

The Study on the Leisure Activity Participation and Happiness of the Retired Elderly in Kaohsiung City

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ABSTRACT

The issue of the elder becomes more and more important in the aging society today. The retirement event has caused great impacts in life adjustment, adaptation and social relationship in the elders. This study is aimed to investigate the relationship between personality traits, leisure activity participation, leisure satisfaction and happiness in the retired elder population in Kaohsiung City. Data was collected by questionnaires with 378 effective respondents. Methods of analysis include descriptive statistics, t-test, one-way analysis of variance, Pearson product-moment correlation, and multiple hierarchical regression analysis. The results indicate that: (1) There are significant differences in leisure activity participation with different backgrounds - genders, occupations, years of retirement, education levels, marital status, health status, living status and incomes. (2) There are significant differences in leisure satisfaction with different backgrounds - occupations, years of retirement, education levels, marital status, health status and incomes. (3) There are significant differences in happiness with different backgrounds - years of retirement, marital status, health status, living status and incomes. (4) Extraversion reveals significant positive correlation in leisure activity participation, leisure satisfaction and happiness while Neuroticism revealed significant negatively correlation only in happiness. (5) After controlled the personality and the health status, which are important factors of happiness, the amusement type and social type of activities can still effectively predict the happiness. After the discussion based on the findings and conclusions, this research also provides suggestions for further research.

Keywords : Retired elderly, personality traits, leisure activity participation, leisure satisfaction and happiness.

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