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Leisure Satisfaction in Relation to Quality of Life Using the AsiaBarometer Survey Data

2

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Abstract

The chapter analyses leisure in relation to quality of life as surveyed in the AsiaBarometer, the only quality-of-life focus survey, covering the entire Asia (East, Southeast, South and Central) with open access policy in the world. Conventionally, leisure is defined as one of human activities outside work duties and family chores to re-create daily life. I follow to this conventional conception and analyses the satisfaction with leisure in relation to quality of life.

that Aristotle sees leisure as one of the highest genres of human activities. In the ancient Chinese philosopher, Mencius, also states that if one has no constant property, one has no constant mind.

Leisure is conventionally defined as a human activity bereft of work duties to re-create good conditions for life. Here the philosophical content may have disappeared. Nevertheless, the core point of being free of work duties remains. Therefore, using survey data available by the AsiaBarometer is not a problem. In what follows, I attempt to see the relationship between quality of life and leisure.

2.1 Introduction

The ancient Greek philosopher, Aristotle, defines leisure as privilege of elites, who has sufficient property and education. Leisure is regarded as time to think freely. Without free thinking creative ideas cannot be produced. Thus it is clear

2.2 Satisfaction with Leisure by Country

Positive responses, very satisfied and somewhat satisfied, combined gives the list by country as shown in Fig. 2.1:

Highly listed include Brunei, the Maldives, Malaysia, Indonesia, Singapore. All of them are broadly maritime countries located in South and Southeast Asia. Next come, (skipping Australia and the United States), South Asian countries like Bhutan, India, Sri Lanka, Bangladesh, Nepal and Afghanistan. Then come some Southeast Asian countries like the Philippines, Thailand, Laos, Myanmar. Central Asian countries are listed next to Southeast Asia more or less. They include:

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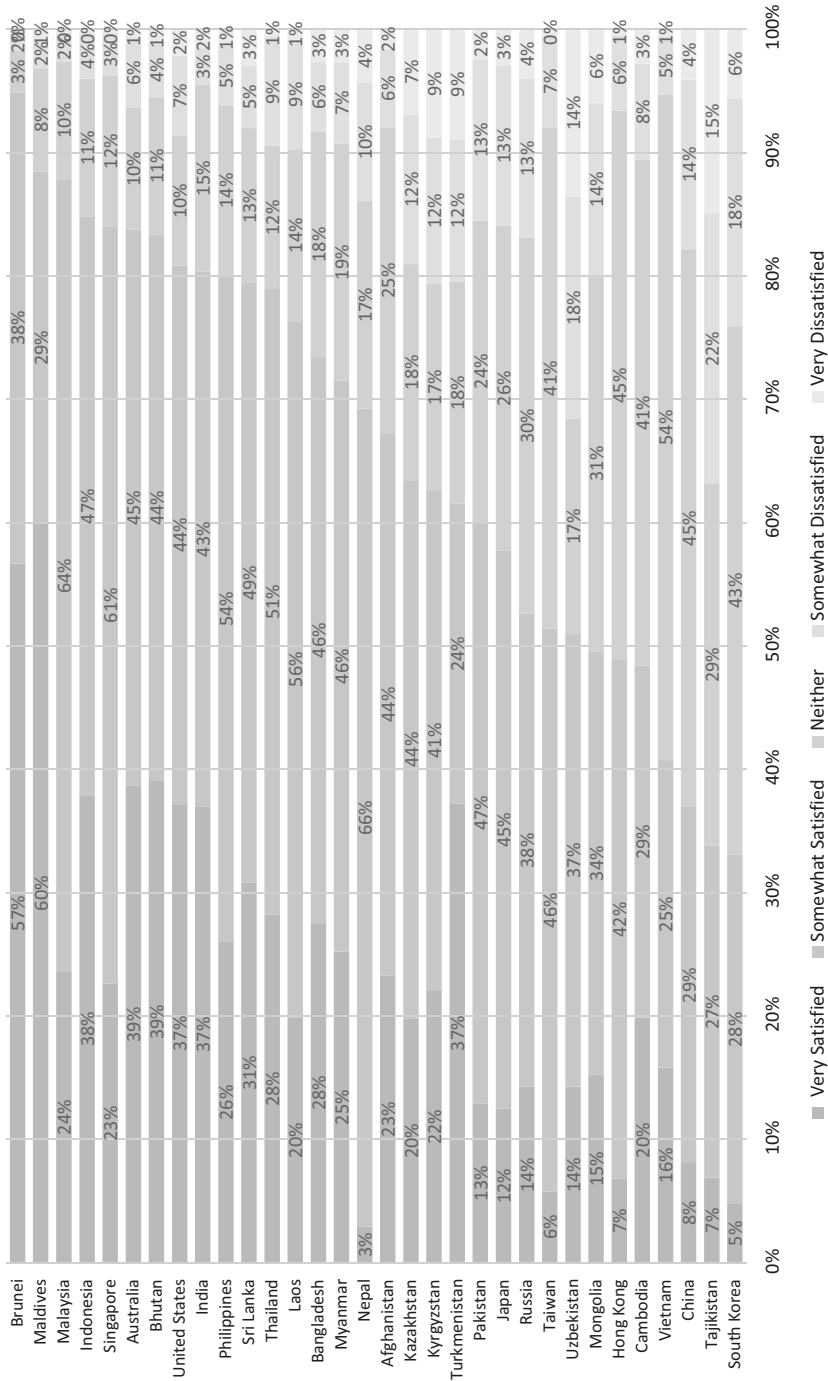


Fig. 2.1 Leisure satisfaction by country

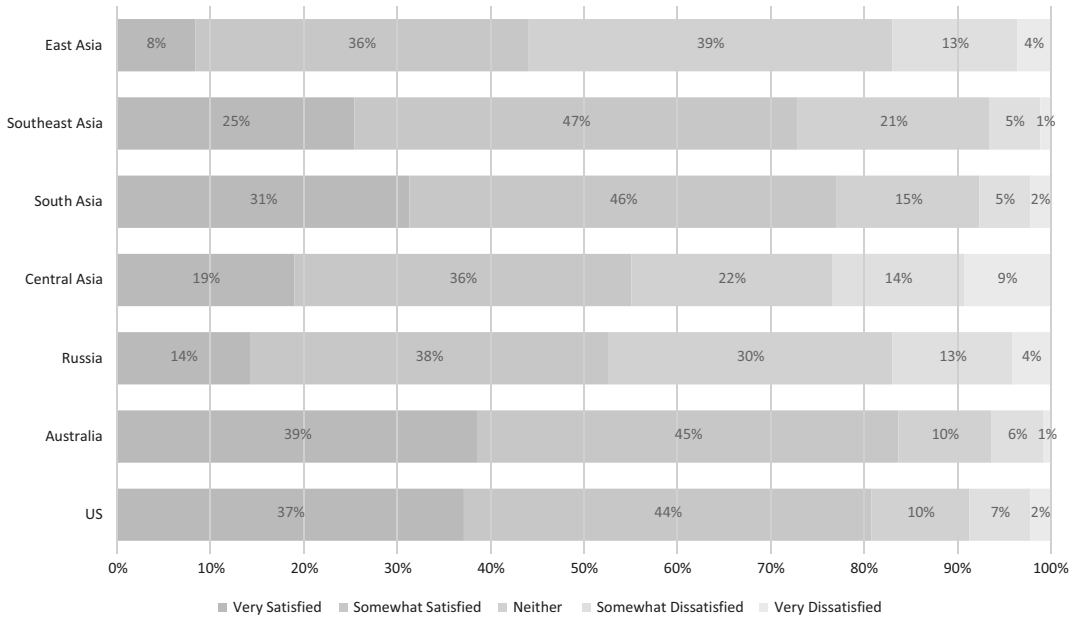


Fig. 2.2 Leisure satisfaction by sub region

Kazakhstan, Kyrgyzstan, Turkmenistan. Lastly come East Asian countries like Japan, Taiwan, Hong Kong, Vietnam, China, and South Korea.

Positive responses combined by sub-regions (East, Southeast, South and Central, adjacent to Asia) as shown in Fig. 2.2:

Of the four sub-regions of Asia, South Asia stands out in terms of satisfaction with leisure. This may come as a small surprise since South Asia registers the lowest per capita income out of the four sub-regions. Next comes Southeast Asia. Southeast Asia is close to South Asia in terms of leisure satisfaction. Central Asia’s satisfaction with leisure is not so high but higher than East Asia’s satisfaction with leisure. East Asia is ranked as the lowest of the four sub-regions of Asia. The order of the four Asian subregions is the same with the order of happiness in Asia (Inoguchi and Fujii 2013; Inoguchi 2015; Inoguchi and Estes 2016).

Three countries adjacent to Asia surveyed in the AsiaBarometer are Russia, Australia and the United States. Australia stands out in terms of satisfaction with leisure. Next close to Australia

is the United States. Russia registers the lower level, of satisfaction with leisure than East Asia.

2.3 Which Lifestyle Priorities Contribute to the Satisfaction with Leisure?

Question: Which lifestyle priorities are important to you? Pick five from among the following 25 lifestyles.

Lifestyles:

1. Food (having enough to eat)
2. Comfortable housing
3. Health
4. Sufficient medical care
5. No fear about crime
6. Have a job
7. Higher education
8. Possessing good things
9. High income

10. Time with the family
11. Good human relations
12. Success in job
13. Becoming famous
14. Enjoying hobby
15. Arts and culture
16. Cosmetics (dressing up)
17. Competition with others (winning)
18. Individual (express one's personality/using one's talents)
19. Helping community
20. Piety (being devout)
21. Nurturing children
22. Freedom of assembly
23. Comfort with good government
24. Livable area
25. Safe and beautiful environment

(21–25 are only on surveys conducted in 2006, 2007 and 2008)

I use the combined positive responses, very satisfied and satisfied, to rank 29

Asian and three adjacent societies. Figure 2.1 (Q36)

1. Brunei
2. The Maldives
3. Malaysia
4. Indonesia
5. Singapore
6. Australia
7. Bhutan
8. The United States
9. India
10. The Philippines
11. Sri Lanka
12. Thailand
13. Laos
14. Bangladesh
15. Myanmar
16. Nepal
17. Afghanistan
18. Kazakhstan
19. Kyrgyzstan
20. Turkmenistan
21. Pakistan
22. Japan

23. Russia
24. Taiwan
25. Uzbekistan
26. Mongolia
27. Hong Kong
28. Cambodia
29. Vietnam
30. China
31. Tajikistan
32. South Korea

Looked at sub-regionally, Fig. 2.2 (Q36), respondents in South Asia are most satisfied with leisure. Close to South Asia is Southeast Asia. Substantially way down is Central Asia. Further way down is East Asia.

Of the three adjacent societies, Australia is ranked highest and the United States next. Both are more satisfied with leisure than any of Asia's sub-regional averages. Russia is less satisfied with leisure than Central Asian average while vis-a-vis East Asia Russia is more satisfied with leisure than East Asian average.

2.4 Which Life Priorities Satisfaction Contribute Positively or Negatively to Leisure Satisfaction?

Tables 2.1, 2.2, 2.3, 2.4, and 2.5 are the summary of regression analysis of how much life priorities contribute to satisfaction with leisure.

2.4.1 East Asia

China: Those Chinese respondents who are not satisfied with food, with good human relations and with hobby tend to be dissatisfied with leisure.

Hong Kong: No factor contributing to leisure satisfaction with statistical significance.

Japan: Those Japanese respondents who are not satisfied with health, with fear about crime, with a job, with a high income, and with gorgeous dress tend to be dissatisfied with leisure.

Table 2.1 Regression coefficient (East Asia)

	Food	Housing	Health	Suffici Medical	No Crime	Job	High Edcton	Good Thing	High Income	Family Time	Human Relat	Job Success	Famous	Hobby	Culture	Cosmetic	Compete	Individl	Comunity	Piety
China	-0.04	0.18	0.22	0.02	0.21	0.02	0.28	0.09	-0.04	0.06	0.29	0.20	-0.14	0.61	0.21	0.51	0.22	0.18	0.10	0.33
Hong Kong	0.04	-0.02	-0.09	-0.01	-0.13	0.02	-0.49	-0.20	0.00	0.19	0.12	0.09	0.10	0.35	0.39	0.39	0.29	-0.05	0.32	0.48
Japan	0.23	-0.03	0.17	0.06	-0.33	-0.39	0.08	0.40	-1.05	0.13	0.01	-0.08	0.48	0.29	0.19	0.02	-0.52	-0.05	0.08	-0.06
South Korea	0.14	0.07	0.22	-0.09	-0.06	-0.07	-0.19	0.16	-0.37	0.11	0.21	-0.02	-0.05	0.31	0.36	0.09	0.35	0.21	-0.36	0.18
Taiwan	-0.16	0.15	0.03	-0.03	-0.07	-0.10	0.50	0.49	-0.28	0.29	0.47	0.16	-0.23	0.59	0.31	0.30	-0.20	0.69	-0.56	0.71

Note: Dependent variable: leisure satisfaction (higher score indicates more satisfaction)

Italic indicates 5% significant, Italic-bold indicates 1% significant

Suffici Sufficient, *Edcton* Education, *Relat* Relationship, *Individl* Individual

Table 2.2 Regression coefficient (Southeast Asia)

	Food	Housing	Health	Suffici Medical	No Crime	Job	High Edcton	Good Thing	High Income	Family Time	Human Relat	Job Success	Famous	Hobby	Culture	Cosmetic	Compete	Individl	Comunity	Piety
Brunei	0.23	-0.06	-0.04	-0.87	-0.06	0.09	0.05	0.85	-0.45	0.09	-0.23	-0.10	-0.54	-0.58	-1.29	-1.24	-0.17	-0.56	-0.79	
Cambodia	0.17	0.17	0.10	-0.09	0.11	0.24	0.23	0.45	-0.08	0.15	0.36	0.10	0.33	0.65	0.18	-0.15	0.11	0.14	0.15	0.07
Indonesia	0.09	0.27	0.52	0.33	0.43	0.40	0.58	0.26	0.17	0.43	0.50	0.00	0.50	-0.12	0.04	-0.15	0.22	0.12	0.85	0.26
Laos	-0.15	-0.32	0.14	-0.19	-0.03	-0.07	-0.13	0.16	-0.21	0.11	0.13	0.05	-0.08	0.02	0.45	-0.22	-0.02	-0.53	0.18	0.10
Malaysia	0.31	0.08	0.50	0.17	0.28	0.27	0.31	0.02	0.09	0.44	0.20	0.47	0.73	0.81	-0.38	-0.52	0.25	0.38	0.06	0.38
Myanmar	0.23	0.34	0.60	0.32	0.45	0.41	0.53	0.38	0.07	0.45	0.55	0.34	0.83	0.65	0.56	0.45	0.24	0.42	0.28	0.61
Philippines	0.01	0.24	0.09	-0.17	-0.02	0.08	-0.13	0.03	-0.16	0.00	0.13	0.24	0.17	0.55	0.03	-0.10	-0.26	0.10	0.20	0.00
Singapore	-0.22	0.09	-0.01	-0.26	0.04	-0.03	-0.13	-0.11	-0.18	0.28	-0.03	0.16	-0.20	0.13	-0.42	0.26	-0.49	-0.71	0.11	0.44
Thailand	-0.45	0.02	-0.24	-0.32	-0.50	-0.50	-0.36	-0.29	-0.53	-0.17	-0.18	-0.51	0.22	-0.27	-0.25	-0.55	-0.50	-0.63	-0.29	-0.58
Vietnam	0.03	-0.01	0.06	-0.02	-0.09	0.05	0.16	-0.06	-0.03	0.05	0.19	0.19	0.42	0.36	0.34	0.37	0.20	-0.17	0.01	-0.01

Note: Dependent variable: leisure satisfaction (higher score indicates more satisfaction)

Italic indicates 5% significant, Italic-bold indicates 1% significant

Suffici Sufficient, *Edcton* Education, *Relat* Relationship, *Individl* Individual

Table 2.3 Regression coefficient (South Asia)

	Food	Housing	Health	Suffici Medical	No Crime	Job	High Edcton	Good Thing	High Income	Family Time	Human Relat	Job Success	Famous	Hobby	Culture	Cosmetic	Compete	Individl	Comunity	Piety
Bangladesh	-0.87	-0.03	-0.16	-0.38	-0.18	-0.27	-0.20	-0.54	-0.46	-0.04	-0.09	0.00	-0.24	0.06	-0.32	-0.65	-1.34	-0.24	-0.07	-0.46
Bhutan	0.15	0.16	0.36	0.38	-0.06	0.19	-0.32	1.00	0.59	0.18	0.22	0.42	0.22	0.37	0.32	-0.16	0.74	0.51	0.05	0.45
India	0.24	0.33	0.53	0.33	0.13	-0.10	-0.09	0.15	0.26	0.48	0.29	0.29	0.39	0.47	0.37	0.85	-0.09	-0.24	0.25	0.24
Maldives	0.33	-0.01	0.25	-0.03	0.24	0.05	0.16	-1.19	-0.12	0.17	0.52	-0.01	0.82	-0.11	-0.21	0.12	0.73	0.60	-0.68	0.04
Nepal	0.20	-0.62	-0.56	-0.30	-0.15	-0.38	-0.27	-0.93	-0.35	0.12	-0.30	-0.23	-0.54	-0.29	0.08	0.62	-0.68	-0.13	-0.72	0.40
Pakistan	0.15	0.04	0.36	0.17	0.09	-0.08	0.11	0.03	-0.02	0.67	0.25	0.49	0.05	0.43	0.78	0.03	0.19	0.62	0.27	0.20
Sri Lanka	0.33	0.33	0.54	0.59	0.11	-0.09	0.39	0.17	-0.19	0.51	0.04	-0.01	0.35	-0.14	-0.14	0.36	0.14	0.09	0.25	0.56

Note: Dependent variable: leisure satisfaction (higher score indicates more satisfaction)

Italic indicates 5% significant, Italic-bold indicates 1% significant

Suffici Sufficient, *Edcton* Education, *Relat* Relationship, *Individl* Individual

Table 2.4 Regression coefficient (Central Asia)

	Food	Housing	Health	Suffici Medical	No Crime	Job	High Edcton	Good Thing	High Income	Family Time	Human Relat	Job Success	Famous	Hobby	Culture	Cosmetic	Compete	Individl	Comunity	Priety
Afghanistan	0.46	-0.13	0.09	0.14	0.30	-0.08	-0.04	-0.04	0.05	0.67	0.15	-0.10	0.04	0.25	0.03	-0.06	0.27	-0.69	0.24	0.00
Kazakhstan	-0.24	-0.11	0.29	-0.17	0.22	-0.36	0.15	0.74	-0.26	0.13	0.04	0.39	1.94	-0.43	0.62	0.21	0.41	-0.69	-0.23	-0.08
Kyrgyzstan	-0.32	-0.28	0.29	0.02	0.20	0.13	0.02	0.25	-0.47	0.24	0.23	0.25	0.04	-0.33	0.26	0.21	0.32	0.18	0.08	0.20
Mongolia	0.03	-0.08	0.23	0.10	0.44	0.20	0.30	0.19	-0.36	0.26	0.28	0.18	0.01	-0.30	0.13	1.45	0.11	0.21	0.64	0.29
Tajikistan	-0.24	-0.21	0.19	0.29	0.50	0.25	0.08	0.18	0.24	0.61	0.02	0.34	0.49	0.42	0.90	0.44	0.42	-0.01	0.00	-0.39
Turkmenistan	-0.32	-0.91	0.15	0.33	-0.06	0.13	1.34	0.80	-0.55	-0.18	-0.04	1.39	-0.39	0.19	-0.32	0.52	-0.18	0.48	-0.11	0.00
Uzbekistan	1.60	1.31	1.42	1.24	1.39	1.37	1.30	1.56	1.15	1.48	1.55	1.62	2.34	1.75	1.65	1.44	1.67	1.14	1.42	1.58

Note: Dependent variable: leisure satisfaction (higher score indicates more satisfaction)

Italic indicates 5% significant, Italic-bold indicates 1% significant

Suffici Sufficient, *Edcton* Education, *Relat* Relationship, *Individl* Individual

Table 2.5 Regression coefficient (Outside Asia)

	Food	Housing	Health	Suffici Medical	No Crime	Job	High Edcton	Good Thing	High Income	Family Time	Human Relat	Job Success	Famous	Hobby	Culture	Cosmetic	Compete	Individl	Comunity	Piety
Russia	-0.07	-0.10	0.12	-0.21	-0.26	0.12	0.04	0.13	0.06	0.42	-0.02	0.79	-0.25	0.11	0.51	0.51	0.48	-0.09	-0.49	-0.45
Australia	0.01	-0.07	0.17	0.01	-0.20	0.01	-0.02	0.20	-0.34	0.36	-0.38	-0.10	-1.14	0.39	-0.91	-0.65	-0.36	0.30	-0.11	-0.28
United States	-0.02	-0.14	0.40	-0.25	-0.11	-0.24	0.26	-0.02	-0.15	0.07	0.26	0.02	0.10	0.52	0.26	-0.92	0.14	-0.22	0.19	0.26

Note: Dependent variable: leisure satisfaction (higher score indicates more satisfaction)

Italic indicates 5% significant, Italic-bold indicates 1% significant

Suffici Sufficient, *Edcton* Education, *Relat* Relationship, *Individl* Individual

South Korea: Those South Korean respondents who are not satisfied with high income and with hobby tend to be dissatisfied with leisure.

Taiwan: Positively contributing to leisure satisfaction are individualism, hobby, good human relations while mildly positively contributing to leisure satisfaction is time together with family.

2.4.2 Southeast Asia

Brunei: Contributing positively to leisure satisfaction is possessing good things. Negatively affecting leisure satisfaction are sufficient medicine and religiosity.

Cambodia: Positively affecting to leisure satisfaction are good human relations and good hobby.

Indonesia: Those Indonesian respondents who are not satisfied with the following life domains tend to be dissatisfied with leisure: comfortable housing, health, sufficient medicine, a job, higher education, time together with family, good human relations, availability to local community. Secondly, those Indonesian respondents who are moderately dissatisfied with the following life domains tend to be dissatisfied with leisure: no fear of crime, high income, religiosity, reading children.

Laos: Negatively contributing to leisure satisfaction is comfortable house.

Malaysia: Positively contributing to leisure satisfaction are: enjoying hobby, health, success in job, time together with family, religiosity, food, no fear of crime, job.

Myanmar: Negatively contributing to leisure satisfaction are sufficient medicine and food. Positively contributing to leisure satisfaction are most QOL related factors except high income, competition with other persons, being helpful to local community.

The Philippines: Those Philippino respondents who are not satisfied with hobby tend to be dissatisfied with leisure.

Singapore: Mildly positively contributing to leisure satisfaction is time together with family.

Mildly negatively contributing to leisure satisfaction are sufficient medicine and food.

Thailand: Those Thai respondents who are not satisfied with high income tend to be somewhat dissatisfied with leisure.

Vietnam: Mildly positively contributing to leisure satisfaction are luxury and success in job.

2.4.3 South Asia

Bangladesh: No QOL related factor affecting leisure satisfaction with statistical significance.

Bhutan: Possessing good things contribute positively to leisure satisfaction.

India: Those Indian respondents who are not satisfied with food, housing, health, medical income, time with family, human relation, job success, being famous, hobby and cosmetic tend to be dissatisfied with their leisure activities.

The Maldives: Negatively contributing to leisure satisfaction is possessing good things.

Nepal: No factor contributing to leisure satisfaction with statistical significance.

Pakistan: Positively contributing to leisure satisfaction is time together with family. Mildly contributing to leisure satisfaction are arts and culture, individualism, success in job.

Sri Lanka: Those Sri Lankan respondents who are not satisfied with medicine tend to be dissatisfied with leisure. More moderately, those who are not satisfied with health, with time together with family, and with religiosity tend to be dissatisfied with leisure.

2.4.4 Central Asia

Afghanistan: Those Afghanistan respondents who are not satisfied with time together with family tend to be dissatisfied with leisure.

Kazakhstan: Those Kazakhstani who are not satisfied with becoming famous tend to be dissatisfied with leisure.

Kyrgyzstan: Negatively contributing to leisure satisfaction are high income and food.

Mongolia: Positively contributing to leisure satisfaction is being helpful to local community.

Tajikistan: Those Tajikistani respondents who are not dissatisfied with time together with the family tend to be dissatisfied with leisure. More moderately, those Tajiki respondents who are not satisfied with no fear of crime, with arts and culture, and with gorgeous cloth tend to be dissatisfied with leisure.

Turkmenistan: Mildly positively contributing to leisure satisfaction are success in job, higher education accessibility, and luxury while negatively contributing to leisure satisfaction is comfortable house and mildly negatively contributing to leisure satisfaction are high income.

Uzbekistan: Those Uzbekistani respondents who are not satisfied with becoming famous tend to be dissatisfied with leisure.

2.4.5 Outside Asia

Russia: Those Russian respondents who are satisfied with a job and rearing children tend to be satisfied with leisure. More moderately those Russian respondents who are satisfied with time together with the family tend to be satisfied with leisure.

Australia: Those Australian respondents who are not satisfied with good human relations and with arts and culture tend to be dissatisfied with leisure.

The United States: Those American respondents who are not satisfied with sufficient medicare, with health, with a job, and with a hobby tend to contribute to the less satisfaction with leisure.

those lifestyle priorities which are conducive to leisure satisfaction. Those whose lifestyle priorities register hobby tend to register high leisure satisfaction residing in East and Southeast Asia. Those whose lifestyle priorities register family time register high leisure satisfaction, residing in Southeast and South Asia.

Those whose lifestyle priorities are health, sufficient medical, piety, no crime, housing, enough food tend to register high leisure satisfaction. Those whose lifestyle priorities register health register high leisure satisfaction, residing in Southeast Asia. Those whose lifestyle priorities include Sufficient medical register high leisure satisfaction, residing in India and Sri Lanka. Those whose lifestyle priorities register piety tend to register high leisure satisfaction, residing in Malaysia and Myanmar. Those whose lifestyle priorities register no crime tend to register high leisure satisfaction, residing in China, Indonesia, Malaysia, and Myanmar. Those whose lifestyle priorities register housing tend to register high leisure satisfaction, residing in China, Myanmar and India. Those whose lifestyle priorities register enough food tend to register high leisure satisfaction, residing in Japan, Malaysia and India.

Those whose lifestyle priorities are job success, higher education, individual self-expression, being famous, using cosmetics also end to register high leisure satisfaction. Those whose lifestyle priorities include job success tend to register high leisure satisfaction, residing in China, Malaysia, and India. Those whose lifestyle priorities include higher education tend to register high leisure satisfaction, residing in China, Indonesia, and Myanmar. Those whose lifestyle priorities include individual self-expression tend to register high leisure satisfaction, residing in Taiwan and Myanmar. Those whose lifestyle priorities include being famous tend to register being famous tend to register high leisure satisfaction, residing in Myanmar, India, and Kazakhstan. Those whose lifestyle priorities register using cosmetic tend to register high leisure satisfaction, residing in China, India and Myanmar.

The diversity is immense in Asia. The relationship between leisure satisfaction and quality of life in Asia must be examined carefully, country by country, subregion by subregion.

2.5 Relations Between Lifestyle Priorities and Leisure Satisfaction

The relationship of lifestyle priorities to leisure satisfaction is best summarized in Table 2.6. Those whose lifestyle priorities are hobby, family time, and human relationship tend to register high leisure satisfaction. It makes sense that hobby, family time and human relationship are

Table 2.6 Lifestyles contributing to higher leisure satisfaction (summary)

	(17)Competition		(18)Individual	(15)Culture
			Taiwan	Myanmar
			Myanmar	
(13)Famous	(16)Cosmetic		(14)Hobby	(19)Community
Myanmar	China		China	Indonesia
India	India		Japan	
Kazakhstan	Myanmar		South Korea	
			Taiwan	
			Cambodia	
			Malaysia	
			Philippines	
			Myanmar	
			India	
			United States	
(8)Good Thing	(12)Job Success	(7)Higher Education	(20)Piety	(11)Human Relationship
Myanmar	China	China	Malaysia	China
	Malaysia	Indonesia	Myanmar	Taiwan
	India	Myanmar		Cambodia
	Russia			Indonesia
				Myanmar
				India
	(9)Higher Income	(6)Having Job	(3)Health	(10)Family Time
	India	Indonesia	Indonesia	Indonesia
		Myanmar	Malaysia	Malaysia
			Myanmar	Myanmar
			India	India
			United States	Pakistan
				Afghanistan
				Tajikistan
				Russia
				Australia
	(2)Housing	(1)Enough Food	(4)Sufficient Medical	(5)No Crime
	China	Japan	India	China
	Myanmar	Malaysia	Sri Lanka	Indonesia
	India	India		Malaysia
				Myanmar

2.6 Conclusion

I have examined leisure satisfaction in relation to quality of life using the AsiaBarometer survey data covering 29 Asian societies and three societies adjacent to Asia: the United States, Australia and Russia.

High on the leisure satisfaction level are firstly, maritime countries located in South and Southeast Asia, next come South Asian countries. Further down are some Southeastern countries.

Central Asian countries come next to bottom. At bottom are listed East Asian countries. Barring maritime countries in Southeast and South Asia, leisure satisfaction is on the whole counter-proportional to per capita income level in Asia. It is along the same line of the relationship between happiness and per capita income level.

However, the level of leisure satisfaction varies from country to country. Rather than per capita income level, life priorities make difference to leisure satisfaction.