

Examination of the Leisure Time Satisfaction and Happiness Levels of Folk Dancers

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**Abstract**

The aim of this research conducted with folk dancers is to examine the leisure time, satisfaction and happiness levels of folk dancers. In this context, the universe sample group of the relevant research was 75 folk dancers in Alanya. The relevant data was collected from folk dancers through Google forms. In the study, short Oxford happiness and leisure time satisfaction scale was used as a data collection medium. SPSS 26.0 program was used in the analysis of the data obtained within the scope of the study. In the study, the normality of the data was examined by looking at the skewness and kurtosis values before the analysis. Since the skewness and kurtosis values of the data obtained from folk dancers are between  $-1.5 + 1.5$  reference values, the normal distribution is accepted (Tabachnick and Fidell, 2013). Therefore, sample t test, one-way analysis of variance and Pearson correlation analysis independent of parametric tests were performed in the study. As a result of this research, which was carried out to examine the leisure time and happiness levels of folk dancers, it was found that the leisure time satisfaction levels of male folk dancers were higher than female folk dancers, and as the education level decreased, happiness was affected accordingly.

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**Halk Oyuncularının Serbest Zaman Doyum ve Mutluluk Düzeylerinin İncelenmesi**

**Öz**

Halk oyuncular ile gerçekleştirilen bu araştırmanın amacı halk oyuncularının serbest zaman doyum ve mutluluk düzeylerinin incelenmesidir. Bu kapsamda ilgili araştırmanın evren örneklem grubu Alanya ilinde halk oyuncu olan 75 halk oyuncu katılım sağlanmıştır. Bu kapsamda ilgili veriler halk oyuncularından Google formlar ile toplanmıştır. Araştırmada veri toplanma aracı olarak kısa Oxford mutluluk ve serbest zaman tatmin ölçeği kullanılmıştır. Çalışma kapsamında elde edilen verilerin analizinde SPSS 26.0 programından yararlanılmıştır. Araştırmada analizlere geçilmeden önce verilerin normalliği, çarpıklık ve basıklık değerlerine bakılarak incelenmiştir. Halk oyuncularından elde edilen verilerin çarpıklık ve basıklık değerleri  $-1,5 + 1,5$  referans değerleri arasında yer aldığı için normal dağılım kabul edilmiştir (Tabachnick ve Fidell, 2013). Dolayısıyla araştırmada parametrik testlerden bağımsız örneklem t testi, tek yönlü varyans analizi ve Pearson korelasyon analizi yapılmıştır. Halk oyuncularının serbest zaman ve mutluluk düzeylerinin incelenmesi amacıyla gerçekleştirilen bu araştırmada sonuç olarak; erkek halk oyuncularının serbest zaman doyum düzeylerinin kadın halk oyuncularına oranla daha yüksek olduğu, eğitim durumu düştükçe buna bağlı olarak mutluluğunda etkilendiği tespit edilmiştir.

**Anahtar kelimeler:** Halk Oyunları, Serbest Zaman, Doyum, Mutluluk

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## Introduction

Leisure time is the time when individuals can do activities that they want to do in a satisfying or fulfilling way (or both) (Stebbins, 2016). In their leisure time, which occurs in various dimensions and times, people participate in activities actively or passively for various purposes (such as rest, entertainment, health, etc.) inside or outside the home, in indoor/outdoor spaces (Karaküçük, 2014). Leisure time activities that satisfy important needs such as belonging to a group, physical and mental development, self-expression play an important role in the socialization of people and the development of their social environment, in the relief from the stress brought by work and daily life and uniform lifestyle (Ardahan and Yerlisu-Lapa, 2010).

The purpose of the leisure time phenomenon is to learn to actively participate in the socio-cultural environment in which the individual is located and to share the values, rules and norm systems required by this environment with others and to interpret them correctly. (Ağaoğlu and Boyacı, 2013). The state of being satisfied or dissatisfied with the leisure time activities can be expressed as leisure time satisfaction. Leisure time satisfaction at some point characterizes the degree to which a person is satisfied with his or her life (Altuntaş, 2023). Leisure time satisfaction, which includes individual expectations from previous experiences, individual achievements, and the level of satisfaction one derives from other leisure activities, will lead to satisfaction if expectations are met, but a sense of dissatisfaction when expectations are not met (Du Cap, 2002). According to Karaca (2022), the most important factor in leisure time is happiness. According to Dikici (2020), there are also differences in happiness levels depending on the leisure time satisfaction levels of individuals.

The concept of happiness has been the subject of many academic research. The concept of happiness, which has been thought about by important philosophers and scientists and labored to be fully understood, is defined by the Turkish Language Association as “the state of pride in achieving all aspirations completely and continuously, happiness, contentment, bliss” (TDK, 2022). Veenhoven, who has important research on happiness, expresses happiness as the individual's having a positive thought about the quality of life and enjoying life under all circumstances (Veenhoven, 1991). Kalyoncu and Erboğa (2012), who deal with a different approach to happiness, express happiness as “the feeling of satisfaction that occurs when physical and spiritual needs are met, and talents have the opportunity to practice”. This research is based on the idea that individuals who participate in leisure time activities will also have high happiness levels. Based on this idea, the aim of the study is to examine the leisure time, satisfaction and happiness levels of folk dancers

## **Method**

“During the current research” Higher Education Institutions Scientific Research and Publication Ethics Directive.

### ***Research Model***

In this research, which is planned to be carried out with folk dancers, the relational screening model, which is among the quantitative research methods, was used. According to Karasar (2010), research approaches that aim to describe a situation that has existed in the past years or still exists as it exists are called relational survey model. The main purpose of the research carried out with the basic model is to describe the characteristics of a particular group (Fraenkel and Wallen, 2009). According to Büyüköztürk, Kılıç-Çakmak, Akgün, Karadeniz and Demirel (2008), relational screening models expressed as correlations examine the level of change of two or more variables.

### ***Sample Group***

The universe and sample group of this research, which was carried out with folk dancers, consists of 75 folk dancers residing in Antalya. Within the scope of the study, simple random sampling method was used as the sampling method.

### ***Data Collection Instruments***

#### ***Oxford Happiness Scale-Short Form (OHS-S)***

Developed by Hills and Argyle (2002), OHS-S consisting of 7 questions was used by Doğan and Akıncı Çötök (2011) to measure the level of happiness in Turkish. The inverse score questions on the scale are items 1 and 7. The scale consists of 5-point Likert type responses of strongly disagree, disagree, somewhat agree, agree and strongly agree. The scale was found suitable for use by adults. The score of the participants from the scale was determined as minimum 7 and maximum 35. It is stated that the higher the score obtained from the scale, the higher the happiness level of the participant (Doğan, Akıncı and Çötök, 2011). In this study, the cronbach alpha reliability coefficient of the Oxford happiness scale was determined as 0.86.

#### ***Leisure Time Satisfaction Scale***

The leisure time satisfaction scale, developed by Beard and Ragheb (1980) and tested for validity and reliability by Karlı et al. (2008), consists of 39 items. This scale basically determines the level of satisfaction of individuals with the activities they do in their leisure time. This scale, which consists of a total of 6 sub-dimensions as psychological, physiological, sociological, educational, relaxation and aesthetics, is of the 5-point Likert type. Developed by Karlı et al. (2008), this scale

was found to have an internal consistency coefficient of 0.96. In this study, the Cronbach alpha coefficient of the leisure time satisfaction scale was 0.92. The distribution of these coefficients according to sub-dimensions is 0.87 for the psychological sub-dimension, 0.78 for the educational sub-dimension, 0.77 for the social sub-dimension, 0.70 for the relaxation sub-dimension, 0.89 for the physiological sub-dimension and 0.85 for the aesthetic sub-dimension.

### Data Analysis

In the study, the data obtained from the folk dancers were analyzed in SPSS 26 program. In the study, the normality of the data was examined by looking at the skewness and kurtosis values before the analysis. Since the skewness and kurtosis values of the data obtained from folk dancers are between -1.5 + 1.5 reference values, the normal distribution is accepted (Tabachnick and Fidell, 2013). Therefore, sample t test, one-way analysis of variance and Pearson correlation analysis independent of parametric tests were performed in the study.

### Ethics of Research

The ethics committee of this research was received from Alanya Alaaddin Keykubat University, Social and Human Sciences Scientific Research Ethics Committee on 06.06.2023.

### Results

Table 1  
Demographic Characteristics of Folk Dancers Participating in the Research

		Frequency (f)	Percentage (%)
Gender	Female	40	53,3
	Male	35	46,7
	<b>Total</b>	<b>75</b>	<b>100</b>
Age	18-22	35	46,7
	23-27	21	28,0
	28 years and older	19	25,3
	<b>Total</b>	<b>75</b>	<b>100</b>
Education Status	High school	30	40,0
	Associate's degree	20	26,7
	Bachelor's degree	15	20,0
	Postgraduate Degree	10	13,3
	<b>Total</b>	<b>75</b>	<b>100</b>
Leisure Time Activity Areas	Outdoor Activities	46	61,3
	Indoor Activities	29	38,7
	<b>Total</b>	<b>75</b>	<b>100</b>
Daily Leisure Time Duration	1-3 Hours	76	56,0
	4-6 Hours	87	44,0
	<b>Total</b>	<b>75</b>	<b>100,0</b>

Table 1 shows the demographic characteristics of the folk dancers who participated in the research. Accordingly, 53,3% (n=40) of this study, which was conducted to examine the leisure time satisfaction and happiness levels of folk dancers, consisted of female folk dancers, while 46,7%

(n=35) were male participants. When the age distribution of the folk dancers is analysed, 46,7% (n=35) of them are between the ages of 18-20, 28,0% (n=21) are between the ages of 23-27, and 25,3% (n=19) are 28 years and over.

When the folk dancers who participated in the research are analysed according to their educational status; it is seen that 40,0% (n=30) are high school, 26,7% (n=20) are associate degree, 20,0% (n=15) are undergraduate and 13,3% (n=10) are postgraduate.

Another question that constitutes the purpose of the research is which activities the folk dancers spend their leisure time with. In this context, it was found that 61,3% (n=46) of the folk dancers evaluated their leisure time with outdoor activities, and 38,7% (n=29) of them evaluated their leisure time with indoor activities. Within the scope of the study, 56,0% (n=76) allocate 1-3 hours of time to these activities, while 44,0% (n=87) allocate 4-6 hours of time daily to the activities they perform in these areas.

**Table 2**  
Comparison of Happiness and Leisure Time Satisfaction of Folk Dancers According to Gender Variable

		N	Avg.	Ss	t	p
Happiness	Female	40	4.17	0,65	1,10	0,27
	Male	35	4.02	0,51		
Leisure Time Satisfaction	Female	40	3.35	0,34	-7,53	0,00
	Male	35	4.00	0,41		
Psychological	Female	40	2.51	0,90	-7,47	0,00
	Male	35	3.81	0,59		
Education	Female	40	3.56	0,35	-8,91	0,00
	Male	35	4.34	0,39		
Sociological	Female	40	3.60	0,36	-2,44	0,01
	Male	35	3.90	0,62		
Relaxation	Female	40	3.76	0,86	-0,46	0,65
	Male	35	3.84	0,64		
Physiologic	Female	40	3.39	0,52	-2,33	0,02
	Male	35	3.75	0,77		
Aesthetic	Female	40	3.72	0,71	-5,37	0,00
	Male	35	4.56	0,62		

\*Independent sample t test, p<0,05

There was no difference in the happiness levels of the folk dancers according to the gender variable (p>0,05). When the leisure time satisfaction and sub-dimensions were examined, there was no difference in terms of gender variable only in the relaxation sub-dimension (p>0,05). Accordingly, total leisure time satisfaction is higher in men (4,00) than in women (3,35). When the sub-dimensions in which the difference in leisure time satisfaction was found to be significant according to gender (p<0,05) were examined, the psychological, educational, sociological, physiological and aesthetic leisure time satisfactions of male folk dancers were found to be higher than female dancers.

**Table 3**  
**Comparison of Happiness and Leisure Time Satisfaction of Folk Dancers According to Age Variable**

		<b>N</b>	<b>Avg.</b>	<b>Ss</b>	<b>F</b>	<b>p</b>	<b>Difference</b>
Happiness	18- 22 <sup>1</sup>	35	4,15	0,49	6,43	0,00	3<1.2
	23- 27 <sup>2</sup>	21	4,36	0,70			
	28 years and older <sup>3</sup>	19	3,73	0,47			
Leisure Time Satisfaction	18- 22 <sup>1</sup>	35	3,64	0,46	2,57	0,08	-
	23- 27 <sup>2</sup>	21	3,83	0,57			
	28 years and older <sup>3</sup>	19	3,48	0,42			
Psychological	18- 22 <sup>1</sup>	35	3,09	1,04	2,76	0,07	-
	23- 27 <sup>2</sup>	21	3,48	0,91			
	28 years and older <sup>3</sup>	19	2,75	0,93			
Education	18- 22 <sup>1</sup>	35	4,00	0,59	1,30	0,27	-
	23- 27 <sup>2</sup>	21	3,96	0,38			
	28 years and older <sup>3</sup>	19	3,76	0,55			
Sociological	18- 22 <sup>1</sup>	35	3,61	0,44	3,52	0,03	1<2
	23- 27 <sup>2</sup>	21	3,98	0,71			
	28 years and older <sup>3</sup>	19	3,71	0,27			
Relaxation	18- 22 <sup>1</sup>	35	4,01	0,70	2,71	0,07	-
	23- 27 <sup>2</sup>	21	3,63	0,83			
	28 years and older <sup>3</sup>	19	3,59	0,70			
Physiologic	18- 22 <sup>1</sup>	35	3,35	0,83	5,23	0,00	1<2
	23- 27 <sup>2</sup>	21	3,92	0,79			
	28 years and older <sup>3</sup>	19	3,56	0,65			
Aesthetic	18- 22 <sup>1</sup>	35	4,25		1,95	0,14	-
	23- 27 <sup>2</sup>	21	4,16				
	28 years and older <sup>3</sup>	19	3,81				

\*One-way analysis of variance,  $p < 0,05$

A difference was observed in the happiness levels of the folk dancers participating in the study according to the age variable ( $p < 0,05$ ). When leisure time satisfaction and its sub-dimensions were examined, it was concluded that there was a difference in sociological and physiological sub-dimensions ( $p < 0,05$ ), while there was no difference in others ( $p > 0,05$ ).

The variances in the happiness levels and sociological and physiological satisfaction of the folk dancers were not found to be homogeneous, so the comparisons of the groups were made with the Games-Howell multiple comparison test. According to the Games-Howell test, the happiness levels of folk dancers aged 28 and over (3,73) were lower than those of folk dancers aged 18-22 years (4,15) and 23-27 years (4,36). In the sociological and physiological leisure time satisfaction of folk dancers, the satisfaction of folk dancers aged 18-22 years was lower than that of folk dancers aged 23-27 in both sub-dimensions.

Table 4

Comparison of Happiness and Leisure Satisfaction of Folk Dancers According to the Education Variable

		N	Avg.	Ss	F	p	Difference
Happiness	High School <sup>1</sup>	30	3,42	0,17	453,58	0,00	1<2,3,4
	Associate's degree <sup>2</sup>	20	4,34	0,11			
	Bachelor's degree <sup>3</sup>	15	4,63	0,07			
	Postgraduate <sup>4</sup>	10	4,87	0,10			
Leisure Time Satisfaction	High School <sup>1</sup>	30	3,65	0,42	1,30	0,28	-
	Associate's degree <sup>2</sup>	20	3,73	0,44			
	Bachelor's degree <sup>3</sup>	15	3,75	0,68			
	Postgraduate <sup>4</sup>	10	3,39	0,46			
Psychological	High School <sup>1</sup>	30	2,82	1,05	2,04	0,11	-
	Associate's degree <sup>2</sup>	20	3,35	0,84			
	Bachelor's degree <sup>3</sup>	15	3,49	1,02			
	Postgraduate <sup>4</sup>	10	2,96	0,99			
Education	High School <sup>1</sup>	30	3,93	0,37	1,21	0,31	-
	Associate's degree <sup>2</sup>	20	4,08	0,72			
	Bachelor's degree <sup>3</sup>	15	3,84	0,61			
	Postgraduate <sup>4</sup>	10	3,72	0,32			
Sociological	High School <sup>1</sup>	30	3,75	0,42	3,36	0,02	4<3
	Associate's degree <sup>2</sup>	20	3,65	0,45			
	Bachelor's degree <sup>3</sup>	15	4,05	0,73			
	Postgraduate <sup>4</sup>	10	3,43	0,30			
Relaxation	High School <sup>1</sup>	30	3,94	0,74	7,24	0,00	4<1.2
	Associate's degree <sup>2</sup>	20	4,20	0,54			
	Bachelor's degree <sup>3</sup>	15	3,40	0,40			
	Postgraduate <sup>4</sup>	10	3,17	0,98			
Physiologic	High School <sup>1</sup>	30	3,72	0,60	2,43	0,07	-
	Associate's degree <sup>2</sup>	20	3,26	0,49			
	Bachelor's degree <sup>3</sup>	15	3,72	0,75			
	Postgraduate <sup>4</sup>	10	3,43	0,83			
Aesthetic	High School <sup>1</sup>	30	4,25	0,56	2,41	0,07	-
	Associate's degree <sup>2</sup>	20	4,30	0,86			
	Bachelor's degree <sup>3</sup>	15	3,91	0,93			
	Postgraduate <sup>4</sup>	10	4,11	0,85			

\*One-way analysis of variance, p<0,05

There was a difference in the happiness levels of the folk dancers participating in the study according to the education variable (p<0,05). When leisure time satisfaction and its sub-dimensions

were examined, a difference was observed in sociological and relaxation sub-dimensions ( $p < 0,05$ ), while no difference was found in others ( $p > 0,05$ ).

The variances were not found homogeneous in the happiness levels and sociological and relaxation satisfaction of the folk dancers, so the comparisons of the groups were made with the Games-Howell multiple comparison test. According to the Games-Howell test, the happiness levels of folk dancers with high school graduation (3,42), associate degree (4,34), undergraduate (4,63) and graduate (4,87) education were obtained significantly lower than those of folk dancers. When the sociological satisfaction of folk dancers is examined, the sociological satisfaction of folk dancers with graduate education (3,43) is lower than that of undergraduate graduates (4,05). Relaxation satisfaction is lower in graduate folk dancers (3,17), high school (3,94) and associate degree (4,20) graduates.

Table 5

Comparison of Happiness and Leisure Satisfaction of Folk Dancers According to the Variable of Leisure Time Activity Areas

		<b>N</b>	<b>Avg.</b>	<b>Ss</b>	<b>t</b>	<b>p</b>
Happiness	Outdoor	46	3,99	0,52	-2,00	0,04
	Indoor	29	4,27	0,66		
Leisure Time Satisfaction	Outdoor	46	3,92	0,44	9,17	0,00
	Indoor	29	3,23	0,19		
Psychological	Outdoor	46	3,29	1,22	2,39	0,02
	Indoor	29	2,83	0,35		
Education	Outdoor	46	4,22	0,41	8,09	0,00
	Indoor	29	3,46	0,34		
Sociological	Outdoor	46	3,85	0,63	2,83	0,00
	Indoor	29	3,57	0,15		
Relaxation	Outdoor	46	4,32	0,39	15,35	0,00
	Indoor	29	2,96	0,33		
Physiologic	Outdoor	46	3,82	0,72	5,83	0,00
	Indoor	29	3,14	0,24		
Aesthetic	Outdoor	46	4,67	0,36	16,87	0,00
	Indoor	29	3,23	0,35		

\*Independent sample t test,  $p < 0,05$

The happiness levels of the folk dancers participating in the study differed according to the variable of leisure time activity areas ( $p < 0,05$ ). There was a difference in leisure time satisfaction and all sub-dimensions according to the variable of leisure time activity areas of folk dancers ( $p < 0,05$ ).

The happiness levels of the folk dancers who participated in the indoor activities were higher than those who participated in the outdoor activities. The total satisfaction of leisure time and the psychological, educational, sociological, relaxation, physiological and aesthetic satisfaction of folk dancers participating in outdoor activities are higher than those participating in indoor activities.



Table 6

Comparison of Happiness and Leisure Time Satisfaction of Folk Dancers According to the Daily Leisure Time Variable

		N	Avg.	Ss	t	p
Happiness	1-3 Hours	42	4,02	0,54	-1,32	0,18
	4-6 Hours	33	4,20	0,65		
Leisure Time Satisfaction	1-3 Hours	42	3,89	0,45	5,62	0,00
	4-6 Hours	33	3,35	0,37		
Psychological	1-3 Hours	42	3,24	1,27	1,17	0,24
	4-6 Hours	33	2,96	0,48		
Education	1-3 Hours	42	4,19	0,42	5,61	0,00
	4-6 Hours	33	3,59	0,48		
Sociological	1-3 Hours	42	3,82	0,65	1,68	0,09
	4-6 Hours	33	3,64	0,23		
Relaxation	1-3 Hours	42	4,37	0,37	14,11	0,00
	4-6 Hours	33	3,06	0,42		
Physiologic	1-3 Hours	42	3,77	0,73	3,47	0,00
	4-6 Hours	33	3,29	0,46		
Aesthetic	1-3 Hours	42	4,66	0,38	10,40	0,00
	4-6 Hours	33	3,41	0,60		

\*Independent sample t test,  $p < 0,05$

There was no difference in the happiness levels of the folk dancers participating in the study according to the daily leisure time variable ( $p > 0,05$ ). When the leisure time satisfaction and sub-dimensions were examined, no difference was found in the psychological and sociological sub-dimensions ( $p > 0,05$ ), and differences were obtained in the others ( $p < 0,05$ ).

Accordingly, the total leisure time satisfaction and educational, relaxation, physiological and aesthetic satisfaction of the folk dancers with 1-3 hours of daily leisure time were found to be higher than those with 4-6 hours of leisure time per day.

Table 7

The Relationship Between the Happiness Levels of Folk Dancers and Their Leisure Time Satisfaction

		1	2	3	4	5	6	7
<b>Happiness</b>	<b>r</b>	-0,05	0,17	-0,90	0,001	-0,30**	-0,13	-0,24*
	<b>p</b>	0,66	0,12	0,44	0,99	0,00	0,23	0,03

Pearson Correlation Analysis, \*\* $p < 0,01$ , \* $p < 0,05$

1. Leisure time satisfaction, 2. Psychological satisfaction, 3. Educational satisfaction, 4. Sociological satisfaction, 5. Relaxation satisfaction, 6. Physiologic satisfaction, 7. Aesthetic satisfaction

When the relationship between the happiness levels of folk dancers and their leisure time levels was examined, no significant relationship was found between happiness and total leisure time satisfaction ( $p > 0,05$ ). In terms of the sub-dimensions of leisure time satisfaction, there was a negative significant relationship between happiness levels and relaxation satisfaction ( $p < 0,01$ ) and between happiness levels and aesthetic satisfaction ( $p < 0,05$ ).

## Discussion and Conclusion, Suggestions

Leisure time is defined as the time outside of working life when the individual is free from all obligations or connections both for himself/herself and for others and is free to engage in an activity of his/her own choice, when the individual is absolutely independent and free (Tezcan, 1993). Leisure time is the time that an individual has other than maintaining his/her biological life and earning (Aalhennawı, 2023). Thus, leisure time also refers to the time when we are free in our choices (Örteş, 2010). According to Yaman (2016), individuals who participate in some activities in their leisure time reach satisfaction at the end of these activities. This satisfaction is expressed as the satisfaction that the individual has achieved in the leisure time activity.

In a study conducted by Ayhan and Özel (2020), participation in leisure time activities made a significant contribution to the achievement of leisure time pleasure. The aim of this research conducted with folk dancers is to determine the leisure time satisfaction and happiness levels of folk dancers. In this research conducted with folk dancers in Antalya, 75 volunteer folk dancers participated. Güvendi (2023), who examined the leisure time satisfaction levels of physical education teachers according to the gender variable, found that there was no significant difference between these two variables. Gümüş, Işık, Karakullukçu and Yıldırım (2014), who examined the leisure time satisfaction levels of high school students, found that leisure time satisfaction did not differ according to gender. Dikici (2020), who examined the leisure time satisfaction levels of university students according to the gender variable, found that significant differentiation occurred between these two variables. In this study, in which the leisure time satisfaction levels of folk dancers were examined according to the gender variable, male folk dancers had high levels of leisure time satisfaction. This finding reached in the current research is only similar to the results reached by Dikici (2022).

While water, air, food, and sleep may seem sufficient for a person to survive, human beings need vital bonds to maintain and develop their mental and spiritual integrity. A person who is not in a social relationship and becomes lonely cannot get satisfaction from life. It is an essential need for people to establish a bond in order to be happy (Cumalıoğlu, 2020). There are many factors affecting the concept of happiness, especially the individual himself/herself and his/her environment (Kangal, 2013). Happiness is affected by many factors such as family, living environment, health status and income (Arslan, 2023). These factors determine people's life expectancy and affect their well-being. Luck is also associated with factors such as power, success, work, health, love, and money, and other variables that determine happiness are income, work environment, health status, family and social relationships, feelings of security and freedom, and moral values (Ahn, Garcia and Jimeno, 2004). In this study, the happiness levels of folk dancers were examined according to the gender variable and it was found that there was no differentiation between these two variables. According to Lu and Shih

(1997), there was a significant relationship between happiness and gender. In the study conducted by Lu and Shih (1997), men were happier than women. This result obtained in the study conducted by Lu and Shih (1997) does not support the finding of the current study.

Altuntaş (2023), who examined the leisure time satisfaction levels of individuals according to age variable, could not detect a significant difference between these two variables. In Önder and Bilgin (2022), who examined the leisure time satisfaction levels of the students studying in the faculty of sports sciences according to the age variable, they found that there was no significant difference between leisure time satisfaction and age. In this research, where the leisure time satisfaction levels of folk dancers are examined according to age variable, it was found that the sociological and physiological satisfaction sub-dimension score averages of the folk dancers in the range of 23-27 were higher than the individuals in other age groups. Regarding the research findings obtained in this context, it can be said that the characteristics of folk dancers in the 23-27 age range such as meeting new people and communicating are quite high.

According to İşleröğlü (2012), there is a relationship between age and happiness. According to İşleröğlü (2012), this relationship is explained as the ability of the individual to adapt to the new situation by acquiring some experiences as the age increases. Another study by Diener (1984) found that there was no relationship between age and happiness. Based on the statements of the researchers, it is seen that the relationship between age and happiness differs. In this research conducted with folk dancers, it was found that folk dancers in the range of 23-27 were happier than folk dancers in other age groups.

Altuntaş (2023) examined the leisure time satisfaction levels of individuals according to the education status variable. In this context, the leisure time satisfaction levels of individuals whose education status is primary education were high. In addition, in the same study, the psychological sub-dimension averages of the participants whose education status was primary education, which is the sub-dimension of leisure time satisfaction, were higher than the individuals in other groups. According to Altuntaş, Başaran and Çakmak (2022), the psychological dimension related to the emotions of individuals refers to the emotions that the individual feels during the activity process, such as self-confidence and fun. Akay (2021), who examined the leisure time satisfaction levels of physical education teachers according to the educational status variable, found that there was no significant differentiation between these two variables. In this research, where the leisure time satisfaction levels of folk dancers were examined according to the educational status variable, the sociological satisfaction levels of the folk dancers with undergraduate degrees were the highest compared to the individuals in other educational situations. The findings of this research conducted with folk dancers are not similar to the results reached by Akay (2021).

According to Aslan (2023), another concept that affects happiness is education. As a result of the researches, there is a correct relationship between happiness and education (Gençoğlu & Yılmaz, 2014). Research on the relationship between education and happiness shows that as individuals' level of education increases, their happiness will also increase (Hefferon & Boniwell, 2018). In this research conducted with folk dancers, the happiness levels of folk dancers who graduated from high school (3,42), associate degree (4,34), undergraduate (4,63) and graduate (4,87) education were obtained significantly lower than folk dancers. supports the current research finding. It supports this situation expressed by the researchers.

Although participation in recreational activities provides many benefits, some obstacles are also encountered. There are different classifications for the prevention of participation. For example, according to Hall and Page (2006), it is defined as lack of financial resources, lack of access to recreational areas, seasonal barriers, barriers arising from gender and social limitations, physical reasons, and obstacles arising from fashion. For this reason, it may differ in the places where individuals participate in leisure time activities. Demiral (2018) found that individuals who participated in recreational activities in open areas had high average scores only for the physiological sub-dimension. The leisure time satisfaction levels of folk dancers were examined according to the activities they participated in. In this context, it was determined that the leisure time satisfaction levels of the folk dancers who participated in the research and evaluated their leisure time with outdoor activities were higher than the folk dancers who performed their activities in indoor areas.

In the current research, the happiness levels of folk dancers according to the areas where they prefer leisure time activities were examined. Accordingly, the happiness levels of folk dancers who participated in indoor activities were higher than those who participated in outdoor activities. When the literature related to this finding obtained from the research was examined, many researches on the subject were carried out during the Covid-19 period. This finding obtained from the research is basically thought to be due to the fact that we can somehow manage to be happy in indoor spaces due to spending the pandemic period closed in our homes. In addition, the preparatory work of the folk dancers for their artistic activities is due to the fact that they do not want to be seen by other people.

According to Fromm (1995), happiness is seen as the representation of people's positive emotions. Recreational activities, on the other hand, offer individuals both free space and affect their happiness levels with the activities they include. According to Stebbins (2009), recreational activities include an element of entertainment in their structure. According to Buchanan (1983), leisure time and leisure activities are related to concepts such as motivation, satisfaction and happiness. Within the scope of the research, the relationship between leisure time, satisfaction and happiness was

examined. In this context, no significant difference was found between the happiness levels of folk dancers and their leisure time satisfaction levels.

As a result of this research where the leisure time and happiness levels of folk dancers are examined, the leisure time satisfaction levels of male folk dancers were higher than those of female folk dancers, and as the educational level decreased, their happiness was affected accordingly.

Based on this result reached in the research, it may be recommended that the relevant study be carried out on different population and sample groups. In addition, the factors affecting the leisure time satisfaction and happiness levels of folk dancers can be determined.

### **Ethics Committee Permission Information**

Ethics review board: Antalya Alaaddin Keykubat University, Social and Human Sciences Scientific Research Ethics Committee

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### **Statement of Researchers' Contribution Rates**

The entire study was conducted by the sole author of the study.

### **Conflict Statement**

“The author does not have a conflict statement regarding the research.”

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