

The Role of Leisure in Determining the Quality of Life

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Quality of life has become a growing concern for individuals, communities, governments seeking to find out and sustain satisfaction, happiness and a belief in the future in a rapidly changing world. Therefore researchers more concerned with the identification and measurement of key indicators that might enhance quality of life. The way people spend their leisure time is different according to the social and cultural context in each society. Therefore measuring leisure time is different in each society. This paper focuses on how people spend leisure time according to the given indicators. Jaffna district had been selected as a research area and Jaffna AGA division was selected as the study population. Total Resettled families of the Jaffna district is 34032 as at 31st December 2016 (Ministry of Resettlement, Reconstruction and Hindu Religious Affairs). These families have been dispersed among respective AGA divisions. Highest number of families has been resettled in Jaffna AGA division similarly it is 4325 families. Probability sampling technique was employed to select respective sample. Selection of the sample within the area was randomized purposively. A sample of 100 was selected for this study. Data collected from questionnaire and analyzed by using SPSS methods. This paper found both the content and measurement of leisure and its relationship to quality of life. It reports the results of a study that examined the relative importance of selected place and person-centered leisure attributes in predicting quality of life. The study tested a set of objective and subjective indicators that people are most concerned with in their leisure lives. Overall it was found that the person-centered leisure attributes in leisure satisfaction, was the best predictor of quality of life. Further analysis revealed that people who engage with friends more frequently and who are more satisfied with the psychological benefits they derive from leisure, experience higher levels of perceived quality of life.

Keywords: leisure; satisfaction; quality of life; measurement; Indicators