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A comparative study of leisure time motivation between on campus and off campus female residents of Panjab University, Chandigarh

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Abstract

The purpose of the study was to compare the leisure motivation of 60 Panjab University, Chandigarh female students on the basis of the accommodation they are availing. Thirty subjects were on campus residents while other thirty were off campus residents. Leisure motivation scale by Beard and Ragheb (1983) was used to assess the leisure motivation. The results shows that there was overall significant difference between on campus and off campus residents' leisure motivation at $p < .05$ level of significance. Four subscales were used in the scale to assess the factors responsible for leisure motivation which are intellectual, social, competency/mastery and stimulus avoidance factors. Out of these four factors, there was a significance difference in intellectual and stimulus avoidance factors between on campus and off campus residents while there was no significant difference in competency/mastery and social factors with $p < .05$. It can be concluded from this study that on campus residents were more motivated by intellectual and stimulus avoidance factors to perform leisure activities while the other two factors motivate them almost equally with no significant difference. The on campus residents were found to be more motivated towards leisure than off campus residents.

Keywords: leisure, leisure motivation, on campus, off campus

Introduction

Leisure has been defined as a quality of experience or as free time. Kelly, John (1996). In his lecture on 'The Origins of Leisure', Laurent Turcot states that free time is time spent away from business, work, job hunting, domestic chores and education. It also excludes time spent on necessary activities such as eating and sleeping. From a research perspective, this approach has the advantages of being quantifiable and comparable over time and place. Laurent Turcot, (2016).

A distinction may also be drawn between free time and leisure. For example, Situationist International maintains that free time is illusory and rarely fully "free"; economic and social forces appropriate free time from the individual and sell it back to them as the commodity known as "leisure". *Situationist International* (1964). Leisure time may have different meaning to different individual but as far as its broadest sense is concerned it is the time when we are not performing our daily routine activities that are almost crucial for a particular person to perform. In other words, it can be said to be the time that we spare to perform some recreational or pastime activities that may be useful in taking off the monotony of the daily life activities. Leisure time activities may range from reading to adventure sports. It may be any activity that is performed in our so called 'free time'.

Leisure may be conceptualized in different ways. Leisure has been defined as what people do when they are not working. Activities become leisure primarily because they are carried out in a period designated as free-time (Brightbill, 1960 and Smigel, 1963). This approach may have its limitations in contemporary society when many are not in employment or have retired from productive activity. Some free-time activities may be relaxing or entertaining but are not so easily recognised as leisure. Watching TV, which is a popular free-time activity, may be a good example. Massimini and Carli (1988) found that viewers often reported high levels of boredom and apathy and low levels of intrinsic motivation. Kubey and Csikszentmihalyi (1990) suggest that viewing is similar to idling and daydreaming; undemanding activities

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which serve mainly to pass time in a drowsy fashion.

Alternative conceptualizations are more directed to the functional and subjective effects of leisure. Kaplan (1975) considered that the functions of leisure include self-determination and the encouragement of commitment, as well as providing opportunities for recreation, personal growth and service to others.

General Historic Perspective of Leisure

Leisure has historically been the privilege of the upper-class. Peter N. Stearns, (2001). Opportunities for leisure came with more money, or organization, unless working time, rising dramatically in the mid to late 19th century, starting in Great Britain and spreading to other rich nations in Europe. It spread as well to the United States, although that country had a reputation in Europe for providing much less leisure despite its wealth. Immigrants to the United States discovered they had to work harder than they did in Europe. Mark Wyman (1993). Economists continue to investigate why Americans work longer hours. Edward, C. Prescott (2004)

The Current Study

The current study was conducted to find out the difference between the leisure motivation of On Campus and Off Campus female residents of Panjab University, Chandigarh. The On Campus female residents are the ones live in any of the hostels of Panjab University, Chandigarh and the Off Campus female residents are defined as those who do not live in Panjab University campus. The Off Campus female include the female living with their family in Chandigarh or have PG accommodation outside Panjab University campus.

Statement of the Problem

“A Comparative Study of Leisure Time Motivation between On Campus and Off Campus female Residents of Panjab University, Chandigarh”

Objective of the Study

The study was undertaken to find out the significant difference in the Leisure Motivation between On Campus and Off Campus residents of Panjab University, Chandigarh.

Methods and Procedure

The methods and procedures used to accomplish this study are covered in this section and are described in the following lines.

Selection of subjects

A random sampling technique was used to select the subjects for the study. A sample of sixty female students from Panjab University, Chandigarh was selected, of which thirty were grouped as On Campus residents and the remaining thirty were grouped as Off Campus residents. The groups were formed on the basis of the accommodation they are availing during their present academic year that is 2016-17.

Selection of Variables

The study was directed to find the Leisure Motivation of the subjects therefore the leisure motivation was the major variable describing the factors that motivate the subjects to perform leisure time activities and those factors were termed

as sub scales of the study and are listed below.

- Intellectual factors
- Social factors
- Competency/Mastery factors
- Stimulus Avoidance

Tools Used

Leisure Motivations Scale (LMS-48) was used to collect the data for the assessment of leisure motivation among the subjects that was developed by BEARD & RAGHEB (1983). The questionnaire contains of 48 items describing the four factors that motivate the subjects to perform leisure time activities. These four factors were categorized as Intellectual factors, Social factors, Competency/Mastery and Stimulus Avoidance factors.

Collection of Data

The data was collected from Panjab University, Chandigarh from the students of different departments. The researcher went to the classrooms, after seeking the permission of the concerned faculty members, and distributed the questionnaires after conveying them the purpose of the study and supplying useful instructions to fill the questionnaire.

Scoring

The response scale of the test was given from 1 to 5 where 1 describe the response as ‘never true’ while 5 means ‘always true’. The first 12 items of the scale show intellectual factors for motivating the subjects, items number 13 to 24 shows social factors, items 25 to 36 show competency/Mastery factors and the items from 37 to 48 show the stimulus avoidance. The scores were counted individually for the each of the subscales.

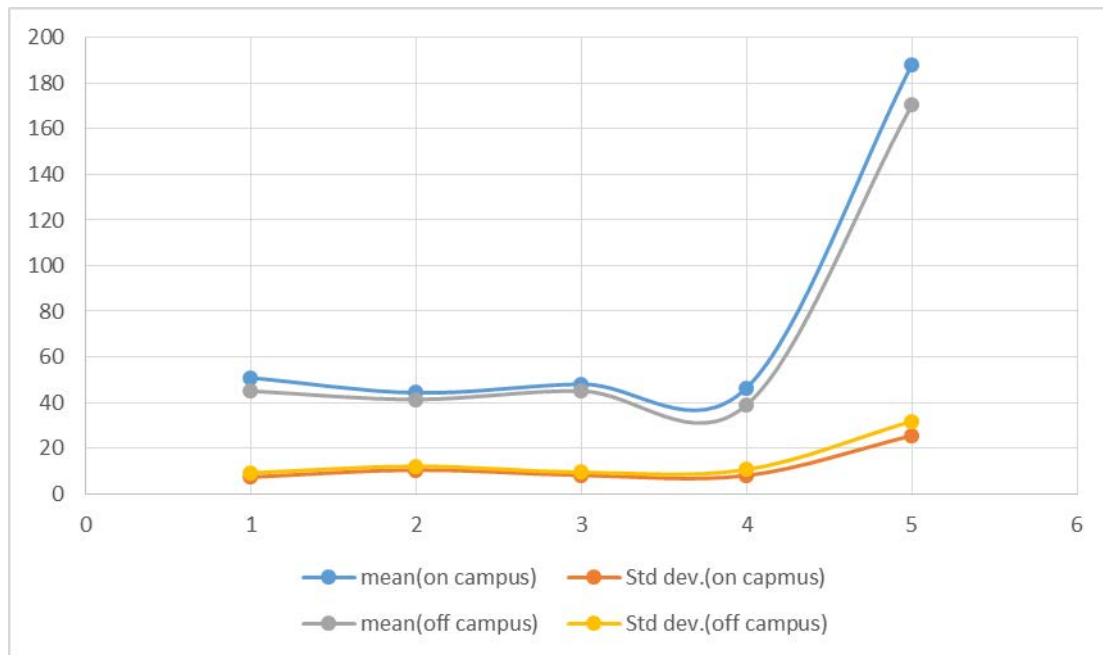
Statistical Techniques

SPSS was used to find the mean scores and standard deviation of the all four factors individually. Then the mean score of the all factors collectively was calculated with the same procedure. Then t test was applied to find out the significant difference in the overall scores of the On Campus residents and Off Campus female residents.

Analysis of Data and Results

The data was analyzed for all four subscales individually for on campus and off campus female residents. A total of 30 subjects responded to 48 items, of which 12 items were constituted in each of the four subscales namely intellectual factors, social factors, competency/mastery and stimulus avoidance and the four subscales showed the mean value as 50.86, 44.23, 48.03 and 46.46 while the standard deviation was 7.24, 10.39, 8.07 and 7.96 respectively for the on campus residents. The mean values of the off campus residents (with respect to the occurrence of subscales) were 45.03, 41.33, 45.03 and 38.96 with the standard deviation of 9.03, 11.97, 9.33 and 10.56 respectively.

Mean and standard deviation of on campus and off campus residents.



Mean and standard deviation of on campus residents

Name of factors	Number of Subjects	Number of Items	Mean	Standard deviation
Intellectual	30	12	50.86	7.24
Social	30	12	44.23	10.39
Competency/Mastery	30	12	48.03	8.07
Stimulus Avoidance	30	12	46.46	7.96
Leisure motivation as a whole	30	48	188.27	25.41

Mean and standard deviation of off campus residents

Name of factors	Number of Subjects	Number of Items	Mean	Standard deviation
Intellectual	30	12	45.03	9.03
Social	30	12	41.33	11.97
Competency/Mastery	30	12	45.03	9.33
Stimulus Avoidance	30	12	38.96	10.56
Leisure motivation as a whole	30	48	170.47	31.79

The significant difference was found between the on campus and off campus residents based on their leisure motivation as a whole and for the all four subscales in which each subscale was compared between on campus and off campus residents. There was a significant difference in the leisure time motivation for on campus and off campus residents. The t value being 2.254 while the p value being .032 which is less than the significance value of $p < .05$ at 29 degrees of freedom. In the individual evaluation of the subscales intellectual and stimulus avoidance showed significant difference between the on campus and off campus residents whereas the social and competency/mastery factors showed no significant difference. The t values and p values of the subscales are provided in the separate tables below for both on campus and off campus residents at 29 degrees of freedom.

Table shows the significance of leisure motivation between on campus and off campus residents.

Name of factors	Number of Subjects	Number of Items	T value	Degree of freedom	p value
Intellectual	30	12	2.639	29	.013
Social	30	12	1.149	29	.260
Competency/Mastery	30	12	1.251	29	.221
Stimulus Avoidance	30	12	2.184	29	.037
Leisure Motivation as a whole	30	48	2.254	29	.032

Discussion

The findings of this study shows an overall significance between the leisure motivation of the on campus and off campus residents. On the basis of these findings, it can be said that the on campus female residents of Panjab University, Chandigarh are significantly highly motivated than the off campus residents as far as leisure activity is concerned. In the subscales, intellectual and stimulus avoidance factors motivate on campus residents significantly more than the off campus residents while there was no significant difference for social and competency factors in motivating the on campus and off campus residents.

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