

A Study on The Leisure Satisfaction of Members of Soccer Sports Club as a Life Sport

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생활체육 축구동호인의 여가만족도에 관한 연구

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Abstract The study on the satisfaction of leisure sports and the leisure sports. The subjects of the study were selected and recruited 250 members belonging to each community association as the population of the sports club members. The data sampling method was a simple random sampling method based on the self-administration method and was collected after the questionnaire was prepared. A total of 200 questionnaires were analyzed, except for 50 cases in which the reliability of the questionnaire was doubtful. Factor analysis, χ^2 , factor analysis, reliability analysis, and one - way ANOVA were used for the data analysis. First, there was a significant difference in leisure satisfaction among the participants in the age group. Second, there was a statistically significant difference in leisure satisfaction among the different education levels of participants. Third, there was no significant difference in leisure satisfaction according to monthly average salary

Key Words : Leisure satisfaction, Lifelong education, Life sports club, Athlete, soccer sports clubs

요 약 본 연구는 생활체육동호인의 여가만족도에 관한 연구로 연구의 대상은 축구동호회 회원을 모집단으로 현재 각 동우회에 소속되어 있는 250명을 모집선정 하였다. 자료 표본추출방법은 단순임의추출방법을 자기평가기입법에 의거하여 배포, 설문지 작성 후 회수 하였다. 이 중 설문내용의 신뢰성 결여가 판단되는 50부를 제외한 총 200부의 설문지를 대상으로 분석하였다. 자료 분석을 위하여 사용한 분석법은 빈도분석, χ^2 , 요인분석, 신뢰도 분석, 일원변량분석을 실시하여 다음과 같은 연구결과를 도출하였다. 첫 째, 연령대별 운동참여자들의 여가만족에는 유의한 차이가 있었다. 둘 째, 학력에 따른 운동참여자들의 여가만족도는 통계적으로 유의한 차이가 있었다. 셋 째, 월평균 급여에 따른 여가만족도에서도 유의한 차이가 없었다.

주제어 : 여가만족도, 평생교육, 생활체육동호회, 운동참여, 축구동호회

1. Introduction

The etymology of leisure comes from the Latin word 'licere', which means 'to be free'. This word has developed into French 'Leissr', means 'allowed', and today it has evolved into word Leisure. and by English

Leisure comes from the Greek word 'schole'. The word 'schole' implies 'free time' and sometimes it is a place for scholars to discuss[1]. leisure can be attributed to freedom by voluntary free choice, not by coercion[2].

Leisure is said to be a free time without any restraint. In other words, leisure is a free time, and this

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view is one of the most dominant views to this day. In this case, free time means the remaining time that is randomly written according to the will of the individual, excluding the time required for living or other survival[3].

Leisure is not only for relaxation when an individual is liberated from work, home, or society, for relaxation, or for the cultivation of knowledge or ability independent of benefits, voluntary social participation, and free creativity[4], which defines leisure through activity rather than leisure in time.

Leisure can be seen as a concept of a psychological state obtained through activities through this time. This is because no matter how much free time it takes, it is difficult to understand as a leisure concept if the anxiety of the psychological state continues. Modern people need positive thinking, balanced life, mental comfort, and dynamic physical activity to relieve stress. This has a favorable impact on health and, as a result, can play an important role in helping individuals adjust to their psychological well-being and improve their social support.

Modern people feel happiness through participation in daily life sports, feel sense of responsibility, fulfillment of goal, fulfillment of goal, and maintain optimistic attitude and feelings that they have positive self-image. And the relationship between the pattern and leisure satisfaction. In this study, it was found that the self-efficacy beliefs of the elderly[5].

In addition, there is a growing body of scientific research that suggests that continuous physical activity is effective in positive mental health by reducing mental stress, which is increasing in modern society[6]. Currently, we are pursuing various changes in our lives through the introduction of a 40-hour workweek system. In order to improve the quality of life through participation in leisure activities or sports activities, many people are satisfied with their lives, we strive for satisfaction in the workplace. In addition to the history of mankind, leisure has been closely related to human life satisfaction, and in particular, has increased the

leisure time available to individuals due to mechanization and civilization, which is characteristic of today's industrial society[7]. In the end, leisure can be said to be 'feeling self-fulfillment in the freely chosen activity in leisure time except for physiological essential time and working time, and self-realization in inner relaxed state'[8].

Therefore, a desire for leisure satisfaction based on the daily life physical activity appears strongly, and the life physical activity through this is actively taking place. Therefore, it is considered that there is a need for a research that suggests the direction of healthy lifestyle sports activities as well as program development through the study of satisfaction through the activities of the living sports athletes living in Gyeongbuk. The demand for leisure satisfaction based on the daily life physical education is strong, and the desire for active recreation according to the working hours of 52 hours a week is also strong, and various types of leisure activity programs will be expanded. The need for athletic activities is also stronger than ever. These phenomena are actively developing and promoting various sports programs to meet the importance of physical activity in the aging region and to meet the desire for quality life. In this extension of the phenomenon, the results of this study are as follows.

2. Research Method

The purpose of this study is to investigate the leisure satisfaction according to the level of participating in sports for the participants who participated in the activities of sports clubs in Gyeongbuk province. The detailed research methods are as follows.

2.1 Study subjects

The subjects of this study participated in sports activities in the neighborhood of Gyeongsangbuk - do

and participated in more than one tournament every year.

They restricted the sport and did not put restrictions on age and sex. A total of 250 questionnaires were distributed. The survey method was self-administration method, and the researcher explained the questionnaire to the visiting person or distributor. Therefore, the research subjects of this study were about 250 people. Among them, 200 questionnaires were used for the actual analysis, except for the questionnaire that responded unfairly or omitted the questionnaire entry.

The social demographic characteristics of this study are shown in Table 1.

Of the total 200 subjects, 40.5% were in their 30s and 35.5% in their 40s, followed by 20s in 13% and 50s in 10%. Two teens showed participation of 1%. By marital status, 143 out of 200 subjects were married,

71.5%, and 57.5% were married. By educational background, 60% of university students / college graduates were higher than half of them, followed by 62% of high school graduates, followed by 9% of graduate school graduates and 18% of graduate school graduates. According to the distribution of monthly income, 41.5% of the income earners from 3 million won to 3 million won showed a lot of income, followed by 33.5% from 1 million won to 2 million won, and less than one million won were distributed in the order of 16 persons and 8%. By occupation, the ratio of office worker was 35% among the 200 persons of the target 200 persons, followed by 18% of professional workers, 13.5% of sales / service 27, and 20% of functional and self-management / management. And 10%, respectively. In other occupations, 18% and 9% were unemployed and 4.5% were unemployed, respectively.

Table 1. Social Statistical Characteristics of the Subjects

	Ddvision	Frequency(Persons)	Distribution Ratio(%)
Age(yr)	10	2	1
	20	26	13
	30	81	40.5
	40	71	35.5
	50	20	10
Education	High School	62	31
	University/University Graduation	120	60
	Graduate/Graduate School Graduation	18	9
Salary	100 under	16	8
	100~200	67	33.5
	200~300	83	41.5
	300 more	34	17
Vocation	Office/Administration	70	35
	Technique Service	20	10
	Sale/Service	27	13.5
	Profession	36	18
	Self-Employment/ Operation	20	10
	Inoccupation	9	4.5
	Etc	18	9
Etc		200	100.0

2.2 Research tools

2.2.1 Questionnaire composition and contents

In this study, a questionnaire was composed of four items as the data collection tool for measuring the relationship of leisure satisfaction according to the participation of leisure activities in Gyeongbuk province.

2.2.1.1 Social demographic characteristics

The questionnaire items used in this study were demographic characteristics based on the questionnaire items used in the study of participation in national leisure activities (2003), which was used in research by [9] and [10] 5 items were used.

2.2.1.2 Participation Activities

In this study, the questionnaire about participating in the activities of the club has been presented in terms of the activity period, weekly and monthly participation frequency, In order to measure the degree of participation, the degree of participation was set to three items such as duration, frequency, and time.

2.2.1.3 Leisure Satisfaction

The leisure satisfaction questionnaire used in this study is leisure used in studies such as [11-14] (Leisure Satisfaction Scale : LSS) and [15] dl developed by [11] Satisfaction with Life Scale: SWLS) was selected and modified for the purpose of studying the effects of leisure satisfaction on the subject of this study.

2.3 Survey Procedures

The purpose of this study was to investigate the satisfaction of participation of leisure sports club members and to explain the purpose and contents of the questionnaire. Some of them distributed the questionnaire to the distributor after explaining the purpose and content of the questionnaire, and responded with the self-administration method and collected the completed questionnaire.

2.4 Data Processing

The results of this study are summarized as follows: First, the respondents who were judged to have poor or unreliable responses were excluded from the statistical process. Finally, the analyzed responses were analyzed using SPSS(Statistical Package for the Social Science). The following statistics were used according to the purpose of analysis.

First, frequency analysis and percentage were conducted to examine the demographic characteristics of participants in sports clubs.

Second, χ^2 (Chi-square), factor analysis and reliability test were conducted to examine the participation level of participants in sports clubs.

Third, one-way ANOVA was conducted to examine leisure satisfaction.

3. Results and discussion

3.1 Results

3.1.1 Leisure Satisfaction Factor Analysis and Reliability

The reliability of the questionnaire used in this study was verified through "Cronbach's α " and the reliability of the questionnaire with factor analysis was confirmed by reliability test. Factor analysis was conducted by selecting only the items with factor loadings of 0.5 or more through the Varimax among the factors of the ortho - rotation method. The leisure satisfaction factor analysis and reliability are shown in Table 2 below. As a result of the analysis, 9, 22, 23, and 24 items included in the leisure satisfaction factor were excluded, and 20 items of 4 factors were extracted. The reliability of leisure satisfaction is .845(social satisfaction), .788(physical satisfaction), .806(psychological satisfaction), and .848(environmental satisfaction). was found to be 94.88 in the average of leisure

Table 2. Factor of Leisure Satisfaction Questionnaire

	Details Factor				Cronbach's α
	Factor I	Factor II	Factor III	Factor IV	
Life Satisfaction	.690	.213	.457	.023	.845
	.734	.248	.205	.000	
	.781	.242	.254	.028	
	.766	.247	.261	.026	
	.762	.208	.328	.074	
Rest Satisfaction	.219	.714	.479	.147	.788
	.286	.766	.306	.107	
	.223	.802	.273	.086	
	.245	.829	.161	.078	
	.322	.693	.230	.140	
Psychology Satisfaction	.483	.299	.581	.070	.806
	.437	.180	.728	.059	
	.257	.246	.785	.063	
	.207	.298	.698	.002	
	.309	.332	.639	.149	
Environment Satisfaction	.091	.174	-.017	.836	.848
	.046	.087	-.056	.921	
	-.055	.101	.028	.910	
	-.004	.012	.190	.876	
	.096	-.018	.106	.698	
Eigenvalue	4.289	4.111	4.108	3.764	
Variance(%)	17.870	17.130	17.115	15.684	
Accumulate(%)	17.870	35.000	52.115	67.799	

3.1.2 Leisure Satisfaction by Participation in Exercise of Leisure Sports Athletes

3.1.2.1 Leisure Satisfaction by Age

The results of this study are as follows

The mean of leisure satisfaction according to age was 94.8. The mean age of teenagers was 93.5, standard deviation was 3.5, 20 was average 90.7, standard deviation was 16.8, average of 30 was 97.4, standard deviation was 12.8, 12.7, 50 group average 87.4, standard deviation 16.6.

The satisfaction level of leisure participation according to the participant's participation in sports activities was higher. The results of this study are as follows.

As shown in Table 4, leisure satisfaction in the 30s and 40s than the other age.

There was a statistically significant difference in the age of leisure satisfaction by age group ($F = 2.792$) at significance level 0.05.

3.1.2.2. Leisure satisfaction by education level

The results of this study are as follows.

As shown in Table 4, leisure satisfaction was found to be 94.88 in the average of leisure satisfaction according to educational attainment according to participation of sports sports enthusiasts in living sports. satisfaction according to educational attainment according to participation of sports sports enthusiasts in living sports. The satisfaction level of leisure satisfaction by education level was 98.79, standard deviation was 12.5, average university college / college graduate average was school graduate / graduate graduation 92.63.

The deviation was 14.9, graduate 96.44, standard deviation 9.2.

There was a statistically significant difference in the educational level of leisure satisfaction at the significance level of .05 ($F = 4.213$)

Table 3. Leisure Satisfaction by Age of Exercise

Age(yr) Satisfaction						
	Age(yr)	N	Mean	Standard Deviation	F	P-value
leisure satisfaction	10	2	93.50	3.536	2.792	.028
	20	26	90.77	16.805		
	30	81	97.44	12.816		
	40	71	95.59	12.792		
	50	20	87.45	16.665		
	Total	200	94.88	14.010		

Table 4. Leisure Satisfaction by Education

Education Satisfaction						
		N	Mean	Standard Deviation	F	P-value
leisure satisfaction	High School	62	98.79	12.514	4.213	.016
	University/University Graduation	120	92.63	14.911		
	Graduate/Graduate School Graduation	18	96.44	9.231		
	Total	200	94.88	14.010		

Table 5. Leisure Satisfaction by Salary

Salary Satisfaction						
		N	Mean	Standard Deviation	F	P-value
leisure satisfaction	100 under	16	86.94	16.961	2.400	.069
	100~200	67	95.36	14.680		
	200~300	83	96.69	12.707		
	300 more	34	93.26	13.370		
	Total	200	94.88	14.010		

Table 6. Leisure Satisfaction by Vocation

Vocation Satisfaction						
		N	Mean	Standard Deviation	F	P-value
leisure satisfaction	Office/Administration	70	94.29	13.588	.947	.462
	Technique Service	20	93.80	12.203		
	Sale/Service	27	97.70	12.462		
	Profession	36	95.97	13.727		
	Self-Employment/Operation	20	98.35	11.681		
	Inoccupation	9	89.11	11.932		
	Etc	18	91.00	21.707		
	Total	200	94.88	14.010		

3.1.2.3 Leisure Satisfaction by Monthly Average Pay

In this study, leisure satisfaction according to monthly average participation level of sports athletes of sports athletes was examined.

As shown in Table 5, the average monthly participation rate of leisure sports enthusiasts is 86.94, the standard deviation is 16.9, the average of 100 ~ 2 million won is 95.36, the standard deviation is 14.6, the average is 96.69, the standard deviation is 12.7, 300 The mean probability of leisure satisfaction was .069, which was statistically significant at the significance level of .05. There was no significant difference in monthly average satisfaction of leisure satisfaction. $F = 2.400$

3.1.2.4 Job and leisure satisfaction

The results of this study are as follows.

As shown in Table 6, the average satisfaction level of job satisfaction and job satisfaction was 94.29, standard deviation 13.5, average of functional job 93.80, standard deviation 12.2, average of sales / service 97.70, standard deviation 12.4, professional average 95.97, standard deviation 13.7, 98.35, standard deviation 11.6, unemployed average 89.11, standard deviation 11.9, other mean 91.00, standard deviation 21.7, and average leisure satisfaction according to the participation of leisure sports lovers was 94.88. Satisfaction with occupational leisure satisfaction was high in self-employed / business (98.35) and sales / service (97.70). There was no statistically significant difference at the significance level of .05 ($F = .947$).

3.2 Discussion

When we look at the satisfaction of life in Korea, it can be seen that the satisfaction level of life is high in high tide when balance of work and life is balanced. The satisfaction level of the 20s is high, and the satisfaction level of life is also high in the family with 4 income level. The satisfaction of life is due to the increase of leisure time due to the balance of work and life, the interest in quality of life is increasing, and the

importance of health is recognized. The activities of clubs are actively carried out through sports for the living. The phenomenon in which activities are increasing is emerging in the form that the importance of happy life is the enjoyment of everyday life by means of time and activity, that is, life satisfaction and leisure satisfaction through leisure activities.

Therefore, this study intends to discuss the study on leisure satisfaction according to the level of participation, based on the fact that there are influences on the leisure satisfaction according to the participant's participation in daily life sports.

According to the paper by [16], there were differences according to educational background, monthly average income, occupation. Those who had higher education level and higher monthly income had higher leisure satisfaction. Sales and service workers were anticipated more leisure. The results are similar to those of this study.

3.2.1 Leisure Satisfaction by Age

This study was conducted to investigate the effect of age on leisure satisfaction. According to the results of analysis, it was found that the leisure satisfaction according to the exercise participation in the ages of 30s and 40s, Respectively. This is because [18], resting satisfaction, educational satisfaction, and mental satisfaction showed higher levels of participants in their 50s than those in their 30s and 40s. The results of this study show that the satisfaction level is high in active social activities and active participation age.

3.2.2 Leisure Satisfaction by Educational Background

In order to examine the effects of academic achievement on leisure satisfaction[17], [18] showed higher leisure satisfaction in the order of high school graduate, college graduate, college graduate, graduate school graduate, The higher the education level, the higher the leisure satisfaction. First, satisfaction of high school graduates showed high satisfaction in leisure

satisfaction, followed by graduate school graduates and graduate school graduates. It is considered that education does not greatly affect the happiness of everyday life.

Second, in the case of college students / college graduates, the degree of academic satisfaction showed many leisure satisfaction participants, and the standard deviation was large.

3.2.3 Leisure Satisfaction by Monthly Average Salary

The results of this study are as follows: First, leisure satisfaction was in the order of 200 ~ 3 million won, followed by the next 100 ~ 2 million won and 3 million won recipients. In the case of leisure satisfaction. It is assumed that it is not affected by the receipt of the benefit.

Second, in the case of leisure satisfaction, those who received less than KRW 1 million showed low satisfaction but the standard deviation showed the highest. As the leisure satisfaction was high, the deviation was low, suggesting that the actual stability affects the satisfaction.

3.2.4 Job and leisure satisfaction

The results of this study are summarized as follows: First, satisfaction of occupational workers with time margin such as self - employed / managerial employees and sales / service is high, As you know, it is inferred that you are satisfied with your happy life through time and activities, and it is also possible to deduce that this is the most satisfying experience in unemployed people. In addition, the satisfaction level is high in the office / managerial work, and it is considered to support the technology.

Second, self - efficacy / management worker satisfaction was high and leisure / service worker was the next highest in leisure satisfaction. Professional worker is higher than office / management worker. Therefore, it seems that the time margin is related to leisure satisfaction.

4. Conclusion and Suggestions

4.1 Conclusion

The purpose of this study is to identify the importance and value of club activities and to provide information to the related people through the study on the leisure satisfaction of leisure sports athletes in Gyeongbuk province. In order to accomplish this research purpose, the subject of this study was selected as the population of soccer clubs in Gyeongbuk province and recruited and selected 250 people who are now in charge of each group.

The sampling method for the data was simple random sampling method, and self-administration method was used to collect and distribute questionnaires. The results of this study were as follows: the questionnaire survey was conducted on 200 questionnaires except for 50 questionnaires.

First, the satisfaction level of leisure participation according to the participant's sports participation in the Gyeongbuk region was higher than that of the other ages in their 30s and 40s.

There was a statistically significant difference in the age of leisure satisfaction by age group ($F = 2.792$) at significance level .05,

There was a statistically significant difference in the educational level of leisure satisfaction at the significance level of .05 ($F = 4.213$)

There was no significant difference in monthly average salary satisfaction ($F = 2.400$)

There was no statistically significant difference at the significance level of .05 ($F = .947$)

Second, the satisfaction level of leisure satisfaction according to the participation period. The average of the participation duration of sports athletes was higher than that of 3 years.

The significance level of leisure satisfaction by participation period was .001 and there was statistically significant difference at significance level .05 ($F = 5.515$).

4.2 Suggestions

The purpose of this study is to propose future

research projects focusing on some problems in the process of identifying the effects of participation of sports clubs on leisure satisfaction.

First, in this study, the subjects were limited to some sports or sports activities, but in future studies it would be desirable to consider diversity of sports and diversity of activities.

Second, some of the measurement tools used in this study are used in the general academic field. The development of measurement tools should be preceded by the measurement of physical fitness activities and characteristics of each field.

Third, the questionnaire of this study was written by the self-evaluation instrument, so there is a limit to understanding the psychological and sociological characteristics of the subject. Therefore, a more detailed approach is required in the follow-up study.

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