

INVESTIGATION OF THE RELATIONSHIP OF HAPPINESS, LEISURE ATTITUDES AND LIFE SATISFACTION LEVELS OF INDIVIDUALS WHO JOIN RECREATIVE DANCING ACTIVITIES ¹

REKREATİF DANS AKTİVİTELERİNE KATILAN BİREYLERİN MUTLULUK, BOŞ ZAMAN TUTUMU VE YAŞAM TATMİNİ DÜZEYLERİNİN VE ARALARINDAKİ İLİŞKİNİN İNCELENMESİ

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Öz: Bu araştırma rekreatif etkinlik olarak dans faaliyetlerine katılan bireylerin mutluluk, boş zaman tutumu ve yaşam tatmini düzeylerinin bazı değişkenlere göre belirlemeyi ve aralarındaki ilişkiyi ortaya koymayı amaçlamıştır. Araştırmaya Ankara ilinde rekreatif olarak dans aktivitelere katılan 302 birey oluşturmaktadır. Araştırmada veri toplama aracı olarak; Diener, Emmons, Larsen ve Griffin (1985) tarafından geliştirilmiş olan ve Türkçeye uyarlaması ve geçerlilik güvenilirliği Durak, Durak ve Gençöz (2010) tarafından yapılan “Yaşam Tatmini Ölçeği (Satisfaction with Life Scale-SWLS)”, Ragheb ve Beard tarafından 1982 yılında geliştirilen ve Türkçeye uyarlaması Akgül ve Gürbüz tarafından yapılan ‘Boş Zaman Tutum Ölçeği’ ve Hills&Argyle (2002) tarafından geliştirilen “Oxford Mutluluk Ölçeği” kullanılmıştır. Verilerin analizinde betimsel istatistikler, t testi ve Tek Yönlü Varyans Analizi (ANOVA) ve korelasyon analizinden yararlanılmıştır. Araştırmanın tüm sonuçları ele alındığında rekreatif dans aktivitelere katılan bireylerin mutluluk düzeylerinin yüksek, boş zaman tutumlarının olumlu ve yaşam tatmini düzeylerinin ise orta düzeyde olduğu, bununla birlikte yaş ilerledikçe ve algılanan gelir seviyesi yükseldikçe mutluluk düzeyi yükselmekte ve boş zaman tutumunun davranışsal alt boyut puanları daha pozitif olmakla birlikte algılanan gelir seviyesi yükseldikçe yaşam tatmini de artmaktadır. Ayrıca rekreatif dans etkinliklerine katılan bireylerin boş zaman tutumları ne düzeyde olumlu olursa mutluluk düzeylerin de doğru orantılı şekilde arttığı söylenebilir.

Anahtar Kelimeler: Mutluluk, Boş Zaman Tutumu, Yaşam Tatmini, Dans

Abstract: This study aims at revealing the relationship of happiness, leisure attitudes and life satisfaction levels of people who join recreative dancing activities. It consists of 302 individuals who join dancing activities recreatively in Ankara. As a data collection tool, “Yaşam Tatmini Ölçeği (Satisfaction with Life Scale-SWLS)” which was created by Diener, Emmons, Larsen and Griffin (1985) and whose validity and reliability and adaptation into Turkish were made by Durak, Durak and Gençöz (2010); “Boş Zaman Tutum Ölçeği (Leisure Scale)” which was created by Ragheb and Beard in 1982 and was adapted into Turkish by Akgül and Gürbüz; “Oxford Mutluluk Ölçeği (Oxford Happiness Scale)” which was created by Hills&Argyle (2002) were used. Descriptive statistics, T-Test and One-Way Analysis of Variables (ANOVA) were used in data analysis. When all the results are considered, it can be seen that the happiness level of people joining dancing activities is high and their leisure attitudes are positive and their life satisfaction level is medium-level. And, it can also be seen that the happiness level increases with the age and perceived income level, behavioral sub-dimensions of leisure attitudes will get positive and life satisfaction will increase with perceived income level. The more positive level individuals’ who join dancing activities have, the more their happiness level will increase in a direct proportion.

Key Words: Happiness, Leisure Attitude, Life Satisfaction, Dance

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INTRODUCTION

Because of the socio-economic and cultural changes that happen in their life, people prefer to spend their leisure with activities which can affect their life in a positive way. This is why people want to be included in a

different social environment, to get away from stress, to adapt themselves to the changing living conditions, to protect and to improve their physical and mental health. In this regard, individuals prefer activities which are both enjoyable and good for their health, and which can increase their satisfaction level. Dancing activities have been very popular recreative activities nowadays, making people happy with esthetical and social features as well as making them physically active (Ayyıldız, 2015: 2-3) According to Hugel and et. al (1999), dance is a special expression of individuals' motor behaviors. Dancing is an art of reflection, description and expression of one's inner world via moves (Cantekin, 2011). Dancing which covers sport, science and art is processing an emotion given by a moving body with physiological progress (Esen, 2012). The fact that time rose in value caused time apart from the work to gain importance; and it contribute to individuals to use their time, their leisure, in an active way. Leisure of people increased because of decreasing working hours, automatisisation, industrialization, vacation with pay. This caused a problem of

spending that leisure. (Süzer, 2000) In this leisure, we can talk about too many different activities, such as daily, weekends, annual leave or longer vacations. Those activities can have a meaning according to individuals' different aims and demands (Karaküçük, 2008: 58). Throughout the history, our social needs were created in a "dance form." This can be seen in primitive regions and primitive tribe's dances. Primitive dances were for different genders and there were no body connections. Having a social relationship with other group members, sense of belonging while moving together, group dynamics in accordance with the common purpose made people take pleasure. It helped people have more self-esteem, avoid from some physiological and social problems or decrease them (Özdemir, 2007). On the other hand, dancing is not only an art activity which you can only spend your leisure with but also a recreative activity which can increase physical activity by nature. So that means that it has an important role in increasing health standards which is defined as not having any diseases or weakness and being in a good mental and social mood; and also it has a huge role in individuals' happiness level and leisure attitudes.

Satisfaction is defined as satisfying impulse, motive, needs and expectation. On the other hand, satisfaction can be related with the differences amongst the expectations which in-



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dividuals have; the less this difference is, the more this satisfaction level will be (Kovacs, 2007: 29). Life satisfaction is about the comparison of what people expect (their expectation) and what they have (what they possess) (Yerlikaya, 2014). Life satisfaction level contains the whole life of a person and its different perspectives. When it comes to life satisfaction, it is not about only a certain type of satisfaction, it is also about a general one. It is defined as having happiness and a good mood (Vara, 1999). Myers and Diener (1995) told that positive thinking and emotions had a superior position on happiness or being subjectively well; and they could be explained by three variables, which are related with each other but also independent: the relative existence of happiness, absence of emotions and life satisfaction (Kangal, 2013). Psychological well-being is actually important individually and socially because it also increases relationships and productiveness level; it has a positive effect on physical health. (Gündoğar, Gül, Uskun, Demirci, Keçeci, 2007) Individuals who are satisfied with their lives are the ones who have a good level of life satisfaction. The factors which are the reasons for this situation is still an important research subject (Karaman, 2015: 35).

There are too many factors that affect life satisfaction. These are age, sex, education level, income, working hours and social factors.

(Polat, 2014) Furthermore, how people spend their time apart from work, what kind of attitude they have, how satisfied they are with their lives and how happy they are affect their life satisfaction and happiness. When we consider the manner, it is either positive or negative attitude of a person according to an item, a situation or an incident (Karakaş Türker, Turanlı, 2008). Leisure attitude is the attitude that people have while doing activities chosen by themselves in a freely and responsibility-free way. Hence, emotions, ideas and behaviors of people need to be analyzed if we want to have an idea about individuals' attitudes. In this study, it is aimed to identify happiness, leisure attitudes and life satisfaction levels of individuals attending dancing activities and to compare them according to some variables and to show their relationships.

MATERIAL and METHODS

This research is conducted according to the quantitative research model. The scan pattern used in the study is an approach to describe a previous or current situation as is (Karasar, 2008: 77).). The study group consists of 174 female and 128 male, 302 participants who are randomly selected people attending 10 recreative dancing activities in 36 dancing courses in Ankara, and whose average of age is 24.56 ± 6.41 . As a data collection tool, "Yaşam Tatmini Ölçeği (Satisfaction with Life Scale-SWLS)" which was created by



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Diener, Emmons, Larsen and Griffin (1985) and whose validity and reliability and adaptation into Turkish were made by Durak, Durak and Gençöz (2010); “Boş Zaman Tutum Ölçeği (Leisure Scale)” which was created by Ragheb and Beard in 1982 and was adapted into Turkish by Akgül and Gürbüz; “Oxford Mutluluk Ölçeği (Oxford Happiness Scale)” which was created by Hill and Argyle (2002) adapted to Turkish by Doğan and Sapmaz (2012) tarafından geçerlilik ve güvenirlik were used. Life satisfaction scale contains 5 articles and has a single factor. Its parameter of internal consistency is .81. Leisure attitude scale is formed of 36 articles and has cognitive, affective and behavioral features. Its parameter of internal consistency is .97. Oxford Happiness Scale consists of 29 articles and has a single factor. Its parameter of internal consistency is .91. In analyzing the data,

it was seen that distributions had parametric characteristics regarding normality and homogeneity of variables. By showing descriptive statistics in life satisfaction, happiness and leisure attitudes, T-Test and One-Way Analysis of Variables (ANOVA) were used to check if the levels had changed or not. Turkey test was used to find out which group caused differences when there were significant differences in multi variables. Pearson Correlation Analyze was used to find out the relationship of life satisfaction, leisure attitude and happiness level.

FINDINGS

In this chapter, there are findings related with the variables which belong to the individuals' levels of happiness, leisure attitude and life satisfaction and also the findings related with comparisons of different variables.



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Table 1. The Frequency and Percentage Distribution of Demographic Variables of Participants

N=(302)			
	Variable	f	%
Sex	Female	174	57,6
	Male	128	42,4
Age	18<	19	6,3
	18-25	188	62,3
	26-33	75	24,8
	34>	20	6,6
Education Level	Secondary School or less	76	25,2
	High School	192	63,6
	Undergraduate or more	34	11,3
Perceived Income	Low	90	29,8
	Middle	104	34,4
	High and very high	67	22,2

Here are the sex, age, education level and the perceived income level of the participants. We can see that 42.4% of them are male 57.6% are female and their age group is mostly 18-25 which is equal to 62.3% of all participants.

Most of the participants are high school graduates (63,6%) 34,4% of participants say that their perceived income is in middle level, 29,8% say that it is low and 22,2% say that it is high and too high (Table 1).

Table 2. The Arithmetic Average and Standard Deviation Values of Life Satisfaction, Leisure Attitudes and Happiness Scales

N=(302)				
	\bar{x}	ss	Min.	Max.
Happiness Scale	102,43	15,00	52,00	138,00
Leisure Attitude	143,62	19,68	62,00	180,00
Cognitive sub dimension	48,72	7,88	12,00	60,00
Affective sub dimension	48,26	7,23	12,00	60,00
Behavioral sub dimension	48,63	7,61	23,00	60,00
Life Satisfaction	12,40	3,60	5,00	25,00



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Here are the arithmetic average and standard deviation values of life satisfaction, leisure attitudes and happiness scales of participators. It can be seen that the happiness level is high ($102,43 \pm 15,00$), their leisure attitude is positive ($143,62 \pm 19,68$) and life satisfac-

tion is in middle level ($12,40 \pm 3,60$). And we can also see that cognitive, affective and behavioral sub dimensions are almost the same: ($48,72 \pm 7,88$), ($48,26 \pm 7,23$) ($48,63 \pm 7,61$), respectively (Table 2).

Table 3. The Results of T-Test Among Life Satisfaction, Leisure Attitude and Happiness Scales and Sex Variables

	Sex	N	\bar{x}	ss	sd	t	p
Life Satisfaction	Female	174	12,13	3,29	302	-1,516	0,131
	Male	128	12,77	3,98			
Leisure Attitude	Female	174	144,70	17,17	302	1,107	0,269
	Male	128	142,16	22,65			
Cognitive sub dimension	Female	174	49,39	6,66	302	1,708	0,089
	Male	128	47,82	9,24			
Affective sub dimension	Female	174	48,59	6,45	302	0,932	0,352
	Male	128	47,81	8,18			
Behavioral sub dimension	Female	174	46,71	7,28	302	0,213	0,831
	Male	128	46,52	8,06			
Happiness Scale	Female	174	103,15	14,30	302	0,974	0,331
	Male	128	101,45	15,90			

There is no significant difference in leisure attitudes and its sub dimensions and happiness points according to life satisfaction,

leisure attitude and happiness scales and sex variables of participators (Table 3).



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Tablo 4. The Results of Anova Among Life Satisfaction, Leisure Attitude and Happiness Scales and age Variables

	Age Group	N	\bar{x}	ss	F	p
Life Satisfaction	18 and below	19	11,63	3,72	1,157	0,326
	18-25	188	12,21	3,30		
	26-33	75	12,90	4,31		
	34 and above	20	13,05	3,23		
Leisure Attitude	18 and below	19	147,94	15,06	1,201	0,310
	18-25	188	144,14	17,72		
	26-33	75	140,38	23,90		
	34 and above	20	146,80	23,11		
Cognitive sub dimension	18and below	19	51,00	4,16	1,017	0,386
	18-25	188	48,34	6,94		
	26-33	75	48,65	9,76		
	34 and above	20	50,50	4,16		
Affective sub dimension	18and below	19	51,00	5,94	0,221	0,882
	18-25	188	48,34	6,28		
	26-33	75	48,65	8,74		
	34and above	20	50,50	10,38		
Behavioral sub dimension	18 and below	19	47,68	7,77	4,462	0,00*
	18-25	188	47,50	6,95		
	26-33	75	43,89	8,77		
	34 and above	20	47,70	6,77		
Happiness Scale	18 and below	19	109,52	14,01	8,631	0,00*
	18-25	188	104,48	14,69		
	26-33	75	98,45	14,84		
	34 and above	20	91,30	10,61		

*p<0,05 is statistically significant.

According to ANOVA test which is to analyze life satisfaction, leisure attitude and happiness level regarding their ages, there is no



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significant difference in leisure attitudes and its cognitive and affective sub dimensions. However a significant difference in leisure in behavioral sub dimension points and happiness points was found ($p<0,05$). So that means, individuals in 18-25-aged group have

more positive leisure attitude in behavioral sub dimensions than individuals in the age of 26-33- And also, individuals who are 34 or above, have a higher level of happiness than individuals who are 18 or below (Table 4).

Table 5. The Results of Anova Among Life Satisfaction, Leisure Attitude and Happiness Scales and Education Level

	Education Level	N	\bar{x}	ss	F	p
Life Satisfaction	Secondary school and below	76	11,93	3,31	1,204	0,301
	High school	192	12,48	3,62		
	Undergraduate and above	34	13,02	4,10		
Leisure Attitude	Secondary school and below	76	142,76	18,67	0,116	0,890
	High school	192	143,80	19,54		
	Undergraduate and above	34	144,52	22,98		
Cognitive sub dimension	Secondary school and below	76	48,14	7,69	0,830	0,437
	High school	192	48,69	7,69		
	Undergraduate and above	34	50,23	9,28		
Affective sub dimension	Secondary school and below	76	47,77	7,90	0,248	0,780
	High school	192	48,39	6,78		
	Undergraduate and above	34	48,64	8,27		
Behavioral sub dimension	Secondary school and below	76	46,84	6,57	0,326	0,722
	High school	192	46,72	7,99		
	Undergraduate and above	34	45,64	7,69		
Happiness Scale	Secondary school and below	76	103,30	14,45	0,367	0,693
	High school	192	102,40	15,28		
	Undergraduate and above	34	100,64	14,86		

According to ANOVA test which is to analyze life satisfaction, leisure attitude and happiness level regarding their education level,

there is no significant difference in leisure attitudes and its sub dimensions (Table 5).



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Table 6. The Results of Anova Among Life Satisfaction, Leisure Attitude and Happiness Scales and Perceived Income

		Perceived Income	N	\bar{x}	ss	F	p
Life Satisfaction	Too low		90	12,12	3,35	5,257	0,00*
	Low		104	12,00	2,97		
	Middle		67	12,16	3,83		
	High		41	14,43	4,57		
Leisure Attitude	Too low		90	143,32	16,19	1,647	0,179
	Low	104	146,79	17,18			
	Middle	67	140,86	25,11			
	High		41	140,75	22,00		
Cognitivesub dimension	Too low		90	48,55	5,60	0,032	0,992
	Low		104	48,80	6,92		
	Middle		67	48,68	11,00		
	High		41	48,97	8,60		
Affectivesub dimension	Too low		90	48,10	5,94	0,373	0,772
	Low		104	48,85	6,85		
	Middle		67	47,80	8,51		
	High		41	47,87	8,56		
Behavioral sub dimension	Too low		90	46,66	6,85	7,993	0,00*
	Low		104	49,13	6,55		
	Middle		67	44,37	8,54		
	High		41	43,90	8,23		
Happiness Scale	High		90	103,78	14,60	9,215	0,00*
	Middle		104	106,79	12,19		
	Low		67	95,35	16,21		
	Too low		41	99,95	16,09		

*p<0,05 is statistically significant.

According to ANOVA test which is to analyze life satisfaction, leisure attitude and happiness

level regarding their perceived income level, there is no significant difference in leisure attitudes and its cognitive and affective sub



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dimensions. However a significant difference in leisure in behavioral sub dimension points and happiness points was found ($p<0,05$). So that means participators who have more perceived income level have a better level of life satisfaction than any others. And also, participators who have less perceived income level have a worse level of life satisfaction than the one who have high and middle level

of perceived income level. And also, the ones who have more perceived income level, have more leisure attitude behavioral sub dimension points than the ones who have middle or low level. When we check the happiness levels, the ones who have a middle level of perceived income levels have more happiness than any other ones (Table 6).



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Table 7. The Relationship of Life Satisfaction, Leisure Attitude and Happiness Level Points

		Life Satisfaction	Leisure Attitude	Cognitive Sub Dimension	Affective Sub Dimension	Behavioral Sub Dimension	Happiness
Life Satisfaction	Pearson Correlation	1					
	Sig. (2-tailed)						
	N	302					
Leisure Attitude	Pearson Correlation	,103	1				
	Sig. (2-tailed)	,074					
	N	302	302				
Cognitive Subdimension	Pearson Correlation	,129*	,886**	1			
	Sig. (2-tailed)	,025	,000				
	N	302	302	302			
Affective Subdimension	Pearson Correlation	,103	,937**	,857**	1		
	Sig. (2-tailed)	,073	,000	,000			
	N	302	302	302	302		
Behavioral Subdimension	Pearson Correlation	,034	,778**	,442**	,585**	1	
	Sig. (2-tailed)	,556	,000	,000	,000		
	N	302	302	302	302	302	
Happiness Scale	Pearson Correlation	,095	,452**	,207**	,345**	,625**	1
	Sig. (2-tailed)	,100	,000	,000	,000	,000	
	N	302	302	302	302	302	302

* $p < 0,01$ ** $p < 0,05$ are statistically significant.

According to correlation analysis which is to analyze life satisfaction, leisure attitude and happiness level, there is no relationship



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among life satisfaction, leisure attitude and happiness level. However, positive and low level of relationship between leisure attitude and cognitive sub dimension was found ($r=0.129$, $p<0.01$). Positive and middle level of relationship among leisure attitude and cognitive, affective and behavioral sub dimensions and happiness points were found ($r=-0.452$, $r=-0.207$, $r=-0.345$, $r=-0.625$; $p<0.05$). So that means, if leisure attitude increases positively, happiness level will also increase (Table 7).

DISCUSSION and RESULT

When we look at the results of this research which aims to designate and compare the happiness, leisure attitude and satisfaction levels of life, with regards to some variables, of those individuals who participate in recreational dancing activities, it is concluded that the participators' happiness levels are high, leisure attitudes are positive and satisfaction levels of life are medium; in addition to this, sub dimensions of the leisure attitude which are cognitive, affective, and behavioral sub dimensions were seen to have very close averages. In researches, similar to this one, that analyze life satisfaction is also concluded that life satisfaction is at high and at medium level. (Çelik ve Tümkaya, 2012; Şimşek, 2011; Öner, 2014; Özgen, 2012;). In literature, there are researches for different groups like university students (Akyüz, 2015; Kaya and

Gürbüz, 2015), soccer tennis sportsman (Pala et.al, 2015) also says that the leisure attitude is positive.

In the research, in accordance with another result, comparison of variables such as life satisfaction, leisure attitude and between the points of sub dimensions and happiness, statistically there is no significant difference. In researches similar to this (Çelik and Tümkaya, 2012; Gündoğar et. al, 2007; Öner, 2014; Özgür et. al, 2010; Tümkaya et.al, 2011; Yavuzer and Çivildag, 2014), they conclude that the life satisfaction is not changing based on the sex and these kinds of studies are majority. In addition to this, it has been observed that researches (Akyüz, 2015; Kaya and Gürbüz, 2015; Karunaanithy and Karunanithy, 2014) unlike this one, which concludes that the leisure attitude and sub dimensional points vary amongst the sex, are majority. Many researches on happiness have similar results like this one. (Aydemir, 2008; Kartal, 2013; Rasmussen and Laumann, 2014; Saygın, 2008; Tunçkol, 2015).

Regarding to the age group which is also one of the variables, there is no statistically significant difference in life satisfaction, leisure attitude and cognitive and affective sub dimensions. However, a significant difference was found in leisure attitude cognitive sub dimension and happiness points. Leisure attitudes of individuals who are 18-25 have



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more positive points than the ones who are 26-33. Also, the ones who are 34 years old and above have higher level of happiness than any other age group; and the ones who are 23-33 years old and below have higher level of happiness than the ones who are 18 years old and below. On the contrary to this study, Kırıcı and Korkmaz's study (2014), Çavuş and Cumaliyeva's study (2013) which was related with the employees and Akandere et al.'s study (2009) which was related with the parent having children with mental disabilities, physical disabilities or both showed that life satisfaction level increased by age. The studies by Özgür et al. (2010) and Yavuzer and Çivildag (2014) also supported this results. Some of the studies (Akyüz, 2015; Pala et al., 2015) which were about leisure attitudes showed that leisure attitudes didn't change by age. Furthermore some of them said that leisure attitudes got positive levels when the age range increased (Akgül, 2011) or decreased (Kaya ve Gürbüz, 2015). In the studies by Gülcan (2014), Ciocognani et.al (2008) and Dierksen (2005), we can see that happiness level changes by age variables, and it is also said that happiness level doesn't change by age (Aydemir, 2008; Rasmussen and Laumann, 2014; Tunçkol, 2015).

While the participators levels of life satisfaction, leisure attitude and happiness do not vary according to educational levels, it is

observed that they change by the perceived income. The participants whose perceived income is higher than the others, have higher life satisfaction levels; and the participants whose perceived income levels are lower than the ones who have high or medium level of perceived income have lower life satisfaction levels than the others. Besides, leisure attitude scale behavioral sub dimension points of individuals who have more perceived income level are higher than the ones who have middle or high level of perceived income; and the ones who have a middle level of perceived income have higher points than the ones who have low level of income. When we analyze the happiness level, the ones who have middle and high level of income have high level of happiness than any others. Other studies also showed that, as the perceived income level increases, life satisfaction level also goes up (Kırıcı and Korkmaz, 2014; Öner, 2014; Özgür et. al, 2010; Yılmaz and Altınok, 2009), but the leisure attitude doesn't change by perceived income level (Akgül, 2011; Akyüz, 2015). Happiness level varies in different studies (Aydemir, 2008; Cummins, 2000; Özen, 2005; Paolini, Yanez and Kelly, 2006; Tuzgöl-Dost, 2010).

When we analyze the relationships of life satisfaction, leisure attitude and happiness, there is no significant correlation between life satisfaction, leisure attitude and happiness level.



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However, a positive significant difference was found in leisure attitude cognitive sub dimension. A positive, middle-level relationship among cognitive, affective and behavioral sub dimensions and happiness points and leisure attitude was found. Even if it was figured out that life satisfaction cannot be affected by leisure attitude and happiness level, we could see that there were different kinds of variables which affected life satisfaction in a negative way. Some of them are hopelessness (Heisel and Gordon, 2004; Inname-rati et.al, 2014; Kodan, 2013; Mo, Lau, Yu, Gu, 2014; Pössel, Mitchell, Sjögren, Kristenso, 2015; Shek, 1998; Shek and Li, 2015; Steenwyk, Atkins, Bedics, Whitley, 2010; Tuzgöl, 2007; Winster et.al, 2015), loneliness (Tuzgöl, 2007; Yılmaz and Altınok, 2009), anxiety (Gündoğar et.al, 2007).

When we analyze all results of the study, we can see that happiness levels of individuals who are attending a dancing activity are high, leisure attitudes are positive and life satisfaction level is at middle level. As the age level and perceived income level increase, happiness levels also goes up; leisure attitude behavioral sub dimension points get more positive and life satisfaction level increase as the perceived income level goes up. Happiness level increases in direct proportion to leisure attitudes of individuals who are attending a dancing activity. This study can also be done

with different sample group and more people. Thanks to these kinds of dancing activities, positive changes can be achieved in individuals' physiological and social parameters.

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