

Does leisure's meaning change with age?

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1. Leisure in later life is a challenge!

- upon retirement
- as people age

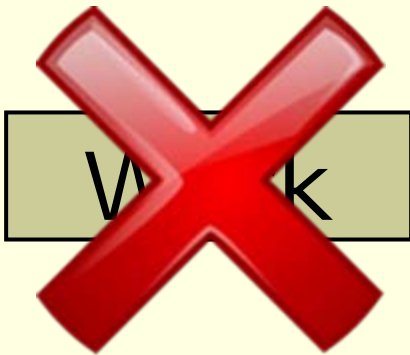
2. Leisure is a main source of meaning in life!

Work

Family

Leisure

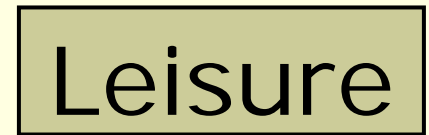
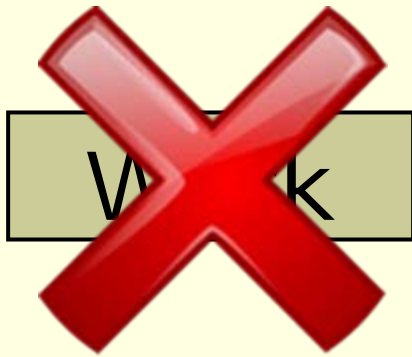
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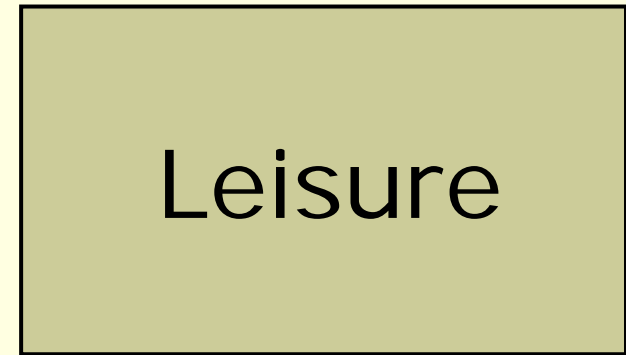
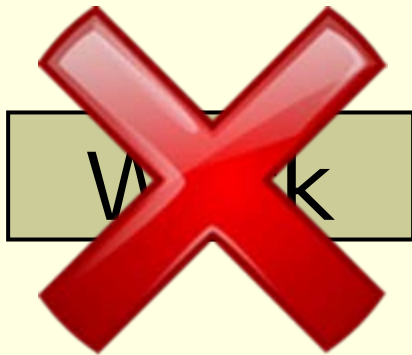
Family

Leisure

2. Leisure is a main source of meaning in life!



2. Leisure as a main source of meaning in life!



3. Leisure is key factor in older adults' well being

- psychological well being
- physical well being
- quality of life

Example: Retirees in Israel

Selected findings from a survey with
400 Israeli recent retirees

Four leisure styles clusters:

1. company seekers
2. media consumers
3. culture enthusiasts
4. sophisticated choosers

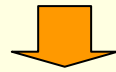
The company seekers



■ *friends*

■ *free outdoor activities*

■ *independent home activities*



■ *high culture and dolce-vita*

■ *newspapers*

■ *computer*

men, low education, low income,
pre-retirement industrial occupations,
and Asia-Africa origin

The media consumers



- ↑ ■ *newspapers*
- *TV*
- *radio*
- ↓ ■ *all other activities*

low education, low income, non-professional pre-retirement occupations, Asian-African origin, residence in peripheral regions of the country, and a relatively high prevalence of reported health problems

The culture enthusiasts



- ↑ ■ *high culture*
- *and dolce vita*
- *popular culture*
- *spirituality & enrichment*
- ↓ ■ *friends*
- *newspapers*
- *computer*

women, high education, high income, had been teachers or working in education, Israeli or European-American origin, living in and around Jerusalem, 'good' or 'very good' health

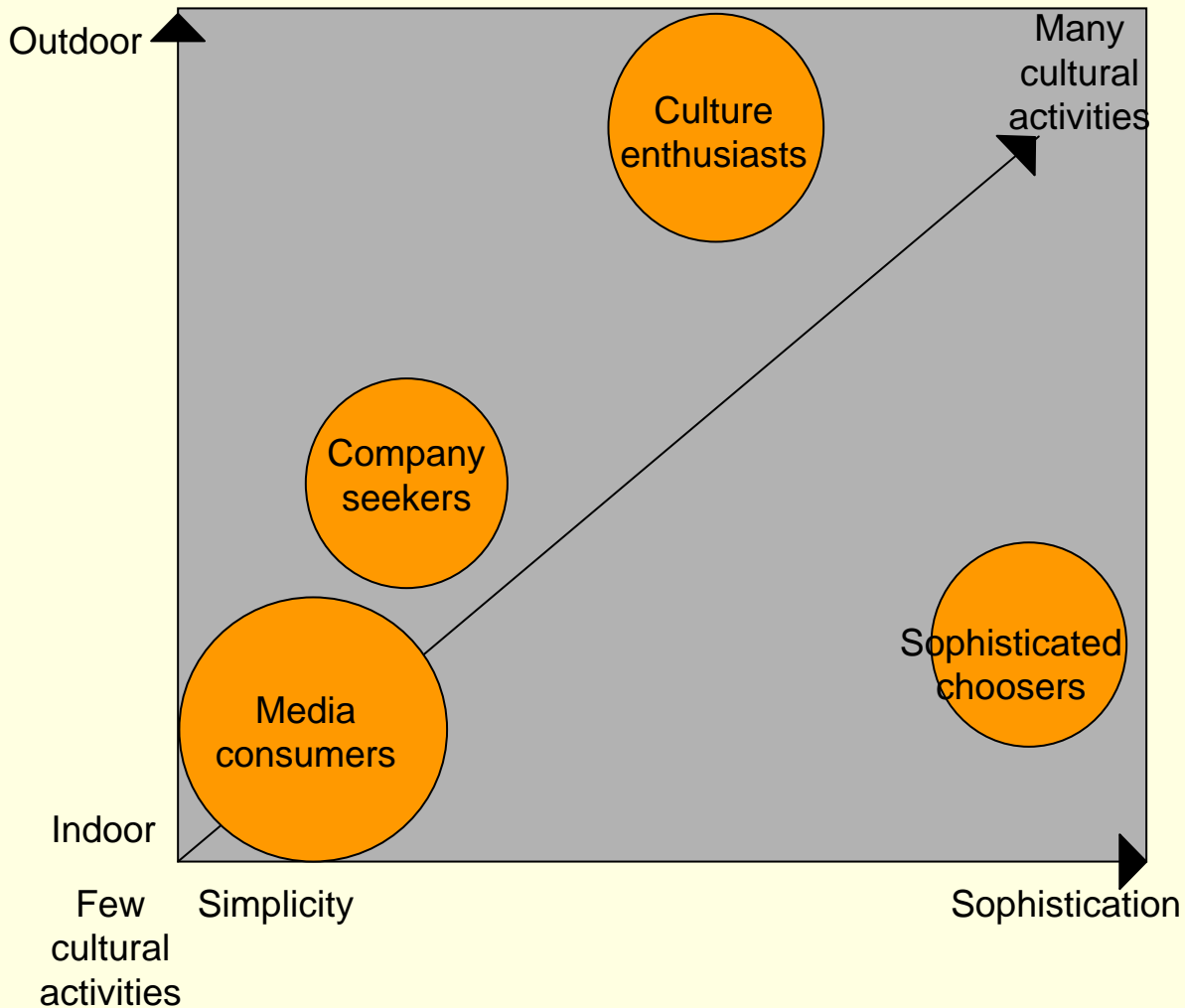
The sophisticated choosers



- ↑ ■ *high culture* ↓ ■ none
- *and dolce-vita*
- *computer*

men, high education, high income,
formerly in academic or managerial occupations,
still working, European-American origin,
living in and around Jerusalem or Tel Aviv,
'good' or 'very good' health

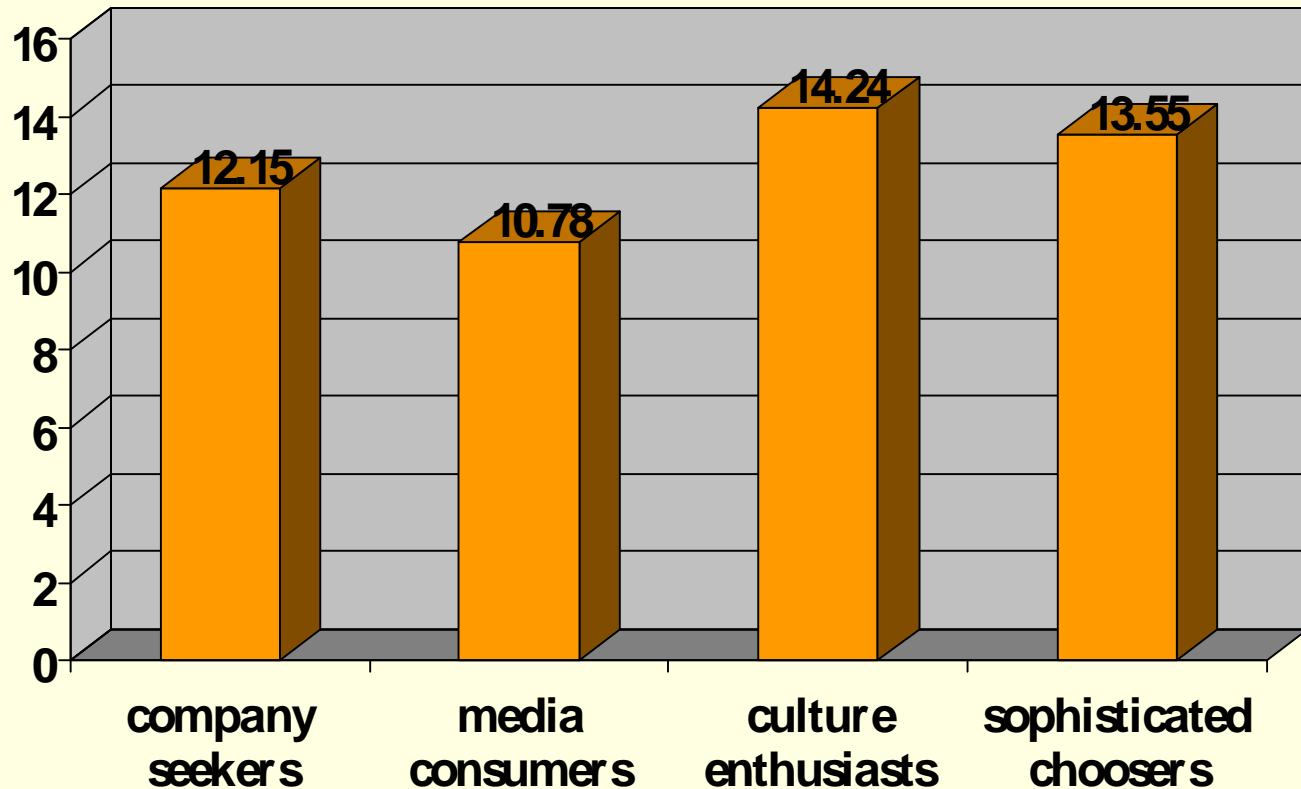
Territorial map of the four leisure-styles clusters (Discriminant Analysis)



Satisfaction with leisure

- culture enthusiasts = most satisfied!
- sophisticated choosers = also very satisfied, but claim that they do not have enough free time
- media consumers + company seekers = significantly less satisfied, and also have too much free time

Life satisfaction

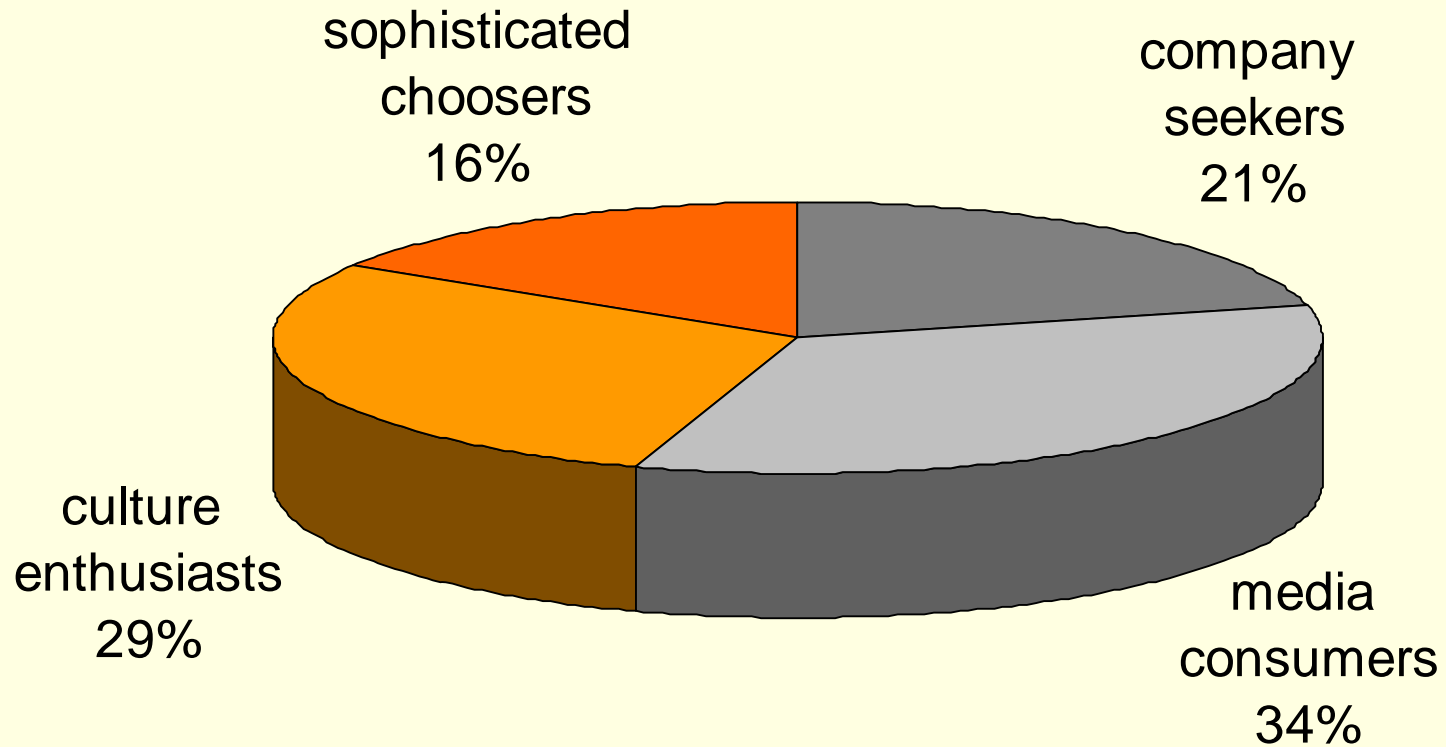


Leisure is the main factor explaining differences in life satisfaction

Background variable or leisure-style factor	Un-standardised coefficient		Standardised coefficient
	<i>B</i>	<i>SE B</i>	B
(constant)	6.270	0.693	
Satisfaction with leisure	1.590	0.199	0.343***
'High culture and <i>dolce-vita</i> '	0.796	0.186	0.190** *
'Freeform outdoor activities'	0.665	0.164	0.158** *
Health	1.360	0.366	0.154** *
'Following generation'	0.520	0.164	0.124**
'Origin family'	0.508	0.163	0.121**
Income	1.004	0.364	0.119**
'Popular culture'	0.463	0.164	0.110**
'Spirituality and enrichment'	0.451	0.165	0.107**
'Reading newspapers'	0.361	0.166	0.086*
'Independent home activity'	0.322	0.162	0.077*

Notes: R -squared = 0.447, $F = 27.29$. Significance levels: *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$

Sample segmentation



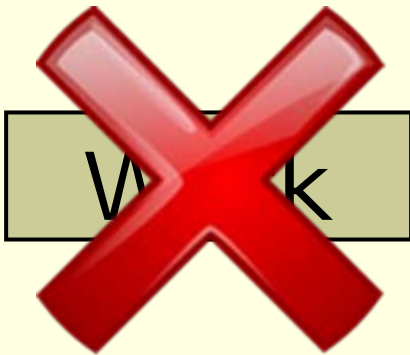


Conclusions

1. Leisure in later life is a challenge!

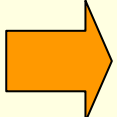
And **half** of the retirees
don't know
how to face this challenge!!

2. Leisure is a main source of meaning in life!



3. Leisure is key factor explaining older adults' well being

those who can't face the challenge
are less satisfied with their lives

no meaning, no direction 
depression, illness & mortality

Leisure and Aging researchers should:

1. increase the awareness of both practitioners and policy makers to the unique characteristics of leisure among the aged
2. look for ways to help older adults to face the challenge of leisure



THANK YOU