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Brigham Young University - Provo

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AN EXAMINATION OF NONRESIDENT FATHERS' LEISURE PATTERNS,
LEISURE CONSTRAINTS, LEISURE FACILITATORS, AND
SATISFACTION WITH LEISURE INVOLVEMENT
DURING PARENTING TIME WITH
THEIR CHILDREN

by

Alisha T. Swinton

A thesis submitted to the faculty of

Brigham Young University

in partial fulfillment of the requirements for the degree of

Master of Science

Department of Recreation Management and Youth Leadership

Brigham Young University

August 2006

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BRIGHAM YOUNG UNIVERSITY

GRADUATE COMMITTEE APPROVAL

of a thesis submitted by

Alisha T. Swinton

This thesis has been read by each member of the following graduate committee and by majority vote has been found to be satisfactory.

Date

Patti A. Freeman, Chair

Date

Ramon Zabriskie

Date

Paul J. Fields

BRIGHAM YOUNG UNIVERSITY

As chair of the candidate's graduate committee, I have read the thesis of Alisha T. Swinton in its final form and have found that (1) its format, citations, and bibliographical style are consistent and acceptable and fulfill university and department style requirements; (2) its illustrative materials including figures, tables, and charts are in place; and (3) the final manuscript is satisfactory to the graduate committee and is ready for submission to the university library.

Date

Patti A. Freeman
Chair, Graduate Committee

Accepted for the Department

Patti A. Freeman
Chair, Department of Recreation Management and
Youth Leadership

Accepted for the College

Gordon B. Lindsay, Associate Dean
College of Health and Human Performance

ABSTRACT

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The purpose of the study was to examine the leisure patterns of nonresident fathers while spending time with their child(ren), and to examine leisure constraints, leisure facilitators and a nonresident fathers' satisfaction with these leisure activities. Four instruments were used to collect the data. Family leisure involvement was measured using the Family Leisure Activity Profile (FLAP), leisure constraints were measured using the Nonresident Father Leisure Constraint Scale (NFLCS), leisure facilitators were measured using the Nonresident Fathers' Leisure Facilitator Scale (NFLFS), and family leisure satisfaction was measured using the Family Leisure Satisfaction Scale

(FLSS). The sample was nonresident fathers (n=129) from 36 states in the U.S. The data supported leisure constraints as a significant predictor of nonresident fathers' satisfaction with family leisure involvement, and their family leisure patterns. The data did not support, however, leisure facilitators as contributing to fathers' satisfaction with family leisure involvement or leisure patterns.

Key Words: nonresident fathers, leisure constraints, leisure facilitators.

ACKNOWLEDGMENTS

I would like to acknowledge my committee for their help and patience with this thesis; namely, Patti Freeman, Ramon Zabriskie and Paul Fields. I would also like to thank my family, specifically my mother for her assistance with my children, and my husband for his help with edits. I am most grateful to the National Fatherhood Initiative (NFI) affiliate organizations, the Children's Rights Council (CRC) and the National Center for Fathers and Families (NCOFF) help with data collection. Thank-you!

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Running head: NONRESIDENT FATHERS' LEISURE PATTERNS

An Examination of Nonresident Fathers' Leisure Patterns, Leisure Constraints, Leisure Facilitators, and Satisfaction with Leisure Involvement during Parenting Time with their Children

Alisha T. Swinton

Brigham Young University

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Abstract

The purpose of the study was to examine the leisure patterns of nonresident fathers while spending time with their child(ren), and to examine leisure constraints, leisure facilitators and nonresident fathers' satisfaction with family leisure activities. Four instruments were used to collect the data. Family leisure involvement was measured using the Family Leisure Activity Profile (FLAP), leisure constraints were measured using the Nonresident Father Leisure Constraint Scale (NFLCS), leisure facilitators were measured using the Nonresident Fathers' Leisure Facilitator Scale (NFLFS), and family leisure satisfaction was measured using the Family Leisure Satisfaction Scale (FLSS). The sample was nonresident fathers (n=129) from 36 states in the U.S. The data supported leisure constraints as a significant predictor of nonresident fathers' satisfaction with family leisure involvement, and their family leisure patterns. The data did not support, however, leisure facilitators as contributing to fathers' satisfaction with family leisure involvement or leisure patterns.

Key Words: nonresident fathers, family leisure patterns, parenting time.

Introduction

As divorce rates have increased the number of nonresident fathers has also increased (Pasley & Braver, 2004). Nonresident fathers involvement following divorce has been found to aid children academically, socially, and emotionally (Menning, 2002). Although this involvement is important, very little is known regarding the context of the involvement. Stewart (1999) determined that “most nonresident parents either engage in only leisure activities with their child(ren) or have no contact” (p. 539). Nevertheless, nonresident fathers' leisure with their children has received very little attention in the research literature (Pasley & Braver, 2004; Menning, 2002); yet, it may play a significant role in understanding nonresident fathers' involvement with their child(ren) following divorce.

Only a small percentage of nonresident fathers continue to see their child(ren) after a five year period following divorce (Blankenhorn, 1995; Stewart, 1999a). The decreased involvement in their child(ren)s lives by divorced fathers may be the result of constraints experienced by fathers following divorce. Cohen (1998) found that nonresident fathers' involvement in their child(ren)'s lives is subject to an array of constraints, resulting in decreased participation. He reported that “the role of fathering must be squeezed into short meetings under strained and artificial circumstances” (p. 200). If a father chooses to avoid these situations by not seeing his child(ren), the father likely forfeits leisure time with the child(ren).

Although nonresident fathers experience an array of constraints when trying to spend parenting time with their child(ren) (Cohen, 1998), they may also experience

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facilitators to parenting time that may enhance or encourage time spent together.

Examples of facilitators to nonresident father's ability to spend time together with their child(ren) include two bills passed in congress during 1999. The first, the Fathers Count Act of 1999 (H. bill 3073) allocated a total of \$35,000,000 to improve fathering programs dealing with nonresident fathers and other cohorts of fathers. The second bill, Responsible Fatherhood Act (S. bill 1364, 1999) proposed dividing \$25,000,000 into support programs aimed at strengthening fragile families. Divorced, nonresident fathers are included in this section of the bill. These programs aim to facilitate parenting time among nonresident fathers by educating fathers about the importance of spending quality time with their child(ren).

By examining facilitators to nonresident fathers' parenting time, researchers can understand what variables possibly increase fathers' time with their children. Because parenting time of nonresident fathers typically occurs in a leisure setting, the benefits of family leisure between nonresident fathers and child may also be better understood.

The benefits of shared leisure within families include but are not limited to stronger cohesion between family members, and greater adaptability in new situations (Smith, Taylor, Hill & Zabriskie, 2004; Zabriskie & McCormick, 2001; Zabriskie & McCormick, 2003). These benefits are especially important within single parent families who have likely experienced dysfunction from divorce. Creating family leisure experiences may help ameliorate the effects of divorce in addition to creating stronger functioning between the parent and the child(ren) (Smith et al.).

Given the importance of a child having an involved father following divorce, that involvement often takes the form of leisure, and that no research related to nonresident fathers' family leisure with their children exists, the purpose of the study was to examine the leisure patterns of nonresident fathers while spending time with their child(ren), and to examine leisure constraints, leisure facilitators and nonresident fathers' satisfaction with these activities.

Review of Literature

Divorce and Fathers

As a result of the increased rates of divorce over the past 50 years (U.S. Census Bureau, 2002), child(ren) often reside with one parent, leaving the other to provisional parenting time privileges. Most fathers are the nonresident parent; in fact, at least 80% of divorce arrangements favor the mother as the residential parent (Pasley & Braver, 2004).

Today, nonresident fathers play a crucial role in the lives of their child(ren). Research has demonstrated that the absence of a father, due to divorce, is associated with child(ren) who experience juvenile delinquency, difficulty in the academic arena, and higher levels of social-emotional problems when compared to child(ren) who have a father in the home (Amato & Keith, 1991). Nonresident fathers' involvement in their child(ren)'s lives is often easiest during scheduled parenting time and this parenting time is typically established by the courts and/or by the parents.

During parenting time, fathers have the opportunity to interact with their children. Research examining nonresident fathers' paternal involvement is typically conducted in social science fields such as family sciences, sociology, and psychology. These fields

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examine variables that impact fathering involvement with their children following divorce (Amato & Keith, 1991; Leite & Mckenry, 2002; Palumbo, 2001). Although this research is beneficial, most interaction that takes place between nonresident fathers and their child(ren), occurs in a leisure setting (Stewart, 1999). Previous research, therefore, has not captured the leisure experiences that takes place during parenting time; it is this perspective that is needed to better understand fathers involvement with their child(ren) following divorce.

Nonresident Father Involvement

Studies examining nonresident father involvement and parenting time have inadequately addressed what actually occurs. Menning (2002) states,

Most studies of the effect of nonresident parents on their child(ren) have been restricted to measures of parent/ child contact. The lack of significances of contact in these models may be due to the use of unrefined measures. After all, parent/ child contact does not by itself indicate that any activity takes place between the parents and child...it says nothing about the denseness of the activity within the block of time that contact occurs (p. 651).

One study that did examine what occurred during nonresident parenting time was conducted by Stewart (1999). In her study, she found nonresident parents tended to engage in leisure activities with their child(ren) during parenting times or they did not visit. Stewart's examination of nonresident parents and their activity choices with their children is one of the few research articles examining the role of leisure and nonresident

parental involvement. Stewart's classification of leisure activities was limited to only a few choices, however, and the selection of activities was not based on leisure theory.

In addition, Pasley and Braver (2004) suggested "new measures must do more to tap the recreational dimension of divorced fathers who see their children" (p. 236). Therefore, by examining leisure involvement between nonresident fathers and their child(ren), as well as the leisure constraints and facilitators to nonresident fathers involvement, a better understanding of the "recreational dimension" of visitation patterns between nonresident fathers and their involvement may be achieved.

Leisure Constraints

In 1987, Crawford and Godbey created a conceptual model and theoretical framework for analyzing leisure constraints from an intrapersonal, interpersonal, and structural perspective (see Figure 1). They proposed leisure constraints to be "factors that are assumed by researchers and perceived or experienced by individuals to limit the formation of leisure preferences and to inhibit or prohibit participation and enjoyment in leisure" (Jackson, 1991, p. 279). Furthermore, they recommended further modification of the Leisure Constraints Model to explore "other lines of leisure research such as the impact of stress of crisis upon family participation in leisure activities" (p. 125). One such area of crisis impacting many American families is divorce. By examining leisure constraints from an intrapersonal, interpersonal, and structural perspective, researchers can better understand the "stress" fathers experience in order to share parenting time with their children following divorce.

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Crawford and Godbey (1987) defined intrapersonal barriers to “involve individual psychological states and attributes which interact with leisure preferences” (p. 122).

Examples of some intrapersonal barriers nonresident fathers may experience are stress, depression, anxiety, importance ascribed to role of father, and role satisfaction (Crawford & Godbey, 1987; Leite & McKenry, 2002). Crawford and Godbey suggested these barriers are experienced at an individual psychological level and are capable of being modified over time.

Fatherhood research outside the leisure discipline has also confirmed the strength of intrapersonal barriers and their role in effective fatherhood involvement. Cohen (1998) examined psychological disorders developed following divorce and determined fathers with narcissism were more likely to discontinue contact with their children. Similarly, Palumbo (2001) introduced the psychological term known as “parental grief syndrome” and used it to explain certain traits he observed in fathers following divorce. These traits included becoming severely distraught and potentially harmful to themselves and others. Fathers who exhibited many of these traits were unable to interact with their children as they would like. Such interaction was also compounded by interpersonal barriers.

Interpersonal barriers examine the individual in conjunction with other individuals to determine how parties establish leisure preferences (Crawford & Godbey, 1987). Interpersonal barriers help explain the dynamics between nonresident fathers, their ex-wife(s), child(ren), family, extended family, and friends in regard to leisure following divorce. Examples of interpersonal barriers nonresident fathers may experience include

“spousal interaction,” in addition to “parent/ child relationships” (Crawford & Godbey, 1987, p. 123).

Leite and McKenry (2002) found co-parental conflict to be extremely indicative of nonresident fathers' involvement with their child(ren). McKenry and Price, (1992) determined that nonresident fathers feelings about their former spouse and children served as a predictor of frequency of parenting time. This and similar research (Menning, 2002; Palumbo, 2001) further supports the need to recognize interpersonal relationships and fathering post divorce.

Structural barriers explain outside influences affecting nonresident fathers leisure involvement with their child(ren). Examples that might affect nonresident fathers trying to spend time with their child(ren) include, financial resources, scheduling of work time, and geographical distance between father and child(ren) (Crawford & Godbey, 1987; Leite & McKenry, 2002).

Leisure Facilitators

Leisure facilitators parallel leisure constraints as they are defined as “factors that are assumed by researchers and perceived or experienced by individuals to enable or promote the formation of leisure preferences and to encourage or enhance participation” (Raymore, 2002, p. 39). Although “facilitator” is an antonym for “constraint”, leisure facilitators typically do not directly oppose leisure constraints. Raymore suggested that facilitators are much more than the motivation to do something. Rather facilitators are a “condition that exists, whether internal to the individual, in relation to another individual, or to some societal structure that enables participation” (p. 43).

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Raymore (2002) used the model proposed for leisure constraints by Crawford et al. (1991) to categorize the three types of leisure facilitators (see Figure 2). Intrapersonal facilitators are “individual characteristics, traits and beliefs that enable or promote the formation of leisure preferences and that encourage or enhance participation in leisure” (pp. 42-43). Examples can be seen in one’s personality type and attributes, self-efficacy, and past experiences.

Interpersonal facilitators are “those individuals or groups that enable or promote the formation of the leisure preferences and encourage or enhance participation in leisure” (Raymore, 2002, p. 43). Examples of these types of facilitators include friends, encouragement from family members, teachers, co-workers and associates, club membership, and religious organizations.

Structural facilitators are “social and physical institutions, organizations or belief systems of a society that operate external to the individual to enable or promote the formation of leisure preferences and encourage or enhance participation in leisure” (Raymore, 2002, p. 43). Examples of structural facilitators are money, ethnicity, gender, and social economic status.

Research examining variables that help nonresident fathers’ visit their child(ren) fit within the leisure facilitator perspective. Examples of facilitators include positive associations between nonresident fathers with higher incomes and visitations with their child(ren) (Sorenson & Wheaton, 2000). Fathers were also more likely to visit if they had positive attitudes toward visiting (McKenry & Price, 1992; Rane & McBride, 2000) and had less conflict with their ex-wife and child(ren) (Lee, 2002; McKenry & Price). Leisure

facilitators are an important variable to enabling family leisure among nonresident fathers' and their child(ren). As has been found in other family leisure research, (Freeman & Zabriskie, 2003; Smith et al, 2004; Zabriskie & McCormick, 2001; Zabriskie & McCormick, 2003) by engaging in family leisure, nonresident fathers' are more likely to experience greater cohesion and flexibility in the relationship with their child(ren).

Family Leisure Patterns

Family leisure patterns have been classified by Zabriskie and McCormick (2001) as consisting of core and balance activities. Core activities are associated with family bonding, and usually take place at home. These activities are inexpensive and often spontaneous, such as eating dinner together or playing games. Balance activities are associated with family adaptability because they enable family members to learn how to function in unusual circumstances and environments. These activities tend to be more novel and require more planning, time, and money. Activities such as family vacations or camping trips are common balance leisure activities (Zabriskie & McCormick, 2001).

Both core and balance activities are important for developing positive family functioning (see Figure 3). Participating in one type of activity considerably more than the other will likely not render the positive outcomes of consistently participating in both (Zabriskie, 2000; Zabriskie & McCormick, 2001). Beyond simple participation in family leisure activities, it is important that family members are satisfied with their family leisure involvement.

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Satisfaction with Family Leisure Involvement

Satisfaction with leisure has been found to be highly indicative of life satisfaction (Russell, 1987; 1990). In 1990, Russell examined the interrelationships among leisure and other life circumstance variables, one of which was quality of life. She found that religiosity, sex, education, marital status, and age were significantly related to income, health, leisure activity participation, and leisure satisfaction. These variables, however, were not found to influence quality of life directly. The only significant and direct predictor of quality of life was satisfaction with leisure involvement.

Zabriskie and McCormick examined family satisfaction and family leisure, stating “[if] leisure plays a substantial role in an individual’s life satisfaction and quality of life... then it can be hypothesized that family leisure may also be a primary contributor to family satisfaction and quality of family life” (p. 164). In order to test their hypothesis, Zabriskie and McCormick had individual family members complete a family leisure activity profile and family satisfaction scale. Findings indicated that family leisure involvement was positively associated with family satisfaction. Furthermore and not surprisingly, individuals who participated in this research who had experienced divorce reported the lowest levels of family satisfaction (Zabriskie & McCormick, 2003). These findings suggest that nonresident fathers may be more susceptible to lower levels of satisfaction with family life, due to divorce and limited access to leisure time with their child(ren), and lower levels of satisfaction may in turn be related to lower life satisfaction.

Summary and Hypotheses

As divorce has increased over the last century, more nonresident fathers are in a situation where parenting time with their child(ren) occurs through visitation times. Such parenting time tends to occur almost entirely in a leisure setting (Stewart, 1999). Little research exists, however, examining the constraints on and facilitator's to nonresident fathers' parenting time and leisure with their child(ren).

In addition, identifying core and balance leisure activities enables researchers to better understand what occurs during parenting time and the associated benefits to the family. Because family leisure is associated with family satisfaction, it is important to examine both leisure activities and nonresident fathers' satisfaction with these activities during fathers' parenting time. Therefore, the following hypotheses were tested:

Hypothesis 1. There is a relationship between leisure constraints and nonresident fathers' satisfaction with family leisure involvement.

Hypothesis 2. There is a relationship between leisure facilitators and nonresident fathers' satisfaction with family leisure involvement.

Hypothesis 3. There is a relationship between family leisure involvement and nonresident fathers' satisfaction with family leisure involvement.

Methodology

Sample

The participants in this study were 129 nonresident fathers (69 unusable questionnaires were also received, which consisted of 16 electronic and 53 paper pencil) from 36 different states within the United States. Most fathers were Caucasian (81.5%)

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followed by Black (14%), Native American (3%), and Asian (1.5%). Their ages ranged from 23 to 64 years, with a mean of 44.5 ($SD = 8.7$) years. Two thirds of the fathers were currently divorced while the remaining one third were separated. Of the fathers who were divorced, about 30% were remarried and 18% lived with a significant other. The length of divorce ranged from one month to 47 years, with an average divorce length of 3 years, not including the time separated prior to the divorce. Of the fathers who were separated, the length of separation ranged from three months to 14 years, with an average separation time of 4 years.

In order to participate in the study the men had to have children between the ages of 5 and 18 years old. The reported age of the children did range from 5 to 18 with a mean child age of 11.67 ($SD = 3.8$) years. The number of children per father ranged from 1 to 5, with 35.7% of fathers having one child, 38.8% had two children, 15.5% had three children, 8.5% had four and 1.6% had five or more children. Household income ranged from less than \$10,000 to over \$150,000 with 67% of fathers earning less than \$80,000 per year.

Procedures

Nonresident fathers were recruited through the National Fatherhood Initiative (NFI) affiliate organizations, the Children's Rights Council (CRC) and the National Center for Fathers (NCF). Nonresident fathers who were willing to participate were given the option of completing the questionnaire online or by a paper pencil version.

Distribution of the questionnaire occurred through email or the researcher mailed the paper pencil version to the respondents. Each father's consent was acquired through an

informed consent statement that appeared at the beginning of the questionnaire.

Participants were not compensated for participating in this study. Participants in this study may have been subject to self-selection bias due to the nature of recruiting the participants. The study was non-random; therefore the results of this study are limited to those who responded to the questionnaire.

Instrumentation

In order to achieve the purpose of this study, four instruments were used to collect the data. First, family leisure involvement that the nonresident fathers engaged in during parenting times with their child(ren) was measured using Zabriskie's (2000) Family Leisure Activity Profile (FLAP). Second, constraints fathers encountered to parenting time were measured using the Nonresident Father Leisure Constraint Scale (NFLCS) developed for this study based on previous constraint scales (Jackson, 1993; Kay & Jackson, 1991; McGuire, 1984; Raymore, et al., 1993; Witt & Goodale, 1981). Third, leisure facilitators nonresident fathers' experienced during regular parenting time with their child(ren) were measured using the Nonresident Father Leisure Facilitator Scale (NFLFS) also developed for this study based on suggestions given from Raymore (2002). Fourth, nonresident fathers' satisfaction with family leisure involvement was studied using Zabriskie and McCormick's (2003) Family Leisure Satisfaction Scale (FLSS).

The Family Leisure Activity Profile (FLAP) developed by Zabriskie (2000) was used to determine the types of leisure activities nonresident fathers engaged in during parenting times with their child(ren). The FLAP is a 16-item questionnaire that measures the frequency and duration of participation in core and balance activities. The first eight

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items measure involvement in core family leisure activities. The next eight measure balance activity in family leisure which address adaptability (Zabriskie & McCormick, 2001).

To calculate scores for the FLAP, the frequency and duration of participation for each activity category was multiplied creating an ordinal index. The eight core items were then summed to produce a core family leisure index. A balance family leisure index was computed following the same process. Total family leisure involvement was calculated by summing the core and balance scores (Freeman & Zabriskie, 2003). The FLAP has demonstrated acceptable psychometric properties in terms of construct validity, content validity, inter-rater reliability, and test retest reliability for core ($r = .74$), balance ($r = .78$), and total family leisure involvement ($r = .78$) (Freeman & Zabriskie, 2003).

Constraints on fathers' leisure time with their child(ren) was measured using the Nonresident Father Leisure Constraint Scale (NFLC) (Jackson, 1993; Kay & Jackson, 1991; McGuire, 1984; Raymore, et al., 1993; Witt & Goodale, 1981). Questions were grouped by intrapersonal, interpersonal and structural constraints. Redundant and inapplicable questions were omitted from the list and then modifications were made to some questions for clarification and fit. For instance, Kay and Jackson (1991) had an interpersonal constraint question that addresses the lack of a partner, "no one to participate with." Because nonresident fathers have a child(ren) to see, the lack of a partner does not seem to "fit" with the nonresident father population in regards to spending parenting time with their child(ren). A pilot study was conducted with the new

instrument to assess the applicability of the questions to nonresident fathers' and to clarify the questions. The pilot study also determined internal consistency of the instrument.

Based on responses from the pilot study a "not applicable" category was offered for fathers who felt certain constraints did not fit their specific situation. For example, several fathers felt uncomfortable answering "not important" to the question "I am too depressed [to visit]" because they felt they were admitting to having depression by marking "not important" when they simply had no symptoms of depression. Sample results from the pilot study and current study rendered acceptable internal consistency of the NFLCS (pilot study, $\alpha = .92$, current study, $\alpha = .94$).

Facilitators to fathers' leisure with their child(ren) was measured using the Nonresident Father Leisure Facilitator Scale (NFLFS) The scale was developed based on the concept of facilitators introduced by Raymore (2002). Because she was the first to suggest the concept of facilitators, questions were not based on previous research. Raymore's suggestions for facilitators were grouped into the three traditional constraint categories of intrapersonal, interpersonal, and structural. Therefore, items were written to reflect facilitators within the three categories as well as to reflect items found in research on nonresident fathering. For example, the question "I am confident that I will have a good visit" is an intrapersonal facilitator examining the father's morale towards the parenting time. The question "My ex-wife is helpful with the visits" is an interpersonal question looking at the relationship between the husband and wife and what may facilitate time between the father and child. Finally, "I have reliable transportation" is an

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example of a structural facilitator question. A pilot study was also used to test this instrument. Based upon the pilot study a “not applicable” category was also added to the table of options for fathers who did not experience certain facilitators. From the pilot study data, adequate internal consistency of the NFLCS was achieved ($\alpha = .86$).

Acceptable internal consistency was also attained for this study sample ($\alpha = .90$).

When fathers were asked about certain constraints or facilitators they were asked to rank “how important” these items were in affecting their visitation with their child(ren). Responses to each item on the constraint and facilitator scales ranged from 1 (not important) to 4 (very important); additionally a 0 was used for items that respondents felt were not applicable to their specific situation. Total leisure constraint and facilitator scores were calculated by summing up each category (intrapersonal, interpersonal or structural) into a total leisure constraint or facilitator score. Jackson (1993) states, “While this procedure suffers from the limitation of obscuring the types of constraints felt by respondents, it offers the opportunity of identifying sub-groups...of leisure constraints” (p. 134).

The fathers' satisfaction with their family leisure involvement was measured using the Family Leisure Satisfaction Scale (FLSS) (Zabriskie & McCormick, 2003). Following each of the 16 FLAP questions, a follow-up question asked, “How satisfied are you with your participation with family members in these activities?” Participants were asked to identify their satisfaction using a Likert scale from 1 indicating “very dissatisfied” to 5 indicating “very satisfied” (Freeman & Zabriskie, 2003). Even if a father did not participate in the given activity this question was important because a

father may have been “very satisfied” with his nonparticipation. Scoring for the FLSS was calculated by summing responses to the 16 items (Zabriskie & McCormick, 2003).

Demographic information was also collected and included the age of the nonresident fathers and each of their child(ren), race of the nonresident fathers and each of their child(ren), household income, marital history, duration of time since divorce, and zip code of the fathers.

Data Analysis

Pearson Product Moment zero-order correlations between study variables were examined for multicollinearity as well as to identify possible controlling factors that could be included in the subsequent regression equation. Socio-demographic variables indicating significant zero-order correlation coefficients with the dependent variable as well as other socio-demographic variables thought to be theoretically related to the dependent variable were included as controls in the multiple regression model. The control factors were included to examine the unique contributions of family leisure involvement to leisure constraints and leisure facilitators to family leisure satisfaction (Freeman & Zabriskie, 2003).

A blocked multiple regression analysis was used to examine the contributions to satisfaction with family leisure involvement. The sociodemographic variables were entered in the first block followed by total constraints in the second block, and then core and balance and family leisure involvement scores in the third block. The multiple correlation coefficients (R^2) were examined for the resulting model at an alpha level of

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.05, and standardized regression coefficients (Beta) determined the relative contribution of the variables in each significant block.

Results

Nonresident fathers' satisfaction with leisure time spent with their child(ren) scores ranged from 16 to 80 with a mean score of 54.62 ($SD = 14.94$). Total leisure constraints scores for the nonresident fathers ranged from 0 to 101 with a mean constraint score of 32.78 ($SD = 21.72$). More specifically, intrapersonal constraints scores ranged from 0 to 36 with a mean score of 9.92 ($SD = 8.02$), interpersonal constraints scores ranged from 0 to 23 with a mean score of 8.48 ($SD = 5.95$), and structural constraints scores ranged from 0 to 43 with a mean score of 14.37 ($SD = 8.94$).

Total leisure facilitators scores ranged from 0 to 111 with a mean score of 74.11 ($SD = 20.17$). Specifically, intrapersonal facilitators ranged from 0 to 44 with a mean score of 34.92 ($SD = 8.50$), interpersonal facilitators ranged from 0 to 34 with a mean score of 15.98 ($SD = 6.99$), and structural facilitators ranged from 0 to 36 with a mean score of 23.20 ($SD = 7.58$).

The core family leisure index score reflected the core leisure pattern of the nonresident fathers during parenting time with their children. They ranged from 0 to 132 with a mean score of 41.80 ($SD = 26.77$). Balance family leisure index scores indicative of the balance leisure pattern with their children during parenting time ranged from 0 to 179 with a mean score of 41.65. ($SD = 28.39$). Total family leisure ranged from 0 to 221 with a mean score of 83.46 ($SD = 46.068$).

Examination of zero-order correlation coefficients indicated a number of significant relationships among the study variables (Table 1). Annual income and ethnicity of the fathers were found to be significantly correlated with satisfaction with family leisure involvement. Moreover, fathers who were white indicated higher levels of satisfaction with family leisure involvement than did fathers of ethnic minority. Zero-order correlation coefficients also indicated that fathers with higher incomes perceived greater satisfaction with family leisure involvement. In addition, based on the zero-order correlations, as perceptions of constraints decreased, satisfaction with family leisure involvement increased. Leisure facilitators, however, were not significantly related to satisfaction with family leisure involvement. Finally, greater involvement in both core and balance family leisure was related to higher satisfaction with family leisure involvement.

Following univariate analyses, a blocked multiple regression analysis was conducted to determine if leisure constraints and family leisure patterns contributed to the explanation of satisfaction with family leisure involvement beyond the zero-order relationships (Table 2). The first block containing the sociodemographic variables did account for a statistically significant portion of the variance in satisfaction with family leisure involvement ($R^2 = .124$; $p < .001$) and income was the only significant multivariate positive predictor. The addition of the second block that included total leisure constraints resulted in a statistically significant change ($R^2\Delta = .108$; $p < .0001$) in variance explained in satisfaction with family leisure involvement but income was no longer a significant contributor to the model. The total leisure facilitators score was not

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included in the analysis since it was not significant at the zero-order level. The third block containing core and balance patterns also resulted in a statistically significant change ($R^2\Delta = .222$; $p < .0001$) in variance explained in satisfaction with family leisure involvement. Both core and balance patterns were significant predictors of family functioning and total leisure constraints also remained statistically significant.

Discussion

Leisure Constraints

As constraints increased nonresident fathers' participation in leisure with their child decreased ($r = -.354$). Constraints influenced nonresident fathers' participation in core activities ($r = -.350$) more than balance activities ($r = -.245$) when spending parenting time with their child(ren). In previous research (Freeman & Zabriskie, 2003; Zabriskie, 2000; Zabriskie & McCormick, 2001; 2003) core activities have consistently been correlated with cohesion (an aspect of family functioning). If nonresident fathers are unable to establish a pattern of core activities due to constraints it is likely that cohesion and subsequently their family functioning will be affected.

As the number of constraints increased nonresident fathers' satisfaction with leisure involvement with their child(ren) decreased (Table 2). Furthermore, when broken down into sub-categories of constraints, the strongest relationship between constraints and family leisure satisfaction was interpersonal ($r = -.491$), followed by structural ($r = -.411$) and then intrapersonal ($r = -.357$). The relationship between increased constraints and decreased satisfaction with leisure supports the research of Shaw et al., (1991). They examined over 14,500 adult men and women who had indicated a preference for higher

levels of participation in physically active leisure, and found they experienced decreased enjoyment with leisure as leisure constraints increased.

Given the nature of divorce (interpersonal conflict likely contributed to the divorce), it is not surprising that interpersonal constraints contributed the most to these fathers' satisfaction with family leisure. The item on the constraint scale with the highest level of agreement among nonresident fathers when asked why they were unable to visit their child(ren) or unable to visit their children as often as they could was "not being at ease with their former spouse."

Structural constraints were the second highest type of constraint associated with the nonresident fathers' satisfaction with family leisure. Examples of structural constraints fathers may have experienced were low income, ethnicity, and time. The item with the second highest level of agreement amongst the nonresident fathers was "wanting to visit on a different schedule than the current arrangement," which was categorized as a structural constraint.

Intrapersonal constraints followed structural constraints in magnitude of its relationship to nonresident fathers' satisfaction with family leisure. Interestingly, the item with the third highest level of agreement marked by nonresident fathers as to why they did not visit their children or visit them more often was the experience of "having no role as a parent who lives away from the family." This reflects a cognitive perception of the fathers that is indicative of an intrapersonal constraint. Nonresident fathers must adjust their position in the family both mentally and physically while still trying to maintain a parenting figure in the lives of his child(ren)(Carter & McGoldrick,1999).

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Family Leisure Activities.

Part of the process needed to engage in core activities calls for a home-based environment in order for individuals to engage in leisure freely and spontaneously. Given the “away from home” relationship nonresident fathers’ are required to maintain with their children, it is likely that nonresident fathers do not experience the environment needed to engage in core activities. The exception to this observation would be during extended visits such as the holidays or summers, and if the child(ren) were to live with the nonresident father long enough to establish a routine and likewise be in an environment comfortable enough to engage in core leisure activities.

This process of preparing for core activities was not measured during this study. Although nonresident fathers’ were asked about specific core activities (such as eating dinner together) it did not ask respondents about the process they undertook to eat dinner. For instance, if a nonresident father underwent planning and preparation i.e., waiting for his scheduled parenting time, planning transportation for the child(ren) or himself, engaging in the activity, and returning the child(ren) back home or going home himself, then a typical core activity would likely resemble more of a balance activity due to the process by which the father followed to engage in the activity.

Leisure Facilitators.

Although constraints were significantly correlated with nonresident fathers’ satisfaction with family leisure, facilitators were not. This finding mirrors other findings regarding fatherhood programs that attempted to facilitate parenting time between nonresident fathers and their children that were met with little success. Specifically,

Parents Fair Share (PFS) is one of many organizations focused on helping lower income nonresident fathers with finances with the hope of increasing fatherhood involvement. In 2001, their annual report stated “On average the program did not increase the fathers’ level of visitation” (Miller, 2001, p. 8). Although PFS tried to alleviate the financial constraints nonresident fathers experienced due to child support obligations by assisting fathers financially, their efforts had little to no effect on increasing contact between the nonresident father and child. It appears that leisure facilitators do not impact nonresident fathers’ parenting time with their child(ren) the same way leisure constraints do.

This finding may be explained by a theory known as *vis-à-vis* marriage (Gottman & Silver, 1999). Gottman asserted that in order for relationships (marriage and others) simply to survive, five positive strokes (e.g., positive communication, body language, gift giving) must be paired up with every one negative stroke (e.g., criticism, blaming, withholding affection). Furthermore, in order for a relationship to flourish, the positive strokes must significantly outweigh the negative beyond a 5 to 1 ratio. Likewise, facilitators of nonresident fathers parenting time with their children are similar to positive strokes in that they enable the parent/child relationship to sustain itself. On the other hand, constraints to nonresident fathers’ parenting time with their children parallel negative strokes as they are likely to diminish the quality of the relationship. Therefore, if nonresident fathers’ experiences more constraints to facilitators or even an equal number of facilitators to constraints, the weight of one facilitator may not be enough to combat a constraint. This would leave the nonresident father less satisfied with the overall time

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spent together, and lend the constraint to be more indicative of a father's satisfaction than facilitators.

Further Research. Because no significant relationship was found between satisfaction with family leisure and leisure facilitators, further investigation is needed to better understand the role of leisure facilitators in promoting leisure time between nonresident fathers and their child(ren) as well as the role facilitators play in satisfaction with family life and family leisure. Perhaps a different framework, such as Gottman and Silver's (1999) Vis-à-vis theory, may be used to examine the role of facilitators in both increased leisure time and family relationship development. By examining leisure facilitators from different perspectives, researchers may better understand and use leisure facilitators to combat constraints to parenting time that cannot be removed (e.g., ex-wife, child support, distance and different living arrangements).

Leisure involvement by nonresident parents and constraints related to other outcomes or quality of life variables such as satisfaction with family life, family functioning, and life satisfaction should also be examined. This would enable researchers to more closely understand the role of leisure and its influence on increasing nonresident fathers' satisfaction with their leisure and possibly their quality of life. In addition, a closer examination of the three types of constraints (intrapersonal, interpersonal and structural) should be examined to better understand the role of constraint negotiation and nonresident father involvement in parenting time.

Although core and balance activities were significantly related to family leisure satisfaction in this study, an additional framework for examining the process of how the

leisure activity took place may be needed. This would help researchers adequately understand nonresident fathers' leisure, due to the unique circumstances of nonresident fathers during parenting time with his child(ren).

Applications for Practitioners. In order to increase involvement between nonresident fathers and their child(ren), it is recommended that practitioners, specifically public officials, researchers, and organizations interested in helping fathers to engage in productive parenting time focus on identifying constraints to leisure and finding ways to obviate these constraints, versus creating facilitating experiences. Based on the vis-a-vis marriage theory (Gottman & Silver, 1999) and the minimum 5 positive strokes to 1 negative stroke ratio, it seems that removing one constraint to increase parenting time would be more productive than creating five facilitators in attempts to negate a constraint. Additionally, by removing constraints the fathers and the children do not have to negotiate those constraints in order to participate and can focus on other aspects of the process to participate together in leisure.

Obviously, not every constraint experienced by nonresident fathers can be eliminated; professionals working to increase fatherhood time should focus on teaching nonresident fathers constraint negotiation skills. These skills will help fathers learn how to continue interaction with their child(ren) while experiencing constraints. For example, fathers who encounter conflict with their ex-wife while trying to spend parenting time with their child(ren) may learn and develop techniques to ameliorate the conflict as encounters occur and will continue to occur. The type of constraints negotiation will change depending on the nonresident father and his specific situation. Nonresident fathers

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and professionals must realize that through learning leisure constraint negotiation, participation in parenting time can occur. Participation in leisure during parenting time may positively impact nonresident fathers and their child(ren). In addition, when leisure time increases nonresident fathers' leisure satisfaction tends to increase, this satisfaction is related to life satisfaction which is one of the best predictors of quality of life.

It is also recommended to those who work with nonresident fathers to encourage them to make an additional effort to engage in core activities with their children during extended visits. Because extended visits may create a familiar environment for the child(ren) the process for core activities would likely occur. Zabriskie and McCormick (2001) found children reported higher levels of satisfaction with family leisure when engaging in core activities with their family members. This illustrates the importance of core activities to children. Additionally, core activities have been consistently related to cohesion (Freeman & Zabriskie, 2003; Zabriskie & McCormick, 2001, 2003). If nonresident fathers can create an environment for core activities to occur through extended visits, cohesion may increase between the father and child(ren). For fathers who cannot spend extended periods of time with their children, it is recommended to begin developing "core-like" activities by engaging in activities that are in a familiar environment for the father and child. If this environment does not exist, it may be created by establishing a regular meeting place which over time should create familiarity. When the father and child(ren) feel comfortable in this environment core activities are more likely to occur and in turn, cohesion increase.

Once core activities are in place nonresident fathers will likely have a more cohesive base between themselves and their child(ren) upon which their relationship can grow and be strengthened. Balance activities, on the other hand, tend to create flexibility in the relationship between nonresident fathers and their child(ren). These activities are typically done away from the familiar environment and usually require more time, money, and planning. Nonresident fathers' who do not have access to their children for longer periods of time are also at a disadvantage when engaging in balance activities because traditional balance activities (i.e., camping, travelling, summer vacations) require longer periods of time for participation. It is recommended that nonresident fathers create balance activities by planning with their child(ren), during their time together in their familiar environment, an extraordinary activity in the near future that can be anticipated and organized together. The additional planning for this activity should create a distinction between typical activities that occur during parenting time. Although the activity may have to be the same length of time as other parenting time together, necessary planning and preparation should help create flexibility between the nonresident father and child(ren) as their planning likely will include communication and compromise.

Increased cohesion from the core activities and the increased flexibility developed by nonresident fathers' and their child(ren) from the balance activities fosters positive growth in family relationships (Freeman & Zabriskie, 2003; Zabriskie & McCormick, 2001, 2003). The growth developed from these activities typically results in increased

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family functioning, a characteristic especially needed by nonresident fathers and their child(ren) following divorce.

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Table 1

Zero Order Correlations Among Study Variables

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
1. FLSS	1	-.008	.073	.331**	.248**	.004	-.435**	-.411**	-.491**	-.357**	.037	.046	-.076	.111	.447**	.549**	.598**
2. Number of kids		1	-.063	.069	.033	.098	-.062	-.078	-.038	-.054	.082	.082	.146	.001	.079	.177*	.155
3. Age			1	.361**	.238**	-.123	-.204*	-.187*	-.184*	-.208*	-.069	-.090	-.174*	.060	-.030	.141	.070
4. Income				1	.456**	-.114	-.349**	-.302**	-.358**	-.343**	-.008	.003	-.177*	.123	.050	.318**	.225*
5. Ethnicity					1	-.222*	-.291**	-.248**	-.329**	-.266**	-.087	-.021	-.251**	.020	.181*	.348**	.320**
6. Remarried						1	.095	.037	.099	.142	.049	.025	.115	-.001	.046	.011	.034
7. Total con.							1	.958**	.915**	.961**	.040	.004	.207*	-.080	-.350**	-.245**	-.354**
8. Structural con.								1	.806**	.881**	.070	.026	.194*	-.017	-.317**	-.233**	-.328**
9. Interpersonal con.									1	.836**	-.004	-.037	.168	-.115	-.381**	-.288**	-.399**
10. Intrapersonal con										1	.032	.008	.219*	-.111	-.311**	-.189*	-.297**
11. Total facilitators											1	.917**	.823**	.878**	.014	.091	.064
12. Structural fac.												1	.675**	.728**	.057	.107	.099
13. Interpersonal fac.													1	.528**	-.015	.059	.027
14. Intrapersonal fac.														1	-.004	.072	.042
15. Core activities															1	.394**	.824**
16. Balance activities																1	.845**
17. Total leisure																	1

Note. * $p < 0.05$ (2-tailed); ** $p < 0.001$ (2-tailed); FLSS = family leisure satisfaction scale

Table 2

Blocked Regression Equations Predicating FLSS

Variable	B	SE B	Beta
Block 1 $R^2 = .124$ ($p < .01$)			
NUMCHILD	-.337	1.258	-.023
INCOME	1.192	.418	.272*
ETHGRPD	4.928	3.645	.129
Block 2 $R^2 = .108$ ($p < .01$)			
NUMCHILD	-.607	1.185	-.041
INCOME	.791	.405	.181
ETHGRPD	2.380	3.482	.062
TOTCONST	-.245	.059	-.356**
Block 3 $R^2 = .222$ ($p < .01$)			
NUMCHILD	-1.809	1.023	-.121
INCOME	.629	.355	.144
ETHGRPD	-1.768	3.018	-.046
TOTCONST	-.161	.053	-.234*
CORE	.123	.043	.220*
BALANCE	.208	.041	.395**

Note. * $p < .01$; ** $p < .001$; $n = 128$; FLSS = family leisure satisfaction scale

Figure 1. Leisure Constraints Model

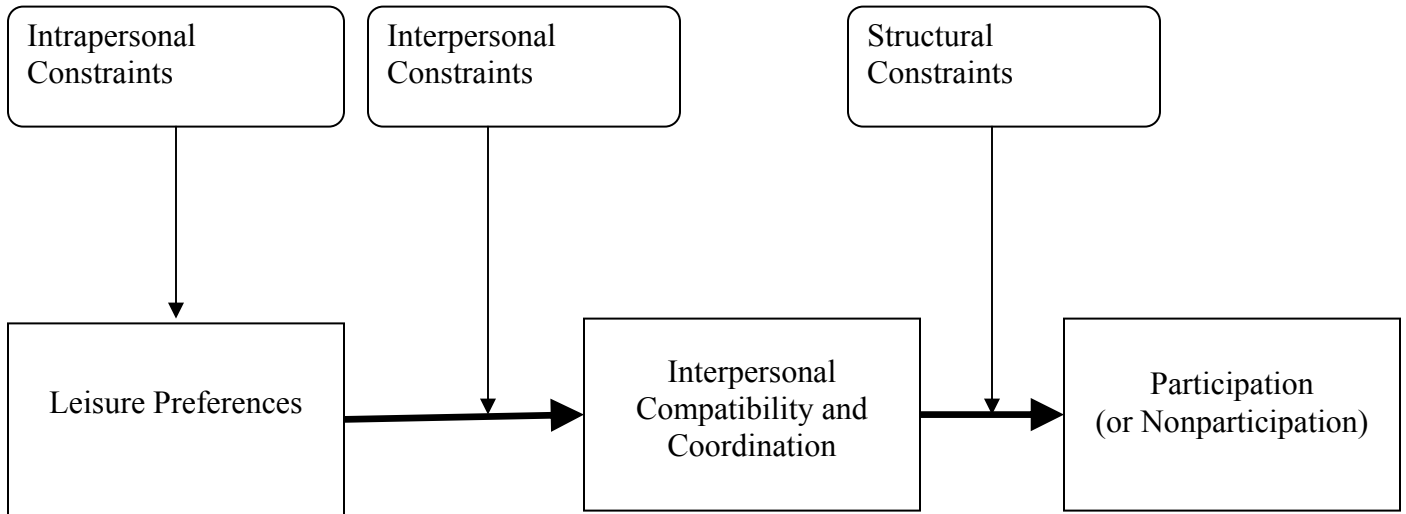


Figure 2. Leisure Facilitators Model

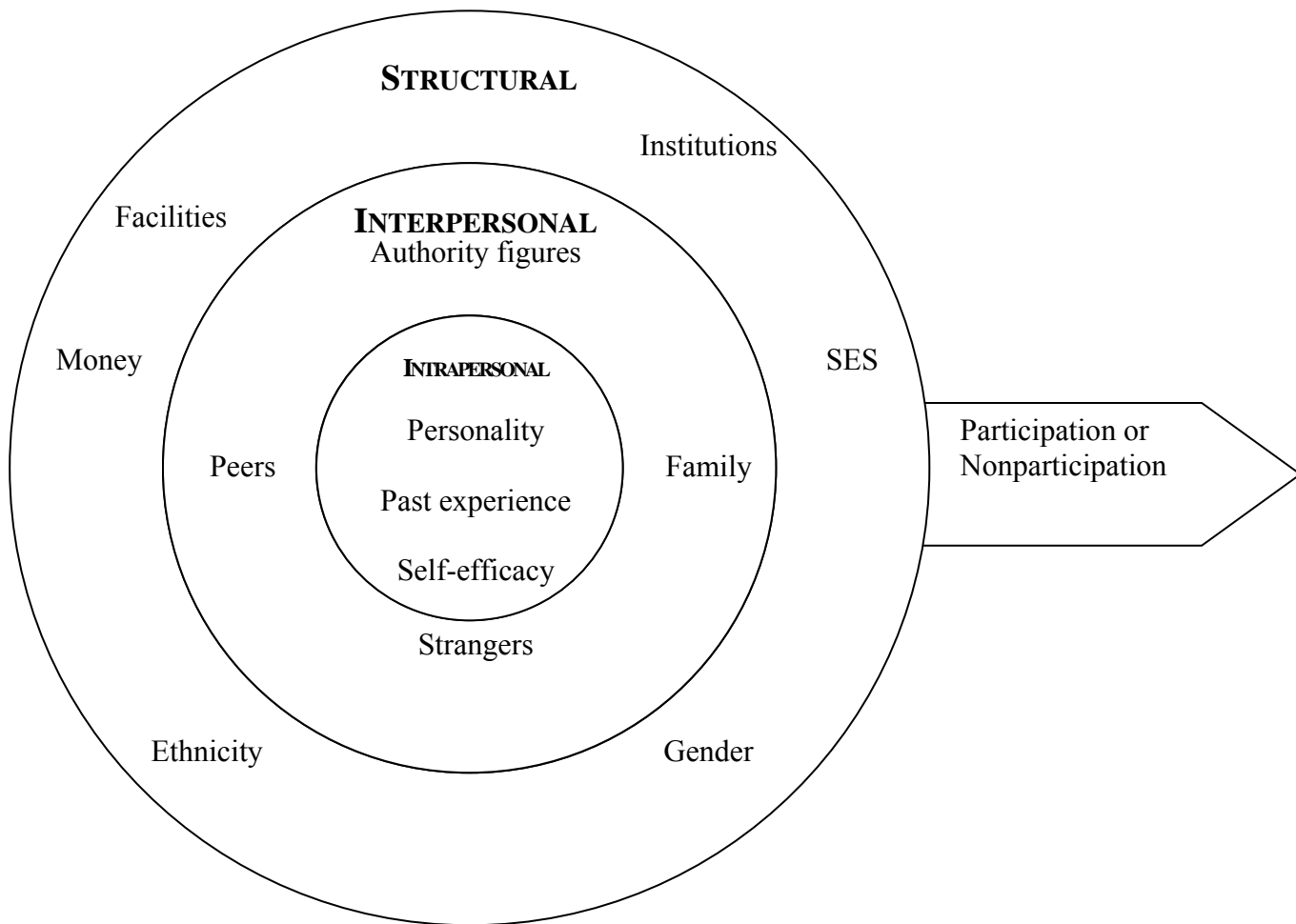
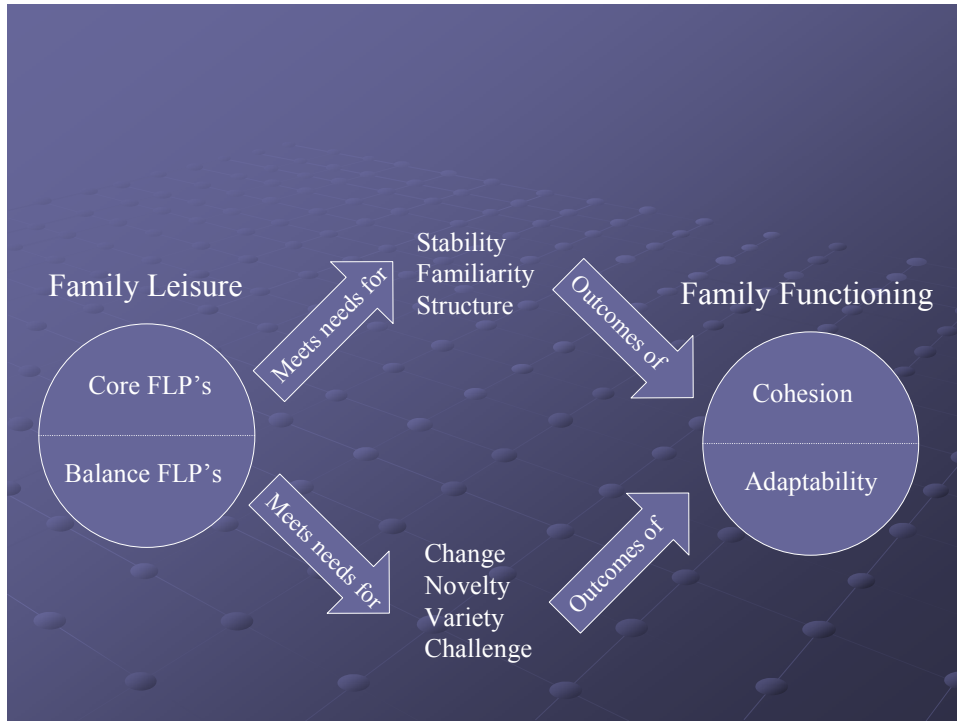


Figure 3. Core and Balance Model



Appendix A
Prospectus

Chapter 1

Introduction

In the last century divorce has steadily risen (U.S. Census Bureau, 2002). As a result, child(ren) often reside with one parent, leaving the other to provisional visitation privileges. Most fathers are the visiting or nonresident parent; in fact, at least 80% of divorce arrangements favor the mother as the residential parent (Pasley & Braver, 2004).

Today, nonresident fathers play a crucial role in the lives of their child(ren). Research has demonstrated that the absence of a father, due to divorce, is associated with child(ren) who experience juvenile delinquency, difficulty in the academic arena, and higher levels of social-emotional problems when compared to child(ren) who have a father in the home (Amato & Keith, 1991). A nonresident father's involvement in his child(ren)'s lives is often easiest during scheduled visitation times. Visitation schedules are typically established by the courts and/or by the parents.

Cohen (1998) found that nonresident fathers' involvement in their child(ren)'s lives is subject to an array of constraints, resulting in decreased participation. Subsequently, non-resident fathers have limited time with their child(ren). Cohen reports that "the role of fathering must be squeezed into short meetings under strained and artificial circumstances" (p. 200). If a father chooses to avoid these situations by not visiting his child(ren), the father forfeits leisure time with the child(ren). Stewart (1999) found "most nonresident parents either engage in only leisure activities with their child(ren) or have no contact" (p. 539).

Although nonresident fathers experience an array of constraints (Cohen, 1998) when trying to visit their child(ren), they may also experience facilitators to visitation that may enhance or encourage visitation. Examples of programs that facilitate a nonresident father's ability to visit his child(ren) include two bills passed in congress during 1999. The first, the Fathers Count Act of 1999 (H. bill 3073) allocated a total of \$35,000,000 to improve fathering programs dealing with nonresident fathers and other cohorts of fathers. The second bill, Responsible Fatherhood Act (S. bill 1364, 1999) proposed dividing \$25,000,000 into support programs aimed at strengthening fragile families. Divorced, nonresident fathers are included in this section of the bill. These programs aim to facilitate visitation among nonresident fathers through educating fathers about the importance of visitation.

Raymore (2002) suggests recognizing that both constraints and facilitators are needed when understanding participation or nonparticipation in leisure activities. Therefore, constraints and facilitators should be examined in order to better understand the nonresident father's participation during visitation, as visitation typically occurs in a leisure setting.

The benefits of shared leisure within families include but are not limited to stronger cohesion between family members, and greater adaptability in new situations (Smith, Taylor, Hill & Zabriskie, 2004). These benefits are especially important within single parent families who have experienced dysfunction from divorce. Creating family leisure experiences may help ameliorate the effects of divorce in addition to creating stronger functioning between the parent and the child(ren) (Smith et al.).

As divorce increases the number of nonresident fathers also increases (Pasley & Braver, 2004). It is the responsibility of the nonresident father to visit his child(ren) following divorce, but only a small percentage of nonresident fathers continue to visit their child(ren) (Blankenhorn, 1995; Stewart, 1999a). By examining constraints on and facilitators to a nonresident father's involvement following divorce, researchers can better understand why some nonresident fathers continue to visit their children and others do not.

Statement of the Problem

The problem of the study is to determine the leisure patterns of nonresident fathers with their child(ren) as well as to identify constraints on and facilitators to their family leisure involvement. A second problem is to determine a nonresident father's satisfaction with family leisure in conjunction with the leisure constraints and leisure facilitators he experiences during his visitation time with the child(ren).

Purpose of the study

The information obtained by this study will (a) aid researchers in understanding the type of activities nonresident fathers engage in during visitation times, (b) aid researchers and professionals working with nonresident fathers to better understand the leisure constraints experienced during visitation time, (c) aid researchers and professionals working with nonresident fathers to better understand leisure facilitators and their role with visitation time, (d) to gather information concerning specific family activities following divorce or separation, and (e) increase understanding regarding a nonresident fathers satisfaction with his child(ren).

Significance of the study

Most research examining a nonresident father's paternal involvement is conducted in social science fields such as family sciences, sociology, and psychology. Although this research is beneficial, it does not capture the leisure experience that takes place during visitation time between a nonresident father and child(ren). Because most interaction that takes place between a nonresident father and his child(ren) occurs in a leisure setting (Stewart, 1999) models specifically addressing leisure patterns are needed. Menning (2002) states,

Most studies of the effect of nonresident parents on their children have been restricted to measures of parent/ child contact. The lack of significances of contact in these models may be due to the use of unrefined measures. After all, parent/ child contact does not by itself indicate that any activity takes place between the parents and child...it says nothing about the denseness of the activity within the block of time that contact occurs (p. 651).

Similarly, Pasley and Braver (2004) request that "new measures must do more to tap the recreational dimension of divorced fathers who see their child(ren)" (p. 236). Much research has been done to identify relationships between a nonresident father's involvement with his child(ren) and variables, such as money, time, and location, and the interaction that occurs between the previous spouses (Amato & Rivera, 1999; McKenry & Price, 1992; Menning, 2002) but adequate conceptualization has not been developed to understand the leisure interaction that takes place during visitation times.

By using the Family Leisure Activity Profile to classify types of activities that occur between a nonresident father and child, a greater understanding of the “recreational dimensions” suggested by Pasley and Braver (2004) can be acquired. In addition, valuable insight can be gained from examining nonresident father involvement specifically from a leisure perspective, which has not previously used by social scientists.

Delimitations

The scope of the study is delimited to the following:

1. The study will include at least 100 nonresident fathers currently living in the United States of America.
2. Participants will have at least one child currently living with their former spouse. Child(ren) will be between the ages of 5 to 18, and have at least a monthly visitation schedule.
3. Leisure patterns between the fathers and their child(ren) will be assessed using the Family Leisure Activity Profile (FLAP) (Zabriskie, 2001).
4. Leisure constraints between a father and actual visitation will be assessed using a new scale, the Nonresident Father Leisure Constraint Scale (NFLCS), based on selected questions from Jackson (1993), Kay and Jackson (1991), McGuire (1984), Raymore, et al. (1993), and Witt and Goodale (1981). These questions will be modified to suit the nonresident father population.
5. Leisure facilitators will be assessed using a new scale, the Nonresident Father Leisure Facilitator Scale (NFLFS) based from a list of facilitating circumstances

suggested by Raymore (2002) and modified to fit the nonresident father population.

6. A nonresident father's satisfaction of leisure participation with his child(ren) will be assessed with the Family Leisure Satisfaction Scale (FLSS) (Zabriskie & McCormick, 2003).
7. Data collection will begin September, 2005 and continue until 100 fathers complete the questionnaire.

Limitations

The results from this investigation will be interpreted considering the following limitations:

1. Family leisure patterns will only be measured using the FLAP. It asks about frequency and duration of involvement in specific categories of activities. This tool does not allow fathers to describe additional forms of leisure that they may participate in with their child(ren).
2. Only fathers who visit their child(ren) will be included in this study.
3. Self-selection bias may affect the results.

Assumptions

1. Participants will accurately and honestly report recreational activities and the accompanying constraints they experience during visitation times.
2. The instruments are valid and reliable measures of the constructs central to this study.
- 3.

Hypotheses

The study was designed to test the following null hypotheses:

1. There is no relationship between leisure constraints and a nonresident father's satisfaction with family leisure involvement.
2. There is no relationship between leisure facilitators and a nonresident father's satisfaction with family leisure involvement.
3. There is no relationship between leisure constraints and family leisure patterns among nonresident fathers.
4. There is no relationship between leisure facilitators and family leisure patterns among nonresident fathers.

Definitions of Terms

The following terms are defined to clarify their use in the study:

Custody— The legal right and responsibility awarded by the court for the care of the child(ren) (*Lexicon law library*, (n.d.).

Divorce— The action or an instance of legally dissolving a marriage (*Lexicon law library*, (n.d.).

Family leisure—Free-time activities that occur between the nonresident fathers and their child(ren) (Shaw & Dawson, 2001).

Interpersonal barriers—“The results of interpersonal interaction or the relationship between an individual's characteristics” (Crawford & Godbey, 1987, p. 123).

Interpersonal facilitators—“Individuals or groups that enable or promote the formation of the leisure preferences and encourage or enhance participation in leisure” (Raymore, 2002, p. 43).

Intrapersonal barriers—“Involve individual psychological states and attributes which interact with leisure preferences” (Crawford & Godbey, 1987, p. 122).

Intrapersonal facilitators—“Individual characteristics, traits and beliefs that enable or promote the formation of leisure preferences and that encourage or enhance participation in leisure” (Raymore, 2002, p. 42-43).

Joint custody— Where the child(ren) live with the residential custodian and visit with the nonresidential parent. Both parents have an equal say in major decisions affecting the child(ren) can only be made with notice and consent (*Lexicon Law Library*, (n.d.)).

Leisure constraints—“Factors that are perceived or experienced by individuals to limit the formation of leisure preferences and to inhibit or prohibit participation and enjoyment of leisure” (Kay & Jackson, 1991, p. 279).

Leisure facilitators—“Factors that are perceived or experience by individuals to enable or promote the formation of leisure preferences and to encourage or enhance participation” (Raymore, 2002, p. 39).

Nonresident father— Divorced fathers who do not reside with their child(ren) (Davis & Perkins, 1996).

Paternal involvement—The degree to which the father interacts with his child(ren) (Day & Lamb, 2004).

Residential parent— Following divorce, the residential parent is the individual the child(ren) primarily lives with the majority of the time (*Lexicon law library*, (n.d.).

Structural barriers— Represent constraints as they are commonly conceptualized, as “intervening factors between leisure preference and participation” (Crawford & Godbey, 1987, p. 124).

Structural facilitators— “Social and physical institutions, organization or belief systems of a society that operate external to the individual to enable or promote the formation of leisure preferences and encourage or enhance participation in leisure” (Raymore, 2002, p. 43).

Visitation schedule—An arrangement agreed upon by the parents and or organized by the courts outlining when the nonresidential parent may see the child(ren) (*Lexicon law library*, (n.d.).

Visitation— The right of the noncustodial parent to see the child(ren) (*Lexicon Law Library*, (n.d.).

Chapter 2

Review of the Literature

The problem of the study is to determine the leisure patterns of nonresident fathers with their child(ren) as well as to identify constraints on and facilitators to their family leisure involvement. A second problem is to determine a nonresident father's satisfaction with family leisure in conjunction with the leisure constraints and leisure facilitators he experiences during his visitation time with the child(ren). In order to meet the purposes of this study the following literature is discussed: divorce and characteristics of nonresident fathers, past models used to understand nonresident paternal involvement following divorce, leisure constraints theory, leisure constraints nonresident fathers experience following divorce, leisure facilitator's theory, leisure facilitators experienced by nonresident fathers following divorce, family leisure patterns, and satisfaction with family leisure involvement. A summary of the review of literature is at the end of the chapter.

Divorce and Characteristics of Nonresident Fathers

Divorce is defined legally as "the dissolution of a marriage contracted between a man and a woman by the judgment of a court of competent jurisdiction or by an act of the legislature" (Lexicon law library, n.d). There are two types of legal divorce, the first is called *a vinculo matrimonii* the second is known as *a mensa et thoro*. The type of divorce granted by the courts is dependent upon the reason the couple wishes to separate.

The first type of divorce, *a vinculo matrimonii*, is granted if (a) one of the parties is currently married, thereby constituting polygamy or polyandry, (b) the parties married

are near blood relatives, specifically anything closer than one's second cousin, constituting consanguinity, (c) the marriage was to a brother-in-law, constituting affinity (this law exists only in some states), (d) one of the parties is incapable of having child(ren) or in other words impotent, (e) one of the parties is mentally incapable of agreeing to the marriage, or (f) the marriage agreement was entered into in consequence of fraud. If none of these scenarios exist, a marriage can still be dissolved under the first definition if certain behavioral issues arise following the marriage such as adultery, cruelty, willfully and maliciously leaving the spouse for a period of time (as defined by state law), or being convicted of a felony or being a fugitive (*Lexicon law library*, n.d).

The second type of divorce, *a mensa et thoro*, is granted if the reason for divorce does not fall under the definition of the first type of divorce. Typically these reasons are known as "no-fault divorce" and include boredom, falling out of love, inconvenience, or if the parties do not wish to specify the cause (*Lexicon law library*, n.d). Historically, this second type of divorce was not religiously recognized. Both types of divorce are recognized today, with no-fault divorces accounting for the majority of all divorces annually in the United States (Nakonezny, et al., 1995).

Most statistics on divorce reflect both definitions. In the United States, divorce has significantly increased over the past 30 years. During the 1970s divorce rates hovered around 12%. By 1996 divorce rates had more than doubled to 26%, and by 2002 the U.S. Census bureau reported that just over 40% of all marriages end in divorce (U. S. Census Bureau, 2002).

Following divorce, custody arrangements are designated for families with child(ren). These arrangements vary from state to state due to the differences in legislation within each state. The Nolo Law Center defined both physical and legal custody arrangements:

In 20 states custody is split into two types, physical custody and legal custody.

Physical custody refers to the responsibility of taking care of the child(ren), while legal custody involves making decisions that affect their interests (such as medical, educational and religious decisions). In states that don't distinguish between physical and legal custody, the term "custody" implies both types of responsibilities (Nolo, n.d., p.1).

Nationally, joint custody arrangements are increasing as a percentage of total custody arrangements (Sutton, 2004). Joint custody arrangements are a common settlement, except in situations where one parent is legally incompetent. Although joint custody parents share the technicalities of raising their child(ren), it is difficult to share complete caretaking when the parents live apart. Some states have tried residence sharing solutions giving the parents equal time to reside with the child(ren). In these cases the child(ren) move in and out of their mother's house to go to the father's house and visa versa. In some cases this arrangement has been found to have detrimental effects on the child(ren) (Braver, Fabricius, & Ellman, 2003). Therefore, the majority of courts favor the assignment of one parent, as the residential parent, and this parent is typically the mother (Pasley & Braver, 2004).

Research indicates that many courts favor residency with the mother. The father is the nonresident parent about 80% of the time or more (Pasley & Braver, 2004). This pattern suggests a possible cultural bias toward mother caregivers or a bias toward plaintiffs in divorce cases where nearly two thirds of all cases of divorce are filed by women (Braver, Cookston, & Cohen, 2002; Brinig & Allen, 2000).

The tendency of divorce courts to favor maternal residence may have an effect on the rate of divorce (Brinig & Allen, 2000). According to Brinig and Allen (2000), women were more likely to file for divorce when courts favored maternal residency. In states where joint custody arrangements were more likely, divorce rates were lower. Consequently, the number of nonresident fathers continues to increase nationally (Forste, 2002).

Nonresident fathers represent a growing number of men in the United States. Recently, The Urban Institute (2000) published a document with information regarding demographic characteristics of nonresident fathers. Their report showed that the ages of nonresident fathers followed a normal distribution; approximately 11% are between the ages of 15 and 24 years old, 35% are between 24 and 34 years, 42% range from 34 to 44 years old, and 11% are from 44 to 54 years old, and 1% of nonresident fathers are over 55 years of age. Approximately 58% are white, followed by 27% black, 13 % Hispanic, and 2% of nonresident fathers classify themselves as “other.” Most nonresident fathers have a low level of education. Twenty-five percent of nonresident fathers do not have a high school diploma, 45% have only a high school diploma or have completed the GED, and 30% have attended some college. These statistics do not indicate what percentage has a

college degree or advanced degree. These statistics are somewhat below the national average for education. As a result, most nonresident fathers do not have a very high income, the average nonresident father earns approximately \$26,000/year (Sorenson & Wheaton, 2000).

Studies show most nonresident fathers, across all demographics, begin visiting their child(ren) directly following divorce. This visitation quickly begins to taper off (Furstenber & Cherlin, 1991, as cited in Davis & Perkins, 1999; Seltzer, 1991) resulting in nearly 80% of nonresident fathers not visiting their child(ren) after five years of their divorce (Blankenhorn, 1995). Those who do continue to visit their children tend to visit much less frequently than the initial visitation agreement (Blankenhorn, 1995; Davis & Perkins, 1996; Stewart, 1999).

Consequences of divorce. The consequence of divorce within families has been the subject of numerous studies. Effects of divorce include, but are not limited to children experiencing long lasting effects into adulthood; children experiencing emotional, social, and academic difficulties; and increased conflict with parents following divorce.

Amato and Booth (1997) found that in most cases the effects of divorce were more harmful and long lasting than the effects of the conflict which gave rise to the parents' separation. They suggested that abusive homes (physical, sexual, and/or emotional) were the only appropriate situations for divorce.

In order to examine the long term consequences of divorce, Wallerstein (2000) conducted the longest longitudinal study on divorce to date. Starting her study in the 1970s, Wallerstein followed over 130 children from divorced families for 25 years. She

noted similarities among the participants as they searched for identity, dated and married, raised children, and in some cases became divorced themselves. Wallerstein developed a term called the “sleeper effect.” She used this term to describe a pattern where suppressed feelings and thoughts that the children experienced during divorce eventually emerged during adulthood. She noted that participants either worked through their feelings or continued to suppress them. Many of the participants fell into patterns that mirrored that of their parents, experiencing an inability to commit to a spouse and resorting to divorce. This study showed life long effects of divorce that had not been captured in earlier cross-sectional studies.

Children who experienced the divorce of their parents often had other challenges besides the emotional difficulties outlined in Wallerstein’s (2000) study. Effects of divorce also can be seen in a child(ren)’s social and academic settings. In 1991, Amato and Keith conducted a meta-analysis of 92 studies related to the impacts of divorce on children. Over 13,000 children ranging from preschool to young adulthood were included in the studies examined for the meta-analysis. Statistics confirmed that children from divorced families had more difficulty in school, more behavior problems, more negative self-concepts, more problems with peers, and more trouble getting along with their parents.

A child with an involved father, however, is more likely to effectively cope with the problems associated with experiencing a separation of parents (Menning, 2002). Menning found that children who had fathers who stayed involved in their lives after divorce performed better academically than those whose fathers had little or no contact.

The general conclusion to be drawn from these studies is that sustained involvement of nonresidential fathers is a desirable outcome as measured by achievement indicators of children.

Despite this well documented incentive for nonresidential fathers to be actively engaged in the lives of their child(ren) (Menning, 2002), often fathers do not continue to involve themselves in the lives of their child(ren) (Blankenhorn, 1995; Davis & Perkins, 1999). Of the small percentage who do stay involved, (20% within a five year period (Blankenhorn, 1995)) limited research has examined the interaction that takes place between a nonresident father and his child(ren).

Review of Nonresident Father Involvement Models

Most models of nonresident father involvement inadequately address what actually occurs during visitation times (Stewart, 1999, 2003). Menning (2002) states, Most studies of the effect of nonresident parents on their child(ren) have been restricted to measures of parent/ child contact. The lack of significances of contact in these models may be due to the use of unrefined measures. After all, parent/ child contact does not by itself indicate that any activity takes place between the parents and child...it says nothing about the denseness of the activity within the block of time that contact occurs (p. 651).

Stewart (1999) found nonresident parents tend to engage in leisure activities with their child(ren) during visitation times or they do not visit. Stewart's examination of nonresident parents and their activity choices with their children is one of the few research articles examining the role of leisure and parental involvement. Stewart's

classifications of leisure activities were limited to only a few choices, however, and the selection of activities was not based on leisure theory. In addition, Pasley and Braver (2004) request that “new measures must do more to tap the recreational dimension of divorced fathers who see their children” (p. 236).

By applying leisure theory to examine (a) leisure constraints, (b) leisure facilitators to a nonresident fathers involvement, (c) leisure activities between a nonresident father and child(ren), information concerning the “recreational dimension” of visitation patterns between a nonresident father and their involvement may be better understood.

Leisure Constraints

Leisure constraints have been an area of focus within leisure research since the 1960's (Ferriss, 1962; Mueller, Gurin & Wood, 1962, as cited in Crawford, et al., 1991). The majority of the early research related to leisure constraints was empirical but without a conceptual framework to guide researchers (Jackson, 1988). The primary purpose of early leisure constraints research was to aid leisure programmers by identifying leisure barriers in hopes of increasing participation (Iso-Ahola & Mannel, 1985). This thinking supported the assumption that barriers prevented participation, and eliminating such barriers would likely lead to participation in desired leisure activities (Crawford & Godbey, 1987). In order to identify such barriers, researchers created detailed lists of constraints that may be related to the desired activity (Jackson). This method proved ineffective because it was impossible to identify all constraints experienced by participants.

During the 1980s, constraints frameworks were refined. In 1981, Iso-Ahola created “the first conceptual model of barriers to leisure participation” (Crawford & Godbey, 1987, p. 120). It was later revised in 1985, but was limited to examining leisure barriers from an individual perspective, examining internal thinking, values, and the cost/benefit analysis one should experience. Despite its strengths it did not present a model that could be used with a wide variety of populations; therefore, its use became limited.

In 1987, Crawford and Godbey created a conceptual model and theoretical framework for analyzing leisure constraints from both an individual and familial or group orientated perspective. They proposed that barriers should not be characterized as “insurmountable determinants” rather “influential... in affecting leisure preference and participation” (p. 122). This new perspective contributed to the leisure field an idea which enabled researchers to examine participation in lieu of constraints.

Contemporary leisure research defines leisure constraints as, “factors that are assumed by researchers and perceived or experienced by individuals to limit the formation of leisure preferences and to inhibit or prohibit participation and enjoyment in leisure” (Jackson, 1991, p. 279). This definition captures “the entire range of reasons for behaviors such as leisure nonparticipation, ceasing participation, etc.” (Jackson, 1988, p. 203). Organization of the “range of reasons” has been classified into three categories of intrapersonal, interpersonal, and structural barriers. By using these categories, researchers can more systematically examine the interaction between barriers as well as the impact of the barriers on leisure participation and enjoyment.

Intrapersonal barriers examine the individual without outside influences. Crawford and Godbey (1987) define intrapersonal barriers to “involve individual psychological states and attributes which interact with leisure preferences” (p. 122). Specific examples of intrapersonal barriers to leisure include “stress, depression, anxiety, religiosity, kin and non-kin reference group attitudes, prior socialization into specific leisure activities, perceived self-skill, and subjective evaluations of the appropriateness and availability of various leisure activities” (p. 122). These barriers are experienced at an individual psychological level and are capable of being modified over time (Crawford & Godbey).

Interpersonal barriers examine the individual in conjunction with other individuals to determine how parties establish leisure preferences. Crawford and Godbey (1987) characterize interpersonal barriers as, “the results of interpersonal interaction or the relationship between an individual’s characteristics” (p. 123). Examples of interpersonal barriers include conflict between individuals who have different or the same leisure preference, lack of a partner, or too many family obligations (Crawford & Godbey).

Interpersonal barriers may also include “spousal interaction,” in addition to “parent/ child relationships within the family system” (Crawford & Godbey, 1987, p. 123). This perspective is especially important when examining families that have experienced divorce because it addresses the multi-interaction that occurs between family members.

Structural barriers are outside influences affecting leisure preference. Examples include family life cycle stage, family financial resources, season, climate, scheduling of work time, availability of opportunity, and knowledge of such availability (Crawford & Godbey, 1987). Historically, most barriers identified in leisure research have been structural barriers. This may be attributed to the fact that they are the most easily identifiable. For instance, “I couldn’t go because I didn’t have enough money!” or “I didn’t ski much last winter because there was so little snow” represent types of responses common in leisure research examining nonparticipation.

By addressing intrapersonal, interpersonal, and structural constraints on leisure, researchers can understand nonparticipation from a multidimensional perspective. Although each type of constraint can operate independently, they often interact with each other. For instance, feelings of anger (intrapersonal) may spark a rude comment to a family member that affects the interpersonal relationship. As a consequence of the rude comment, a parental figure may step in and withhold money or transportation to an activity the individual wished to participate in.

Crawford and Godbey (1987) recommend further modification of the Leisure Constraints model to explore “other lines of leisure research such as the impact of stress of crisis upon family participation in leisure activities” (p. 125). One area of crisis impacting the American family is divorce. Following divorce, most nonresident fathers visit their child(ren) in a leisure setting (Stewart, 1999). Therefore, a leisure perspective must be applied in order to evaluate the relationship between a nonresident father and child(ren) during visitation time.

Leisure Constraints Nonresident Fathers Experience Following Divorce

Because fatherhood has attracted increased attention over the past decade, almost every barrier identified by Crawford and Godbey's (1987) Leisure Constraint model has been independently identified and found significant to nonresidential paternal involvement with their child(ren). For instance, Leite and McKenry (2002) researched constraints associated with a father visiting a child(ren) after divorce and identified, (a) geographical distance, (b) co-parental conflict, (c) importance ascribed to father role, (d) role satisfaction, and (e) institutional role clarity as factors indicative of paternal involvement. The significance of these independent findings supports the analytical framework of the Leisure Constraints Model because each area within the Leisure Constraints Model (intrapersonal, interpersonal, and structural) currently has supporting evidence of the reality of these constraints in the lives of nonresident fathers.

The rest of this section examines research addressing constraints specifically pertaining to nonresident father's visitation patterns. Organization of the content follows the hierarchal model of leisure constraints proposed by Crawford, et al., (1991).

Intrapersonal constraints. Intrapersonal barriers discussed in this section have been found to be significant pieces to understanding the "intrapersonal." These pieces include one's psychological state, personal attributes, stress, anxiety, religiosity, kin and non-kin reference group attitudes, and one's perceived level of skill to visit their child(ren) (Jackson, 1993; Kay & Jackson, 1991; McGuire, 1984; Raymore, et al., 1993; Witt & Goodale, 1981).

One's psychological state profoundly affects thinking, which in turn affects behavior (Deckers, 2001). Upon divorce, a nonresident father experiences a loss as he is separated from his family and previous place of residency. This loss begins the grieving process (Carter & McGoldrick, 1999; Kruk, 1994; Rettig & Leichtentritt, 2001). Cohen (1998, p. 200) depicts the grieving process of nonresident fathers:

The process is marked by depression and a sense of loss, constant worry or yearning for their children, and feelings of loss of paternal influences and daily routine with their children. In some cases, there are also feelings of guilt; isolation and emptiness, sometimes covered up by a façade of coping and strength, these hardships are common across the gamut of divorced noncustodial fathers.

Other stages of the grieving process include bargaining, (i.e. perpetual litigation, and battling over custody/ residency arrangements (Cohen, 1998)), anger, and denial (Kassin, 2004).

In addition to experiencing symptoms of the grieving process, some fathers may suffer from psychological disorders and the symptoms may be amplified upon the termination of their marriage. Cohen (1998) examined parental narcissism and the disengagement of the noncustodial father after divorce. His findings place nonresident fathers with this psychological disorder in an extremely fragile and vulnerable place. Because narcissism is an exaggerated perception of one's perfection that results in a love of one's self, to forgive or even change one's actions is extremely difficult because the nonresident father does not believe or even see an error on his part. By relegating such

responsibility to others, narcissistic fathers neglect and quickly disengage from their family following divorce.

Narcissism is only one of many psychological disorders that nonresident fathers may experience. Whether one's psychological state is temporal, like the grieving process or chronic, one's psychological state of mind greatly affects the intra-person, which ultimately affects one's behavior (Kassin, 2004).

One's thought pattern also encompasses personal attributes that affect behavior. Personal attributes are believed to be made up of two parts: one's innate traits, and one's environmental experiences (Kassin, 2004). Innate personality traits within a nonresident father that may constrain visitation include stubbornness, idleness, haughtiness, forgetfulness, and so on. Environmental experiences create learned perceptions and reactions that may also constrain the inner person. These include being shy, immature, aggressive, and the characteristics listed under innate traits. The difference within these personal attributes is the origin of the thought pattern/behavior (Kassin, 2004).

Stress and anxiety are also barriers contributing to intrapersonal constraints within the nonresident father. It has been said that "divorce is ranked at the top of the list of stressful life events" (Carter & McGoldrick, 1999, p. 385). During divorce, stressors amplify as the family adjusts from a "nuclear to a binuclear form" (p. 385). The family must negotiate custody, visitation, and financial circumstances. These battles are intensified through the "ambiguity" related to divorce (Boss, 1983; Boss & Greenberg, 1984, as cited in Carter & McGoldrick, 1999). Often family members do not know or are fearful of what will happen to them—this can be especially frightening for child(ren).

When a father visits his child(ren), impressions and perceptions are formed between the child(ren) and father. Usually a nonresident father wants to have approval from his child(ren). Stewart (1999) found that a nonresident parent's behavior to "spoil" his or her child(ren) during visitation is not a result of one's gender; it is the result of the disadvantage they feel to bond with the child(ren) due to their nonresident status. Toys, candy, and gifts are used by the nonresident parent to compensate for lost time—this is also indicative of the stress and anxiety a nonresident father feels by his desire to be approved of by his child(ren) (Wilbur & Wilbur, 1988, as cited in Stewart, 1999).

Likewise, a nonresident father's religiosity may also be affected by the approval he feels from his Supreme Being or religious reference group. Studies have found that church attendance decreases among divorced couples when compared to married couples (Mahoney, Pargament, Tarakeshwar, & Swank, 2001). As a result, divorced couples reported lower spirituality (Mahoney, et al., 2001). Lower levels of religiosity may be due to nonresident fathers feeling conquered by the divorce and no longer wanting to believe in a Supreme Being. Nonresident fathers may also feel uncomfortable with their fellow church members, and choose to disassociate themselves by decreased church attendance.

The importance of reference group attitudes is a key factor of intrapersonal barriers; kin or nonkin reference group attitudes may affect the thoughts, feelings and perceptions of a nonresident father. Non-kin reference groups include an organization one belongs to that does not include family members. If a nonresident father perceives his actions are not in harmony with the attitudes from these reference groups, he may

disassociate himself from them if he feels rejected or treated differently (Gaudette, n.d.). Kin reference groups include family and extended family from both sides of the divorced family. The attitudes of these family members can play a significant role in a nonresident father's attitude about visiting (Gaudette). If remarriage occurs, additional family members' attitudes will begin to shape the behavior of the nonresident father, mother and child(ren) (Manning, Stewart, & Smock, 2003).

A child's attitude about his nonresident father also plays a critical role concerning a father's visitation (Wilbur & Wilbur, 1988, as cited in Stewart, 1999). If a father perceives that his child(ren) wishes him to visit he is more likely to visit than if he perceives that the child(ren) does not wish him to come or that the child(ren) dislikes the father (Cohen, 1998; Lee, 2002).

Researchers have also found that fathers who perceived themselves to be more skilled at childcare were more involved in childcare and leisure with their child(ren) (McHale & Huston, 1984; as cited by Sanderson & Sanders-Thompson, 2002). Unfortunately, after divorce a father's perception of his abilities and skills pertaining to family interaction may be reduced and even questioned.

In addition, transitioning from the position of a resident father to a visiting father creates unfamiliar circumstances that may decrease a father's perceived ability to be a good dad. This decreased perception may result in decreased frequency of contact with the child(ren) (Sanderson & Sanders-Thompson, 2002).

Interpersonal constraints. Crawford and Godbey (1987) identify interpersonal constraints as the result of an interaction between individuals. They suggest that such

barriers are either “the product of the intrapersonal barriers which accompany spouses into the marital relationship... or those barriers which arise as the result of the spousal interaction” (p.123). Both marital relationships and parent-child relationships were identified by these authors as key figures regarding family recreation and interpersonal constraints (Crawford & Godbey).

Researchers suggests that the relationship a father has with his ex-wife and child(ren) affects father’s visiting patterns following divorce (McLanahan & Sandefur, 1994 as cited by Menning, 2002; Rettig & Leichtentritt, 2001). Lee (2002) found that conflict between a nonresident father and his ex-wife decreased the likelihood of a father visiting his child(ren).

The relationship between the nonresident father and child(ren) is also an important factor. McKenry and Price (1992) determined that nonresident fathers were more likely to visit if they “perceived that they had an influence on their child(ren)’s life” (p. 5). Fathers also reported feeling that if the child(ren) wanted to see them and if they felt they were needed, they were also more likely to visit (Lee, 2002).

Approximately three-fourths of nonresident fathers remarry or cohabitate 3-5 years after divorce (Blankenhorn, 1995; Manning et al; McKenry & Price, 1992). Furthermore, nearly half of all nonresident fathers have more than one set of nonresident children to visit; and these numbers are believed to be conservative because nonresident fathers have a higher likelihood of underreporting children they are no longer with (Manning et al.). Hence, nonresident fathers who remarry must also negotiate with a new

family and possibly new child(ren). Consequently, most nonresident fathers who remarry decrease or cease visitation with the divorced family (Manning et al., 2003).

Structural constraints. Structural constraints are “intervening factors between leisure preference and participation” (p.124). They may include family life-cycle stages and changes, family financial resources, seasons, climate, scheduling of time, location, transportation and any physiological barriers participants may be experiencing (Jackson, 1993; Jackson & Rucks, 1995; McGuire, 1984; Raymore, et al., 1993; Witt & Goodale, 1981). Nonresident fathers experience an array of these barriers upon divorce as financial resources are depleted, time is placed on a visitation schedule, and a nonresident father’s location of residence tends to change.

Changes in the family system due to divorce create barriers for nonresident fathers who do not know what to expect from the divorce. When divorce occurs there is a lack of clarity regarding who is in and out of the family system. Ahrons and Rodgers (1987) believe this change in roles to be the most difficult task faced by families during divorce. A father’s post divorce definition of his fathering role often remains tied to his residential fatherhood identity (Leite & McKenry, 2002) This may create an identity crisis for the father, as he strives to define his role within the family. If nonresident fathers do not understand their role within the family system, such frustrations may contribute to lower visitation (Carter & McGoldrick, 1999; Cohen, 1998; Greif, 1996).

A nonresident fathers’ financial situation likely influences leisure with his child(ren). Research suggests three ways that money may serve as a leisure constraint to nonresident fathers. First, financial resources are often depleted during divorce; an

average divorce costs about \$30,000 (Runkel, 2005). Divorce is expensive, and may leave the nonresident parent financially bitter (especially if left with most of the legal fees and child support obligations).

Second, researchers suggest that there is a strong association between a father who visits his child(ren) and a father who pays child support for one or more child (Menning, 2002). Fathers who have a lower income are less likely to pay child support (Miller, 2001). Because child support is a legal responsibility for the nonresident parent after divorce, if a father chooses not to (or cannot) pay this money to his family, confrontation concerning payment can occur during visitation. This situation can embarrass, frustrate both parents, and present opportunities for the mother to sue her ex-husband for nonpayment.

A third level of nonresident fathers' finances associated with visitation occurs during visitation. Stewart (1999) reports nonresident parents' tendencies to "buy children with money and gifts" (p. 540), as a means to compensate for lost time with their child. Stewart suggests that nonresident parents feel "guilt" (p. 542) for their absence and buying gifts helps to alleviate such feelings. From this perspective, if a nonresident father does not have extra money to dote on their child(ren), visitation may be negatively impacted through guilt.

Season and climate may also affect a nonresident father's ability to visit. For instance a winter blizzard may prevent a visitation because of unsafe road conditions. In addition, certain seasons may be more difficult than others to visit. Very little (if any)

research has been done investigating missed visitation in conjunction with the season or climate.

Time is also a constraint placed on nonresident fathers during visits. A nonresident father has a limited amount of time that can be shared with his child(ren). Sanderson and Sanders-Thompson (2002) stated, “there is a continuing need to address fathers’ time spent with children, as an important aspect of fathering” (p. 101). Because visitation time is agreed upon by the nonresident fathers, fathers must maneuver other priorities around this given time in order to visit. Nonresident fathers cannot come home to their child(ren) like resident fathers, thus making it more difficult to create quality time. Cohen (1998) states, “Fathering must be squeezed into short meetings under strained, artificial circumstances, which place great hurdles in the way of more than superficial contact” (p. 200).

Researchers have frequently demonstrated that there is a strong relationship between the degree of “geographic separation” between fathers and their child(ren) and levels of nonresidential father involvement with child(ren) (Leite & McKenry, 2002; McKenry & Price, 1992). If a nonresident father lives too far away he experiences a leisure constraint because he cannot spend as much leisure time with his child. This may be attributed to the time it takes to get from one place to another, in addition to the feasibility of traveling often and continually to maintain a strong visitation pattern. Again, long distances between a nonresident father and child(ren) appear to constrain visitation.

Research also suggests that nonresident fathers who have not remarried tend to live nearby following divorce. In the case of remarriage, however, it is likely that the father will move further away from his child(ren) (McKenry, McKelvy, Leigh & Wark, 1996, as cited in Rettig & Leichtentritt, 2001). Remarriage, and the potential of moving further away, may compound a nonresident father's ability to visit (McKenry, McKelvy, Leigh & Wark, 1996, as cited in Rettig & Leichtentritt, 2001).

Although most fathering literature does not discuss a nonresident father's mode of transportation during visitation; the lack of transportation should be recognized as a potential constraint. Nonresident fathers who do not possess a mode of transportation or the financial means to travel from one place to another may not have the option of visiting as frequently as they desire.

A nonresident father's physical health is important, because health enables the father to see their child(ren). If a father is sick or has a disability that prevents them from seeing his child(ren), this places visitation responsibility into the mother or child(ren)'s hands. Neville and Parke (1997) discussed the barriers of failing health, or an inability to physically play with their child(ren) that older fathers face when fatherhood does not begin until the thirties and forties. Because an increasing number of couples are delaying marriage until later in life (U.S Bureau of the Census, 1989, as cited in Neville & Park, 1997) the probability of a nonresident father's physical health becoming a barrier is increasing.

Leisure Facilitators

The concept of leisure facilitators emerged in response to attempts to explain participation or nonparticipation using only leisure constraints models (see Figure 1). A constraints framework for explaining leisure behavior has “shaped leisure research in such a way that it is [was] now difficult to adopt alternative explanations of participation” (Raymore, 2002, p. 37). Therefore, Raymore proposed the concept of leisure facilitators (see Figure 2).

Leisure facilitators have been defined as “factors that are assumed by researchers and perceived or experienced by individuals to enable or promote the formation of leisure preferences and to encourage or enhance participation” (Raymore, 2002, p. 39). Although “facilitator” is an antonym for “constraint”, leisure facilitators typically do not directly oppose leisure constraints. For instance, body image has been identified as a constraint directly associated with swimming and associated with decreased participation in swimming (James, 2000). A good body image, however, has not been associated with increased participation in swimming. If facilitators directly opposed leisure constraints then those with a good body image would have increased their participation in swimming (Raymore). Raymore suggests that facilitators are much more than the motivation to do something. Rather facilitators are a “condition that exists, whether internal to the individual, in relation to another individual, or to some societal structure that enables participation” (p. 43).

Raymore (2002) uses the model proposed for leisure constraints by Crawford et al. (1991) to categorize the three types of leisure facilitators. Intrapersonal facilitators are

“individual characteristics, traits and beliefs that enable or promote the formation of leisure preferences and that encourage or enhance participation in leisure” (pp. 42-43). Examples can be seen in one’s personality type and attributes, self efficacy, and past experiences.

Interpersonal facilitators are “those individuals or groups that enable or promote the formation of the leisure preferences and encourage or enhance participation in leisure” (Raymore, 2002, p. 43). Examples of these types of facilitators include friends, encouragement from family members, teachers, co-workers and associates, club membership, and religious organizations.

Structural facilitators are “social and physical institutions, organizations or belief systems of a society that operate external to the individual to enable or promote the formation of leisure preferences and encourage or enhance participation in leisure” (Raymore, 2002, p. 43). Of the three types of facilitators Raymore suggests, structural facilitators may most directly oppose coinciding structural constraints. For instance, the presence of a recreational building facilitates participation, while the absence constrains it. Other examples of facilitators are money, ethnicity, gender, and social economic status.

Leisure Facilitators Nonresident Fathers Experience Following Divorce

Research examining variables that help a nonresident father visit his child(ren) fit into the leisure facilitator perspective. Examples of facilitators include positive associations between nonresident fathers with higher incomes and visitations with their child(ren) (Sorenson & Wheaton, 2000). Fathers are also more likely to visit if they have

positive attitudes toward visiting (McKenry & Price, 1992; Rane & McBride, 2000) and have less conflict with their ex-wife and child(ren) (Lee, 2002; McKenry & Price).

Leisure facilitators will be discussed within categories of intrapersonal, interpersonal and structural facilitators.

Intrapersonal facilitators. Intrapersonal facilitators, as suggested by Raymore (2002), include positive individual characteristics (i.e. optimism, confidence, dedication and resiliency), past experiences, and self-efficacy. Research has demonstrated that fathers possessing positive intrapersonal qualities cope better with the divorce process (Selzer & Bianchi, 1988 as cited by McKenry & Price, 1992). For instance, McKenry and Price (1992) find “positive attitudes toward parenting make it easier for the [nonresident] father to define himself as an important part of his children’s family (p. 5).” Rane and McBride (2000) find fathers who identified “fathering” as a central part of their identity were increasingly more involved with their child(ren). Similarly, Rettig and Leichtentritt (2001) find a positive relationship between a father’s social-psychological well-being and involvement in their child(ren)’s activities.

Past experiences that may affect a nonresident father’s perception of visitation could be personal or vicarious. For instance, a nonresident father may have had a father who also experienced divorce and either always visited them as a child(ren) or rarely visited them. Past experiences may also be vicarious through a friend whose parents were divorced, or simply learning about divorce in school. These experiences may facilitate a nonresident fathers desire to visit his child(ren) (D. Seamons, personal communication, February 16, 2005).

A nonresident father with a high level of self-efficacy dedicated towards visiting their child(ren) believes they can visit, and understands the logistics of how to visit. Self-efficacy “refers to beliefs in one’s capabilities to organize and execute the courses of action required to produce given attainments” (Bandura, 1997, p. 3); therefore, positive self-efficacy in relation to fathering would appear to facilitate visitation.

Interpersonal facilitators. Interpersonal facilitators are similar to interpersonal constraints, but much broader. Instead of examining the interaction between the individuals directly involved, Raymore (2002) divides interpersonal facilitators into four sections: peers, authority figures, family and strangers. Specific research examining interpersonal facilitators and nonresident paternal involvement has not been conducted. However, according to Raymore (2002) “any group or individual that promotes, enhances, and encourages [visitation], aids in the facilitation process” (p. 46).

Structural facilitators. Structural facilitator’s directly oppose structural constraints yet structural constraint research supports structural facilitator theory. For example, the absence of a leisure facility may be viewed as a structural constraint while the presence would be viewed as a structural facilitator. Some structural facilitators include family financial resources, seasons and climate, scheduling of time, location, transportation and physical health. In the example of nonresident fathers visiting their children, sufficient finances, adequate transportation to visit the child(ren), and good health may all facilitate higher levels and a higher frequency of visitation.

Additional financial resources facilitate involvement with nonresident fathers by helping nonresident fathers who wish to pay child support but cannot. Parents Fair Share

(PFS) is one of many organizations focused on helping lower income nonresident fathers with finances. In 2001, their annual report stated, “bringing in low income noncustodial fathers to assess their eligibility for PFS increased child support payments. For the fathers who were eligible, PFS also increased child support payment rates” (Miller, 2001, p. 8). This organization also reported that “as a result of PFS, some parents took on a more active role of parenting—primarily, those who had been least likely to visit when the program began” (p. 8) If fathers were to receive other monies, funds could be spent on the child(ren) during visitation time to help alleviate feelings of guilt, as identified by Stewart (1999). Funds could also assist lower income fathers who are faced with the legal payment of divorce.

No research regarding good weather and increased visitation has been done. However, if poor weather constrains visitation, fair weather may serve as a facilitator enabling a nonresident father to visit more frequently.

Some facilitators do exist concerning the scheduling of time. For example, the time allocated for visitation between the nonresident father and child(ren) has been established in advance, this enables both parties guaranteed time to see each other, and alleviates last minute scheduling conflicts. Because the time is set in advance, a nonresident father can choose to plan out activities that may be more meaningful. Likewise, the child(ren) and mother have something to depend upon during that scheduled time during the week.

Research has demonstrated that nonresident fathers who live in closer proximity to their child(ren) are more likely and able to visit (McKenry & Price, 1992). Therefore, the location of a father may facilitate visitation if the location is nearby the child.

Likewise, adequate transportation would also facilitate visitation. Although there is no research available to confirm this assumption, the lack of transportation would seem to constrain visitation meaning available transportation would facilitate visits.

If failing health is a constraint, then a healthy and able body likely facilitates visitation. A father can participate in activities with his child(ren) at every age range. In addition, the father will be capable of coming to visit the child(ren), leaving the responsibility of visitation up to him.

In summary, leisure constraints and leisure facilitators enable researchers to better understand participation and nonparticipation. Because nonresident parents tend to spend their visitation time with their children in a leisure setting, identifying leisure constraints and leisure facilitators enables researchers to better understand the nonresident parent's behavior to participate or not participate.

Family Leisure Patterns

Family systems theory maintains that “families are goal directed, self-correcting, dynamic, interconnected systems that both affect and are affected by their environment and by qualities within the family system itself” (Klein & White, 1996 as cited by Zabriskie and McCormick, 2001, p. 281). The complexity of families is difficult to understand, especially considering the various facets of activities families engage in, such as leisure, work, traditions and so on.

In order to examine the family system, researchers have developed various models and instruments. One popular model examining the family system is Olson's (2000) Circumplex Model of Marital and Family Systems. His model explains family functioning in terms of cohesion and flexibility (see Figure 3). Families who are both cohesive and flexible function at much higher level than families who are less cohesive and flexible.

This information enabled Zabriskie (2000) to develop the Core and Balance Model of Family Leisure (see Figure 4). This model highlights two categories of leisure activities: "core" and "balance". Core activities are associated with family bonding, and usually take place at home. These activities are inexpensive and often spontaneous, such as eating dinner together, playing games, and having snowball fights. Balance activities are associated with family adaptability because they enable family members to learn how to function in unusual circumstances and environments. These activities tend to be more novel and require more planning, time, and money. Activities such as family vacations, camping trips, and visiting amusement parks are common balance leisure activities (Zabriskie & McCormick, 2001).

Both core and balance activities are important for developing positive family functioning. Participating in one type of activity considerably more than the other will not render the positive outcomes of consistently participating in both (Zabriskie, 2000; Zabriskie & McCormick, 2001). In fact, families who participate in many core activities may be very cohesive; however, if they do not engage in balance activities the families may not experience a variety of challenges, or novel experiences together that help create

family flexibility. Likewise families who do not engage in core activities, but prefer to engage in balance activities, may experience chaos and frustration because family members are not used to interacting with each other (Zabriskie, 2000; Zabriskie & McCormick, 2001).

By gaining an understanding of the importance of both core and balance activities researchers will realize the importance of nonresident fathers engaging in both types of family leisure with their child(ren) during visitation times. Maintaining cohesion and flexibility with their child(ren) should create a healthy functioning relationship between the nonresident father and child, which may also be associated with higher satisfaction.

Satisfaction with Family Leisure Involvement

Researchers have experimented with variables related to life satisfaction. Findings mirror leisure satisfaction, and are the most indicative of an individual's life satisfaction (Riddick, 1986, as cited in Zabriskie & McCormick, 2003). Based on these findings, Zabriskie and McCormick stated,

Leisure plays a substantial role in an individual's life satisfaction and quality of life... [likewise] if leisure plays such an integral role in the life satisfaction and quality of life of an individual, it can be hypothesized that family leisure may also be a primary contributor to family satisfaction and quality of family life. (p.164)

In order to test this hypothesis, individual family members were given family leisure profiles and family satisfaction scales; findings indicated that family leisure was positively associated with family satisfaction (Zabriskie & McCormick, 2003).

This information further stresses the importance of adequate leisure following divorce; in order to obtain family satisfaction for both the nonresident father and child(ren) family leisure must take place. This logic is compounded by Zabriskie and McCormick's discovery that there is a negative relationship between families who had a history of divorce and satisfaction with family life. "Both the youth and the parents reported having significantly lower levels of satisfaction with their family life if they had ever experienced divorce in their family, whether it was a current situation or if it had happened in the recent or even distant past" (p.183). These findings suggest to researchers that nonresident fathers may be more susceptible to lower levels of satisfaction with family life, due to divorce and limited access to leisure time with their family.

Summary of the Literature

As divorce has increased over the last century, more nonresident fathers are in a position to visit their child(ren). Such visitation tends to occur almost entirely in a leisure setting (Stewart, 1999). Little research exists, however, examining the constraints on and facilitator's to nonresident fathers' visitation and leisure with their child(ren).

In addition, identifying core and balance leisure activities enables researchers to better understand what occurs during visitation time and the associated benefits with the nonresident fathers selected activities. Because family leisure is associated with family satisfaction, it is important to examine both leisure activities and a nonresident father's satisfaction with these activities during visitation time.

Therefore, the main problem of the study is to determine the leisure patterns of nonresident fathers with their child(ren) as well as to identify constraints on and facilitators to their family leisure involvement. A second problem is to determine nonresident fathers' satisfaction with family leisure in conjunction with the leisure constraints and leisure facilitators he experiences during his visitation time with the child(ren).

Chapter 3

Methodology

The problem of the study is to determine the leisure patterns of nonresident fathers with their child(ren) as well as to identify constraints on and facilitators to their family leisure involvement. A second problem is to determine a nonresident father's satisfaction with family leisure in conjunction with the leisure constraints and leisure facilitators he experiences during his visitation time with the child(ren). The study will be conducted with the following steps: (a) selection of subjects, (b) design of the study, (c) selection of measurement tools, (d) pilot study, and (e) treatment of the data.

Selection of Subjects

Participants in this study will include at least 100 nonresident fathers living in the Washington D.C. area. The majority of nonresident fathers within the United States are between the ages of 30 and 50 years (Sutton, 2004). Particular attention during sampling will be given to select from within this age range when possible. In addition, the fathers who participate in this study will still visit their child(ren) through a visitation schedule organized by the parents and/or court arrangements.

Design of the Study

Nonresident fathers will be recruited through snowball sampling. Nonresident fathers who are interested will be given the option of completing the questionnaire online or a paper pencil version. Distribution of the questionnaire will occur through email or the researcher will personally deliver the paper pencil version to the interested individual. Each father's consent will be acquired through an informed consent statement that will

appear at the beginning of the questionnaire. Consent will be obtained online by allowing individuals to choose to continue to the next page by clicking “continue” and those who do not wish to participate may discontinue the questionnaire at that time. Those with the paper pencil version imply consent by continuing onto the rest of the questionnaire which is explained in the consent page attached at the top of the questionnaire. Participants will not be compensated in any way for participating in this study.

Instrumentation

In order to achieve the purpose of this study, four instruments will be used to collect the data. First, recreational activity patterns that nonresident fathers engage in during visitation times with their child(ren) will be measured using the Family Leisure Activity Profile (FLAP). Second, leisure constraints fathers encounter to visitation will be measured using a new scale, the Nonresident Father Leisure Constraint Scale (NFLCS), based on selected questions from Jackson (1993), Kay and Jackson (1991), McGuire (1984), Raymore, et al. (1993), and Witt and Goodale (1981). Third, leisure facilitators fathers use to have regular visitation with their child(ren) will be measured using another new scale, the Nonresident Father Leisure Facilitator Scale (NFLFS), based on suggestions given from Raymore (2002). Fourth, nonresident fathers’ satisfaction with family leisure involvement will be studied using Zabriskie and McCormick’s (2003) Family Leisure Satisfaction Scale (FLSS).

The Family Leisure Activity Profile (FLAP) developed by Zabriskie (2000) will be used to determine the types of leisure activities nonresident fathers engage in during visitation times with their child(ren). The FLAP is a 16-item questionnaire that measures

the frequency and duration of core and balance activities. Core activities focus on family bonding and cohesion. Eight questions are used to measure core activities and they are comprised of activities such as eating dinner together, playing games, shooting basketball hoops together, or snowball fights (Freeman & Zabriskie, 2003; Zabriskie & McCormick, 2001). There are also eight balance activity questions within the FLAP. Balance activities demonstrate a family's flexibility and adaptability to new changes. These activities are usually novel experiences and include activities like family vacations, camping, and boating (Zabriskie & McCormick, 2001).

To calculate scores for the FLAP, the frequency and duration in each category will be multiplied. The core categories will then be summed to produce a core family leisure index, and a balance family leisure index will be computed following the same process. Total family leisure involvement will be calculated by summing the core and balance scores (Freeman & Zabriskie, 2003; Taylor, 2005).

The FLAP has been tested for content validity, test retest reliability, and instrument refinement (Zabriskie, 2000). The FLAP has demonstrated acceptable psychometric properties in terms of construct validity, content validity, inter-rater reliability, and test retest reliability for core ($r = .74$), balance ($r = .78$), and total family leisure involvement ($r = .78$) (Freeman & Zabriskie, 2003).

Constraints on fathers' leisure time with their child(ren) will be measured using a new scale, the Nonresident Father Leisure Constraint Scale (NFLC). This scale will be based on questions from leisure constraint scales developed by Jackson (1993), Kay and Jackson (1991), McGuire (1984), Raymore, et al. (1993), and Witt and Goodale (1981).

Questions will be put into groups of intrapersonal, interpersonal and structural constraints. Redundant and inapplicable questions will be omitted from the list and then modifications will be made to some questions for clarification and fit. For instance, Kay and Jackson (1991) have an interpersonal constraint question that addresses the lack of a partner, “no one to participate with.” Because nonresident fathers have a child(ren) to visit, the lack of a partner does not seem to “fit” with the nonresident father population in regards to visiting their child(ren). To ensure modifications will not adversely affect the validity and reliability of each instrument a pilot study will be conducted with the new instrument.

Facilitators to fathers’ leisure with their child(ren) will be measured using a new instrument, the Nonresident Father Leisure Facilitator Scale (NFLFS), which will be developed based on suggestions given from Raymore, (2002). Because she was the first to suggest the concept of facilitators, questions can not be based on previous research. Raymore’s suggestions for facilitators will be grouped into the three traditional constraint categories of intrapersonal, interpersonal, and structural. Therefore, items will be written to reflect facilitators within the three categories as well as to reflect items found in research on nonresident fathering. A pilot study will also be used to test this new instrument.

Both the NFLCS and the NCLFS will be tested for reliability and internal consistency. Consistency and reliability will be assessed using Cronbach’s alpha. Alpha scores lower than .80 will not be accepted. Cronbach’s alpha will be assessed using the statistical analyses program SPSS.

Scoring leisure constraints and facilitators, will be calculated by summing up each category (intrapersonal, interpersonal or structural) and providing a total leisure constraint score. Jackson (1993) states, “While this procedure suffers from the limitation of obscuring the types of constraints felt by respondents, it offers the opportunity of identifying sub-groups...of leisure constraints” (p. 134). When fathers are asked about certain constraints or facilitators they will be asked to rank “how important” that item is to affecting their visitation with their child(ren). Responses to each item on the constraint and facilitator scales can range from 1 (not important) to 4 (very important).

The fathers’ satisfaction with their family leisure involvement will be measured using the Family Leisure Satisfaction Scale (FLSS) (Freeman & Zabriskie, 2003; Zabriskie & McCormick, 2003). Following each of the 16 FLAP questions, the follow up question will be asked, “How satisfied are you with your participation with family members in these activities?” Participants will be asked to identify their satisfaction using a Likert scale with 1 indicating “very dissatisfied” and 5 “very satisfied” (Freeman & Zabriskie, 2003). Even if a father does not participate in the given activity this question is important because a father may be “very satisfied” with his nonparticipation. Scoring for the FLSS will be calculated by summing items on the scale (Freeman & Zabriskie, 2003).

Demographic information will be gathered at the end of the questionnaire. Information gathered will include age of the nonresident fathers and each of their child(ren), race of nonresident fathers and each of their child(ren), household income, marital history, duration of time since divorce, and zip code of the fathers to verify demographics.

Pilot Study

A pilot study will be conducted to test the modifications made to the study instruments. Twenty nonresident fathers will be recruited by a snowball sample through friends of the researcher, and will be asked to complete and respond to the questionnaire. Feedback from the fathers will be taken into consideration and questions will be altered accordingly. Final questions will be tested for test retest reliability, internal consistency, and content validity. Data collection for the pilot study will begin on May 15, 2005 and end when 20 fathers have completed the questionnaire.

Treatment of Data

Treatment of data will occur as follows. First, data will be cleaned by checking for incomplete questionnaires or questionnaires that may be filled out incorrectly. Second, descriptive statistics will be assessed to describe the leisure patterns and leisure constraints and facilitators of the nonresident father. Third, correlation analysis will be used to test: (a) the relationship between leisure constraints and a nonresident fathers satisfaction with family leisure involvement (b) the relationship between leisure facilitators and a nonresident fathers satisfaction with family leisure involvement (c) the relationship between leisure constraints and family leisure patterns among nonresident fathers, and (d) the relationship between leisure facilitators and family leisure patterns among nonresident fathers. The correlation coefficients (r), computed using SPSS, will determine the direction and strength of each relationship.

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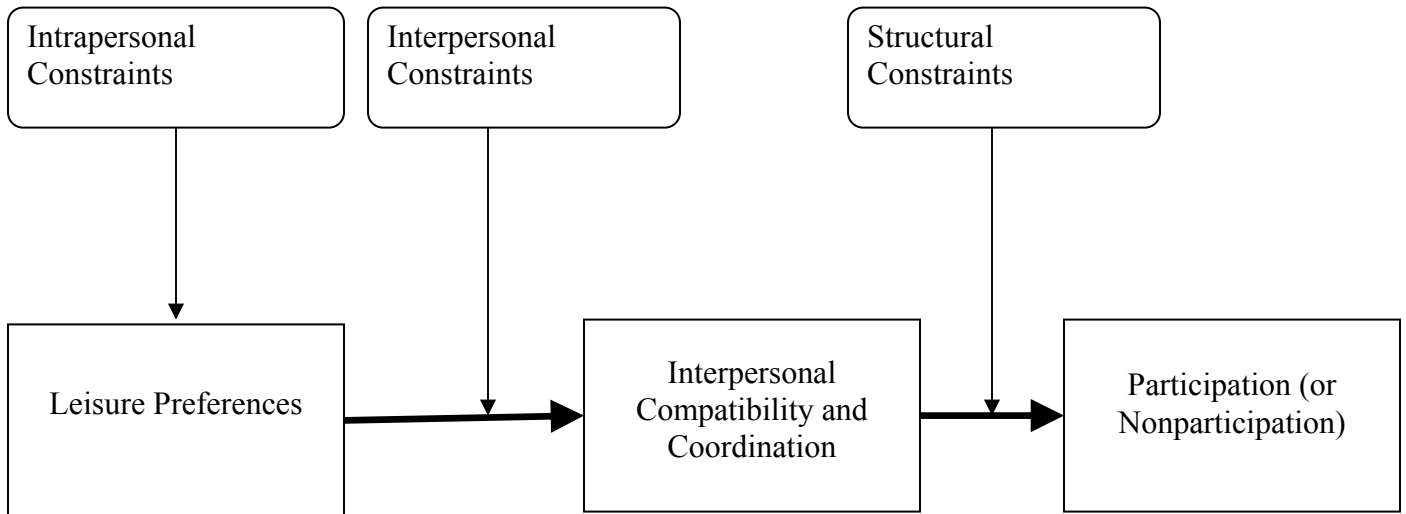
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Hierarchical Leisure Constraints Model (Crawford, Jackson & Godbey, 1991)

*Figure 1.*

Leisure Facilitators Models (Raymore, 2002)

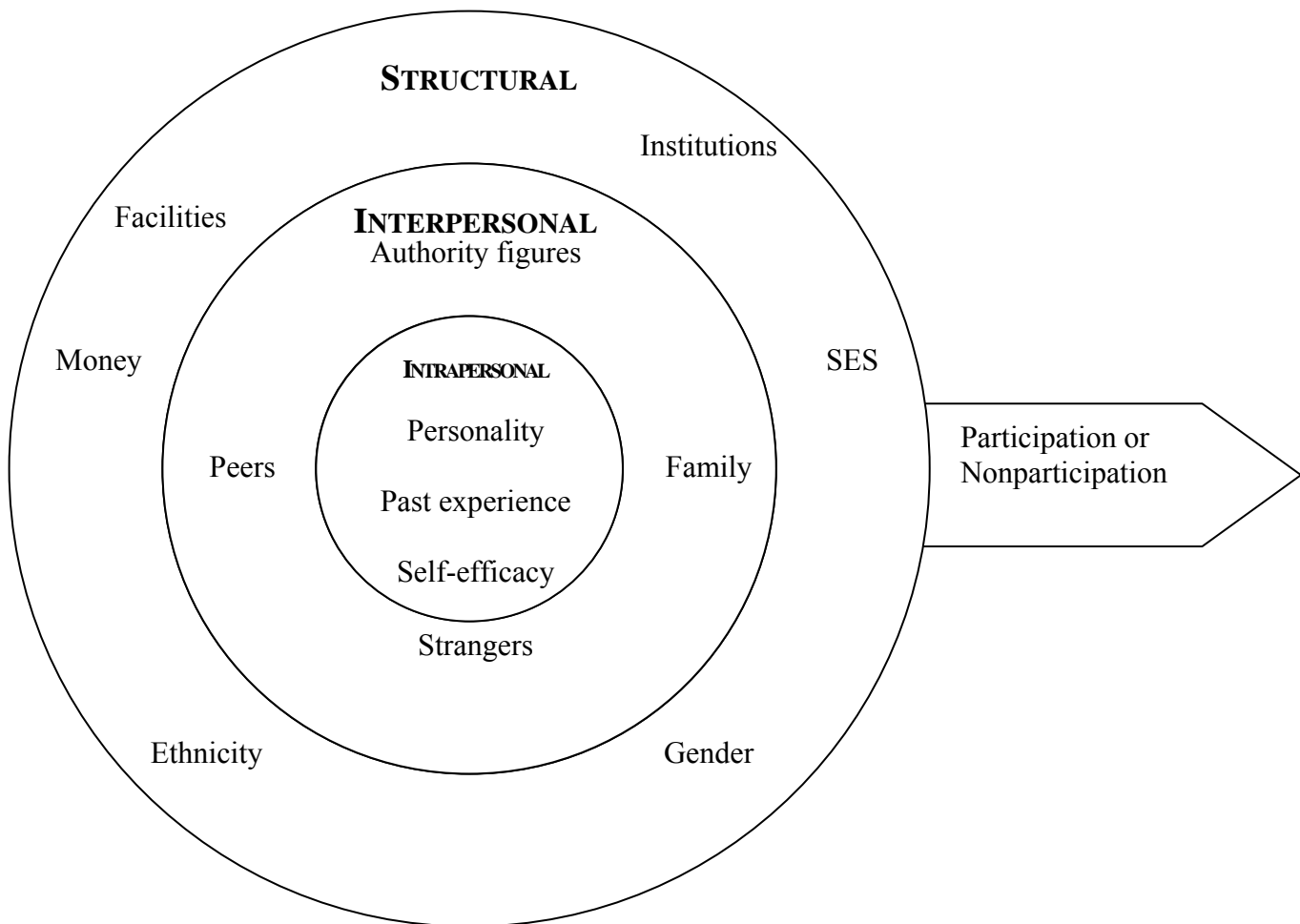


Figure 2.

Family Circumplex Model (Olson, 2000)

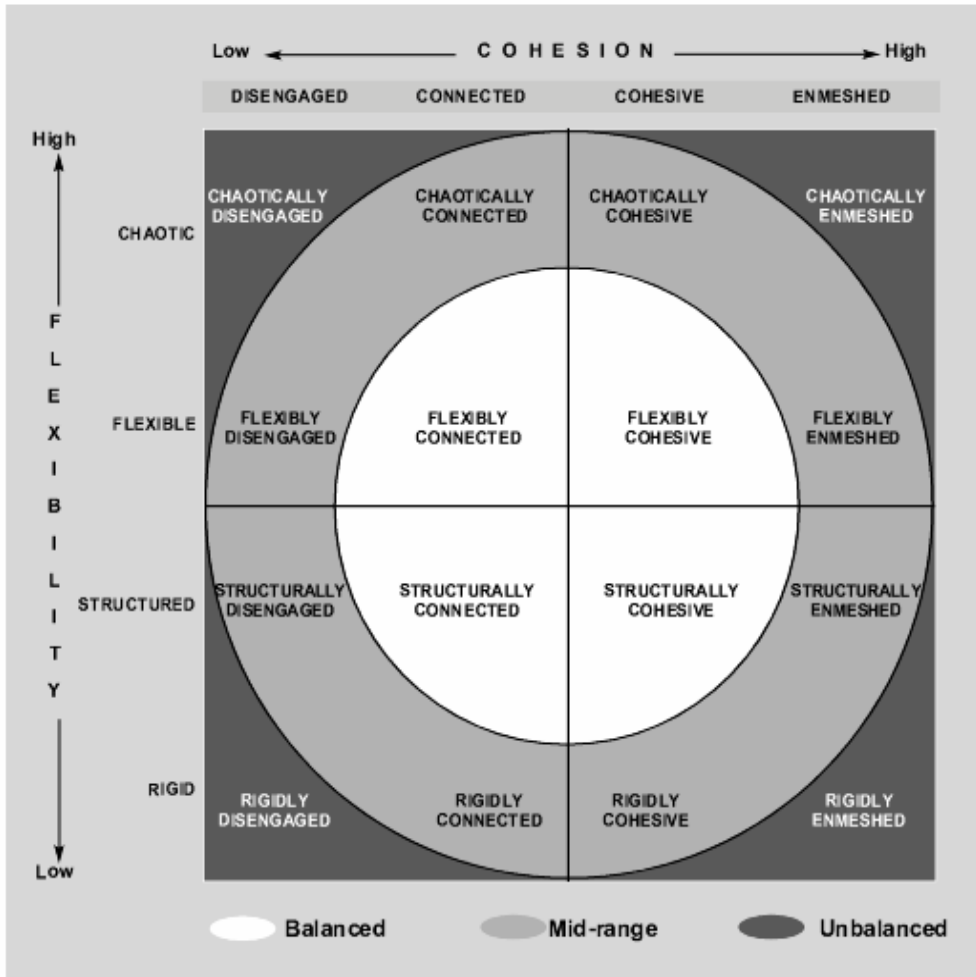


Figure 3

Core and Balance Model of Family Leisure Functioning (Zabriskie, 2001)

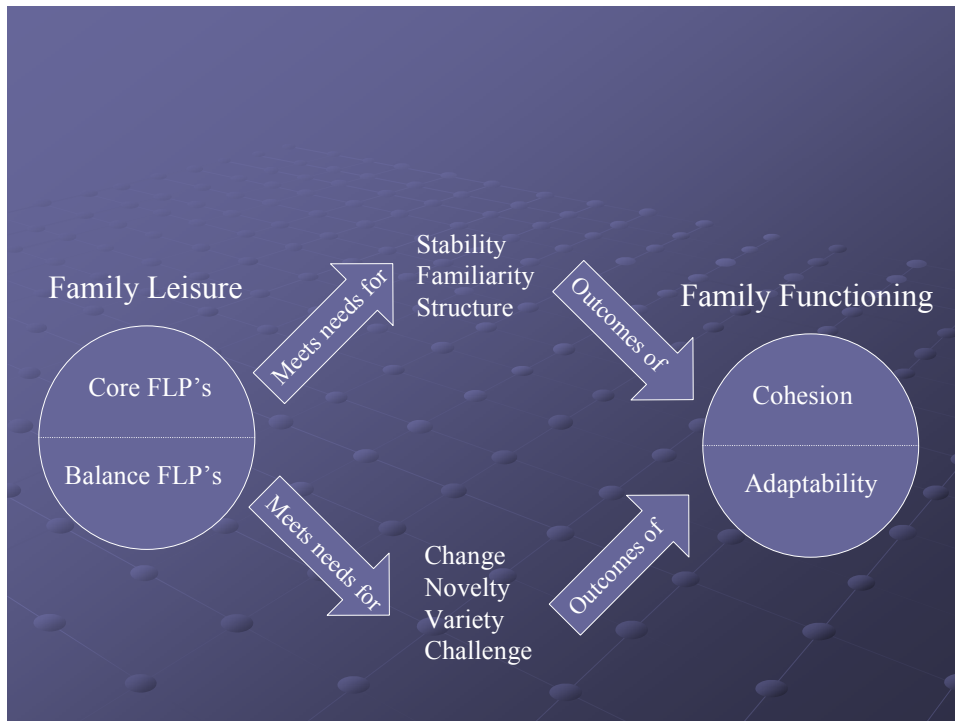


Figure 4.

Appendix A-1a
Informed Consent

Consent to be a Research Subject

Thank-you for participating in our research we appreciate your cooperation. Please complete the following questionnaire, which will take approximately 10-15 minutes to complete. The intent of our research is to understand a nonresident fathers leisure patterns during parenting times with their child, and to better understand what might facilitate or constrain such visits. Additionally, we are also investigating a nonresident father's satisfaction with their parenting time patterns. Participants have been chosen through a snowball sample. There are no known risks for participating in this study. Participation is optional. You have the right to withdraw at any time without penalty or you may choose to refuse to participate entirely. There will be no reference to your identity at any point in this research. If you have questions regarding this research, please contact Alisha Swinton @ (703) 282-4877. If you have questions regarding your rights as a participant please contact Dr. Renea Beckstrand, Chair of the Institutional Review Board for Human Subjects at Brigham Young University. She can be contacted by mail at, 422 SWKT, BYU, Provo, UT 84602; or by phone at, (801) 422-3873 or by email, renea_beckstrand@byu.edu. By continuing onto the rest of the questionnaire, your consent to participate is implied. Again, thank you for your help!

Appendix A-1b
Family Leisure Activity Profile

Family Leisure Activity Profile

The following questions ask about the activities you do with your nonresident child(ren), following the divorce/ separation. Please refer to the last year or so, or if you have not been divorced/ separated the whole year, please refer to the time you have been apart. These questions ask about groups of activities, so try to answer in terms of the group as opposed to any one specific example. This may require you to “average” over a few different activities. Don't worry about getting it exactly “right.” Just give your best estimate.

1. Do you have meals, at home, during parenting time with your nonresident children?

YES __ NO __

If YES how often?		→	For about how long per time? (check only one)			
At least daily			< 1 hour	1-2 hrs	2-3 hours	
At least weekly			3-4 hours	4-5 hours	5-6hours	
At least monthly						
At least annually						

How satisfied are you with your participation, or lack of participation, during parenting time with your nonresident children in these activities? (please circle one)

Very
Dissatisfied

1

2

3

4

5

Very
Satisfied

4. Do you participate in crafts, cooking, and/or hobbies (for example drawing, scrap books, baking cookies, sewing, painting, ceramics, etc.) during parenting time with your nonresident children?

YES __ NO __

If YES how often?	
At least daily	
At least weekly	
At least monthly	
At least annually	



For about how long per time? (check only one)			
< 1 hour		1-2 hrs	
3-4 hours		4-5 hours	
6-7 hours		7-8 hours	
9-10 hours		>10 hours	

How satisfied are you with your participation, or lack of participation, during parenting time with your nonresident children in these activities? (please circle one)

Very Dissatisfied					Very Satisfied
1	2	3	4	5	

5. Do you participate in home-based outdoor activities (for example star gazing, gardening, yard work, playing with pets, walks, etc.) during parenting time with your nonresident children?

YES __ NO __

If YES how often?	
At least daily	
At least weekly	
At least monthly	
At least annually	



For about how long per time? (check only one)			
< 1 hour		1-2 hrs	
3-4 hours		4-5 hours	
6-7 hours		7-8 hours	
9-10 hours		>10 hours	

How satisfied are you with your participation, or lack of participation, during parenting time with your nonresident children in these activities? (please circle one)

Very Dissatisfied					Very Satisfied
1	2	3	4	5	

10. Do you participate in spectator activities (for example going to movies, sporting events, concerts, plays or theatrical performances, etc.) during parenting time with your nonresident children?

YES __ NO __

If YES how often?		➔	For about how long per time? (check only one)					
At least daily			< 1 hour		1-2 hrs		2-3 hours	
At least weekly			3-4 hours		4-5 hours		5-6hours	
At least monthly			6-7 hours		7-8 hours		8-9 hours	
At least annually			9-10 hours		>10 hours		> 1 day	

How satisfied are you with your participation, or lack of participation, during parenting time with your nonresident children in these activities? (please circle one)

Very Dissatisfied
Very Satisfied

1
2
3
4
5

11. Do you participate in community-based sporting activities (for example bowling, golf, swimming, skating, etc.) during parenting time with your nonresident children?

YES __ NO __

If YES how often?		➔	For about how long per time? (check only one)					
At least daily			< 1 hour		1-2 hrs		2-3 hours	
At least weekly			3-4 hours		4-5 hours		5-6hours	
At least monthly			6-7 hours		7-8 hours		8-9 hours	
At least annually			9-10 hours		>10 hours		> 1 day	

How satisfied are you with your participation, or lack of participation, during parenting time with your nonresident children in these activities? (please circle one)

Very Dissatisfied
Very Satisfied

1
2
3
4
5

12. Do you participate in community-based special events (for example visiting museums, zoos, theme parks, fairs, etc.) during parenting time with your nonresident children?

YES __ NO __

If YES how often?		For about how long per time? (check only one)			
At least daily		< 1 hour	1-2 hrs	2-3 hours	
At least weekly		3-4 hours	4-5 hours	5-6hours	
At least monthly		6-7 hours	7-8 hours	8-9 hours	
At least annually		9-10 hours	>10 hours		
		1 day	8 days	15 days	
		2 days	9 days	16 days	
		3 days	10 days	17 days	
		4 days	11 days	18 days	
		5 days	12 days	19 days	
		6 days	13 days	20 days	
		One week	Two weeks	3 or more weeks	

How satisfied are you with your participation, or lack of participation, during parenting time with your nonresident children in these activities? (please circle one)

Very
Dissatisfied

1

2

3

4

Very
Satisfied

5

14. Do you participate in water-based activities (for example water skiing, jet skiing, boating, sailing, canoeing, etc.) during parenting time with your nonresident children?

YES ___ NO ___

If YES how often?		For about how long per time? (check only one)					
At least daily		< 1 hour		1-2 hrs		2-3 hours	
At least weekly		3-4 hours		4-5 hours		5-6hours	
At least monthly (during season)		6-7 hours		7-8 hours		8-9 hours	
At least annually		9-10 hours		>10 hours			
		1 day		8 days		15 days	
		2 days		9 days		16 days	
		3 days		10 days		17 days	
		4 days		11 days		18 days	
		5 days		12 days		19 days	
		6 days		13 days		20 days	
		One week		Two weeks		3 or more weeks	

How satisfied are you with your participation, or lack of participation, during parenting time with your nonresident children in these activities? (please circle one)

Very
Dissatisfied

1

2

3

4

Very
Satisfied

5

15. Do you participate in outdoor adventure activities (for example rock climbing, river rafting, off-road vehicles, scuba diving, etc.) during parenting time with your nonresident children?

YES __ NO __

If YES how often?	
At least daily	
At least weekly	
At least monthly	
At least annually	



For about how long per time? (check only one)			
< 1 hour	1-2 hrs	2-3 hours	
3-4 hours	4-5 hours	5-6hours	
6-7 hours	7-8 hours	8-9 hours	
9-10 hours	>10 hours		
1 day	8 days	15 days	
2 days	9 days	16 days	
3 days	10 days	17 days	
4 days	11 days	18 days	
5 days	12 days	19 days	
6 days	13 days	20 days	
One week	Two weeks	3 or more weeks	

How satisfied are you with your participation, or lack of participation, during parenting time with your nonresident children in these activities? (please circle one)

Very Dissatisfied

Very Satisfied

1

2

3

4

5

16. Do you participate in tourism activities (for example family vacations, traveling, visiting historic sites, visiting state/national parks, etc.) during parenting time with your nonresident children?

YES __ NO __

If YES how often?		For about how long per time? (check only one)			
At least daily		< 1 hour	1-2 hrs	2-3 hours	
At least weekly		3-4 hours	4-5 hours	5-6hours	
At least monthly		6-7 hours	7-8 hours	8-9 hours	
At least annually		9-10 hours	>10 hours		
		1 day	8 days	15 days	
		2 days	9 days	16 days	
		3 days	10 days	17 days	
		4 days	11 days	18 days	
		5 days	12 days	19 days	
		6 days	13 days	20 days	
		One week	Two weeks	3 or more weeks	

How satisfied are you with your participation, or lack of participation, during parenting time with your nonresident children in these activities? (please circle one)

Very
Dissatisfied

1

2

3

4

Very
Satisfied

5

Appendix A-1c
Leisure Constraint Scale

Please indicate how important each of the following reasons are for why you are unable to visit your child(ren) or unable to visit as often as you could.

27. I do not pay child support					
28. I fight with my former spouse with I visit my child(ren)	Not Important	Somewhat Important	Important	Very Important	Not applicable
29. Transportation costs too much					
30. I am too busy with work					
1. I am a disappointment to my child(ren)					
2. I am not at ease with my former spouse					
3. I am too depressed					
4. I am too tired					
5. I no longer have a part in my children's lives					
6. I feel too guilty about not visiting in the past					
7. I do not have enough time					
8. My child(ren) do/ does not seem interested in visiting with me					
9. I am not good with my child(ren)					
10. I want to visit on a different schedule than our current arrangement					
11. I am not at ease with my child(ren)					
12. I am too stressed					
13. I have no role as a parent who lives away from the family					
14. My child(ren) misbehave too much for me to want to be with them					
15. I am a disappointment to those who know me					
16. I feel angry with my child(ren)					
17. I spend enough money on child support					
18. I feel rejected by my child(ren) and want to stay away					
19. I am afraid it will hurt too much to see my child(ren) and then have to leave					
20. I do not have enough money to spend on my child(ren) when I visit					
21. Planning a visit and carrying it out is too difficult					
22. I live too far away from my child(ren) to visit					
23. Health reasons do not permit me to visit					
24. My child(ren) is/are not as important to me as he/she/they used to be					
25. I do not want to interrupt my daily schedule					
26. My neighbors and friends who are associated with my ex-family do not approve of me					

Appendix A-1d

Leisure Facilitator Scale

**Please indicate how important each of the following reasons are
for motivating you to visit your child(ren).**

	Not Important	Somewhat Important	Important	Very Important	Not applicable
1. I understand my part within my ex-family					
2. My ex-wife is helpful with the visits					
3. It is good for me					
4. I am healthy and able to visit my child(ren)					
5. my ex-wife wants me to visit					
6. It is fun					
7. There are programs in the community that help me be a better dad					
8. Someone I do not know encouraged me to be a better father					
9. I am a good dad					
10. I can afford to visit my children					
11. my boss supports me in visiting my child(ren)					
12. I am confident that I will have a good visit					
13. I have reliable transportation					
14. My family encouraged me to be a better father					
15. I feel better about myself after visiting my child(ren)					
16. I belong to an organization that helps me be a better dad					
17. My religious leaders support me in visiting my child(ren)					
18. It is worth the effort					
19. I live close enough to my child(ren) to visit regularly					
20. My friends support me in visiting my child(ren)					
21. I want to make the best out of my situation					
22. I have enough time to visit my child(ren)					
23. My child(ren) want(s) me to visit					
24. I get a feeling of accomplishment					
25. My schedule is flexible so I can visit my child					
26. I enjoy seeing my old friends from the neighborhood					
27. It is good for my child(ren)					
28. Visiting my child(ren) is in keeping with my religious beliefs					
29. My child(ren) need(s) me to be their dad					

