

# The Relationships of Couple ' s Family Life Cycle and Leisure Context to Their Leisure Experience

羅于婷、吳淑女

E-mail: 9501052@mail.dyu.edu.tw

## ABSTRACT

This research is for the purpose of discussing the different family life cycle couples the leisure experience which has the daily life, Data sample of selects 60 married couples, And t-test,one-way ANOVA, were adopted for data analysis. 1.The profiles of samples were: The majority of the couples were between 31 and 40 years old. graduated from college with occupations as administrators, staff, government employees and teachers, earned monthly income of 40,000, and family income of 60,000~80,000 . 2.The conclusions of this study are as follow: (1) There were no significant differences in leisure experience of the different gender on the weekend and non- weekend. (2) There were significant differences in leisure experience of the different family life cycle on the weekend and non- weekend. (3) There were significant differences in leisure experience of the different type of activity on the weekend and non- weekend. (4) There were significant differences in leisure experience of the different partner of activity on the weekend and non- weekend. (5) There were significant differences in leisure experience of the different place of activity on the weekend and non- weekend. At last, based on the findings and conclusions, this research offered some suggestions.

Keywords : Gender, family life cycle, leisure context, leisure experience

## Table of Contents

封面內頁 簽名頁 博碩士論文暨電子檔案上網授權書.....	iii	中文摘		
要.....	iv	英文摘要.....	vi	誌
謝.....	vii	目錄.....	viii	圖目
錄.....	x	表目錄.....	x	第一章 緒
論.....	1	第一節 研究背景與動機.....	1	第二節 研究問
題.....	3	第三節 研究對象與範圍.....	3	第四節 研究限
制.....	4	第二章 文獻探討.....	5	第一節 家庭休
間.....	5	第二節 性別差異.....	11	第三節 家庭生命週
期.....	17	第四節 休閒體驗.....	24	第三章 研究方
法.....	34	第一節 研究假設.....	34	第二節 問卷設計與操作
性定義.....	34	第三節 抽樣設計.....	37	第四節 預試與正式調
查.....	37	第五節 資料處理與分析.....	40	第四章 研究結
果.....	44	第一節 樣本背景分析.....	44	第二節 假設驗
證.....	50	第五章 討論與建議.....	58	第一節 研究結果摘
要.....	58	第二節 綜合討論.....	60	第三節 建
議.....	68	參考文獻.....	71	一、中文部
份.....	71	二、英文部份.....	74	附
錄.....	81	附錄一：休閒體驗調查表.....	81	附錄二：活動
類型表.....	83			

## REFERENCES

- 一、中文部份 (一)專書、期刊與博碩士論文 1. 行政院主計處。(1996)。台灣地區時間運用調查報告。 2. 王震宇。(1996)。休閒體驗中之自由感對休閒活動參與情況之影響。台灣大學森林研究所碩士論文。 3. 李方如。(2001)。新好男人—雙生涯家庭男性家務分擔經驗之研究。嘉義大學家庭教育研究所碩士論文。 4. 李美枝、鍾秋玉。(1996)。性別與性別角色析論。本土心理學研究,第6期,頁260-299。 5. 周玉敏。(2001)。性別角色、生活情境與兩性家務分工研究。東吳大學社會研究所碩士論文。 6. 周德禎。(1999)。教育人類學導論:文化觀點。台北:五南。 7. 邱皓政。(2000)。量化研究與統計分析-SPSS 中文視窗版資料分析範例解析。台北:五南。 8. 唐先梅。(1996)。什麼是家務工作—家務工作本質之初探。空大生活科學學報,第2期,頁209-236。 9. 唐先梅。(1998)。從家庭發展觀點探討雙薪家庭兩性工作、家事及休閒時間之分配。中大社會文化學報,第6期,頁75-111。 10. 徐一帆。(2000)。雙薪家庭中性別、家庭生命週期與家庭教育

需求及阻礙之相關研究 - 以屏東縣雙薪家庭為例。國立高雄師範大學成人教育研究所碩士論文。 11. 高淑清。(2000)。家庭教育學。台北:師大書苑。 12. 涂淑芳譯。(1996)。(G. Bammel & L. L. Burrus-Bammel 原著)。休閒與人類行為。台北:桂冠圖書。 13. 張春興。(1996)。普通心理學。台北:東華。 14. 梁愛玲。(1995)。台北市雙薪家庭, 家庭休閒與家庭生命週期關係之探討。台灣師範大學家政教育研究所碩士論文。 15. 陳代真。(2001)。國中青少年家庭休閒活動與家庭凝聚力關係之研究以台北市大直地區為例。東吳大學社會學研究所碩士論文。 16. 陳怡如。(2001)。單身女性輔導教師休閒體驗之研究。國立高雄師範大學輔導研究所碩士論文。 17. 陳怡伶。(2003)。鐵道藝術網絡參觀者的參觀動機、藝文生活型態與休閒體驗之研究以台中站、嘉義站為例。大葉大學休閒事業管理學系研究所碩士論文。 18. 陳姿勳。(2001)。性別、家庭生命週期與婚姻滿意度關係之探討。暨南國際大學社會政策與社會工作研究所碩士論文。 19. 曾巧芬。(2001)。護理實習學生休閒、生活壓力及身心健康相關研究以台北護理學院學生為例。國立臺灣師範大學衛生教育研究所碩士論文。 20. 黃千珊。(1999)。家庭生命週期與家庭活動決策歷程之研究 - 以基隆市核心家庭為例。高雄師範大學成人教育研究所碩士論文。 21. 葉爾雯。(1991)。影響雙生涯夫妻家庭與職業衝突的有關背景、情境及心理因素之研究。台灣師範大學教育心理與輔導研究所碩士論文。 22. 董香欄。(2002)。中年女性家庭照顧者休閒生活之研究。國立高雄師範大學成人教育研究所碩士論文。 23. 劉文菁。(1993)。台北市民家庭休閒生活之研究。台灣師範大學社會教育研究所碩士論文。 24. 劉喜臨。(1992)。旅遊態度在旅遊活動決定過程中所扮演的角色。台灣大學森林學研究所碩士論文。 25. 賴政斌。(2002)。大陸東莞地區台商休閒體驗之研究。朝陽科技大學休閒事業管理研究所碩士論文。 26. 謝秀芬。(1989)。家庭與家庭服務。台北:五南。(二)報紙、雜誌與網路 1. 國際人權憲章。(1966)。世界人權宣言第二十四條。聯合國人權事務委員會概況介紹第2號。民國93年11月19日, 取自 <http://www.cprdc.org/meeting/>。 2. 饒志堅、賴秀珍、蔡惠華和王玉珍。(2003, 04, 01)。我國性別統計及婦女地位之國際比較研究。 <http://www.dgbas.gov.tw/dgbas03/div2all.htm>。 二、英文部份 1. Bammel, G., & Burrus-Bammel, L. L. (1992). *Leisure and human behavior* (2nd ed.). Dubuque, IA: William C. Brown Publishers. 2. Barnett, R. C., & Baruch, G. K. (1978). Women in the mid-years: A critique of research and theory. *Psychology of Women Quarterly*, 3, 187-197. 3. Broverman, I. (1972). Sex role stereotypes: A current appraisal. *Journal of Social Issues*, 28(2), 59-78. 4. Coltrane, S. (2000). Research on household labor: Modeling and measuring the social embeddedness of routine family work. *Journal of Marriage and the Family*, 62(4), 1208-1233. 5. Coverman, S., & Sheley, J. (1986). Changes in men's housework and child-care time, 1965-1975. *Journal of Marriage and the Family*, 48, 413-422. 6. Csikszentmihalyi, M. (1975). *Beyond boredom and anxiety*. San Francisco: Jossey-Bass. 7. Csikszentmihalyi, M. (1990). *Flow: The psychology of optimal experience*. New York: Harper & Row. 8. Csikszentmihalyi, M., & Larson, R. (1987). Validity and reliability of the experience sampling method. *Journal of Nervous and Mental Disease*, 175, 526-536. 9. Cyba, E. (1992). Women's attitudes towards leisure and family. *Society and Leisure*, 15, 79-94. 10. Deem, R. (1982). Women, leisure and inequality. *Leisure Studies*, 1, 29-46. 11. Dumazedier, J. (1974). *Ecology of leisure*. Amsterdam: Elsevier. 12. Duvall, E. M., & Miller, B. C. (1985). *Marriage and family development*. New York: Harper & Row. 13. Ellis, G. D., Voelkl, J. E., & Morris, C. (1994). Measurement and analysis issues with explanation of variance in daily experience using the flow model. *Journal of Leisure Research*, 26(4), 337-356. 14. Ellis, R. H., & Roberts, E. H. (1981). The quantification of ageing and survival in orthodox seeds. *Seed Science. Technol.* 9, 373-409. 15. Firestone, J., & Shelton, B. A. (1997). An estimation of the effects of women's work on available leisure time. *Journal of Family*, 9, 131-135. 16. Glick, P. C. (1974). The family life cycle. *American Sociological Review*, 12(2), 164-174. 17. Goodman, J. (1993). Celebrating diversity: Lesbian, gay and bisexual issues in education. *Thrust for Education Leadership*, 22(6), 25-28. 18. Gunter, B. (1987). *Poor reception: Misunderstanding and forgetting broadcast news*. Hillsdale, NJ: Lawrence Erlbaum. 19. Hammitt, W. E. (1980). Outdoor recreation: Is it a multi-phase experience? *Journal of Leisure Research*, 12, 107-115. 20. Henderson, K. A., Bialeschki, M. D., Shaw, S. M., & Freysinger, V. J. (1996). *Both gains and gaps: Feminist perspectives on women's leisure*. State College, PA: Venture Publishing. 21. Hochschild, A. (1989). *The second shift*. New York: Avon Books. 22. Horna, J. (1989). The dual asymmetry in the married couple's life: The gender differentiated work, family, and leisure domains. *International Journal of Sociology of the Family*, 19, 113-130. 23. Iso-Ahola, S. (1979). Basic dimensions of leisure. *Journal of Leisure Research*, 11(1), 28-39. 24. Jackson, E. L. (1991). Leisure constraints/constrained leisure: Special issue introduction. *Journal of Leisure Research*, 23(4), 279-285. 25. Kamo, Y. (1988). Determinants of household division of labor: Resources, power, and ideology. *Journal of Family Issues*, 9, 177-200. 26. Kelly, J. R. (1978). Revised paradigm of leisure choices. *Leisure Sciences*, 10(1), 47-60. 27. Kelly, J. R. (1983). Leisure styles: A hidden core. *Leisure Sciences*, 5(4), 321-338. 28. Kelly, J. R. (1990a) *Leisure* (2nd ed.). Englewood Cliffs, NJ: Prentice-Hall. 29. Kelly, J. R. (1990b). Leisure and aging: A second agenda. *Society and Leisure*, 13(1), 145-167. 30. Kelly, J. R. (1996). *Leisure*. Needham Heights, MA: Allyn & Bacon. 31. Kleiber, D., Larson, R., & Csikszentmihalyi, M. (1986). The experience of leisure in adolescence. *Journal of Leisure Research*, 17(1), 169-176. 32. Larson, R., Mannell, R. Y., & Zuzanek, J. (1986). Daily well-being of older adults with family and friends. *Psychology and Aging*, 1, 117-126. 33. Lee, Y., Dattilo, J., & Howard, D. (1994). The complex and dynamic nature of leisure experience. *Journal of Leisure Research*, 26(3), 195-211. 34. MacDermid, S. M., Huston, T. L., & McHale, S. M. (1990). Change in marriage associated with the transition to parenthood: Individual differences as a function of sex-role attitudes and changes in the division of household labor. *Journal of Marriage and the Family*, 52, 475-486. 35. MacKenzie, S. B. (1973). Moderating effects of goal acceptance on relationship between group cohesiveness and productivity. *Journal of Applied Psychology*, 82(6), 974-983. 36. Maluccio, A. N. (1992). Family Reunification: Research findings, issues, and directions. *Child Welfare*, 73(5), 489-504. 37. Mannell, R. C. (1980). Social psychological techniques and strategies for studying leisure experience. In S. E. Iso-Ahola (Ed.), *Social psychological perspectives on leisure and recreation* (pp. 62-88). Springfield, IL: Charles C. Thomas. 38. Mannell, R. C., & Kleiber, D. A. (1997). *A social psychology of leisure*. State College, PA: Venture Publishing. 39. More, T. A., & Payne, B. R. (1978). Affective responses to natural areas near cities. *Journal of Leisure Research*, 10, 7-12. 40. Neulinger, J. (1974). *The psychology of leisure*. Springfield, IL: Charles C. Thomas. 41. Patricia, A. S. (1996). *Leisure in society: a network*

structural perspective. London ; New York : Mansell Pub. 42. Ramos, C. I., & Folkers, E. (1994) The relationship of perception of time and attributes of leisure in daily experiences. *Leisure Studies*, 13(2), 140-147. 43. Rapoport, R., & Rapoport, R. N. (1978). *Leisure and the family life cycle*. London: Routledge and Kegan Paul. 44. Rogers, S. J., & Amato, P. R. (2000). Have changes in gender relations affected marital quality? *Social Forces*, 79, 731-753. 45. Sadker, M., & Sadker, D. (1986). Sexism in the classroom: From grade school to graduate school. *Phi Delta Kappan*, 67(7), 512-515. 46. Samdahl, D. M. (1991). Issues in the measurement of leisure: A comparison of theoretical and connotative meanings. *Leisure Sciences*, 13, 33-49. 47. Saxton, L. (1996). *The individual, marriage, and the family*. Wadsworth, CA: International Thomson Publishing. 48. Schooler, C. (1984). The structure of coping. *Journal of Health and Social Behavior*, 19, 2-21. 49. Shaw, S. M. (1985). The meaning of leisure in everyday life. *Leisure Sciences*, 7, 1-24. 50. Shaw, S. M. (1992). Body image among adolescent women: The role of sports and physically active leisure. *Journal of Applied Recreation Research*, 16, 349-357. 51. Shaw, S. M. (1992). Dereifying family leisure: An examination of women ' s and men ' s everyday experiences and perceptions of family time. *Leisure Sciences*, 14, 271-286. 52. Shelton, B. A. (1990). The distribution of household tasks: Does the wife ' s employment status make a difference? *Journal of Family Issues*, 42, 115-135. 53. Stewart, W. P. (1992). Influence of the onsite experience on recreation experience preference. *Journal of Leisure Research*, 3, 282-319. 54. Stohs, J. H. (1992). Couples and conflicts over the household division of labor, *Sex Roles*, 33(3/4), 257-275. 55. Unger, L. S., & Kerman, J. B. (1983). On the meaning of leisure: An investigation of some determinants of the subjective experience. *Journal of Consumer Research*, 9, 381-392. 56. Veblen, T. B. (1953). *The theory of leisure class* (2nd ed.). New York: New American Library. 57. Verduin, J. R., & McEwen, D. N. (1984). *Adults and their leisure: The need for lifelong learning*. Springfield, IL: Charles C. Thomas. 58. Williams, J. H. (1977). *Psychology of women: Behavior in a biosocial context*. New York: Norton. 59. Witt, P. A., & Goodale, T. L. (1981). The relationships between barriers to leisure enjoyment and family stages. *Leisure Sciences*, 4(1), 29-49.