

A Study on the Relationship Between Leisure Activities
and Psychological Traits

- in the case of trainees in vocational training centers -

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The purpose of this study is to define the relationship between leisure activities and level of independency through the medium of recreation activities. Recreation activities have been diffused extensively with the motto which is often advocated, "anytime, anywhere, anyone". However, a matter of more importance is "to have a mind to do", i.e., the independency as psychological primary factor is indispensable to recreation activities. Leisure activities questionnaire and Diagnostic Test of Independence (DTI) were used as a method of this study.

Summary

1. On the whole, leisure activities of trainees showed marked trends toward a rest, in spite of weekday or holiday.
2. Independency of trainees generally indicated low level.

3. As for the trainees with higher level of independency than those with low one, their leisure activities trended remarkably toward such recreation activities as one of sport activities. On the other side, it's clearly recognized that the trainees with low level of independency played such negative activities as watching TV., and this trend lacks autonomy.

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