

PARADOX OF DECIDING IN PARTICIPATING TO LEISURE ACTIVITIES: THEORETICAL APPROACH

*Belli Emre¹,
Gürbüz Ali²,
Bedir Fatih³,
Önal Levent⁴,*

^{1,3,4}Atatürk University, Erzurum, Turkey,

²Mimar Sinan University, İstanbul, Turkey

Abstract. *In this study, it is suggested that the decision to participate in leisure activities and the process of activities choice can constitute a paradox and thus constitute an obstacle with a new perspective by examining the factors that are thought to prevent participation to leisure activities. In the study, studies on "leisure constraints" and "decision-making paradoxes" were examined and reached the conclusions that could support the theory with literature screening method. Participation in recreational activities is thought to have a confusions in decision making and selection processes of individuals. However, the diversity of preferences makes it difficult decision making of individuals and it may lead to be wasted leisure times which have limited. In conclusion, it is thought that decision-making paradox should be considered as a new sub-dimension among existing leisure constraints and measurement tools also should be included among the elements which thought to be obstructing leisure activities.*

Keywords: *Recreation Constraints, The Paradox of Choice, Waste of Time (Leeway).*

Introduction. The concept of recreation, which has become a very important position among the needs of the person, and the diversity of the studies carried out in this field brings with it a rapid development. In addition to the existence of many factors that direct individuals to recreational activities, their existence in the elements preventing them from such activities has been discussed in many studies. These studies are known as leisure constraints. Examining the factors affecting participation in leisure activities: many aspects such as age, gender, social status, physical structure, friends environment, facilities, time have been seen as psychological and sociological factors. On the other hand, in accordance with the preference of the individual, the variety of activities or insufficient activity has been expressed many times in terms of decision making and preference. "I don't have a friend!", "I can't find anything to do!", "What do we do?", "Where to go?", these thoughts are frequently encountered in the society and are among the problems faced by many people almost every day. The difficulty of the choice in this kind of decision making reveals that we need to approach us with a different

perspective on the barriers of recreation.

The aim of our research. By examining the factors that prevent participation in recreational activities, the existing obstacles in the literature as well as the factors affecting the decision making processes and decision making of the individuals are examined and it is determined whether the paradox of decision making is the obstacle.

Methodology of research. A literature review in its most comprehensive form includes a synthesis of quantitative findings stemming from quantitative research studies and qualitative findings stemming from qualitative research studies. Synthesizing both quantitative and qualitative findings within the same literature review automatically renders the literature review process as a mixed research study (Onwuegbuzie, Collins, et al., 2010).

Leisure Constraints

The factors which prevent the recreation activities preferred by individuals are discussed in the literature in a quite comprehensive way. Crawford and Godbey in 1987, Alexandris and Carrol in 1997, Hall and Page in 2006 and Karaküçük and Gürbüz in 2007, the factors that

hinder recreation activities have addressed different dimensions and contributed to the literature. Crawford and Godbey considered these barriers as personal, interpersonal and structural factors and categorized the elements that were important in choosing individuals' recreational activities. Qiao (2017) investigated Korean and Chinese students on the recreation barriers to psychological, time, accessibility, facilities and friends which is categorized and analyzed by Alexandris and Carrol theories. Crawford and Godbey (1987) have categorized barriers in three headings and identified them as personal, interpersonal and structural obstacles. Personal disabilities have been described as individual psychology, lack of friends in interpersonal barriers or social isolation of individuals, financial problems and limited resources define in structural barriers. However, Martins and Petroski (2000) in the form of these three structures; "Lack of practicality", "lack of equipment", "financial inability", "unsafe environment", "housework", "busy work hours", "fear of injury", and bring light for new studies. According to the hierarchical structure of the elements seen as constraints to participation in recreation activities; The decision-making process seems to be of great importance in the participation of the individual in the activity. However, the decision-making process has been included in personal, interpersonal and structural constraints, and has been advocated to influence activity (Alexandris, Du, Funk, Theodorakis, 2017). It is observed that individuals face the complexity of choice in the decision-making process. This confusion is considered the "paradox of decision making" in the literature.

Paradox of Decision Making

One of the factors that are important in carrying out an action or transformation to behavior is the decision-making and decision-making process. The decision-making process can be expressed as the sum of the physical and mental efforts related to the choice and choice among various variables. Decision making is defined

as selection behavior (Connor ve Becker, 2003). Decision-making is generally defined as making choices among alternatives. If there is only one option to be chosen, the decision cannot be mentioned (Rollinson, 2002). In order for decision-making behavior to occur, the following conditions must be met (Kuzgun 1992):

- The existence of a difficulty that reveals the need for decision making and the feeling of this difficulty by the individual.
- More than one option to eliminate the difficulty.
- The individual has the freedom to turn to one of the options.

Freedom and autonomy are essential for the continuation of goodness. Choice is a requirement of freedom and autonomy. Modern Americans have known as much choice and opportunity and freedom and autonomy as never before. Having control over the environment and being aware of it is necessary for well-being. When we examine relationship between desperation and choice; if we are able to make a choice in a particular situation, this means that we have control over the situation, which helps us to get rid of the feeling of weakness. In this case, it can be said that there is desperation only for situations where there is no possibility to choose. Therefore, being able to make choices enables individuals to participate actively and effectively in the course of life, which is very important in terms of psychological well-being. Nowadays, it is emphasized that this situation creates a different stress factor on the individuals from another perspective compared to some experts (<https://www.matematiksel.org/secim-paradoksu-2-bolluk-icinde-bol-bol-mut-suzluk/>). Which of the many options should be preferred? Which is the most optimum? Etc.

The Relationship between the Diversity of Leisure and the Paradox of Decision-Making

Leisure activities are defined as activities that relax and amuse the people. Participating in these activities creates a decision process, but the most important process is when the diversity of

activities is taken into consideration, the process of choice in determining the recreational activity to be preferred and the inability of the individual choose between the alternatives. As it is stated, decision making is interpreted as the process of choosing something among the preferences and it is seen that the only option is not considered as decision making.

The factors that prevent individuals from participating in recreational activities have become the focus of many studies and the constraint factors are mentioned as above. But before indivi-

duals participate in an activity to know what they want and the most appropriate for s/he to choose between the alternative activities in today's conditions to make a choice in a short time is perhaps the most busy process of individuals. This situation shows that paradox should be considered as a problem in leisure activities when it appears as a paradox within the process of participation in leisure activities. Therefore, the fact that there is a relationship between the leisure time and the paradox appears.

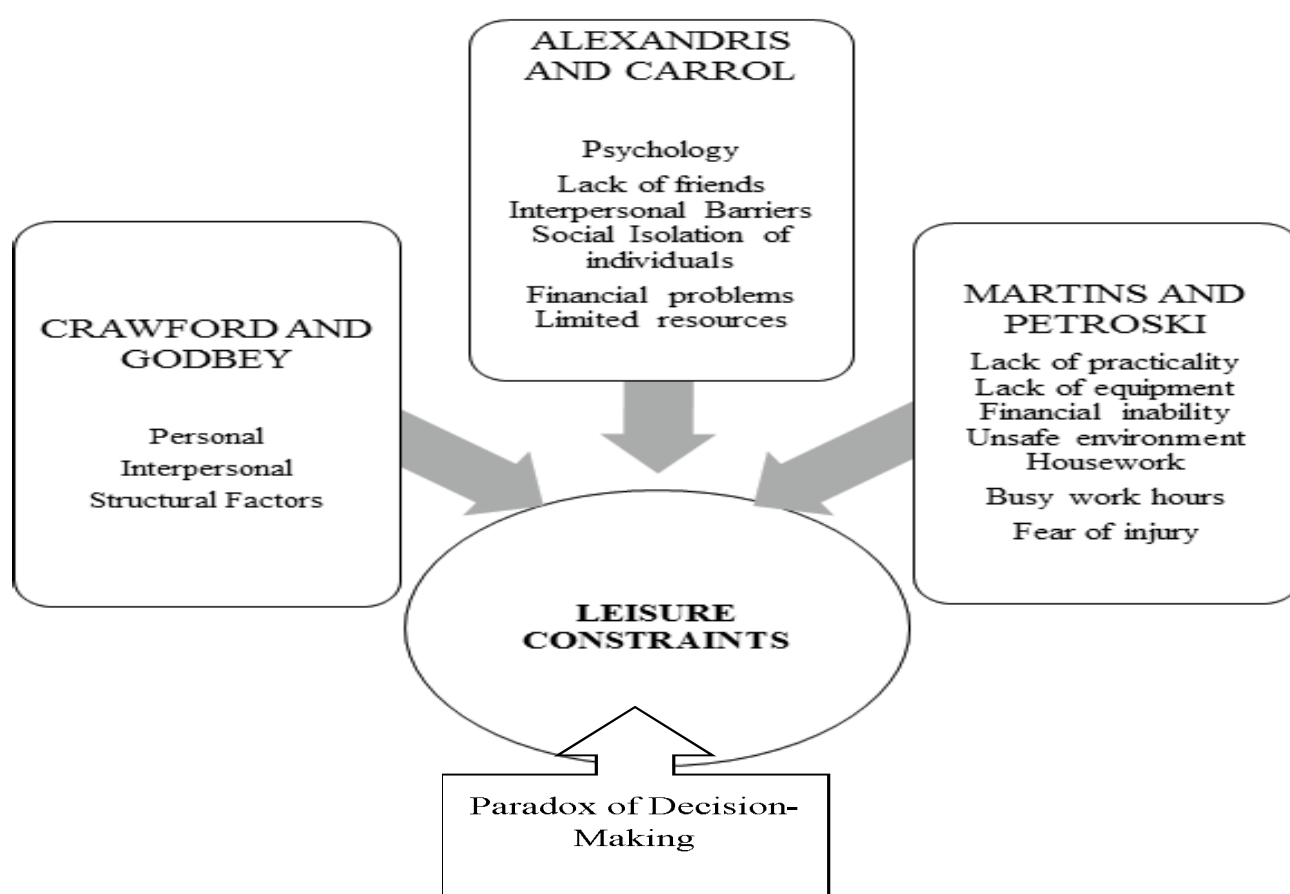


Fig.1. Constraints Construction

Conclusions

Trying to choose the best one among many choices or not choosing anything. When this situation is evaluated in terms of being an obstacle, time is known as the most valuable and irreversible source and it is known that starting something can be very important in terms of completing the works. Considering the nature of the recreatio-

nal activities, it is known that individuals should have free time and free elections. But given the limitations of time, both the diversity of recreational activities and the reluctance of individuals to participate in any activity make it very complicated to choose an activity. The individual living in the paradox of choice has been wasted at the end of the day the hours can be finished without

nothing. Considering the constraints to leisure activities, the paradox of decision-making or the difficulty of selection poses the necessity to think of the subjects that prevent individuals from participating in leisure activities as well. Eichenbaum, Hansen and Singleton (1988) stated in their study that the infinity of choices may affect the time and the activities to be done in the near future. Ajzen and Driver (1992) developed between 1985-1987 "Planned Behavior" they have used his theory for leisure purposes and attitudes.

They stated that the Theory of Planned Behavior could record positive developments in the participation of leisure activities. Grant (2002) emphasized that activity choice is also very important when talking about the relationship between free time and freedom and life satisfaction.

When the studies are examined, it is revealed that although the sub-dimensions of measurement tools related to constraints constitute many important and valuable sub-dimensions, selection paradox should be included. (Figure. 1)

References

1. Ajzen, I., Driver, B. L. (1992). Application of the theory of planned behavior to leisure choice. *Journal of leisure research*, 24(3), 207-224.
2. Eichenbaum, M. S., Hansen, L. P., & Singleton, K. J. (1988). A time series analysis of representative agent models of consumption and leisure choice under uncertainty. *The Quarterly Journal of Economics*, 103(1), 51-78.
3. Grant, B. C. (2002). Physical activity: Not a popular leisure choice in later life. *Loisir et société/Society and Leisure*, 25(2), 285-302.
4. Qiao, G. H. (2017). Comparison of Chinese and Korean Students Understanding Their Constraints on Participation of Leisure Activities context of Environmental education. *Eurasia Journal of Mathematics, Science and Technology Education*, 13(7), 4281-4290.
5. Alexandris, K., Du, J., Funk, D., Theodorakis, N. D. (2017). Leisure constraints and the psychological continuum model: a study among recreational mountain skiers. *Leisure Studies*, 36(5), 670-683.
6. Martins, M., and E. L. Petroski. 2000. "Perception of Physical Activities Barriers Measurement: An Instrument Proposition." *Brazilian Journal of Kinanthropometry and Human Performance* 1 (2): 58-65.
7. Soylu, Y. Siyez, D.M. (2014). Boş Zaman Can Sıkıntısı Ölçeği'nin Türkçe'ye Uyarlanması. *Ege Eğitim Dergisi*. (15) 1: 80-95.
8. Crawford, D. W., & Godbey, G. (1987). Reconceptualizing barriers to family leisure. *Leisure Sciences*, 9(2), 119-127.
9. Alexandris, K. Carroll, B. (1997). Demographic Differences In The Perception Of Constrains On Recreational Sport Participation: Results From A Study In Greece. *Leisure Studies*. 16. s. 107- 125.
10. Hall, C. M. Page, S. J. (2006). *The Geography of Tourism and Recreation*. New York: Routledge.
11. Karaküçük, S. Gürbüz, B. (2007). "Rekreasyon ve Kent(li)leşme". Ankara: Gazi Kitabevi. s.107.
12. Onwuegbuzie, A. J., Leech, N. L., & Collins, K. M. (2010). Innovative data collection strategies in qualitative research. *The qualitative report*, 15(3), 696-726.