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AN EXAMINATION OF THE RELATIONSHIP BETWEEN FAMILY
LEISURE SATISFACTION AND SATISFACTION
WITH FAMILY LIFE

by

Joel Agate

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

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BRIGHAM YOUNG UNIVERSITY

GRADUATE COMMITTEE APPROVAL

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

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ABSTRACT

AN EXAMINATION OF THE RELATIONSHIP BETWEEN FAMILY LEISURE SATISFACTION AND SATISFACTION WITH FAMILY LIFE

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Master of Science

The purpose of this study was to examine the relationship between family leisure satisfaction and satisfaction with family life. Zabriskie's Family Leisure Activity Profile (FLAP) was used to measure core, balance, and total family leisure satisfaction. An adaptation of Diener, Emmons, Larsen, and Griffin's Satisfaction With Life Scale (SWLS), was done by Zabriskie and McCormick to create the Satisfaction With Family Life scale (SWFL). The sample consisted of 898 parent and youth pairs from throughout the United States. Results indicated that there was a relationship between all family leisure satisfaction variables and satisfaction with family life. Data collected from both parents and youth in families provided interesting insight into the nature of the relationship between family leisure satisfaction and satisfaction with family life. At the parent, youth, and family levels, core family leisure satisfaction was the most significant predictor of satisfaction with family life. These findings offer specific implications for researchers, parents, and professionals who work with families.

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An Examination of the Relationship between Family Leisure Satisfaction
and Satisfaction with Family Life

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2 Family Leisure Satisfaction

Abstract

The purpose of this study was to examine the relationship between family leisure satisfaction and satisfaction with family life. Zabriskie's Family Leisure Activity Profile (FLAP) was used to measure core, balance, and total family leisure satisfaction. The Satisfaction With Family Life Scale (SWFL) an adaptation of Diener, Emmons, Larsen, and Griffin's Satisfaction With Life Scale (SWLS), done by Zabriskie and McCormick, was used to measure satisfaction with family life. The sample consisted of 898 parent and youth pairs from throughout the United States. Results indicated that there was a relationship between all family leisure satisfaction variables and satisfaction with family life. Data collected from both parents and youth in families provided insight into the nature of the relationship between family leisure satisfaction and satisfaction with family life. At the parent, youth, and family levels, core family leisure satisfaction had the most significant relationship with satisfaction with family life. These findings provide specific implications for researchers, parents, and professionals who work with families.

Key words: satisfaction with family life, family leisure satisfaction, recreation

An Examination of the Relationship between Family Leisure Satisfaction
and Satisfaction with Family Life

The family is the fundamental unit of society and has been throughout history (Zabriskie & McCormick, 2001). Although societies and cultures have varied widely in needs, resources, and values, the family has remained a constant and necessary unit through time. Despite wide acknowledgment of the family as a significant contributor to a healthy society, this is a day that is experiencing “high divorce rates” and “the alleged collapse of traditional marriage and family life” (VanDenBerghe, 2000, p. 16-17). It is one in which marriages and families are being seen by many as weak and troubled (Nock, 1998) and as “demoralized institutions” (Taylor, 2005, p. 52). With families facing these challenges, many people and organizations are working to strengthen the family unit. One step that is being taken is the exploration of individuals’ satisfaction with family life.

Satisfaction with family life is a construct that researchers have explored in an attempt to find avenues of supporting families (Bowen, 1988; Toth, Brown, & Xu, 2002). Some factors that have been correlated with family life satisfaction are common goals and values among family members (Bowen), good mental health (Sears, 1977), and community factors (Toth, et al.). Family leisure has also been found to be related to family life satisfaction (Zabriskie & McCormick, 2003).

Family leisure provides opportunities for families to bond with each other, problem solve, and strengthen their relationships. For over 70 years research has continually identified a relationship between leisure and successful family life (Hawkes, 1991; Holman & Epperson, 1989). Recent research has identified many benefits that

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leisure has for families. These benefits include increased communication skills (Huff, Widmer, McCoy & Hill, 2003) and problem solving efficacy (Wells, Widmer, & McCoy, 2004), satisfaction with family life (Zabriskie & McCormick, 2003), and other positive outcomes in family interaction and stability (Driver, Brown, & Peterson, 1991). When examined through the Core and Balance Model of Family Leisure Functioning (Zabriskie & McCormick, 2001), leisure has also been found to be positively correlated with family cohesion, family adaptability, and overall family functioning (Agate, Zabriskie, & Eggett, in press; Freeman & Zabriskie, 2003). Each of these studies, however, has explored leisure participation but has failed to address the satisfaction with participation.

In studies examining individuals and couples, satisfaction with leisure has been found to be more strongly correlated with beneficial outcomes than participation alone (Johnson, Zabriskie, & Hill, 2006; Russell, 1987, 1990). Although researchers have examined the relationship between family leisure participation and satisfaction with family life (Zabriskie & McCormick, 2003), family leisure satisfaction has not yet been explored as a construct related to satisfaction with family life.

Review of Literature

Satisfaction with Family Life

The family is the fundamental unit of society and has remained so throughout time (Agate et al., in press; Zabriskie & McCormick, 2001). Carlson, Deppe and MacLean (1972) indicated that the family is the “organization for procreation and education of children, bound together through social and economic necessities” (p. 206). Stronger families are a key element in creating a stronger society (Johnson et al., 2006).

As an entity of such importance, it is necessary that society provide avenues through which the family unit can be strengthened and supported. Bowen (1988) recognized the importance of practitioners as advocates for families through “promoting the development of policies, programs, and services that are supportive of family life” and stated they are “able to help families better understand the dynamics of family life satisfaction” (p. 461). Researchers can provide understanding to assist practitioners in this task by identifying factors that correlate with satisfaction with family life.

Life satisfaction. Life satisfaction is a phenomenon that taps many of life’s experiences (Toth et al., 2002) and is an important indicator of quality of life (Zabriskie & McCormick, 2003). Veenhoven (1996) presented a comprehensive review of such experiences and provided a list of factors that correlate with life satisfaction. Veenhoven placed these factors into six categories. The first category, life chances, includes concepts such as social opportunities. The quality of the society in which one lives is the second category and consists of factors such as prosperity, economics, human rights, political freedom, and access to knowledge. The third category, one’s position in society, is determined by age, gender, income, education, and occupation. Category four, participation in society, includes factors such as paid work, volunteerism, and marriage. Art-of-living, the fifth category, consists of physical health, mental health, and psychological resilience. The final category is made up of life events. Another component of life satisfaction is satisfaction with family life.

Factors correlated with satisfaction with family life. Even though satisfaction with family life is an important component to life satisfaction, the body of research

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addressing this construct is lacking. Some studies, however, have identified factors that are correlated with satisfaction with family life. For example, Toth et al. (2002) examined differences in urban and rural family life and identified community factors as having a relationship with satisfaction with family life.

Another construct that has been found to be related to family life satisfaction for adolescents is filial self-efficacy (Caprara, 2005). Caprara's research indicated that adolescents with higher perceived self-efficacy to manage parental relationships reported higher satisfaction with family life. The results from this study, done with Italian adolescents, consistently showed that perceived filial self-efficacy was an indicator of satisfaction with family life and these results held both concurrently and longitudinally. More specifically, higher self-efficacy indicated more open communication between adolescents and parents, more acceptance of parental monitoring of adolescent activity, and less inclination to have escalative discord over disagreements.

In a longitudinal study of gifted men, Sears (1977) identified good childhood social adjustment, good mental health, and positive attitudes toward parental family of origin as significant indicators of family life satisfaction. These same indicators were also identified as correlates with marital success. These findings are similar to those of Caprara (2005) who indicated positive attitudes towards parents and social adjustment at an early age play an influential role in family life satisfaction. For the participants in Sears's sample these predictors for family life satisfaction held true over a period of more than 30 years.

In addition, Bowen (1988) identified the ability to live according to one's family values as having a relationship with satisfaction with family life. Bowen stated, "the level of family life satisfaction is enhanced by the ability of family members to jointly realize their family-related values in behavior" (p. 459). This realization of family-related values in behavior is influenced by at least three factors: the level of congruity of values among family members, the relative presence or absence of personal resources (such as self-esteem) and relational skills needed to act in accordance with those values, and the nature and magnitude of system-level constraints which are obstacles to realizing family related values (including family-related stressors and demands). Bowen and the researchers discussed above have identified various domains found to relate to satisfaction with family life. Other researchers have identified family leisure as a significant correlate to family life satisfaction.

Family Leisure Involvement

For many people, recreation and leisure activities are an important part of life. Ancient philosophers spoke of the necessity for recreation as a means of rejuvenating the self (Carlson et al., 1972). Carlson et al. stated, "skills, interests, and attitudes developed through leisure are significant not only to the individual, but to the society whose quality of culture and citizenship he helps to develop. Society is, therefore, concerned with recreation, which occurs during leisure" (p. 4).

Cordes and Ibrahim (1999) defined recreation as voluntary participation in leisure activities that are enjoyable and meaningful to the person involved. As such, leisure is a broad concept that includes, among other things, recreation. Cordes and Ibrahim

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explained that leisure has three specific elements: perceived freedom (one does it of one's own will), autotelic activity (one participates in the activity for its own sake), and beneficial outcomes. Aristotle categorized leisure as having three overlapping parts: contemplation, amusement, and recreation (as cited in Cordes & Ibrahim). Recreation, then, is the participatory or active part of leisure, which can be done on one's own or as part of a group. One group context in which many people participate in leisure is with their family.

Many families consider family leisure to be an important part of family life. Family leisure is often purposive in nature, and parents consciously and deliberately plan and facilitate family leisure activities to improve family relationships (Shaw & Dawson, 2001). Shaw and Dawson also indicated that family leisure is so integral to healthy family life for some parents that it is with a "sense of urgency" that they plan to spend time with children participating in family activities.

For more than 70 years, researchers have identified and reported positive relationships between family leisure and positive family outcomes when examining recreation and leisure patterns in families (Hawkes, 1991; Holman & Epperson, 1989; Orthner & Mancini, 1991). More recent research has specifically identified associations between family leisure and positive outcomes in family interaction, satisfaction and stability (Driver et al., 1991), satisfaction with family life (Zabriskie & McCormick, 2003), increased collective efficacy (Wells et al., 2004), improved communication (Huff et al., 2003), and overall family functioning (Agate et al., in press; Freeman & Zabriskie, 2003; Zabriskie & McCormick, 2001).

History of family leisure research. Lundberg, Komarovsky, and McInerney (1934) conducted the first studies addressing family recreation, thereby providing an idea of how Americans spent leisure time. The following years brought research that addressed specifics of leisure, including children's leisure activities and socioeconomic status (Cramer, 1950), employment status of mothers (Leevy, 1950) and common interests of married couples (Benson, 1952). In the 1950s an important shift occurred in research that narrowed the focus of study for some to recreation in the family as a unit (Wylie, 1953). The 1960s brought further exploration of outdoor recreation and studies found that camping was positively related with positive family interactions (Burch, 1965; West & Merriam, 1970). The following decades brought studies that examined recreation's influence on marriages, parent-child interactions, and the family system as a whole (Agate et al., in press).

Recreation and marriage. Much of the research that has been done on family recreation has focused on couples. Almost 70 years ago, Burgess and Cottrell (1939) reinforced the idea that leisure companionship and marital satisfaction are closely related. Multiple studies have indicated that husbands and wives who participate in shared leisure time together report higher levels of marital satisfaction than those who do not (Hawkes, 1991). Shared leisure activities have been shown to be especially important to marital satisfaction of wives, especially in the early years of marriage (Orthner, 1975; Smith, Snyder, & Morisma, 1988). Orthner (1976) also found a strong relationship between husbands' and wives' participation in joint leisure activities and the level of communication between them. Presvelou's (1971) marital adjustment study supported

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these findings, indicating the frequency of joint leisure participation was positively related to marital communication, especially nonverbal communication of caring.

In past research, spouses have been asked to provide an estimate of how often they participate in leisure activities with their spouse (Kilbourne, Howell, & England, 1990; Snyder, 1979) or how often they do specific activities together (Holman & Jacquart, 1988; Orthner, 1975). In each of these studies, responses were aggregated to create a summary index of marital companionship which was then correlated with spouses' assessments of marital quality. In an attempt to correct for deficiencies in previous research, Huston, McHale, and Crouter (1986) used diary methods to gather data about leisure activities and a purely evaluative measure of marital satisfaction. They found no relationship between marital satisfaction and leisure companionship. Building on this research, Crawford, Houts, Huston, and George (2002) investigated whether the amount of leisure companionship made a difference in marital satisfaction or if marital satisfaction was more dependent on compatibility of leisure interests of both spouses. They found that marital satisfaction was influenced less by shared leisure participation and more by participation in activities preferred by the reporting individual. Baldwin, Ellis and Baldwin (1999) reported that it is less important that couples share leisure interests than that they support each other in their personal leisure interests.

Zabriskie and McCormick (2003) pointed out that while interesting concepts can be learned about the influence of recreation through the study of couples, many researchers have erroneously generalized results from research done with couples to entire families. As researchers must be careful when generalizing individual results to

groups, it is likewise important that researchers be careful in generalizing findings from couples to families. Therefore, when examining the construct of satisfaction with family life, it is necessary to look at the family as a whole group rather than focusing solely on the marital dyad. Through gathering information and perspectives from a mixture of family members, researchers can gain a more accurate picture of family dynamics within the system.

Recreation and parent-child relationships. Many aspects of parent-child relationships have been related to family recreation. Recent research indicated parents and adolescents who participate in challenging outdoor recreation together experienced increases in interaction, elevated levels of trust and support, improved communication, and increased affection and kindness (Huff et al., 2003). As families participated in these challenging recreation activities they experienced temporary changes in established boundaries, which allowed families to become more comfortable in conveying “support, affection, and kindness toward one another” (Huff et al., p. 33). Researchers suggested that adaptability allowed families to more willingly work through problems and disagreements, thus reducing conflict.

Recreation and family functioning. Sixty years of family research has shown that “family strength or cohesiveness is related to the family’s use of leisure time” (Hawkes, 1991, p. 424). Orthner and Mancini (1991) stated, “leisure experiences foster system adaptation to new inputs” (p. 297). Cohesion and adaptability are the two primary components of family functioning (Olson & Defrain, 2000). Recent studies have focused

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on family functioning and have drawn a clear connection between family leisure and family functioning, and thus stronger families.

Recently, researchers have examined family leisure and family functioning in a variety of family types and situations. Christensen, Zabriskie, Eggett and Freeman (2006) examined Hispanic families; Freeman and Zabriskie (2003) studied adoptive families; Smith, Taylor, Hill, and Zabriskie (2004) examined single-parent families; and Swinton (2006) studied single-parent, non-custodial fathers. Findings from each of these studies indicated a clear relationship between family leisure and family functioning, regardless of life circumstance.

Some researchers have examined leisure in relationship to the family as a whole. Research has found that participation in challenging outdoor recreation activities was positively correlated with increases in collective efficacy and conflict resolution efficacy (Agate et al., 2003; Wells et al., 2004). Researchers found that as families became more confident in their abilities to perform tasks and work together as a group, they also experienced increases in their confidence to resolve conflicts and solve problems together (Agate et al.; Wells et al.). Agate et al. found that perceived challenge in recreation activities was more positively correlated with increases in collective problem solving efficacy than was the actual level of challenge.

In spite of the research that points to the relationship between leisure and aspects of family functioning, Freeman and Zabriskie (2003) indicated that the relationship between the two constructs is one that is poorly understood. Researchers have also criticized studies examining family leisure, indicating that there has been a lack of

theoretical framework to provide substance for the studies that have been done in the past (Hawkes, 1991; Holman & Epperson, 1989). In response to such criticisms and to help understand family leisure as a construct, rather than extrapolating results from couples research, the Core and Balance Model of Family Leisure Functioning was developed (Zabriskie, 2000, 2001b; Zabriskie & McCormick, 2001).

Core and Balance Model of Family Leisure Functioning. The Core and Balance Model of Family Leisure Functioning (see Figure 1) was developed in an effort to further illuminate the relationship between family leisure and various aspects of family functioning (Zabriskie, 2000, 2001b; Zabriskie & McCormick, 2001). This model provides further understanding of the relationship between different types of family leisure and family life by clarifying how family leisure interacts with different areas of family functioning. Researchers have identified the seemingly dichotomous human needs for stability and change (Iso-Ahola, 1984). Kelly (1996, 1999) described that recreation provides opportunities for constancy as well as novelty, addressing needs for stability and change. The Core and Balance Model of Family Leisure Functioning provides a framework which combines these two patterns of leisure and addresses their influence on family life.

The model lays forth two types of family leisure patterns, core and balance, which are used by families to address their needs for both stability and change (Zabriskie & McCormick, 2001). Freeman and Zabriskie (2003) described core family leisure activities as those that are “common, everyday, low-cost, relatively accessible, often home-based activities, and participated in frequently” (p. 76-77). Such activities offer a safe and

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comfortable environment allowing family closeness to increase. Balance family leisure activities are described as more novel experiences occurring less frequently than core family leisure patterns (Zabriskie, 2001b). These activities are usually not home-based and require a greater investment of time, effort, and other resources (Johnson et al., 2006).

The Core and Balance Model of Family Leisure Functioning suggests that core family leisure activities address a family's needs for stability and predictability, and increase closeness and cohesion. The opposite need for change is addressed by balance family leisure activities which challenge families to adapt through new circumstances, brought through novel experiences. Freeman and Zabriskie (2003) also indicated that families who participated in both core and balance family leisure patterns tend to have higher functioning than families who participate in very high or very low levels of either family leisure category. Before now, the core and balance model has been used to explore family leisure involvement and has failed to address the area of satisfaction with family leisure involvement.

Leisure satisfaction. Leisure satisfaction is a highly subjective concept due to its heavy reliance on individual perceptions (Knowles, 2002). Various participants may view the same leisure activities in different ways and find various meanings and levels of satisfaction in such activities (Berg, Trost, Schneider, & Allison, 2001). Many researchers have explored leisure satisfaction and identified it as one life domain that is significantly correlated with life satisfaction.

Ragheb and Griffith (1982) examined interrelationships among leisure satisfaction, leisure participation, and other variables that included satisfaction with family, health, and standard of living. Their results indicated that leisure satisfaction and leisure participation contributed significantly to life satisfaction. Trafton and Tinsley (1980) explored life satisfaction among residents of assisted living homes. This study examined relationships between demographic variables, health status, flow experience, and leisure satisfaction with life satisfaction. Their findings indicated that health status, flow experience, and leisure satisfaction may simultaneously significantly contribute to life satisfaction. Both Riddick (1986) and Zabriskie and McCormick (2001) indicated that a number of studies suggest that satisfaction with leisure is more indicative of life satisfaction and mental well-being than any other life domain.

Life Satisfaction and Leisure Satisfaction

While a number of researchers have explored the relationship between leisure participation and life satisfaction, (Orthner & Mancini, 1990; Russell, 1987, 1990; Zabriskie & McCormick, 2003) there is a dearth of information addressing the connection between leisure satisfaction and life satisfaction. A great deal of the leisure research has focused on frequency and duration of participation rather than satisfaction with that participation. Researchers who have examined leisure satisfaction, however, have found it to be more influential than participation alone.

Individuals. For the past quarter century researchers have been looking at the relationship between leisure satisfaction and satisfaction with one's life. As was mentioned earlier, Ragheb and Griffith (1982) found that leisure satisfaction and leisure

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participation contributed highly to life satisfaction. Their study examined adults over the age of 55 and found that leisure satisfaction played an important role in life satisfaction for the individuals in their sample. In an overview of several articles on this topic, Riddick (1986) found that leisure satisfaction is more important than other life domains in determining life satisfaction or mental well-being.

Russell (1987) compared the correlation of several activities with life satisfaction and determined that satisfaction with recreation activities correlated with life satisfaction to a greater level than frequency of involvement. In a later study, Russell (1990) examined the interrelationships between recreation and other life circumstance variables with quality of life. Results indicated that the only significant and direct predictor of quality of life was satisfaction with recreation.

Couples. Recent research completed by Johnson et al. (2006) examined couple leisure involvement, leisure time, and leisure satisfaction as they relate to marital satisfaction. Their findings indicated that it was not the level or amount of couple leisure involvement or satisfaction with the amount of time the couple spent together, but satisfaction with couple leisure that contributed to marital satisfaction.

Such findings went beyond previous couple leisure research which had examined the effect of couple leisure participation on different aspects of the marital relationship. Johnson et al.'s (2006) findings were significant in that they identified that couples who were satisfied with their couple leisure involvement, regardless of the amount or type of that involvement, experienced greater marital satisfaction than couples who participated

in a greater amount of leisure or different kinds of leisure activities, but who were not satisfied with that participation.

Families. Orthner and Mancini (1990) identified co-participation in leisure activities to be positively related to family interaction, family stability, and family satisfaction. Zabriskie and McCormick (2003) examined family leisure involvement and satisfaction with family life, and found that family leisure involvement was the strongest predictor of family satisfaction for the parents in their sample, but it was not a significant multivariate predictor from the child's perspective. Findings at the bivariate level, however, indicated that core family leisure involvement was the only factor significantly correlated to the children's satisfaction with family life.

Although Zabriskie and McCormick's (2003) findings indicated relationships between family leisure involvement and satisfaction with family life, recent studies examining individuals and couples found that satisfaction with leisure plays a greater role in life satisfaction than leisure participation alone. To date, no researchers have explored this connection on the family level. Previous studies on family leisure have all focused on family leisure involvement but none have explored the construct of family leisure satisfaction. Therefore, the purpose of this study was to examine the relationship between family leisure satisfaction and satisfaction with family life. It was hypothesized that, when controlling for sociodemographic and family leisure involvement variables, satisfaction with family leisure involvement would be positively correlated with satisfaction with family life.

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Methodology

Sample

Data were collected through an online survey that was completed by a nationally representative (by census region) sample of families ($n = 898$) residing in U.S. households containing at least one child (11-15 years old). Each responding family was required to submit two completed responses: one from a parent and one from a child between the ages of 11 and 15 years. The majority of respondents (58.6%) lived in urban/suburban areas (population $> 50,000$). The majority of parent respondents were female (75.5%) and ranged from 22 to 60 years of age with a mean age of 41.96 ($SD = 7.13$). By a slight majority, youth respondents were male (51.1%) with a mean age of 13.06 ($SD = 1.51$) and ranged from nine to 18 years. As per recommendations made by Zabriskie and McCormick (2003) it was initially intended to require participating youth to be between the ages of 11 and 15; however, some youth outside that age range responded. Upon comparing the research variables of the youth outside the intended age range with the rest of the sample, no significant differences were found between the means; therefore, they were included in the sample.

Approximately 80% of the parents were married, 4% were single/never married, 10.7% were separated/divorced/widowed, and 5.5% lived with a domestic partner. A history of divorce was reported by 36.9% of respondents. Ethnic majority of the parents was white (86.7%) with minority represented by Hispanic (.7%), Pacific Islander (.1%), Native American (1.4%), Asian (1.6%), Black (4.5%) and other (6.6%). Youth ethnic majority was also white (84.3%) with minority represented by Hispanic (5%), Pacific

Islander (.7%), Native American (1.3%), Asian (1.9%), and Black (6.8%). The average family size was 4.47 people with a reported range from 2 to 15 family members. The households were located in the following census regions: Northeast (20.4%), Midwest (27.5%), South (36%), and West (16%). Annual income ranged from less than \$20,000 to over \$150,000 with a median income of \$50,000-\$59,999.

Instrumentation

Two measures were selected for collecting the data for this study. Family leisure satisfaction was measured using the Family Leisure Satisfaction Scale (FLSS) which is part of the Family Leisure Activity Profile (FLAP). Satisfaction with family life was measured using the Satisfaction with Family Life Scale (SWFL). Relevant sociodemographic questions were also included.

Family leisure satisfaction. The FLAP (Zabriskie & McCormick, 2001) is based on the Core and Balance Model of Family Leisure Functioning (Zabriskie & McCormick) and measures both core and balance family leisure involvement and satisfaction. This questionnaire asks 16 questions, with eight items addressing core family leisure patterns and eight items addressing balance family leisure patterns. Each question asks the respondent to rate an activity category on four different levels: if he or she participates in activities of that category with his or her family, how often they participate in such activities, the duration of participation, and the level of personal satisfaction with that participation. The FLSS is, therefore, imbedded in each FLAP question. To calculate core and balance involvement scores, the ordinal indicators of frequency and duration in each category were multiplied. The core categories were then summed to produce a core

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family leisure involvement score, and the balance categories were summed to produce a balance family leisure involvement score. Total family leisure involvement was calculated by summing the core and balance involvement scores.

Satisfaction with each activity category was rated on a Likert-type scale with scores ranging from 1 (very dissatisfied) to 5 (very satisfied). Family leisure satisfaction scores were calculated by summing items 1 through 8, yielding a score indicating satisfaction with core family leisure involvement, and summing items 9 through 16 which provided a score for satisfaction with family leisure involvement. Total family leisure satisfaction was calculated by summing core and balance satisfaction scores. Family level measurement scores (mean of parent and youth) and family discrepancy scores (absolute difference between parent and youth) were created for a family level measurement. The FLAP has demonstrated acceptable psychometric properties in the areas 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). No evidence of validity and reliability has been reported for the FLSS.

Satisfaction with family life. The satisfaction with family life scale (SWFL) was modified from the Satisfaction With Life Scale (SWLS) (Diener, Emmons, Larsen, & Griffin, 1985) by replacing the word “life” in the original items with the words “family life” (Zabriskie & McCormick, 2003). The SWFL asks respondents to answer five questions using a seven point Likert-type scale (with scores ranging from 1 = strongly disagree to 7 = strongly agree) to indicate the level to which they agree or disagree with the statement. The SWFL is scored by summing all items, producing a score between 5

and 35. Family level measurement scores (mean of parent and youth) and family discrepancy scores (absolute difference between parent and youth) were created for a family level measurement. The scale has demonstrated acceptable psychometric properties including evidence of construct validity, internal consistency ($\alpha = .93$), and test-retest reliability ($r = .89$) (Zabriskie, 2000; Zabriskie & McCormick).

Sociodemographic questions were included to identify underlying characteristics of the sample. These items included state of residence, marital status of the parent, age of the parent and youth, ethnicity of the parent and youth, gender of the parent and youth, education, income, and family size.

Analysis

The statistical program SPSS was used to analyze the data. The researchers first reviewed the data for any missing responses and examined the data for any outliers. Descriptive statistics were calculated to examine various characteristics of the research variables. The following three data sets were compiled: (a) parent responses, (b) youth responses, and (c) family level measurement (the mean of the parent and youth responses for each family). Pearson Product Moment zero-order correlations were calculated between variables in each data set to check for multicollinearity and possible controlling factors were identified to be included in regression equations.

In an effort to examine the unique perspectives from parents and their children as suggested in previous research (Agate et al. in press; Olson, Russell, & Sprenkle, 1983; Zabriskie & McCormick, 2003) blocked multiple regression analyses were conducted for the parent and youth data sets. The first block included only sociodemographic variables,

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the second block added the variables of core and balance family leisure involvement, and the third block added the core and balance family leisure satisfaction variables. For each model, the multiple correlation coefficients were examined at the .05 alpha level, and the standardized regression coefficients (Beta) were examined to determine the contribution of each variable in the significant models.

It was expected that families would respond with differing amounts of variance between parent and child reports of involvement. Box, Hunter, and Hunter (1978) called for use of weighted multiple regression in instances when variances differ in some known manner. It seems that families in which the parent and child report similar levels of family involvement are likely to provide a more accurate report of the actual experience of the family than do those who are less consistent. Draper and Smith (1981) also called for a weighted regression analysis in situations in which some observations are less accurate than others. Other researchers have shown benefits of using weighted regression in similar situations (Baxter, Langanieri, Samson, McGilveray, & Hull, 1991; Lewis, Elmer, Skimming, McLafferty, Flemming, & McGee, 1987). In this study, scores were weighted using a formula in which one was divided by one plus the absolute value of the difference between parent and child involvement scores which then yielded a weighted score as recommended by Draper and Smith. Weighted scores were calculated only for the family level data set.

A weighted multiple regression analysis was, therefore, conducted to examine the contributions of family leisure satisfaction to satisfaction with family life from a family perspective. To explore the value of weighted multiple regression in comparison to

standard multiple regression, a non-weighted blocked multiple regression analysis was also conducted for the family data set. The blocks in both the weighted and non-weighted regression analyses for the family data set contained the same variables as the parent and youth analyses discussed above.

Results

As measured by the FLAP, parent scores for core family leisure satisfaction ranged from 8 to 40 ($M = 29.97$, $SD = 5.201$); parent scores for balance family leisure satisfaction ranged from 9 to 40 ($M = 29.11$, $SD = 5.132$); and parent scores for total family leisure satisfaction ranged from 20 to 80 ($M = 59.09$, $SD = 9.513$). Youth core family leisure satisfaction scores ranged from 8 to 40 ($M = 30.24$, $SD = 4.656$); youth balance family leisure satisfaction scores ranged from 8 to 40 ($M = 28.98$, $SD = 4.969$); and youth total family leisure satisfaction scores ranged from 18 to 80 ($M = 59.21$, $SD = 8.888$). Family means of core family leisure satisfaction scores ranged from 8 to 40 ($M = 30.10$, $SD = 4.401$) family means for balance family leisure satisfaction scores ranged from 11 to 40 ($M = 29.04$, $SD = 4.555$) and family means for total family leisure satisfaction scores ranged from 19 to 80 ($M = 59.15$, $SD = 8.38$).

As measured by the SWFL, parents' satisfaction with family life scores ranged from 5 to 35 ($M = 24.47$, $SD = 7.218$). Youth scores ranged from 5 to 35 ($M = 24.95$, $SD = 7.144$). Family mean scores for satisfaction with family life also ranged from 5 to 35 ($M = 24.714$, $SD = 6.553$). These scores were consistent with previous findings using this instrument (Zabriskie & McCormick, 2003).

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Zero-order correlations were produced to analyze the relationships between family leisure satisfaction and satisfaction with family life at the univariate level as well as to check for multicollinearity and possible controlling factors to include in regression equations. Results from the parent data set (see Table 1) indicated that there were significant relationships ($p < .001$) between all family leisure and satisfaction with family life variables. Multicollinearity, as indicated by $r > .90$ (Tabachnick & Fidell, 1996) was not found between any of the independent variables among any of the data sets (parent, youth, or family). Zero-order correlations were reported between family life satisfaction and the independent variables of history of divorce ($r = -.16, p < .01$), income ($r = .13, p < .01$), current marital status ($r = .17, p < .01$), and parent age ($r = -.11, p < .01$). Therefore, these variables were included in the regression equations.

Examination of the youth data set (see Table 2) also indicated significant relationships between all family leisure satisfaction and satisfaction with family life variables. Zero-order correlations were reported between family life satisfaction and the independent variables of history of divorce ($r = -.11, p < .01$), income ($r = .13, p < .01$), current marital status ($r = .10, p < .01$), and youth age ($r = -.11, p < .01$). Therefore, these variables were included in the regression equations.

Family level analyses (see Table 3) likewise identified significant relationships between all family leisure and satisfaction with family life variables. Zero-order correlations were reported between family life satisfaction and the independent variables of history of divorce ($r = -.15, p < .01$), income ($r = .14, p < .01$), current marital status (r

= .15, $p < .01$), parent age ($r = -.09$, $p < .01$) and youth age ($r = -.07$, $p < .05$). Therefore, these variables were included in the regression equations.

After calculating the zero-order correlations, the blocked method multiple regression analyses were computed to examine the relationship between family leisure satisfaction and satisfaction with family life at the multivariable level. For each of the data sets (parent, youth, and family), a multiple regression model was created for the dependent variable (satisfaction with family life). For the family level data set a weighted blocked multiple regression model was first completed, followed by a non-weighted multiple regression model, thus resulting in a total of four multiple regression models overall. Independent variables were included in the regression models if they had significant zero-order correlations to the dependent variables and/or if they were theoretically justified to be included based on past literature.

In the parent sample (see Table 4), satisfaction with family life was regressed on the independent variables of parent age, current marital status, history of divorce, income, parent core leisure involvement, parent balance leisure involvement, parent core family leisure satisfaction, and parent balance family leisure satisfaction. The first block contained only the sociodemographic variables, and it explained a small, but statistically significant amount of the variance in satisfaction with family life ($R^2 = .058$, $p < .001$). Parental age ($\beta = -.103$, $p = .002$) and history of divorce ($\beta = -.105$, $p = .002$) were both significant negative predictors of satisfaction with family life while currently being married ($\beta = .101$, $p = .004$) and level of income ($\beta = .101$, $p = .003$) were both positively correlated with satisfaction with family life. After adding core and balance family leisure

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involvement into the second block there was a statistically significant change ($\Delta R^2 = .063, p < .001$) in the variance explained by the model. Parent core family leisure involvement was a significant predictor of satisfaction with family life ($\beta = .130, p < .001$) and parent balance family leisure involvement was also significant ($\beta = .170, p < .001$). Upon adding parent core and balance family leisure satisfaction into a third block there was again a statistically significant change ($\Delta R^2 = .280, p < .001$) in the variance explained. Parent core family leisure satisfaction ($\beta = .373, p < .001$) and parent balance family leisure satisfaction ($\beta = .245, p < .001$) were significant predictors of satisfaction with family life, but parent core and balance family leisure involvement were no longer significant indicators of satisfaction with family life.

In the youth sample (see Table 5), satisfaction with family life was regressed on the independent variables of youth age, parents' current marital status, history of parental divorce, family income, youth core leisure involvement, youth balance leisure involvement, youth core family leisure satisfaction, and youth balance family leisure satisfaction. The first block containing the sociodemographic variables again explained a small, but statistically significant amount of the variance in satisfaction with family life ($R^2 = .041, p < .001$). Youth age ($\beta = -.117, p < .001$) and history of parental divorce ($\beta = -.081, p = .020$) were both significant negative predictors of satisfaction with family life while level of income ($\beta = .111, p < .001$) was positively correlated with satisfaction with family life. After adding core and balance family leisure involvement into the second block there was a statistically significant change ($\Delta R^2 = .096, p < .001$) in the variance explained by the model. Youth core family leisure involvement was a significant

predictor of satisfaction with family life ($\beta = .234, p < .001$) and youth balance family leisure involvement was also significant ($\beta = .128, p < .001$). Upon adding youth core and balance family leisure satisfaction into a third block there was again a statistically significant change ($\Delta R^2 = .193, p < .001$) in the variance explained. Youth core family leisure satisfaction ($\beta = .343, p < .001$) and youth balance family leisure satisfaction ($\beta = .161, p < .001$) were significant predictors of satisfaction with family life.

In the weighted analysis of the family sample (see Table 6), satisfaction with family life was regressed on the independent variables of parent age, youth age, parents' current marital status, history of parental divorce, family income, family mean core leisure involvement, family mean balance leisure involvement, family mean core family leisure satisfaction, and family mean balance family leisure satisfaction. The first block, which contained only the sociodemographic variables, explained a small, but statistically significant amount of the variance in satisfaction with family life ($R^2 = .042, p < .001$). History of parental divorce ($\beta = -.101, p = .003$) was a significant negative predictor of satisfaction with family life while parents being currently married ($\beta = .072, p = .046$) and level of income ($\beta = .079, p < .024$) were positively correlated with satisfaction with family life. After adding core and balance family leisure involvement into the second block there was a statistically significant change ($\Delta R^2 = .071, p < .001$) in the variance explained by the model. Core family leisure involvement was a significant predictor of satisfaction with family life ($\beta = .174, p < .001$) and balance family leisure involvement was also significant ($\beta = .136, p < .001$). Upon adding core and balance family leisure satisfaction into a third block there was again a statistically significant change ($\Delta R^2 =$

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.302, $p < .001$) in the variance explained. Core family leisure satisfaction ($\beta = .500, p < .001$) and balance family leisure satisfaction ($\beta = .126, p = .005$) were significant predictors of satisfaction with family life. In addition to the weighted multiple regression analysis of the family sample, a non-weighted analysis was also completed (see Table 7). This model used the same variables as the weighted multiple regression model for the family data set. The first block, containing only the sociodemographic variables, again explained a small but statistically significant amount of the variance in satisfaction with family life ($R^2 = .054, p < .001$). Parent age ($\beta = -.078, p = .022$) and history of parental divorce ($\beta = -.099, p = .004$) were both significant negative predictors of satisfaction with family life while parents being currently married ($\beta = .082, p = .021$) and level of income ($\beta = .119, p = .001$) were positively correlated with satisfaction with family life. After adding core and balance family leisure involvement into the second block there was a statistically significant change ($\Delta R^2 = .094, p < .001$) in the variance explained by the model. Core family leisure involvement was a significant predictor of satisfaction with family life ($\beta = .211, p < .001$) and balance family leisure involvement was also significant ($\beta = .148, p < .001$). Upon adding core and balance family leisure satisfaction into a third block there was again a statistically significant change ($\Delta R^2 = .276, p < .001$) in the variance explained. Core family leisure satisfaction ($\beta = .412, p < .001$) and balance family leisure satisfaction ($\beta = .193, p < .001$) were significant predictors of satisfaction with family life.

Discussion

The purpose of this study was to examine the relationship between family leisure satisfaction and satisfaction with family life. Results from the parent, youth, and family perspectives indicated that there were indeed significant relationships between both core and balance family leisure satisfaction and satisfaction with family life. Paired data collected from parents and youth within families provides interesting insights into the nature of the relationship between family leisure satisfaction and satisfaction with family life. Moreover, this is the first family leisure study to gather information from a national sample of this size. Although study limitations must be considered, findings have specific and meaningful implications for parents, practitioners who work with families, and scholars who study the family.

Relationship between Family Leisure Satisfaction and Satisfaction with Family Life

Current findings are consistent with previous leisure research that has indicated satisfaction with leisure is a better predictor of overall life satisfaction than is leisure involvement. Findings from this study supported Russell's (1987) conclusions from a study comparing the influence of individuals' leisure on life satisfaction. Russell found that it was satisfaction with leisure that impacted life satisfaction, rather than variables dealing with leisure involvement. In a similar study, Russell (1990) found that, among variables of religiosity, gender, education, marital status, age, and leisure satisfaction, leisure satisfaction was the only significant and direct predictor of quality of life (1990). Johnson, et al. (2006) likewise found that, among the variables of joint couple leisure involvement, satisfaction with joint couple leisure involvement, and joint couple time,

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satisfaction with joint couple leisure involvement was the only significant contributor to marital satisfaction. At the family level, other researchers have identified correlations between family leisure involvement and positive family outcomes (Agate, Wells, Widmer, & Rogers, 2003; Huff et al. 2003; Wells et al. 2004; Zabriskie & McCormick, 2001) including satisfaction with family life (Zabriskie & McCormick, 2003), but until now, none have explored the relationship between satisfaction with family leisure and satisfaction with family life. Perhaps the most significant contribution of the current study is the indication that, as has been previously indicated among individuals and couples, family leisure satisfaction is significantly correlated with satisfaction with family life and that it explains a greater amount of the variance than does family leisure involvement or any other descriptive variable. In other words, it appears that the satisfaction with family leisure involvement is more important than the amount of time spent together when considering satisfaction with family life.

Whereas past family leisure research has focused primarily on participation in family leisure, the clarification the current findings provide regarding the relationship between leisure satisfaction and family life satisfaction is of great value. Johnson et al. (2006) stated that “it appears to be more important for couples to be comfortable with their leisure involvement rather than to participate in a specific amount” (p. 84). The current research indicates that the same appears to be true for families. These findings clarify that, instead of only working toward a leisure approach of increased time spent in family leisure activities, parents and practitioners would do well to identify individual family members’ specific expectations for family recreation and then focus on addressing

those expectations. Rather than emphasizing simply spending greater amounts of time in family leisure, it would be meaningful to make the effort to provide family leisure that is individually satisfying and enjoyable.

Another significant contribution of the current study was the overall amount of variance in family life satisfaction that was explained by core and balance family leisure satisfaction. Results indicated that sociodemographic variables explained a significant but small amount of variance in family life satisfaction (R^2 ranged from .041 to .058 depending on data set). The second block which included the family leisure involvement variables also explained a significant but small amount of the variance (ΔR^2 ranged from .063 to .096). In the third block, which added core and balance family leisure satisfaction, the change in the amount of variance explained in the model (ΔR^2 ranged from .193 to .302) was up to seven times higher than the previous blocks. Furthermore, the overall variance explained in these models ranged from 33 to 42 percent, which is exceptionally high when examining sociological variables. The importance of the amount of variance in satisfaction with family life that is explained by family leisure satisfaction cannot be understated. While the current study found strong correlations between family leisure involvement and satisfaction with family life when exploring family leisure involvement independently of family leisure satisfaction, the addition of core and balance family leisure satisfaction to the equation seems to provide much greater insight into the relationship between family leisure and satisfaction with family life.

After adding core and balance leisure satisfaction variables to the regression models, core and balance family leisure involvement were no longer significant from the

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parent perspective and core was no longer significant from the family perspective. From the youth perspective, however, family leisure involvement and satisfaction with family life continued to be significantly correlated, although leisure involvement explained a smaller amount of the variance than when family leisure satisfaction was not included. This finding may indeed indicate that, for youth, being satisfied with family leisure includes spending more leisure time as a family. In other words, it appears that the amount of leisure involvement with family members is still important for adolescents in the home even when considering the satisfaction with that involvement.

Relationship between Core Family Leisure Satisfaction and Satisfaction with Family Life

In order to more fully understand the nature of the relationship between family leisure satisfaction and satisfaction with family life, the Core and Balance Model of Family Leisure Functioning (Zabriskie & McCormick, 2001) was used. This model allows researchers to understand satisfaction with different types of family leisure as they are related to satisfaction with family life. In parent, youth, and family analyses, results indicated that core family leisure satisfaction explained a greater amount of the variance in satisfaction with family life than balance family leisure satisfaction. These results support previous findings (Zabriskie & McCormick, 2003) that among youth, core family leisure involvement appears to explain more variance in satisfaction with family life than balance family leisure. Current findings, however, go beyond previous research and are the first to identify a similar relationship from a parent or family perspective. Zabriskie and McCormick reported that core and balance family leisure involvement contributed equally to satisfaction with family life for parents. For this sample, core family leisure

satisfaction was the single greatest predictor of satisfaction with family life and explained up to twice as much variance as balance family leisure satisfaction from a parent, youth, and family perspective.

Although the importance of core family leisure has been identified while examining various other family outcomes (Agate et al., in press; Freeman & Zabriskie, 2003; Smith et al., 2004), the consistency and strength of the correlations in the current findings not only confirm, but add greater emphasis and insight into the significance of core family leisure. Whereas popular or intuitive beliefs might suggest that families, particularly younger adolescents, may place greater value on novel, exciting, and challenging balance types of family activities, the simple, regular, home-based, and low-cost nature of core family leisure clearly stands out in current findings. Rather than the family vacation to Hawaii or other resource-intensive family activities, activities such as playing catch in the yard, eating dinner together, going for a walk together, and shooting baskets in the driveway were most strongly correlated with family life satisfaction. For both parents and youth in this sample, satisfaction with core family activities was the single most important indicator of satisfaction with family life.

Practical Implications

Findings from this study have several valuable implications for families and for professionals who work with and study families. Findings provide further empirical evidence indicating that family leisure involvement is related to satisfaction with family life. The role of family leisure involvement is often overlooked by professionals who work with families. These findings, however, clearly indicate that family leisure

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involvement is an integral component of satisfaction with family life and must be considered. Of even greater significance is the finding that satisfaction with family leisure involvement appears to play a much greater role in family life satisfaction than does the amount of family leisure involvement alone. As many families today are in a state of crisis (Nock, 1998; Agate et al., in press; VanDenBerghe, 2000) it is necessary that those who can take steps to strengthen the family unit do so. Current findings provide a meaningful avenue through which parents and professionals can work to provide enriching experiences for families. They not only provide empirical evidence that family leisure satisfaction is correlated with satisfaction with family life, but they do so from parent, youth, and family perspectives. Furthermore, they give relatively clear direction as to the kinds of family leisure activities that appear to contribute most to satisfaction with family life.

The new evidence that the current research provides to reinforce the essential nature of core family leisure satisfaction cannot be understated and should be taken into account by recreation practitioners when considering family programming and service provision. Swinton (2006) identified a significant relationship between core family leisure participation and core family leisure satisfaction. Recreation practitioners may, therefore, by increasing opportunities for families to participate in core family leisure, contribute to increased core family leisure satisfaction. Zabriskie (2001a) described how one recreation department modified simple aspects of their youth sports programs to involve families. Activities were scheduled regularly and consistently so as to allow for families to participate in them as core activities. Coaches were encouraged to give players

homework assignments to practice with family members at home, thus fostering increased core family involvement. Simple changes like these may contribute to positive benefits including increased core family leisure involvement and satisfaction.

Recommendations for Future Research

Future research is needed to further explore the influence of core, balance, and total family leisure satisfaction on satisfaction with family life. This study goes beyond what has been done in the past by utilizing a large national sample. Past leisure research has not used a sample as large as the one used in this study, nor have researchers drawn from a nationally representative sample. By utilizing a large national sample, results are more representative of society than are results from a small sample drawn from a limited geographic area. Future research would benefit from using larger and more diverse samples such as the one used in the current research.

The current research also went beyond previous research by using a weighted multiple regression analysis. This analysis allowed researchers to place more confidence in those participating families whose responses represented a more consistent report of family leisure involvement, a construct which is less subjective than satisfaction-based constructs and which should thereby elicit more consistent responses from members of the same family. In other words, when parents and children are reporting the amount of family leisure in which they participate, responses should be essentially the same. Therefore, when adjusting for possible inconsistencies, this approach is likely to clarify relationships. While the weighted model in the current study explained slightly less variance in satisfaction with family life than the non-weighted model, it did appear to

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eliminate “noise” from other controlling variables and provided a clearer picture of the variable which explained the greatest amount of variance from the family perspective. Future research may also gain a more accurate view of family life by utilizing weighted multiple regression analysis when appropriate.

While the questionnaire used for data collection was delivered to a nationally representative group, the response method may have resulted in some limitations. The majority of parent respondents were female and Caucasian. Marital statistics of respondents were also not completely representative of the population. Future research may benefit by obtaining a sample from a more diverse population. A deeper understanding of the relationship between family leisure satisfaction and satisfaction with family life could be obtained through a longitudinal study of families in which data are collected on multiple occasions over time. In the present study, data were collected from one parent and one child of each family in the sample. Future research may also benefit by collecting data from all family members so as to gain a complete view of family members’ experience. Further examination of the meaning and contribution of core family leisure to different family outcomes is also recommended. Possible societal changes that may have contributed to parents finding greater satisfaction in core family leisure involvement than they have done in the past should also be explored. One might also argue that the relationships the current research identified between family leisure satisfaction and satisfaction with family life have less to do with actual correlations between the variables and more to do with personality characteristics. Future research could explore the concept of satisfaction as a personality trait or a personal choice. Such

research may shed further light on family life satisfaction and family leisure satisfaction and may contribute to the growing body of knowledge being used to strengthen families.

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Constraints, Leisure Facilitators, and Satisfaction with Leisure Involvement

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Table 1

Pearson Correlations: Parent Data

	Bal Sat	Tot Sat	FamLf Sat	Core Inv	Bal Inv	Tot Inv	Fam Size	Hist Div	Gender	Income	M Stat	Edu	Age	Eth Maj
Core Sat	r=.695**	r=.922**	r=.574**	r=.360**	r=.220**	r=.320**	r=.018	r=-.104**	r=-.049	r=.019	r=.067*	r=.017	r=.043	r=-.027
Bal Sat		r=.919**	r=.542**	r=.150**	r=.359**	r=.326**	r=-.003	r=-.101**	r=.008	r=.114**	r=.081*	r=.049	r=.007	r=.013
Tot Sat			r=.607**	r=.278**	r=.314**	r=.351**	r=.008	r=-.111**	r=-.022	r=.072*	r=.080*	r=.036	r=-.019	r=-.008
FamLf Sat				r=.211**	r=.239**	r=.267**	r=.012	r=-.159**	r=-.041	r=.128**	r=.165**	r=.040	r=-.108**	r=.026
Core Inv					r=.430**	r=.758**	r=.089**	r=-.013	r=.035	r=-.037	r=.020	r=.035	r=-.082*	r=-.087*
Bal Inv						r=.915**	r=.016	r=.039	r=.016	r=.190**	r=.005	r=.103**	r=-.048	r=.064
Tot Inv							r=.052	r=.022	r=.027	r=.120**	r=.013	r=.090**	r=-.071*	r=.008
Fam Size								r=-.019	r=-.018	r=.046	r=.176**	r=-.024	r=.011	r=-.009
Hist Div									r=.010	r=-.095**	r=-.307**	r=-.017	r=.126**	r=.012
Gender										r=-.041	r=-.108**	r=.011	r=.021	r=-.010
Income											r=.286**	r=.379**	r=.114**	r=.125**
M Stat												r=.116**	r=-.029	r=.122**
Edu													r=.216**	r=.047
Age														r=.050

Note. Core Sat = core family leisure satisfaction; Bal Sat = balance family leisure satisfaction; Tot Sat = total family leisure satisfaction; FamLfSat = family life satisfaction; Core Inv = core family leisure involvement; Bal Inv = balance family leisure involvement; Tot Inv = total family leisure involvement; Fam Size = family size; Hist Div = history of divorce; M Stat = marital status; Edu = education, Eth Maj = ethnic majority; * $p < .05$; ** $p < .01$; $n=898$.

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Table 2

Pearson Correlations: Youth Data

	Bal Sat	Tot Sat	FamLf Sat	Core Inv	Bal Inv	Tot Inv	Fam Size	Hist Div	Gender	Income	M Stat	Edu	Age	Eth Maj
Core Sat	r=.705**	r=.918**	r=.522**	r=.368**	r=.209**	r=.318**	r=.025	r=-.06	r=-.010	r=.041	r=.028	r=-.022	r=-.072*	r=-.023
Bal Sat		r=.928**	r=.454**	r=.203**	r=.314**	r=.313**	r=-.005	r=-.030	r=.031	r=.085*	r=.005	r=.009	r=-.007	r=.036
Tot Sat			r=.527**	r=.306**	r=.285**	r=.342**	r=.010	r=-.049	r=-.022	r=.069*	r=.017	r=-.007	r=-.041	r=-.032
FamLf Sat				r=.304**	r=.254**	r=.320**	r=-.041	r=-.106**	r=-.062	r=.129**	r=.104**	r=.027	r=-.112**	r=.028
Core Inv					r=.457**	r=.788**	r=.128**	r=-.025	r=.045	r=-.010	r=.009	r=.026	r=-.143**	r=-.031
Bal Inv						r=.908**	r=-.012	r=.017	r=.009	r=.156**	r=.005	r=.065**	r=-.088**	r=.023
Tot Inv							r=.052	r=.000	r=.028	r=.103**	r=.008	r=.057	r=-.129**	r=.001
Fam Size								r=-.019	r=-.018	r=.046	r=.176**	r=-.024	r=.058	r=-.013
Hist Div									r=.010	r=-.095**	r=-.307**	r=-.017	r=.003	r=.032
Gender										r=-.041	r=-.108**	r=.011	r=.061	r=.000
Income											r=.286**	r=.379**	r=.032	r=.132**
M Stat												r=.116**	r=.018	r=.165**
Edu													r=.014**	r=.019
Age														r=-.027

Note. Core Sat = core family leisure satisfaction; Bal Sat = balance family leisure satisfaction; Tot Sat = total family leisure satisfaction; FamLfSat = family life satisfaction; Core Inv = core family leisure involvement; Bal Inv = balance family leisure involvement; Tot Inv = total family leisure involvement; Fam Size = family size; Hist Div = history of divorce; M Stat = marital status; Edu = education, Eth Maj = ethnic majority; * $p < .05$; ** $p < .01$; $n=898$.

Table 3

Pearson Correlations: Family mean Data

	BalSat	FamLfSat	CoreInv	BalInv	TotInv	FamSize	HistDiv	PGender	YGender	Income	MStat	Edu	ParentAge	YouthAge	PEthMaj	YthMaj
CoreSat	r=.751**	r=.605**	r=.398**	r=.219**	r=.333**	r=.024	r=-.094*	r=-.014	r=-.024	r=.033	r=.054	r=-.002	r=-.036	r=-.082*	r=-.031	r=-.035
BalSat		r=.552**	r=.211**	r=.350**	r=.342**	r=-.005	r=-.073*	r=.009	r=.021	r=.111**	r=.048	r=.032	r=.012	r=-.012	r=-.013	r=-.028
FamLfSat			r=.289**	r=.266**	r=.317**	r=-.016	r=-.145**	r=-.045	r=-.056	r=.141**	r=.148**	r=.037	r=-.090**	r=-.068*	r=.022	r=.029
CoreInv				r=.473**	r=.782**	r=.120**	r=-.021	r=.002	r=.044	r=-.025	r=.016	r=.033	r=-.067*	r=-.125**	r=-.101**	r=-.029
BalInv					r=.919**	r=-.002	r=.030	r=-.012	r=.014	r=.183**	r=.005	r=.089**	r=-.032	r=-.083*	r=.047	r=.049
TotInv						r=.055	r=.012	r=-.009	r=.029	r=.119**	r=.011	r=.078*	r=-.052	r=-.115**	r=-.011	r=.021
FamSize							r=-.019	r=.029	r=-.018	r=.046	r=.176**	r=-.024	r=.011	r=.058	r=-.009	r=.013
HistDiv								r=.033	r=.010	r=-.095**	r=-.307**	r=-.017	r=.126**	r=-.003	r=.012	r=.032
PGender									r=.060	r=-.115**	r=-.009	r=-.141**	r=-.214**	r=-.097**	r=.019	r=.025
YGender										r=-.041	r=-.108**	r=.011	r=.021	r=-.061	r=-.010	r=.000
Income											r=.286**	r=.379**	r=.114**	r=.032	r=.125**	r=.132**
MStat												r=.116**	r=-.029	r=.018	r=.122**	r=.165**
Edu													r=.216**	r=.014	r=.047	r=.019
ParentAge														r=.190**	r=-.050	r=.012
YouthAge															r=-.086*	r=-.027
PEthMaj																r=.682**

Note. CoreSat = core family leisure satisfaction; BalSat = balance family leisure satisfaction; FamLfSat = family life satisfaction; CoreInv = core family leisure involvement; BalInv = balance family leisure involvement; TotInv = total family leisure involvement; FamSize = family size; HistDiv = history of divorce; PGender = parent gender; YGender = youth gender; MStat = marital status; Edu = education; PEthMaj = parent of ethnic majority; YEthMaj = youth of ethnic majority; * p < .05; **p < .01; n=898.

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Table 4

Summary of Blocked Regression Equations Predicting Satisfaction with Family Life: Parent Data

Predictor	B	SE B	β	<i>p</i>
Block 1 $R^2 = .058$ ($p < .001$)**				
Parent age	-.105	.033	-.103	.002**
Currently married	1.823	.638	.101	.004**
History of divorce	-1.572	.514	-.105	.002**
Income	.336	.114	.101	.003**
Block 2 $\Delta R^2 = .063$ ($p < .001$)**				
Parent age	-.081	.032	-.080	.013*
Currently married	1.881	.618	.105	.002**
History of divorce	-1.720	.498	-.115	.001**
Income	.230	.114	.069	.044*
Parent core leisure involvement	.059	.016	.130	.000**
Parent balance leisure involvement	.048	.010	.170	.000**
Block 3 $\Delta R^2 = .280$ ($p < .001$)**				
Parent age	-.090	.027	-.089	.001**
Currently married	1.478	.511	.082	.004**
History of divorce	-.813	.414	-.054	.050*
Income	.220	.094	.066	.020*
Parent core leisure involvement	.005	.014	.012	.708
Parent balance leisure involvement	.014	.009	.049	.131
Parent core leisure satisfaction	.518	.055	.373	.000**
Parent balance leisure satisfaction	.344	.056	.245	.000**

Note: * $p < .05$; ** $p < .01$; $n = 898$. Total amount of variance explained by model, $R^2 = .401$

Table 5

Summary of Blocked Regression Equations Predicting Satisfaction with Family Life: Youth Data

Predictor	B	SE B	β	<i>p</i>
Block 1 $R^2 = .041$ ($p < .001$)**				
Youth age	-.553	.156	-.117	.000**
Currently married (parent)	.884	.637	.050	.165
History of divorce (parent)	-1.192	.510	-.081	.020*
Income (family)	.368	.113	.111	.001**
Block 2 $\Delta R^2 = .096$ ($p < .001$)**				
Youth age	-.338	.149	-.071	.024*
Currently married (parent)	.935	.605	.053	.123
History of divorce (parent)	-1.149	.484	-.078	.018*
Income (family)	.303	.109	.092	.006**
Youth core leisure involvement	.095	.014	.234	.000**
Youth balance leisure involvement	.035	.010	.128	.000**
Block 3 $\Delta R^2 = .193$ ($p < .001$)**				
Youth age	-.327	.132	-.069	.013*
Currently married (parent)	.995	.534	.056	.063
History of divorce (parent)	-.810	.428	-.055	.059
Income (family)	.241	.096	.073	.013*
Youth core leisure involvement	.042	.014	.103	.002**
Youth balance leisure involvement	.019	.009	.068	.040*
Youth core leisure satisfaction	.526	.064	.343	.000**
Youth balance leisure satisfaction	.232	.059	.161	.000**

Note: * $p < .05$; ** $p < .01$; $n = 898$. Total amount of variance explained by model, $R^2 = .330$

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Table 6

Summary of Blocked Regression Equations Predicting Satisfaction with Family Life: Family Mean Data—Weighted by variance in involvement scores

Predictor	B	SE B	β	<i>p</i>
Block 1 $R^2 = .042$ ($p < .001$)**				
Parent age	-.031	.031	-.034	.321
Youth age	-.390	.140	-.093	.005**
Currently married (parent)	1.156	.579	.072	.046*
History of divorce (parent)	-1.309	.442	-.101	.003**
Income (family)	.227	.100	.079	.024*
Block 2 $\Delta R^2 = .071$ ($p < .001$)**				
Parent age	-.019	.030	-.021	.521
Youth age	-.239	.136	-.057	.079
Currently married (parent)	1.100	.558	.068	.049*
History of divorce (parent)	-1.278	.426	-.099	.003**
Income (family)	.187	.098	.165	.057
Family core leisure involvement	.069	.015	.174	.000**
Family balance leisure involvement	.034	.009	.136	.000**
Block 3 $\Delta R^2 = .302$ ($p < .001$)**				
Parent age	-.035	.024	-.039	.146
Youth age	.094	.111	-.023	.395
Currently married (parent)	.871	.454	.054	.055
History of divorce (parent)	-.682	.348	-.053	.050*
Income (family)	.140	.080	.049	.081
Family core leisure involvement	-.016	.014	-.039	.255
Family balance leisure involvement	.026	.008	.106	.002*
Family core leisure satisfaction	.717	.065	.500	.000**
Family balance leisure satisfaction	.175	.062	.126	.005**

Note: * $p < .05$; ** $p < .01$; $n = 898$. Total amount of variance explained by model, $R^2 = .415$

Table 7

*Summary of Blocked Regression Equations Predicting Satisfaction with Family Life:
Family Mean Data—Non-weighted*

Predictor	B	SE B	β	<i>p</i>
Block 1 $R^2 = .054$ ($p < .001$)**				
Parent age	-.071	.031	-.078	.022*
Youth age	-.255	.144	-.059	.078
Currently married (parent)	1.344	.580	.082	.021*
History of divorce (parent)	-1.345	.468	-.099	.004**
Income (family)	.360	.104	.119	.001**
Block 2 $\Delta R^2 = .094$ ($p < .001$)**				
Parent age	-.057	.030	-.062	.052
Youth age	-.096	.138	-.022	.488
Currently married (parent)	1.374	.552	.084	.013*
History of divorce (parent)	-1.393	.446	-.103	.002**
Income (family)	.283	.102	.093	.005**
Family core leisure involvement	.090	.015	.211	.000**
Family balance leisure involvement	.040	.010	.148	.000**
Block 3 $\Delta R^2 = .276$ ($p < .001$)**				
Parent age	-.064	.024	-.070	.008**
Youth age	-.047	.114	-.011	.682
Currently married (parent)	1.221	.455	.075	.007**
History of divorce (parent)	-.742	.368	-.055	.044*
Income (family)	.230	.084	.076	.006**
Family core leisure involvement	.019	.014	.044	.178
Family balance leisure involvement	.019	.009	.072	.027*
Family core leisure satisfaction	.613	.065	.412	.000**
Family balance leisure satisfaction	.278	.061	.193	.000**

Note: * $p < .05$; ** $p < .01$; $n = 898$. Total amount of variance explained by model, $R^2 = .424$

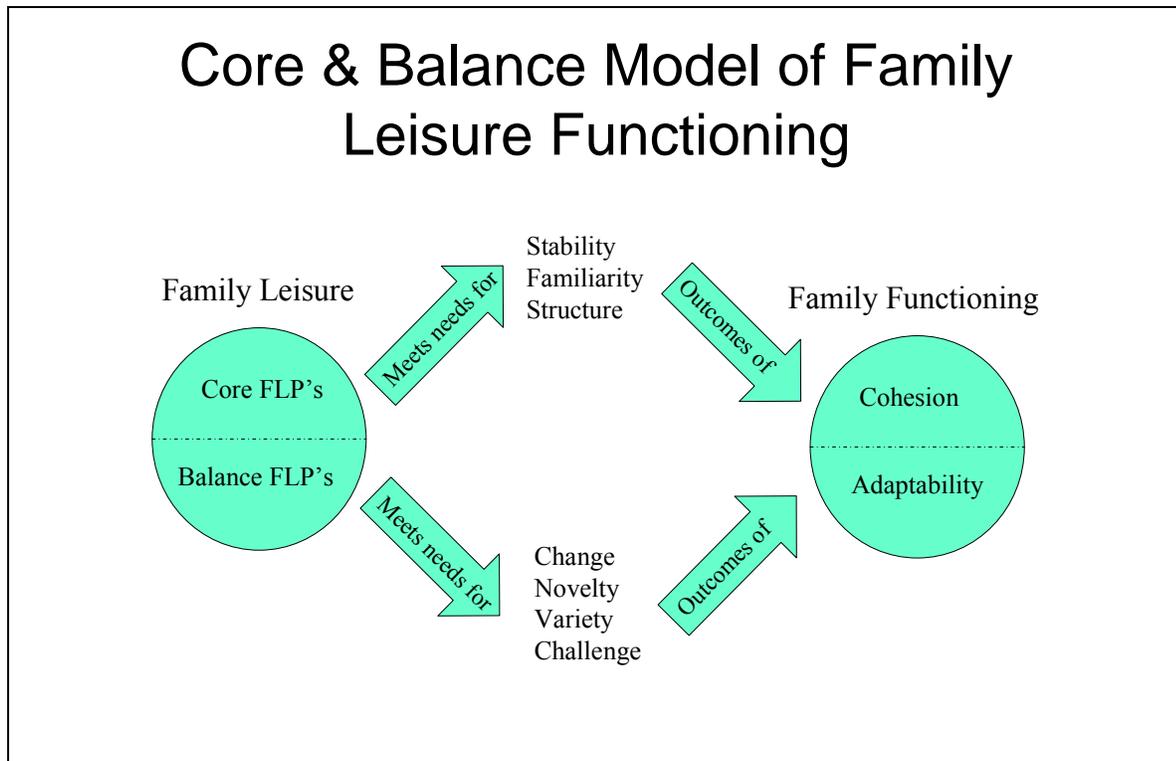


Figure 1. Core and Balance Model of Family Leisure Functioning

Appendix A
Prospectus

Chapter 1

Introduction

The family is the fundamental unit of society and has been throughout history (Zabriskie & McCormick, 2001). While societies and cultures have varied widely in needs, resources, and values, the family has remained a constant and necessary unit through time. Despite wide acknowledgment of the family as a significant contributor to a healthy society, this is a day that is experiencing “high divorce rates” and “the alleged collapse of traditional marriage and family life” (VanDenBerghe, 2000, p. 16-17). It is one in which marriages and families are being seen as “demoralized institutions” (Taylor, 2005, p. 52). Marriages and families are seen by many as weak and troubled (Nock, 1998). With families facing these challenges, many people are taking steps to strengthen the family unit. One step that is being taken is the exploration of individuals’ satisfaction with family life.

Satisfaction with family life is a construct that researchers have explored in an attempt to find avenues of supporting families (Bowen, 1988; Toth, Brown, & Xu, 2002). Some factors that have been correlated with family life satisfaction are common goals and values among family members (Bowen), good mental health (Sears, 1977), and community factors (Toth, et al.). Family leisure has also been found to be related to family life satisfaction (Zabriskie & McCormick, 2003).

Family leisure provides opportunities for families to bond with each other, problem solve, and strengthen their relationships. For over 70 years research has continually identified a relationship between leisure and family life (Hawkes, 1991;

Holman & Epperson, 1989). Recent research has identified many benefits that leisure has for families. These benefits include increased communication skills (Huff, Widmer, McCoy & Hill, 2003) and problem solving efficacy (Wells, Widmer, & McCoy, 2004). When examined through the Core and Balance Model of Family Leisure Functioning (Zabriskie & McCormick, 2001), recreation has also been found to be positively correlated with family functioning (Agate, Zabriskie, & Eggett, in press; Freeman & Zabriskie, 2003). Each of these studies, however, has explored leisure participation and has failed to address leisure satisfaction.

In studies examining individuals and couples, satisfaction with leisure has been found to be more strongly correlated with beneficial outcomes than participation alone (Johnson, Zabriskie, & Hill, 2006; Russell, 1987, 1990). Although researchers have examined the relationship between family leisure participation and satisfaction with family life (Zabriskie & McCormick, 2003), family leisure satisfaction has not yet been explored as a construct related to satisfaction with family life.

Statement of Problem

The problem of this study is to examine the relationship between family leisure satisfaction and satisfaction with family life from the parent, youth, and family perspectives.

Purpose of Study

The purpose of this study is threefold: to explore the relationship between family leisure satisfaction and satisfaction with family life; to investigate the relationship of core family leisure satisfaction and satisfaction with family life; and to investigate the

relationship between balance family leisure satisfaction and satisfaction with family life. Information obtained through this study will contribute to the field of research used to strengthen families by providing further insight into areas that positively correlate with family interaction and strength. Family leisure participation has been found to relate positively with satisfaction with family life (Zabriskie & McCormick, 2003). This study will further focus on the role of leisure in satisfaction with family life by addressing the aspect of satisfaction with family leisure participation. This study will more fully examine family members' satisfaction with family recreation versus the mere participation in family recreation. The information gained may provide possible avenues to consider in attempting to strengthen families and improve family life satisfaction.

Significance of the Study

Several studies have found that participation in recreation has beneficial outcomes for families (Agate, Wells, Widmer, & Rogers, 2003; Huff et al. 2003; Wells et al. 2004; Zabriskie & McCormick, 2001). Some studies, however, have more specifically explored the beneficial outcomes of satisfaction with leisure participation rather than leisure participation alone. Russell (1987) found that, among individuals, satisfaction with recreation activities is correlated more strongly with life satisfaction than are other factors, including frequency of involvement in leisure activities. Russell (1990) later examined leisure satisfaction for individuals further and found it to be the only one of her variables that was a significant and direct predictor of quality of life. Similarly, when examining contributors to marital satisfaction Johnson et al. (2006) found that, among leisure related variables, satisfaction with couple leisure was the only significant

predictor of marital satisfaction. This relationship has not, however, been examined among families. Until now, satisfaction with family leisure involvement has not been examined as a correlate to satisfaction with family life; participation in family leisure is the only aspect of leisure that has been studied in relation to satisfaction with family life.

Zabriskie and McCormick (2003) identified the relationship between family leisure participation and satisfaction with family life. Considering the studies that have shown that satisfaction with leisure is more strongly correlated than leisure participation alone, there is a clear need to explore satisfaction with family leisure in this context. This research could be beneficial to family scholars as well as leisure scholars by identifying additional avenues to enhance satisfaction with family life.

Delimitations

The scope of this study will be delimited to the following:

1. The study will include 1000 families.
2. Responses will be collected from one parent and one child of each family.
3. The data were collected through a survey sampling company who distributed electronic invitations to complete an online questionnaire.
4. Satisfaction with family life will be measured using the Satisfaction with Family Life Scale (SWFL).
5. Family leisure satisfaction will be measured using the Family Leisure Satisfaction Scale (FLSS) which is embedded in the Family Leisure Activity Profile (FLAP).

Limitations

The study will be limited by the following factors:

1. Each of the instruments is self-report, which may result in a social desirability effect.
2. Respondents will be limited to families who have access to a computer and an internet connection.
3. Due to the fact that the methods of this study are correlational, causal relationships cannot be determined.
4. Respondents choosing to participate in online research may not be representative of the population in general.

Assumptions

This study will be conducted based upon the following assumptions:

1. A person's family is an important part of their life.
2. The instruments being used in the study will provide valid and reliable measurements.
3. Participants will complete the questionnaires accurately and honestly.

Hypotheses

The study will test the following null hypotheses:

1. There is no relationship between total family leisure satisfaction and satisfaction with family life.
2. There is no relationship between core family leisure satisfaction and satisfaction with family life.
3. There is no relationship between balance family leisure satisfaction and satisfaction with family life.

Definition of Terms

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

Balance family leisure pattern: Balance family leisure patterns are “depicted through activities that are generally less common and less frequent than core family leisure activities and therefore provide novel experiences” (Zabriskie & McCormick, 2001, p. 283), and are generally not home-based. These might include activities such as vacations, camping trips, and sailing adventures.

Core family leisure pattern: Core family leisure patterns are “depicted in the common, everyday, low-cost, relatively accessible, and often home-based activities that many families do frequently” (Zabriskie & McCormick, 2001, p. 283). These are activities like having dinner as a family, playing games, or even doing the dishes together.

Family leisure involvement: Family leisure involvement is “all recreation and leisure activities family members participate in with other family members, including both core and balance leisure patterns” (Zabriskie, 2000, p. 7).

Family leisure satisfaction: Family leisure satisfaction is derived from the summed satisfaction scores from the FLAP and indicates individuals’ self-report of level of satisfaction with leisure participated in with family members (Zabriskie & McCormick, 2001)

Satisfaction with family life: Satisfaction with family life is derived from total scores on the FLSS and indicates individuals’ self-report of level of satisfaction with family life.

Chapter 2

Review of Literature

The literature related to family leisure satisfaction and satisfaction with family life will be presented in this chapter. For organizational purposes, the literature is presented under the following topics: (a) Satisfaction with Family Life, (b) Family Leisure Involvement, and (c) Life Satisfaction and Leisure Satisfaction.

Satisfaction with Family Life

The family is the fundamental unit of society and has remained so throughout time (Agate et al., in press; Zabriskie & McCormick, 2001). Carlson, Deppe and MacLean (1972) indicated that the family is the “organization for procreation and education of children, bound together through social and economic necessities” (p. 206). Stronger families are a key element in creating a stronger society (Johnson et al., 2006). As an entity of such importance, it is necessary that society provide avenues through which the family unit can be strengthened and supported. Bowen (1988) recognized the importance of practitioners as advocates for families through “promoting the development of policies, programs, and services that are supportive of family life” and stated they are “able to help families better understand the dynamics of family life satisfaction” (p. 461). Researchers can provide understanding to assist practitioners in this task by identifying factors that correlate with satisfaction with family life.

Life satisfaction. Satisfaction is a phenomenon that taps many of life’s experiences (Toth et al., 2002). Veenhoven (1996) presented a comprehensive review of such experiences and provided a list of factors that correlate with life satisfaction.

Veenhoven placed these factors into six categories. The first category, life chances, includes concepts such as social opportunities. The quality of the society in which one lives is the second category and consists of factors such as prosperity, economics, human rights, political freedom, and access to knowledge. The third category, one's position in society, is determined by age, gender, income, education, and occupation. Category four, participation in society, includes factors such as paid work, volunteerism, and marriage. Art-of-living, the fifth category, consists of physical health, mental health, and psychological resilience. The final category is made up of life events. Another component of life satisfaction is satisfaction with family life.

Factors correlated with satisfaction with family life. Even though satisfaction with family life is an important component to life satisfaction, the body of research addressing this construct is lacking. Some studies, however, have identified factors that are correlated with satisfaction with family life. For example, Toth et al. (2002) examined differences in urban and rural family life and identified community factors as having a relationship with satisfaction with family life.

Another construct that has been found to be related to family life satisfaction for adolescents is filial self-efficacy (Caprara, 2005). Caprara's research indicated that adolescents with higher perceived self-efficacy to manage parental relationships reported higher satisfaction with family life. The results from this study, done with Italian adolescents, consistently showed that perceived filial self-efficacy was an indicator of satisfaction with family life and these results held both concurrently and longitudinally. More specifically, higher self-efficacy indicated more open communication between

adolescents and parents, more acceptance of parental monitoring of adolescent activity, and less inclination to have escalative discord over disagreements.

In a longitudinal study of gifted men, Sears (1977) identified good childhood social adjustment, good mental health, and positive attitudes toward parental family of origin as significant indicators of family life satisfaction. These same indicators were also identified as correlates with marital success. These findings are similar to those of Caprara (2005) who indicated positive attitudes towards parents and social adjustment at an early age play an influential role in family life satisfaction. For the participants in Sears's sample these predictors for family life satisfaction held true over a period of more than 30 years.

In addition, Bowen (1988) identified the ability to live according to one's family values as having a relationship with satisfaction with family life. Bowen stated, "the level of family life satisfaction is enhanced by the ability of family members to jointly realize their family-related values in behavior" (p. 459). This realization of family-related values in behavior is influenced by at least three factors: the level of congruity of values among family members, the relative presence or absence of personal resources (such as self-esteem) and relational skills needed to act in accordance with those values, and the nature and magnitude of system-level constraints which are obstacles to realizing family related values (including family-related stressors and demands). Bowen and the researchers discussed above have identified various domains found to relate to satisfaction with family life. Other researchers have identified family leisure as a significant correlate to family life satisfaction.

Family Leisure Involvement

For many people, recreation and leisure activities are an important part of life. Ancient philosophers spoke of the necessity for recreation as a means of rejuvenating the self (Carlson et al., 1972). Carlson et al. described, “skills, interests, and attitudes developed through leisure are significant not only to the individual, but to the society whose quality of culture and citizenship he helps to develop. Society is, therefore, concerned with recreation, which occurs during leisure” (p. 4).

Cordes and Ibrahim (1999) defined recreation as voluntary participation in leisure activities that are enjoyable and meaningful to the person involved. As such, leisure is a broad concept that includes, among other things, recreation. Cordes and Ibrahim explained that leisure has three specific elements: perceived freedom (one does it of one’s own will), autotelic activity (one participates in the activity for its own sake), and beneficial outcomes. Aristotle categorized leisure as having three overlapping parts: contemplation, amusement, and recreation (Cordes & Ibrahim). Recreation, then, is the participatory or active part of leisure, which can be done on one’s own or as part of a group. One group context in which many people participate in leisure is with their family.

Many families consider family recreation to be an important part of family life. Family recreation is often purposive in nature, and parents consciously and deliberately plan and facilitate family leisure activities to improve family relationships (Shaw & Dawson, 2001). Shaw and Dawson also indicated that family leisure is so integral to healthy family life for some parents that it is with a “sense of urgency” that they plan to spend time with children participating in family activities.

For more than 70 years, researchers have identified and reported positive relationships between family recreation and positive family outcomes when examining recreation and leisure patterns in families (Hawkes, 1991; Holman & Epperson, 1989; Orthner & Mancini, 1991). More recent research has specifically identified associations between family recreation and positive outcomes in family interaction, satisfaction and stability (Driver, Brown, & Peterson, 1991), satisfaction with family life (Zabriskie & McCormick, 2003), increased collective efficacy (Wells et al., 2004), improved communication (Huff et al., 2003), and overall family functioning (Agate et al., in press; Freeman & Zabriskie, 2003; Zabriskie & McCormick, 2001).

History of family leisure research. Lundberg, Komarovsky, and McInerney (1934) conducted the first studies addressing family recreation, thereby providing an idea of how Americans spent leisure time. The following years brought research that addressed specifics of recreation, including children's leisure activities and socioeconomic status (Cramer, 1950), employment status of mothers (Leevy, 1950) and common interests of married couples (Benson, 1952). In the 1950s an important shift occurred in research that narrowed the focus of study for some to recreation in the family as a unit (Wylie, 1953). The 1960s brought further exploration of outdoor recreation and studies found that camping was positively related with positive family interactions (Burch, 1965; West & Merriam, 1970). The following decades brought studies which examined recreation's influence on marriages, parent-child interactions, and the family system as a whole (Agate et al., in press).

Recreation and marriage. Much of the research that has been done on family recreation has focused on couples. Almost 70 years ago Burgess and Cottrell (1939) reinforced the idea that leisure companionship and marital satisfaction are closely related. Multiple studies have indicated that husbands and wives who participate in shared leisure time together report higher levels of marital satisfaction than those who do not (Hawkes, 1991). Shared leisure activities have been shown to be especially important to marital satisfaction of wives, especially in the early years of marriage (Orthner, 1975; Smith, Snyder, & Morisma, 1988). Orthner (1976) also found a strong relationship between husbands' and wives' participation in joint leisure activities and the level of communication between them. Presvelou's (1971) marital adjustment study supported these findings, indicating the frequency of joint leisure participation was positively related to marital communication, especially nonverbal communication of caring.

In past research, spouses have been asked to provide an estimate of how often they participate in leisure activities with their spouse (Kilbourne, Howell, & England, 1990; Snyder, 1979) or how often they do specific activities together (Holman & Jacquart, 1988; Orthner, 1975). In each of these studies, responses were aggregated to create a summary index of marital companionship which was then correlated with spouses' assessments of marital quality. In an attempt to correct for deficiencies in previous research, Huston, McHale, and Crouter (1986) used diary methods to gather data about leisure activities and a purely evaluative measure of marital satisfaction. They found no relationship between marital satisfaction and leisure companionship. Crawford, Houts, Huston, and George (2002) built on this research to investigate whether the

amount of leisure companionship made a difference in marital satisfaction or if marital satisfaction was more dependent on compatibility of leisure interests of both spouses. They found that marital satisfaction was influenced less by shared leisure participation and more by participation in activities preferred by the reporting individual.

Zabriskie and McCormick (2003) pointed out that while interesting concepts can be learned about the influence of recreation through the study of couples, many researchers have erroneously generalized results from research done with couples to entire families. As researchers must be careful when generalizing individual results to groups, it is likewise important that researchers be careful in generalizing findings from couples to the family as a whole. Therefore, when examining the construct of satisfaction with family life, it is necessary to look at the family as a whole group rather than focusing solely on the marital dyad. Through gathering information and perspectives from a mixture of family members, researchers can gain a more accurate picture of family dynamics within the system.

Recreation and parent-child relationships. Many aspects of parent-child relationships have been related to family recreation. Recent research indicated parents and adolescents who participate in challenging outdoor recreation together experience increases in interaction, elevated levels of trust and support, improved communication, and increased affection and kindness (Huff et al., 2003). While families participated in these challenging recreation activities they experienced temporary changes in established boundaries, which allowed families to become more comfortable in conveying “support, affection, and kindness toward one another” (Huff et al., p. 33). Researchers suggested

this adaptability allows families to more willingly work through problems and disagreements, thus reducing conflict.

Recreation and family functioning. Some researchers have examined leisure in relationship to the family as a whole. Research has found that participation in challenging outdoor recreation activities was positively correlated with increases in collective efficacy and conflict resolution efficacy (Agate et al., 2003; Wells et al., 2004). Researchers found that as families became more confident in their abilities to perform tasks and work together as a group, they also experienced increases in their confidence to resolve conflicts and solve problems together (Agate et al.; Wells et al.). Agate et al. found that perceived challenge in recreation activities was more positively correlated with increases in collective problem solving efficacy than was the actual level of challenge.

Sixty years of family research has shown that “family strength or cohesiveness is related to the family’s use of leisure time” (Hawkes, 1991, p. 424). Orthner and Mancini (1991) stated, “leisure experiences foster system adaptation to new inputs” (p. 297). Cohesion and adaptability are the two primary components of family functioning (Olson & Defrain, 2000). Recent studies have focused on the effects of family functioning and have drawn a clear connection between family leisure and family functioning, and thus stronger families.

Recently, researchers have examined family leisure and family functioning in a variety of family types and situations. Christensen, Zabriskie, Eggett and Freeman (2006) examined Hispanic families; Freeman and Zabriskie (2003) studied adoptive families;

Smith, Taylor, Hill, and Zabriskie (2004) examined single-parent families; and Swenson, Freeman, and Zabriskie (in review) studied single-parent, non-custodial fathers. Findings from each of these studies indicated a clear relationship between family leisure and family functioning, regardless of life circumstance.

In spite of the research that points to the relationship between leisure and aspects of family functioning, Freeman and Zabriskie (2003) indicated that the relationship between the two constructs is one that is poorly understood. Researchers have also criticized studies examining family leisure, indicating that there has been a lack of theoretical framework to provide substance for the studies that have been done in the past (Hawkes, 1991; Holman & Epperson, 1989). In response to such criticisms and to help understand family leisure as a construct, rather than extrapolating results from couples research, the Core and Balance Model of Family Leisure Functioning was developed (Zabriskie, 2000, 2001; Zabriskie & McCormick, 2001).

Core and Balance Model of Family Leisure Functioning. The Core and Balance Model of Family Leisure Functioning was developed in an effort to further illuminate the relationship between family leisure and various aspects of family functioning (Zabriskie, 2000, 2001; Zabriskie & McCormick, 2001). This model provides further understanding of the relationship between different types of family leisure and family life by clarifying how family leisure interacts with different areas of family functioning. Researchers have identified the seemingly dichotomous human needs for stability and change (Iso-Ahola, 1984). Kelly (1996, 1999) described that recreation provides opportunities for constancy as well as novelty, addressing both of the needs described above. The Core and Balance

Model of Family Leisure Functioning provides a framework which combines these two patterns of leisure and addresses their influence on family life.

The model lays forth two types of family leisure patterns, core and balance, which are used by families to address their needs for both stability and change (Zabriskie & McCormick, 2001). Freeman and Zabriskie (2003) described core family leisure activities as those that are “common, everyday, low-cost, relatively accessible, often home-based activities, and participated in frequently” (p. 76-77). Such activities offer a safe and comfortable environment allowing family closeness to increase. Balance family leisure activities are described as more novel experiences occurring less frequently than core family leisure patterns (Zabriskie, 2001b). These activities are usually not home-based and require a greater investment of time, effort, and other resources (Johnson et al., 2006).

The Core and Balance Model of Family Leisure Functioning suggests that core family leisure activities address a family’s needs for stability and predictability, and increase closeness and cohesion. The opposite need for change is addressed by balance family leisure activities which challenge families to adapt through new circumstances, brought through novel experiences. Freeman & Zabriskie (2003) also indicated that families who participate in both core and balance family leisure patterns tend to have higher functioning than families who participate in very high or very low levels of either family leisure category.

Leisure satisfaction. Leisure satisfaction is a highly subjective concept due to its heavy reliance on individual perceptions (Knowles, 2002). Various participants may view

the same leisure activities in different ways and find various meanings and levels of satisfaction in such activities (Berg, Trost, Schneider, & Allison, 2001). Many researchers have explored leisure satisfaction and identified it as one life domain that is significantly correlated with life satisfaction.

Ragheb and Griffith (1982) examined interrelationships among leisure satisfaction, leisure participation, and other variables that included satisfaction with family, health, and standard of living. Their results indicated that leisure satisfaction and leisure participation demonstrated a high contribution to life satisfaction. Trafton and Tinsley (1980) explored life satisfaction among residents of assisted living homes. This study examined relationships between demographic variables, health status, flow experience, and leisure satisfaction with life satisfaction. Their findings indicated that health status, flow experience and leisure satisfaction may simultaneously significantly contribute to life satisfaction. Both Riddick (1986) and Zabriskie and McCormick (2001) indicated that a number of studies suggest that satisfaction with leisure is more indicative of life satisfaction and mental well-being than any other life domain.

Life Satisfaction and Leisure Satisfaction

While a number of researchers have explored the relationship between leisure participation and life satisfaction, (Orthner & Mancini, 1990; Russell, 1987, 1990; Zabriskie & McCormick, 2003) there is a dearth of information addressing the connection between leisure satisfaction and life satisfaction. A great deal of the leisure research has focused on frequency and duration of participation rather than satisfaction

with that participation. Researchers who have examined leisure satisfaction, however, have found it to be more influential than participation alone.

Individuals. For the past quarter century researchers have been looking at the relationship between leisure satisfaction and satisfaction with one's life. As was mentioned earlier, Ragheb and Griffith (1982) found that leisure satisfaction and leisure participation contributed highly to life satisfaction. This study examined adults over the age of 55 and found that leisure satisfaction played an important role in life satisfaction for the individuals in their sample. In an overview of several articles on this topic, Riddick (1986) found that leisure satisfaction is more important than other life domains in determining life satisfaction or mental well-being.

Russell (1987) compared the correlation of several activities with life satisfaction and determined that satisfaction with recreation activities correlated with life satisfaction to a greater level than frequency of involvement. In a later study, Russell (1990) examined the interrelationships between recreation and other life circumstance variables with quality of life. Results indicated that the only significant and direct predictor of quality of life was satisfaction with recreation.

Couples. Recent research completed by Johnson et al. (2006) examined couple leisure involvement, leisure time, and leisure satisfaction as they relate to marital satisfaction. Their findings indicated that it was not the level or amount of couple leisure involvement or satisfaction with the amount of time the couple spent together, but satisfaction with couple leisure that contributed to marital satisfaction.

Such findings went beyond previous couple leisure research which had examined the effect of couple leisure participation on different aspects of the marital relationship. Johnson et al.'s (2006) findings were significant in that they identified that couples who were satisfied with their couple leisure involvement, regardless of the amount or type of that involvement, experienced greater marital satisfaction than couples who participated in a greater amount of leisure or different kinds of leisure activities, but who were not satisfied with that participation.

Families. Orthner and Mancini (1990) identified co-participation in leisure activities to be positively related to family interaction, family stability, and family satisfaction. Zabriskie and McCormick (2003) examined family leisure involvement and satisfaction with family life, and found that family leisure involvement was the strongest predictor of family satisfaction for the parents in their sample, but it was not a significant multivariate predictor from the child's perspective. Findings at the bivariate level, however, indicated that core family leisure involvement was the only factor significantly correlated to the children's satisfaction with family life.

Although Zabriskie and McCormick's (2003) findings indicated relationships between family leisure involvement and satisfaction with family life, recent studies examining individuals and couples found that satisfaction with leisure plays a more important role in life satisfaction than leisure participation alone. To date, no researchers have explored this connection on the family level. Previous studies on family leisure have all focused on family leisure involvement (Huff et al., 2003; Wells et al., 2004; Zabriskie & McCormick, 2001) but none have explored the construct of family leisure satisfaction.

Therefore, the purpose of this study is to examine the relationship between family leisure satisfaction and satisfaction with family life.

Chapter 3

Methodology

The problem of this study is to investigate the relationship between family leisure satisfaction and satisfaction with family life. The conduct of the study includes the following organizational steps: (a) sample, (b) procedures, (c) instrumentation, and (d) analysis.

Sample

Subjects were recruited through a survey sampling company which collects data from a nationally representative U.S. sample. Subjects were drawn from a multi-source internet panel of people interested in participating in online research. Sources of recruitment used by the survey sampling company include, but are not limited to, telephone recruitment, email campaigns, online properties, online banners, and referrals. Each responding family was required to submit two completed responses: one from a parent and one from a child between the ages of 11 and 15 years. Invitations to participate in the research were electronically sent to a random sampling from a nationally representative panel. Demographics of respondents will be compared to national averages to verify representativeness. One thousand paired surveys were completed by respondents from throughout the United States providing a total of two thousand completed surveys from 1000 families.

As has been suggested in previous research (Agate et al., in press; Zabriskie & McCormick, 2003) this study will include perspectives from both parents and youth. Olson, Russell, and Sprenkle (1983) also stressed the importance of obtaining perceptions

of various family members to determine the level of family life satisfaction. Therefore, a family level data set will also be created and analyzed as recommended in previous works (Freeman & Zabriskie, 2003; Zabriskie & McCormick) Data will not be collected from families who do not have a child between the ages of 11 and 15. The age range of 11 to 15 is being used to allow for comparison between these findings and previous samples (Freeman & Zabriskie). Children in this age range are beginning to psychologically individuate from their parents while they still heavily rely on the security that is offered through relationships with their parents and other family members (Zabriskie & McCormick). It is expected that gathering data from parents and youth will provide a more complete understanding of family life.

Procedures

Respondents were recruited by a survey sampling company, SurveySampling International (SSI), using a nationally representative sample. Participants were recruited using a variety of sources as described above. SSI draws from a market of 2.2 million households, reaching over 6 million household members. All panel members must be at least 18 years of age and live in the United States. The SSI community reaches beyond panelists to include other household members such as children, teenagers, adults, and seniors.

A random sampling of a nationally representative panel was then sent an electronic invitation to participate in this study. Upon acceptance of the invitation the participant completed the survey composed of the research instrument. Upon completion of the survey the information was downloaded to the research database through an

automated system. The data that were provided through this process will then be analyzed.

Instrumentation

Two measures were selected for collecting the data for this study. Family leisure satisfaction will be measured using the Family Leisure Satisfaction Scale (FLSS) which is part of the Family Leisure Activity Profile (FLAP). Satisfaction with family life will be measured using the Satisfaction with Family Life Scale (SWFL). Relevant sociodemographic questions will also be included.

Family leisure satisfaction. The FLAP (Zabriskie & McCormick, 2001) is based on the Core and Balance Model of Family Leisure Functioning (Zabriskie & McCormick) and measures both core and balance family leisure involvement. This questionnaire asks 16 questions, with eight items addressing core family leisure patterns and eight items addressing balance family leisure patterns. Each question asks the respondent to rate an activity category on four different levels: if he or she participates in activities of that category with his or her family, how often they participate in such activities, the duration of participation, and the level of personal satisfaction with that participation. The FLSS is therefore imbedded in each FLAP item.

Satisfaction in each activity category is rated on a Likert-type scale with scores ranging from 1 (very dissatisfied) to 5 (very satisfied). Family leisure satisfaction scores are calculated by summing items 1 through 8, yielding a score indicating satisfaction with core family leisure involvement, and summing items 9 through 16 which provides a score for satisfaction with family leisure involvement. Total family leisure satisfaction is

calculated by summing core and balance satisfaction scores. Family level measurement scores (mean of parent and youth) and family discrepancy scores (absolute difference between parent and youth) will be created for a family level measurement. The FLAP has demonstrated acceptable psychometric properties in the areas 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). No evidence of validity and reliability has been reported for the FLSS to date.

Satisfaction with family life. The satisfaction with family life scale (SWFL) was modified from the Satisfaction With Life Scale (SWLS) (Diener, Emmons, Larsen, & Griffin, 1985) by replacing the word “life” in the original items with the words “family life” (Zabriskie & McCormick, 2003). The SWFL asks respondents to answer five questions using a seven point Likert-type scale (with scores ranging from 1 = strongly disagree to 7 = strongly agree) to indicate the level to which they agree or disagree with the statement. The SWFL is scored by summing all items, producing a score between 5 and 35. Family level measurement scores (mean of parent and youth) and family discrepancy scores (absolute difference between parent and youth) will be created for a family level measurement. The scale has demonstrated acceptable psychometric properties including evidence of construct validity, internal consistency ($\alpha = .93$), and test-retest reliability ($r = .89$) (Zabriskie, 2000; Zabriskie & McCormick).

Sociodemographic questions will be included to identify underlying characteristics of the sample. These items will include state of residence, marital status of

the parent, age of the parent and youth, ethnicity of the parent and youth, gender of the parent and youth, education, income, and family size.

Analysis

The statistical program, SAS, will be used to analyze the data. The researcher will first review the data for any missing responses and examine the data for any outliers. Descriptive statistics will be calculated to examine various characteristics of the research variables. The following three data sets will be compiled: (a) parent responses, (b) youth responses, and (c) family level measurement (the mean of the parent and youth responses for each family). Pearson Product Moment zero-order correlations will be calculated between variables in youth, parent, and family data sets to check for multicollinearity, and possible controlling factors that can be included in regression equations will be identified.

It is expected that families will respond with differing amounts of variance between parent and child reports of satisfaction. Box, Hunter, and Hunter (1978) call for use of weighted multiple regression in instances when variances differ in some known manner. It stands to reason that families in which the parent and child report similar levels of satisfaction are likely to provide a more accurate report of the actual experience of the family than do those who are less consistent. Draper and Smith (1981) also call for a weighted regression analysis in situations in which some observations are less accurate than others. Other researchers have shown benefits of using weighted regression in similar situations (Baxter, Langanieri, Samson, McGilveray, & Hull, 1991; Lewis, Elmer, Skimming, McLafferty, Flemming, & McGee, 1987). In this study scores will be

weighted using a formula in which 1 is divided by the absolute value of the difference between parent and child scores which will yield a weighted score as recommended by Draper and Smith. Weighted scores will be calculated for all three data sets.

Three series of weighted multiple regression analyses will be conducted to examine the contributions of family leisure satisfaction to satisfaction with family life from (a) a parent perspective, (b) a youth perspective, and (c) a family perspective. There will be three multiple regression analyses for each series in order to test the following hypotheses: 1) there is no relationship between total family leisure satisfaction and satisfaction with family life; 2) there is no relationship between core family leisure satisfaction and satisfaction with family life; and, 3) there is no relationship between balance family leisure satisfaction and satisfaction with family life.

In an effort to examine unique variance a blocked entry method will be used for each weighted multiple regression analysis. The first block will include the sociodemographic variables, and the second block will include the family leisure satisfaction variables. For each model, the multiple correlation coefficients will be examined at the .05 alpha level, and the standardized regression coefficients (Beta) will be examined to determine the contribution of each variable in the significant models.

Researchers will also perform three series of multiple regression analyses without weighting the data in an effort to further explore the unique perspectives from both parents and their children as suggested in previous research (Agate et al. in press; Olson, Russell, & Sprenkle, 1983; Zabriskie & McCormick, 2003). Data will be divided into three groups based on family leisure satisfaction discrepancy scores (low, moderate, and

high) and will be included in the blocked regression analysis. In this series of multiple regression models the dependent variable will again be satisfaction with family life. The first block will include significant sociodemographic variables, the second block will include the discrepancy variable, and the third block will include the core and balance leisure satisfaction variables. For each model, the multiple correlation coefficients will be examined at the .05 alpha level, and the standardized regression coefficients (Beta) will be examined to determine the contribution of each variable in the significant models.

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Appendix B
Research Instrument

Family Leisure Activity Profile

The following questions ask about the activities you do with family members. Please refer to the last year or so. 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.

Take a moment to look at the example below. This will give you some instruction on how to fill in your answers.

QUESTION: Do you participate in home-based activities (for example watching TV/videos, listening to music, reading books, singing, etc.) with family members?

First do you do these activities? → YES X NO ___

If YES how often?	
At least daily	
At least weekly	x
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	

Next, how often do you usually do these activities?



Then, about how long, on average, do you typically do this type of activity each time you do it?



Last, how satisfied are you with your participation with family members in these activities? Please answer this question **EVEN IF YOU DO NOT** do these activities with your family.

How satisfied are you with your participation with family members in these activities? (please circle one)

Very Dissatisfied
1

2

3

4

Very Satisfied
5



<p>Symbol Key < = less than (e.g. < 1 hour reads “less than one hour”) > = more than (e.g. > 10 hours reads “ more than ten hours”)</p>

1. Do you have meals, at home, with family members?

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	

How satisfied are you with your participation with family members in these activities?
(please circle one)

Very Dissatisfied					Very Satisfied
1	2	3	4	5	

2. Do you participate in home-based activities (for example watching TV/videos, listening to music, reading books, singing, etc.) with family members?

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	

How satisfied are you with your participation with family members in these activities?
(please circle one)

Very Dissatisfied					Very Satisfied
1	2	3	4	5	

3. Do you participate in games (for example playing cards, board games, video games, darts, billiards, etc.) with family members?

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 with family members in these activities?
(please circle one)

Very Dissatisfied					Very Satisfied
1	2	3	4	5	

4. Do you participate in crafts, cooking, and/or hobbies (for example drawing, scrap books, baking cookies, sewing, painting, ceramics, etc.) with family members?

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 with family members 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.) with family members?

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	

How satisfied are you with your participation with family members in these activities?
(please circle one)

Very Dissatisfied		Very Satisfied
1	2	5
3	4	

6. Do you participate in home-based sport/games activities (for example playing catch, shooting baskets, frisbee, bike rides, fitness activities, etc.) with family members?

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	

How satisfied are you with your participation with family members in these activities?
(please circle one)

Very Dissatisfied		Very Satisfied
1	2	5
3	4	

7. Do you attend other family members' activities (for example watching or leading their sporting events, musical performances, scouts, etc.)?

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 with family members in these activities?
(please circle one)

Very Dissatisfied Very Satisfied
 1 2 3 4 5

8. Do you participate in religious/spiritual activities (for example going to church activities, worshipping, scripture reading, Sunday school, etc.) with family members?

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 with family members in these activities?
(please circle one)

Very Dissatisfied Very Satisfied
 1 2 3 4 5

9. Do you participate in community-based social activities (for example going to restaurants, parties, shopping, visiting friends/ neighbors, picnics, etc.) with family members?

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 with family members 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.) with family members?

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 with family members 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.) with family members?

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 with family members 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.) with family members?

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 with family members in these activities?
(please circle one)

Very Dissatisfied					Very Satisfied
1	2	3	4	5	

13. Do you participate in outdoor activities (for example camping, hiking, hunting, fishing, etc.) with family members?

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 with family members in these activities?
(please circle one)

Very Dissatisfied					Very Satisfied
1	2	3	4	5	

14. Do you participate in water-based activities (for example water skiing, jet skiing, boating, sailing, canoeing, etc.) with family members?

YES _____ NO ____

If YES how often?	
At least daily	
At least weekly	
At least monthly (during season)	
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 with family members in these activities?
(please circle one)

Very Dissatisfied				Very Satisfied
1	2	3	4	5

15. Do you participate in outdoor adventure activities (for example rock climbing, river rafting, off-road vehicles, scuba diving, etc.) with family members?

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	
1 day		8 days	
2 days		9 days	
3 days		10 days	
4 days		11 days	
5 days		12 days	
6 days		13 days	
One week		Two weeks	
			3 or more weeks

How satisfied are you with your participation with family members 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.) with family members?

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 with family members in these activities?
(please circle one)

Very Dissatisfied						Very Satisfied
1	2	3	4	5		

Satisfaction with Family Life Scale

Below are seven statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by circling the appropriate number on the line following that item. Please be open and honest in responding.

	1	2	3	4	5	6	7
	strongly disagree	Disagree	slightly disagree	neither agree nor disagree	slightly agree	agree	strongly agree
1. In most ways my family life is close to ideal	1	2	3	4	5	6	7
2. The conditions of my family life are excellent.	1	2	3	4	5	6	7
3. I am satisfied with my family life.	1	2	3	4	5	6	7
4. So far I have gotten the important things I want in my family life	1	2	3	4	5	6	7
5. If I could live my family life over, I would change almost nothing	1	2	3	4	5	6	7
6. Family leisure activities are an important part of our family life.	1	2	3	4	5	6	7
7. Family leisure adds to the quality of my family life.	1	2	3	4	5	6	7