

AN ANALYSIS OF ADJUSTMENT MECHANISM OF LEISURE TO WORK

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The purpose of the present study was to determine whether occupational members who already differ in adjustment also differ in patterns of leisure. This was investigated by comparing the leisure behavior patterns of high and low adjustment groups, as measured by The California Psychological Inventory (CPI) scores, across the selected occupations.

The subjects for the study were 261 respondents who were randomly selected from eight different occupational groups in Illinois, U. S. A. Leisure Behavior Questionnaire (LBQ) was used as the instrument to measure how often each subject participates in each of 40 leisure activities during a specified period of time. To determine the leisure behavior patterns, each of 40 activities was classified into high, intermediate, and low on each ten leisure dimensions. T-test was used to compare the differences between the high and low adjusted group among the eight occupations on ten leisure dimensions.

The most interesting finding of this study was the fact that occupational members who already differ in personal adjustment also differ in patterns of leisure. Moreover, these differences varied across the selected occupations. For example, both mechanics and attorneys showed significant differences in the leisure dimensions of intellectuality and sophistication. However, these differences gave completely reverse meaning to both occupations.

Another interesting result is the fact that high adjusted group of each selected occupations showed to attempt in some way to cope with their work and leisure by either withdrawing from or seeking out some patterns of leisure.