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Leisure Preferences of the Elderly in Bowling Green Nutrition Programs

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Leisure Preferences of the Elderly in Bowling Green Nutrition Programs

A Thesis
Presented to
the Faculty of the Department of Recreation
Western Kentucky University
Bowling Green, Kentucky

In Partial Fulfillment
of the Requirements for the Degree
Master of Science

by
Lawrence J. Prochazka
August 1978
Leisure Preferences of the Elderly in Bowling Green Nutrition Programs

Recommended July 26, 1978

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Leisure Preferences of the Elderly in Bowling Green Nutrition Programs

Lawrence J. Prochazka August 1978

Directed by: Dr. William Kummer, Dr. Thaddeus Crews, Dr. Elmer Gray, and Dr. Alton Little

Department of Recreation Western Kentucky University

The objective was to identify the leisure preferences of elderly in Bowling Green Nutrition Programs. This objective was to be accomplished through the utilization of a leisure preference test. Since no leisure preference test was found, the study was significant not only for the results obtained but also to evaluate this new test.

The test was designed after the format utilized in the Edwards Personal Preference Test. Major categories were selected and each was composed of five leisure opportunity statements. Each category was placed in opposition to every other category four times to comprise the test. A test was then designed consisting of fifty questions. This arrangement of two statements per question yielding an either-or choice resulted in the indication of a preference.

Three test sites were used with a total of seventy respondents. Results were analyzed for the total group.
of respondents and were studied by age, sex, and test site.

When analyzed as a group, results indicated that these elderly preferred three leisure categories substantially over the other two. These three preferred categories were trips and excursions, nature and outdoor activities, and social recreation activities. The two least preferred activities were hobbies and clubs, and service activities.

With the ease of administration and use, the leisure preference test holds great potential for use in the leisure service field. It provides a sophisticated method of identifying public interest in leisure opportunities and can insure sounder programming to meet public preferences.
Acknowledgements

Special appreciation is extended to Dr. William Kummer, Director of my thesis committee, and to Dr. Thaddeus Crews, Dr. Elmer Gray, and Dr. Alton Little for their valuable guidance in helping me complete this project.

I wish to express my appreciation and gratitude to Lana Steele, Cheri Cecil, Jean Lashlee, Ann Venhaus, and the staff of the Bowling Green Nutrition Program for the Elderly whose cooperation made this possible.
Chapter 1

Introduction

During the past several decades, advances in medicine have done a great deal to make people healthier. As a result, life expectancy has increased. This increase in life expectancy has been accompanied by related problems particularly for those elderly persons who are retired or unable to work. These elderly are the working class of our society who still have a strong philosophy that play and idleness are bad. They have very little perception of fulfilling their leisure needs or of existing recreation and leisure services. During their developmental days, free or unobligated time was wasted time. The prevalent work philosophy at that time included much child labor, physical female labor, and a traditional average working day of from twelve to fourteen hours. Everyone worked and little time was left for leisure. Time away from factories and field work was spent on home repairs and house related work. This prevalent work ethic left little time for the development of any strong individual concept of recreation and leisure activities.
Once retirement age is reached, these elderly persons now have an abundance of unobligated or leisure time. This is alarming in that they are not prepared for their new found leisure nor do they know how to manage it.

These circumstances result in problems that actually may take the pleasure out of living. Each new day is feared because of the idleness and boredom that comes with it. Many of these problems are sociological and psychological. They need to be identified and analyzed so that measures can be taken to rectify these troubled conditions. Many such sociological and psychological problems could be avoided through participation in fulfilling leisure interest and reaping the benefits accompanying this leisure involvement. To better accomplish this leisure fulfillment, leisure preferences must be identified for the individual from the broad range of opportunities that are available.

Statement of the Objective

The objective was to determine leisure preferences of the elderly in Bowling Green Nutrition Programs through an adequate testing instrument.
Significance of the Study

The development of a suitable and acceptable testing instrument will identify leisure preferences of elderly persons. Once these preferences are identified, action can be taken to satisfy these leisure interests. This information can be used to evaluate existing leisure services and the interest they serve as opposed to preferred leisure services and programs necessary to satisfy these identified preferences.

Leisure concepts of many elderly persons are very limited largely because of limited past involvement. Through the application of a testing instrument based on a broad scope of potential leisure opportunities, the individual concept of leisure activities may be expanded.

Through the application of the testing instrument, leisure preferences can be determined for the elderly respondents (based on sex and age) and differing interests can be shown among all groups studied.

Hypothesis

The hypothesis of this study was that through the application of the leisure preference test, the leisure preferences of elderly in Bowling Green Nutrition Programs would be identified.
Delimitations

The study was delimited:

1. to elderly sixty years of age or over,
2. to participants in the Bowling Green Nutritional Program for the Elderly during the month of June 1978.

Limitations

The study was limited:

1. by the individual's degree of leisure involvement,
2. by individuals refusing to answer some of the questions,
3. by individuals refusing to take the test.

Definitions of Terms

Elderly Person—a person aged sixty years or older.

Instrument—a tool whereby something is achieved, performed, or furthered.¹

Leisure Counseling—the concept of counseling an individual to identify individual desires and to direct towards available leisure services to meet his determined leisure needs or preferences.²

Leisure Service—those programs and opportunities
provided and available for utilization during leisure time.

Leisure Time--time which is not devoted to work or work-connected responsibility or to other forms of maintenance activity, and which therefore may be regarded as discretionary or unobligated.  

Need--a condition requiring supply or relief.  

Nutrition Program--a federal program under the Older American Act, Title VII, that assists local communities in the provision of hot meals for elderly age sixty or over.  

Preference--the power or opportunity of choosing.  

Recreation--programs or opportunities presented by the community which are designed to provide constructive and enjoyable leisure experiences for participants. Individuals take part in recreation within their free time and generally within the framework of free choice, either because of the pleasure it provides or because of certain desirable outcomes (such as physical, social, or emotional benefits) they hope to obtain. Society provides community recreation because it hopes to achieve important goals that will benefit the community at large.

Senior Citizen--a person aged sixty-five or over.
Chapter 2

Review of Related Literature

Very little has been done to study leisure preferences of the elderly. In approaching this work and reviewing related projects, there appeared to be little cohesion among the works completed. Thus, the primary search was not for similarities of results, rather to find a standard, accepted testing instrument for use with this age group. No such instrument was found. However, several models existed that held much potential for working with this type of testing with specific age groups in mind.

The majority of studies deal with senior citizens, leisure concepts, leisure attitudes, types of needs, and leisure counseling. Most studies attempted to evaluate adjustments to retirement and complications accompanying retirement. The focus was directed to the concepts of sociological, psychological, and other developmental traits on a personal and interpersonal adjustment basis. Rather than attempting to identify the leisure preferences of the elderly and help satisfy these preferences, much time has been spent trying to explain what needs dictate these preferences.
Regardless of the reason for these preferences, they do exist and are very real with the elderly.

Research conducted by Charles Pierce in 1975 dealt with activity participation of senior citizens. Pierce indicated that senior centers provide the majority of public recreation programs to the elderly. He cited the annually increasing number of senior citizens and a coinciding need for the provision of leisure services for this age group. Pierce utilized an observation technique to evaluate senior citizens' participation. He viewed activities at different time periods during the day. Records were kept for both active participants and for spectators who were present but not participating in the activity. Study results were evaluated as to the most popular activity in relation to the individuals' observed self-concept, income level, and attitude toward leisure. 7

Larry Neal conducted an update of previous research for the state of Oregon. The purpose of his study was to determine the number of recreation-oriented programs for special groups in the state of Oregon. He also attempted to determine the number and type of programs offered for the elderly. A questionnaire was sent to agencies offering some type of program for the aged. The results of his study indicated that
sixty-three percent of responding agencies offered no program of recreation for the aged.\textsuperscript{8}

Joseph Teaff presented a paper to the Gerontologist Society in 1975. He and several associates studied the attitudes of the elderly toward a range of leisure opportunities. Questions ranged from leisure possibilities that were largely inactive to those leisure possibilities that required active participation. Questions were rated on a scale of one to seven. A one rating represented an attitude of being very strongly discouraged with an activity while a seven rating represented a very strong encouragement to participate. A set of questions was included which dealt with the importance of an activity to the individual and the importance that society placed on the same activity. This study dealt with the social attitudes about leisure activities and participation as seen through the eyes of the aged.\textsuperscript{9}

In 1977, Leo McAvoy indicated that ten percent of this country's population is age sixty-five or over, a substantial portion and increasing yearly. McAvoy cited a concept of recreational needs which dealt with recreational planning for elderly persons. This concept of need is a fourfold classification of normative
needs, felt needs, expressed needs, and comparative needs. McAvoy recommended that all these needs must be examined before programs are planned. Thus, programs would be based on real recreational needs. 10 No system of identifying these needs was discussed.

A relatively new area of the leisure and recreational service delivery system is that of leisure and avocational counseling. The theory behind leisure counseling is to identify leisure needs of an individual. Once these interests have been determined, through a test or leisure interest survey, the individual is directed to those opportunities which would fulfill identified needs. 11

The emphasis for this project was to identify leisure preferences rather than other related leisure subject areas. A search was then begun for a suitable testing instrument for the elderly. Many surveys exist under varying titles dealing with Avocational Activity Participation, 12 Avocational Activity Concerns, 13 and the Mirenda Leisure Interest Finder. 14

Review of various survey and testing instruments revealed the fact that few are specific to one particular group. They are inclusive of the entire population and are often limited as to geographic application by type of activities utilized in questions.
The Mirenda Leisure Interest Finder was reviewed for application to the elderly. The finder consists of ninety questions from nine leisure categories. Each of the leisure categories is divided into two segments. These nine categories and their subdivisions include the following:

1. Games
   a) active
   b) inactive

2. Sports
   a) competitive
   b) non-competitive

3. Nature
   a) natural
   b) sportsman

4. Collection
   a) collection--objects paper, plastic, wood
   b) collection--objects metal, glass, ceramic

5. Homemaking and Homecraft
   a) homemaking
   b) homecraft

6. Art and Music
   a) appreciative
   b) expressive

7. Education, Entertainment, and Cultural
   a) appreciative
   b) expressive

8. Volunteer
   a) personal service
   b) administrative service

9. Organizational
   a) persuasive
   b) gregarious
The finder is designed with ten questions from each category including an equal number of category questions from each subdivision. Questions are answered on a rating scale of from one to five. A one indicates a "dislike very much" reply while a five indicates a "like very much" reply.

Of those areas dealing closely with social science as does the field of recreation and leisure service, counseling and guidance programs possess the greatest number of recognized testing instruments. In examining formats suitable for the recreation setting, the counseling area appeared to hold the most promise. Careful examination produced two such testing instrument formats.

The Kuder General Interest Inventory was first considered. This test consists of ten different interest areas and one additional area to determine validity. The test is composed of a series of questions, each question containing three statements. Each of these statements are different and are derived from the ten interest areas. Respondents are asked to weigh each of the three statements carefully and determine which they would most like to do and which they would least like to do. Upon completion of the 168 questions, the results are tabulated into each of the ten areas to
show the areas of highest interest converted to a percentile for analysis. Percentiles are calculated for each of the ten areas. These areas include: 1) outdoor, 2) computational, 3) mechanical, 4) scientific, 5) persuasive, 6) artistic, 7) literary, 8) musical, 9) social service, and 10) clerical. 16

The Edwards Personal Preference Schedule also comes from the area of guidance and counseling. The Edwards consist of 225 statements from fifteen different areas. Each question places statements from one area in opposition to statements from another area. There are fifteen questions per category. Each category is paired with the other categories an equal number of times. Additionally, the fifteen categories are further grouped for comparison in ranking. Five categories are grouped by those preferences that tend for an individual to reach towards others. Five other categories are those preferences that tend for an individual to lean away from people. The final five questions are those preferences that are possessed by an individual who acts against people. This test also includes a built-in measure of consistency. 17

Several different research projects and test methods were reviewed. A summary and description of the test methods appears in the introduction to Chapter 3.
Charles Pierce utilized an observation technique to determine self-concept, income, and attitude toward leisure. No attempt was made to identify leisure preferences through a test instrument.\(^{18}\)

Larry Neal was interested in identifying what agencies offered programs for elderly. A questionnaire was sent to agencies working with elderly persons in Oregon. Of those responding, sixty-three percent did not offer recreation programs for the aged.\(^{19}\)

Joseph Teaff studied attitudes of elderly toward a variety of leisure opportunities. Results indicated individual attitudes toward leisure opportunities and the importance society placed on the participation in leisure activities.\(^{20}\)

Leo McAvoy used a concept of need to determine recreational interest of the elderly. However, no method for identifying these needs was discussed.\(^{21}\)

A leisure counseling tool called the Leisure Interest Survey was discussed. The Leisure Interest Survey is limited to a specific geographic location and is used to survey the general community population. Therefore, it was not applicable to the Bowling Green Area.
Chapter 3

Methodology

In searching for a suitable testing instrument, it was discovered that the majority of recreation and leisure information is gathered by interview, questionnaire, or survey. It was necessary to use a more suitable type of testing instrument. A method was needed that utilized questions specific to elderly persons and was of a suitable length. This method would have to place questions in a preference situation. Three methods and designs were discussed in Chapter 2.

The Mirenda Leisure Interest Finder is designed for identification of leisure interest. The format is good, however, the test is restricted to the geographic areas of the north and is inclusive of the entire population by the questions utilized. Many questions would not be relevant to Bowling Green or to the elderly person. Therefore, test results would not be significant in identifying leisure preferences for Bowling Green.

The Kuder General Interest Survey also utilizes a good design. The placement of statements in
opposition to each other yields a type of preference. However, there are two categories per each set of three questions giving a possibility of fifteen different answers. This range of variability within questions may not indicate a true preference.

For this study, the Edwards Personal Preference Schedule was the most suitable for adaptation of those instruments examined. The sophistication of the Edwards test makes it an adjustable format suitable to a number of different testing conditions. A similar type format was utilized by Michael Aune in an instrument developed to determine the needs of pre-adolescent girls.22 This type of format was selected for determining the leisure preferences of elderly in Bowling Green Nutrition Programs.

Sample Description

Those elderly persons, of age sixty years or older participating in the Bowling Green Nutrition Program, were eligible as test subjects. Both males and females were tested. Individuals from one location were tested at the same time so conditions for those responses would be the same or at least
under the same test conditions. Respondents ranged from sixty years to one hundred and one years of age.

A practice testing site was utilized at the Glasgow Nutritional Program, Glasgow, Kentucky.

Administering the Test

A list of sites appears in Appendix VI (p. 53). Each site is numbered and participants were asked to number their answer sheet according to the test site number. This allowed comparison of results by site in addition to other comparisons.

The same instructions were used at each site so there would be no variation in this presentation by site.

The Testing Instrument

In developing the testing instrument, several factors had to be considered. The test had to be brief so that the participants would be patient and answer all the questions. Once the length was established, categories had to be adopted for the test design. These leisure categories were adopted:
1) Nature and Outdoor, 2) Social Recreation, 3) Trips and Excursions, 4) Hobbies and Clubs, and 5) Service Activities.

The test consists of fifty questions developed from statements in the established leisure categories. Each leisure category includes five statements. Categories are placed in opposition to each other four times with no two tabulated questions the same. Thus, if we look at the statement sheet in Appendix II (p. 45), we see that nature and outdoor statements comprise category number one and social recreation statements comprise category number two. In the test, four questions are used where category one and category two are placed in opposition to each other, no two of them utilizing identical statements. The results will show which leisure area is preferred. This is done with each category and can be identified by the numerical answer sheet in Appendix III (p. 47). There is an exception to this description of the test. Questions number 1-26, 7-32, 13-38, 19-44, and 25-50 are paired identical questions. These questions will be used to approximate the consistency of the answers and are not used to tabulate final results by category. The questions will be compared by column. If they are both answered the same, a check is placed in the box at
the bottom of the column as it appears in Appendix IV (p. 49). The number of checks are added together and multiplied by twenty to give the percentage of consistency as identified in Appendix IV (p. 49) by ($\%C$).

The demographic information is placed at the end of the test. This information consists of ten questions and appears in Appendix V (p. 51).

**Tabulating Results**

There are ten questions in each vertical column and five questions in each horizontal row as indicated on the answer sheet in Appendix IV (p. 49). The "B" answers in column one are added together and placed under the "c" column corresponding with "NO" at the end of the row beginning with answer number twenty-six. The "A" answers of the first row are added together and placed under the "$r_1$" column corresponding with the "NO" at the end of the row beginning with question number one. The "A" answers of the row beginning with question number twenty-six are counted and placed under the "$r_2$" column at the end of that row. The three values, "$r_1$," "$r_2$," and "c" are totaled and entered under the "s" column which is the sum. This sum, out of a total possible of sixteen answers, is
multiplied by 6.25 to give the percentage of preference for the nature and outdoor category. The same procedure is followed for each of the other four categories. This is more clearly seen by referring to Appendix II (p. 45) for the number identifying each of the leisure categories and then viewing their placement on the numerical answer sheet in Appendix III (p. 47). The comparison of percentage by category indicates which leisure category is most highly preferred and which leisure category is least preferred. A sample of a completed and scored answer sheet is in Appendix VII (p. 55).
Chapter 4

Analysis of Data

Introduction
There were approximately 200 meals served daily in the Bowling Green Nutrition Program for the Elderly. Of these, seventy elderly were tested. There were eleven tests invalidated as respondents failed to complete all of the test. This left a total of fifty-nine valid tests. Those elderly in the nutrition program not taking the test either refused or were absent on the day the test was administered. The results may not accurately portray the leisure preferences of all elderly in Bowling Green because of the number of respondents. The three nutrition centers utilized represent three distinct and separate areas of the city economically and educationally.

Test Data
A consistency total was calculated for all valid tests. This consistency total was 83.05 which indicated that approximately 83 percent of the time respondents were consistent in their answers.
A mean percentage was calculated for all respondents to indicate leisure category preferences. Results are indicated in Table 1 below by mean percentage and rank.

**TABLE 1**

<table>
<thead>
<tr>
<th>TOTAL LEISURE CATEGORY MEAN PERCENTAGE AND RANK (N=59)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NO</strong></td>
</tr>
<tr>
<td>mean</td>
</tr>
<tr>
<td>rank</td>
</tr>
</tbody>
</table>

The preferences varied from a low of 40.88 for service activities (SA) to a high of 56.75 for trips and excursions (TE). There was little difference between trips and excursions and nature and outdoor (NO).

The mean percentage was calculated by the sex of respondents. These results are indicated in Table 2 on the next page by sex, mean percentage, and rank.

Male preferences varied from a low of 36.44 for hobbies and clubs (HC) to a high of 62.5 for nature and outdoor (NO). Female preferences varied from a low of
TABLE 2

LEISURE CATEGORY MEAN PERCENTAGE
AND RANK BY SEX

<table>
<thead>
<tr>
<th>Sex</th>
<th>NO</th>
<th>SR</th>
<th>TE</th>
<th>HC</th>
<th>SA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male mean</td>
<td>62.5</td>
<td>45.81</td>
<td>61.81</td>
<td>36.44</td>
<td>45.13</td>
</tr>
<tr>
<td>(N=19) rank</td>
<td>1</td>
<td>3</td>
<td>2</td>
<td>5</td>
<td>4</td>
</tr>
<tr>
<td>Female mean</td>
<td>54.38</td>
<td>59.69</td>
<td>54.56</td>
<td>44.38</td>
<td>38.63</td>
</tr>
<tr>
<td>(N=40) rank</td>
<td>3</td>
<td>1</td>
<td>2</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

38.63 for service activities (SA) to a high of 59.69 for social recreation (SR).

The mean percentage was compared by sex and age of respondents. Results are indicated in Table 3 on the next page by age, sex, mean percentage, and rank.

Preferences for males aged 60-69 varied from a low of 38.5 for service activities (SA) to a high of 70.81 for trips and excursions (TE). Preferences for males aged 70-79 varied from a low of 33.12 for hobbies and clubs (HC) to a high of 70.81 for nature and outdoor (NO). Preferences for males aged 80 and over varied from a low of 32.31 for hobbies and clubs (HC)
TABLE 3

LEISURE CATEGORY MEAN PERCENTAGE AND RANK BY AGE AND SEX

<table>
<thead>
<tr>
<th>Sex</th>
<th>Age</th>
<th>NO</th>
<th>SR</th>
<th>TE</th>
<th>HC</th>
<th>SA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>60-69</td>
<td>mean</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(N=6)</td>
<td></td>
<td>51.06</td>
<td>45.81</td>
<td>70.81</td>
<td>43.75</td>
<td>38.5</td>
</tr>
<tr>
<td>Male</td>
<td>70-79</td>
<td>mean</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(N=8)</td>
<td></td>
<td>70.81</td>
<td>45.81</td>
<td>59.38</td>
<td>33.12</td>
<td>40.63</td>
</tr>
<tr>
<td>Male</td>
<td>80-over</td>
<td>mean</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(N=5)</td>
<td></td>
<td>65.63</td>
<td>45.81</td>
<td>55.19</td>
<td>32.31</td>
<td>56.25</td>
</tr>
<tr>
<td>Female</td>
<td>60-69</td>
<td>mean</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(N=19)</td>
<td></td>
<td>57.63</td>
<td>59.38</td>
<td>50.38</td>
<td>47.94</td>
<td>34.75</td>
</tr>
<tr>
<td>Female</td>
<td>70-79</td>
<td>mean</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(N=16)</td>
<td></td>
<td>52.19</td>
<td>58.44</td>
<td>58.44</td>
<td>41.94</td>
<td>39.0</td>
</tr>
<tr>
<td>Female</td>
<td>80-over</td>
<td>mean</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(N=5)</td>
<td></td>
<td>50.0</td>
<td>65.0</td>
<td>56.25</td>
<td>40.0</td>
<td>51.25</td>
</tr>
</tbody>
</table>

Preferences for females aged 60-69 varied from a low of 34.75 for service activities (SA) to a high of 59.38 for social recreation (SR). Preferences for females aged 70-79 varied from a low of 39.0 for
service activities (SA) to a high of 58.44 for both social recreation (SR) and trips and excursions (TE). Preferences for females aged 80 and over varied from a low of 40.0 for hobbies and clubs (HC) to a high of 65.0 for social recreation (SR).

Results were compared by test site using a total mean percentage by site for both male and female. Results are indicated in Table 4 below by site, mean, percentage, and rank.

TABLE 4

LEISURE CATEGORY MEAN PERCENTAGE AND RANK BY TEST SITE

<table>
<thead>
<tr>
<th>Site</th>
<th>NO</th>
<th>SR</th>
<th>TE</th>
<th>HC</th>
<th>SA</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>mean</td>
<td>60.25</td>
<td>51.88</td>
<td>43.38</td>
<td>50.0</td>
</tr>
<tr>
<td>(N=10) rank</td>
<td>1</td>
<td>2</td>
<td>4</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>II</td>
<td>mean</td>
<td>57.56</td>
<td>44.0</td>
<td>57.81</td>
<td>38.13</td>
</tr>
<tr>
<td>(N=29) rank</td>
<td>2</td>
<td>4</td>
<td>1</td>
<td>5</td>
<td>3</td>
</tr>
<tr>
<td>III</td>
<td>mean</td>
<td>53.0</td>
<td>68.44</td>
<td>58.94</td>
<td>42.88</td>
</tr>
<tr>
<td>(N=20) rank</td>
<td>3</td>
<td>1</td>
<td>2</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
Preferences for Site I varied from a low of 38.13 for service activities (SA) to a high of 60.25 for nature and outdoor (NO). Preferences for Site II varied from a low of 38.13 for hobbies and clubs (HC) to a high of 57.81 for trips and excursions (TE). Preferences for Site III varied from a low of 26.81 for service activities (SA) to a high of 68.44 for social recreation (SR).

The demographic information collected appears in Appendix V (p. 51). The information used directly for this study was the site number, the age of respondents, and the sex of respondents. The other data were collected for possible future use.
Chapter 5

Discussion

In Chapter 1 (p. 6) it was indicated that this study would be significant in identifying leisure preferences of elderly. This was accomplished through the utilization of this test instrument. The identification of leisure preferences was the primary objective. Of equal significance was the adaptability of this testing arrangement to the leisure service field. The design had proven itself through the Edwards Personal Preference Test but had not extended beyond the counseling field.

The preliminary hypothesis was that leisure preferences of elderly could be identified through the application of the leisure preference test. The test design worked satisfactorily in identifying leisure preferences. Results of the test indicated preference areas and variations that existed between respondents. Variance was present when results were compared by the respondent's age, sex, and by test site. No one category changed drastically in rating either very high or very low indicating the variance was consistent and that all respondents were not equally interested
in the same leisure pursuit. Therefore, the use of such a leisure preference test and a careful examination of results would direct an agency to those leisure areas their clientele were interested in.

Several problems were encountered in using this instrument with the elderly in Bowling Green Nutritional Programs. The test proved to be tedious in length. The consistency questions were beneficial but had no direct influence on the interpretation of results. The elimination of these questions would reduce the test to a total of 40 questions. Further, the number of statements per leisure category could be reduced. Elimination of the statements used for the consistency questions would reduce these statements to four from the present five. Two more statements could be eliminated allowing each category to be paired with every other category twice rather than the four pair procedure used here (Chapter 3, p. 22). This would reduce the test length to twenty questions making it simpler for elderly persons to complete.

Respondents had some difficulty in using the answer sheet. The arrangement of numbers and letters was confusing to them. This may not pose a problem in working with other age groups or with the most alert elderly. Consideration should be given to utilizing
a single test arrangement. Respondents could indicate their answers directly on the test. Results would then be transferred to the answer sheet by the test administrator.

Some difficulty was experienced with elderly who could not read or write. Rather than trying to make some type of arrangement, these people refused to take part in the testing. Some provision for this potential problem in working with the elderly should be made. A number of assistants would be needed to help read and answer test questions for non-reading elderly. The test could be administered orally with the respondents indicating their answers on the answer sheet. To avoid this problem entirely, visual aids in the form of slides or picture presentations could be utilized to represent activities within the leisure categories.

In using this test design, the leisure categories selected were from a variety of possible leisure opportunities. Whatever categories are used based on leisure opportunities placed in an either-or situation, a preference results. Great care should be taken to insure that leisure opportunities assigned to a leisure category portray that category as accurately as
possible. Problems may be encountered if a number of leisure opportunities are used that are borderline opportunities possessing traits characteristic of two different leisure categories.

In the future, a two-part test may yield more significant results. Two tests having the same leisure categories could be utilized. The tests would be different in that the leisure opportunities comprising the categories would be different from one test to the other. Results would indicate if a preference category stayed the same for both tests. Significant results would lead to more specific inferences about preference categories in relation to leisure opportunities.

The Edwards type test design showed potential for extended use in leisure service field. It lends itself readily for adaptation to a variety of situations. Separate tests could be developed for use with any age group. Tests could be developed for use with multiple groups such as churches, families, and neighborhood communities. It would be possible to design a test with one main topic such as sports and then to break it down by sub-topics such as active sports, inactive sports, team sports, individual sports, or any other desired sport to be tested.
One problem existing with some tests is the geographic limitation inherent in their design. This leisure preference test is easily adaptable to include activities restricted to any geographic area and climate. In other words, it can easily be changed to meet local conditions.

In dealing with a large number of respondents, tabulation may be time-consuming. The tabulation is not difficult and results are immediately identified.

The leisure preference test design presented here holds promising potential for widespread use. Traditional recreation surveys of the checklist type are not entirely adequate in indicating community leisure interest. They are often of poor design and provide little foundation from which to work. Utilization of the leisure preference test would provide a more sound justification of programs. Programs based on results of the test would be directed to a real identifiable community interest. This type of justification for programs is essential today to aid leisure service agencies in the competition for the precious tax dollar.
Chapter 6

Findings, Conclusions, Recommendations

Summary of Findings

The exact findings of all data collected appear in Chapter 4. Only those findings of the two primary areas were included in this summary.

1. The leisure preference means were computed for all respondents as they appear in Table 1 (p. 26). These data indicate that trips and excursions were the most preferred but were rated only slightly higher than nature and outdoor activities which was second and slightly over social recreation activities which was third. There was a large gap in the mean percentage to the other two categories which were rated close to each other. Hobbies and clubs ranked fourth but only slightly over service activities.

2. The leisure preference means were calculated for male and female respondents as they appear in Table 2 (p. 27). Male respondents preferred nature and outdoor activities most, but only slightly more than trips and excursions. Social
recreation ranked third, slightly over service activities. Hobbies and clubs were the least preferred.

Female respondents preferred social recreation activities most. Trips and excursions rated second, slightly over nature and outdoor activities. Hobbies and clubs ranked fourth, while service activities were the least preferred.

**Conclusions**

The following conclusions were reached after analyzing the data collected from the fifty-nine respondents and are based on the findings.

1. As a group, there was a small percentage difference in preference for trips and excursions, nature and outdoor activities, and social recreation activities. These three leisure categories were preferred over hobbies and clubs and service activities by over ten percentage points.

2. When data were analyzed by sex, changes in the mean percentage and ranking occurred, which indicated that preferred leisure activities varied by sex. Males preferred nature and outdoor activities while females rated social recreation activities the highest. Females rated nature and
outdoor activities, social recreation activities, and trips and excursions essentially the same. Males rated nature and outdoor activities and trips and excursions essentially the same. There was a pronounced drop to the next category for males which was social recreation activities. Therefore, where the females expressed a relatively equal preference for the three categories mentioned including the males number one preference, males indicated a relatively low rating of the females number one preference.

**Recommendations**

Based on the findings, conclusions, and on experiences encountered during the progression of this study, the following recommendations were made:

1. That once leisure category preferences are identified, the categories be broken down into the sub-units or leisure opportunities comprising the main categories to see which opportunity receives the most favorable response.

2. That a second test be administered utilizing the same leisure categories as main topics but with different sub-unit leisure opportunities statements comprising each category.
3. That the number of questions and, consequently, the length of the test be reduced for use with the elderly.

4. That respondents indicate their answers directly on the test and the test administrator transfer these answers to the answer sheet.

5. That an effort be made to involve a larger percentage of total elderly population within the community.

6. That testing be conducted with the elderly during a cooler season of the year.

7. That a test using a slide or picture presentation be considered to eliminate any doubt of what a question refers to and enable those who cannot read to participate in the testing.
Appendix I

Leisure Preference Schedule
Leisure Preference Schedule

DIRECTIONS: Each question contains two statements about a leisure opportunity. After reading each statement, select the one statement that you enjoy most. Please answer one statement for each question. If you do not like either statement, select one you would prefer.

Use the answer sheet provided and mark the letter that corresponds to the statement you prefer. You may take as much time as you need. DO NOT WRITE ON THE TEST BOOKLET! Use the answer sheet.

1. A. visit a museum  B. go bird watching
2. A. attend a potluck dinner  B. go on a picnic
3. A. attend a music concert  B. work in a garden
4. A. attend a sewing club  B. go fishing
5. A. be a club leader  B. walk in the park
6. A. go fishing  B. go to a birthday party
7. A. collect stamps  B. attend a celebration
8. A. visit a zoo  B. attend a potluck dinner
9. A. collect unusual rocks  B. attend a dance
<table>
<thead>
<tr>
<th></th>
<th>A.</th>
<th>B.</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.</td>
<td>be a club leader</td>
<td>play cards with friends</td>
</tr>
<tr>
<td>11.</td>
<td>go bird watching</td>
<td>visit a museum</td>
</tr>
<tr>
<td>12.</td>
<td>attend a celebration</td>
<td>go on a camping trip</td>
</tr>
<tr>
<td>13.</td>
<td>work with kids</td>
<td>visit a historical site</td>
</tr>
<tr>
<td>14.</td>
<td>collect unusual rocks</td>
<td>visit a zoo</td>
</tr>
<tr>
<td>15.</td>
<td>visit the sick</td>
<td>attend a music concert</td>
</tr>
<tr>
<td>16.</td>
<td>walk in the park</td>
<td>collect stamps</td>
</tr>
<tr>
<td>17.</td>
<td>attend a celebration</td>
<td>build models</td>
</tr>
<tr>
<td>18.</td>
<td>attend a music concert</td>
<td>collect unusual rocks</td>
</tr>
<tr>
<td>19.</td>
<td>go fishing</td>
<td>attend a sewing club</td>
</tr>
<tr>
<td>20.</td>
<td>work with kids</td>
<td>belong to a craft club</td>
</tr>
<tr>
<td>21.</td>
<td>go on a picnic</td>
<td>visit the sick</td>
</tr>
<tr>
<td>22.</td>
<td>play cards with friends</td>
<td>do volunteer work</td>
</tr>
<tr>
<td>23.</td>
<td>visit a museum</td>
<td>be a club leader</td>
</tr>
<tr>
<td>24.</td>
<td>collect stamps</td>
<td>work with kids</td>
</tr>
<tr>
<td>25.</td>
<td>attend a dance</td>
<td>organize group activities</td>
</tr>
<tr>
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<td>visit a museum</td>
<td>go bird watching</td>
</tr>
<tr>
<td>27.</td>
<td>play cards with friends</td>
<td>go on a picnic</td>
</tr>
<tr>
<td>28.</td>
<td>visit a historical site</td>
<td>work in a garden</td>
</tr>
<tr>
<td>29.</td>
<td>collect unusual rocks</td>
<td>go fishing</td>
</tr>
</tbody>
</table>
30. A. work with kids  B. walk in the park
31. A. walk in the park  B. go to a birthday party
32. A. collect stamps  B. attend a celebration
33. A. go on a camping trip  B. attend a potluck dinner
34. A. build models  B. attend a dance
35. A. organize group activities  B. visit a museum
36. A. walk in the park  B. visit a museum
37. A. play cards with friends  B. go on a camping trip
38. A. work with kids  B. visit a historical site
39. A. belong to a craft club  B. visit a zoo
40. A. do volunteer work  B. attend a music concert
41. A. go on a picnic  B. collect stamps
42. A. play cards with friends  B. build models
43. A. go on a camping trip  B. collect unusual rocks
44. A. go fishing  B. attend a sewing club
45. A. visit the sick  B. belong to a craft club
46. A. work in a garden  B. visit the sick
47. A. attend a celebration  B. do volunteer work
48. A. go on a camping trip  B. be a club leader
49. A. collect unusual rocks  B. work with kids
50. A. attend a dance  B. organize group activities

51. Test site number _____

52. Age _____

53. Sex: male  female

54. Do you now have a valid drivers license? Yes  No

55. Do you have a car to drive? Yes  No

56. Are you now active in some type of recreation activity? Yes  No

57. Have you been active in some type of recreation activity in the past? Yes  No

58. Are you now working? Yes  No
   10 hours or less per week _____
   10 to 20 hours per week _____
   20 to 30 hours per week _____
   30 or more hours per week _____

59. How long have you lived in Warren County? _____

60. Do you have any physical handicap? ________________
   ________________________________
Appendix II

Statements for Leisure Categories
1. NATURE AND OUTDOOR ACTIVITIES (NO): go bird watching, go on a picnic, work in a garden, go fishing, and go for a walk in the park.

2. SOCIAL RECREATION (SR): go to a birthday party, attend a celebration, attend a potluck dinner, attend a dance, and play cards with friends.

3. TRIPS AND EXCURSIONS (TE): visit a museum, go on a camping trip, visit a historical site, visit a zoo, and attend a music concert.

4. HOBBIES AND CLUBS (HC): collect stamps, build models, collect unusual rocks, attend a sewing club, and belong to a craft club.

5. SERVICE ACTIVITIES (SA): visit the sick, do volunteer work, be a club leader, work with kids, and organize group activities.
Appendix III

Numerical Answer Sheet
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<th>16/4</th>
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<td></td>
<td></td>
<td></td>
</tr>
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<td>12/3</td>
<td>17/4</td>
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<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
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<td>13/5</td>
<td>18/3</td>
<td>23/5</td>
<td>TE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
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<td>4/1</td>
<td>9/4</td>
<td>14/3</td>
<td>19/4</td>
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<td>HC</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
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<td>20/5</td>
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</tr>
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<td>10</td>
<td>3/5</td>
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<td>SA</td>
<td></td>
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</tbody>
</table>

### QUESTIONS PER CATEGORY:

2/1 questions 2, 27, 31, and 6
3/1 questions 3, 28, 11, and 36
4/1 questions 4, 16, 29, and 41
5/1 questions 5, 21, 30, and 46
3/2 questions 8, 12, 33, and 37
4/2 questions 9, 17, 34, and 42
5/2 questions 10, 22, 35, and 47
4/3 questions 14, 18, 43, and 39
5/3 questions 15, 23, 40, and 48
5/4 questions 20, 24, 45, and 49


51. Test Site Number 52. Age 53. Sex: male female
54. Do you now have a valid drivers license? yes no
55. Do you have a car to drive? yes no
56. Are you now active in some type of recreation activity? yes no
57. Have you been active in some type of recreation activity in the past? yes no
58. Are you now working? yes no 10 hours or less per week
   20 to 30 hours per week 10 to 20 hours per week 30 hours or more per week
59. How long have you lived in Warren County?
60. Do you have any physical handicap?
Appendix V

Demographic Information
DEMOGRAPHIC INFORMATION

51. Test site number ____

52. Age ____

53. Sex: male  female

54. Do you now have a valid drivers license? yes  no

55. Do you have a car to drive? yes  no

56. Are you now active in some type of recreation activity? yes  no

57. Have you been active in some type of recreation activity in the past? yes  no

58. Are you now working? yes  no

10 hours or less per week ____

10 to 20 hours per week ____

20 to 30 hours per week ____

30 or more hours per week ____

59. How long have you lived in Warren County? ____

60. Do you have any physical handicap? ______________

________________________________________
Appendix VI

Test Sites
TEST SITES

Bowling Green Nutrition Programs
for the Elderly

Site number

I. The Salvation Army
   401 West Main

II. High Street Nutrition Program
   200 High Street

III. Broadway United Methodist Church
    1330 Elizabeth Avenue
Appendix VII

Sample Tabulated Answer Sheet
Notes


4 Webster's, p. 438.

5 Webster's, p. 565.

6 Kraus, Modern Society, p. 266.


11 Joseph J. Mirenda, Mirenda Leisure Interest Finder (used in the Milwaukee Leisure Counseling Model).

12 Robert P. Overs (Data collection forms used with the Milwaukee Leisure Counseling Model).

13 Overs, Data Forms.

14 Mirenda, Interest Finder.
15 Mirenda, Interest Finder.
18 Pierce, "Recreation for the Elderly."
19 Neal, Special Groups.
20 Teaff, Leisure Attitude Schedule.
21 McAvoy, "Needs of the Elderly."
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Pierce, Charles H. "Recreation for the Elderly: Activity Participation at a Senior Citizen Center." Gerontologist, June 1975.


