

An Influence of Leisure Participation Motives of Married Immigrant Women on the Leisure Satisfaction and Social Adaptation to Korea

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Abstract

The purpose of this study was to investigate the influence of leisure participation motives of married immigrant women on the leisure satisfaction and social adaptation to Korea. For that purpose, this study purposively sampled a total of 620 married immigrant women from 6 areas within the entire nation and the survey on them was conducted. As the survey instrument, the questionnaire which consisted of three parts of measures for leisure motivation, leisure satisfaction, and adaptation to Korea was used. Cronbach's α values of the questionnaire ranged from .723~.858, so it was deemed to be acceptable. To analyse the survey data, EFA (Exploratory Factor Analysis), correlation analysis, and multiple regression analysis were conducted with SPSS 18.0 program. The results of this study by final analyses on a total of 611 materials excluding insincere ones were as follows. First, self-development and social factors of leisure motivation had significant effects on leisure satisfaction. Second, among the three sub factors of leisure motivation, self-development factor had a significant effect on social adaptation to Korea, self-development and relaxation factors on cultural adaptation, and self-development and social factors on mental adaptation. Third, leisure satisfaction had significant effects on social and cultural adaptation to Korea.

Keywords: Adaptation to Korea, Leisure Motivation, Leisure Satisfaction, Married Immigrant Women

1. Introduction

Since 1990s, due to a rapid and continuous increase of international marriage, numerous foreign women have been flown into Korea. This phenomenon could be regarded as 'feminisation of international immigration' which meant the inflow of women from low developed nations through international marriage¹. And, the women came to Korea under the situation of suffering from many problems of adjusting to Korean society like communication troubles, different culture and value².

Those problems made them to experience family violence, divorce and discrimination, and these became obstacles of social integration for them^{3,4}. And the problems of integration became not only their own mat-

ters but also for the whole society's who had to include them. Thus, the troubles of social integration of married immigrant women in Korea became national issues and required political efforts to treat them⁵.

For political efforts, the nation instituted various policy alternatives for social adaptation and integration of married immigrant women, and 'the countermeasures to support married immigrant family' were started in April 2004. Among those efforts, there were not only jobs and Korean language education but also alternatives focusing on the importance of leisure activity.

Those leisure policies were based on the needs for recreation of immigrant women and the increasing importance of leisure in recent life. Even, considering some studies which reported that leisure programs could

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help immigrant women to adjust to Korea and that they could cure their own difficulties through those activities, it could be predicted that leisure policy could be a good alternatives for their adaptation to Korea.

But there were very few works to investigate the main factors and clear effects of leisure on social adaptation of immigrant women, in terms of leisure in Korea. Most preceding studies on immigrant women's leisure only focused on actual conditions of their leisure activities. And even, there were very few studies which have investigated their leisure factors but merely focused on few factors like leisure satisfaction, cultural adaptation, and leisure participation⁶⁻⁸. Thus, to verify the role of leisure as a policy alternative for social adaptation of married immigrant women and to solve the lack of academic studies focusing on their leisure factors, the studies on various factors of leisure, which could affect the adaptation to Korea of married immigrant women are really required.

In case of leisure activities, positive participation could bring more satisfaction and self-realisation⁹. And, leisure motivation, as a cause of positive participation in leisure activity, could create more desirable results and high leisure satisfaction¹⁰. So, leisure motivation could be an important factor for positive participation and desirable effects of leisure activity of married immigrant women.

Furthermore, reference¹¹ reported that desires for successive settlement of Chinese women in Korea could weaken the leisure desire for them. And through the qualitative study on their leisure desires and patterns¹², it revealed that immigrant women participate in leisure activity for the extrinsic reward like social relation and information rather than intrinsic one. Considering those studies, it could be predicted that married immigrant women could have different leisure motivation, effects of leisure satisfaction and adaptation to society than the native Korean women.

Therefore, this study has investigated the influence of leisure participation motives of married immigrant women on the leisure satisfaction and social adaptation to Korea to verify the role of leisure as a policy alternative for their social adaptation and to make more scholastic basis of relationships among their leisure factors.

2. Methodology

2.1 Samples and Analysis Method

This study has set all married immigrant women in Korea as the population and purposively sampled a total of 620

married immigrant women from 6 areas within the entire nation. The samples were surveyed with questionnaires excluding insincere ones and a total of 611 materials collected from whole questionnaires were finally analysed.

To analyse correlations among leisure motivation, leisure satisfaction and adaptation to Korea, correlation analysis was performed. Moreover, to analyse the effects of leisure motivation on leisure satisfaction and adaptation to Korea, a multiple regression analysis was used.

2.2 Questionnaire

The questionnaire for this study consisted of three parts.

First, in order to survey leisure motivation, measures from¹³ were modified through pre-test into 13 questions. Leisure motivation of this study had three sub factors: self-development, social, and relaxation factor. In order to confirm the validity and reliability of the measurement of leisure motivation, exploratory factor analysis (EFA) was performed. The exploratory factor analysis result of leisure motivation was the same as the Table 1. For the reliability, Cronbach's α value of self-development factor was .817, social factor was .779, and relaxation factor was .723, thus the measurement was reliable.

Second, in order to survey leisure satisfaction, measures from^{13,14} were modified into 6 questions. For the reliability, Cronbach's α value of leisure satisfaction measures was .858, thus, this measurement was reliable.

Third, to survey adaptation to Korea, measures from¹⁵ were modified through pre-test into 10 questions. Adaptation to Korea in this study had three sub factors: social, cultural, and mental adaptation. The exploratory factor analysis (EFA) result of adaptation to Korea was the same as the Table 2 for the reliability, Cronbach's α value of social adaptation was .750, cultural adaptation was .799, and mental adaptation was .834, thus the measurements was reliable.

3. Results

The results of correlation and multiple regression analyses on leisure motivation, leisure satisfaction and adaptation to Korea of married immigrant women were as follows.

3.1 The Correlation Analysis among Leisure Motivation, Leisure Satisfaction, and Adaptation to Korea

As shown in Table 3, all sub factors of leisure motivation had positive correlation with leisure satisfaction ($p < .01$).

Table 1. EFA result of leisure motivation

Item	Leisure motivation		
	Self-Development Factor	Social Factor	Relaxation Factor
Using physical ability	.812	.186	.179
Developing skill and ability	.798	.339	.025
Satisfying curiosity	.632	.181	.378
Developing stamina	.579	.042	.460
Improving leisure	.517	.480	.226
Interchange with others	.019	.820	-.063
Growing social talent	.250	.677	.208
New relationship	.294	.613	.275
Friendship	.311	.595	.352
Respect of others	.255	.503	.409
Escape from daily life	.201	.041	.818
Relaxation	.079	.299	.747
Free time	.248	.191	.639
Eigen value	2.716	2.657	2.488
% of variance	20.894	20.437	19.139
Cumulative %	20.894	41.331	60.470
Cronbach's α	.817	.779	.723
KMO		.896	
Bartlett		$\chi^2 = 3055.675/p < .001$	

Table 2. EFA result of adaptation to Korea

Item	Adaptation to Korea		
	Social Adaptation	Cultural Adaptation	Mental Adaptation
Difficult to participate in social activity	.745	-.074	.324
Unsatisfied job	.684	.164	.326
Feeling of hostility	.645	.413	.071
Fear of contact to others	.634	.470	.090
Difficult to adapt to laws and institutions	-.010	.848	.095
Low social status	.310	.613	.432
Lack of sense of belonging	.386	.600	.384
Feel prejudice	.475	.592	.224
Anxiety about family in home town	.230	.189	.862
Home sick	.221	.211	.851
Eigen value	2.414	2.309	2.086
% of variance	24.144	23.085	20.860
Cumulative %	24.144	47.229	68.089
Cronbach's α	.750	.799	.834
KMO		.883	
Bartlett		$\chi^2 = 2594.981/p < .001$	

Self-development factor of leisure motivation had positive correlation with all sub factors of adaptation to Korea ($p < .05$). But social and relaxation factors had none.

Leisure satisfaction had positive correlations with social and cultural adaptation among adaptation to Korea ($p < .01$), but had none with mental adaptation.

3.2 The Effects of Leisure Motivation on Leisure Satisfaction

As shown in Table 4, Self-development factor ($\beta = .161$) had positive effect on leisure satisfaction ($p < .05$). And,

Table 3. Correlation analysis result among leisure motivation, leisure satisfaction, and adaptation to Korea

	Factors						
	1	2	3	4	5	6	7
1	1	.643**	.567**	.462**	.158**	.103*	.148**
2		1	.522**	.561**	.055	.049	.007
3			1	.352**	.019	-.020	.033
4				1	.193**	.110**	.067
5					1	.666**	.550**
6						1	.565**
7							1

** $p < .01$, * $p < .05$

1: Self-development factor,
2: Social factor,
3: Relaxation factor,
4: Leisure satisfaction,
5: Social adaptation,
6: Cultural adaptation,
7: Mental adaptation.

Table 4. The effects of leisure motivation on leisure satisfaction

Leisure Motivation	Leisure Satisfaction	
	B	β
constant	1.820	–
Self-development factor	.146	.161*
Social factor	.390	.444*
Relaxation factor	.021	.027
R ²	.333	
F	99.895*	

*: $p < .05$,

social factor ($\beta = .444$) had positive effect on leisure satisfaction ($p < .05$) as well. But relaxation factor had no significant effect on leisure satisfaction.

3.3 The Effects of Leisure Motivation on Adaptation to Korea

As shown in Table 5, self-development factor ($\beta = .247$) had positive effect on social adaptation of adaptation to Korea ($p < .05$). And, Social factor and relaxation factor had no significant effect.

Self-development factor ($\beta = .173$) had positive effect on cultural adaptation, and relaxation ($\beta = -.121$) had negative effect ($p < .05$). Social factor had no significant effect on cultural adaptation.

Self-development factor ($\beta = .267$) had positive effect on mental adaptation, and social factor ($\beta = -.136$) had negative effect ($p < .05$). And relaxation factor had no significant effect.

3.4 The Effects of Leisure Satisfaction on Adaptation to Korea

As shown in Table 6., leisure satisfaction had positive effects on social ($\beta = .193$) and cultural ($\beta = .110$) adaptation, but had no significant effect on mental adaptation ($p < .05$).

4. Discussion

Some factors of leisure motivation had significant effects on leisure satisfaction and adaptation to Korea, and leisure satisfaction had effect on some factors of adaptation

Table 5. The effects of leisure motivation on adaptation to Korea

Leisure Motivation	Social adaptation		Cultural adaptation		Mental adaptation	
	B	β	B	β	B	β
constant	2.876	–	2.873	–	2.333	–
Self-development factor	.281	.247*	.219	.173*	.421	.267*
Social factor	-.058	-.053	.009	.007	-.208	-.136*
Relaxation factor	-.091	-.093	-.132	-.121*	-.064	-.047
R ²	.035		.022		.038	
F	7.251*		4.416*		7.934*	

*: $p < .05$

Table 6. The effects of leisure satisfaction on adaptation to Korea

Leisure Satisfaction	Social Adaptation		Cultural Adaptation		Mental Adaptation	
	B	β	B	β	B	β
constant	2.447	–	2.659	–	2.461	–
Leisure satisfaction	.242	.193*	.155	.110*	.117	.067
R ²	.037		.012		.005	
F	23.373*		7.436*		2.743	

*: $p < .05$

to Korea. Some results were similar to most preceding studies on same factors, but the others showed specific phenomenon, so, the following discussions could be suggested.

Among the sub factors of leisure motivation, self-development and social factors had positive effects on leisure satisfaction which were similar with most preceding studies on leisure. Even, reference¹¹ reported that a strong desire for success in Korea of immigrant women motivated them to pursue self-development and social cognition changes in leisure activity. And, the result of this study could be supported by such fact. Thus, it could be said that leisure activities of married immigrant women in Korea became the medium of successful settlement in Korea.

But relaxation factor of leisure motivation had no significant effect on leisure satisfaction. Reference¹⁶ reported that the most leisure activity of married immigrant women in Korea was relaxation like watching TV at home, and furthermore, their past leisure activities in home country were not continued in Korea. And reference¹⁷ reported that the married immigrant women wanted more dynamic and positive leisure activities rather than their ordinary relaxations like watching TV.

So, it could be said that married immigrant women in Korea did not want to take ordinary relaxation as leisure activity but dynamic ones. And even, by the standard of their leisure experiences in home country, they could not get leisure satisfactions from ordinary relaxation activities in Korea. In this point of view, to raise leisure satisfactions of married immigrant women, more active and dynamic activities should be prepared.

Among the sub factors of Leisure motivation, self-development factor had positive effect on all sub factors of adaptation to Korea. Reference¹¹ reported that married immigrant women had purposive desire and behavior for

leisure, and that could explain the positive effects of self-development factor on adaptation to Korea. And that was similar to most preceding studies on the same factors. In this point of view, it could be said that leisure activities for self-development of married immigrant women in Korea could be an effective alternatives for their adaptation and success in Korea.

But among the sub factors of leisure motivation, social factor only had negative effect on mental adaptation, and relaxation factor only had effect on cultural adaptation, as well. And these needed more discussions. Reference¹⁷ reported that married immigrant women felt difficulties in social relations caused by language and discrimination. And, those difficulties made them to feel the high possibility of being evaluated negatively from the others, and through that, they would feel the lack of social support and sense of isolation¹⁸. And reference¹⁶ reported that immigrant women with less social support tended to have more passive and relaxing leisure activities.

Considering the actual lack of social support for the immigrant women than native women¹⁹, the negative effect of social factor on mental adaptation could be caused by mediation roles of the difficulties in social relationships. Because, language problem and less social support made them to feel isolated and to have passive-relaxing leisure activity at home, and, through that, they couldn't get enough social relation and mental adaptation. In this point of view, to promote mental adaptation to Korea of married immigrant women, leisure programs for them should include language education and social relationship contents.

And, in case of negative effect of relaxation factor on cultural adaptation, reference²⁰ reported that North Korean defector would get comparative deprivation by their socioeconomic status in Korea and that it caused their depression and the negative factor of social integration. And, actually, most married immigrant women in Korea participated in passive leisure activities like watching TV or relaxing at home rather than doing dynamic things which they really want^{16,19}.

In such point of view, it could be said that negative effect of relaxation factor on cultural adaptation was caused by their relatively poorer leisure activities than native women. Because, considering many preceding researches like reference^{11,14,16} reporting that socioeconomic status had effects on leisure activity pattern and leisure satisfaction, relatively low socioeconomic status of married immigrant women could cause passive-relaxing

leisure activities of them, and, that connected to fewer chances to experience various Korean culture and social relationship by leisure activities. So, for better social adaptation to Korea of married immigrant women, leisure programs with more active and dynamic contents should be supplied in low cost for them not to stay passively at home.

Leisure satisfaction had positive effects on social and cultural adaptation among sub factors of adaptation to Korea. And it had no significant effect on mental adaptation. These results were similar to most preceding studies on leisure.

As a whole, leisure motivation of married immigrant women in Korea had most positive effects on leisure satisfaction and adaptation to Korea, and, their leisure satisfaction had on adaptation to Korea, too. On the other hand, few negative effects of leisure motivation deemed to be caused by passive and relaxing leisure activities made from their social problems like language, social support, and socio-economic status. So, to change the negative effects of social and relaxation factors of leisure motivation on adaptation to Korea into positive one, the leisure programs supplied to married immigrant women should have language education, social relationship, and dynamic contents with low cost.

5. Conclusion

This study has investigated the influence of leisure participation motives of married immigrant women on the leisure satisfaction and social adaptation to Korea. To summarise the above study results and discussions, the following conclusions could be suggested.

Leisure motivation mostly had positive effects on leisure satisfaction and adaptation to Korea, and leisure satisfaction had effect on adaptation to Korea, as well. And, in cases of some negative effects of leisure motivation on adaptation to Korea, it was suspected that those were caused by the mediation roles of the other factors like difficulties from social relationships or comparative deprivation.

So, it could be said that policy alternatives for leisure did perform positive roles for solving problems of social adaptation of married immigrant women in Korea. And additionally, considering that each sub factors of leisure motivation had separate effects on different sub factors of adaptation to Korea, diverse policy alternatives should be made to stimulate various types of leisure motivations

which could help married immigrant women to adapt to Korea.

6. Acknowledgement

This work was supported by the National Research Foundation of Korea Grant funded by the Korean Government (NRF-2012S1A5A2A03034460).

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