



Faculty of Cognitive Sciences and Human Development

LEISURE AND HAPPINESS AMONG TEACHERS

NUR HIDAYAH BINTI KHOZED

**BACHELOR OF SCIENCE WITH HONOURS
(HUMAN RESOURCE DEVELOPMENT)**

2019

LEISURE AND HAPPINESS AMONG TEACHERS

NUR HIDAYAH BINTI KHOZED

This project is submitted in
partial fulfillment of the requirement for a
Bachelor of Science with Honours
(Human Resource Development)

Faculty Cognitive Sciences and Human Development
UNIVERSITI MALAYSIA SARAWAK
(2019)

I declare this Project/Thesis is classified as (Please tick (√)):

- CONFIDENTIAL** (Contains confidential information under the Official Secret Act 1972)*
- RESTRICTED** (Contains restricted information as specified by the organisation where research was done)*
- OPEN ACCESS**

I declare this Project/Thesis is to be submitted to the Centre for Academic Information Services (CAIS) and uploaded into UNIMAS Institutional Repository (UNIMAS IR) (Please tick (√)):

- YES**
- NO**

Validation of Project/Thesis

I hereby duly affirmed with free consent and willingness declared that this said Project/Thesis shall be placed officially in the Centre for Academic Information Services with the abide interest and rights as follows:

- This Project/Thesis is the sole legal property of Universiti Malaysia Sarawak (UNIMAS).
- The Centre for Academic Information Services has the lawful right to make copies of the Project/Thesis for academic and research purposes only and not for other purposes.
- The Centre for Academic Information Services has the lawful right to digitize the content to be uploaded into Local Content Database.
- The Centre for Academic Information Services has the lawful right to make copies of the Project/Thesis if required for use by other parties for academic purposes or by other Higher Learning Institutes.
- No dispute or any claim shall arise from the student himself / herself neither a third party on this Project/Thesis once it becomes the sole property of UNIMAS.
- This Project/Thesis or any material, data and information related to it shall not be distributed, published or disclosed to any party by the student himself/herself without first obtaining approval from UNIMAS.

Student's signature: _____

Date: 24th MAY 2019

Supervisor's signature: _____

Date: 24th MAY 2019

Current Address:

Notes: * If the Project/Thesis is **CONFIDENTIAL** or **RESTRICTED**, please attach together as annexure a letter from the organisation with the date of restriction indicated, and the reasons for the confidentiality and restriction.

The project entitled 'Leisure and Happiness among Teachers' was prepared by Nur Hidayah Binti Khozed and submitted to the Faculty of Cognitive Sciences and Human Development in partial fulfillment of the requirements for a Bachelor of Science with Honours (Human Resource Development)

Received for examination by:

Zaiton

(ASSOC. PROF. DR. ZAITON HASSAN)

Date:

24th MAY 2019

A -

ACKNOWLEDGEMENT

I would like to express my special thanks of gratitude to my supportive lecture, Assoc. Prof. Dr. Zaiton Hassan who is really encourage me to complete this research. Thank you for giving a lot of information which I really need in order to complete this research and having a continuous feedback for a better improvement. She shows her commitment in doing her job by giving guidance as much as she can when I need it in doing this research.

Next, I also want to thanks the respondents for having a pleasure to be involved in this research although they are busy with their work as a teacher. I really appreciate their helps as it really important for me to complete this research without any problem.

Finally, I want to thanks my parents and also my friends for giving a lot of support from the beginning until the end of this research. All of your support really encourage and giving me the strength to do my best in completing this research.

TABLE OF CONTENTS

CHAPTER ONE	1
INTRODUCTION	1
1.0 Background of the study	1
1.1 Statement of problem	2
1.2 Research objective	2
1.2.1 General objective	2
1.2.2 Specific objective	2
1.3 Hypothesis	3
1.4 Conceptual framework	3
1.5 Significance of study	3
1.6 Definition of terms	3
1.6.1 Leisure	3
1.6.2 Happiness	4
1.7 Limitation of study	4
CHAPTER TWO	5
LITERATURE REVIEW	5
2.0 Concept of happiness	5
2.1 Concept of Leisure	6
2.1.1 Leisure as time	6
2.1.2 Leisure as state of mind	6
2.1.3 Leisure in relation to work	7
2.1.4 Leisure as activity	7
2.1.5 Leisure as a way of life	8
2.2 Previous findings	9
2.2.1 Leisure involvement and happiness	9
2.2.2 Leisure satisfaction and happiness	9

CHAPTER THREE	11
METHODOLOGY	11
3.0 Research design	11
3.1 Population, sample and sampling procedure	11
3.2 Research instrument	13
3.3 Validity and reliability	14
3.4 Data collection and analysis procedure	15
3.5 Limitation of study	15
3.6 Conclusion	16
CHAPTER FOUR	17
RESEARCH FINDINGS	17
4.1 Reliability of Study	17
4.2 Demographic background of respondents	17
4.3 Pearson Correlation Coefficient	19
4.4 Summary of the findings	21
CHAPTER FIVE	23
SUMMARY, CONCLUSION AND RECOMMENDATION	23
5.1 Research summary	23
5.2 Conclusion	24
5.3 Recommendation of study	24
5.3.1 Recommendation for school	24
References	26
Questionnaire	32
Part A: Demographic factor	32
Part B:	32

LIST OF TABLES

Table 1: Cronbach's Alpha value.....	17
Table 2: Demographic background.....	18
Table 3: Pearson Correlation test.....	19

ABSTRACT

Most researches are focus on stress and workload faced by the teachers but there is least of researches work on leisure among teachers. Getting involve in leisure activities and have a great satisfaction on it will create a high level of happiness of individuals. This research will examine the relationship between leisure involvement and leisure satisfaction towards happiness among the teachers. This study was conducted using quantitative study and questionnaire as an instrument to collect the data from the respondents. The sample of this study involved 106 teachers from two secondary school in Alor Setar, Kedah which has been selected through convenience sampling method. Pearson Correlation was used to analyse the strength of each hypothesis and the result shows leisure involvement and leisure satisfaction have a significant relationship towards happiness among the teachers. Therefore, teachers need to participate or having more leisure activities in their free time as it contributes to their physical, mental health and also happiness.

Keywords: Leisure involvement, Leisure satisfaction and Happiness.

ABSTRAK

Kebanyakan penyelidikan memberi tumpuan kepada tekanan dan beban kerja yang dihadapi oleh guru-guru tetapi kurang penyelidikan yang dilakukan bagi aktiviti riadah dalam kalangan guru. Melibatkan diri dalam aktiviti riadah dan mempunyai kepuasan yang tinggi terhadap aktiviti riadah akan meningkatkan tahap kegembiraan seseorang individu. Kajian ini akan mengkaji hubungan antara penglibatan dalam aktiviti riadah dan kepuasan terhadap penglibatan dalam aktiviti riadah terhadap kegembiraan dalam kalangan guru. Kajian ini dijalankan menggunakan kajian kuantitatif dan borang soal selidik digunakan sebagai alat untuk mengumpulkan data dari responden. Sampel untuk kajian ini melibatkan 106 guru dari dua sekolah menengah di Alor Setar, Kedah yang telah dipilih melalui kaedah pensampelan mudah. Korelasi Pearson digunakan untuk menganalisis kekuatan setiap hipotesis dan hasilnya menunjukkan penglibatan dalam aktiviti riadah dan kepuasan terhadap aktiviti riadah mempunyai hubungan yang signifikan terhadap kegembiraan dalam kalangan guru. Oleh itu, guru perlu mengambil bahagian atau melibatkan diri dengan lebih banyak aktiviti riadah dalam masa lapang mereka kerana ia menyumbang kepada kesihatan fizikal, mental dan kegembiraan mereka.

Kata kunci: Keterlibatan dalam Riadah, Kepuasan terhadap Riadah dan Kegembiraan.

CHAPTER ONE

INTRODUCTION

1.0 Background of the study

Educational systems around the world has been changing and reforms in order to cope with the changes happened around the world. All societies around the world really concern with the educational systems and take serious incentives to improve the educational systems in stepping into the new millennium. This changes also influence the development of teaching profession, which has been changing so fast and often all around the world. Teaching is an honourable and essential profession for the upbringing of human development, society and country, but teachers in today's world are under pressure to perform and contribute their best in educational systems. teaching profession is a social service which is very challenging because teachers are dealing with the development of cognitive (mental), affective (attitude) and abilities of students (Raman & Othman, 2017). Teachers are getting pressure with high expectations and greater need from the societies which lead them to perform effectively in classroom.

In modern world, people always practice leisure and recreation as a way of counter which can helps in balancing stresses that result from living in competitive and fast changing society (Joyce, 2015). For teachers, there is no time to have leisure due extra responsibilities in school which can lead to tiredness (Joyce, 2015). Nowadays teachers are specifically assigned additional duties that includes adding and modifying personal information of the students, fees collection, providing textbooks, updating log books, analyzing which students is eligible to receive financial aid and other additional clerical duties (Nurwahida, Dinuka, Xiang, & Syeda Fatima, 2017).

1.1 Statement of problem

The work of education required teachers to be more specialized, diversified and technological. This situation gives a greater job pressure and loading on teachers which reduced leisure and relaxation. Most of the previous studies focus on stress facing by teachers such as the prevalence of stress and the associated factors contributing to stress among teachers in Malaysia has been studied by Hadi, Naing, Daud, Nordin, & Sulong (2009) and the factors that are driving workload stress level among teachers has studied by Raman & Othman (2017).

Participating in leisure activities is an efficient method for relieving pressure (Joyce, 2015). Chen (2004) mentioned that teachers should actively participate in leisure activities to promote health, happiness and social relationship and to attain a sense of accomplishment that enhances teaching efficiency. Generally, being happy with a leisure activities means being satisfied with it because satisfaction implies a judgement, a comparison of the outcome of such as a leisure activity in the present with what the participant expected (Stebbins, 2011). So having low satisfaction with that activity will fail to create happiness at that moment. Lepp (2018) and Kaya (2016) also suggested that happiness on leisure need to be studied further as leisure activities can help the individuals to improve their level of happiness. Thus this study interested between leisure and happiness among teachers as it need to be explored more.

1.2 Research objective

1.2.1 General objective

The main objective of this research is to study leisure and happiness.

1.2.2 Specific objective

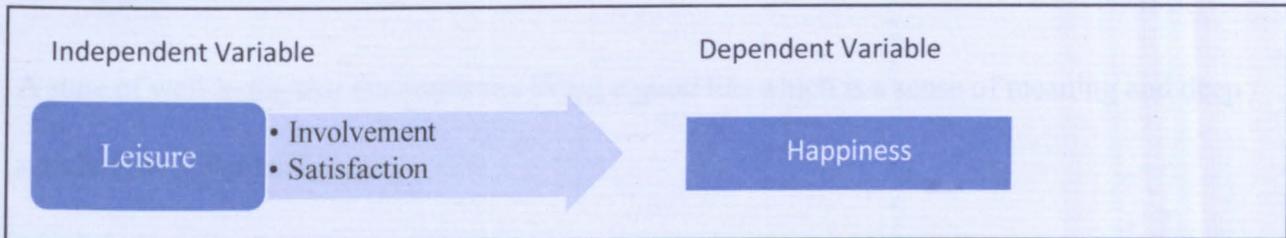
- To study the relationship between leisure involvement and happiness.
- To study the relationship between leisure satisfaction and happiness.

1.3 Hypothesis

H₁: There is no relationship between leisure involvement and happiness.

H₂: There is no relationship between leisure satisfaction and happiness.

1.4 Conceptual framework



1.5 Significance of study

This research can give a new perspective of knowledge towards other people about leisure aspect among teachers because the researchers in the previous studies usually focused on stress and workload faced by the teachers. By having the knowledge of leisure among teachers in this research, the practitioner can find a solution or take some action towards teachers in order to help them know the advantages of having leisure time and improve their well-being by giving them the opportunity to involve in any leisure activities. The upper management can implement some policy or required all the teachers to have leisure time because it can help them to reduced their stress which can improved their productivity.

1.6 Definition of terms

1.6.1 Leisure

Conceptual

An activity or set of activities, a particular setting such as a beach, or a specific time period, and is typically measured through time-budgets or activity inventories (Mannell and Kleiber, 1997).

Operational

Activities that the teachers get involved during their free time.

1.6.2 Happiness

Conceptual

A state of well-being that encompasses living a good life which is a sense of meaning and deep satisfaction (Treadmill, n.d.).

Operational

Happiness in this research means feeling of deep satisfaction or really enjoy daily life after being involved in leisure.

1.7 Limitation of study

This research is conducted in the area of Alor Setar, Kedah and only focuses on teachers who work in secondary school. This research only studies the aspect of leisure which influences the happiness among teachers which are leisure satisfaction and time spent on leisure.

CHAPTER TWO

LITERATURE REVIEW

2.0 Concept of happiness

Happiness always define a happy person as someone who experiences numerous positive emotions such as joy, interest and pride (Khoddam, 2015). Khoddam (2015) also mentioned that happiness is related to life satisfaction, appreciation of life, moments of pleasure, but generally it has to be related with positive experience of emotions. In other words, happiness will come to the person if he feels satisfied and fulfillment because happiness is a feeling of contentment, that life is just as it should be. Happiness can be achieved through exercising as it can take care of individual's body. Our body and mind are connected so being active makes us happier as well as good for our physical health (Biddle, 2005). Being happy can be stated as feeling or showing pleasure or contentment but apparently every individual have their own different way to get pleasure (Duccio, 2018). Duccio (2018) also mentioned happiness as feeling of calm, the peace with himself and connected to surrounding. Leisure one of the life domain that plays a significant role in an individual's overall happiness. Type of activities that the individuals participate will influence the level of happiness as different leisure activities will bring different impact towards happiness. In 2011, Wang and Wong found out there are some activities can bring higher level of happiness which are shopping, reading books, attending cultural events, getting together with relatives, listening to music and attending sporting events. Wang and Wong also mentioned that individual who tend to work frequently during their free time tend to be less happy than others.

2.1 Concept of Leisure

2.1.1 Leisure as time

Leisure is known as time beyond that required for subsistence, maintenance, rest and other necessities of living. Leisure has been described as the period of time which always refer as free time after doing or completing compulsory task such as employment, household chores, education and others (Akintunde, 2001). According to Alla and Ajibua (2012), leisure means individual's choice to spend his or her free time fulfilling certain interest or need for the sake of wellness and personal growth. Leisure is someone's enjoyment due to freedom from restriction or rule. It is very difficult and challenging to find out the ways to bring some leisure onto someone's life because leisure is a subjective term which means the definition of leisure can be different for each person based on his perception and understanding (A, 2004). For some people, they find leisure in listening to music, while others find leisure in fishing, but it is important for everyone to know that leisure is for everyone. According to (Biernat & Roguski, 2009), leisure time is residual time and some people with different opinion argue it is the constructive use of free time while most of them seen the free time as nonworking hours, only a few hours of time spend away from work is usually free from other obligations which are necessary for existence such as sleeping and eating.

2.1.2 Leisure as state of mind

Leisure as state of mind means that leisure depends on a participant's perception which is perceived freedom, intrinsic motivation, perceived competence and positive affect are critical to the determination of an experienced as leisure or not leisure (Biernat & Roguski, 2009). (Wise, 2015) mentioned that "Leisure is a state of mind which ordinarily is characterized by un-obligated time and willing optimistic. It can involve extensive activity or no activity. The key ingredient is an attitude, which fosters a peaceful and productive co-existence with the element in one's

environment”. Based on concept of leisure, leisure is not focused on an activity only but a state of mind achieved which the individuals feel peace with themselves and enjoying the things that they do (Marchildon, 2013). Leisure perceived as a way to keep the mind busy doing something and distracting people from distressing thought that may be triggered by stressful life circumstances. Leisure also give chance for the person to escape from stress for a while which allow an individual to psychologically “regroup” and to more effectively deal with existing problems upon “returning” (Adesoye & Ajibua, 2015). Leisure is located in the consciousness of the individual, not in the social context or form of the activity, but it can happen anywhere and anytime (Leisure and Play, n.d.).

2.1.3 Leisure in relation to work

Some people may think that leisure is not opposite of work because the end it will influences work. Leisure is about having the right balance between work and rest. Ruskin (1988) stated that life is a harmonious network of activities which the distinction between ‘work’ and ‘leisure’ as arbitrary as that between ‘body’ and ‘mind’. Leisure and work are closely related to each other which cannot be separated as the elements of work also found in leisure (Adesoye & Ajibua, 2015).

2.1.4 Leisure as activity

Leisure also can be seen as activities that people enjoy to do during their free time and the activities are not work oriented or nothing that involved in life maintenance tasks such as housecleaning or sleeping. Leisure as activity means the activity that the person engaged in for reasons as varied as relaxation, competition, or growth and may include reading for pleasure, meditating, painting and participating in sports (Biernat & Roguski, 2009.). There are four different types of activities which are remunerative obligation, family obligation, social-spiritual

obligation and also activity-oriented toward self-fulfilment or self-expression (Torkilden, 2005). Agahi (2008) mentioned that leisure is an activity which the individual can freely choose and pursue for his own sake, the intrinsic motivation dimension. It is an activity apart from the commitment of work, family and society which give chance for the individual turns at will, for relaxation, diversion, or to broadening his knowledge and his spontaneous social participation and the free exercise for his creative capacity (Adesoye & Ajibua, 2015). Kelly (1996) also point out that leisure activity can be divided based on what the activity provides individual participant which are experiential leisure (activities that give intrinsic satisfaction, diversion and relaxation), developmental leisure (activities that offer challenges and involve personal competence and creativity) and social leisure (activities that give social interaction and social status).

2.1.5 Leisure as a way of life

Leisure activities are very important for individual as it can bring a positive flow of energy in the person because all the activities can help to refresh the mind of the individual. The person may get some serious health issues especially obesity and heart-related problem if the person does not involve in any physical activities, so by involving in leisure activities the fitness level of the individual can be improved. Sharma (2014) stated that leisure provides rest and relaxation to our mind and body which means that it is able to turn one's mind to something else that one enjoys doing, is a happy end to a day's hard work. Individual can forget the tensions and pressures at the work place by enjoying the activities of leisure. Individual will be able to manage stress better and reduce depression by getting themselves involve in leisure activities. Leisure provides individual the chance and opportunities to find balance in life by giving you power to control of how to spend the time which is an important consideration because the person may feel overwhelmed by obligations (Morgan, n.d.).

2.2 Previous findings

2.2.1 Leisure involvement and happiness

Jeong (2016) stated that people who always participate in leisure activities are mostly happier and healthier than people who do not participate because of some reasons. Leisure time is needed for individuals to enjoy leisure activities as leisure time is seen as a necessary condition for performing leisure activities that will directly affect the happiness of the individuals (Wei, Songshan, Stodolska, & Yu, 2015). Bonke, Deding and Lausten (2009) in their studies among 1494 respondents of men and women in the US found that individuals will have a higher level of happiness if they spend more time in getting involved in leisure activities. Twenge (2018) in his study among 1 million teens in the US found that individuals who spent more time on seeing their friends, exercising, playing sports, attending religious services and reading are happier than individuals who spent more time on social media, texting or watching television which means a person who gets involved in an activity that does not involve a screen will be happier than others. In sum, the person will be happier if they spent more time in leisure.

2.2.2 Leisure satisfaction and happiness

Leisure satisfaction means satisfaction that individuals gain as a result of choosing leisure time activities of which one has a positive perception (Kaya, 2016). In addition, Seigenthaler describes leisure satisfaction as the positive emotions that individuals achieve as a result of meeting their personal needs by getting involved in leisure activities which he specifically refers to personal happiness. Lu and Argyle (1994) in their studies among 114 Oxford Subject Panel found that leisure satisfaction has a correlation to happiness and social aspects in leisure satisfaction also influence the happiness of the individuals. Kaya (2016) in her study among 1464 college students

in Turkey found that there are various studies which has been carried out and the outcomes of the studies indicate that active participant in leisure activities creates a positive feeling in individuals.

Csikszentmihalyi and Hunter (2003) in their studies among American youth found that individuals who actively getting involved in leisure activities has been positively connected with more well-being. All the statement shows that leisure satisfaction can be known as state which meeting physiology and emotional expectations by means of the active or passive activities an individual participates in voluntarily in order to achieve new and different skills without depending on external forces and to gain the feeling of health, satisfaction, refreshment and happiness for health, social, cultural, sportive or artistic needs without expecting a material benefit (Kaya, 2016). Searle, Mactavish and Brayley (1993) in their studies among 238 people in Turkey found that one of the main factors which influence the individuals to participate in leisure activities was their satisfaction with leisure. Thus, the person will be happier if he has higher satisfaction level on leisure.

CHAPTER THREE

METHODOLOGY

3.0 Research design

Quantitative research is the research dealing with numbers and anything that can be measured in systematic way of investigation of phenomena and their relationships (Rajagopal & Bojin, 2003). Quantitative methods seek regularities in human lives, by separating the social world into empirical components called variables which can be represented numerically as frequencies or rate, whose associations with each other can be explored by statistical techniques, and accessed through researcher-introduced stimuli and systematic measurement (Rahman, 2016). In this study, the method used to collect all the data needed is by using questionnaires.

The quantitative findings can be used to generalize to a whole population or a sub-population because it involves the larger sample which is a randomly selected (Carr, 1994). Data analysis of quantitative study is less time consuming as it uses the statistical software such as SPSS (Connolly, 2007). Statistical Package for Social Sciences (SPSS) will be used in this research to find out the relationship between independent and dependent variables based on the objective of the research.

3.1 Population, sample and sampling procedure

The target population in this research are the teachers who work in secondary school in Alor Setar, Kedah. The teachers involved in this research are from the various level of management in order to get different perspectives of their leisure aspect which influences the level of their happiness. This research involved male and female teachers in different age because different level of ages has different style of leisure activities due to some reasons. The questionnaires have been contributed to the respondents by using convenience sampling method.

The researcher need to do the calculation for the minimum sample size need before distributing the questionnaires to the respondents. The minimum sample size has been calculated by using the formula developed by Luck, Taylor and Robsin in 1987.

The formula used to calculate the sample as below:

$$S = \frac{L \sqrt{5K}}{s E - 0}$$

Where

$$5K = \frac{Z^2 P q}{A^2}$$

S = sample size needed

N = population size in this study

Z = confidence level is 1.625

P = estimate population ration is 0.50

q = (1-p) or 0.50

e = degree of accuracy the amount mistake that is capable in the population probability

Calculation for the minimum sample size formula:

$$5K = \frac{Z^2 P q}{A^2}$$

$$= 66.02$$

Therefore,

$$S = \frac{66.02}{1 + \frac{66.02}{123}}$$
$$= 43$$

According to the formula, the minimum sample for this research is 29 respondents but the questionnaire will be contributed to all the teachers for more accurate result.

3.2 Research instrument

In this research, questionnaire is used as the instrument to collect data from the respondent. All the questions in the questionnaire are based on the main objective of doing this research. The first part of the questionnaires consists of gender, age, position and marital status and the second part is to measure leisure involvement on leisure and leisure satisfaction of the respondents.

Time spent on leisure has measured the leisure involvement of the respondents by using 7-point Likert Scale (0= never, 1= not sure, 2= very rarely, 3= rarely, 4= occasionally, 5= frequently, 6= very frequently). Respondents need to answer 15 questions in this part. The higher score means the person is always spending his time on leisure activities.

The leisure satisfaction of participants was measured with Beard and Raheb's "Leisure Satisfaction Scale". Respondents have to answer 15 questions and respond to items on a 5-point Likert Scale (1= strongly disagree, 2= disagree, 3= neutral, 4= agree and 5= strongly agree) in two aspects of leisure satisfaction which are psychological and relaxation. Beard and Raheb (1980) reported an alpha measure for the total score on the Leisure Satisfaction Scale of 0.93 (Beard & Ragheb, 1980). This questionnaire showed the current level of leisure satisfaction of the respondents'.

The Oxford Happiness Questionnaire was developed by Michael Argyle and Peter Hills showed the respondents' current level of happiness. Questionnaire is used to measure perceived level of happiness, composed of positive affect, (lack of) negative affect and life satisfaction which consists of 29 questions. A higher total score indicated a higher level of overall happiness of the respondent.

3.3 Validity and reliability

Pre-test is a must for this research to measure the reliability and validity of the items asked in the questionnaire. A pre-test has been carried out to identify the questionnaires are appropriate and understood by the respondents. By doing the pre-test, the researcher can improve the questionnaire in the research to achieve the objectives of this research.

Cognitive interviewing session has been done between researcher and respondents to get information about the understanding on the questionnaires. Four people has been chosen to give any feedback or opinion about the questionnaire whether they understand all the aspect involved in the questionnaire. The questionnaires are valid to use if they understand all the questions.

Based on the cognitive interviewing, the four respondents stated that all the questionnaire are understandable as the questions are using very simple and short sentences which are very easy to understand. For the leisure satisfaction part in the questionnaire, researcher only focused on psychological and relaxation rather than social, physical, educational and aesthetic as one of the respondents suggested to reduce the number of questions asked in the questionnaire due to time consuming. Leversen, Danielsen, Birkeland & Samdal (2012) also mentioned that individuals need to be satisfied with psychological need in order to be satisfied in their leisure activities and it is need to study the psychological in leisure.