

## PERSONALITY AND BODY TYPE DIFFERENCES IN THE LEISURE BEHAVIOR OF HOUSEWIVES

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The purpose of the present study was to analyze how leisure behavior of housewives was affected by their personality as well as body type. This was investigated by comparing the leisure behavior patterns of extraversion and introversion groups as measured by the scores of Yatabe-Guilford Personality Inventory, and over-and under-weight groups as measured by the scores of Rohler Index.

The subjects for the study were eighty respondents who were randomly selected from the middle aged housewives in the suburb communities in Osaka.

Time-budget diary was used as the instrument to analyze their activities and experiences over two days, one weekday and Sunday.

The result showed no significant difference of amount of leisure time among the above classified groups. The most interesting finding was the fact that extraversion group engaged more into active leisure patterns such as woodcraft, bowling and attending physical fitness classes. On the contrary, introverted housewives engaged more into passive or solitary activities such as shopping, reading a book and cooking.

There were no significant differences of leisure behavior patterns between overweight and underweight groups. However, overweight housewives tended to participate more into vigorous or energetic activities.