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Investigating the relationship between leisure satisfaction and perceived freedom level of wellness participants: The Case of Eskisehir

Wellness Katılımcılarının Boş Zaman Tatmini ve Algılanan Özgürlük Düzeyleri Arasındaki İlişkinin İncelenmesi

Erdal ARSLAN
Anadolu University
erdal_a@anadolu.edu.tr
ORCID: 0000-0002-5791-2073

Dr. Öğr. Üyesi İnci Oya COŞKUN
Anadolu University
ioyazicilar@anadolu.edu.tr
ORCID: 0000-0002-5624-7243

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Abstract

The individual who experiences leisure activities has a more satisfactory, happy, social, and meaningful aspect in life. Although this issue was determined by a large number of researchers, the number of studies examining how wellness activities in the context of leisure time affect's individuals' life remain quite limited. The purpose of the current study is to reveal the relationship between leisure satisfaction and perceived freedom of Wellness activities participants' in Eskisehir; furthermore, to compare leisure satisfaction and perceived freedom according to certain variables. A quantitative research approach was adopted in this study. "Perceived Freedom in Leisure Scale" and "Leisure Satisfaction Scale" were used as data collection tools in addition to socio-demographic characteristics form which is prepared by the researchers. Wellness participants that participate in Wellness participants that participate in Wellness activities in their leisure time in the places were set Wellness centers in Eskisehir compose the population of the study. In conclusion, it was found that participation to Wellness activities in leisure time increases the level of leisure satisfaction and perceived freedom. Furthermore, according to the test results, significant differences exist between gender and freedom, and leisure satisfaction.

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Öz

Boş zaman aktivitelerini deneyimleyen bireylerin yaşantılarının daha mutlu, tatmin edici, sosyal ve anlamlı olduğu ifade edilebilir. Bu durum çok çayıda araştırmacı tarafından belirlenmiş olmasına rağmen boş zaman bağlamında gerçekleştirilen wellness faaliyetlerinin bireylerin yaşantılarını nasıl etkilediği konusuna ilişkin çalışmaların sayısı oldukça kısıtlıdır. Mevcut çalışmanın amacı, Eskişehir'de wellness aktiviteleri katılımcılarının boş zaman tatmini ve algılanan özgürlük düzeyleri arasındaki ilişkiyi ortaya koymaktır. Dahası araştırma boş zaman tatmini ve algılanan özgürlük düzeylerini belirli değişkenlere göre karşılaştırmayı amaçlamaktadır. Nicel araştırma yaklaşımının benimsendiği araştırmada veri toplama aracı olarak araştırmacılar tarafından hazırlanan sosyo demografik özelliklere ilişkin bilgi formunun yanı sıra "Boş zaman Algılanan Özgürlük Ölçeği" ve "Boş Zaman Tatmin Ölçeği" kullanılmıştır. Araştırmanın evrenini, Eskişehir'de bulunan ve wellness merlezlerinde boş zamanlarında wellness aktivitelerine katılan bireyler oluşturmuştur. Boş zamanlarda wellness aktivitelerine katılım wellness katılımcılarının, algılanan özgürlük düzeylerini ve serbest zaman tatminlerini arttırdığı tespit edilmiştir. Sonuçlar ayrıca cinsiyet, algılanan özgürlük ve serbest zaman tatmini arasında da anlamlı bir farklılık olduğunu göstermiştir.

1. GİRİŞ

Wellness is one's lifestyle or a way of life, living in a world that is continuously seeking, exploring and finding new questions to answer in the context of social, mental, and physical wellbeing. This lifestyle enables us to acquire maximum potential as possible through those dimensions namely social, mental, and physical wellness. The sub-dimensions of wellness mostly include emotional, physical, spiritual, intellectual, and social wellbeing. Wellness activities may be evaluated as an important part of leisure. It is possible to characterize leisure activities as a means of a healthier and better life just as wellness activities. Fatemeh et al. (2013) have emphasized leisure activities as an inherent way of human nature, they have also considered leisure activities as a means for well-being, growth, happiness development.

Wellness refers to individuals' holistic well-being and quality of life which is one of the most important phenomena for individuals' existence. The concept encompasses a variety of wellbeing conditions as for physical, social, intellectual, emotional, occupational, spiritual wellbeing and the purpose of this relevant wellness is to balance the happiness of one's life (Smith and Puczkó, 2014). Therefore, it is necessary to expand the thought to be and live healthily. Just as wellness, leisure also plays a crucial role in ones individuals' life. A series of studies concluded that leisure activities contribute to individuals' life and well-being in terms of psychological, education, social, physiological, relaxation, aesthetic (Beard and Ragheb, 1980; Spiers and Walker, 2008; Pearson, 2008). Also, Edginton (2009) claims that participating in leisure activities provides the means for individuals, societies, and even nations to improve their quality of life and well-being.

Although both wellness and leisure studies have been widely examined in the literature (Neal, Sirgy and Uysal, 1999; Corbin, Lindsey, and Welk, 2000; Myers, Sweeney and Witmer, 2000; Ngai, 2005; Griffin and McKenna, 1999; Aydin and Arslan, 2016) studies are subjected to mainly on the effect of life satisfaction, perceived freedom (Yerlisu Lapa and Agyar, 2011), family leisure satisfaction, quality of life. However, there is a lack of research to shed light on relations between leisure satisfaction and the perceived freedom of wellness participants. Therefore, in this study, wellness and leisure were examined together and participants of wellness activities in Eskisehir who were the chosen population, and their leisure satisfaction and perceived freedom have been determined. Mainly the purpose of the current study is to reveal the relationship between leisure satisfaction and perceived freedom of wellness participants. In addition to assessing the level of leisure satisfaction and perceived freedom of wellness participants, the work also aims to make a comparison in the context of gender.

2. LITERATURE REVIEW

2.1. Concept of Leisure and Wellness

The changes that took place in the working life in conjunction with the industrial revolution created a noticeable gap in the working hours of the individuals working life. The influence of the developing world and the working conditions of individuals needed a particular time to spend with themselves which reminds them of the concept of leisure (Ceyhun, 2008: 326). Thus, individuals began to engage with leisure activities that make them feel free and relaxed and to remove the boredom resulting from the routine life that it brings about in their daily essentials and working life. Primarily, individuals need a time frame in which they can freely evaluate to fulfill their leisure activities. In this context, various time concepts are mentioned in the literature. Numerous researchers refer time concept in three types such as biological, working, and leisure (Hacıoğlu, Gökdeniz, and Dinç, 2009: 18; Karaküçük and Gürbüz, 2007: 17; Karaküçük, 2005: 14). The activities that individuals ensure to meet their needs such as eating, drinking, sleeping, etc. are biological; to perform the activities that let them sustain their daily life are working, and the activities they perform to entertainment, sports and to get higher levels of spiritual well-being covers leisure. This context is often expressed as leisure activities. However, every individual might have free time but the possibility of obstacles arising which prevents the individual from actually spending with any kind of leisure activities should be taken into consideration. In other words, individuals might have free time but they might not be able to spend it freely with leisure activities. In a research Kelly (1990), while explaining the confusion of the concept of leisure and free time underlines that during a period if the individuals interested in and doing something you can't express that time as free time but leisure. In

this context, based on all expressions above in this very study, the concept of leisure which is often expressed as free time in the literature will be expressed as leisure.

Even though researchers studying in the field of leisure have carried out numerous works to define the concept, there is not an exact definition of leisure that researchers agreed Since the concepts of "wellness" and "fitness" are being widely used interchangeably to express health or exercise programs in which they may or not be promoting well-being, defining the concept of wellness is thought to be important (Corbin and Pangrazi, 2001). Definition of the concept of leisure an English word originally derived from Latin “licere”, meaning "be permitted" or "to be free" has long been an issue among scholars. The concept has mostly been tried to portray in its sociological and psychological state of mind features (Chen, 2012: 45). On the other hand, Parr and Lashua (2004: 1), stated that the word “leisure” evokes a variety of concepts, images, and thoughts. Zeigler (2003: 119) states that the word leisure is used to clarify the time which an individual has apart from being responsible for her or his work and does not need to spend it for basic survival activities or sleeping but new competencies. In that sense, it may assert that leisure activities are those individuals who preferably desire to do so for the rest of their time apart from the work they must get done. Edginton (2006), points out that through leisure activities, individuals' lives become more meaningful, social, happy, and satisfactory. Sung (2008: 8) notes that leisure activities include activities in which individuals meet their personal needs and desire as a consequence to satisfy their needs in leisure time. In that sense, based on these points of view, leisure activities have characteristics that enable to socialize, satisfy and acquire new abilities.

2.1. Wellness

Technological developments and understanding of the importance of education in developed and developing countries are influential in individual and social development, which in turn contributes to the development of more conscious individuals. Individuals with such characteristics have made substantial efforts to be able to sustain a conscious and more controlled aging process in which as a consequence revealed the Wellness phenomenon. Anspaugh et al. (2006: 2) define wellness as a phenomenon covering to be healthier as well as improving attitudes and behaviors that increase the quality of life besides maximizing personal potential. Corbin and Pangrazi (2001: 3) in their report refer to wellness as a multidimensional state of wellbeing, describing the existence of active and positive health in an individual as illustrated by both a sense of wellbeing and quality of life. Miller and Foster (2010: 10) stated that wellness is the lifestyle of a person living in a world that seeking, exploring, asking new questions to answer mostly based on the social, physical, and mental dimensions. The core of this lifestyle is formed to enable as maximum potential as possible in the context of these three dimensions of one's life in any given time (Miller and Foster, 2010: 10). In a similar vein, Myers, Sweeney and Witmer (2000: 252) provided a clear definition of wellness on an individual basis, and they defined wellness as; living more engaged in a human and natural community that provides oriented optimal wellbeing and health in which the mind, body, and spirit are integrated by the individual. Apart from the mentioned definitions and statements Ergüven and Ergüven (2012: 4) stated wellness as keeping body, mind, and spirit well-being, in balance and continue to improve. Finally, according to the National Wellness Institute, wellness refers to an ongoing active process that one notices, and steps further, a more accomplished entity.

As seen above, the concept of wellness applied in many different ways by authors. Nonetheless, statements toward concept contain a series of common features. These features are stated as follows: a) Wellness is an active, self-directed, and continuously improving process of acquiring complete potential, b) In addition to containing a way of life, physical, spiritual, and mental well-being and the environment wellness is both multidimensional and holistic, c) And finally, wellness is positive and approval (Khan and Vinson, 2020).

Wellness is characterized as a relatively new concept to expand the thought of individuals to be and to live healthily. Scholars refer to six dimensions of Wellness: emotional, physical, mental/spiritual, social/Interpersonal, and environmental which are related and affected by each other (Fahey et al., 20172; Roscoe, 2009: 218-221). These six dimensions are mentioned in brief as below.

Emotional Wellness: The emotional dimension reflects a sense of emotion and the ability to control. In addition to the capacity to manage an individual's feelings and linking attitudes, emotional

wellness refers to sensible and practical assessment of an individual's boundaries, development of autonomy, and skill to overcome stress.

Physical Wellness: This very dimension recognizes and urges the need for regular physical activity and encompasses self-care care for illnesses, clear free from diseases, and physical well-being. Physically well-being is related directly to wellness.

Mental/Spiritual Wellness: The main viewpoints of the relevant dimension seem to be purpose and meaning in life; individual's encounter with other, nature, the community, the universe, shared higher power community and experience an inner resource which enables an individual to feel stronger and become a guide to find the meaning of life (Miller and Foster, 2010: 6). It is important to underline that spiritual wellness is mostly interpreted as being typically fundamental to the rest of the wellness dimensions (Chandler, Holden, and Kolander, 1992).

Intellectual Wellness: Intellectual dimension requires an active mind as it determines the problems, produces solutions, and directs behavior. Individuals who are intellectually well constantly question their minds.

Social/Interpersonal Wellness: Social dimension contains improving satisfied and supportive relationships among individuals and maintaining these relationships because these are required for physical and emotional wellness. According to Miller and Foster (2010: 14), social wellness refers to both the degree and quality of interactions not only with other people but the community, and nature. Besides, Miller and Foster (2010a: 6) social wellness refer to interactions of one to another, society and nature includes the perception of interactions, motivation, intention, and action.

Environmental Wellness: According to May (2007), this dimension refers to preserving balance in the home and work life in addition to the relationship of individuals with community resources and nature. Since individuals' well-being depends on the well-being of the earth, individuals need to live in a habitable environment. In that sense, it is crucial to spare time for the environment.

2.1. Relationships of Wellness and Leisure

Wellness activities are an important part of leisure. It is possible to characterize leisure activities as a means of a healthier and better life just as wellness activities. Although there are similarities between wellness and leisure activities, there is a differentiation between them and it is only possible to implement those activities with free time. Besides, wellness activities mostly requires payment but it is not a requirement for leisure activities. However, both activities have common goals and it might be classified as intellectual, spiritual, social, emotional, and physical.

Nowadays individuals are struggling to improve and balance their current well-being and to manage them successfully. In this context, one may claim that through leisure activities which are carried out in free time to reach optimum wellness by healthy living and aging process might be effective. Leisure is a crucial factor in one's life. Because leisure activities provide opportunities to meet the values of life and needs, they take a significant part in subjective well-being. It is widely acknowledged that there is a mutual relationship between participation in leisure activities and health. Empiric researches show that participating in leisure activities improves physical functioning (Avlund et al., 2004), mental health, and well-being of adults (Iwasaki and Mannel, 2000). On the other hand, a narrow body of researches has pointed out that leisure activities have a role in improving the wellbeing and health of individuals in the context of mental and physical health conditions (Pescud et al., 2015; Wilhite, Keller, and Caldwell, 1999). Besides, experiencing leisure activities are also influential on individuals to feel freer than previous. Goodale and Godbey (1988), claim that leisure consists of a complete sense of freedom. Also, leisure, when characterized as perceived freedom, appears to reduce stress (Huang and Carleton, 2003: 40). As a result of these effects, individuals' good moods, happiness, and enjoyments increase.

Various variables affect individuals positively by the end of leisure activities. These variables are individuals' different preferences, satisfaction and happiness (Lu and Hu, 2005: 329), individuals' quality of life (Lloyd and Auld, 2002), and desire to increase mental well-being. Similar outputs observed in wellness participation through wellness activities prove that wellness and leisure activities have common characteristics of participants.

Previously due to limited opportunities, individuals were utilizing their leisure time in baths, parks, public houses, or music halls (Torkildsen, 2005: 25). Currently because of the existence of numerous open and closed places to execute leisure activities have contributed to direct individuals towards different leisure activities that enhance and maintain as well as hedonic needs, physical, spiritual and quality of life. The effect of leisure activities on participants is widely acknowledged. Based on the characterization of the current literature, Zorba (2002: 219) has accounted for relevant effects as below:

- Improvement of physical and spiritual well-being
- Socializing of individual
- Personal ability and skills improvement
- Improvement of creativeness
- Increasing work success and efficiency
- Providing presence and happiness
- Providing social solidarity and integration

In that sense when the effects of leisure and wellness activities on individuals are examined it is obvious that those activities' effects are merged under physical, spiritual, intellectual, social, and educational factors.

3. METHOD

Leisure activities and leisure events have profound effects on individuals' active well-being - e.g. physical and psychological well-being, professional satisfaction, and happiness- although the subject hasn't been studied by scholars sufficiently (Karlı et al. 2008: 82). In scientific researches according to the system qualitative or quantitative research approaches performed and for this study, a quantitative research approach has been performed. In this very study wellness services which make a significant contribution to individuals' quality of life, physical condition and spiritual well-being have been investigated. Also, it was aimed to reveal satisfaction and freedom levels of the wellness activities participants, and based on particular variables to compare leisure satisfaction and perceived freedom.

3.1. Population and Sampling

Leisure activities cover a wide range of activities. According to Arslan and Çiftçi (2016), wellness centers include gyms, operations providing mind and body practices, beauty centers, baths, and open and closed parks. In this context population of the study consisted of the individuals who participated in those wellness activities dwelling in Eskisehir City. Because the exact number of participants of wellness activities are not known, 219 participants in these centers mentioned above by convenience sampling with face to face interview technique included studying voluntarily to fill the questionnaire. Because of the fact that no data existed on the relevant subject, the sample size was tried to determine through the scale items. In social sciences researches, ıt is stated that multiplying the number of items in scale with 5 or 10 may appreciate the necessary sample size (Hair et sl., 2014). Meanwhile, the rule of thumb, more than 30 and less than 500 is also applied in researches (Ullah et al., 2019; Alauddin, et al., 2020). In that sense, given the number of items is 41 (41x5=205) and the sampling technique is non-probabilistic the sample size of 219 thought to be sufficient for the current Research.

3.2. Measurement

The survey technique was utilized as a data collection instrument which consisted of three sections. A socio-demographic characteristics form was developed in the first section to determine participants' profiles, i.e. gender, marital status, education level, and household income. In the second section of the questionnaire, to collect data from wellness participants' towards perceived freedom in their leisure activities, a 5-point Likert Scale namely "Perceived Freedom in Leisure Scale" was utilized. The relevant scale was adapted to Turkish by Yerlisu Lapa and Agyar in 2011. The subscales were; (a) excitement/amusement (b) knowledge/skills. Cronbach's Alpha internal consistency coefficient obtained in the current study for the scale was high (0,91).

Finally, "Leisure Satisfaction Scale" adapted to Turkish in 2011 by Gökçe and Orhan was utilized to evaluate the degree of wellness participants' leisure satisfaction. This questionnaire was also designed as 5-point Likert Scale and consisted of six dimensions; (a) aesthetical, (b) education, (c) physical, (d) psychological, (e) relaxation, and (f) social. Internal consistency value for this scale was also found high (0,92).

3.3. Data Analysis

SPSS Statistics 25 version was used to apply analysis. To reveal the distribution of the participants' socio-demographic characteristics, descriptive statistics were applied to the data, i.e. percentage (%), frequency (f), mean ($\bar{x}$), median. Kurtosis and skewness computed to assess the distributions of scales. Because of the fact that kurtosis and skewness values were below an absolute value of ±1,5 (Tabachnick and Fidell, 2013) which refers to acceptable limits, parametric tests were performed. Based on the normality of tests, Pearson's Correlation Analysis was applied to reveal the relationship between leisure satisfaction and perceived freedom in Wellness activities' participants. To determine the differences between socio-demographic characteristics and scales independent sample t-test and analysis of variance were applied.

4. RESULTS

As shown in Table.1 a total of 219 participants participated in the study. As shown in the table below 29.7% or 65 of the participants were between the age of 18- and 24. The age range of 25 to 30 were 71 (32.4%). 54 (24.7%) were ranged between the age of 31 and 39 and 29 (13.2%) were 40 or older. The sample split followed closely along gender lines: 120 (54.8%) of the participants were female and 99 (45.2%) were male. While 88 (40.2%) of the participants were married, 131 (59.8) were single. Thirty-three participants' (15.1) education level was primary school while 43 (19.6%) were high school, 109 (49.8) graduate, and 34 (15%) postgraduate. 66 (30.1%) of the participant's monthly income was 1603 ₺ or less. 64 (29.2%) participants' monthly income were between 1604-2500 ₺ while 35 (16.0%) were 2501-3500 and 54 (24.7%) were 3501 or more.

Table 1: Demographic Profile of Wellness participants

Variables	Groups	N	%
		219	100.0
Age	18-24	65	29,7
	25-30	71	32,4
	31-39	54	24,7
	>=40	29	13,2
Gender	Women	120	54,8
	Men	99	45,2
Marital Status	Married	88	40,2
	Single	131	59,8
Education	Primary School	33	15,1
	High School	43	19,6
	Graduate	109	49,8
	Postgraduate	34	15,5
Income	<=1603	66	30,1
	1604-2500	64	29,2
	2501-3500	35	16,0
	>=3501	54	24,7

The descriptive statistics relative to the leisure satisfaction sub-dimensions scores of the Wellness participants are presented in Table 2. All Wellness participants were satisfied in terms of relaxation, education, physical, psychological, social, and aesthetic (Table 2). The mean score of participants three and close to four which means they agreed that wellness activities satisfy them. These scores prove wellness activities have positive effects on participants' holistic well-being.

Table 2: The descriptive statistics of wellness participants for sub-dimensions of leisure Satisfaction

Factors	N	x̄	Std. Deviation
Relaxation	219	3.87	.1.03
Education	219	3.83	.85
Physical	219	3.75	.80
Psychological	219	3.71	1.15
Social	219	3.63	.88
Aesthetic	219	3.54	.95

The descriptive statistics relative to the perceived freedom sub-dimensions scores of the wellness participants were presented in Table 3. Perceived freedom scores of wellness participants demonstrate that participation in this kind of activity relatively improves the knowledge/skills and excitement/amusement of those concerned.

Table 3: The descriptive statistics of wellness participants for sub-dimensions of perceived freedom

Factors	N	x̄	Std. Deviation
Knowledge/Skills	219	3.67	.60
Excitement/Amusement	219	3.60	.71

Based on the normality of the data Pearson's Correlation analysis was applied to examine whether the relationship between perceived freedom and leisure satisfaction of wellness participants. Results as shown in Table 4 indicated a significant positive correlation between perceived freedom and leisure satisfaction - r=.630. p<.01 (N=219) - of wellness participants' in Eskisehir. The result of this correlation analysis has proven for people both living in Eskisehir and participating in wellness activities that the more participating in wellness activities the more leisure satisfaction they acquire. In that sense the result of the study is consistent with the paralleled research findings in the literature. As Chan (2007) has concluded that wellness activities elevate the personal quality of life. On the other hand Malinakova et al. (2018) explored the relationship between spiritual well-being and leisure-time activities in a national level representative sample of Czech adolescents.

Table 4: Correlation between leisure satisfaction and perceived freedom of wellness participants

Variables		Perceived Freedom	Satisfaction
Perceived Freedom	Pearson Correlation	1	.630**
	Sşg. (2-tailed)		.000
	N	219	219
Satisfaction	Pearson Correlation	.630**	1
	Sşg. (2-tailed)	.000	
	N	219	219
Correlation is significant at the 0.01 level (2-tailed).			

Studies were conducted related to wellness and leisure time activities avoided evaluating the extent to which their findings differ by demographics i.e., gender, age, education (Hartman et al., 2020). The independent-samples t-test was performed to determine any significant difference between gender and perceived freedom and leisure satisfaction whereas analysis of variance was performed on age, education, and income. Results showed only a significant difference between gender and perceived freedom and leisure satisfaction (Table 5). According to these results, the perceived freedom of men participating in wellness activities is higher than women while the leisure satisfaction of women participating in wellness activities is higher.

Table 5: Independent-Samples t-tests for gender

Variables	Groups	n	$\bar{X}$	sd	df	t	Sig. (2-tailed)
Perceived Freedom	Women	*120*	*3.84*	*.49*	*217*	*5.63*	*.000*
	Men	*99*	*3.89*	*.68*			
Leisure Satisfaction	Women	*120*	*3.91*	*.70*	*217*	*4.25*	*.000*
	Men	*99*	*3.49*	*.77*			

5. CONCLUSION

Leisure satisfaction and perceived freedom have been widely examined by scholars. The results of the current research concluded a significant relationship between leisure satisfaction and perceived freedom degrees of Eskisehir wellness participants'. In this very study positive correlation was found between leisure satisfaction and perceived freedom and the results of this finding consistent with many other research findings (Ragheb and Griffith, 1982; Kovacs, 2007; Lapa, 2013; Agyar, 2014).

The results of this investigation showed significant differences between the degree of both perceived freedom and leisure satisfaction and gender of wellness participants in Eskisehir. The result indicated the leisure satisfaction of women participating in wellness activities is higher than men. On the other hand, the perceived freedom of men participating in wellness activities is higher than women. One may inference based on the relevant results that the more participating in wellness activities the more perceived freedom of men while it is so for women in the context of leisure activities. The differences may have occurred culturally. However, there were not any significant differences between leisure satisfaction, perceived freedom, and age, marital status, income, and education. Even so, participants engaging in wellness activities have high levels of leisure satisfaction and perceived freedom (Table 2 and 3). Similar results were found in previous studies conducted by Riddick and Daniel (1984), Siegenthaler and O'Dell (2000), Munchua et al. (2003).

Scholars interested in wellness and leisure studies could take advantage to understand wellness activities' effects on participants in terms of perceived freedom and leisure satisfaction. Even though the results of this study receive similarities to previous researches, this is a unique study by its population and associating wellness, and leisure. The results of the study are thought to contribute to the literature to developing associate the wellness and leisure activities as the researches in this context is inadequate in Turkey.

This particular study provides some considerable contributions to the literature. Even though studies have determined the relationship between leisure satisfaction and perceived freedom of a variety of groups, either few or none of those studies have tended on wellness participants. As far as our knowledge, the current study is the first correlational research to investigate the relationship of wellness participants' perceived freedom and leisure satisfaction. In addition, as previously mentioned, there is a growing body of literature available on the related subject yet evaluating the extent to which findings differ by demographics variables has been quite deficient. In this current context, this research has performed a series of analyses to determine the differences between perceived freedom and leisure satisfaction and demographic variables of wellness participants. To sum up, current research is thought to attract the academic environment to conduct more research on the relevant subject.

Based on the conclusions of the research some practical implications may be put forward for both considering wellness activities participants and administrators of the municipality. Individuals may increase their own state of self-well-being through wellness activities. Considering the positive significant correlations of perceived freedom and leisure satisfaction of wellness participants, by aiming to increase the quality of life, municipalities may enhance the number of places that locals can engage in wellness activities, and also they can encourage individuals through promotions and advertisements. As previous studies tent more on investigating the concepts of wellness, perceived freedom, and leisure satisfaction separately, future researches may focus combine these phenomena.

To which extent, wellness dimensions -emotional, physical, spiritual, intellectual, and social- effects perceived freedom and/or leisure satisfaction may be scrutinized.

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