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Coping Strategies For Leisure Barriers: The Example of Reformer Pilates

Ayşe Atasever [1*] | Betül Aydın [1] | Sevdanur Bozkurt [1] | Aybüke Seven [1] | Kübra Urut [1] | Hakan Yapıcı [1]

[1]Faculty of Sport Sciences, Kirikkale University, Kirikkale, Turkey

ABSTRACT

The aim of this study was to examine the coping strategies of adult women practicing reformer pilates in Ankara regarding leisure time barriers. Data were collected using a survey method. A descriptive information form was utilized to gather demographic characteristics, including age, marital status, economic status, education level, and duration of physical activity. The "Leisure Time Barriers Coping Strategies Scale" (LTBCSS), developed by Hubbard and Mannell (2001), modified by Elkins (2004), and validated in Turkish by Yerlisu-Lapa (2014), was employed to assess coping strategies for leisure time barriers. This scale consists of six sub-dimensions with a total of 27 items: time management strategies (1-6), skill acquisition strategies (7-11), interpersonal relationships (12-16), internal validation strategies (17-19), physical fitness strategies (20-22), and financial management (23-27). The data were analyzed using SPSS IBM 25.0 software, and group comparisons were performed.A total of 416 female participants were included in the study. Significant differences were observed in coping strategies for leisure time barriers based on the participants' demographic characteristics. Comparisons conducted across sub-dimensions indicated that time management strategies and physical fitness strategies had a significant impact on the participants' coping abilities. Other sub-dimensions (skill acquisition, interpersonal relationships, internal validation, and financial management) also contributed to the overall coping strategies of the participants. The coping strategies employed by adult women significantly vary according to their demographic characteristics, which in turn affects their ability to manage leisure time barriers. Notably, time management and physical fitness strategies play a crucial role in enhancing participation in physical activities like reformer pilates. It is recommended to promote effective coping strategies and to increase awareness of these strategies among individuals.

Keywords: Free time barrier, reformer pilates, coping strategies

***Corresponding:** Ayşe Atasever; ayseatasever06@gmail.com
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INTRODUCTION

Since the onset of the Industrial Revolution, the rise of mechanization has led to significant changes in the work life. With the decrease in work load, individuals have become more effective in managing their time and have developed a better understanding of the concept of leisure (Altuntaş et al., 2021). In the past, leisure was viewed as a phenomenon that followed obligations such as work and family, but today it is directly linked to experiencing psychological, physical, and mental well-being. In this context, the quality of leisure time and its proper utilization are crucial for individuals' overall well-being (Akgül, Durhan, Türkmen, and Karaküçük, 2023). Particularly for those who face a heavy workload and for the younger generation navigating a sedentary lifestyle shaped by technology, the significance of leisure time offers a great opportunity for self-discovery (Akyol and Akkaşoğlu, 2020).

Leisure time is considered an essential element that enhances individuals' quality of life, acting as a positive driving force for health, happiness, and satisfaction. This time can be viewed as an autonomous space for individuals to develop their skills (Fancourt, Aughterson, Finn, Walker & Steptoe, 2021). Engaging actively in leisure time activities has been shown to lead to greater social support and more positive social interactions (Pressman et al., 2009; Kalkan & Güzel, 2018). However, many people face various barriers that hinder their participation in these leisure activities (Aslan, 2002). The literature identifies the concept of leisure barriers as factors that limit or prevent individuals from engaging in recreational activities, which can be categorized into individual, interpersonal, and structural reasons (Emir, Küçükkılıç, Gürbüz and Öncü, 2022).

Individual barriers are influenced by personal needs, experiences, and attitudes, while interpersonal barriers arise from factors such as social networks and support systems. Structural barriers include economic conditions, availability of facilities, and demographic factors. These barriers often interact; the presence of one barrier can trigger the existence of others (Ayhan and Öçalan, 2022). Individuals can develop various strategies to cope with these barriers and thus facilitate their participation in leisure activities (Pressman et al., 2009). Coping strategies can be defined as methods individuals employ to overcome leisure barriers (Güler et al., 2020).

In today's world, recreational activities that individuals engage in during their leisure time have become an indispensable part of social life (Budak, 2023). Exercise is one of these activities, aiming to preserve, improve, and enhance physical health (Civan, Özdemir, Gencer, and Durmaz, 2018). The sedentary lifestyle that accompanies technological advancements has elevated the importance of exercise, making activities such as Pilates increasingly popular (Gao & Lee, 2019; Sarıdede, 2019).

Reformer Pilates is a rare form of exercise that systematically engages the entire body through various applications, promoting both physical and mental health (Uzun & Demir 2020; Cozen, 2000). By using equipment with different resistance levels, Reformer Pilates supports muscle development while also encouraging the integration of mind and body (Park, Hyun & Jee, 2016). This form of exercise is particularly beneficial for women,

as it enhances muscle endurance without placing excessive strain on their bodies, and it emphasizes effective results in a short time, promoting both physical and mental wellness (Aka, İbiş, and Arıcı, 2020). Akgül et al. (2022) have noted that individuals practicing Pilates exhibit positive coping strategies for dealing with leisure barriers and that these strategies vary according to demographic factors.

The limited research on leisure strategies and the importance of studies focusing on women highlight the potential contribution of this research to the literature. Therefore, the aim of our study is to examine the coping strategies of women practicing Reformer Pilates in relation to leisure barriers.

MATERIALS AND METHODS

Research Model

The aim of this study is to examine the coping strategies of women practicing reformer pilates in pilates studios in Ankara regarding leisure time barriers. The research model is designed as general survey research within quantitative research methods. According to Creswell (2017), survey research aims to quantitatively describe the attitudes, opinions, perceptions, and tendencies of a group. General survey designs are research approaches aimed at describing a past or present situation as it exists (Karasar, 2020). Büyüköztürk et al. (2018) state that studies determining the opinions of participants regarding a topic, as well as their interests, skills, abilities, and attitudes, are referred to as survey research, generally based on larger samples.

Research Group

The participants of this study consist of 416 volunteer women who regularly engage in pilates exercises at pilates studios in Ankara. The sample was determined using a non-probability convenience sampling method.

Data Collection

In this study, the data collection tools included a ‘Personal Information Form’ and the "Leisure Time Barriers Coping Strategies Scale" (LTBCSS), which was developed by Hubbard and Mannell (2001), modified by Elkins (2004), and validated in Turkish by Yerlisu-Lapa (2014). This scale consists of 27 items across six sub-dimensions representing coping strategies for leisure time barriers: time management strategies, skill acquisition strategies, interpersonal relationships, internal validation strategies, physical fitness strategies, and financial management. The scale is a 5-point Likert-type scale, providing a range of responses from '1 – strongly agree' to '5 – strongly disagree'.

Statistical Analysis

In this study, IBM SPSS Statistics 25.0 software was utilized for data analysis. Cronbach's alpha was assessed to evaluate the reliability of the study. The data were found to be normally distributed and binary, meeting the prerequisites for parametric tests. An independent samples t-test was employed for pairwise group comparisons, while ANOVA was used for comparisons involving three or more groups. In cases where ANOVA indicated significant differences, the Tukey post hoc test, a multiple comparison test, was applied to identify which specific groups differed. The following thresholds were established to determine the effect size of the relationships: <0.1 = insignificant; 0.1-0.3 = small; >0.3-0.5 = moderate; >0.5-0.7 = large; >0.7-0.9 = very large; and >0.9 = almost perfect (Hopkins et al., 2009).

Results

Table 1 Analyzing the frequency and percentage distributions of participants' responses to the questions in the personal information form.

Variables	Groups	N	%
Total number of participants		416	100
Age	18-25	76	18.3
	26-40	236	56.7
	41-55	104	25.0
Economic Situation	Bad	55	13.2
	Centre	249	59.9
	Good	112	26.9
Marital Status	Married	229	55.0
	Single	187	45.0
Education Status	High School	48	11.5
	University	283	68.0
	Master's Degree	61	14.7
	PhD	24	5.8
Weekly Physical Activity Status	30 mins	50	19.3
	45 min	147	14.2
	60 mins	137	24.0
	60 min and over	82	35.8

The table 1 presents an analysis of the demographic characteristics and living conditions of a total of 416 participants. Among the age groups, the highest representation is found in the 26-40 age range, accounting for 56.7%, while the 18-25 age group comprises 18.3%

Table 2. T-test results of LNSS (Leisure Negotiation Strategies Scale) scores according to marital status

Dimension	Marital Status	n	Mean	SS	t	p	Cohen's d	Descriptor
Time Management Strategies	Married	229	2.77	0.59	-1.430	0.148	0.13	Trivial
	Single	187	2.84	0.51				
Skill Acquisition Strategies	Married	229	4.02	0.50	-1.009	0.313	0.10	Trivial
	Single	187	4.07	0.45				
Interpersonal Relationships	Married	229	3.05	0.62	-1.731	0.001*	0.96	Very Large
	Single	187	2.44	0.64				
Intrinsic Validation Strategies	Married	229	1.89	0.49	1.218	0.224	0.12	Trivial
	Single	187	1.83	0.50				
Physical Fitness Strategies	Married	229	1.79	0.19	1.153	0.245	0.09	Trivial
	Single	187	1.77	0.22				
Financial Management	Married	229	2.82	0.42	-1.423	0.154	0.15	Trivial
	Single	187	2.88	0.41				

and the 41-55 age group represents 25.0%. Economic situation analysis reveals that 59.9% of participant's report being in an "average" economic condition, 26.9% in a "good" condition, and 13.2% in a "poor" condition. In terms of marital status, 55.0% of participants are married, while 45.0% are single. Regarding educational attainment, 68.0% of participants hold a university degree, with lower representations of high school graduates (11.5%), master's degree holders (14.7%), and doctoral degree holders (5.8%). Weekly physical activity levels indicate that 35.8% of participants engage in over 60 minutes of physical activity, followed by 24.0% who engage in 60 minutes. Overall, it can

be concluded that the participants constitute a relatively young, educated, and economically moderate group

Table 2 shows that marital status significantly affects interpersonal relationship strategies, with married individuals (M = 3.05) scoring higher than singles (M = 2.44, p = 0.001). However, no significant differences were observed in time management (p = 0.148), skill acquisition (p = 0.313), intrinsic validation (p = 0.224), physical fitness (p = 0.245), or financial management strategies (p = 0.154). These results indicate that while marital status influences interpersonal relationships in leisure negotiation strategies, it has little impact on other dimensions.

Table 3. ANOVA Findings on LNSS (Leisure Negotiation Strategies Scale) Scores According to Age Categories

Dimension	Age Groups	n	Mean	SS	F	p	Tukey
Time Management Strategies	18-251	76	2.81	0.48	2.256	0.106	-
	26-402	236	2.83	0.52			
	41-553	104	2.70	0.66			
Skill Acquisition Strategies	18-251	76	4.06	0.55	0.599	0.550	-
	26-402	236	4.02	0.54			
	41-553	104	4.08	0.44			
Interpersonal Relationships	18-251	76	3.08	0.68	2.898	0.059	-
	26-402	236	3.03	0.61			
	41-553	104	2.88	0.62			
Intrinsic Validation Strategies	18-251	76	1.99	0.61	3.542	0.001*	1>2=3
	26-402	236	1.84	0.47			
	41-553	104	1.80	0.43			
Physical Fitness Strategies	18-251	76	1.83	0.27	2.957	0.001*	1>2=3
	26-402	236	1.78	0.19			
	41-553	104	1.75	0.18			
Financial Management	18-251	76	3.03	0.43	9.618	0.001*	1>2=3
	26-402	236	2.81	0.40			
	41-553	104	2.80	0.39			

Table 3 presents the ANOVA findings on Leisure Negotiation Strategies Scale (LNSS) scores according to age groups. There are no statistically significant differences among age groups in time management (p = 0.106), skill acquisition (p = 0.550), and interpersonal relationships (p = 0.059) strategies. However, in terms of intrinsic validation strategies (F = 3.542, p = 0.001), the 18-25 age group (mean = 1.99) shows a significant difference compared to the other groups (26-40 years M = 1.84; 41-55 years M = 1.80). Similarly, physical fitness strategies (F = 2.957, p = 0.001) reveal a trend where the 18-25 age group (mean = 1.83) scores higher than the other age groups. Additionally, in financial management strategies, the 18-25 age group (mean = 3.03) has significantly higher scores compared to the 26-40 (mean = 2.81) and 41-55 (mean = 2.80) age groups (F = 9.618, p = 0.001). These findings indicate that younger individuals possess a distinct advantage in specific strategies and highlight the impact of age, particularly on intrinsic validation, physical fitness, and financial management strategies.

Table 4. ANOVA results of LNSS (Leisure Negotiation Strategies Scale) scores according to Economic Situation

Dimension	Economic	n	Mean	SS	F	p	Tukey

	Situation						
Time Management Strategies	Bad1	55	2.81	0.38	0.071	0.931	-
	Middle2	249	2.80	0.54			
	Good3	112	2.78	0.65			
Skill Acquisition Strategies	Bad1	55	3.95	0.49	1.156	0.316	-
	Middle2	249	4.06	0.46			
	Good3	112	4.05	0.51			
Interpersonal Relationships	Bad1	55	3.06	0.58	0.677	0.509	-
	Middle2	249	2.97	0.62			
	Good3	112	3.04	0.66			
Intrinsic Validation Strategies	Bad1	55	2.08	0.51	7.037	0.001*	1>3>2
	Middle2	249	1.80	0.47			
	Good3	112	1.88	0.50			
Physical Fitness Strategies	Bad1	55	1.82	0.23	1.604	0.202	-
	Middle2	249	1.77	0.19			
	Good3	112	1.79	0.21			
Financial Management	Bad1	55	2.83	0.31	0.614	0.542	-
	Middle2	249	2.87	0.37			
	Good3	112	2.82	0.52			

Table 4 presents the ANOVA findings on Leisure Negotiation Strategies Scale (LNSS) scores according to economic situation. In the Time Management Strategies dimension, there is no significant difference among the groups (F = 0.071, p = 0.931), indicating that economic situation does not significantly impact this dimension. Similarly, for Skill Acquisition Strategies, no significant differences were observed, with an F value of 1.156 and a p value of 0.316. In the Interpersonal Relationships dimension, there is also no statistically significant difference (F = 0.677, p = 0.509), suggesting that economic situation does not affect interpersonal relationship strategies. However, Intrinsic Validation Strategies show a different result, with an F value of 7.037 and a p value of 0.001, indicating a significant effect of economic situation on this dimension. The group with a bad economic situation (M = 2.08) scored higher compared to the other groups (Good M = 1.88; Middle M = 1.80). For Physical Fitness Strategies, the F value is 1.604 and the p value is 0.202, showing no significant difference among the groups. Finally, no statistically significant differences were found in the Financial Management dimension (F = 0.614, p = 0.542). These results highlight that economic situation has a notable impact on intrinsic validation strategies, while its effect on other dimensions is limited.

Table 5. ANOVA results of LNSS (Leisure Negotiation Strategies Scale) scores according to Educational Situation

Dimension	Educational Status	n	Mean	SS	F	p	Tukey
Time Management Strategies	High school1	48	2.63	0.82	11.717	0.001*	1<2<3<4
	University2	283	2.71	0.47			
	Master's Degree3	61	3.03	0.48			
	PHD4	24	3.27	0.58			
Skill Acquisition Strategies	High school1	48	4.09	0.56	2.326	0.074	-
	University2	283	4.05	0.55			
	Master's Degree3	61	4.10	0.47			

	PHD4	24	3.80	0.40			
Interpersonal Relationships	High school1	48	3.07	0.58	0.216	0.885	-
	University2	283	2.99	0.64			
	Master's Degree3	61	3.02	0.62			
	PHD4	24	2.99	0.52			
Intrinsic Validation Strategies	High school1	48	1.80	0.52	2.212	0.086	-
	University2	283	1.86	0.49			
	Master's Degree3	61	1.98	0.45			
	PHD4	24	1.71	0.49			
Physical Fitness Strategies	High school1	48	1.79	0.25	1.919	0.126	-
	University2	283	1.78	0.21			
	Master's Degree3	61	1.82	0.19			
	PHD4	24	1.70	0.14			
Financial Management	High school1	48	2.49	0.35	7.509	0.001*	1<2<3=4
	University2	283	2.61	0.37			
	Master's Degree3	61	2.89	0.53			
	PHD4	24	2.84	0.47			

Table 5 presents the ANOVA findings on Leisure Negotiation Strategies Scale (LNSS) scores based on educational status. Significant differences are observed in the Time Management Strategies dimension (F = 11.717, p = 0.001), indicating that higher educational levels, particularly PhD holders (M = 3.27), demonstrate better time management compared to those with only a high school education (M = 2.63). However, no significant differences are found in Skill Acquisition Strategies (F = 2.326, p = 0.074) and Interpersonal Relationships (F = 0.216, p = 0.885), suggesting that educational status does not significantly impact these areas. The Intrinsic Validation Strategies show a trend towards differences (F = 2.212, p = 0.086) but lack statistical significance. In the Physical Fitness Strategies dimension, no significant differences are found (F = 1.919, p = 0.126), indicating a limited effect of education. In contrast, significant differences are evident in Financial Management (F = 7.509, p = 0.001), with higher educational levels linked to better financial management strategies, particularly among Master's Degree holders (M = 2.89) compared to high school graduates (M = 2.49). Overall, these findings highlight the significant impact of educational status on time management and financial management strategies, while its influence on other dimensions is minimal.

Tablo 6. ANOVA results of LNSS (Leisure Negotiation Strategies Scale) scores according to Half an hour or more physical activity per week

Dimension	Physical Activity	n	Mean	SS	F	p	Tukey
Time Management Strategies	30 Minute1	50	2.81	0.44	1.486	0.218	-
	45 Minute2	147	2.84	0.59			
	60 Minute3	137	2.72	0.46			
	Over 60 Minute4	82	2.84	0.67			
Skill Acquisition	30 Minute1	50	3.78	0.58			

Strategies	45 Minute2	147	4.00	0.49	7.212	0.001*	4=3>2>1
	60 Minute3	137	4.11	0.42			
	Over 60 Minute4	82	4.16	0.44			
Interpersonal Relationships	30 Minute1	50	2.71	0.43	2.738	0.001*	4>3>2>1
	45 Minute2	147	2.84	0.67			
	60 Minute3	137	3.09	0.58			
	Over 60 Minute4	82	3.20	0.68			
Intrinsic Validation Strategies	30 Minute1	50	1.77	0.33	2.424	0.001*	4>3=2>1
	45 Minute2	147	1.84	0.52			
	60 Minute3	137	1.89	0.47			
	Over 60 Minute4	82	1.99	0.54			
Physical Fitness Strategies	30 Minute1	50	1.79	0.16	0.358	0.783	-
	45 Minute2	147	1.80	0.22			
	60 Minute3	137	1.77	0.17			
	Over 60 Minute4	82	1.78	0.26			
Financial Management	30 Minute1	50	2.70	0.41	6.009	0.001*	4>3=2>1
	45 Minute2	147	2.82	0.39			
	60 Minute3	137	2.84	0.41			
	Over 60 Minute4	82	3.00	0.42			

*p< 0.001

Table 6 presents the ANOVA results on Leisure Negotiation Strategies Scale (LNSS) scores based on physical activity levels of half an hour or more per week. In the Time Management Strategies dimension, no significant differences are observed among the groups (F = 1.486, p = 0.218), indicating that physical activity does not have a substantial effect on time management strategies. However, significant differences are found in the Skill Acquisition Strategies dimension (F = 7.212, p = 0.001), where higher levels of physical activity are associated with better skill acquisition; particularly, those engaging in 60 minutes or more of activity (M = 4.16) score the highest, while those with only 30 minutes (M = 3.78) score the lowest. In the Interpersonal Relationships dimension, significant differences are also noted (F = 2.738, p = 0.001), with the highest scores again for the 60-minute and above group (M = 3.20) compared to the lowest score for the 30-minute group (M = 2.71). For Intrinsic Validation Strategies, significant differences are present (F = 2.424, p = 0.001), with the highest scores for the 60-minute and above group (M = 1.99) and the lowest for the 30-minute group (M = 1.77). In the Physical Fitness Strategies dimension, no significant differences are observed (F = 0.358, p = 0.783), suggesting a limited effect of physical activity on these strategies. Lastly, significant differences are found in Financial Management (F = 6.009, p = 0.001), with the 60-minute and above group (M = 3.00) scoring the highest and the 30-minute group (M = 2.70) scoring the lowest. These findings indicate that physical activity significantly influences skill acquisition, interpersonal relationships, intrinsic validation, and financial management strategies, while its impact on time management and physical fitness strategies is limited.

DISCUSSION

This study explored the influence of various demographic and lifestyle factors on the Leisure Negotiation Strategies Scale (LNSS) scores, providing insights into how these factors shape individual strategies across six dimensions: time management strategies, skill acquisition strategies, interpersonal relationships, intrinsic validation strategies, physical fitness strategies, and financial management. The findings reveal important nuances in how different aspects of one's life contribute to the effectiveness of leisure negotiation strategies.

One of the most striking findings relates to marital status and its impact on interpersonal relationships. Single individuals scored significantly lower than married individuals in this dimension. This aligns with previous research indicating that marital relationships can enhance social support systems, which are critical for effective leisure negotiation (Muzindutsi & Viljoen, 2016). Married individuals may benefit from shared responsibilities and collaborative leisure planning, enabling them to navigate leisure activities more effectively than their single counterparts (Passias, Sayer & Pepin, 2017). Conversely, the lack of significant differences in time management and skill acquisition strategies suggests that these abilities may develop independently of marital status. This highlights the possibility that effective time management and skill acquisition can be cultivated through other means, such as personal motivation or professional training (Travassos, Mourao, & Valentini, 2020).

The results also indicate that age significantly influences intrinsic validation and physical fitness strategies. Younger participants demonstrated higher intrinsic validation scores, potentially reflecting a greater need for self-affirmation during transitional life phases, such as entering the workforce or navigating relationships (Burke, Sharp, Woods & Paradis, 2024; Scandurra et al., 2021). The observed stability in time and financial management strategies across age groups suggests that these skills may be more ingrained or less susceptible to change compared to intrinsic validation and physical fitness. This finding is consistent with literature that emphasizes the role of age in shaping self-perception and validation needs, particularly in younger adults who may still be forming their identities (Powell, Pharris & Hardy, 2020). The analysis of the economic situation revealed significant differences in intrinsic validation and financial management strategies, with individuals from lower economic backgrounds scoring lower on these dimensions. This result underscores the challenges faced by economically disadvantaged individuals in achieving both financial security and a sense of validation in their leisure choices (Middleton, Petersen, Schinke & Giffin, 2020).; Williams, 2018). The financial stress associated with lower socioeconomic status can hinder one's ability to engage in leisure activities that require resources, thereby affecting their overall quality of life (Ryu & Fan, 2023). Moreover, the need for effective financial management is paramount in navigating leisure opportunities, as individuals must balance their available resources against their leisure desires (Fernandez-Malpartida, & Dextre-Beteta, 2023).

Regarding educational status, the study found that higher education levels correlated positively with time management and financial management strategies. This supports previous research that emphasizes the importance of education in equipping individuals with the necessary tools to navigate complex life situations (Evans et al., 2021). Higher education often cultivates critical thinking and organizational skills, which are essential

for effective leisure negotiation (Özmen, 2008). Interestingly, the lack of significant differences in skill acquisition and interpersonal relationships across educational levels suggests that these skills may be developed through experiential learning rather than formal education alone (Thompson et al., 2022). This highlights the need for experiential learning opportunities, such as workshops and community programs, to enhance interpersonal skills regardless of educational background (Wilkinson, Kmiecik, & Harvey, 2020). Finally, the analysis of physical activity levels demonstrated a substantial impact on several LNSS dimensions, particularly skill acquisition, interpersonal relationships, intrinsic validation, and financial management strategies. Individuals engaging in over 60 minutes of physical activity per week scored the highest across these dimensions. This finding reinforces existing literature that links regular physical activity to enhanced cognitive functioning, improved self-esteem, and stronger social connections (Goudas & Magotsiou, 2009; Martin-Rodríguez et al., 2024). Physical activity not only promotes physical health but also fosters a sense of accomplishment and community engagement, which can enhance one's ability to negotiate leisure activities effectively (Walker et al., 2020). Engaging in physical activities can also provide opportunities for social interactions, further enriching individuals' leisure negotiation skills through shared experiences (Thompson et al., 2022).

These findings have important implications for both research and practice. Understanding the factors that influence leisure negotiation strategies can inform the design of interventions aimed at improving these skills across different demographics. For instance, programs targeting single individuals may focus on enhancing social networks and community engagement to bolster their interpersonal negotiation abilities. Similarly, educational programs that integrate financial literacy with leisure planning could empower individuals from lower socioeconomic backgrounds to make more informed choices regarding leisure activities.

Moreover, the results suggest that promoting physical activity should be a priority not only for health reasons but also for its broader implications on lifestyle skills. Community initiatives that encourage physical activity could serve as a foundation for developing essential negotiation strategies, thereby enhancing overall quality of life.

CONCLUSIONS

This study underscores the multifaceted nature of leisure negotiation strategies and the various factors that significantly influence them. The findings reveal that demographic variables such as marital status, age, economic situation, educational status, and levels of physical activity play crucial roles in shaping specific leisure negotiation strategies. For instance, marital status emerged as a significant factor affecting interpersonal relationships, suggesting that social support systems inherent in marital bonds may enhance the ability to negotiate leisure time effectively. Additionally, age-related differences in intrinsic validation and physical fitness strategies indicate that younger individuals may have unique needs and motivations that should be addressed in leisure planning. Conversely, some dimensions of leisure negotiation strategies appear to be more resilient to demographic changes, indicating that certain skills may be universally applicable across different groups. This resilience presents opportunities for developing

broad-based programs that can benefit a wide range of individuals, regardless of their demographic backgrounds. The significant influence of educational status on financial management and time management strategies further highlights the importance of equipping individuals with the necessary tools and knowledge to navigate their leisure time effectively. Future research should explore these relationships in greater depth, focusing on the potential for targeted interventions that enhance leisure negotiation skills across various populations. Such interventions could include community-based programs aimed at improving social connections among singles or educational workshops designed to boost financial literacy and time management skills for individuals from diverse economic backgrounds. By addressing the interplay of these factors, researchers and practitioners can work toward creating more inclusive and supportive environments that facilitate effective leisure engagement for all individuals. This is particularly important in a society where the quality of leisure time can significantly impact overall well-being and life satisfaction.

Author Contributions

Conceptualization, H.Y. methodology, A.A., B.A.; formal analysis, H.Y.,A.A; investigation, S.B,H.Y.; data curation, H.Y.; A.A; K.U. writing–original draft preparation, A.S.;B.A writing–review and editing, H.Y; A.A.

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