

LEISURE AWARENESS, RECREATIONAL NEEDS,
AND LIFESTYLE CHANGES OF TAIWANESE
STUDENTS IN OKLAHOMA

BY

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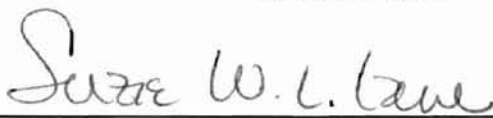
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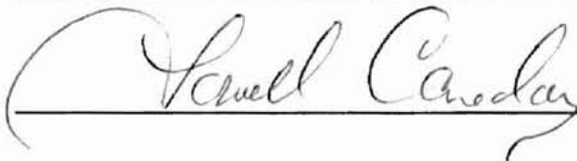
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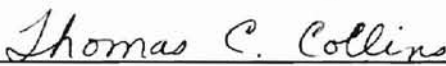
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TABLE OF CONTENTS

Chapter	Page
I. INTRODUCTION	1
Statement of the Problem and Justification	3
Purpose and Objectives	4
Hypotheses	5
Delimitations	6
Limitations	6
Assumptions	7
Definitions of Terms	7
II. REVIEW OF LITERATURE	8
Introduction/Defination of Leisure and Leisure Lifestyle	8
Active Lifestyle and Leisure Participation in the U.S.	14
Leisure Awareness, Participation and Habits in Taiwan	16
III. METHODS AND PROCEDURES	22
Research Design	23
Sample/Population	23
Data Collection	24
Data Analysis	27
IV. RESULTS AND DISCUSSION	28
Characteristics of Survey Participants	29
Responses to Descriptive Questions	33
Preferences for Leisure Activities	37
Participation of Specific Leisure Activities in the U.S.	39
Quantitative Changes of the Participation of Leisure	
Activities in the U.S.	40
Personal Attitude Toward Leisure	44
Statistical Analysis and Testing of Hypothesis	47

Chapter	Page
V. SUMMARY, IMPLICATIONS, AND RECOMMENDATIONS	60
Summary of Results	61
Implications	64
Recommendations	66
BIBLIOGRAPHY	67
APPENDIXES	70
APPENDIX A - CORRESPONDENCE	71
APPENDIX B - RESEARCH INSTRUMENT	73
APPENDIX C - HUMAN SUBJECTS RESEARCH APPROVAL	77

LIST OF TABLES

Table	Page
1. The percentage of time in a year that American people spend in work and leisure in the year of 1990, 1950, and 2000	2
2. Average amount of spare time per day devoted to selected activities by residents of Taiwan aged over 15 years old	19
3. Activities chosen as main recreation outside the home or work place by residents of Taiwan	20
4. Frequency and percentage of personal characteristics of gender and age	29
5. Frequency and percentage of personal characteristics of marital status and number of family members in the household	30
6. Frequency and percentage of personal characteristics of the length of time living in the U.S.	31
7. Frequency and percentage of personal characteristics of place of residence and where the free time is experienced	32
8. Frequency and percentage of respondents believing leisure lifestyle is the key to improve the quality of life	33
9. Frequency and percentage of respondents' aware of the leisure lifestyle	34
10. Frequency and percentage of respondents' perception of lifestyle with higher productivity	35
11. Frequency and percentage of respondents' health condition	35
12. Frequency and percentage of respondents' alteration of leisure habits since arriving in the U.S.	36
13. Frequency and percentage of respondents' termination of participating certain leisure activity since coming to the U.S.	36

Table	Page
14. Respondents' leisure activity preferences	38
15. Scores for specific leisure activities according to respondents' preferences	39
16. Frequency and percentage of the participation of leisure activities	41
17. Scores for specific leisure activities according to respondents' participation	42
18. The frequency and percentage of leisure activities which respondents increased their participation since coming to the U.S.	43
19. The frequency and percentage of leisure activities which respondents decreased their participation since coming to the U.S.	44
20. The frequency and percentage of leisure activities in which respondents participate only since coming to the U.S.	46
21. Three leisure activities which more than 40% of the respondents participate the same amount while in Taiwan and in the U.S.	46
22. Chi-square analysis on activity preferences according to the selected demographic variables	47
23. Chi-square analysis on selecting work-oriented or leisure lifestyle to better their quality of life and increase the life productivity according to length of time staying in the U.S.	50
24. Chi-square analysis on the awareness of leisure lifestyle according to the age group of the respondents	50
25. Chi-square analysis on frequency of walking for pleasure/health in the U.S. according to the age group of respondents	52
26. Chi-square analysis on frequency of participating sport activity in the U.S. according to gender and length of time in the U.S.	53
27. Chi-square analysis on frequency of social gatherings in the U.S. according to marital status and number of family members in the household	54
28. Significant association of quantitative changes of the participation of leisure activities with demographic variables	56

Table	Page
29. Chi-square analysis on quantitative changes of the participation of leisure activities according to the gender of the respondent	57
30. Chi-square analysis on quantitative changes of the participation of leisure activities according to the age of the respondents	57
31. Chi-square analysis on quantitative changes of the participation of leisure activities according to the length of time of respondent living in the U.S.	59

LIST OF FIGURE

Figure	Page
1. Maslow's Pyramid of Hierarchy of Needs	12

CHAPTER I

INTRODUCTION

Leisure is becoming increasingly important in daily life and plays an important role in changing people's existing lifestyle. According to Smith (1992), a recent AALR white paper states: "Leisure is becoming a central fiber in the social, economic, and political fabric of America's future. Indeed, the status symbol of the future may be the combination of successful work and free time, a sense of personal well-being, and the freedom and knowledge to select life-fulfilling experiences." Leisure as well as work, reflects our lifestyle; therefore, how to maintain the balance between work and leisure is becoming an important issue. Clowson and Knetsch (1966) compared the percentage of time in a year that American people spent on work and leisure in 1900 and 1950. Moreover, they also predicted time comparisons for the year 2000. The results showed that in 2000, American people will spend annually seven times more of their time participating in leisure than in work (see Table 1).

Argyle (1972) pointed out that to human beings, the purpose of work is leisure; without leisure, work itself is meaningless. The role which leisure plays in one's life may be sociological, psychological or physiological; therefore, philosophers, clergy, economists, psychologists, and educators have extended their research to leisure studies.

The scholars of economics declare that the production lifestyle is being replaced by a leisure lifestyle. They believe that leisure is an economic power followed by the developing of industries. Through the viewpoint of "leisure benefit," scholars of organization and enterprise emphasize that leisure is one of the keys of the management (Herzberg, 1966). From the recreation point of view, sociologists firmly believe leisure activity is a social construct that helps improve the general level of people's physical and mental health. Psychologists and educators conclude that people living a leisure lifestyle can improve their quality of life.

TABLE 1

THE PERCENTAGE OF TIME IN A YEAR THAT
AMERICAN PEOPLE SPEND IN WORK AND
LEISURE IN THE YEAR OF 1900, 1950 AND 2000

	Year of 1900	Year of 1950	Year of 2000
Work	13%	10%	5%
Leisure	27%	34%	38%

Source: J. Dumazedier, *Sociology of Leisure*, Free Press, New York, pp.19-21, 1974

Recreational needs or leisure awareness, however, are not homogeneous within the same culture. There are different leisure activities, habits or even awarenesses for different social groupings. The issue is exacerbated when investigating different cultures. Habits are constant and can be laid out in a time perspective. Can habits which are developed in another culture be altered when one is placed in a different society? Therefore, the purpose of this study is to begin a theoretical and methodological

framework of study of " Leisure Awareness, Recreational Needs, and Lifestyle Changes of Taiwanese Students in Oklahoma."

Statement of the Problem and Justification

Sociologists have directed attention to the cultural meanings of leisure and tried to show that leisure awareness plays a vital part in any society. Differences in customs may influence people's awareness of experiencing leisure and their participation in leisure activities. In order to satisfy leisure needs, people's awareness or lifestyle might have to change when arriving in a new country.

The United States hosts one of the largest populations of international students, scholars, and researchers. It was estimated that there were 449,749 international students studying in the U.S. in 1994 (Central Daily News, Sept. 1995). The number of international students in colleges of the U.S. continues to rise and, although, the goal is mainly to pursue academic achievement, international students may make adjustments to prevailing cultural patterns, and, one adjustment to a new environment is the changing of lifestyle. Due to the difference of lifestyle, it has been shown that most of the new immigrants and international students living in America, have a cultural shock in their living experiences (Story and Harris, 1989). In order to adjust in this new environment, immigrants and international students try to change their lifestyle.

A number of studies concerning international students' adapting ability in a new environment have been reported, however, very few studies have been conducted to examine leisure habits and recreational needs of international students in the colleges of

the United States. No study has focused on Taiwanese students. There are more than 35,000 Taiwanese students studying in the U.S.; a number which rose from 2,637 in the 1950 academic year to 37,580 in the 1995 academic year. This is an increase of 14.25 times. Taiwanese students represent about 8.36 percent of the total enrollment of international students in the U.S. (Central Daily News, Sept. 1995). The intent of this study is to demonstrate Taiwanese students' awareness of leisure and lifestyle changes in order to adjust to a new environment and whether their overall desires for recreational needs have been met. The results of this study may provide the public some information about the leisure habits, recreational needs and lifestyle of Taiwanese students living in the U.S. and assist Taiwanese students to adjust to life in the U.S. In addition, information from this research could be used for educational materials or directions regarding enjoyable lifestyle or recreation patterns for Taiwanese students who will study in the U.S. in the future.

Purposes and Objectives

The purpose of this study was twofold:

1. To discuss the cultural background, leisure awareness and leisure experience of Taiwanese students; and specifically, to obtain in-depth information about changes in their lifestyle while living in Oklahoma. Recreational needs of Taiwanese students will be assessed.
2. To investigate the relationships among the subjects' demographic characteristics, activity preferences, leisure awareness, western-style leisure experiences, and changes

of lifestyle. Demographic variables to be studied include gender, age, marital status, number of family members in household, length of time in the U.S., and place of residence.

Hypotheses

The following null hypotheses (H_0) were tested:

H_{0_1} : There will be no significant association between activity preferences of Taiwanese students in Oklahoma and the selected demographic variables:

1. gender
2. age
3. marital status
4. number of family members in household
5. length of time in the U.S.
6. place of residence

H_{0_2} : There will be no significant association between leisure awareness and the selected demographic variables listed in H_{0_1} .

H_{0_3} : There will be no significant association between experiencing leisure lifestyle and the selected demographic variables listed in H_{0_1} .

H_{0_4} : There will be no significant association between changes of specific leisure activity and the selected demographic variables listed in H_{0_1} .

H_{0_5} : There will be no significant association between frequency of conducting leisure activity and the selected demographic variables listed in H_{0_1} .

Ho₆: There will be no significant association between quantitative changes of the participation of leisure activities and the selected demographic variables listed in

Ho₁.

Delimitations

The following were delimitations of this study:

1. The sample subjects were randomly selected from Oklahoma State University, University of Oklahoma, University of Central Oklahoma, and Oklahoma City University.
2. 400 questionnaires were distributed to the randomly selected students.
3. All subjects answered honestly.
4. Completed and returned questionnaires were limited and written in English.

Limitations

This study was subject to the following limitations:

1. The sample did not include new students enrolled during fall semester, 1996.
2. The sample encompassed only members of Chinese Student Associations (Taiwan) at Oklahoma State University, University of Oklahoma, University of Central Oklahoma, and Oklahoma City University listed in the spring semester, 1996 students directories.

Assumptions

For the purpose of this study, the following assumptions were accepted by the researcher:

1. The implications of the findings could be applicable to all Taiwanese students in Oklahoma.
2. All subjects in the research sample completed the questionnaire without any difficulty.
3. All subjects in the research were able to properly read and write in English.

Definitions of Terms

1. Culture: "It consists of values, attitudes, habits, and customs that are acquired by learning" (Fathauer, 1960, p.336).
2. Leisure: "Leisure is defined as the state of mind or being that allows people to choose contemplative, recreative, or amusive activities at a time when they are relatively free from work, civil, or familial obligations" (Jean Mundy, Hilmi Ibrahim, Brenda Robertson, Wendy Bedingfield, Gaylene Carpenter, 1992).
3. Leisure Awareness: "An awareness of leisure and its benefits, valuing leisure experiences, and the conscious decision-making process to engage in leisure activities" (Keller, 1992).
4. Leisure lifestyle: "An active lifestyle which is described as a way of life in which physical activity is valued and integrated into daily living, provides a broad range of leisure alternatives" (Wayne G. Pealo, 1992).

CHAPTER II

REVIEW OF LITERATURE

The need for expanded research in the area of leisure awareness established the basis of this study. This chapter will review the following major topics: (1) introduction/definition of leisure and leisure lifestyle; (2) active lifestyle and leisure participation in the U.S.; and (3) leisure awareness, participation and habits in Taiwan.

Introduction/Definition of Leisure and Leisure Lifestyle

"Leisure, as a form of human expression, provides a basis for gaining a greater degree of understanding of oneself as a person and serves as an indicator of economic development, human satisfaction, and well-being" (Murphy, 1981, p.3).

Leisure is not a new but an ancient idea. It has been identified with class privilege since the earliest civilizations. The term leisure is derived from the Latin word *licere* or "to be permitted to abstain from occupation or service," with direct reference to the Athenian ideal of absolving select citizens from daily physical toil and freeing them to engage in intellectual, cultural, civic, and artistic endeavors (Murphy, 1981, p.24). Additionally, the Greek influence of leisure may be traced to the word *schole*, which was

closely related to leisure and education and is the derivation of the English word *School*. *Schole* refers to a place where one was permitted to engage in scholarly pursuits. The implication of leisure in this sense refers to a disregard for material concern and is strongly linked to individual freedom and self-determination and an immunity from occupational requirements (Murphy, 1981, p.25). According to Gray (1971), the classical interpretation held that leisure " is an activity which involves pursuit of truth and self-understanding. It is an act of aesthetic, psychological, religious and philosophical contemplation" (p. 15).

Neulinger (1981) concluded that "leisure is a state of mind characterized primarily by freedom of choice and motivation" (p.7). Importantly, this simple definition of leisure incorporates three complex concepts: freedom, intrinsic satisfaction, and experience. Freedom has been a central element of leisure since man first contemplated the meaning of leisure. Freedom from something and freedom to have or do something have been primary themes of leisure definitions (Sylvester, 1987). Intrinsic satisfaction is the other major dimension of leisure which includes autotelic activities, arousal-seeking behavior, and optimal experience (Csikszentmihalyi, 1991). Neulinger (1981) has insisted that leisure is something to be consciously processed and experienced, not something that is acquired and possessed.

Part of the concept of leisure includes recreation. Shivers (1967) considered recreation as "re-creation," building on the theme of homeostasis, the process by which the body continues to produce the chemical balance necessary to maintain life, and by which the equilibrium is maintained. The word "recreation" suggests leisure activities, recuperation, relaxation, pleasure, and satisfaction. Recreation can also be considered as

an activity performed, a set or cluster of activities or leisure-time expressions. According to J. Robert Rossman (1995), recreation as well as games and play are branches of leisure: "recreation is leisure that is engaged in for the attainment of personal and social benefits. Recreation has always been characterized as socially purposeful and moral; that is, it incorporates a rightness and a wrongness...recreation is considered to have a specific moral purpose in society" (p.13). Hutchinson (1951) stated that "...recreation is a worthwhile, socially accepted leisure experience that provides immediate and inherent satisfaction to the individual who voluntarily participates" (p.2).

There are many theories pertaining to leisure and recreation involvement.

Following are synopses of several accepted theories:

Relaxation theory, advocated by G.T.W. Patrick, is a theory which provides further explanation of recreation theory. According to Liao (1988), G.T.W. Patrick and Kimball Young advocated that leisure/recreation is an activity which helps people to achieve relaxation and ease nervous exhaustion. From Patrick's point of view, people who live in the highly developed and industrialized society could easily have bodily and mental fatigue because of the strain of competition. Therefore, by the participation of leisure activities which include hunting, fishing, camping, swimming...etc., human's physical and mental states can be refreshed and reach an equilibrium.

Recapitulation theory was advocated by G. Stanley Hall and is used to explain the reason why people "play." G. Stanley Hall believed that "play" is one of the processes that repeats people's former activities and behaviors. This theory pointed out that leisure, recreation or play serves the function of giving people directions to follow while they were confused when facing the future. Moreover, the scholars who support the theory of

recapitulation consider that through participating and recapitulating leisure activities, people indeed learned from ancestor's experience (Liao, 1988).

Preparation theory or instincts preparation theory was advocated by Karl Groose. Groose explained that "play" is one of human's instincts, and through play, people are preparing themselves for life. Groose also believed that all humans possess the instincts of play since it is one of the most important factors which help people adapt themselves to the society (Hsieh, 1989).

Aristotle (384~322), Corr, and Claparede believe that leisure and recreation are one of the tools which helps vent one's personal feelings. Through participation in leisure activity, people could be effectively freed from those constrained feelings; moreover, it helps developing physical and mental equilibrium. Reading a book is a good example of how people smooth their constrained feelings. By following the story of the play, readers temporarily hide themselves from the cruelty of real life and get their inner mind smoothed, eased and satisfied (Hsieh, 1989).

In 1960, Maslow developed a hierarchy of psychological needs theory (see figure 1). Maslow divided human's needs into five categories which are physical/biological needs, safety/security needs, social needs, ego-esteem needs and self-actualization needs. Among these categories, physical/biological needs are the basic needs for human beings; however, self-actualization needs are the highest realm for people to reach. Importantly, in the process of reaching the self-actualization needs, people move to higher needs when more basic needs are satisfied. The supporters of Maslow believe that the participation in leisure activity satisfies people's social needs, and this is happening only if people's physical and security needs are satisfied (Chien 1989).

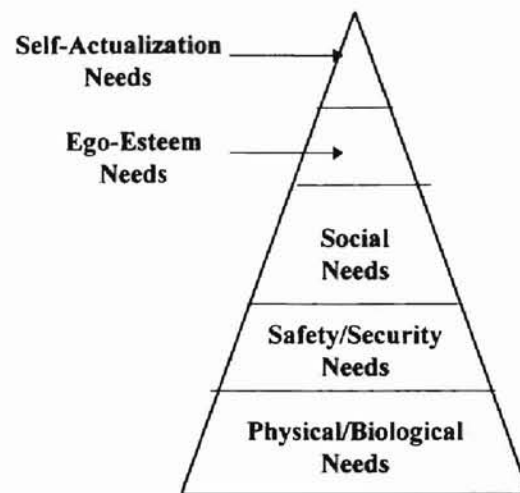


Figure 1. Maslow's pyramid of hierarchy of needs

By reviewing all the theories concerned about humans' leisure needs, it can be realized that leisure participation is not only participation in an activity, but an attitude, a value and a lifestyle which can enhance quality of life.

Murphy (1981) states that leisure can be viewed from three functional perspectives. One is behavioral functions, another is psychological functions, and the other is social functions. According to Joffre Dumazedier (1967), leisure fulfills three behavioral functions: relaxation, entertainment and personal development. He explained that "...relaxation provides the individual, recovery from fatigue, entertainment spells, deliverance from boredom, and personal development which serve to liberate the individual from the daily automatism of thought and action" (pp.14). To Dumazedier, "leisure is an activity, to which the individual turns at will, for either relaxation, diversion, or broadening his individual and his spontaneous social participation, the free exercise of his creative capacity" (Murphy, 1981).

To permit ourselves to satisfy the desire for leisure, we have developed an elaborate rationalization of leisure as a respite from work, something that provides rest and relaxation and that is recuperative in nature (Murphy, 1981).

The psychology of leisure represents a subjective approach to the study of human behavior. The psychological perspective of leisure is described by Neulinger:

"To leisure means to be engaged in an activity performed for its own sake, to do something which gives one pleasure and satisfaction, which involves one to the very core of one's being. To leisure means to be oneself, to express one's talents, one's capacities, one's potentials" (Neulinger, 1974).

The psychological perspective of leisure places the emphasis of leisure participation on personal fulfillment and self-development rather than on the number of activities engaged in or frequency of participation. Therefore, the psychological perspective would tend to analyze leisure activities according to the needs participants satisfy (Murphy, 1981).

According to Cheek, Field, and Burdge (1975), the social basis of leisure behavior stems largely from the research of sociologists who argue that the most significant determinant of what one does in leisure is membership in a social group and that the leisure place helps shape and control leisure behavior. Cheek and Burch (1976) described that "taste" becomes a primary shaper of the social group. Individuals tend to belong to a number of circles consisting of people who share common interests. Taste may provide social boundaries and binds social circles. However, social circles are permeable, that is, they can also cut across geographic, ethnic, and social class differences where individuals hold a common interest.

Active Lifestyle and Leisure Participation in the U.S.

Pealo (1992) predicted that leisure and active lifestyles will become a trend and lead people moving into the twenty-first century. Fitness Canada (1991) has described active living as follows:

"Active living encompasses the entire physical activity experience. It enhances the well-being of the individual through engaging the whole person physically, through bodily movement; mentally, through concentration while learning new skills; emotionally, through the confidence which comes from enjoyment established in physical skills; socially, through participation with others; and spiritually, through a feeling of inner peace and connecting to a larger meaning or purpose in life."

Active living is a concept in which physical activity is valued and integrated into daily life. The active living concept will have an increasing impact on the health, physical education, and recreation fields (Swedburg and Izso, 1994). The active living concept developed as a result of changing societal attitudes and conditions toward individual well-being and the quality of life. These changes allow a closer linkage between leisure activity and active lifestyles, leading to individual lifestyle enhancement, and a re-examination of existing approaches and the development of new and innovative approaches through leisure activities (Swedburg and Izso, 1994).

Interest in leisure and its relationship to lifestyle development has grown tremendously in the past decade. Individuals working and living in today's society not only have more time for leisure, but leisure needs are met at a much faster pace. With more information available, individuals have more choices which affect their lifestyles (Withage, 1992). As we move toward the twenty-first century, the focus for lifestyle

enhancement will continue to be on a more holistic approach to physical activity. This shift will move from physical activity, which focuses on mechanical movement, toward physical well-being through individual participation in activity that develops the whole person--mind, body, and spirit. The broader focus will emphasize total life experiences, enhancement of quality of life, and individual well-being (Pealo, 1992).

Americans often say that they invent machines to help save time so that they can have more time for leisure (Sung, 1990). According to Althen (1988), to most Americans, the word "recreation" brings to mind activities that are relaxing and enjoyable. Such activities as an evening walk around the neighborhood, a Sunday picnic with the family, and playing catch in the yard with the children seem relatively spontaneous and relaxing. However, much of American recreational activity seems to be approached with a high degree of seriousness, planning, organization, and expense. For example, many Americans jog every day; play tennis, handball, racquetball; play bridge two or three times a week; bowl every Thursday night; or have some other regularly scheduled recreation. They go on vacations, ski trips, and hunting or fishing expeditions that require weeks of planning and organizing. In Americans' view, all these activities are generally fun and relaxing, or are worth the discomfort they may cause because they contribute to health and physical fitness (Althen, 1988).

In America, recreation is big business. Many common recreational activities require supplies and equipment that can be quite costly. Recreational vehicles, jogging shoes, hiking boots, fishing and camping supplies, cameras, telescopes, gourmet cookware, and bowling balls are not low-cost items. Beyond equipment, there is clothing. The fashion industry has successfully persuaded many Americans that they

must be properly dressed for jogging, playing tennis, skiing, swimming, and so on. Fashionable outfits for these and other recreational activities can be surprisingly expensive (Althen, 1988).

The relationship between social class and certain recreational activities is significant. According to Althen (1988), the relationship is by no means invariable, and the element of geography complicates it. In general, though, golf and yachting are associated with wealthier people, tennis with better-educated people, and outdoor sports (camping, finishing, hunting, boating) with middle-class people. Those who bowl or square dance regularly are likely to represent the lower-middle class (Althen, 1988).

Leisure Awareness, Participation and Habits in Taiwan

Located off the southeastern coast of mainland Asia, the island of Taiwan has developed into a major economic power. In the late 1990s, Taiwan's population was 21 million. The majority of the population are Chinese ancestry who emigrated from the southern Chinese provinces of Fujian and Guangdong over several centuries. The second largest group are people who arrived on the island from mainland China after 1949 and constitute about 18 percent of Taiwan's population (Yu, 1989). The smallest group, sometimes called aborigines, are descendants of the island's original inhabitants. Nearly all of the residents in Taiwan have shared cultural identity, including strong family loyalties and similar religious ties. The predominant religions in Taiwan are Buddhism, and Daoism (also spelled Taoism). Compassion, serenity, and kindness to others are highly regarded principles in Buddhism. It also encourages meditation as a way of

attaining inner peace. Daoism emphasizes a simple lifestyle, a release from social obligations, and rejection of greed and desire (Yu, 1989).

After three decades of astounding economic growth, different philosophies on leisure life have created between generations in Taiwan (Hwang, 1993). Decades ago, people who moved to Taiwan from mainland China had some tough times, so they have been very cautious with spending money. In order to make enough money for living, people in Taiwan created a community where the work ethic reigns supreme; where the non-work weekends last no more than a day or a day and a half; where government workers routinely refuse to take their yearly vacation time; where the opposite of work is defined as idleness; where the word for leisure does not even appear in Chinese dictionaries published before the 1980s. Therefore, by working extremely hard and trading off most of their free time to achieve rapid economic growth, people in this country created an "economical miracle." Until now, people from the former generations still save as much money as they can for their children, even though they are now retired. Naturally, they want their children to have the same careful attitude about money. But, nowadays, enjoying life seems more important than saving money to be used decades from now. Such different philosophies on leisure life have created one of the biggest generation gaps and confusions in Taiwan today (Hwang, 1993).

As Sung (1990) indicated, when people begin acquiring greater wealth, they take a closer look at how they spend their days and nights. More financial security often prompts people to reduce the time they devote to work and to increase the time given to leisure activities. At the same time, the very nature of leisure pastimes can change as well.

The leisure activities which people choose often reflect their cultural backgrounds (Sung, 1990). When Taiwan was still an agricultural society, people worked long hours and were concerned mostly about having enough to eat and being able to save money for the future needs. Only after the harvest did people relax and go to temple fairs. During those days, there was no clear line between work and leisure.

Followed by the rapid economic growth on the island, the so-called work ethic is being replaced by a "leisure ethic" (Free China Review, 1992). The most specific example is that fewer and fewer people in Taiwan are willing to trade off the free time they have for more economic growth. In short, the increased incomes have led people to exercise greater discretionary purchasing power and more flexibility in pursuing recreational activities. Although the job might be the number-one priority, it is no longer the only reason for living (Free China Review, 1992).

Over the past several years, people's high saving rate in Taiwan has dropped remarkably, and surveys conducted by *Leisure Life* show that leisure activities are diverting some of that money (Sung, 1990). Data from the DGBAS, Directorate General of Budget, Accounting, and Statistics, shows that in 1981, people tucked away an average of 38 percent of their US \$3,600 per capita income. By the year of 1993, the average Taiwan resident saved 28 percent of the US \$10,000 earned. Meanwhile, leisure spending jumped from 13 percent of personal income in 1981 to 17 percent in 1993 (Hwang, 1993). A 1992 government survey of Taiwan residents over 15 years of age (Table 2) showed that the respondents averaged 6 hours and 11 minutes of free time per day. Almost one-third of this time was spent watching TV or videotapes. Resting and

relaxing claimed nearly 18 percent of the spare time, followed by visits to relatives and friends (about 12 percent) and other indoor and outdoor activities (Chen, 1992).

TABLE 2

Average Amount of Spare Time per Day Devoted to Selected Activities by Residents of Taiwan Aged Over 15 years old

	Hours:Minutes	Percent(%)
Watching TV or videotapes	2:01	32.6
Resting and relaxing	1:05	17.5
Visiting relatives and friends	0:44	11.9
Studying and doing homework	0:38	10.2
Reading (magazines, newspapers, novels)	0:22	6.9
Shopping	0:21	5.7
Going to movies, listening musics	0:14	3.8
Sports and exercise	0:12	3.2
Travel	0:11	3.0
Other	0:23	6.2
Total Spare Time	6:11	100.0

Source: DGBAS, Executive Yuan, Important Statistics on the Conduct of Administration in the Republic of China, Taipei, February, 1992; reference to p.201.

In 1992 the government surveyed 58,000 people in Taiwan to get an idea of what people considered their main recreational activity outside of the home or work place. About 35 percent considered visits to relatives or friends as their main outside activity, followed by 15 percent who opted for walks or jogging, and over 12 percent who preferred to shop. Outings, which included domestic travel and mountain climbing, were chosen by nearly 10 percent (see Table 3 for other details).

TABLE 3

Activities Chosen as Main Recreation Outside
the Home or Work Place by Residents of Taiwan

Main Recreation Chosen	Percent Choosing Recreation (%)
Visiting relatives or friends	35.4
Walks for health	15.0
Shopping	12.4
Out-door activities	9.9
Movies, concerts	7.9
Ball games	5.8
Fishing, swimming	3.3
Photography, chess, card games	2.9
Religious activities	2.3

Source: DGBAS, Executive Yuan, Important Statistics on the Conduct of Administration in the Republic of China, Taipei, February, 1992; reference to p.201.

Although people in Taiwan now have the time and money for recreation, they still haven't learned how to plan for themselves in this area (Sung, 1990). A research survey conducted by Shiou Huei-Lain, a lecturer in the Department of Psychology at National Chengchi University in Taiwan, concluded that "people here in Taiwan don not know how to plan their leisure time yet... and it has something to do with our cultural background and how we are brought up" (Hwang, Wu, and Yuan, 1993). This research also indicated that the awareness of leisure and the appreciation of experiencing leisure time results in the different attitude between Chinese and American. Americans think that recreation refreshes the body and spirit, but Chinese engage in leisure activities just to kill time. Americans also realize that leisure activities can cost money and they may even set aside a large part of their budget for these activities. They would rather eat

simply and save the money for a trip abroad. On the contrary, Chinese would rather eat and drink first. According to Sung (1990), there isn't much difference between the East and West when it comes to the most popular leisure activities, such as watching TV and reading books. But when talking about more expensive recreational activities, differences appear between the cultures.

CHAPTER III

METHODS AND PROCEDURES

A number of studies concerning international students' adapting ability in a new environment have been reported, however, very limited studies have been conducted to survey leisure habits and recreational needs of international students in the colleges of the United States, especially for Taiwanese students. According to researchers, lifestyle changes may occur for individuals arriving in a new country. Differences in customs and lifestyles may influence people's recreational needs and leisure habits.

The purpose of this study was to examine and explore the leisure awareness, recreational needs, and lifestyle changes of Taiwanese students living in Oklahoma. Specifically, students were asked to describe frequency of leisure participation of selected activities in the U.S., quantitative changes of leisure participation since they came to the U.S., attitudes toward leisure and how well they like a leisure lifestyle.

In this chapter, the research design; sample/population; data collection which includes planning and development, instrumentation, procedure and scoring; and data analysis will be presented.

Research Design

A descriptive research method was used for this study. According to Baumgartner and Strong (1994), descriptive research is an effective way to obtain information relevant to some preceding event that has affected a present condition. One of the eight types of descriptive research, survey research, is applied in this study. The purpose of survey research is to describe, analyze, and interpret conditions that exist. It involves comparison or contrast and is useful for establishing associations among variables (Best, 1981). Survey research can also provide baseline data about the prevalence of a condition or factors of interest in the population. In addition, it often provides clues for further study (Monsen, 1992).

Survey research typically applies questionnaires and/or interviews to determine the opinions, attitudes, preferences, and perceptions of interest to the researcher. Questionnaires can provide important information about behaviors, attitudes, beliefs, and characteristics of populations (Baumgartner & Strong, 1994).

Sample/Population

The population used in this study was comprised of student members of the Taiwanese Student Associations (TSA) at Oklahoma State University (OSU), University of Oklahoma (OU), University of Central Oklahoma (UCO), and Oklahoma City University (OCU). The list of Taiwanese students (N=480) was obtained from officers of the TSA at each of the universities. A research sample (N=240), excluded new students

enrolling for Spring semester, 1997, were randomly selected from this population so that each person in the population had an equal chance of being selected. The research questionnaires (N=240) were mailed to or handed out to the sample: OSU (N=40), OU (N=45), UCO (N=65) and OCU (N=90). The generalization of the results were limited to this group of Taiwanese students.

Data Collection

Planning and Development

Planning and development began during the fall semester of 1996 and continued through the spring semester of 1997. Data collection procedures were determined and data analysis techniques appropriate to test the research hypotheses were selected at the same time.

Instrumentation

Based on relevant research literature regarding personal leisure attitudes, leisure habits, and cultural lifestyle, the researcher developed the questionnaire "Leisure Awareness, Recreational Needs, and Lifestyle Changes of Taiwanese Students in Oklahoma." In order to allow more conclusive answers and easier statistical analysis, most questions were designed in a multiple choice style format.

The questionnaire consisted of three sections. Section One asked participants to provide their personal information and to complete the questions regarding leisure awareness, health condition, lifestyle preferences, and leisure habits change since coming to the U.S. Basic personal background data were obtained including gender, age, marital status, number of family members he or she lives with in Oklahoma, years of living in Oklahoma, and place of residence. Section Two examined participants' preferences for specific leisure activities (14 items), frequency of participation of selected activities, and quantitative changes of leisure participation since coming to the U.S. Section Three measured participants' personal attitudes toward leisure. This section was adapted from the Leisure Ethic Scale (Slivken and Crandall, 1978).

Procedure

This project has been reviewed and approved by the OSU Human Subjects Committee. A cover letter explaining the study was developed to accompany the instrument. The cover letter and questionnaire were reproduced at the Oklahoma State University Engineering Duplicating Services and the University's Central Mailing Services facilitated the mailing and return of the questionnaires. The self-addressed, prepaid envelopes for students returning questionnaires were provided by the researcher. Two weeks were allowed for the completion of the questionnaire. The 240 questionnaires were mailed on October 16, 1996, and participants were expected to return their questionnaire on or before October 30, 1996.

Scoring

The data of leisure activities participation were scored as follows:

(1) Activity preferences: The scale from 1 (dislike) to 4 (like very much)

indicates the preferences of specific leisure activities.

	<u>Points</u>
Dislike	1
Accept	2
Like	3
Like very much	4

(2) Frequency of participation of selected activities: The scale from 1 (never) to 4 (frequent) indicates frequency of participation of selected leisure activities.

	<u>Points</u>
Never	1
Rarely (1-3 times per month)	2
Sometimes (1-3 times per week)	3
Frequent (more than 3 times per week)	4

(3) Personal attitude toward leisure: The scale from 1 (completely disagree) to 4 (completely agree) indicates participants' feeling and attitude about their leisure.

	<u>Points</u>
Completely disagree	1
Moderately disagree	2

Moderate agree	3
Completely agree	4

Data Analysis

The data collected were transcribed into computer for statistical analysis using the software program SYSTAT. In addition to frequency tables, Chi-square analysis was used to analyze the data and test hypotheses (Shavelson, 1988; Steele and Torrie, 1980). Criteria for significance level was $p \leq 0.05$.

CHAPTER IV

RESULTS AND DISCUSSION

The purpose of this study was: (1) to discuss the cultural background, leisure awareness and leisure experience of Taiwanese students; (2) to obtain in-depth information about changes in their lifestyle while living in Oklahoma, and (3) to investigate the relationships among the subjects' demographic characteristics, activity preferences, leisure awareness, western-style leisure experiences, and changes of lifestyle. Data were obtained using the research instrument developed by this researcher. The questionnaires (N=240) were mailed or handed to the research sample which were Taiwanese students attending Oklahoma State University (N=40), University of Oklahoma (N=45), University of Central Oklahoma (N=65) and Oklahoma City University (N=90). Of the 240 questionnaires distributed, 40 were returned because of these students' graduation or change of address. Out of 200, 50 questionnaires were successfully completed and returned. The response rate was 25 percent. The findings in this study are presented in three sections: (1) characteristics of survey participants on selected variables, (2) frequency tables on other general information, and (3) results of statistical analysis and testing of hypotheses.

Characteristics of Survey Participants

Seven demographic characteristics were analyzed. These were: gender, age, marital status, number of family member in household, length of the time in the U.S., place of residence, and where the free time is experienced.

Gender and Age

Of the 50 respondents, 56% (N=28) were male, and 44% (N=22) were female. The age category was divided into four ranges. The range of predominant age was 21-25 years (N=24, 48%). Eighteen students (36%) were between the age of 26-30, while there were no students under the age of 20 (Table 4).

TABLE 4
FREQUENCY AND PERCENTAGE OF PERSONAL
CHARACTERISTICS OF GENDER AN AGE

Personal Characteristics	Frequency (N)	Percentage(%)
<u>Gender</u>		
Male	28	56
Female	22	44
<u>Age</u>		
Under 20	0	0
21-25	24	48
26-30	18	36
Above 30	8	16

Marital Status and Number of Family Members in Household

Ninety six percent of the respondents were single (N=48), while 4% (N=2) were married. The majority of respondents (N=42, 84%) had no family members living with them in Oklahoma, while 16% (N=8) of the respondents had one or more family members in the same household (Table 5).

TABLE 5

FREQUENCY AND PERCENTAGE OF PERSONAL CHARACTERISTICS OF MARITAL STATUS AND NUMBER OF FAMILY MEMBERS IN HOUSEHOLD

Personal Characteristics	Frequency (N)	Percentage(%)
<u>Marital Status</u>		
Single	48	96
Married	2	4
<u>Number of Family Member in Household</u>		
None	42	84
1	2	4
2	0	0
3	2	4
Above 3	0	0
Did Not Answer	4	8

Length of Time in The U.S.

The length of time staying in the U.S. was divided into five time period which were (1) less than one year, (2) one to two years, (3) two to three years, (4) three to four years, and (5) more than four years. As many as 28% (N=14) of the respondents have been staying in the U.S. for less than one year, 16% (N=8) for one to two years, 4% (N=2) for two to three years, 28% (N=14) for three to four years, and 24% (N=12) for more than four years Table 6).

TABLE 6
FREQUENCY AND PERCENTAGE OF PERSONAL
CHARACTERISTICS OF THE LENGTH OF TIME
LIVING IN THE U.S.

Personal Characteristics	Frequency (N)	Percentage(%)
<u>Length of the Time Living in the U.S.</u>		
Less than 1 year	14	28
1-2	8	16
2-3	2	4
3-4	14	28
More than 4	12	24

Place of Residence and Where the Free Time Is Experienced

More than sixty percent (N=32, 64%) of the respondents lived in apartments, while 8% (N=4) and 28% (N=14) of the respondents lived in houses and residence halls,

respectively. The places where free time/leisure were usually experience are shown in Table 7. Sixty percent (N=30) of the respondents experience their free time/leisure at home. However, only eight percent (N=4) of the respondents experience leisure at a park.

TABLE 7
 FREQUENCY AND PERCENTAGE OF PERSONAL
 CHARACTERISTICS OF PLACE OF RESIDENCE
 AND WHERE THE FREE TIME IS EXPERIENCED

Personal Characteristics	Frequency (N)	Percentage(%)
<u>Place of Residence</u>		
Apartment	32	64
House	4	8
Residence Hall	14	28
<u>Where the Free Time Is Experienced</u>		
Home	30	60
Park	4	8
Mall	10	20
Gym	4	8
Others	2	4

Responses to Descriptive Questions and Others

Believing Leisure Lifestyle Is The Key to Improve the Quality of Life

As high as 80% (N=40) of the respondents believed in the concept of leisure lifestyle and like to practice it to better the quality of life. However, 12% (N=6) of the respondents did not believe that practicing the leisure lifestyle is the key to better the quality of life (Table 8).

TABLE 8

FREQUENCY AND PERCENTAGE OF RESPONDENTS BELIEVING LEISURE LIFESTYLE IS THE KEY TO IMPROVE THE QUALITY OF LIFE

Believing and trying to practice leisure lifestyle	Frequency (N)	Percentage (%)
Yes	40	80
No	6	12
Did not answer	4	8

The Awareness of the Leisure Lifestyle

About 50% (N=25) of the respondents were not aware of the leisure lifestyle, while only 20% (N=10) knew the leisure lifestyle very well and the remaining 30%

(N=15) of the respondents reported that they were aware of the leisure lifestyle fairly well (Table 9).

TABLE 9
FREQUENCY AND PERCENTAGE OF RESPONDENTS'
AWARE OF THE LEISURE LIFESTYLE

Awareness of the leisure lifestyle	Frequency (N)	Percentage (%)
Very Well	10	20
Fairly Well	15	30
Not at All	25	50

Lifestyle with Higher Productivity

The majority of respondents (N=34, 68%) perceived leisure lifestyle leads to higher productivity than work-oriented only lifestyle. However, 32% (N=16) of the respondents thought that work-oriented lifestyle has higher productivity (Table 10).

Health Condition

In general, 36% (N=18) of the respondents believed that their health condition had improved since coming to the U.S., while 8% (N=4) of the respondents thought that their health condition had become worsen. More than half of the respondents (N=28, 56%), however, stated that their health condition was unchanged (Table 11).

TABLE 10
 FREQUENCY AND PERCENTAGE OF
 RESPONDENTS' PERCEPTION OF LIFESTYLE
 WITH HIGHER PRODUCTIVITY

Lifestyle	Frequency (N)	Percentage (%)
Work-oriented	16	32
Leisure	34	68

TABLE 11
 FREQUENCY AND PERCENTAGE OF
 RESPONDENTS' HEALTH CONDITION

Health Condition	Frequency (N)	Percentage (%)
Improved	18	36
Worse	4	8
The Same	28	56

The Alteration of Leisure Habits
 Since Arriving in The U.S.

Only 20% (N=10) of the respondents have changed their way to experience leisure since coming to the U.S., however, 80% (N=40) of the respondents answered that they did not change their leisure habits (Table 12).

TABLE 12
 FREQUENCY AND PERCENTAGE OF
 RESPONDENTS' ALTERATION OF LEISURE HABITS
 SINCE ARRIVING IN THE U.S.

Alteration of Leisure Habit	Frequency (N)	Percentage (%)
Yes	10	20
No	40	80

Start to Participate Certain
 Leisure Activity Since Arriving in
 The U.S.

About eighty percent of the respondents (N=28, 76%) reported that they started to participate in some leisure activities since coming to the U.S., while 24% (N=12) of the respondents answered they never try to participate in any new leisure activity since arriving in the U.S. (Table 13).

TABLE 13
 FREQUENCY AND PERCENTAGE OF RESPONDENTS'
 TERMINATION OF PARTICIPATING CERTAIN LEISURE
 ACTIVITY SINCE COMING TO THE U.S.

Termination of Participating Certain Leisure Activity	Frequency (N)	Percentage (%)
Yes	38	76
No	12	24

Preferences for Leisure Activities

General preferences for specific leisure activities are shown in Table 14. Table 15 shows the activities that were the most preferred and least preferred by Taiwanese students in Oklahoma. The activity preferences were calculated using a scale from 1 (dislike) to 4 (like very much) indicating preferences for specific leisure activities. Scores were given to each activity item according to responses. For example, one point was given to persons who answered "dislike" to this question; two points to people who answered "accept;" three points to people who answered "like;" and four points to people who answered "like very much." The highest possible points is 200 (50 sample x 4 points), and the lowest possible points is 50 (50 sample x 1 point).

The top five preferred activities was traveling (176 points), listening to music (166 points), watching tapes/movies (152 points), sightseeing (148 points), and watching TV (146 points). Sports activities (85 points) was the least favorite activities for the respondents.

TABLE 14
RESPONDENTS' LEISURE
ACTIVITY PREFERENCES

Activities	Dislike		Accept		Like		Like very much	
	N	%	N	%	N	%	N	%
Traveling	-	-	-	-	16	32	32	64
Sightseeing	4	8	10	20	20	40	16	32
Reading	8	16	16	32	12	24	14	28
Photo Shooting	8	16	24	48	14	28	4	8
Shopping	4	8	22	44	10	20	14	28
Walking for Pleasure/Health	10	20	20	40	10	20	10	20
Watching TV	2	4	12	24	24	48	12	24
Watching Tapes/ Movies	4	8	4	8	28	56	14	28
Listening Music	-	-	2	4	30	60	18	36
Cooking	14	28	16	32	16	32	2	4
Taking Nap/Sleep	2	4	14	28	16	32	8	16
Social Gathering	4	8	18	36	22	44	6	12
Out-door Activities	8	16	2	4	28	56	5	10
Sport Activities	2	4	10	20	9	18	9	18

TABLE 15
 SCORES FOR SPECIFIC LEISURE
 ACTIVITIES ACCORDING TO
 RESPONDENTS' PREFERENCES

Activities	Scores*	Activities	Scores
Traveling	176	Social Gathering	130
Listening Music	166	Walking for Pleasure/Health	120
Watching Tapes/Movies	152	Out-door Activities	116
Sightseeing	148	Photo Shooting	114
Watching TV	146	Taking Nap/Sleep	110
Shopping	134	Cooking	102
Reading	132	Sport Activities	85

* Highest possible score = 200

Lowest possible score = 50

Participation of Specific Leisure Activities in the U.S.

The participation of specific leisure activities in the U.S. was scored from scale 1 (never) to 4 (frequent) indicating frequency of participation of selected activities. One point was given to individuals who answered "never;" two points to those who answered "rarely;" three points to those who answered "sometimes;" and four points to individuals who answered "frequent." The frequency of participation of 14 specific activities is presented in Table 16. Listening to music (scored 176 out of 200, ranked number 1) was the selected activity that the majority of respondents experienced more than three times a week. Other activities which were frequently experienced on a weekly basis by at least 50% of the respondents include watching TV (scored 170 out of 200, ranked number 2)

and cooking (scored 160 out of 200, ranked number 3). However, traveling (scored 124, ranked number 9) and photo shooting (scored 96, ranked number 14) were activities that more than half of the respondents have rarely experienced in the U.S. (Table 14). Table 16 shows the scores of the participation of selected leisure activities in the U.S.. The top five activities commonly experienced were: Listening music, watching TV, watching tapes/movies, cooking, and taking nap/sleep (Table 17).

Quantitative Changes of The Participation of Leisure Activities in the U.S.

There were as high as 80% (N=40) of the respondents reporting that they increased the frequency of participation of leisure activities since coming to the U.S.(refer to Table 12, question number 14 on the section I of the questionnaire). To study the quantitative changes of leisure participation in the U.S., students were asked to rate a list of 14 activities using a scale of 1 (same) to 4 (participate more since coming to the U.S.). The ranking in the category of "participate more since coming to the U.S." are presented in Table 18. However, the top 5 activities which respondents increased their participation since coming to the U.S. were: listening to music (60%), cooking (60%), watching TV (52%), traveling (48%), and watching tapes/movies (48%).

TABLE 16

FREQUENCY AND PERCENTAGE OF THE
PARTICIPATION OF LEISURE ACTIVITIES

Activities	Dislike		Accept		Like		Like very much	
	N	%	N	%	N	%	N	%
Traveling	2	4	26	52	18	36	4	8
Sightseeing	2	4	24	48	20	40	4	8
Reading	-	-	14	48	20	40	4	8
Photo Shooting	10	20	34	68	6	12	-	-
Shopping	4	8	24	48	10	40	2	4
Walking for Pleasure/Health	10	20	16	32	14	28	10	20
Watching TV	-	-	6	12	18	36	26	52
Watching Tapes/ Movies	-	-	10	20	20	40	20	40
Listening Music	-	-	2	4	20	40	20	40
Cooking	2	4	12	24	10	20	26	52
Taking Nap/Sleep	-	-	10	20	24	48	16	32
Social Gathering	2	4	16	32	24	48	4	8
Out-door Activities	6	12	22	44	16	32	6	12
Sport Activities	4	8	20	40	14	28	12	24

TABLE 17
 SCORES FOR SPECIFIC LEISURE
 ACTIVITIES ACCORDING TO
 RESPONDENTS' PARTICIPATION

Activities	Scores*	Activities	Scores
Listening Music	176	Sightseeing	126
Watching TV	170	Walking for Pleasure/Health	124
Watching tapes/movies	160	Traveling	124
Cooking	160	Out-door Activities	122
Taking Nap/Sleep	156	Social Gathering	122
Reading	154	Photo Shooting	96
Sport Activities	134		

* Highest possible score = 200

Lowest possible score = 50

The frequency and percentage of the category of "participate only since coming to the U.S." are presented in Table 20. Nevertheless, there were only two specific activities that more than 20% of the respondents answered that they started to participate only since coming to the U.S. (Table 20). These two activities are walking for pleasure/health (24%) and cooking (24%).

TABLE 18

THE FREQUENCY AND PERCENTAGE OF LEISURE
ACTIVITIES WHICH RESPONDENTS INCREASED THEIR
PARTICIPATION SINCE COMING TO THE U.S.

Activities	Frequency (N)	Percentage (%)
1. Listening Music	30	60
2. Cooking	30	60
3. Watching TV	26	52
4. Traveling	24	48
5. Watching Tapes/Movies	24	48
6. Shopping	22	44
7. Reading	20	40
8. Taking Nap/Sleep	18	36
9. Social Gathering	18	36
10. Out-Door Activities	18	36
11. Sport Activities	16	32
12. Sightseeing	16	32
13. Walking for Pleasure/Health	8	16
14. Photo Shooting	2	4

The frequency and percentage of the category of "participate the same" are presented in Table 21. There were three specific activities that more than 40% of the respondents answered that the frequency of participation is the same no matter they were in Taiwan or in the U.S. (Table 21). These activities are photo shooting (48%), social gathering (44%), and walking for pleasure/health (40%).

TABLE 19
 THE FREQUENCY AND PERCENTAGE OF LEISURE
 ACTIVITIES IN WHICH RESPONDENTS DECREASED THEIR
 PARTICIPATION SINCE COMING TO THE U.S.

Activities	Frequency (N)	Percentage (%)
1. Sport Activities	18	36
2. Photo Shooting	18	36
3. Traveling	14	28
4. Sightseeing	14	28
5. Reading	14	28
6. Shopping	14	28
7. Out-Door Activities	14	28
8. Watching Tapes/Movies	12	24
9. Walking for Pleasure/Health	10	20
10. Watching TV	8	16
11. Taking Nap/Sleep	8	16
12. Social Gathering	8	16
13. Listening Music	6	12
14. Cooking	2	4

Personal Attitude toward Leisure

The included "new scale of leisure attitude" in this research questionnaire (refer to questionnaire section III) was developed by Karla Slivken and Rick Crandall (1978, University of Illinois, Champaign, Illinois 61820). According to Slivken and Crandall, the scale measures personal attitudes toward leisure and satisfaction of their leisure life, recreation activities or the things participants do in their free time. A 19 item scale was prepared to test participants' leisure attitude. Each item was calculated using a scale from 1 (completely disagree) to 4 (completely agree) indicating participant's attitude. Scores were given to each item according to responses and the total score is the sum of the score

of 19 items perspective. One point was given to persons who answered "completely disagree;" two points to people who answered "moderately disagree;" three points to people who answered "moderately agree;" and four points to people who answered "completely agree." The highest possible points which indicate people with most positive attitude toward leisure is 62, on the other hand, the lowest points which indicate people with least positive attitude toward leisure is 40. The mean of the research group was 58.04, which was highly negatively skewed indicating that students had relatively positive attitude toward leisure lifestyle.

TABLE 20

THE FREQUENCY AND PERCENTAGE OF LEISURE
ACTIVITIES IN WHICH RESPONDENTS
PARTICIPATE ONLY SINCE COMING TO THE U.S.

Activities	Frequency (N)	Percentage (%)
1. Walking for Pleasure/Health	12	24
2. Cooking	12	24
3. Shopping	8	16
4. Talking Nap/Sleep	6	12
5. Photo Shooting	6	12
6. Traveling	4	8
7. Sightseeing	4	8
8. Watching Tapes/Movies	4	8
9. Listening Music	2	4
10. Social Gathering	2	4
11. Out-Door Activities	2	4
12. Sport Activities	2	4
13. Reading	-	-
14. Watching TV	-	-

TABLE 21

THREE LEISURE ACTIVITIES WHICH MORE THAN
40% OF THE RESPONDENTS PARTICIPATE THE SAME
AMOUNT WHILE IN TAIWAN AND IN THE U.S.

Activities	Frequency (N)	Percentage (%)
1. Photo Shooting	24	48
2. Social Gathering	22	44
3. Walking for Pleasure/Health	20	40

Statistical Analysis and Testing of Hypotheses

Leisure Activity Preference Analysis

Hypothesis #1 states: There will be no significant association between activity preferences of Taiwanese students in Oklahoma and the selected demographic variables. Chi-square analysis was performed to determine if selected demographic variables of Taiwanese students were associated with leisure activity preferences. Chi-square analysis indicated that there were significant association between activity preferences and several demographic variables (Table 22).

Therefore, from the result of the Chi-square output, the researcher concluded that variables of gender, age and the length of time staying in the U.S. were rejected from the hypothesis #1, but did not reject the other demographic variables.

TABLE 22

CHI-SQUARE ANALYSIS ON ACTIVITY PREFERENCES
ACCORDING TO THE SELECTED DEMOGRAPHIC VARIABLES

Demographic Variable	df	Value	P
Gender	4	9.057	0.011
Age	4	8.590	0.035
Length of Time Staying in the U.S.	4	9.720	0.009

* Significant level at $p \leq 0.05$

Activity Preference--Gender (p=0.011)

The significant association was at $p=0.011$. According to the result of the analysis of the questionnaire output, male respondents prefer to participate in out-door activity, cooking, and sport activity while experiencing leisure. However, female respondents answered that they prefer a short trip (sightseeing), shopping, and reading while experiencing leisure.

Activity Preference--Age (p=0.035)

Activity preference was significantly associated with the age group of the respondents ($p=0.035$). Age was collapsed into four levels which are (1) under 20, (2) 21-25, (3) 26-30, and (4) above 30. The output of the questionnaire analysis revealed that respondents whose age was above 30 tended to experience walking for pleasure/health.

Activity Preference--Length of Time Staying in the U.S. (P=0.009)

Activity preference was also found a significant association with the length of time that respondent stays in the U.S. ($p=0.009$). The result showed a tendency that the longer the respondent stays in the U.S., the more frequent the respondent watches TV program/video tapes/movies. On the contrary, the longer the respondent stays in the U.S., the less frequent the respondent go shopping.

Leisure Awareness

Hypothesis #2 states: There will be no significant association between leisure awareness and the selected demographic variables. Leisure awareness was determined by students' response to believe the leisure lifestyle is the key to improve their quality of life, the students' response of the perception of work-oriented or leisure lifestyle, and the aware of the leisure lifestyle. Table 23 and Table 24 show the relation between leisure awareness of Taiwanese students with selected demographic variables. The length of time staying in the U.S. had a positive association with the concept of leisure awareness ($p=0.024$, Table 23). The result indicated that the longer students stay in the U.S., the more likely students will practice and believe that leisure lifestyle is the key to improve their quality of life and increase their life productivity. Additionally, significant association was found between the awareness of leisure lifestyle of the respondents and the age group of the respondents ($p=0.043$, Table 24). Therefore, from the result of the Chi-square output, the researcher concluded that variables of age and the length of time staying in the U.S. were rejected from the hypothesis #2, but did not reject the other demographic variables.

TABLE 23

CHI-SQUARE ANALYSIS ON SELECTING
WORK-ORIENTED OR LEISURE LIFESTYLE TO BETTER
THEIR QUALITY OF LIFE AND INCREASE THE LIFE
PRODUCTIVITY ACCORDING TO LENGTH OF
TIME STAYING IN THE U.S.

Dependent Variable	df	Value	P
Length of Time in the U.S.	5	12.890	0.024

* Significant level at $p \leq 0.05$

TABLE 24

CHI-SQUARE ANALYSIS ON THE AWARENESS OF
LEISURE LIFESTYLE ACCORDING TO THE AGE
GROUP OF THE RESPONDENTS

Dependent Variable	df	Value	P
Age	4	6.301	0.043

* Significant level at $p \leq 0.05$

Leisure Experiences

Hypothesis #3 states: There will be no significant association between leisure experience and the selected demographic variables. Leisure experiences the researcher focused on was how respondents experience their free time (alone, with others, or do not participate in any activity) while they were in the U.S. and in Taiwan.

However, there was no significant association (significant level at $p \leq 0.05$) being found between the changing of leisure experiences of respondents and the selected demographic variables. Therefore, the researcher failed to reject the hypothesis #3.

Change of Leisure Activity

Hypothesis #4 states: There will be no significant association between the change of leisure Activity and the selected demographic variables. Chi-square analysis was performed to determine if the association was significant ($p \leq 0.05$) between changing of leisure activity of the respondents and the selected demographic variables. No significant association was found. From the result, the researcher failed to reject the hypothesis #4.

Frequency of Conducting Leisure Activity

Hypothesis #5 states: There will be no significant association between frequency of conducting leisure activity and the selected demographic variables.

Result showed that frequency of walking for pleasure/health was significantly associated with the age of the Taiwanese students ($p=0.019$, Table 25). Age was collapsed into four ranges which are (1) under 20, (2) 21-25, (3) 26-30, and (4) above 30. Although walking for pleasure/health is not the most popular activity among the all respondents, the group

of respondents whose age over 30 tended to like to participate more walking as their leisure activity than the other two age groups.

Moreover, frequency of participating of sport activities was found a significant association with gender ($p=0.002$, Table 26) and length of time in the U.S. ($p=0.010$, Table 26). Male respondents participate more sport activities than female respondents. Furthermore, the result also indicated that the longer respondent stays in the U.S., the more they participate in sport activities.

Additionally, social gathering was found a significant association with marital status ($p=0.017$, Table 27) and number of family member in household ($p=0.043$, Table 27). The results indicated that married respondents and respondents with family member in household tended to like to participate social gathering than single respondents or respondents with no family member in household.

Therefore, from the result of the Chi-square output, researcher concluded that the hypothesis #5 was rejected.

TABLE 25

CHI-SQUARE ANALYSIS ON FREQUENCY OF WALKING
FOR PLEASURE/HEALTH IN THE U.S. ACCORDING TO
THE AGE GROUP OF RESPONDENTS

Dependent Variable	df	Value	P
Walking for Pleasure/Health	4	11.750	0.019

* Significant level at $p \leq 0.05$

TABLE 26

CHI-SQUARE ANALYSIS ON FREQUENCY OF
PARTICIPATING SPORT ACTIVITY IN THE U.S.
ACCORDING TO GENDER AND LENGTH OF
TIME IN U.S.

Demographic Variable	df	Value	P
Gender	2	17.208	0.002
Length of Time in the U.S.	5	13.201	0.010

* Significant level at $p \leq 0.05$

Quantitative Changes of The Participation of Leisure Activities in The U.S.

Hypothesis #6 states: There will be no significant association between Quantitative Changes of leisure activities conducted and the selected demographic variables. Chi-square analysis was used to determine if the significant association between selected leisure activities and the demographic variables. Significant association were found in 10 activities, however most of these activities were significantly associated with more than one demographic variable. Thus, these 10 leisure activities were sufficient to indicate actual changes in leisure habits (Table 28).

TABLE 27

CHI-SQUARE ANALYSIS ON FREQUENCY OF SOCIAL
GATHERING IN THE U.S. ACCORDING TO MARITAL
STATUS AND NUMBER OF FAMILY MEMBERS IN HOUSEHOLD

Demographic Variable	df	Value	P
Marital Status	2	11.730	0.017
Number of Family Members	5	21.543	0.043

* Significant level at $p \leq 0.05$

Leisure Activities Participation Associated
with the Demographic Variable of Gender

Table 29 showed activities which were significantly associated with the gender of the respondents. These activities were photo shooting, shopping, cooking and sport activities.

The significant association between photo shooting and gender was at $p=0.030$. The result showed that more female respondents increased participating taking pictures, while male respondents decreased the frequency of taking pictures since coming to the U.S.

Moreover, shopping was significantly associated with gender of the respondents ($p=0.015$). Most of the male respondents do more shopping here in the U.S. than when they were in Taiwan; on the contrary, female respondents shop much less than they did in Taiwan.

Cooking, the fourth most popular activity in which respondents like to participate while in the U.S., was also found a significant association with gender of the respondents ($p=0.012$). The result showed that male respondents increased their frequency of cooking while in the U.S.. The result also revealed that male respondent enjoys cooking while they participate this activity more often. However, results did not show that female respondents had a significant increase in participating the activity of cooking.

The other dependent variable associated with gender of respondents was sport activities ($p=0.012$). Male respondents more likely tended to participate in sport activities as their leisure activity than female respondents.

TABLE 28

SIGNIFICANT ASSOCIATION OF QUANTITATIVE
CHANGES OF THE PARTICIPATION OF LEISURE
ACTIVITIES WITH DEMOGRAPHIC VARIABLES

<u>Activities</u>	<u>Demographic Variables</u>						
	1	2	3	4	5	6	7
A					*		
B							
C							
D	*						
E	*	*			*		
F		*					
G					*		
H					*		
I							
J	*				*	*	
K							
L			*				
M					*		
N	*	*			*		

* were specific activities significant associated with demographic variables

Activities

- A. Traveling
- B. Sightseeing
- C. Reading
- D. Photo Shooting
- E. Shopping
- F. Walking for Pleasure/Health
- G. Watching TV
- H. Watching Tapes/Movies
- I. Listening Music
- J. Cooking
- K. Taking Nap/Sleep
- L. Social Gathering
- M. Out-Door Activities
- N. Sport Activities

Demographic Variables

- 1. Gender
- 2. Age
- 3. Marital Status
- 4. Number of Family Member in Household
- 5. Length of Time in the U.S.
- 6. Place of Residence
- 7. Where the Free Time Is Experienced

TABLE 29

CHI-SQUARE ANALYSIS ON QUANTITATIVE CHANGES OF
THE PARTICIPATION OF LEISURE ACTIVITIES ACCORDING
TO THE GENDER OF THE RESPONDENT

Dependent Variable	df	Value	P
Photo Shooting	4	7.005	0.030
Shopping	4	8.389	0.015
Cooking	4	10.880	0.012
Sport Activities	4	10.890	0.012

* Significant level at $p \leq 0.05$

Leisure Activities Participation Associated
with the Demographic Variable of Age

Table 30 showed activities which were significantly associated with the age of the respondents. These activities were shopping, walking for pleasure/health, and sport activities.

TABLE 30

CHI-SQUARE ANALYSIS ON QUANTITATIVE CHANGES OF
THE PARTICIPATION OF LEISURE ACTIVITIES ACCORDING
TO THE AGE OF THE RESPONDENT

Dependent Variable	df	Value	P
Shopping	4	10.183	0.006
Walking for Pleasure/Health	4	9.430	0.024
Sport Activities	4	8.339	0.039

* Significant level at $p \leq 0.05$

Age was collapsed into four levels which are (1) under 20, (2) 21-25, (3) 26-30, and (4) above 30. The majority of respondents in the second age level had relatively high frequency of shopping experience in the U.S.; however, respondents in the third age level tended to participate more sport activities than the other age levels. Additionally, comparing to the other age levels, respondents in the fourth age level participate more walking for pleasure/health as an leisure activity.

Leisure Activities Participation Associated with the Demographic Variable of Marital Status

Chi-square analysis determined that social gathering had a significant association with respondents' marital status ($p=0.006$, significant level at $p\leq 0.05$). The result showed that married respondents much like to attend different kind of gathering occasion for social or entertaining purposes.

Leisure Activities Participation Associated with the Demographic Variable of Length of Time in the U.S.

There were as many as seven specific activities found a significant association with respondents' length of time living in the U.S. (Table 31). These specific activities were traveling, shopping, watching TV/tapes/movies, cooking, out-door activities, and sport activities. The result showed a tendency that the longer respondents staying in the U.S., the more frequent they participate those activities.

TABLE 31

CHI-SQUARE ANALYSIS ON QUANTITATIVE CHANGES OF
THE PARTICIPATION OF LEISURE ACTIVITIES ACCORDING
TO THE LENGTH OF TIME OF RESPONDENT LIVING IN THE U.S.

Dependent Variable	df	Value	P
Traveling	4	15.806	0.001
Shopping	4	13.749	0.003
Watching TV	4	10.088	0.006
Watching Tapes/Movies	4	7.737	0.021
Cooking	4	7.194	0.027
Out-Door Activities	4	13.087	0.001
Sport Activities			

* Significant level at $p \leq 0.05$

Leisure Activities Participation Associated with
the Demographic Variable of the Place of Residence

There was a significant association between cooking and places of residence of respondents ($p=0.042$, significant level at $p \leq 0.05$). Respondents' residential situation were collapsed into three places (1) apartment, (2) house, and (3) residence hall which is dormitory. The result showed that respondents who live in apartment, and house cook more than respondents living in the dormitory.

CHAPTER V

SUMMARY, IMPLICATIONS, AND RECOMMENDATIONS

There are a number of studies in the literature concerning immigrants' leisure habits and the change of lifestyle, however, few have focused specifically on Taiwanese students. The purpose of this study was: (1) to discuss the cultural background, leisure awareness and leisure experience of Taiwanese students; (2) to obtain in-depth information about changes in their lifestyle while living in Oklahoma, and (3) to investigate the relationships among the subjects' demographic characteristics, activity preferences, leisure awareness, leisure experiences and changes of lifestyle. Six hypotheses were postulated to determine the relationships. The intent of this research was to demonstrate how Taiwanese students living in the U.S. change their leisure habits and lifestyle in order to accommodate in the different culture.

The review of literature included the major topics: (1) introduction/definition of leisure and leisure lifestyle, (2) active lifestyle and leisure participation in the U.S., and (3) leisure awareness, participation and habits in Taiwan. The results of the data collected from the questionnaires completed by Taiwanese students are presented in chapter IV. The sample/population used in the study comprised of members of the Taiwanese Student Associations at Oklahoma State University (N=40), University of

UNIVERSITY OF OKLAHOMA

Oklahoma (N=45), University of Central Oklahoma (N=65), and Oklahoma City University (N=90). Listed in the fall semester of 1996 student directories. Data obtained from 50 questionnaires were analyzed using frequencies, percentages, and chi-square test. The significant level accepted was $p \leq 0.05$.

Summary of Results

Characteristics of Survey Participants

Of the 50 respondents, 28 were males and 22 were females. The predominant age ranges of respondents were 21-25 years old (48%) followed by 26-30 years old (36%). A large percentage of students were single (96%) and the majority of students (84%) had no family members living with them in Oklahoma. More than one-fourth of the students (28%) have been in the U.S. for three to four years. A large number of students lived in apartments (64%), and three-fifths of the students experienced leisure at home (Table 4,5,6, and 7).

Responses to Descriptive Questions and Others

Most of the students (80%) believed in the concept of leisure lifestyle and like to practice it to improve the quality of life. However, as high as 50% of the students were not aware of what leisure or active lifestyle is. Only 20% of the students reported an

awareness of leisure lifestyle very well (Table 8, and 9). A large number of students (68%) perceived leisure/active lifestyle as having higher productivity than work-oriented only lifestyle (Table 10). More than half of the students (56%) stated that their health condition remained the same since coming to the U.S. (Table 11). Only 20% of the students have changed or terminated their way to experience leisure since coming to the U.S.; however, as high as 80% of the students reported that they started to or try to participate in something new since coming to the U.S. (Table 12, 13).

Students' Preferences for Leisure Activities

General preferences for specific leisure activities are shown in Table 14. The top three most preferred activities were traveling, listening to music, and watching videotapes and movies. The least preferred activities were sport activities, taking nap/sleep and cooking (Table 15).

Students' Participation of Specific Leisure Activities in the U.S.

The activities in which students increased their participation since coming to the U.S. were: listening to music, watching TV, videotapes, and movies, cooking, taking nap/sleep, reading, and sport activities. The activities which students decreased their participation were: photography, social gatherings, and outdoor activities (Table 17).

Personal Attitude toward Leisure

In this research, the researcher adapted the "new scale of leisure attitude," developed by Karla Slivken and Rick Crandall, to measure students' personal attitudes toward leisure. The highest possible points which indicate people with most positive attitude toward leisure is 62. The lowest number of points which indicate people with a least positive attitude toward leisure is 40. The mean of the research group was 58.04, which was highly negatively skewed (Figure 3) indicating that students had relatively positive attitude toward leisure lifestyle.

Testing of Hypotheses

The results of chi-square analysis identified a significant association at the $p \leq 0.05$ between leisure activity preferences and gender, age, and length of time staying in the U.S. (Table 22). A significant association at $p \leq 0.05$ level was also found between leisure awareness and students' age and length of time staying in the U.S. (Table 23, 24). There was significant associations between frequency of walking for pleasure/health and the age group of the students (Table 25). Moreover, frequency of participating in sport activities was found a significant association with gender and the length of time students live in the U.S. (Table 26). Additionally, social gatherings were significantly associated with students' marital status, and number of family member in the household (Table 27).

There was a significant association between quantitative changes of experiencing 10 selected leisure activities and the demographic variables (Table 28). However, three of these activities were significantly associated with more than one demographic variables (Table 29, 30 and 31).

Implications

Research-based data synthesized in Chapter II and results of this study clearly indicate that there isn't much difference between the East and West when it comes to the most popular leisure activities, such as watching TV, videotapes, and movies and reading books. But when talking about more skillful, and expensive recreational activities, differences appear between the cultures. For example, based on the consideration of safety and high expenditure of participation (caused by lacking of facilities), most of Chinese parents usually do not encourage their children to participate in outdoor and sport activities. However, outdoor and most of the sport activities often require certain skills and physical strength. Without skills and physical strength developed during childhood, people might lack interests to participate after they become adults. These facts were reflected in this research study and explained why Taiwanese students do not participate in outdoor and sport activities as much as American students do. This study also reflects the dietary change process occurring among Taiwanese students studying in Oklahoma. Caused by the non-availability of some kinds of traditional foods in Chinese restaurants in Oklahoma, students not only increased their frequency of cooking since coming to the U.S., but also consider cooking as one of the most popular leisure activities

while studying in the U.S. In addition, social gatherings which include visiting relatives and friends is one of the most favorite leisure activities among Taiwanese according to the research data from DGBAS (Table 2), became less popular among students after they came to the United States.

Obviously, most of the Taiwanese students do not think that leisure is being idle or having nothing to do. They do not draw an equal sign between leisure and killing time any more. Contrary, as high as 80% of the students believed in the concept of leisure lifestyle and like to practice it to improve the quality of their life. Furthermore, as many as 68% of the students perceived leisure/active lifestyle as having higher productivity than work-oriented only lifestyle. Also, students had real positive attitude toward leisure lifestyle. However, only 20% of the students reported that they were aware of leisure and active lifestyle very well. Therefore, leisure education become an important issue for Taiwanese since lacking of knowledge of understanding the meaning of leisure from the nature of the activities they selected, people always choose a certain leisure activity not because it suited them, but because it was popular.

Moreover, the information concerning leisure activity preferences of Taiwanese students in this study may be found useful by programmers/international student offices responsible for planning programs in residence halls and campus recreations thereby providing a wide variety of activities so that students' recreational needs can be satisfied.

Recommendations

Research Instrument

1. Response rates may have been increased with a second (follow-up) mailing, which was not done in this study.
2. Some questions developed in the questionnaire were not properly defined and well organized. Perhaps a shorter questionnaire may have yielded more response from students.
3. The time the questionnaires were distributed should be coordinated with the time when the student directories are published, otherwise, changes in address or graduation will affect the response rate.
4. Do questionnaire in Chinese may increase response rates.

Additional Research

1. There is a need to conduct nationwide studies to discover leisure habits and leisure preferences of Taiwanese adolescents in the U.S. With the increased attraction to American lifestyle and customs among Taiwanese adolescents, their leisure habits may differ from those of college students.
2. Study other groups of international students in terms of leisure habits, knowledge, attitudes, and lifestyle changes, and compare with results of this study.

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APPENDIXES

APPENDIX A
CORRESPONDENCE

Dear Student:

Congratulations! You have been chosen to participate in a very important study entitled "**Leisure Awareness, Recreational Needs, and Lifestyle Changes of Taiwanese Students in Oklahoma**". The purpose of this research is to demonstrate how Taiwanese students studying in the United States accommodate to a new environment and whether their overall desires of recreational needs have been met.

The following research is being conducted by a graduate student at Oklahoma State University. The attached questionnaire focuses on your leisure awareness, recreational needs and lifestyle changes since you have come to the U.S. Please take 15 minutes of your time to complete the questionnaire. **Your cooperation and participation are very much appreciated.** Once the questionnaire is completed, please put it in the self-addressed, prepaid envelope provided and mail at your earliest convenience on or before **November 15, 1996.**

Your participation in this study is strictly voluntary and your identity is anonymous. Refusal to participate will not result in any penalty or loss of benefits, and you may discontinue participation at any time without penalty. Your name will not be associated with this study in any way. The completion and return of this survey indicates voluntary consent to participate in this study.

You may address any questions to the researcher or his academic advisor:

Dr. Chris Cashel
Dept. of Health, Physical Education and Leisure Management
111 Colvin Center
Oklahoma State University, Stillwater, OK 74077
(405) 744-6815

This project has been reviewed and approved by the OSU Human Subjects Committee. Questions concerning your rights as a participant in this research may be addressed to Gay Clarkson, IRB Executive Secretary, 305 Whitehurst, (405) 744-5700.

Thank you for your time and willingness to participate in this study. Receiving your views is extremely important to the outcome of this study. We will look forward to hearing from you soon.

Sincerely,

Jiu-Fan Lin
Graduate Student

Dr. Christine Cashel
Thesis Advisor

APPENDIX B
RESEARCH INSTRUMENT

Leisure Awareness, Recreational Needs, and Lifestyle Changes
of Taiwanese Students in Oklahoma

Section I.

Directions: Please check or fill in the appropriate information

1. Gender: (1)___ Male (2)___ Female
2. Age: (1)___ Under 20 (2)___ 21-25 (3)___ 26-30 (4)___ Above 30
3. Marital status: (1)___ Single (2)___ Married
4. How many family members live with you in Oklahoma? _____
5. How long have you been in the U.S.? _____ years _____ months
6. Where do you live now? (1)___ Apartment (2)___ Residence Hall(3)___ House
7. Where do you usually experience your free time?
(1)___ Home (2)___ Park (3)___ Mall (4)___ Gym
(5)___ Others, please specify _____
8. While you were in Taiwan, how did you experience your free time?
(1)___ Alone (2)___ With others (3)___ Did not participate in any activity
9. How do you enjoy the majority of your free time in the U.S.?
(1)___ Alone (2)___ With others (3)___ Did not participate in any activity
10. Do you believe and practice the concept of selecting "leisure lifestyle"¹ to better your quality of life? (1)___ Yes (2)___ No
11. How well do you know the "leisure lifestyle"
(1)___ Very well (2)___ Fairly well (3)___ Not at all
12. What kind of lifestyle has a higher productivity?
(1)___ Work-oriented lifestyle
(2)___ Leisure lifestyle
(3)___ Others, please specify _____
13. How do you think about your health condition since coming to the U.S.?
(1)___ Improved (2)___ Worse (3)___ The same
14. Have you changed your leisure activities and participate other activities since arriving in the U.S.?
(1)___ Yes, please specify _____
(2)___ No
15. Have you stopped participating any kind of activity since arriving in the U.S.?
(1)___ Yes, please specify _____
(2)___ No

Please Continue...

¹ Leisure Lifestyle: An active lifestyle which is described as a way of life in which physical activity is valued and integrated into daily living, provides a broad range of leisure alternatives. (Wayne G. Pealo, 1992)

Section II.

- A. For each of the following activities, please rate **each activity** using the scale from 1 (dislike) to 4 (like very much) to describe your preferences for specific leisure activities

1.....2.....3.....4			
Dislike	Accept	Like	Like very much
1. ___ traveling			2. ___ sightseeing
3. ___ reading			4. ___ photo shooting
5. ___ shopping			6. ___ walk dog/cat
7. ___ watching TV			8. ___ watching tapes/movies
9. ___ listening music			10. ___ cooking
11. ___ taking nap/sleep			12. ___ social gathering
13. ___ out-door activities (biking, camping, climbing, fishing, picnic...etc.)			
14. ___ sport activities (basketball, softball, tennis, volleyball...etc.)			

- B. For each of the following activities, please rate **each activity** using the scale from 1 (never) to 4 (frequent) to describe your frequency of participation of selected activities.

1.....2.....3.....4			
Never	Rarely	Sometimes	Frequent
(1-3 times/month)		(1-3 times/week) (more than 3 times/week)	
1. ___ traveling			2. ___ sightseeing
3. ___ reading			4. ___ photo shooting
5. ___ shopping			6. ___ walk dog/cat
7. ___ watching TV			8. ___ watching video tapes/movies
9. ___ listening music			10. ___ cooking
11. ___ taking nap/sleep			12. ___ social gathering
13. ___ out-door activities (biking, camping, climbing, fishing, picnic...etc.)			
14. ___ sport activities (basketball, softball, tennis, volleyball...etc.)			

- C. For each of the following activities, please rate **each activity** using the scale from 1 (same) to 4 (participate more) to describe your participation of activity **since coming to the U.S.**

1.....2.....3.....4			
Same	Participate only since	Participate less	Participate more
coming to the U.S.			
1. ___ traveling			2. ___ sightseeing
3. ___ reading			4. ___ photo shooting
5. ___ shopping			6. ___ walk dog/cat
7. ___ watching TV			8. ___ watching video tapes/movies
9. ___ listening music			10. ___ cooking
11. ___ taking nap/sleep			12. ___ social gathering
13. ___ out-door activities (biking, camping, climbing, fishing, picnic...etc.)			
14. ___ sport activities (basketball, softball, tennis, volleyball...etc.)			

Please Continue...

Section III.

This scale measures your attitudes toward leisure. By this we mean how you feel about your leisure, your recreation or the things you do in your free time. Please answer as quickly and accurately as possible by indicating whether you agree or disagree with each of the following statements. For each of the following items, please rate each item using the scale from 1 (completely disagree) to 4 (completely agree).

1.....	2.....	3.....	4
Completely disagree	Moderately disagree	Moderately agree	Completely agree

1. ___ My leisure is my most enjoyable time.
2. ___ I admire a person who knows how to relax.
3. ___ I like to do things on the spur of the moment.
4. ___ I often feel guilty when I am having a good time.
5. ___ I like my leisure.
6. ___ It is bad for adults to be playful.
7. ___ I would like to lead a life of complete leisure.
8. ___ Most people spend too much time enjoying themselves today.
9. ___ I don't feel guilty about enjoying myself.
10. ___ I don't know how to relax.
11. ___ People should spend as much leisure as possible in their lives.
12. ___ I'd like to have some vacations during a year.
13. ___ Leisure makes me feel good.
14. ___ I don't express myself through my leisure.
15. ___ Leisure is great.
16. ___ It is good for adults to be playful.
17. ___ I should not overindulge in leisure.
18. ___ One should feel a sense of pride in one's leisure activities.
19. ___ The thought of retirement scares me.

* Thank you very much for your time and assistance *

APENDIX C
HUMAN SUBJECTS RESEARCH APPROVAL

OKLAHOMA STATE UNIVERSITY
INSTITUTIONAL REVIEW BOARD
HUMAN SUBJECTS REVIEW

Date: 10-15-96

IRB#: ED-97-025

Proposal Title: LEISURE AWARENESS, RECREATIONAL NEEDS, AND
LIFESTYLE CHANGES OF TAIWANESE STUDENTS IN OKLAHOMA

Principal Investigator(s): Christine Cashel, Jiu-Fan Lin

Reviewed and Processed as: Exempt

Approval Status Recommended by Reviewer(s): Approved

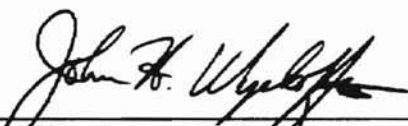
ALL APPROVALS MAY BE SUBJECT TO REVIEW BY FULL INSTITUTIONAL REVIEW BOARD
AT NEXT MEETING, AS WELL AS ARE SUBJECT TO MONITORING AT ANY TIME DURING
THE APPROVAL PERIOD.

APPROVAL STATUS PERIOD VALID FOR ONE CALENDAR YEAR AFTER WHICH A
CONTINUATION OR RENEWAL REQUEST IS REQUIRED TO BE SUBMITTED FOR BOARD
APPROVAL.

ANY MODIFICATIONS TO APPROVED PROJECT MUST ALSO BE SUBMITTED FOR
APPROVAL.

Comments, Modifications/Conditions for Approval or Reasons for Deferral or Disapproval
are as follows:

Signature:



Chair of Institutional Review Board

Date: October 23, 1996

2

VITA

Jiu-Fan Hector Lin

Candidate for the Degree of

Master of Science

Thesis: LEISURE AWARENESS, RECREATIONAL NEEDS, AND LIFESTYLE
CHANGES OF TAIWANESE STUDENTS IN OKLAHOMA

Major Field: Health, Physical Education and Leisure

Biographical:

Personal Data: Born in Taipei City, Taiwan, January 4th, 1970, the son of Mr. and Mrs. Ming-Cheng Lin.

Education: Attended Oklahoma State University, Stillwater, Oklahoma, in August, 1992, received Bachelor of Science degree in Industrial Engineering in December, 1995; completed requirements for the Master of Science degree at Oklahoma State University in May, 1997.

Professional Experience: Staff, Kentucky Chicken Co., Taipei, Taiwan, 1987-1988; part-time work, Hyatt Hotel, Taipei, 1990-1991.

Student Organizations: Consultant of Chinese Student Association (Taiwan, CSA), Oklahoma State University, 1993; member of Chinese Student Association (Taiwan, CSA), 1994-present.