

# A Qualitative Study on Elderly Women ' s Leisure Participation and Their Leisure Experience

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## ABSTRACT

The purpose of this study was to explore the leisure life of elderly women and also explore their leisure participation and leisure experience. The sample was selected by purposive sampling and snowball sampling from researcher ' s personal friendship. Semi-structured in-depth interviews were the major method and personal interviews conducted with eighteen elderly women. The data collected from the interviews. This study want to understanding their leisure life through these elderly women ' s view. The major conclusions of the study are as follows: 1. Marital and the family responsibility are the invisible fetter to the elderly woman. 2. Elderly women feel helpless of family care responsibility. 3. Elderly women were regards leisure as the rest and relax after work. 4. Elderly women gained the self-affirmation and the achievement from leisure. 5. Elderly women lacks information and the pipeline of the leisure participation. 6. Elderly women lacks the leisure consciousness of leisure empowerment. 7. The cultural tradition and the society expect to the elderly women ' s constraints of leisure participation.

Keywords : leisure participation ; leisure experience ; elderly women ; qualitative research

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