

A study of the relationship between the restrictions on leisure, lifestyle and the quality of life on a fire-fighting officer who participates in leisure activity

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In today's society, every risk factor and the disaster risk is increasing while the urbanization is growing due to the industrial development and the population concentration. It may be said that to handle it is the key part in the Government Administration and a local government. It is increasing to demand a fire-fighting officer for dealing with a risk of every incident and disaster and for protecting. It has been known that the physiological and psychological stress degree of a fire-fighting official is higher regardless of internal and external. According to the National Commission on fire Prevention and Control, a fire-fighting official is classified into the most dangerous job in USA. According JRA (Job Rated Almanac), it was investigated as the fourth job of the most stress jobs following a taxi driver, a player and a director. In general, the job rating of a fire-fighting official is 249th in 250 depending on stress, physical requirement, the potential growth, the occupational safety and the environmental factors (Krantz, 2002). However, most fire-fighting officials couldn't lead well their own personal life or family life because they execute a work in a harder condition physically and psychologically due to the nature of a work which they have to protect life of people and the property while coping with the dangerous circumstance that can't be previewed (Lee wan-gu, 1994). For solving these problems, a lot of scholar has been suggesting active participation in sports, in other words, participation in leisure. This article aims at studying which effect the restriction on leisure, lifestyle and the quality of life has on a fire-fighting official and which relations is between them, and then analyzing the relations between each factor, presenting data for the derived problem and finding the way to solve.

This paper sent 330 copies of questionnaires to the fire-fighting officials considering the type of the fire station where are in Seoul and Gyunggi-do and collected 315copies for data. 300copies were used for the final analysis; exclusive of 13copies which it was not answered well or missed the answer.

It was conducted the factorial analysis, the reliability analysis, t-test, one-way ANOVA, a correlation analysis and the multiple regression analysis for treating data by using Window Program SPSS PC Version 18.0, path analysis by using Amos 18.0 as well.

First, there was significant difference partially in the restriction on leisure, lifestyle and the quality of life depending on demographic characteristics of a fire-fighting official.

Second, in the restriction on leisure, it had a negative effect on a causal relationship between lifestyle and the quality of life, in the restriction on personal, it had a negative effect on the living environment field in the quality of life and of physical health, and it had no effectiveness on lifestyle. The internal restriction had a negative effect on daily time practice in lifestyle, the living environment field in lifestyle, the social relations field and the psychological field. The structural restriction had a negative effect on the health practice of lifestyle and the social relationship field in the quality of life. The eating habit of lifestyle had a positive effect on the physical health field in the quality of life. The health practice had a negative effect on the quality of life and the social relationship field. The daily time practice had a positive effect on the living environment field of lifestyle and the physical health field.

Third, as the result of path analysis for the relationship between the restriction on leisure and the quality of life, the restriction on leisure had a negative effect on lifestyle, on the other hand, lifestyle had a positive effect on the quality of life.

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