFL</td>
</tr>
<tr>
<td>Age</td>
<td>.0265</td>
<td>-.1346</td>
<td>.0235</td>
</tr>
<tr>
<td>Gender</td>
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<td>-.0804</td>
<td>.0976</td>
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<td>Employment</td>
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<td>.1549</td>
<td>.0013</td>
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<tr>
<td>Income</td>
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<td>.2652*</td>
<td>.0181</td>
</tr>
<tr>
<td>Marital Status</td>
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<td>-.2880*</td>
<td>.1174</td>
</tr>
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<td>Education</td>
<td>.096</td>
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<td>.2154</td>
<td>.1387</td>
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<td>.3346*</td>
<td>.1074</td>
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<td>.1523</td>
<td>.4852*</td>
<td>.0896</td>
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<td>.2870*</td>
<td>.4528*</td>
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<td>.2648*</td>
<td>.4623*</td>
</tr>
<tr>
<td>P.F.L.</td>
<td>-</td>
<td>.4121*</td>
<td>-</td>
</tr>
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</table>

*p < .05
TABLE VI
INDEPENDENT VARIABLES USED IN REGRESSION ANALYSES

<table>
<thead>
<tr>
<th>Variable Name</th>
<th>Variable Abbreviation</th>
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</thead>
<tbody>
<tr>
<td>Age</td>
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<tr>
<td>Gender</td>
<td>GENDER</td>
</tr>
<tr>
<td>Employment</td>
<td>EMPLOY</td>
</tr>
<tr>
<td>Income</td>
<td>INCOME</td>
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<td>Marital Status</td>
<td>MARST</td>
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<td>Education</td>
<td>EDUC</td>
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<td>Church</td>
<td>CHURCH</td>
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<td>Standard of Living</td>
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<td>Activity Variables</td>
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<td>PART</td>
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<td>Participation</td>
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<tr>
<td>Church Involvement</td>
<td>CHINV</td>
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</table>

The stepwise regression equation for PFL produced three significant predictors. The results of this analysis are presented in Table VII. The first variable which entered the equation was participation in recreation programs, which accounted for 22.7 percent of the variance in PFL. The second variable entering the equation was that of church involvement (CHINV). These two variables accounted for 30.0 percent of the variance in PFL. The
TABLE VII

RESULTS OF STEPWISE REGRESSION EQUATION FOR PFL

* * M U L T I P L E  R E G R E S S I O N * *

EQUATION NUMBER 1  DEPENDENT VARIABLE:  FREE

VARIABLE(S) ENTERED ON STEP NUMBER 3:  CHURCH

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<tr>
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ANALYSIS OF VARIANCE

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F = 26.98020  SIGNIF F = .0000

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END BLOCK NUMBER 1  PIN = .050 LIMITS REACHED.
final variable which entered the equation was the church, or location of the sample. With this variable included the variance accounted for increased to 34.3 percent.

In order to determine the maximum percentage of variance that could be predicted in PFL, a regression analysis was performed utilizing all independent variables in the equation, whether or not they were statistically significant. With all twelve independent variables included, the percentage of variance in PFL accounted for rose only slightly, to 36.6 percent. The nine variables which did not emerge in the stepwise analysis obviously contributed very little to the prediction of perceived freedom in leisure.

**Research Question Two**

What are the best predictors of life satisfaction for older adults?

Correlations between life satisfaction and all independent variables were calculated and are presented in Table V. This table reveals that the strongest correlations occurred with satisfaction with standard of living (.435), both health (.296) and satisfaction with health (.367), church involvement (.336) and PFL (.270). Education (.196), income (.223) and marital status (-.184) also had significant correlations (p < .05) with life satisfaction.
The stepwise regression analysis to determine the strongest predictors of life satisfaction included all demographic characteristics, health variables, a socio-economic variable, and three activity variables, which are listed in Table VI. The results of the stepwise regression analysis for life satisfaction are presented in Table VIII.

The first variable entering the equation was satisfaction with standard of living, which accounted for 18.8 percent of the variance of life satisfaction. Church involvement entered next, raising the $R^2$ to .273. The third and final variable which was included in the stepwise analysis was satisfaction with health. These three variables combined accounted for 29.6 percent of the total variance in life satisfaction.

In order to determine the maximum percentage of variance that could be predicted in life satisfaction, a regression analysis was performed utilizing all independent variables in the equation, whether or not they were statistically significant. With all thirteen variables (see Table VI) included, the percentage of variance accounted for was slightly higher, at 34.1 percent. Thus, the ten additional variables accounted for an additional 4.5 percent of the variance in life satisfaction.

**Research Question Three**

Are degree of participation in church and community recreation programs and church involvement better predictors
### TABLE VIII
RESULTS OF STEPWISE REGRESSION ANALYSIS FOR LIFE SATISFACTION

---

**MULTIPLE REGRESSION**

**EQUATION NUMBER 1**

**DEPENDENT VARIABLE: LS**

**VARIABLE(S) ENTERED ON STEP NUMBER: 3**

**SATLTHN**

**MULTIPLE R**

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**ANALYSIS OF VARIANCE**

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| F | 21.68303 |

**SIGNIF F = .0000**

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**CONSTANT** | 1.231978 | .178947 | 6.885 | .0000 |

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END BLOCK NUMBER 1 PIN = .050 LIMITS REACHED.
of perceived freedom in leisure than demographic, health and socioeconomic variables?

The stepwise multiple regression analysis completed for PFL in question one produced three significant predictors. These were participation in recreation programs, church involvement and church. In order to determine if demographic, health and socioeconomic variables were better predictors of PFL than recreation participation and church involvement, a stepwise regression analysis was performed which did not include the activity variables. The results of this analysis are presented in Table IX. The analysis produced only two predictors of PFL. The first variable which entered the equation was satisfaction with health, accounting for 2.8 percent of the variance. Church entered next, raising the $R^2$ to .061. This compares to 34.3 percent in the stepwise analysis which included the activity variables.

Even when all demographic, health and socioeconomic variables, whether significant or not, were entered into a regression equation for PFL, the variance accounted for was only 9.8 percent. Recreation participation and church involvement are clearly better predictors of PFL than demographic, health and socioeconomic variables alone.

Research Question Four

Are degree of participation in church and community recreation programs, church involvement and perceived
**TABLE IX**

RESULTS OF STEPWISE REGRESSION ANALYSIS FOR PFL WITHOUT ACTIVITY VARIABLES

**MULTIPLE REGRESSION**

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| ADJUSTED R SQUARE | .04946   |
| STANDARD ERROR | .47527   |

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END BLOCK NUMBER 1  PIN *  .050 LIMITS REACHED.
The stepwise analysis performed under research question two revealed that satisfaction with standard of living, church involvement and satisfaction with health were the best predictors of life satisfaction. To determine if demographic, health and socioeconomic variables were better predictors of life satisfaction than the activity variables, a stepwise regression analysis which did not include recreation participation, church involvement and PFL was run. The results of this analysis are presented in Table X.

Three significant predictors again emerged, two of which (satisfaction with standard of living and satisfaction with health) were the same as in the previous stepwise analysis (see Table VIII). Satisfaction with standard of living again entered the equation first, but the second predictor was education, which replaced church involvement. The third variable, satisfaction with health, remained the same. The total variance accounted for by these three variables was 26.3 percent, which was slightly less than the 29.6 percent accounted for when church involvement was included in the equation.

When all ten demographic, health and socioeconomic variables were entered into a regression equation for life satisfaction, $R^2$ was .288. This was lower than the $R^2$ produced by either regression equation which included the
### TABLE X

**RESULTS OF STEPWISE REGRESSION ANALYSIS FOR LIFE SATISFACTION WITHOUT ACTIVITY VARIABLES**

**MULTIPLE REGRESSION**

**EQUATION NUMBER 1**  
DEPENDENT VARIABLE: LS

**VARIABLE(S) ENTERED ON STEP NUMBER 3:** SATLTH

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*F = 18.47603  SIGNIF F = .0000*

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**END BLOCK NUMBER 1  PIN = .050 LIMITS REACHED.**
activity variables was .296, while the value produced when all thirteen independent variables were forced into the equation was .341.

Discussion

Four research questions were developed for this study. A discussion of the data analysis results is now provided. Research questions one and three, which pertain to perceived freedom in leisure are discussed first, followed by the discussion of research questions two and four, which deal with life satisfaction.

Perceived Freedom in Leisure

In previous research (16, 18), participation in leisure activities was found to be a significant contributor to leisure satisfaction. In this study, recreation participation was found to be the strongest contributor to PFL. Since PFL is closely related to leisure satisfaction, the emergence of the recreation participation variable as the strongest predictor of PFL was considered to be consistent with the literature.

In Chapters I and II, activity theory was introduced and briefly discussed. This theory emphasizes the importance of older adults continuing in social roles and activities which were begun earlier in life in order to maintain high life satisfaction. If such roles cannot be continued, they must be adequately replaced by other activities which substitute for the lost roles.
Because this study was not longitudinal, the need for a continuation of roles, as suggested by activity theory, could not be examined. Instead, the respondents' level of activity at the time of the survey was the variable examined. Participation in church and community recreation programs and traditional church activities were indicators of activity level, but it was not determined if these activities were begun earlier in life and continued or if they were substitute activities, begun in the later years to replace lost roles.

In summarizing activity theory, however, Ward (21) stated that "activity theory rests on the common-sense view that older people will be happier if they are active" (p. 82). With this general view, the results of this study supported the activity theory. Mean scores on the PFL scale were highest (3.94) for those individuals who participated in both church and community recreation programs, i.e., those who were most active. Participants in church recreation programs alone, at an intermediate activity level, had slightly lower scores (3.70) for PFL. Those persons who were least active, and not involved in either church or community recreation programs had the lowest scores (3.35) on PFL of all groups. These differences between levels of participation were significant at the .01 level ($f = 26.37$, df = 2,177). It is interesting to note that the mean for the community only participants, at an
intermediate activity level, fell very close (3.69) to that of the church only participants. While the scores from these seventeen individuals were not included in the overall analysis, their position in relation to the means of other groups lends further support to the activity theory. And, although this survey did not consider personal recreational activities which are not sponsored by either church or community groups, the pattern of these data indicate that higher levels of activity are related to higher levels of PFL.

A perception of personal control and freedom is inherent in the concept of PFL. Palmore and Luikart (15) noted that "persons believing that they control their lives may engage in life styles that provide more satisfaction and persons who have more satisfying experiences may develop a stronger belief that they control their lives" (p. 78). Ellis and Witt (5) suggest four elements which comprise PFL: perceived control, perceived competence, intrinsic motivation and a behavioral manifestation, playfulness. These elements are linked closely to personal control and freedom in leisure.

On the other hand, those who do not perceive themselves to have control of events or behaviors in their lives experience a feeling of helplessness. Helplessness in one leisure activity may then be generalized to other aspects of leisure, and possibly affect the individual's overall
lifestyle and life satisfaction (7). Thus, the element of perceived personal control may partially explain the relationship between higher levels of activity and higher scores on PFL.

Perceived competence, another of the components of PFL identified by Ellis and Witt (5) is closely linked to perceived control. An individual perceiving him or herself as being competent in a leisure activity would be expected to experience a higher degree of control. Actual skill or ability is not the critical factor, but rather the individual's perception of competence. Most individuals prefer participating in activities they feel "good" at. The combination of perceived competence and perceived control should lead to greater intrinsic motivation to participate. Intrinsic motivation, in turn, would lead to higher levels of participation and PFL.

Since higher levels of recreation activity are associated with higher scores on PFL, it is clear that a variety of recreation programs and activities should be available and accessible to older persons. However, simply providing such programs will not necessarily assure high levels of PFL or leisure satisfaction. Leisure education and counseling programs for pre-retirees as well as retired persons should be helpful in acquainting persons with leisure opportunities and also help them exercise greater control in leisure choices.
Church involvement was the second significant predictor of PFL which emerged in the study. The church involvement variable was only a measure of degree of activity; it did not measure belief, religiosity, commitment or other religious dimensions. Because it was strictly an activity variable, the emergence of church involvement as a predictor of PFL was considered consistent with the activity theory and with the above discussion concerning the relationship of activity to PFL.

Religious activity can be viewed, in itself, as a leisure activity. Steinitz (20) hinted at such a relationship, noting that frequency of church attendance was probably more closely tied to physical health and ability to be active than to religious feeling. King (9) also separated participation in congregational activities from other religious dimensions such as belief and commitment.

Both churches in this study are large and offer a wide variety of programs. Worship services are held in each on Sunday morning, Sunday evening and Wednesday evening. The Wednesday service is preceded by a church-wide dinner in each church. A Sunday School hour and a Sunday evening church training time are also offered in each setting. Both churches have missionary organizations, choirs, a visitation program and numerous committees which meet regularly to conduct church business. The church involvement scale utilized in this study (see Appendix A, Part II) included
items to measure level of involvement in such activities. Two questions dealt with attendance at Sunday morning worship services, one asked about attendance at Sunday School (or an equivalent educational activity). Another item concerned involvement in evening activities at the church. The final three questions requested the subject's rating of their overall involvement in the church, their feelings about the church as a source of satisfaction in their lives, and their assessment of being informed about the congregation.

It seems clear that individuals who are highly involved in the type of traditional church activities described above, and measured collectively as "church involvement," expend discretionary time in doing so. They simply have chosen church-related activities over recreational activities such as arts and crafts.

Viewing church involvement as a leisure activity does not undermine the spiritual values or emphases of the church, but rather suggests that churches are meeting social and leisure needs of their members in addition to spiritual needs. Basden and Lumsden (1) suggested that older adults may participate in church sponsored educational activities because the church environment offers something different from the non-church situation. It should be noted that these "educational activities" included several recreation oriented programs such as crafts and hobbies and travel.
The "different environment" suggested by these authors may be a combination of several factors. For instance, most individuals prefer the company of those who share similar beliefs and values. In addition, persons highly involved in church activities may be less aware of the community programs available to them. Further, older adults often select a church located near their home, making church sponsored programs more accessible than comparable community sponsored programs.

Whatever the reason, 35.0 percent of the persons surveyed in this study were involved exclusively in church programs, while only 8.6 percent of the respondents (most of whom were literally hand-picked) were involved in community programs exclusively. Thus, some factor or combination of factors was influencing over one-third of the older church members in this sample to be involved only in church sponsored recreation programs. Church leaders should recognize that, for a substantial percentage of their older members, the church is a primary source of leisure activity. This result should challenge church personnel to broaden or expand the types of programs and opportunities which they provide for their older members. However, it must be noted that the respondents in this survey were members of large Southern Baptist churches which provided numerous programs and activities. Caution must be exercised in generalizing the results of this study to
churches of other denominations and even to Southern Baptist churches which offer less programming for their older members.

The final predictor of PFL was church, or the site of the program. The mean age of the Springfield sample was slightly higher than that of the North Little Rock group (72.3 vs. 68.7 years, $f = 7.69$, $df = 1,179$, $p < .05$), but this was the only significant difference between the two samples. Recreational programs available within both the communities and the churches were also comparable. However, the program at the Park Hill church in North Little Rock was newer than that of the Springfield church, and the recreation facility at Park Hill had been open for less than one month at the time of the survey. The programs for older adults at the First Baptist Church in Springfield are well established, and the older adults are the heaviest users of the recreation facility there. These factors may partially account for church membership being a significant predictor of PFL. Research which compares PFL for persons in churches and communities offering different levels of recreational opportunity would be useful in examining this further.

In order to answer research question three, a regression analysis for PFL was run which did not include the activity variables of recreation participation and church involvement. Health and church were the two
predictors which emerged, but combined these accounted for only 6.1 percent of the variance in PFL (as compared with 34.3 percent with the activity variables included). Since health limitations might restrict involvement both in recreation participation and church involvement, the emergence of health as a predictor of PFL is logical. The previous discussion emphasized the relationship between activity and PFL. Thus anything which limits activity could also limit PFL to some extent. While the activity variables are obviously much better predictors of PFL than demographic, health and socioeconomic variables, it must be noted that even including these variables in the analysis left much of the variance of PFL unexplained. Apparently there are other factors which influence PFL than those included in this study, which will bear further examination.

Persons not active in organized recreation programs could certainly be content in their leisure activity, but the results of this study indicated that more active older persons experience greater PFL. It must be emphasized that some forms of recreational activity such as volunteer work and individual activities such as golf, reading or needle crafts were not included in the definition of organized recreational activity. However, it appears that older persons should be encouraged to participate in organized recreation programs and activities. Those leisure activities could take any number of forms, including
traditional church activities. Older persons should be made aware of leisure choices and opportunities, whether or not they choose to actually participate, as this awareness alone may also increase their level of PFL. Recreation service providers should continue to develop programs for older persons, as well as maintaining existing opportunities.

One final concern regarding measurement of recreation participation and PFL in this study must be noted. Definitions of recreation and leisure vary widely, even among recreation professionals. The survey instrument utilized in this study provided brief definitions and examples of recreation activities in appropriate places. For example, Part I of the survey dealing with recreation program participation states that church and community recreation programs "include opportunities for hobbies and crafts, socials, music, sports, etc. which are organized and provided by your church or community" (see Appendix A, Part I). Nonetheless, the activities directors from both churches expressed a concern that some survey respondents may have defined recreation and leisure more narrowly than was intended in the survey. The Springfield director reported overhearing an individual who was active in the church senior adult bowling league commenting that he did not participate in any organized recreation program in church. This confusion regarding what constituted a recreation or leisure activity reflects the difficulty of measuring these
variables. Leisure counseling and leisure education programs should be helpful in showing older persons that recreation is more than just exercise or fitness, and can include virtually any activity.

Life Satisfaction

The literature has repeatedly identified health and socioeconomic variables as leading predictors of life satisfaction for older adults. The results of this study lend additional support to this body of research. The strongest predictor of life satisfaction in this study was satisfaction with standard of living, a socioeconomic variable. In an earlier study, Medley (12) found that the financial situation of an individual was not related to life satisfaction, but satisfaction with standard of living was a strong predictor.

In this study, both income (.22) and satisfaction with standard of living (.40) were significantly correlated with life satisfaction. Palmore and Luikart (15) suggested that adequate income was related to life satisfaction, particularly for those with lower annual incomes. Only 32.2 percent of the respondents in this study had annual incomes of less than $15,000 annually. Of those, only 13.8 percent were under $10,000 annually, compared with 47.1 percent of the sample with incomes over $20,000 annually. Thus, the majority of the respondents had incomes which enabled them
to maintain an adequate, although certainly not extravagant standard of living. Following the reasoning of Palmore and Luikart then, the actual amount of income appeared to be less critical to life satisfaction than satisfaction with standard of living. The work of Spreitzer and Snyder (19) further supports this, as they found financial adequacy to be a substantially stronger predictor of life satisfaction than actual socioeconomic level.

The relationship of financial adequacy or satisfaction with standard of living to life satisfaction for older persons has several implications. For instance, mandatory retirement may restrict an older person's ability to maintain the standard of living they deem adequate, by reducing annual income. As more women who have worked outside the home enter their retirement years, they may face difficult adjustments in seeking to maintain an adequate standard of living. Both Jaslow (8) and Riddick and Daniel (17) have studied older women and noted such differences. Riddick and Daniel have also pointed out that men and women differ in the way such factors as income impact on their psychological well-being. These differences should be recognized in examining the life satisfaction of older persons.

The need for pre-retirement leisure counseling was noted in the previous section, and pre-retirement counseling should also deal with financial planning and the adjustments
associated with retirement. Efforts should be directed first toward assuring that older persons have an adequate level of income, and second, toward teaching them to use that income wisely and maintain that standard of living. Those who work with older adults should seek to develop positive attitudes among these persons. Educating them concerning programs such as senior adult discount programs should help older persons focus on what can be done within their financial circumstances, rather than on what cannot be done.

Finally, it must be noted that the perception of what is an "adequate" standard of living varies widely among individuals. For instance, persons accustomed to a high standard of living who are forced to adjust to a lower level may perceive the new level to be inadequate, and thus experience lower life satisfaction. Those who provide services for older persons should be alert not only to an individual's current financial circumstances, but also realize that the individual's previous situation is impacting their present life satisfaction.

The relationship of health to life satisfaction of older persons has been clearly established in numerous studies. Larson (10) suggests that health is the variable most strongly related to subjective well-being. In this study, satisfaction with health was the third strongest predictor of life satisfaction. This result supports
previous research, and the correlation of this variable with life satisfaction (.33) was also comparable to correlations found in earlier studies.

It must be noted that two health variables were included in this study. The first was the respondent's assessment of his or her health status. The second, which emerged as a predictor of life satisfaction, was the individual's satisfaction with health. Correlations of both variables with life satisfaction were significant (.29 and .33, respectively). There was also a strong correlation (.76) between the two health variables, thus it is possible that the emergence of satisfaction with health in the stepwise regression equation masked the effect of the second health variable.

Studies by Palmore and Luikart (15) and Spreitzer and Snyder (19) considering health and life satisfaction have noted that the critical variable was the individual's perception of health, rather than an objective assessment of health such as a doctor's rating. Bultena (3) found that those who perceived their health status as improving or being maintained at a given level experienced higher life satisfaction than those who perceived their health status as declining.

These studies and the results of the current research have some strong implications for those who work with older persons. Obviously medical efforts to help older persons maintain the best possible health status should be continued.
Recreation programs which encourage activity and fitness are critical. Efforts to educate older persons concerning the changes which occur as the body ages should be helpful. But since satisfaction with health status is critical, positive attitudes among older persons concerning their health must also be encouraged. This is perhaps more difficult than simply providing medical services and fitness programs. However, if those working with older persons focus on what these individuals can do physically rather than what they cannot do, such positive attitudes will be fostered. Therapeutic recreation professionals working with older adults should also have much to offer in this realm.

As with the socioeconomic variables just discussed, the emphasis in health must be first on helping older persons to maintain the best possible health status, then on helping them live and adjust to any physical limitations they may face.

While two of the activity variables included in this study were not significant predictors of life satisfaction, the third, church involvement, was the second predictor entering the regression equation. Health may have indirectly impacted on life satisfaction by enabling the respondents to maintain the desired level of involvement in church activities. It should also be noted that an individual's health might prevent him/her from working or maintaining an adequate income, thus impacting on life satisfaction.
through standard of living. Utilizing path analysis models to explore interrelationships between health, socioeconomic, activity and demographic variables could be a useful approach to the study of life satisfaction of older adults.

The activity theory provides a possible explanation for the emergence of church involvement as the second predictor of life satisfaction. Activity theory suggests that older adults must maintain middle-aged social roles in order to experience higher life satisfaction (21). The respondents in this survey had been members of their churches in North Little Rock and Springfield an average of 18.8 years and 26.3 years, respectively. The mean ages were 69.5 for North Little Rock and 72.3 years for Springfield. Thus, the social roles associated with church involvement had been established during the respondent's middle-aged years and continued on into retirement. According to activity theory, then, these respondents are more satisfied with their lives because they have maintained important social roles begun earlier in life.

Research which has examined social interaction and life satisfaction of older persons has consistently produced significant results (14). Graney (6) noted that activities which involve face-to-face interactions or the potential for such interactions are most strongly associated with happiness. Church activities provide opportunity for such
interactions, which may also partially account for the emergence of church involvement as a predictor of life satisfaction.

Various researchers have found leisure participation to be a significant predictor of life satisfaction in older persons (16, 17). However, in such studies, as in most life satisfaction research, most of the variance has been left unexplained. For example, Riddick and Daniel's study found leisure activity participation to be the strongest predictor of life satisfaction for older women, but all variables in their study combined accounted for only 23.2 percent of the life satisfaction variance.

In the present study, the inclusion of the activity variables in the regression analysis increased the variance explained only slightly. Church involvement was the only activity variable which was a predictor; PFL and recreation participation did not enter the equation. However, church involvement, viewed as a leisure activity, was highly correlated with both recreation participation (.41) and with PFL (.44). Thus, the emergence of church involvement in the regression equation possibly masked the effect of either PFL or recreation participation.

The presence of church involvement, an activity variable, as a predictor of life satisfaction for older adults has some implications for church leaders. The respondents in this survey were, for the most part, active
members of their churches. The average respondent had attended both Sunday School and worship services three out of the four past Sundays before the survey was taken.

Since church involvement was significantly correlated with life satisfaction, church leaders should strive to make church activities (both traditional activities as well as recreation programs) accessible and available to older members. This can be done in several ways. For instance, transportation services, particularly for evening activities, should be helpful. Many churches provide services for homebound persons which may include opportunities for social interaction in addition to meals, tapes of worship services, home Sunday School lessons, etc. Such programs should help older persons maintain a feeling of involvement in the life of the church. And programs conducted by the church (including recreational programs) should be planned with consideration given to the financial circumstances and limitations of older members. Efforts such as these, which help older persons maintain a high level of church involvement, should also help them maintain higher levels of both PFL and life satisfaction.

Although activity theory is supported by the emergence of church involvement in the life satisfaction equation, the total variance explained was only slightly higher (29.6 percent) with church involvement than when education replaced it (26.3 percent) in the analysis omitting the
activity variables. The figure of 29.6 percent of the life satisfaction variance explained is lower than that accounted for in Ragheb and Griffith's (16) study (39 percent) but greater than the variance explained by either Sneegas (17.6 percent) (18) or Riddick and Daniel (23.2 percent) (17).

This study has reinforced the importance of health and socioeconomic factors as contributors to life satisfaction in older adults. It has also supported the research indicating that leisure activity in its various forms (in this case church involvement) is another contributor to life satisfaction. However, leisure activity has not been shown to be a much stronger predictor of life satisfaction than demographic, health and socioeconomic variables, and the majority of the life satisfaction variance has not been explained.

Efforts to examine different variables as contributors to PFL and life satisfaction of older persons should be continued. Path analysis models which examine interrelationships between demographic, health, socioeconomic, recreation participation variables and PFL, leisure satisfaction and life satisfaction may provide new insights into these complex relationships. Such insight should be useful in improving the quality of life for older adults.
CHAPTER BIBLIOGRAPHY


CHAPTER V

SUMMARY, FINDINGS AND RECOMMENDATIONS

This chapter will briefly summarize the entire study, draw conclusions based on the data analysis, and offer recommendations for future research.

Summary

This study examined the contribution of several variables to the prediction of perceived freedom in leisure and life satisfaction in older adults. Four research questions guided the study. The impact of demographic, health and socioeconomic variables, which have been examined extensively in the literature, was compared with the influence of participation in recreation programs and church involvement upon PFL and life satisfaction. Church involvement was viewed as a leisure activity in this study, rather than as a measure of religiosity.

The instrument utilized obtained demographic information, perceived health and socioeconomic status, level of participation in both church and community recreation programs, a seven item church involvement scale, a twenty-five item scale (LDB short form) measuring PFL and a thirteen item (LSI-Z) life satisfaction index.
The instrument was pre-tested with older members of a local Southern Baptist church in Denton, Texas. It was then revised and one section (the LDB short form) pre-tested a second time, resulting in an alpha reliability of .95. The instrument was also examined and approved by staff members from both churches included in the study as well as by members of the author's doctoral advisory committee.

The sample consisted of persons 60 years of age or older who were members of the First Baptist Church in Springfield, Missouri or the Park Hill Baptist Church in North Little Rock, Arkansas. A general announcement of the study was given in each church's weekly newsletter. This was followed by a letter from the church pastor and one from the author which further introduced the study to those actually included in the sample.

Persons who were considered by the church staff members to be incapable of satisfactorily completing the study were eliminated from the sample. These and persons who refused to complete the survey were replaced (by names chosen at random) until the final N (100 persons from Springfield, 98 from North Little Rock) was obtained. Surveys were hand-delivered to the subjects and picked up a day or two later. A 36 percent return rate was obtained in North Little Rock and a 40 percent return rate in Springfield.
As the data were returned, the responses were coded and a variety of statistical analyses performed. Alpha reliability for the church involvement, PFL and life satisfaction scales were .87, .94 and .77, respectively. Frequency counts and percentages or means and standard deviations were calculated for the demographic variables. The samples from the two churches differed significantly on only one characteristic, which was age.

Subjects were categorized by their involvement in church and community recreation programs. As expected, sufficient numbers of respondents were found who participated in both church and community recreation programs, in church, but not community programs, and in neither church nor community recreation programs. However, persons involved in community but not church recreation programs were underrepresented. A selective sampling procedure was utilized to obtain more respondents in this category, but due to this special procedure, the data from these individuals were analyzed separately.

Stepwise multiple regression analyses were utilized to ascertain the impact of different independent variables upon PFL and life satisfaction. Three predictors of PFL emerged. These were participation in recreation programs, church involvement and location of the sample (church). The two activity variables were anticipated predictors of PFL. Differences in the strength of recreation programs and
facilities at the two churches were suggested as a possible explanation for location emerging as a predictor.

Three predictors of life satisfaction also emerged. These were satisfaction with standard of living, church involvement and satisfaction with health. Correlations between these variables and life satisfaction were consistent with the findings in the literature. Participation in recreation programs and PFL were not significant predictors of life satisfaction.

Inclusion of the church involvement, participation in recreation programs and, for the life satisfaction analysis, PFL raised the percentage of variance. Thus, greater predictive power emerged using these variables than when only demographic, health and socioeconomic variables were included.

Findings

1. Participation in recreation programs and church involvement were better predictors of perceived freedom in leisure than demographic, health and socioeconomic variables. Church, or location of the sample, also appeared as a significant predictor of PFL.

2. Life satisfaction was only slightly better predicted by the group of variables which included participation in recreation programs, church involvement and PFL than by the group which included only demographic, health and socioeconomic variables. Only one of the activity variables,
church involvement, emerged as a predictor in the regression analyses for life satisfaction.

3. The results of this research were consistent with previous studies examining leisure satisfaction of older persons, in that recreation participation in its various forms was the strongest predictor of PFL. However, much of the variance in PFL was not explained, and further research is warranted.

4. Previous life satisfaction research on older persons was also supported by this study. Health, socio-economic and social activity (in this case church involvement) were the strongest predictors of life satisfaction. The individual's perception of health and socioeconomic status appeared to be more important in predicting life satisfaction than actual health or income level.

5. The emergence of church involvement as a predictor of life satisfaction supported the activity theory, in that social roles established in the middle-aged years in the church setting were maintained in later life.

6. The appearance of church involvement as a predictor of PFL supports the idea that church involvement may be a fulfilling leisure activity, in addition to any spiritual or emotional benefits which occur from such involvement. Future studies which incorporate religious variables should define and distinguish between measures of religiosity (such as depth of belief) and measures of religious activity.
Conclusions

There are several conclusions which may be drawn based on the results and findings of this study. First, it appears that the church is the focal point around which many senior adults have built their lives. As a result, church sponsored programs reach a segment of the older population that might not otherwise be involved in organized or sponsored recreation programs. It should be noted, however, that just because older adults are church members, they are not automatically attracted to church-based recreation programs. If the quality of the church sponsored recreation programs is poor, older adults may choose not to participate at all, or to be involved in community sponsored programs.

The results of the study also indicated that both traditional church worship activities as well as church sponsored recreation programs have the potential to meet social and leisure needs in the lives of older persons. These benefits occur in concert with the spiritual benefits of such programs. When planning any church-related activity, church leaders need to be aware of the potential value of such programs in meeting needs in the lives of participants and contribution of such programs to life satisfaction.

Several conclusions can also be drawn concerning the methods used to gather data and the instruments utilized. First, senior adults do not seem to respond well to surveys.
Although this project was well publicized and introduced under the sponsorship of the church, the return rate was not exceptional. Nonetheless, the dropoff method used in this study was probably more effective than a mailout-mailback technique. Considerable attention needs to be given to finding ways of improving response rates so that results can be fully generalized to target populations.

With regard to the instrumentation utilized in the study, it should be noted that while the three scales (PFL, church involvement and life satisfaction) used in the study were reliable, survey instrumentation may not be able to fully identify the attitudes, values and relationships among variables impacting life satisfaction for older adults. Written questions and even the responses to these questions have the potential to be misinterpreted. This problem may necessitate the utilization of data collection-techniques which allow for more detailed responses from the respondents as well as the use of face to face interviews as a means of eliciting completer, more meaningful responses.

On the other hand, there is evidence from the data that the scale measuring PFL did appear to be valid, in that as activity theory would predict, PFL scores became progressively higher with increasing levels of recreation participation. Since a relatively limited amount of data measuring PFL, as opposed to leisure satisfaction, is available, additional studies examining PFL and scale used to measure leisure satisfaction appear to be warranted.
Recommendations

1. One subgroup in this sample, persons involved in community, but not church recreation programs, was under-represented in this study. The need exists for further study of PFL and life satisfaction of older persons involved exclusively in either church or community recreation programs. Adequate comparison of these groups was not possible in the present study.

2. The response in this study was biased towards individuals who were more active in church programs. Less active persons or those limited by physical disabilities were less likely to complete the survey. A study utilizing interviews rather than a drop-off methodology would be more likely to reach the less active individuals.

3. It has been suggested that life satisfaction may be broken down into several components, rather than being considered as a single construct. Such an approach is recommended for future research, as it might be useful in accounting for a larger percentage of the variance in overall life satisfaction.

4. The location of the sample unexpectedly emerged as a significant predictor of PFL. Studies examining PFL for individuals in churches and communities with varying levels and availability of recreation programming would be useful in determining if location as a predictor was limited to this sample or if it could be generalized as a predictor of PFL.
5. This study was limited to members of Southern Baptist churches. Southern Baptists are an active denomination, in that opportunities for involvement are readily available throughout the week, and are not limited to Sundays. A study which crossed denominational lines would be useful in examining the impact of church involvement and participation in church recreation programs on PFL and on life satisfaction.

6. Church leaders should recognize that programs and activities are meeting social and leisure needs of their members, not strictly spiritual needs. Since church involvement was a predictor of both PFL and life satisfaction, churches should attempt to make activities easily accessible to older persons. Potential barriers to church involvement should be removed or minimized. Some such barriers might include:

   a. Transportation. Many churches own vans or buses which might be used to transport older members to church activities. If such vehicles are not available, transportation can be provided by other church members.

   b. Health. A variety of services should be available to older persons who are limited in church involvement because of health problems. Such services include homebound Sunday School lessons, daily telephone contacts, audio and possibly video tapes of worship services, etc.
c. Finances. By assessing the financial circumstances of older members (through census data, church records, informal evaluation, etc.) church leaders can plan programs and activities suited to the financial capabilities of the older members.

7. Since recreation participation and church involvement were the leading predictors of PFL, educating older persons concerning the value of involvement in recreation activities is important. Leisure counseling and leisure education programs should be available to older persons to assist in this educational process. In order to reach the largest possible number of senior adults, such programs should be available both through community organizations such as senior centers, as well as private or non-profit groups such as churches.

8. Opportunities for pre-retirement counseling for persons who have not yet reached retirement age should be expanded. Factors which are clearly related to life satisfaction among older persons should be identified and practical suggestions for maximizing life satisfaction in later life offered.

9. Both church and community organizations should maintain programs which promote health and wellness among older persons. Exercise programs, various recreational activities and sports, meal services and nutrition education are examples of such programs.
10. In providing programs and services for senior adults, cooperation between community and church organizations should be increased in order to maximize the use of available resources. By working more closely together, leaders in community and church organizations should be better equipped to meet the needs of older persons, thereby enabling these persons to live happier, more fulfilled lives.
APPENDIX A

SURVEY INSTRUMENT USED IN THE STUDY
Recreation Participation Survey

carried out by
Sharon Baack

in cooperation with

North Texas State University
First Baptist Church, Springfield, Missouri
Park Hill Baptist Church, North Little Rock, Arkansas
Recreation Participation Survey

This survey seeks information about your participation in church and community recreation programs. Questions are included to obtain additional information about the group of people who respond. The survey is being given to persons 60 years of age and older.

Questions in five different areas are included. We would like for you to complete the entire survey and answer each question as carefully and accurately as possible. Your responses will be anonymous and will be kept completely confidential. Only Sharon Baack, the individual doing this study, will see your specific answers to these questions. Your responses will be grouped with those of others when the data are compiled to identify trends or issues. Thank you for your cooperation.

Part I RECREATION PROGRAM PARTICIPATION

The first few items pertain to your involvement in church and community recreation programs. These include opportunities for hobbies and crafts, socials, music, sports, etc. which are organized and provided by your church or community.

1. Do you take part in any of the organized recreation programs provided by your church? (Check one)
   No __________________________ (Go to Question 5, top of page 2)
   Yes __________________________ (Go to Question 2)

2. How often have you attended organized recreation programs provided by your church in the last six months? (Check one)
   Twice a week or more
   4 times a month (i.e. weekly)
   3 times a month
   2 times a month
   1 time a month
   Less than once a month

3. Please indicate whether you consider your level of participation in recreation programs sponsored by your church to be: (Circle one)
   Very low  Low  Medium  High  Very High

4. Please rate the quality of the recreation programs in which you participate at your church. (Circle one)
   Very Low  Low  Average  High  Very High

Go to next page ➔
5. Do you participate in any of the organized recreation programs provided by your community? Note: if you live in a retirement center or nursing home, community recreation programs include those provided by your center or home. (Check one)

| Yes  (Go to Question 6) | No  (Go to Part II) |

6. How often in the last six months have you attended organized recreation programs provided by your community? (Check one)

| Twice a week or more | 4 times a month (i.e. weekly) | 3 times a month | 2 times a month | 1 time a month | Less than once a month |

7. Please indicate whether you consider your level of participation in the organized recreation programs provided by your community to be: (Circle one)

| Very Low | Low | Moderate | High | Very High |

8. Please rate the quality of the recreation programs in which you participate in your community. (Circle one)

| Very Low | Low | Average | High | Very High |

Part II CHURCH INVOLVEMENT
The next seven questions deal with church involvement.

1. Approximately how many years have you been a member of your present congregation? (Write in) ________ years

2. Please indicate whether you consider your overall involvement in this congregation to be: (i.e. worship, Sunday School, committees, etc.) (Circle one)

| Very Low | Low | Medium | High | Very High |
3. During the last six months, how many Sundays per month on the average have you gone to a worship service? (Check one)

4 times a month  ________
3 times a month  ________
2 times a month  ________
1 time a month  ________
None  ________

4. How many Sundays out of the last four have you attended a worship service? (Check one)

4 times  ________
3 times  ________
2 times  ________
1 time  ________
None  ________

5. During the last six months, how often have you spent evenings at church meetings or in church work? (Check one)

4 times a month  ________
3 times a month  ________
2 times a month  ________
1 time a month  ________
None  ________

6. How many times during the last month have you attended Sunday School or some equivalent church-sponsored educational activity? (Check one)

4 times  ________
3 times  ________
2 times  ________
1 time  ________
None  ________

Go to next page ➡
7. Circle the response which best reflects your feelings about the following statement: Church activities (meetings, committee work, etc.) are a major source of satisfaction in my life.

<table>
<thead>
<tr>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
</table>

8. Circle the response which best reflects your feelings about the following statement: I keep well informed about my congregation.

<table>
<thead>
<tr>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
</table>

Part III LEISURE SATISFACTION

Instructions: This section deals with the satisfaction you feel with your leisure time experiences. Please read each of the following items and circle the response that best reflects your feelings about each item.

<table>
<thead>
<tr>
<th>STRONGLY AGREE</th>
<th>AGREE</th>
<th>NEITHER</th>
<th>DISAGREE</th>
<th>STRONGLY DISAGREE</th>
</tr>
</thead>
</table>

1. My recreation activities help me to feel important.

2. I know many recreation activities that are fun to do.

3. I can do things to improve the skills of the people I do recreation activities with.

4. I have the skills to do the recreation activities in which I want to participate.

5. Sometimes during a recreation activity there are short periods when the activity is going so well that I feel I can do almost anything.

6. It is easy for me to choose a recreation activity in which to participate.
<table>
<thead>
<tr>
<th></th>
<th></th>
<th>STRONGLY AGREE</th>
<th>AGREE</th>
<th>NEITHER</th>
<th>DISAGREE</th>
<th>STRONGLY DISAGREE</th>
</tr>
</thead>
<tbody>
<tr>
<td>7. I can do things during recreation activities that will make other people like me more.</td>
<td>SA</td>
<td>A</td>
<td>N</td>
<td>D</td>
<td>SD</td>
<td></td>
</tr>
<tr>
<td>8. My recreation activities enable me to get to know other people.</td>
<td>SA</td>
<td>A</td>
<td>N</td>
<td>D</td>
<td>SD</td>
<td></td>
</tr>
<tr>
<td>9. I can make a recreation activity as enjoyable as I want it to be.</td>
<td>SA</td>
<td>A</td>
<td>N</td>
<td>D</td>
<td>SD</td>
<td></td>
</tr>
<tr>
<td>10. I can do things during a recreation activity that will enable everyone to have more fun.</td>
<td>SA</td>
<td>A</td>
<td>N</td>
<td>D</td>
<td>SD</td>
<td></td>
</tr>
<tr>
<td>11. I usually decide with whom I do recreation activities.</td>
<td>A</td>
<td>N</td>
<td>D</td>
<td>SD</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12. I am good at the recreation activities I do with other people.</td>
<td>A</td>
<td>N</td>
<td>D</td>
<td>SD</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13. I am able to be creative during my recreation activities.</td>
<td>A</td>
<td>N</td>
<td>D</td>
<td>SD</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14. I am good at almost all the recreation activities I do.</td>
<td>A</td>
<td>N</td>
<td>D</td>
<td>SD</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15. I can enable other people to have fun during recreation activities.</td>
<td>A</td>
<td>N</td>
<td>D</td>
<td>SD</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16. During my recreation activities, there are often moments when I feel really involved in what I am doing.</td>
<td>A</td>
<td>N</td>
<td>D</td>
<td>SD</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17. I can usually persuade people to do recreation activities with me, even if they don’t want to.</td>
<td>A</td>
<td>N</td>
<td>D</td>
<td>SD</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>STRONGLY AGREE</td>
<td>AGREE</td>
<td>NEITHER</td>
<td>DISAGREE</td>
<td>STRONGLY DISAGREE</td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>----------------</td>
<td>-------</td>
<td>----------</td>
<td>----------</td>
<td>-------------------</td>
<td></td>
</tr>
<tr>
<td>18. I can make almost any activity fun for me to do.</td>
<td>SA</td>
<td>A</td>
<td>N</td>
<td>D</td>
<td>SD</td>
<td></td>
</tr>
<tr>
<td>19. I participate in recreation activities which help me to make new friends.</td>
<td>SA</td>
<td>A</td>
<td>N</td>
<td>D</td>
<td>SD</td>
<td></td>
</tr>
<tr>
<td>20. I can make good things happen when I do recreation activities.</td>
<td>SA</td>
<td>A</td>
<td>N</td>
<td>D</td>
<td>SD</td>
<td></td>
</tr>
<tr>
<td>21. When participating in recreation activities, there are times when I really feel in control of what I am doing.</td>
<td>SA</td>
<td>A</td>
<td>N</td>
<td>D</td>
<td>SD</td>
<td></td>
</tr>
<tr>
<td>22. I can do things to make other people enjoy doing activities with me.</td>
<td>SA</td>
<td>A</td>
<td>N</td>
<td>D</td>
<td>SD</td>
<td></td>
</tr>
<tr>
<td>23. When I feel restless, I can do recreation activities that will help me to calm down.</td>
<td>SA</td>
<td>A</td>
<td>N</td>
<td>D</td>
<td>SD</td>
<td></td>
</tr>
<tr>
<td>24. Sometimes when I do recreation activities, I get excited about what I'm doing.</td>
<td>SA</td>
<td>A</td>
<td>N</td>
<td>D</td>
<td>SD</td>
<td></td>
</tr>
<tr>
<td>25. I usually have a good time when I do recreation activities.</td>
<td>SA</td>
<td>A</td>
<td>N</td>
<td>D</td>
<td>SD</td>
<td></td>
</tr>
</tbody>
</table>
PART IV LIFE SATISFACTION

Instructions: These questions deal with your overall satisfaction with life. Here are some statements about life in general that people feel differently about. Please read each statement and if you agree with it, circle the "A." If you do not agree with the statement, circle the "D." Circle the "?" if you are not sure one way or the other. Please be sure to answer every question.

<table>
<thead>
<tr>
<th></th>
<th>Agree</th>
<th>Disagree</th>
<th>?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. As I grow older, things seem better than I thought they would be.</td>
<td>A</td>
<td>D</td>
<td>?</td>
</tr>
<tr>
<td>2. I have gotten more of the breaks in life than most people I know.</td>
<td>A</td>
<td>D</td>
<td>?</td>
</tr>
<tr>
<td>3. This is the dreariest time of my life.</td>
<td>A</td>
<td>D</td>
<td>?</td>
</tr>
<tr>
<td>4. I am just as happy as when I was younger.</td>
<td>A</td>
<td>D</td>
<td>?</td>
</tr>
<tr>
<td>5. These are the best years of my life.</td>
<td>A</td>
<td>D</td>
<td>?</td>
</tr>
<tr>
<td>6. Most of the things I do are boring or monotonous.</td>
<td>A</td>
<td>D</td>
<td>?</td>
</tr>
<tr>
<td>7. The things I do are as interesting to me as they ever were.</td>
<td>A</td>
<td>D</td>
<td>?</td>
</tr>
<tr>
<td>8. As I look back on my life, I am fairly well satisfied.</td>
<td>A</td>
<td>D</td>
<td>?</td>
</tr>
<tr>
<td>9. I have made plans for things I'll be doing a month or year from now.</td>
<td>A</td>
<td>D</td>
<td>?</td>
</tr>
<tr>
<td>10. When I think back over my life, I didn't get most of the important things I wanted.</td>
<td>A</td>
<td>D</td>
<td>?</td>
</tr>
<tr>
<td>11. Compared to other people, I get down in the dreads too often.</td>
<td>A</td>
<td>D</td>
<td>?</td>
</tr>
</tbody>
</table>
12. I've gotten pretty much what I expected out of life.  
   Agree  Disagree  ?
   A      D      ?

13. In spite of what people say, the lot of the average man is getting better, not worse.  
   Agree  Disagree  ?
   A      D      ?

Part V  GENERAL INFORMATION

These final questions request general information about you. Your responses will not be singled out, but will be grouped with those of others who complete this survey. This information will help us understand the characteristics of those who respond to the survey.

1. In what year were you born? (Write in)  

2. Are you now:  
   Married  
   Separated  
   Divorced  
   Widowed  
   Never Married  
   (Check one)  

3. Gender:  
   Male  
   Female  
   (Check one)  

4. What is the highest level of school or college completed? (Check one)  
   None  
   Elementary  
   High School  
   College  
   Some Graduate School  
   Graduate or Professional Degree  

5. Do you consider your health to be: (Circle one)  
   Poor  Fair  Good  Excellent

Go to next page →
6. Overall, how satisfied are you with your health? (Circle one)
   Completely Dissatisfied Neutral Satisfied Completely Satisfied
   Dissatisfied Satisfied

7. The things people have (such as housing, car, furniture, recreation and the like) make up their standard of living. How satisfied are you with your standard of living? (Circle one)
   Completely Dissatisfied Neutral Satisfied Completely Satisfied
   Dissatisfied Satisfied

8. In 1984, what was the approximate annual income from employment and from all other sources (such as Social Security, other family members, pensions, etc.) for all members of your household, before taxes? (Check one)
   \[\begin{array}{c}
   \text{Under $5,000} \\
   \text{$5,000 to $7,999} \\
   \text{$8,000 to $9,999} \\
   \text{$10,000 to $14,999} \\
   \text{$15,000 to $19,999} \\
   \text{Over $20,000} \\
   \end{array}\]

9. Are you currently? (Check one)
   \[\begin{array}{c}
   \text{Employed full time} \\
   \text{Employed part time} \\
   \text{Homemaker} \\
   \text{Temporarily out of work} \\
   \text{Retired} \\
   \end{array}\]

10. Where do you currently live? (Check all that apply)
   \[\begin{array}{c}
   \text{Privately owned home} \\
   \text{With relatives or family members} \\
   \text{Apartment} \\
   \text{Condominium} \\
   \text{Retirement center} \\
   \text{Nursing home} \\
   \end{array}\]
APPENDIX B

DRAFTS OF NEWSLETTER ARTICLES ANNOUNCING THE SURVEY
SENIOR ADULT SURVEY

One hundred of our senior adults will be asked to participate in a "Recreation Participation Survey" during the next week. This survey has been prepared by Sharon Baack, a former member of First Baptist Church, and will serve as a part of her doctoral dissertation. Sharon is now finishing the requirements for her doctorate in Recreation and Education at North Texas State University. This survey will provide information that will be helpful to our church as we seek to minister to senior adults and to Sharon as she completes her doctorate.
Senior Adult Survey

Our church has been chosen by a doctoral student at North Texas State University to run a recreation survey from a sampling of our people who are 60 or over. This will help this person immensely and it might give you a chance to share your opinion on certain topics relating to recreation and leisure. I hope you'll help out if you are a part of the sampling.
APPENDIX C

COPIES OF INTRODUCTORY LETTERS TO SURVEY PARTICIPANTS
A Request from the Pastor, T. T. Crabtree

To: Members of the Church 60 Years of Age and Above

Let Me Introduce: Sharon Baack

Sharon began attending our church in 1975 and was very involved in our recreational program with Bobby Shows. She made a profession of faith and I had the privilege of baptising her.

She has graduated from S.M.S.U. and has also received her Master's degree in Recreation from the University of Arkansas.

Sharon is now finishing the requirements for her doctorate at North Texas State University in Denton, Texas, majoring in Recreation and Education. She is conducting a "Recreation Participation Survey" and is requesting information from 100 persons in two selected churches that can greatly aid her in preparing her doctoral dissertation. Some of the information requested may be personal, but all of it will be treated as very confidential by her. I hope you can participate.

Sharon is one of the "products" of First Baptist Church, of whom all of us can be properly proud.

Hopefully, you can participate in this survey and thus be very helpful to her. Enclosed is a letter from Sharon giving more details about the study.

Sincerely,

T.T. Crabtree
Dear Friend,

As Dr. Crabtree has shared in his letter, I have spent several years working in church recreation and am now pursing a doctorate in that area. The survey which we would like you to complete should be useful to your church in meeting the needs of older members, and it will also help me complete my degree.

Your name was selected at random to participate in the survey. The time needed to answer the questions should be about 30 minutes. All of the information collected will be anonymous, and will be treated confidentially.

Within the next 3-4 days you will receive a telephone call from myself or someone working with me. We will attempt to set a time when the survey can either be dropped off at your home or conveniently picked up by you at the church. We will also arrange to have the survey picked up after you have had time to complete it.

Your assistance in this study will be a great help to your church and our denomination as well as to me personally. Thank you so much for your participation. If you have any questions, you may contact Carolyn McClure at 866-7205.

Sincerely,

Sharon Baack
Dear Friend,

As Dr. Heard has shared in his letter, I have spent several years working in church recreation and am now pursuing a doctorate in that area. The survey which we would like you to complete should be useful to your church meeting the needs of older members, and it will also help me complete my degree.

Your name was selected at random to participate in the survey. The time needed to answer the questions should be about 30 minutes. All of the information collected will be anonymous, and will be treated confidentially.

Within the next 3-4 days you will receive a telephone call from myself or someone working with me. We will attempt to set a time when the survey can either be dropped off at your home or conveniently picked up by you at the church. We will also arrange to have the survey picked up after you have had time to complete it.

Your assistance in this study will be a great help to your church and our denomination as well as to me personally. Thank you so much for your participation. If you have any questions, you may contact Bobby Shows at 753-3413.

Sincerely,

Sharon Baack

MINISTRY OF RECREATION
PARK HILL BAPTIST CHURCH
201 EAST "C" ST. — BOX 4086
NORTH LITTLE ROCK, ARK. 72116
(501) 753-3413

BOBBY SHOWS
Director of Activities

REACHING THE TOTAL PERSON
THROUGH CHRISTIAN RECREATION

“Whatever a person is like, I try to find common ground so that he will let me tell him about Christ.”

1 Cor. 9:22 (L.B.)
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**Publications of Learned Organizations**


**Reports**


**Unpublished Materials**
