Flow in Home-Based Leisure During the COVID-19 Isolation: A Case Study for People Aged 65 and Over in Turkey

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Abstract

This paper highlights flow in home-based leisure regarding people (aged 65 and over) who have to adapt their lives and behaviors while staying "safer at home" during the coronavirus outbreak. The purpose of this case study, based on qualitative interviews, observations and secondary data (including social media posts, news and videos), is to examine older people's perceptions and experiences regarding COVID-19-based leisure. Further, it is intended to provide an understanding of how older people conceptualize and relate to leisure during the outbreak. Hence, this study explores the following research questions through semi-structured interviews, observations and secondary data: (a) How do older people perceive restrictions regarding COVID-19? (b) How are the flow behavior of older people who must stay at home influenced by their gender, age, family size, and marital status? and (c) How do older people manage their time in the context of the COVID-19 outbreak? The findings of this research will provide insight into the evaluation of leisure during the time of the outbreak and track corresponding behavior and perception changes. As a result, the findings will contribute new knowledge about how contingency conditions (COVID-19 outbreak) influence flow and leisure perceptions.

Keywords: Leisure flow, home-based leisure, recreation, COVID-19 outbreak, lockdown

COVID-19 İzolasyonu Sırasında Ev Temelli Boş Zaman Akışı: Türkiye'de 65 Yaş ve Üstü İnsanlar İçin Bir Vaka Çalışması

Öz

Bu makale, koronavirüs salgını sırasında "evde daha güvenli" kalırken yaşamlarını ve davranışlarını uyarlamak zorunda olan insanlara (65 yaş ve üstü) ilişkin ev tabanlı boş zaman akışını vurgulamaktadır. Nitel görüşmeler, gözlemler ve ikincil verilere (sosyal medya yayınları, haberler ve videolar dahil) dayanan bu vaka çalışmasının amacı, yaşlıların COVID-19 tabanlı boş zamanlara ilişkin algılarını ve deneyimlerini incelemektir. Ayrıca, yaşlı insanların salgın sırasında boş zamanları nasıl kavramsallaştırdıklarını ve ilişkilerini anlamalarını sağlamayı amaçlamaktadır. Bu nedenle, bu çalışma yarı yapılandırılmış görüşmeler, gözlemler ve ikincil veriler yoluyla aşağıdaki araştırma sorularını araştırmaktadır: (a) Yaşlı insanlar COVID-19 ile ilgili kısıtlamaları nasıl algılıyor? (b) Evde kalması gereken yaşlıların akış davranışları; cinsiyetleri, yaşları, aile büyüklükleri ve medeni durumlarından nasıl etkileniyor? ve (c) Yaşlı insanlar zamanlarını COVID-19 salgını bağlamında nasıl yönetiyor? Bu araştırmanın bulguları, salgın sırasında boş zaman değerlendirme hakkında bilgi sağlayacak ve buna karşılık gelen davranış ve algı değişikliklerini izleyecektir. Sonuç olarak, bulgular beklenmedik koşulların (COVID-19 salgını) akışı ve boş zaman algılarını nasıl etkilediği hakkında yeni bilgiler sağlayacaktır.

Anahtar Kelimeler: Boş zaman akışı, ev-tabanlı boş zaman, rekreasyon, COVID-19 salgını, kilitlenme

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INTRODUCTION

It seems probable that history will be divided into "B.C." — Before Corona — and "A.C." — After Corona — in all areas of life from now on. Since the first deadly COVID-19 case was reported, billions of people all over the world have been alarmed by the pandemic with respect to both the number of cases and number of deaths. The result has been the enforcement of extraordinary restraint and mitigation decisions to limit the transmission of COVID-19, including school closings, travel restrictions, screenings, confinements, and quarantines (Bourouiba, 2020). Having the potential to cause significant paradigm shifts in nearly all areas around the world, the coronavirus outbreak has particularly forced people to stay locked up at home. This outbreak's biggest impact has been on the lifestyle of people who must stay locked up at home for days, weeks, and even months. The first thing that should come to mind when we think about lifestyle at home should be leisure, followed by health.

Spreading of the COVID-19 outbreak and implementation of rigid isolation and lock-down measures have had an impact on the education processes of schools, colleges and universities in various countries, and the mental health of students has been stated to have been affected by such developments (Cao et al., 2020). There are reports on the psychological impact of the outbreak on people, patients, healthcare professionals, and all age groups such as children and the elderly (Cao et al., 2020). On the other hand, the death reports reveal that the population group that has been most affected by the outbreak is elderly people. As the countries were affected by the 2019 coronavirus disease (COVID-19), people were either advised to isolate themselves for "a very long time" as the case in the United Kingdom (Armitage & Nellums, 2020) and many countries, or were ensured to isolate themselves through the implementation of bans in countries such as Turkey. The key to isolating elderly people, delaying the peak of cases and minimizing the spread to the highest-risk groups is to reduce the transmission of the disease (Armitage & Nellums, 2020). While elderly people are isolated, it is necessary to establish their senses, perception and experience related to the outbreak and isolation.

The sense, perception, and experience of home-based leisure during the pandemic must be assessed in different terms compared to ordinary times. Thus, the feelings of older people at the time of this paradigm shift may offer the potential to create new depths for knowledge and theories related to recreation. In this connection, the novel coronavirus outbreak may be characterized by situational leisure constraints, which may undoubtedly be accepted as one of the turning moments of this century, with a tremendous impact on leisure and recreation, in addition to all other areas of life. It is of vital importance, then, to determine the feelings, thoughts, and experiences of the billions of people forced to stay locked up at home. Although there has been research into the leisure behavior of individuals (Ajzen & Driver, 1992; Buchanan, 1985; Iso-Ahola, 1986), there has not been research into the leisure-related feelings, perceptions, and experiences when people must stay at home for days, weeks, or even months due to an outbreak. In other words, while many of researches focused on the motivations of home-based activity engagement (Russell & Bray, 2009; Sonnenschein & Munsterman, 2002), outbreak barriers have been overlooked. This is caused by the actual situation arising from the outbreak. From this perspective, the originality of this paper lies in the fact that it is the first study to investigate older people's (aged 65 and over) perceptions and experiences regarding COVID-19-based leisure. As in the case of other qualitative research on individuals' leisure experiences of everyday life, researchers want to inquire into whether these people's experiences of home-based leisure are apparent during outbreak constraints. Furthermore, we aimed to provide an understanding of how the people conceptualize and relate to flow at home-based leisure during the outbreak.

Turkey started to take initial measures against COVID-19 pandemic on January 6, 2020. The first case was diagnosed on March 11. On March 12, President Erdoğan chaired a Coronavirus meeting with all the Ministers, and in this meeting, the government decided to

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close the schools, to ban civil servants from going abroad unless an extraordinary situation arises, and to have all the sports events played without spectators. According to Turkey Statistical Institute (2019)'s study titled "Older People with Statistics", the population aged 65 and over increased by 21.9 percent in 5 years and reached 7 million 550 thousand 727 people last year (Tuik, 2020). The proportion of the elderly population to the total population increased to 9.1 percent as of 2019 (Anadolu Ajansı, 2020). Ministry of Interior issued a Circular on 03.21.2020 and announced a curfew for people aged 65 and over starting at 24.00 on 03.21.2020, banning them from leaving their houses, walking in parks and on the streets, and using public transport. 49 days after this ban, starting from May 10, people aged 65 and over were given a four-hour permission to go out on Sundays and Saturdays. On June 11, 2020 this group was allowed to be out between 10.00 and 20.00 every day (http://www.sozcu.com.tr). Since people aged 65 and over constitute the highest risk group, they are the ones who stayed more at home. Therefore, in this study it is important to understand how people aged 65 and over engaged in home-based leisure activities both to maintain and improve their health and to make the best of their idle time. Although there are studies in the literature related to COVID-19 and leisure activities of elderly, there are almost no studies on home-based leisure activities of elderly during the pandemic lockdown and the connection between these activities with the flow of time. Therefore, the main objective of this study is to use the qualitative case study methodology to assess opinions, attitudes and conduct of people aged 65 and over during the time they stayed at home under the pandemic lockdown in the context of home-based leisure and its connection to the flow of time.

LITERATURE REVIEW

Leisure Constraints

Leisure constraints were used to explain the leisure trends changing over time and to understand the differences in the leisure preferences and experiences of various groups of society (Samdahl & Jekubovich, 1997).

Jackson (2000) defined leisure constraints as "factors that are assumed by researchers and/or perceived or experienced by individuals to limit the formation of leisure preferences and/or to inhibit or prohibit participation and enjoyment in leisure" (p. 62). Individuals may choose not to participate in leisure activities because of constraints such as ethnic origin, race, gender, age, class, time, convenience, money, access to leisure areas, and health and cultural norms. Failure to participate in recreational activities because of such factors is characterized by leisure constraints. Leisure constraints are mostly considered to have negative impacts on factors related to life quality, such as leisure participation, leisure satisfaction, well-being, and physical and mental health (Chick, Dong & Iarmolenko, 2014).

Crawford, Jackson and Godbey (1991) determined three primary sources regarding leisure barriers: interpersonal, intrapersonal, and structural. These basic sources represent a classic model of leisure constraints. On the other hand, situational conditions may also now need to be added to these primary sources. These situational conditions may be caused mostly by factors such as the external world, health, and weather conditions. According to one of the limited research studies that indicated the relationship between some negative conditions and home-based leisure activities, adverse weather conditions in Canada reduced physically active leisure engagement while encouraging sedentary and home-based leisure activities (Spinney & Millward, 2011). In this connection, situational conditions may also be used to explain leisure constraints. This is because, when billions of people were deprived of the participation in events including outdoor recreational activities, entertainment, and indoor activities at gyms during the COVID-19 outbreak, these leisure constraints had to be assessed again. Although these conditions are not likely to recur frequently, it may be assumed that they could guide leisure trends, preferences, and behavior. As a matter of fact, this argument is supported by various factors, such as the fact

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that people tend to get engaged in home-based leisure activities and do exercises at home, as well as expenditures made for home-entertainment appliances (Hammami et al., 2020), frequency of watching TV series and movies, and their ratio of reading books.

Leisure constraints also underline that further insight could be gained as to how people's situational context and factors shape their leisure activities (Jackson & Henderson, 1995). In this respect, it will be necessary to establish how situations such as unexpected outbreaks limit participation in outdoor activities and how they affect home-based leisure. Research studies made recently on the topic of leisure constraints have proven that participation threats have been successfully overcome, in general (Samdahl & Jekubovich, 1997), which thus leads to an inclination toward substitute events. In this context, research reveals that constraints are dynamic and active, and that people can overcome the problem through searching for alternatives. This points to an opportunistic approach and has the potential to add depth to participation in existing leisure activities.

Home-Based Leisure

With regard leisure, home is one of the places that have become important in life for majority of the population. People spend significant times at home. Glyptis et al. (1987) found that 74% of all leisure events took place in the home, with 61% of all leisure time being home-based. Home-based leisure reveals interactions between members at home, their functioning, internal cohesion, and ability to adapt to change. One of the main subjects that are focused on by the literature with respect to leisure, and particularly home-based leisure, is family relations. The results of some research reveals that core activities have positive relationships in building cohesion among family members, and that, on the other hand, both core and balance activities are related to the skill of adapting to change (López-Sintas, Rojas-DeFrancisco & García-Álvarez, 2017). It has been demonstrated that leisure activities within the family have a positive impact on the functioning of family, but satisfaction varies depending on the context of activity and the people with whom such activity is shared.

While children and mothers state that they get more satisfaction from activities performed outside the home and with their friends, fathers indicate a higher level of satisfaction when they perform leisure activities at home (Zabriskie & McCormick, 2003; Larson et al., 1997). Researchers have demonstrated that leisure activities and, particularly, participation in social and home-based leisure activities can become increasingly important during years of retirement and can result in life satisfaction (Stevens-Ratchford & Krause, 2004). Research has also revealed that parents use leisure as a means of improving family functions and prefer activities aimed at healthy lifestyles (Shaw & Dawson, 2001).

Home has traditionally become a central field for leisure activities and maintains its importance in parallel to constant developments in technology (Dart, 2006). One of the aspects that cannot be disregarded in relation to home-based leisure experience is the types of technology used at home. The impact of technologies on home-based leisure activities depends on the characteristics of the technology, and primarily on the way individuals and social groups make use of technology at home (Lally, 2002). Today, the use of these technologies has increased dramatically. Some scholars have suggested that internet technologies have not only altered our lives (Lally, 2002) and strengthened leisure facilities (Gershuny, 2003) but also modified the way we spend leisure time (López-Sintas, Rojas-DeFrancisco & García-Álvarez, 2017). Extraordinary developments that take place in internet, games, and film technologies are made use of extensively to alleviate the impact of confinement caused by the outbreak.

Internet and specifically social media allows individuals in the community to interact with each other, which is thus assumed as social leisure (López-Sintas, Rojas-DeFrancisco & García-Álvarez, 2017). Technological tools such as social media and mobile phones are used as an intermediary in communicating with friends and acquaintances, which thus symbolizes social leisure (Rojas de Francisco, López-Sintas & García-Álvarez, 2016). Increasing numbers of technological devices used at home have changed our relationships

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with each other. The way we share our experiences, run our lives, communicate with each other, synchronize our schedules, coordinate our leisure time, and maintain social interaction has improved thanks to internet-based technologies (López-Sintas, Rojas-DeFrancisco & García-Álvarez, 2017). These technologies are used by family members as "devices that bring the distant near" and are currently employed as an important leisure tool.

Not only technology-based entertainment aspects but also traditional methods such as TV series and movies may be used extensively, in particular, by certain generations during the COVID-19 outbreak. TV sets brought household members together again, offering audio-visual experiences and generating a unifying impact. Smaller TV sets started being used increasingly in separate bedrooms, which again points to a variation in leisure experiences. People living in the same household all had different experiences as they used different devices. This is known as "living together separately" (Flichy, 1995) and being "alone together" (Turkle, 2011). Today, it is not enough for audiovisual productions to compete with each other for leisure time. They also have to draw the attention of each household member (López-Sintas, Rojas-DeFrancisco & García-Álvarez, 2017). Traditional outlets such as TV may be suggested to have gained further importance during the outbreak. As a matter of fact, it is possible to link the increase in the ratings of COVID-19-based programs, panel discussions, and competition shows such as "Survivor" and "Who Wants to Be a Millionaire?" in Turkey to staying locked inside at home.

One of the first researchers who established the relationship between leisure and home, Cherry (1982) found that although households are equipped with adequate opportunities with respect to leisure items, people usually fail to use these items because of lack of time (Dart, 2006). Despite the fact that homes include expensive investments with respect to leisure (because of home entertainment systems, Netflix, fitness equipment, etc.), there is not sufficient research into the issue. One can come across examples on the extent to which people who are forced to stay locked up at home because of COVID-19 take advantage of the potential to use these investments, however, and these indicators provide significant insight as to "what happens at home during the lockdown."

Flow

A theory that is promising for forming the rhythm of daily life during the COVID-19 outbreak or coping with sudden developments is the flow theory. Flow is "the optimal state of mind in which an individual feels cognitively efficient, deeply involved, highly motivated, and experiences a high level of enjoyment" (Asakawa, 2004, p. 124). Jackson and Marsh (1996) indicate that "when in flow, a person becomes totally involved in an activity and experiences a number of positive experiential characteristics, including freedom from self-consciousness and great enjoyment of the process." Flow is also described as the affect, potency, and level of concentration experienced at the time of participation in an activity (Havitz & Mannell, 2005). To reach a state of flow, people have to be involved in an activity that is challenging for their skills, that provides clear objectives and feedback, and that is rewarding in its intrinsic nature. Flow occurs in various fields, including work that requires high concentration levels, sports, collective meetings and rituals, and general entertainment activities. Havitz and Mannell (2005) indicate that time appears to pass much faster when playing a game and that positive and negative states of mood help internalize the flow level of the experience. Potency, which is a measure of intellectual and physical activation emotions, is an indicator of the emotions that accompany one's perception of controlling his/her own acts and conditions in the environment (Csikszentmihalyi, 1975, p. 44).

Various characteristics of flow have been suggested, including a high level of concentration on the existing act, a high sense of control, the distortion of time, and a subjective feeling that activities are rewarding in their intrinsic nature (Nakamura & Csikszentmihalyi, 2002; Chen et al., 2010).

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Rather than being based on the content of activities, in situations where the subjective skill and positive challenge being in balance, flow is more likely to occur (Csikszentmihalyi, 2000). It has been determined that flow may be experienced in various leisure activities ranging from sports to art (Chen et al., 2010). Likewise, there is also literature demonstrating that flow is effective for activities performed at home and during home-based work. Home-based work is related to space, place, and time, offering an interesting and extraordinary perspective about the space-time relationship (Dart, 2006). Marx (1973) noted the annihilation of space by time (cited in Dart, 2006), more recently referred to as space-time compression (Harvey, 1990), time-space distanciation (Giddens, 1991), and time or space disembeddedness.

Flow may be an important dimension of well-being, because experiencing flow can protect against negative well-being, as noted by Csikszentmihalyi (1990). Hence, the time-flow and constraints perceived by home-based workers may be different as they are forced to stay at home because of the outbreak. Thus, the question of whether time flow varies with home-based workers and nonworking individuals arises. Another subject is the distinction between work and leisure for home-based workers. Work and leisure, which are mostly considered as separate items for home-based workers, are not clearly separated from each other and are thus deemed an integral part of daily life (Dart, 2006). Therefore, together with the development of internet and technological tools, coupled with social media becoming an indispensable part of daily life, work and leisure have now become intertwined in line with a post-modern approach unlike what is claimed by the Fordist approach.

At times of stress and uncertainty as in the case of the COVID-19 crisis, flow is effective in increasing emotional well-being (Rankin, Walsh and Sweeny, 2019). The benefits of flow have been established by various studies in many cultures and countries including Japan (Asakawa, 2004), Sweden (Mosing, Butkovic & Ullen, 2018), and China (Sweeny et al., 2020). Particularly of significance, the study in China was conducted during the COVID-19 pandemic and has demonstrated that people feel that time passes faster and weeks are more tolerable when they can find activities to reduce their anxiety and keep their minds busy during the lockdown.

METHODOLOGY

As a research approach, qualitative case study makes it easy to examine a phenomenon using various data sources (Baxter, & Jack, 2008). Through the use of various data sources related to phenomenon, the framework of the subject is tried to be better understood. This methodology allows to explore the issue through more than one lens, which helps to reveal and understand multiple facets of the phenomenon. There are two key approaches that guide case study methodology: Robert Stake (1995) and Robert Yin (2003, 2006). Both Yin (2003) and Stake (1995)' case study approaches are associated with a constructivist paradigm. Constructivists argue that the truth is relative and may differ from one's perspective. Constructivism is based on the social construction of reality and functions as a premise. One of the benefits of this approach is that it allows respondents to tell their stories, and a close collaboration occurs between the research and the respondent. Through these studies, participants can define their views on reality, which helps the researcher to better understand the participants' actions (Baxter & Jack, 2008).

A distinctive feature of the case study research is the use of multiple data sources as a strategy that also enhances data reliability or trustworthiness (Patton, 1990; Yin, 2003). Data sources that could potentially be used in case studies may include, but are not limited to, documents, archive records, interviews, observations. In this research, no direct contact was made with people aged 65 and over given that they were under a curfew and as a rule they should not contact other people to avoid health risks. Adopting this rational measure, in-depth interviews were made with respondents over the phone, observations were made using conventional media, on-line sources, and social media, and secondary data documents were reviewed. In-depth interviews were made with eight people (four female, and four male) aged 65 and over (age range 65-79)

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by telephone (M: 41.5 min.; SD: 15.2) using purposive sampling method. When determining the sample size in qualitative research, researchers generally apply saturation as a guiding principle during their data collection (Glaser & Strauss, 2017). The number of older people reached in the interviews in terms of case study study is thought to represent the saturation point. Data from the interviews with the respondents were collected between March.21.2020, when this group was banned at 24.00 on that day from leaving their homes, waking in the parks and on the streets and using public transport and June 11, 2020 when they were allowed to go out between 10.00 and 24.00 every day. Ethical clearance was obtained for interviews to be used in the study from the Scientific Research and Publication Ethics Board of Eskişehir Technical University. In addition to on-line sources, news portals, YouTube videos, social media accounts (particularly Facebook and relatively WhatsApp for this age group); digital newspapers and periodicals were used as secondary source. Each data source here is one piece of the "puzzle" (Baxter & Jack, 2008) contributing to the researcher's understanding of the whole phenomenon. This convergence makes the findings stronger, because various groups of data are braided together for a better understanding of the case. Baxter and Jack, (2008) indicate that in case study, data from these multiple sources are then brought together in the analysis instead of handling them individually. Therefore, data sources used in the case study based on this approach, are brought together to reveal the themes.

Baxter and Jack (2008) suggest providing enough detail to assess the validity or credibility of the case study. In line with this suggestion, below steps are given: (a) the research questions are written clearly; (b) case study design supports the research question; (c) purposive sampling appropriate for the case study is used (d) data are collected and managed systematically and (e) data are analyzed accurately (Russell et al., 2005). Case study is eligible to include multiple strategies that promote data credibility or "truth value". Triangulation of data sources, data types or

researchers is an important strategy, which allows the phenomenon to be viewed from multiple perspectives. As suggested by Knafl and Breitmayer (1989), triangulation is used in this study for collecting and comparing data, convergence of ideas and verification of findings. Additionally, as suggested by Krefting, (1991), prolonged or intense exposure of the researchers to the phenomenon under study can help to reduce potential for social desirability responses in interviews. In qualitative case study methodology, it is suggested to have member checking for the findings and interpretations (Baxter and Jack, 2008), accordingly, two respondents were interviewed and necessary corrections and revisions were made based on the feedback provided by them. Field notes that are commonly integrated into qualitative studies to establish credibility (Baxter& Jack, 2008) were not used because of the nature of this study, and at the analysis stage, multiple researchers independently coded a set of data for the consistency of findings or "dependability" of data (Krefting, 1991), and then the researchers came together to reach a consensus on the emerging codes and categories.

RESULTS

Mandatory Awareness, Harmoniousness and Obedience

It is considered that individuals had sweeping changes in their lives during the first days they had to stay at home because of lockdown ordered to minimize spread of COVID-19. Data sources reveal that the mood swung from negative to moderate and gradually to positive. The chaos and negative mood prevailing in the beginning of pandemic symbolizes the inertia of time, and the flow of time went back to its routine when the clouds started to drift away. In this sense the first and may be the most challenging stage of the pandemic lockdown was building an awareness. Accepting that staying at home is mandatory, is necessary for being able to manage the time at home for almost three months. Awareness and obedience are considered as the premise of psychological well-being and flow of time at home in the future. Awareness and obedience which are considered as precondition for time

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management and quick flow of time under restricted conditions such as imprisonment and detention, seem to apply for the flow of time during the pandemic lockdown. The common notion emerging during the interviews with the respondents and in the comments and opinions posted on social media as well as in Youtube videos, is the attitude of individuals towards receiving information on the pandemic and their acceptance to obey the relevant decisions. Another issue that should be discussed under this theme is that link between the level of adaption of elderly to the pandemic lockdown and the perception of time management. It is reported that individuals that are better adapted to this process did not have difficulty in spending their time. Those who have spiritual involvement, experience acceptance and submission easier. It has been determined that this has created a positive impact on perception of time flow.

Cycle of Time

The data from the research indicate that the cycle of time differentiates according to the stages of COVID-19 lockdown, similar to the concept of "transformation of time", which says that time alters in a perceivable way and the way the time passes depends on the activity or involvement in an action (Jackson & Marsh, 1996). The cycle of time in the first days of the pandemic lockdown seems to be different from the cycle of time towards the end, which in turn impacts the perception of time flow. Perception of time represents versatility of time flow in different periods. As such, the concept of cycle of time is related to the activity that the individual is involved in and his/her perspective on life, and it has been noted that there is differentiation on an individual level. For instance, respondents who were interviewed pointed out fluctuation and versatility in passage of time based on cycle of time, whereas time flow curve was more parallel for other individuals. Here, this parallelism represents no fluctuation in perception of passage of time. However, data collected from respondents, social media, secondary sources and videos indicate a fluctuation in passage of time.

Expectation and Benefit

The important points that should be considered under the theme of expectation and benefit are related to health gains and a positive outcome. The passage of time is built on the expectations related to health, risk status, and benefits to be obtained without being locked down at home. Expectations are related to reuniting with loved ones and reaching things they miss, and benefits to be obtained from staying at home are considered as gains. Almost all of the individuals aged 65 and over emphasized that they could not keep up with the flow of time. They have expectations for the future involving experiences they had postponed and this lays the foundation for understanding and flow of time. This theme underlines the deferred times and preciousness of time. Data sources used in the research indicate that when old people notice that they were not aware of many things they understand the importance of certain things in the existing situation, and this understanding may guide them for their potential experiences in life in the future. The negativity of the existing situation is dispersed with the expectation of what will come in the future. In a way, the future makes the difficult condition they are in more bearable. Here the perspective of individuals on life and temporality guide them in terms of overcoming the situation.

Here, it is possible to say that the "autotelic experience" defined as an aspect of flow by Csikszentmihalyi (1990) represents expectations and benefits (Jackson & Marsh, 1996). Autotelic experience is a rewarding experience and Csikszentmihalyi describes this as the outcome of being in the flow. When this experience is considered in the context of being locked down at home during the pandemic, individuals believe that good and beautiful days are waiting from them as an outcome of bearing all this. This theme emerges as the catalyst of the flow and is considered to represent reunion. All kinds of psychological and social gains that will be acquired at the end of the lockdown and help the individual win a victory are considered to be associated with this theme.

Belief and Spiritual View

It may be suggested that the spiritual views and beliefs of this age group is what

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determines the passage of time in a confined area. Beliefs, values and spiritual views of these individuals act as important catalysts in accepting the outbreak and managing a difficult situation, and therefore filling in time. Drawing strength from the morale they find in their children and grandchildren to endure, emerges as a typical view in this age group. It is possible to say that this theme is somehow related to "sense of control" described by Csikszentmihalyi (1990) and represents the phenomenon of "to have the feeling to do something in the existing situation" Data sources indicate that individuals that had to stay at home during the pandemic lockdown (particularly homemakers and pensioners that do not have a second job) considered this situation like an ordinary one. The fact that life at home during the pandemic lockdown is not different from life at normal times seems like "rationalizing" the situation.

Psychosocial Support

It is possible to discuss a series of factors under the theme of psychosocial support. In fact, the support of the spouse, children and other family members and media programs, advertorials and advertisements emphasizing the value of this age group may all be considered as a kind of psychosocial support. Similarly, the attachment to nostalgia was also considered a kind of psychosocial support by the participants of the research. The meaning attached to quantity and importance of telephone conversations, particularly video calls made with loved ones also emerges as psychosocial support. These calls help elderly people confined to their homes, to endure this challenging time, and function as important psychosocial mechanisms that optimize the flow of time. Respondents, who reported that they celebrated their birthday with their children for the first time in years and received more attention, affection and support from them, and that their family relations gained depth, also underlined the existence of psycho-social support.

Engagement

Engagement refers to being involved in any kind of activity. Individuals in this age group are involved in doing exercises for their hands or arms, or engage in light workout and all kinds of housework. Traditional handicraft, reading the Quran, watching TV programs and shows are among other home-based leisure activities. Another concept that can be discussed under engagement is, discovery. The pandemic lockdown was an opportunity for individuals, who were aware of their talents but could not discover their creativity in their normal routine because of lack of time. Making oil paintings or repairs as a hobby is associated with creativity. It should be underlined that the perspective of individuals, who have a job, is different from those who do not have a job. Individuals, who are pensioners or homemakers tried to pass the time with various activities, however individuals, who have a job indicate that the time stops and does not flow after they engage in activities. The engagement theme is closely related to concentration on task at hand, which is a dimension of the flow (Jackson & Marsh, 1996), and it is also associated with concentration (Havitz & Mannell, 2005) and absorption.

Many studies support that the engagement theme is closely related to the most prominent three elements of flow: absorption (i.e. the total immersion in an activity), enjoyment and intrinsic motivation (Csikszentmihalyi, 2020). These three elements are the fundamental components that are generally included in the study of the flow. Being engaged in any activity such as an idea, game, movie, sewing, traditional handicraft seems to support these three components of the flow. For instance, preparing a meal in a longer time during the outbreak is an indication of enjoyment. Similarly, a homemaker, combining house cleaning with music and dance makes this chore joyful. As such, an individual making a new oil painting or playing a musical instrument after a long break represents enjoyment shaped with absorption as a result of intrinsic motivation.

DISCUSSION AND CONCLUSION

As associations between the COVID-19 lockdown and home-based leisure activities in the older population (aged 65 and over) are largely unknown, this study examined whether

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flow theory was able to explain this relationship. This case study was the first to investigate the role of flow as a facilitator between COVID-19 lockdown and home-based leisure activities in the older population, from which it was found that the older who reported individual perception and behaviors such as time cycle, belief and spiritual view, expectation, psychosocial support or engagement exhibited important factors.

The originality of this paper lies in the fact this is the first study to investigate relationship among flow, home-based leisure, leisure constraints and COVID-19, among the adult aged 65+ population. The results of a qualitative case study revealed six themes: (1) mandatory awareness, harmoniousness, and obedience, (2) cycle of time, (3) expectation and benefit, (4) belief and spiritual view, (5) psychosocial support, (6) and engagement. The results showed that perceptions and experiences may be associated with overcoming difficulties and the ability to look ahead. The findings also suggest that leisure activities, beliefs, and spirituality are indispensable parts of life during flow.

According to both flow theory and leisure theory, activity engagement, beliefs, and psychosocial support within an outbreak context can be facilitators in overcoming difficult situations. Beliefs and spiritual views, compared to activity engagement, is more likely to decrease sensitivity to the outbreak that significantly affects the elderly population's life due to vital health risks. Drawing from outbreak perspectives, the current study contributes previous research on the relation between home-based leisure and flow; specifically, we considered how recreational activities during outbreak lockdown might influence people in the high-risk elderly population. In this difficult process, the assumption that leisure services provided to all who need them, in a manner that fits their needs substantially, may reduce inequalities. Based on this assumption, applications such as free books, movies, TV series, and theater during the epidemic were significant leisure applications to allow a more enjoyable time for all who stayed at home during the COVID-19 pandemic.

Given these findings, consideration should be given to how home-based leisure during an outbreak is conceptualized within constraints. It was also interesting that the elderly adapted to and obeyed this process after obtaining awareness of the importance of the epidemic. Against expectations, an interesting finding from this case study was that older people experienced negative feelings, but they also experienced positive ones. Although compulsory leisure time may be correlated with negative moods, some themes of the study seem to be conditioned on the effects of other variables, in this case the necessity of alternativeness and optimism.

Some theoretical implications for home-based leisure regarding outbreak and flow theory literature may also be drawn from our findings. The findings of this research have some interesting implications in this regard. The findings of this research have also important managerial and/or governance implications. When servicing the population aged 65 and over during important events such as epidemics (COVID-19) or natural events, it is important for local managers/governors to provide services by detecting physical, social and psychological needs. Given that the most vulnerable group is the elderly, and therefore carries implications for age group equality, the quality of governance can clearly have important implications for aged 65 and over. Considering the findings about the relationship between flow and older people's engagement level, government and municipal administrators should consider establishing psychosocial practices and policies to prevent older from feeling emotionally exhausted from remaining in their home place.

LIMITATION AND FUTURE STUDIES

As with many such qualitative case studies, while the findings from the current study offer valuable and interesting insight into home-based recreation during COVID-19 and its associations with flow theory, the study is not without limitations. In terms of comparison, no other case studies on the relationship between leisure and flow during an outbreak on older populations were applied. Furthermore, the case study method is limited to the small number of people reached, indirect

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observations, and secondhand data. The lifestyle of the elderly at home is largely linked to the culture they live in, the type of family, and their family relationships. The value attributed to older people in Turkey may be different from Western culture and even Eastern culture. Thus, when interpreting the results, great caution must be taken. We recommend that future research examine the relationship between leisure and flow during outbreaks in different cultures. Additionally, the current study did not assess the role of psychological features, such as personality types or psychological mental health. Future studies that can integrate these features will be able to give broader perspectives on the subject.

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