

Relationship between Leisure Immersion and Life Satisfaction of Marine Leisure Sports Enthusiasts

Han, Kyung-Seok, Yang, Chun-Ho

Abstract: *The purpose of this study was to investigate the relationship between leisure immersion and life satisfaction. The main group considered for this study was marine leisure sports enthusiasts. To conduct this study, a survey in the form of a questionnaire was used. The survey targeted 256 marine leisure sports enthusiasts in 2018. For analysis of the data obtained, SPSS 12.0 statistical program was used. From the use of the software, frequency analysis, exploratory factor analysis, reliability test, correlation analysis, and multiple regression analysis were conducted. This enabled the following findings to be reached. Firstly, results obtained from the study pointed that the leisure lifestyle of marine leisure sports enthusiasts has a positive correlation with leisure immersion and life satisfaction. Secondly, among the leisure lifestyle, family-oriented, rational planning, and work-oriented all had a positive influence on the behavioral immersion, and the sensory pursuit, relationship-oriented, and leisure helplessness all had a positive influence on cognitive immersion. Third, among the leisure lifestyle, family-oriented, relationship-oriented, rational planning, and work-oriented all had a positive influence on the physical activity satisfaction, and family-oriented, sensory pursuit, relationship-oriented, and work-oriented all had a positive influence on rest activity satisfaction, and the family-oriented, rational planning, and leisure helplessness all had a positive influence on social activity satisfaction. In conclusion, it was observed that the leisure lifestyle of marine leisure sports enthusiasts has a positive correlation with leisure immersion and life satisfaction. It was also observed that the leisure lifestyle has a partial influence on leisure immersion, behavioral immersion and cognitive immersion affecting the leisure lifestyle were incompatible with each other. In addition, the leisure lifestyles had a partial impact on life satisfaction, where among them, the leisure lifestyle of family-oriented, relationship-oriented, and work-oriented all had an influence on the life satisfaction.*

Keywords : *Marine, Characteristics, Leisure, Lifestyle Satisfaction.*

I. INTRODUCTION

People have very different lifestyles even in cases where they are from the same culture and social class. A lifestyle can be defined as a characteristic life form that distinguishes itself from others, which are common to all members of

society or the entire society, where people organize personal relationships and use resources to engage with social and natural environments [1]. Therefore, lifestyle refers to the way individuals live in this world. Lifestyle can thus be described by what individual does, what their interest are, opinions that they have on various issues among others [2]. Since a typical lifestyle is referred to as the pattern of lifestyle or the values of individuals [3], leisure lifestyle refers to a characteristic leisure lifestyle distinct from others and refers to unique leisure activity area, leisure areas of interest, leisure attitudes and values, among others [4]. In other words, instead of simply separating the types of leisure through certain criteria, it can be seen as a characteristic leisure type considering the personality, psychological characteristics, and life pattern, etc. that affects leisure participation [5].

In the current society, many individuals engage in various leisure activities. This is because most people in the society have solved the problems of survival and livelihood which were the main challenges facing past civilizations. This has thus allowed for the current society to focus on how to live a pleasant and meaningful life [6]. It is worth noting that this form of living is also applicable in our country. This can be seen in various scenarios such as the system of working 5 days a week, shortening of working hours, explosive growth of the leisure market, and the increase in the leisure cost of individual citizens. The growth of the leisure industry in the country is supported with factors such as the growth of national income, due to the geographical conditions of having abundant marine resources by being a peninsula, the types of leisure utilizing marine leisure sports are developing rapidly.

Despite this economic growth and the breakthrough in leisure, studies on the variables related to leisure lifestyle and leisure targeting the country's marine leisure sports participants are insufficient. Especially, despite the fact that the leisure lifestyle associated with leisure can have overall access to individual leisure, studies have not been actively conducted yet. One of the variables closely related to leisure life style is leisure immersion. Leisure immersion can be described as the peak experience or optimal experience in leisure. These experiences are especially common in leisure [7]. For leisure immersion, freedom from bondage, voluntary choice of desired activities, pleasure of participating in

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activities, and the leisure activities should be culturally recognized [8].

Therefore, the leisure immersion occurs when the human skill level is in harmonious balance with the difficulty of the given environment. This can be seen from previous studies on lifestyle and leisure immersion.

In a study targeting the ski participants, it was found that each lifestyle had a significant effect on the immersion experience [9], and the lifestyle of college students had a statistically significant effect on leisure immersion according to the participation of leisure activities [10]. Furthermore, previous studies have reported that lifestyle and leisure immersion are variables closely related to life satisfaction as well as the relationship between each other [11], [12]. The reason why leisure life style attracts attention as important sociological variables along with life satisfaction is because it has been recognized as an important determinant of leisure activities. In other words, life satisfaction is an assessment of their own happiness, and because it means the harmonious satisfaction of aspiration and purpose of personal life on happiness.

As three sides of Korea are surrounded by the sea, and due to the nature-friendly relationship with the sea, the marine leisure sports activities have become a big part of life. Therefore, identifying the leisure lifestyle of marine leisure sports participants seems to fulfill its role as a basic data for vitalizing the marine leisure sports and proceeding in a desirable direction. Therefore, the purpose of this study is to identify the relationship between leisure immersion and life satisfaction according to the leisure lifestyle of marine leisure sports participants. To achieve this goal, the following research objectives were set. First, to investigate the correlation between leisure lifestyles, leisure immersion and life satisfaction of marine leisure sports participants. Secondly, to investigate leisure lifestyle of marine leisure sports participants and relate it to leisure immersion. Third, to investigate the relationship between leisure lifestyle of marine leisure sports enthusiasts to life satisfaction.

II. STUDY METHODS

2.1 Study subjects

To conduct this study, 300 marine leisure sports enthusiast were sampled using cluster random sampling. Consent was obtained from the identified study subjects before the survey and a questionnaire was distributed to the selected subjects. The questionnaire was created using self-assessment method. The completed questionnaires were collected immediately at the site. Among the completed questionnaires, questionnaires having missing or insincere responses were excluded. This led to 256 questionnaires being clarified and used as data for final analysis.

2.2 Survey tool

In this study, questionnaires were used as survey tools. The questionnaire was composed of 4 questions on general

characteristics of the subjects, 28 questions on leisure lifestyle as an independent variable, 8 questions on leisure immersion as a dependent variable, and 17 questions on life satisfaction. The measurement method for each question used the Likert scale of 'absolutely not at all, 1 point', 'not at all, 2 points', 'normal, 3 points', 'agree, 4 points' and 'very agree, 5 points.'

2.3 Leisure lifestyle

For the survey tool for measuring leisure lifestyle, the leisure lifestyle scale developed by Woo & Sohn (13) and partially modified by Sohn, Oh, & Woo (14), Joo & Kim (5), Lee & Kim (15) was modified and supplemented to fit this study. The sub-variables of leisure life style were classified into 6 factors; family-oriented, sensory pursuit, relationship-oriented, rational planning, work-oriented, and leisure helplessness.

2.4 Leisure immersion

For the survey tool for measuring leisure immersion, the leisure immersion scale developed by Scanlan, et. al. (16) which was partially modified by An & Hwang (17), Yoon (18), Kim, Lee & Jeon (19) was modified and supplemented to fit this study. The sub-variables of leisure immersion were classified into 2 factors; cognitive immersion and behavioral immersion.

2.5 Leisure satisfaction

For the survey tool for measuring life satisfaction, the life satisfaction scale developed by Raghed & Beard (20) which was partially modified by Ha (21), Jang, et. al. (22), Moon (23) was modified and supplemented to fit this study. The sub-variables of life satisfaction were classified into 3 factors; satisfaction with physical activity, satisfaction with rest activity, and satisfaction with social activity.

2.6 Validity and reliability

In order to test the validity and reliability of the questionnaire in this study, exploratory factor analysis and Cronbach's aware conducted. The factor rotation was performed through an orthogonal rotation method of Varimax rotation. In addition, verification of KMO and Bartlett's sphere formation was also performed simultaneously.

2.7 Leisure Lifestyle

For leisure lifestyle, the Bartlett unit matrix was 3444.260, the probability of significance was .001, and the KMO index was .903 showing the selection of the variables was appropriate. Based on this, 6 factors were extracted as a result conducting factor analysis on 28 questions, and it was shown to explain approximately 68.417% of total variance. The eigenvalues for the sub-factors of the leisure lifestyle were family-oriented(.708~.783), sensory pursuit(.530~.803), relationship-oriented (.511~.802), rational planning (.441~.731), work-oriented(.498~.835), and leisure helplessness (.498~.835). In addition, the reliability value has shown a



relatively high level of reliability with family-oriented (.935), sensory pursuit(.935), relationship-oriented (.936), rational planning(.937), work-oriented (.935), and leisure helplessness(.937).

2.8 Leisure Immersion

For leisure immersion, the Bartlett unit matrix was 563.710, the probability of significance was .001, and the KMO index was .831 showing the selection of the variables was appropriate. Based on this, 2 factors were extracted as a result conducting factor analysis on 8 questions, and it was shown to explain approximately 62.963% of total variance.

The eigenvalues for the sub-factors of the leisure immersion were shown as behavioral immersion(.765~.836) and cognitive immersion(.610~.777). In addition, the reliability value has shown a relatively high level of reliability with behavioral immersion(.935) and cognitive immersion(.933).

2.9 Life Satisfaction

For life satisfaction, the Bartlett unit matrix was 1738.706, the probability of significance was .001, and the KMO index was .930 showing the selection of the variables was appropriate. Based on this, 3 factors were extracted as a result conducting factor analysis on 17 questions, and it was shown to explain approximately 62.597% of total variance. The eigenvalues for the sub-factors of the life satisfaction were shown as physical activity satisfaction(.564~.773), rest activity satisfaction(.585~.744), and social activity satisfaction(.713~.779). In addition, the reliability value have shown a relatively high level of reliability with physical activity satisfaction(.931), rest activity satisfaction(.931), and social activity satisfaction(.938).

2.10 Data processing

The data collected for the purpose of the study was total of 191 copies excluding the questionnaires which were deemed inappropriate for the study.

To confirm the normal distribution, validity and reliability of the collected data, statistical analysis, exploratory factor analysis and reliability analysis were conducted using SPSS 21.0. Correlation analysis was conducted in order to establish the relationship between variables. Multiple regression analysis was conducted in order to investigate the causal relationship between variables. The level of significance was $\alpha=.05$.

III. RESEARCH RESULTS

3.1 Correlation analysis result

Correlation analysis was conducted in order to investigate the relationship between leisure immersion and life satisfaction for leisure lifestyle of marine leisure sports enthusiasts. The results showed that family-oriented had a positive correlation with behavioral immersion($r=.857$) and

cognitive immersion($r=.460$). The sensory pursuit had a positive correlation with behavioral immersion($r=.519$) and cognitive immersion($r=.852$). The relationship-oriented had a positive correlation with behavioral immersion($r=.501$) and cognitive immersion($r=.685$). The rational planning had a positive correlation with behavioral immersion($r=.618$) and cognitive immersion($r=.532$). The work-oriented had a positive correlation with behavioral immersion($r=.674$) and cognitive immersion($r=.638$). The leisure helplessness had a positive correlation with behavioral immersion($r=.532$) and cognitive immersion($r=.610$). In addition, the family-oriented had a positive correlation with physical activity satisfaction($r=.789$), rest activity satisfaction($r=.651$), and social activity satisfaction($r=.593$). The sensory pursuit had a positive correlation with physical activity satisfaction($r=.559$), rest activity satisfaction($r=.659$), and social activity satisfaction($r=.449$). The relationship-oriented had a positive correlation with physical activity satisfaction($r=.612$), rest activity satisfaction($r=.757$), and social activity satisfaction($r=.444$). The rational planning had a positive correlation with physical activity satisfaction($r=.645$), rest activity satisfaction($r=.579$), and social activity satisfaction($r=.542$). The work-oriented had a positive correlation with physical activity satisfaction($r=.656$), rest activity satisfaction($r=.696$), and social activity satisfaction($r=.497$). The leisure helplessness had a positive correlation with physical activity satisfaction($r=.561$), rest activity satisfaction($r=.578$), and social activity satisfaction($r=.524$). In other words, it was found that leisure lifestyle had a positive correlation with both leisure immersion and life satisfaction.

3.2 Relationship between leisure and leisure immersion

Multiple regression analysis was conducted in order to investigate the relationship between leisure lifestyle and leisure immersion of marine leisure sports enthusiasts.

3.2.1. Relationship between leisure lifestyle and behavioral immersion

Table 1: Relationship between leisure lifestyle and behavioral immersion

	B	SE	Beta	t	tolerance	VIF
Constant	-.355	.161		-2.205*		
Family-oriented	.600	.043	.633	13.972***	.539	1.854
Sensory pursuit	.001	.049	.001	.025	.464	2.157
Relationship-oriented	-.017	.040	-.020	-.413	.481	2.078
Rational planning	.228	.053	.196	4.316***	.535	1.869
Work-oriented	.189	.046	.205	4.120***	.449	2.229
Leisure helplessness	.006	.045	.006	.142	.540	1.853
$R^2=.796$, Corrected $R^2=.790$, $F=119.809$ ***						

$p<.05$, *** $p<.001$

As shown in "Table 1", leisure lifestyle had a statistically significant effect on behavioral immersion ($F=119.809$, $p<.001$). The explanatory power of this variable was approximately 79.6% ($R^2=.796$). After investigating the beta values as a relative influence of leisure lifestyle on behavioral immersion, a positive influence was shown in family-oriented($\beta=.633$, $p<.001$), rational planning($\beta=.196$, $p<.001$) and work-oriented($\beta=.205$, $p<.001$).

In other words, it was found that family-oriented, rational planning, and work-oriented had a positive influence on the behavioral immersion.

3.2.2. Relationship between leisure lifestyle and Cognitive immersion

Table 2: Relationship between leisure lifestyle and cognitive immersion

	B	SE	Beta	t	tolerance	VIF
Constant	.325	.158		2.055*		
Family-oriented	-.048	.042	-.053	-1.131	.539	1.854
Sensory pursuit	.587	.049	.615	12.080***	.464	2.157
Relationship-oriented	.145	.040	.182	3.637***	.481	2.078
Rational planning	.044	.052	.040	.838	.535	1.869
Work-oriented	.088	.045	.102	1.964	.449	2.229
Leisure helplessness	.107	.044	.115	2.433*	.540	1.853
R ² =.779, Corrected R ² =.772, F=108.275***						

p<.05, ***p<.001

As shown in “Table 2”, leisure lifestyle had a statistically significant effect on cognitive immersion(F=108.275, p<.001),

and the explanatory power of this variable was approximately 77.9%(R²=.779). When looking at the beta values as a relative influence of leisure lifestyle on cognitive immersion, a positive influence was shown in sensory pursuit(β=.615, p<.001), relationship-oriented(β=.182, p<.001), and leisure helplessness(β=.115, p<.001). In other words, it was found that sensory pursuit, relationship-oriented, and leisure helplessness had a positive influence on the cognitive immersion.

3.3 Relationship between leisure lifestyle and leisure immersion

Multiple regression analysis was conducted in order to investigate the relationship between leisure lifestyle and life satisfaction of marine leisure sports participants.

3.3.1. Relationship between leisure lifestyle and life satisfaction

Table 3: Relationship between leisure lifestyle and physical activity satisfaction

	B	SE	Beta	t	tolerance	VIF
Constant	-.267	.190		-1.409		
Family-oriented	.498	.051	.503	9.843***	.539	1.854
Sensory pursuit	.012	.058	.012	.211	.464	2.157
Relationship-oriented	.147	.048	.167	3.092**	.481	2.078
Rational planning	.234	.062	.192	3.752***	.535	1.869
Work-oriented	.136	.054	.141	2.520*	.449	2.229
Leisure helplessness	.034	.053	.033	.650	.540	1.853
R ² =.741, Corrected R ² =.732, F=87.699***						

p<.05, ***p<.001

As shown in “Table 3”, leisure lifestyle had a statistically significant effect on physical activity satisfaction(F=87.699, p<.001), and the explanatory power of this variable was approximately 74.1%(R²=.741). When looking at the beta values as a relative influence of leisure lifestyle on physical activity satisfaction, a positive influence was shown in family-oriented(β=.503, p<.001), relationship-oriented(β=.167, p<.01), rational planning (β=.192, p<.001), and work-oriented(β=.141, p<.05). In other words, it was found that family-oriented, relationship-oriented, rational planning, and work-oriented had a positive influence on the

physical activity satisfaction.

3.2.3. Relationship between leisure lifestyle and rest activity satisfaction

Table 4: Relationship between leisure lifestyle and rest activity satisfaction

	B	SE	Beta	t	tolerance	VIF
Constant	-.122	.201		-.609		
Family-oriented	.255	.054	.246	4.764***	.539	1.854
Sensory pursuit	.124	.062	.112	2.004*	.464	2.157
Relationship-oriented	.387	.050	.419	7.676***	.481	2.078
Rational planning	.045	.066	.036	.699	.535	1.869
Work-oriented	.205	.057	.203	3.581***	.449	2.229
Leisure helplessness	.042	.056	.039	.751	.540	1.853
R ² =.736, Corrected R ² =.727, F=85.349***						

p<.05, ***p<.001

As shown in “Table 4”, leisure lifestyle had a statistically significant effect on rest activity satisfaction (F=85.349, p<.001), and the explanatory power of this variable was approximately 73.6%(R²=.736). When looking at the beta values as a relative influence of leisure lifestyle on rest activity satisfaction, a positive influence was shown in family-oriented (β=.246, p<.001), sensory pursuit(β=.112, p<.05), relationship-oriented(β=.419, p<.001), and work-oriented(β=.203, p<.001). In other words, it was observed that family-oriented, sensory pursuit, relationship-oriented, and work-oriented had a positive influence on the rest activity satisfaction.

3.2.4. Relationship between leisure lifestyle and social activity satisfaction

Table 5: Relationship between leisure lifestyle and social activity satisfaction

	B	SE	Beta	t	tolerance	VIF
Constant	.476	.282		1.685		
Family-oriented	.329	.075	.322	4.367***	.539	1.854
Sensory pursuit	.032	.087	.029	.368	.464	2.157
Relationship-oriented	.016	.071	.018	.226	.481	2.078
Rational planning	.268	.093	.214	2.894***	.535	1.869
Work-oriented	.074	.080	.075	.923	.449	2.229
Leisure helplessness	.192	.079	.179	2.432*	.540	1.853
R ² =.459, Corrected R ² =.442, F=26.060***						

p<.05, **p<.01, ***p<.001

As shown in “Table 5”, leisure lifestyle had a statistically significant effect on social activity satisfaction (F=26.060, p<.001), and the explanatory power of this variable was approximately 45.9%(R²=.459). When looking at the beta values as a relative influence of leisure lifestyle on social activity satisfaction, a positive influence was shown in family-oriented (β=.322, p<.001), rational planning (β=.214, p<.01), and leisure helplessness(β=.179, p<.05). In other words, it was found that family-oriented, rational planning, and leisure helplessness had a positive influence on the social activity satisfaction.

IV. DISCUSSION

This study investigated the relationship between leisure immersion and life satisfaction with reference to the leisure lifestyle of marine leisure sports enthusiasts. The discussion based on the results of this study is as follows.

The leisure lifestyle of marine leisure sports participants has a positive



correlation with leisure immersion and life satisfaction. Based on these findings, among the sub-variables of leisure life style, family-oriented, rational planning, and work-oriented all had a positive influence on behavioral immersion, and the sensory pursuit, relationships-oriented, and leisure helplessness all had a positive influence on cognitive immersion.

In other words, among the leisure lifestyle of marine leisure sports participants, it was observed that participants having higher values in family-oriented, rational planning, and work-oriented had higher behavioral immersion. In this regard, Lee & Kim (24) noted that the lifestyle of MTB contest participants had a significant influence on behavioral immersion, and even in a study targeting the soccer club members (25), there was a significant relationship between lifestyle and leisure immersion. Specifically, it had a positive influence on behavioral immersion. Considering these findings, the leisure lifestyle that is usually work-oriented, family-oriented during weekends and makes every plan reasonably can be seen as having a positive influence on behavioral immersion.

In addition, among the leisure lifestyle of marine leisure sports enthusiasts, it was observed that participants who had higher values for sensory pursuit, relationship-oriented, and leisure helplessness had higher cognitive immersion. In this regard, in a study targeting the fitness club users, Lee (26) noted that the lifestyle had a significant influence on the cognitive immersion. In a study targeting tennis club members (27), it was reported that lifestyle and leisure immersion had a significant relationship and especially had a positive influence on the cognitive immersion. Considering these findings, the leisure lifestyle of marine leisure sports enthusiasts, who are fashion-conscious and who value their relationships with people, had a positive influence on the cognitive immersion.

In this study, among the leisure lifestyle, family-oriented, relationship-oriented, rational planning, and work-oriented all had a positive influence on the physical activity satisfaction. Family-oriented, sensory pursuit, relationship-oriented, and work-oriented all had a positive influence on rest activity satisfaction. The family-oriented, rational planning, and leisure helplessness all had a positive influence on social activity satisfaction. In other words, this is a result indicating that the leisure lifestyle of marine leisure sports participants had a positive influence on life satisfaction. In this regard, an exploratory study claiming that lifestyle of college students participating in leisure activities affect the life satisfaction (28), and a study claiming that participation in health Yoga program increases the life satisfaction being contributed by degree of immersion (29), and a study claiming that life satisfaction is a variable that significantly affects the life dance participants (30), and especially, a study claiming that the participation in winter leisure sports had a positive influence on life satisfaction (22), all support the results of this study. Through such results, as the leisure lifestyle of marine leisure sports

enthusiasts had a partial positive influence on leisure immersion and life satisfaction. By understanding the leisure lifestyle of marine leisure sports participants, that continuous research and measures that can increase leisure immersion and life satisfaction are needed.

V. CONCLUSION

The purpose of this study was to investigate the relationship between leisure immersion and life satisfaction for the leisure lifestyle of marine leisure sports participants. In order to do this, a questionnaire survey was conducted targeting 256 marine leisure sports participants in 2018. For the analysis of this survey, SPSS 12.0 statistical program. Frequency analysis, exploratory factor analysis, reliability test, correlation analysis, and multiple regression analysis were conducted using the program. Based on analysis of this results, the following conclusions were reached. First, the leisure lifestyle of marine leisure sports enthusiasts had a positive correlation with leisure immersion and life satisfaction. Second, among the leisure lifestyle, family-oriented, rational planning, and work-oriented all had a positive influence on the behavioral immersion, and the sensory pursuit, relationship-oriented, and leisure helplessness all had a positive influence on cognitive immersion.

Third, among the leisure lifestyle, family-oriented, relationship-oriented, rational planning, and work-oriented all had a positive influence on the physical activity satisfaction, and family-oriented, sensory pursuit, relationship-oriented, and work-oriented all had a positive influence on rest activity satisfaction, and the family-oriented, rational planning, and leisure helplessness all had a positive influence on social activity satisfaction.

In conclusion, the leisure lifestyle of marine leisure sports enthusiasts had a positive correlation with leisure immersion and life satisfaction. It was observed that the leisure lifestyle had a partial influence on leisure immersion, and the behavioral immersion and cognitive immersion affecting the leisure lifestyle were incompatible with each other. In addition, the leisure lifestyles had a partial impact on life satisfaction, where among them, the leisure lifestyle of family-oriented, relationship-oriented, and work-oriented all had an influence on the life satisfaction.

APPENDIX

It is optional. Appendixes, if needed, appear before the acknowledgment.

ACKNOWLEDGMENT

It is optional. The preferred spelling of the word "acknowledgment" in American English is without an "e" after the "g." Use the singular heading even if you have many acknowledgments. Avoid expressions such as "One of us (S.B.A.) would like to thank" Instead, write "F. A. Author thanks " *Sponsor and financial support acknowledgments are placed in*

the unnumbered footnote on the first page.

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