

# 여가제약 협상과 진지한 여가, 스포츠활동 전문화의 관계

## Structural Equation Modeling on Leisure Constraints Negotiation, Serious Leisure and Specialization of Sports Activity

김경식\*, 구경자\*, 이은주\*\*  
호서대학교 사회체육학과 & 기초과학연구소\*, 경기대학교\*\*

Kyong-Sik Kim(kks7@hoseo.edu)\*, Kyong-Ja Koo(decemberbull@yahoo.co.kr)\*  
Eun-Ju Lee(eunjoolee777@hanmail.net)\*\*

### 요약

이 연구는 여가제약 협상, 진지한 여가, 스포츠활동 전문화에 관한 연구모형을 설정한 다음, 모형의 적합도를 검증하고, 나아가 모형에 포함된 변수들간의 관계를 규명하고자 한다. 이 연구는 2010년 서울시에 소재한 상업스포츠센터에 등록하여 운동하고 있는 회원을 모집단으로 설정한 후, 유의표집법을 활용하여 235명을 연구대상으로 표집하였다. 자료분석은 AMOS 18.0 프로그램을 활용하여 공변량구조분석을 실시하였다. 결론은 다음과 같다. 첫째, 여가제약에 대한 협상 노력을 기울이면 진지한 여가를 경험하게 된다. 둘째, 여가제약에 대한 협상 노력을 기울이면 스포츠활동 전문화는 더욱 심화된다. 셋째, 진지한 여가를 경험하게 되면 스포츠활동 전문화는 심화된다.

■ 중심어 : | 여가제약 협상 | 진지한여가 | 스포츠전문화 |

### Abstract

The aims of this research are to form a research model for negotiations against leisure constraints, serious leisure activity, and the specialization of sports activity, verify the fitness of this model and define the relationship between the variables in the model. This research was taken on a population of 235 people in the commercial sports center in Seoul city in 2010, taking the members by voluntary, and analyzed them with purposive sampling. The research used AMOS 18.0 program to carry out a covariance structure analysis. The conclusions are as follows. First, serious leisure can be experienced when one puts effort in negotiating against the leisure constraints. Second, when one puts effort in negotiating against leisure constraints, progress is made in specialization of sports activity. Lastly, sports activity becomes more professionalized when one experiences serious leisure.

■ keyword : | Leisure Constraints Negotiation | Serious Leisure | Specialization of Sports |

## I. Introduction

Leisure constraints had been known to be difficult to overcome before the 1990s, but started to

conceptualize as possible to overcome in the early 1990s[1]. For example, Jackson(1993) said that the participation in leisure is determined not by whether constraints exist, but by negotiations against

constraints the process of overcoming the constraints. Leisure constraint negotiation is a sum of the efforts to overcome the tangible/intangible constraint factors confronted by participants. Hubbard and Mannell(2001) contributed to the understanding of the phenomenon of leisure participation by drawing up a negotiation model about the process of overcoming the constraints and participating in leisure. These researches can be described as a development towards the understanding of human leisure activity.

However, constraints exist in understanding human leisure activities just with leisure constraints and negotiation variables. This is because humans'leisure activities are influenced by many other factors. It is therefore natural to question what experiences and results participants achieve by overcoming these constraints and participating. Serious Leisure and specialization offer important clues in answering this question. Hwang and Suh(2009) proved the theoretical assumption that constraint factors precede serious leisure experience by reporting about the relevance between leisure constraint negotiation and serious leisure in a research about leisure constraint, leisure constraint negotiation, and serious leisure experience. In other words, leisure participants get to experience serious leisure by leisure constraint negotiation or overcoming constraint factors. Serious leisure is defined as the activity in which participants ranging from amateurs and hobbyists to volunteers discover interest and value through organized leisure activity, focus on accumulating professional technology, knowledge and experience and express it to eventually achieve the level of professionalism (Stebbins, 1992). Serious leisure includes characteristics such as fortitude, professionalism, personal effort, continuous benefits and compensation, strong identification, and unique emotion.

Along with serious leisure, the theme of specialization of leisure participants is gaining popularity. Specialization includes preference and attitude, and refers to a range of general skill to an advanced level of proficiency in the activity[2]. Serious leisure is proving to be an important variable that attracts participants toward professionalism[7][20]. Hwang(2009) proved the causal relationship between serious leisure and specialization by proving the relationship between the concept of serious leisure introduced by Stebbins (1992) and specialization suggested by McFarlane (1994). Participants can step up to a professional level when their participation level elevates[3], but otherwise may remain at an amateur level, and even results in participants' a tendency of giving up the leisure altogether. Participants who reach the level of professionalism invest seriously in knowledge, technology and experience needed for personal development and self realization. Professional participants deem leisure not as a simple activity, but an important part of their lives.

Until now individual approaches on leisure constraints, leisure constraint negotiation, and the professionalism of serious leisure in the study of leisure have been prominent but there is a great lack in direct research about the process in which participants can overcome these constraints, experience serious leisure and enter the level of professionalism. This research answers the necessity of this lack, as it examines the relevance between leisure constraint negotiation, leisure constraint and specialization on, sports activity to accumulate theoretical knowledge needed in understanding humans'leisure activity and further provide policy material needed in the field. Therefore this research aimimimisetimisesearch model about leisure constraint negotiation, leisure constraint and specialization on,

sports activity, verify the fitness of this model and proceed to examine the relationships between the factors included in this model.

## II. Research Model and Hypothesis

### 1. Research Model

This research aims to set the below research model [Figure 1] on the basis of theoretical assumptions and preceding research results centered on variables related to leisure constraint negotiation, serious leisure and specialization of sports activity.

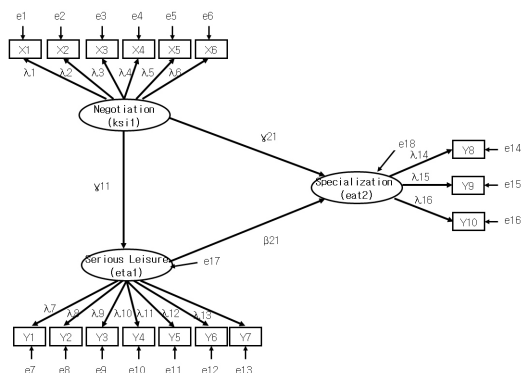


Figure 1. Research Model

According to [Figure 1], leisure constraint negotiations were hypothesized as an exogenous factor that directly and indirectly affects serious leisure and the specialization of sports activity. Serious leisure was hypothesized as an endogenous variable that affects the specialization of sports activity. The definitions of exogenous and endogenous variables involved in the measuring structure of the structure models about leisure constraint negotiation, serious leisure and specialization of sports activity are shown in [Table 1].

Table 1. Description of the Model

Variable	Dependant Variable	Control Variable
Exogenous Variable	Leisure constraint negotiation (ksi1)	Search for Companion in Leisure activity, Preparing leisure expenses and managing time, Adjusting leisure activity intensity, Acquiring leisure activity skills, Recharging energy for leisure activity, Change in passion for leisure activity
Endogenous Variable	Serious leisure(eta1)	Self Satisfaction and Pleasure, Effort and Development(Y2), Unique Group Ethics, Group Fraternity, Self Image, Self Realization and Expression, Personal gain
	specialization of Sports Activity(eta2)	Prior Experience, Significance in Life, Economic Investment

### 2. Research Hypothesis

This research sets this hypothesis and aims to prove it right.

- Hyp1. Leisure constraint negotiation influences serious leisure.
- Hyp2. Leisure constraint negotiation influences specialization of sports activity.
- Hyp3. Serious leisure influences the specialization of sports activity.

## III. Research Methodology

### 1. Objects of Research

This research was taken on a population of 235 people in the commercial sports center in Seoul city in 2010, taking the members by voluntary, and analyzed them with purposive sampling. The specific sample taking process was as follows: Seoul was divided into two (North and south of Han River) and two spots were taken each, 300 people in four spots in total. The real number used in analysis is 235 people. The specific characteristics of the subjects are as follows.

Table 2. The general characteristics of the research subjects

Subjects		Number of Subjects(%)
Total		235(100.0)
Sex	Male	98(41.7)
	Female	137(58.3)
Age	20s	61(26.0)
	30s	44(18.7)
	40s	40(17.0)
	50s	63(26.8)
	60s	17(7.2)
	60s and older	10(4.3)
Educational Background	High School Education or Lower	80(34.0)
	College Educated	127(54.0)
	Postgraduate	28(11.9)
Married	Married	81(34.5)
	Not Married	154(65.6)

Subjects		Number of Subjects(%)
Occupation	Self-Managed Business	33(14.0)
	Sales/Service Industry	21(8.9)
	Office/Skilled Worker	20(8.5)
	Business/Administration	8(3.4)
	Professional/Freelancing	40(17.0)
	Housewife	59(25.1)
	Student	35(14.9)
	Jobless	8(3.4)
	Etc.	11(4.6)
Income	None	20(8.5)
	2Million Won or Under	25(10.6)
	2.01-4.00 Million Won	80(34.0)
	4.01-6.00 Million Won	70(29.8)
	6.01Million Won and Above	40(17.0)

## 2. Measurement Instruments

The survey consists of the general properties of the population, leisure constraint negotiation, serious leisure and specialization of sports activity. It measures the general characteristics of the population with the sex, age, jobs, incomes, and education levels. The survey for leisure constraint negotiation was

developed by Loucks-Atkinson and Mannell(2007) and changed by Kim, Hwang and Won(2008). Loucks-Atkinson's(2007) survey had 37 questions, but Kim et al(2009) reduced it to 24 questions. The survey for serious leisure was developed by Gould et al.(2008) and used by Hwang and Suh(2009). It was originally 72 questions but Hwang and Suh reduced it to 68. The survey for specialization of sports activity was developed by McFarlane(1994) and consists of 10 questions.

## 3. Validity and reliability

Validity is defined as a measure of how correctly the researcher is measuring the concepts and properties. In other words, validity is about how correctly the device developed to measure the concept and properties measures the pertinent attributes(Kim, 2010) This research applies a confirmatory factor analysis for a final fitness verification of the exogenous and endogenous variables before it verifies the structural model.

As presented in [Table 3], variable analysis was conducted, and exogenous variable turned out to be .663, and endogenous variable turned out to be .619. Leisure constraint negotiation, serious leisure and specialization of sports activity were verified as multidimensional subordinate concepts. As a result of verifying the fitness of the measured model,  $\chi^2(277.075)$ ,  $df(90)$ , significance(.000),  $\chi^2/df(3.079)$ , NFI(.900), CFI(.929) satisfies the fitness standard, but AGFI(.812), RMSEA(.094) fall short of the standard. This result shows that the measured model satisfies fitness overall, and is therefore fit to verify the structural model. With regards to the reliability, Cronbach's  $\alpha$  is higher than .646.

Table 3. Example of Measurement Devices

Variables	Survey Contents
Leisure constraint Negotiations	
Searching for Leisure Companion	- I put an effort towards participating in leisure activity with people of my age. - I put an effort towards searching for companions to participate in leisure with.
Preparing Leisure Activity Expenses	- I put an effort toward saving for leisure activities. - I put an effort to put aside a budget separately for leisure activities
Adjusting Intensity of Leisure Activity	- I adjust the intensity of my leisure activities. - I adjust the intensity of my leisure activities with my physical and mental condition.
Acquiring Leisure Activity Skills	- I take lessons for my leisure activities - I try to learn more about my leisure activities despite any shame that may follow.
Recharging Energy for Leisure	- I try to save energy for leisure activities. - I try to rest sufficiently for leisure activities.
Change in Passion for Leisure	- I try to substitute with a similar leisure activity in the case where I cannot pursue the original activity. - I try to perform the leisure activity in a different place when the originally planned site is unavailable.
Serious Leisure	
Self Satisfaction and Pleasure	- Sports activities provide great satisfaction for me. - I find pleasures through sports activities.
Effort and Development	- I practice to improve skills in sports activities. - I try hard to increase my competitiveness in sports activities.
Unique Group Ethics	- The development of a group is important to me. - I place a value on keeping cohesiveness of a group of sports activities.
Group Fraternity	- I like to interact with an enthusiastic sports participants. - I associate with sports activities participants.
Self Image	- I express my knowledge and expertise through sports activities. - I express my personality through sports activities.
Self Realization and Expression	- I fully demonstrate my talents, when I do sports. - I demonstrate my potential in sports activities.
Personal gain	- I have been enriched because of sports activities. - My experiences in sports activities have enriched my life.
Specialization of Sports Activity	
Prior Experience	- I have many years of experience in sports activity. - I am at a high enough level to evaluate sports activity ability.
Significance in Life	- Sports activities take the most proportion in my life. - I own many books about sports activities.
Economic Investment	- I own many items about sports activities. - I invest much in sports activities.

#### 4. Examination procedures and Material Processing

Survey subjects were given survey sheets and were made to answer the self-evaluation method. Confirmatory factor analysis and reliability analysis, correlation analysis, and structural equation modeling were used for data analysis.

### III. Results

#### 1. Verification of model fitness

##### 1.1 Correlation between variables

[Table 4] contains a correlation matrix used in the covariance structure analysis.

Table 4. result of the validity and reliability of the measured model

Formation concepts/Measurement Criteria	Standard Value( $\lambda$ )	Error in Measurement(e)	Cronbach's $\alpha$
<b>【Leisure constraint Negotiation】</b>			
Search for Companion in Leisure activity(X1)	.674***	.239***	.851
Preparing leisure expenses and managing time(X2)	.668***	.316***	.796
Adjusting leisure activity intensity(X3)	.789***	.216***	.792
Acquiring leisure activity skills(X4)	.723***	.372***	.839
Recharging energy for leisure activity (X5)	.562***	.459***	.794
Change in passion for leisure activity (X6)	.663***	.241***	.646
<b>【Serious Leisure】</b>			
Self Satisfaction and Pleasure(Y1)	.718***	.232***	.930
Effort and Development(Y2)	.848***	.142***	.898
Unique Group Ethics(Y3)	.755***	.258***	.936
Group Fraternity(Y4)	.679***	.340***	.871
Self Image(Y5)	.796***	.189***	.848
Self Realization and Expression(Y6)	.876***	.147***	.892
Personal gain(Y7)	.619***	.379***	.816
<b>【specialization of Leisure Activity】</b>			
Prior Experience(Y8)	.849***	.181***	.897
Significance in life(Y9)	.922***	.108***	.814
Economic Investment(Y10)	.870***	.194***	.850

\*\*\*  $p < .001$

Table 5. Correlation between variables

	x1	x2	x3	x4	x5	x6	y1	y2	y3	y4	y5	y6	y7	y8	y9	y10
x1	1															
x2	.612	1														
x3	.487	.448	1													
x4	.522	.506	.569	1												
x5	.504	.422	.449	.414	1											
x6	.399	.538	.552	.406	.349	1										
y1	.366	.316	.514	.348	.134*	.404	1									
y2	.378	.360	.546	.450	.285	.428	.732	1								
y3	.544	.378	.476	.449	.297	.354	.488	.562	1							
y4	.531	.313	.483	.399	.263	.344	.514	.543	.828	1						
y5	.355	.336	.471	.376	.211**	.363	.721	.671	.575	.550	1					
y6	.332	.369	.502	.362	.190**	.358	.634	.757	.629	.551	.712	1				
y7	.195	.335	.349	.232	.240	.406	.550	.560	.346	.324	.532	.563	1			
y8	.375	.271	.524	.411	.316	.378	.484	.597	.667	.648	.501	.592	.404	1		
y9	.483	.415	.482	.475	.330	.384	.428	.584	.771	.672	.502	.628	.315	.778	1	
y10	.467	.341	.431	.497	.383	.348	.344	.490	.682	.559	.432	.495	.277	.760	.812	1

\*  $p < .05$  \*\*  $p < .01$  All cells without a \* correspond to \*\*\*  $p < .001$

According to [Table 5], the measured variables of the leisure constraint negotiations showed positive correlation with serious leisure and the specialization of sports activity, and the measured variables of

serious leisure show a significant correlation with specialization of sports activity. The results of this research satisfy the basic qualifications for verifying the fitness of the research model and the hypothesis.

Table 6. shows the results of the fitness verification of the structural model

Variables	$\chi^2(df) / p$ $\chi^2/df$	GFI	AGFI	RMSEA	NFI	CFI
Structural Model	264.052(90) / 000 2.934	.877	.814	.091	.905	.934
Fitness Standard	p>.05	≥=.90	≥=.90	≤=.08	≥=.90	≥=.90
Decision	Fit	Acceptable	Unfit	Unfit	Fit	Fit

\*  $\chi^2/df$ : Average Chi-Square, 1.0 or below: ideal fitness, 3~5: acceptable fitness  
 GFI: Goodness-of-Fit Index, AGFI: Adjusted Goodness-of-Fit Index, RMSEA: Root Mean Square Error of Approximation,  
 NFI: Normed Fit Index, CFI: Comparative Fit Index

1.2 Verifying the Structural Model

According to [Table 6], The  $\chi^2$  of the structural model set by the research model is 264.052(too high), and statistically significant ( $\alpha=.000$ ), which is unfit for reality. However the  $\chi^2$  is sensitive to the number of samples, so concluding about the fitness of the model is not recommended.  $\chi^2/df$  is a fitness index that can complement this problem, and shows that the current results satisfy the fitness standards. The NFI and CFI satisfy the fitness standards of the model, but the AGFI and RMSEA do not satisfy the fitness standards. The GFI is close to the fitness standards and can be concluded as satisfactory.

2. Verification of the hypothesis

It is revealed that leisure constraint negotiation significantly affects serious leisure ( $\gamma=.645$ ) and the specialization of sports activity ( $\gamma=.171$ ), and serious leisure significantly affects the specialization of sports activity( $\beta=.679$ ). Therefore hypotheses 1, 2 and 3 are accepted (refer to [Table 7]).

Using the results in [Table 7], the following is a proposed model that combines the measured model and the theoretical model.

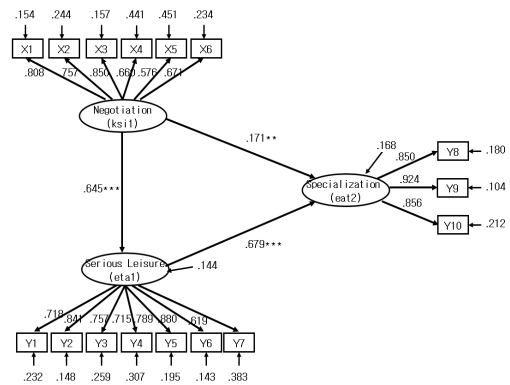


Figure 2. Proposed model of leisure constraint negotiation, serious leisure and specialization of sports activity

The causal relationship in the structural equation model can be categorized into direct effects and indirect effects.

Table 7. Model Verification

Hypothesis	Course of Hypothesis	Coefficient Value	Significance	Acceptance
Hypothesis 1	leisure constraint negotiation → serious leisure	.645	.000	Accepted
Hypothesis 2	leisure constraint negotiation → specialization of sports activity	.171	.006	Accepted
Hypothesis 3	serious leisure → specialization of sports activity	.679	.000	Accepted

Table 8. Decomposing the Causal relationships

Course of Hypotheses	Direct Effect	Indirect Effect	Net Effect
leisure constraint negotiation → specialization of sports activity	.171	—	.171
leisure constraint negotiation → serious leisure → specialization of sports activity	—	.645×.679=.438	.438
Net Effect	.171	.438	.609

The direct effect is the effect of leisure constraint negotiations on the specialization of sports activity (.171), and the indirect effect is effect leisure constraint negotiations have on the specialization of sports activity through serious leisure (.645×.679=.438). The net causal effect is the sum of the direct and indirect effects (.171 + .438 = .609). It is important to notice that the indirect effect is larger than the direct effect. In other words, when serious leisure is reached through leisure constraint negotiations or effort to overcome these constraints, the sports activities can become more professionalized.

## IV. Discussion and Conclusion

### 1. Discussion

Meanwhile, there have been conducted various studies related with leisure constraints to find leisure behaviors in study fields of leisure recreation. Early studies of leisure constraints reported as variables interfering leisure participation or reducing the level of leisure participation. However, recent studies on leisure constraints report that it is possible to overcome according to the efforts of the participants. These studies explain leisure behaviors by conceptualizing as negotiation parameters of leisure

constraints, and contribute to the expansion of research areas. From this perspective, this study tries to investigate the relationship of leisure constraints negotiation, serious leisure, and specialization in sports activities. The result of analysis shows the direct and indirect relation between these three variables. With the result of concrete analysis in relationship between leisure constraints negotiation and serious leisure, it is found that leisure constraints negotiation has positive impact on serious leisure. This suggests that when sports activities participants face with leisure constraints if the participants show efforts to overcome this, they would experience the serious leisure. Most participants of sports activities will have to face a variety of leisure constraints, but they will experience the serious leisure depending on how much they try to overcome these for sports activities.

In other words, negotiating efforts for leisure constraints are vitally required for the participants of sports activities to engage in sports activities as serious leisure. For example, negotiating efforts like followings are required; efforts to find a partner for participation in sports activities, efforts to prepare activity cost or manage time, efforts to improve skills, efforts to change the desire, efforts to charge energy, and so on.

The studies that analyzed the relationship between leisure constraints negotiation and serious leisure are only a few in at home and abroad. Representative study associated with this study was done by SeonHwan Hwang and HuiJin Seo(2009).

SeonHwan Hwang and HuiJin Seo(2009) support the results of this study by reporting that efforts to prepare leisure activity costs and manage time affect serious leisure mostly, and efforts to control strength of leisure activities and efforts to find a partner for sports activities affect in order in the regression



analysis of effects of leisure constraints negotiation to serious leisure. The studies related with leisure participations[5] not the studies about relationship between leisure constraints negotiation and serious leisure have been made in a relatively wide range. Hubbard and Mannell(2001) had reported that

the level of leisure participation becomes different depending on the degree of leisure constraints negotiation in model analysis of negotiation process of leisure constraints.

Jackson, Crawford, and Godbey (1993) claimed that leisure participation is determined by leisure constraints negotiation or the degree of use of overcoming process rather than existence of leisure constraints.

As a result of analyzing the relationship between leisure constraints negotiation and specialization of sports activities, found that leisure constraints negotiation has positive effects on specialization of sports activities. These results show that when the participants of sports activities face with leisure constraints if the participants try to overcome these, they would experience specialization of sports activities. Leisure activities can be said as internally synchronized sport wnsplus activity. In other words, the function and effect of leisure can be maximized when they participate to internally synchronize. Leisure constraints negotiation would become different depending on. w much internally synchronized me darticipate in sports activities. Eventually, Leisure constraints negotiation determined by internal synchronization would generates the effects such as self-actualization as well as participation level of sports activities or degree of specialization. of spdegree of specialization experienced as a result of participation indifferent depending synchronized me darticipate self-realization arspetermined by the degree of leisure constraints

negotiation of participation of sports activities. To promote oactivation of sports through specialization of sports activities, leaffes should try varpate determined trigger internal motivation of participants. In addition, governments and relevant organizations should develop and provide leisure education program to encourage participants of sports activities to overcome leisure constraints.

The results of analysing the relationship between serious leisure and specialization of sports activities show serious leisure has a positive influence specialization of sports activities. This results show that experiences in serious leisure acts as an important explanatory variable. Participants of sports activities who engage in serious leisure tend to have a sport as the focal point of life and spare economic investment. Serious leisure can be called as opposite concept of usual leisure. Usual leisure means activities pursuing relatively short-term pleasure such as watching TV, walking in the park, and hanging out with friends and activities that do not require special training or skills[17]. Serious leisure can be defined as activities pursuing pleasure through skill acquisition or skill improvement in long-term aspects, and more significantly appeared in the sports activities.

The relationship between serious leisure and specialization also has been proved through previous study[19][7].

SunHwan Hwang and MunKin Lee(2009) analyzed the relationship between serious leisure and specialization of recreation targeting skiers and reported decisively important variables of specialization of recreation such as the efforts sub factors of serious leisure, self-expression skills and personality, monetary compensation, group ethics, identity and so on. According to Stebbins(1992), participants of serious leisure activities may become

experts in particular fields and thereby also they may change their career. For example,

there would be a case that a person who enjoy sports fishing as a leisure experiences serious leisure in chasing sports fishing, he changes his job as sports fishing professional.

## 2. Conclusion

The conclusion is as follows.

First, serious leisure can be experienced when one puts effort in negotiating against the leisure constraints. In other words, the better leisure constraints negotiation makes more experiences in serious leisure.

Second, when one puts effort in negotiating against leisure constraints, progress is made in specialization of sports activity. In other words, the better leisure constraints negotiation can enhance specialization of sports activities.

Lastly, sports activity becomes more professionalized when one experiences serious leisure. In other words, the more experiences in serious leisure can enhance specialization of sports activities.

We should devote to increase model explanatory power by including leisure constraints and leisure motivation in addition to leisure constraints negotiation and serious leisure as affecting variables in specialization of sports activities for the follow-up studies.

### 참고 문헌

- [1] A. Nadirova and E. L. Jackson, Alternative criterion variables against which to assess the impacts of constraints to leisure. *Journal of leisure research*, Vol.32, No.4, pp.396-405, 2000.
- [2] Bryan, H. Leisure value systems and recreation specialization: The case of trout fishermen. *Journal of Leisure Research*, 9, pp.174-187, 1977.
- [3] Bryan, H. Leisure value systems and recreation specialization: The case of trout fishermen. *Journal of Leisure Research*, 9, pp.174-187, 1997.
- [4] J. Gould, D. Moore, F. McGuire, and R. Stebbins, Development of the serious leisure inventory and measure. *Journal of Leisure Research*, Vol.40, No.1, pp.47-68, 2008.
- [5] J. Hubbard and R. C. Mannell, Testing competing models of the leisure constraint negotiation process in a corporate employee recreation setting. *Leisure Sciences*, 23, pp.145-163, 2001.
- [6] 황선환, '여가제약 협상, 참가 및 진지한 여가의 관계' 한국사회체육학회지, 제36권, pp.859-866, 2009.
- [7] 황선환, 이문진, '진지한 여가와 레크리에이션 전문화의 관계' 스키어를 대상으로, 한국체육학회지, 제48권, 제6호, pp.393-402, 2009.
- [8] 황선환, 서희진, '여가제약, 여가제약 협상 및 진지한 여가의 관계' 체육과학연구, 제20권, 제2호, pp.298-307, 2009.
- [9] E. L. Jackson, Recognizing patterns of leisure constraints: Results from alternative analyses. *Journal of Leisure Research*, Vol.25, No.2, pp.129-149, 1993.
- [10] E. L. Jackson, D. Crawford, and G. Godbey, Negotiation of leisure constraints. *Leisure Sciences*, 15, pp.1-11, 1993.
- [11] T. Kay and G. Jackson, Leisure despite constraint : The impact of leisure constraints on leisure participation. *Journal of Leisure Research*, 23, pp.301-313, 1991.

[1] A. Nadirova and E. L. Jackson, Alternative criterion variables against which to assess the

- [12] 김경식, 스포츠과학연구방법론, 서울: 레인보우 북스, 2010.
- [13] 김경식, 황선환, 원도연, '여가제약 협상 측정도 구 개발과 적용', 한국체육학회지, 제47권, 제3호, pp.365-376, 2008.
- [14] A. Loucks-Atkinson and R. C. Mannell, Role of self-efficacy in the constraints negotiation process: The case of individuals with fibromyalgia syndrome. Leisure Science, 29, pp.19-36, 2007.
- [15] B. L. McFarlane, Specialization and motivations of birdwatchers. Wildlife Society Bulletin, 22, pp.361-370, 1994.
- [16] A. Nadirova and E. L. Jackson, Alternative Criterion Variables Against Which to Assess the Impacts of Constraints to Leisure. Journal of leisure research, Vol.32, No.4, pp.396-405, 1999.
- [17] 박유진, 김재휘, '여가경제성 현출성에 따라 여가경험이 여가 및 생활만족에 미치는 영향', 적극형 여가를 중심으로. 한국심리학회지, 제21권, 제2호, pp.141-161, 2002.
- [18] D. Scott and C. S. Shafer, Recreation specialization: A critical look at the construct. Journal of Leisure Research, Vol.33, No.3, pp.319-343, 2001.
- [19] R. A. Stebbins, Amateurs, professionals and serious leisure. Montreal, QC: McGill-Queen's University Press. 1992.
- [20] S. H. Tsaur and T. W. Liang, Serious leisure and recreation specialization. Leisure Sciences, Vol.30, No.4, pp.325-341, 2008.

저 자 소 개

김 경 식(Kyong-Sik Kim)

정회원



- 1994년 2월 : 경기대학교 사회체육학과(체육학사)
  - 1996년 2월 : 서울대학교 체육교육과(교육학석사)
  - 2004년 2월 : 서울대학교 체육교육과(체육학박사)
  - 2006년 3월 ~ 현재 : 호서대학교 사회체육학과 조교수
- <관심분야> : 상업스포츠 소비행위, 실버스포츠산업, 여가 및 체육정책, 사회자본, 사회연결망

구 경 자(Kyong-Ja Koo)

정회원



- 1999년 2월 : 용인대학교 무용학과(무용학학사)
  - 2008년 2월 : 경희대학교 스포츠경영학과(체육학석사)
  - 2008년 3월 ~ 현재 : 경기대학교 레저스포츠학과 박사과정 수료
- 현재 : 경기대학교, 호서대학교 사회체육학과 외래강사
- <관심분야> : 레저스포츠산업, 스포츠사회학, 여가 레크리에이션, 무용학

이 은 주(Eun-Joo Lee)

정회원



- 2000년 2월 : 한국체육대학교 건강관리학과(건강관리학사)
- 2002년 8월 : 한국체육대학교 체육학과(체육학석사)
- 2008년 2월 : 경기대학교 사회체육학과(박사수료)

- 2007년 2월 ~ 현재 : 경기대학교 외래강사
- <관심분야> : 노인체육, 보건학, 건강관리, 운동처방