

EXAMINATION OF LEISURE NEGOTIATION, LIFE SATISFACTION AND BODY PERCEPTION IN UNIVERSITY STUDENTS

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Abstract

The aim of the study is to examine life satisfaction and body perception of university students in relation with their recreational activity participation and leisure negotiation. Population consisted of 3625 students taking elective physical education courses, meanwhile 500 students were selected randomly to the sample ($M_{age}=22,29\pm 2,12$). Data collection tools consisted of "Leisure Negotiation Strategies Scale", "Life Satisfaction Scale" and "Body-Cathexis Scale". In statistical analyses, Spearman Correlation and Mann-Whitney U analyses were used. According to the results, positive and significant correlations were obtained between life satisfaction and leisure constraints negotiation. Besides, a significant correlation was obtained between life satisfaction and body perception. For future studies investigation of the same concepts in different samples and comparisons according to demographic variables are recommended.

Keywords: Recreation, Leisure, Leisure constraints, Body Perception, Life Satisfaction.