

The Impact of Marine Sports Experience on Life Satisfaction

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Abstract

This study was conducted to find how participants' experiences in marine sports impact life satisfaction. 391 participants currently living in 'S' city of South Choongcheong province in Korea were selected as subjects of this study. The collected data was processed to carry out the frequency analyses, factor analyses, reliability validation, and multiple regression analyses. Results obtained from the study are as follows: First, sub-variables of the 'Experience' such as 'Satisfaction of Experience', 'Educational Experience', 'Deviant Experience' and 'Aesthetic Experience' appeared to have a direct impact upon 'Satisfaction of Physical Activity'. Second, sub-variables of the 'Experience' such as 'Satisfaction of Experience', 'Educational Experience', 'Deviant Experience' and 'Aesthetic Experience' also appeared to have a direct impact upon 'Satisfaction of Rest'. Third, sub-variables of the 'Experience' such as 'Satisfaction of Experience', 'Educational Experience', 'Deviant Experience' and 'Aesthetic Experience' appeared to have a direct impact upon 'Satisfaction of Social Activity'. Such results suggested that the experiences of participants in marine sports influenced the participants' life satisfaction. Also, it was identified that the participants' experiences of marine sports positively impacted the satisfaction of 'Physical Activity', 'Rest', and 'Social Activity' of people.

Keywords: Aesthetic Experience, Deviant Experience, Educational Experience, Life Satisfaction, Marine Sport Experience

1. Introduction

The 21st century is undergoing enormous changes resulting from the rapid spread/transfer of information, globalization, diversification, specialization, and localization. Features of sports activities have also been diversified in accordance with such rapid changes and have, as a result, infiltrated our lives. Increased disposable income, along improved working conditions such as the five-day workday, enabled by industrialization and economic growth, have also provided the public with increased leisure time. The extended leisure time naturally led the public to be interested in making good use of this time. And it is this gained free time that became the essential element of enhancing the quality of life of modern people¹. Three long coast lines surround the

Korean peninsula, enabling easy access to the sea. This geographical accessibility has also produced an increase in the population enjoying marine sports². There are over 3,200 annexed islands beyond the 12,800 kilometer coast line of Korea. The sea zone that is around 20m in depth of water would be appropriate to enjoy marine sports. This zone currently occupies about 1/3 of the entire coastline of Korea, which has abundant natural resources³.

Marine sports give people genuine opportunities to engage with nature. Active participation in marine sports thus could provide participants with many social positives. Marine sports are well organized with perfect conditions that could nourish the socialization of participants and could also enable easy access to the essence of these sports. The advantages of marine sports could help people avoid conflicts or the inducement of negative feel-

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ings caused by interpersonal competitions. Marine sports make participants interact with the natural world instead. People who participate in marine sports may directly or indirectly realize the meaning of marine sports through practical experiences. These practical experiences indicate the comprehensive notion covering the real experiences through seeing, hearing, touching, and doing, along with the knowledge or functions obtained thereby^{4,5}.

Challenges toward new experiences or newly found meanings and responsibilities of respective lives acquired through marine sports also influence the satisfaction of many participants in these sports. Asserted that active participants in marine sports exhibited a higher degree of satisfaction of respective lives⁶. Reported the increased degree of satisfaction of campus lives of undergraduate students who participated in marine sports, and mentioned that the high degree of satisfaction was proportional to the absorption of empirical learning of marine sports^{7,8}. It was also reported that the experience of marine sports was such that people would participate in this sports spontaneously^{9,10}.

Despite the impact of marine sports on personal satisfaction, studies delved into limited topics such as the extent of participation, motives of participation, and/or satisfaction & behavioral intention etc. Thus, authors of this study intended to examine how much people's experiences with marine sports would affect their personal satisfaction. Direct or indirect experiences of participants in marine sports may change personal satisfaction. This study was thus conducted to find how much the experiences of participants in marine sports could contribute to overall quality of life.

2. Methods

2.1 Subjects of the Study

In this study, 400 people who actively enjoyed marine sports and were currently living in 'S' city placed in South Choongcheong province in Korea, were selected for the survey. Of the randomly selected 400 subjects, 391 people, excluding 9 compromised respondents, were finally selected as subjects to participate in this study. The participants consisted of 283 males (72.4%) and 108 females (27.6%). The number participants in their 20s were 283 (72.4%), 30s were 83 (21.2%), and over 40s were 25 (6.4%). Occupations of the selected respondents consisted of 32 (8.2%) general office workers, 50 (12.8%)

professionals in respective specialties, 27 (6.9%) workers in sales division, 32 (8.2%) owners of self-administrative business, 233 (59.6%) students, and 17 (4.3%) others. The educational levels of participants were classified into Elementary Level, Middle Level, and High Level, occupying 210 (53.7%), 149 (38.1%), and 32 (8.2%), respectively.

The types of marine sports the subjects of this study participated in were yachting (161; 41.2%), water skiing (34; 8.7%), swimming (68; 17.4%), wakeboarding (19; 4.9%), windsurfing (53; 13.6%), skin or scuba diving (29; 7.4%), kayaking (11; 2.8%) and rafting (16; 4.1%).

2.2 Tools Employed for the Survey

Questionnaires were selected for the research tools of this study. The questionnaire demonstrated its validity and reliability through previous studies. Questions intended to examine the 'Experiences' were prepared based on previous studies conducted by^{11,12}. Questions to identify 'Life Satisfaction' of participants were also prepared based on previous studies conducted by¹³⁻¹⁵. Each question was created for the purpose of being classified by the Likert scale, assigning 5 levels to each answer: 5 for 'Strongly Agree', 4 for 'Agree', 3 for 'Neither agree nor disagree', 2 for 'Disagree', and 1 for 'Strongly Disagree'.

2.3 Validity and Reliability of the Questionnaire Validity

To verify the validity of the questionnaire, the conceptual validity was examined. The method of exploratory factor analysis was employed. Through the way of orthogonal rotation (Varimax), questions of which values of factor loading over $\alpha < 0.40$ per each factor were selected. Four factors whose eigenvalues were over 1.0 were extracted for the 'Experience', including the sub-variables of 'Experience', were classified into four factors: satisfaction, educational, deviant, and aesthetic. The explanatory power of 'Experience' occupied about 80% of the total variance. And the KMO measure of sampling adequacy was 0.598 with the 0.000 of sig(p) that suggested the adequacy of factor analysis. The chi-square (χ^2) was 270.359 with 120 of the degree of freedom.

Three factors whose values of satisfaction were over 1.0 were extracted for 'Life Satisfaction', including sub-variables of 'Life Satisfaction', were classified into three factors of satisfaction in physical activity, rest, and social activity. The explanatory power of 'Life Satisfaction'

appeared about 78.2% of the total variance. And the KMO measure of sampling adequacy was 0.728 with the 0.000 of sig(p), also suggesting the adequacy of factor analysis. The chi-square (χ^2) was 163.289 with 55 of the degree of freedom.

2.3.1 Reliability of the Questionnaire

Since the scale employed multi-items to measure equivalent concepts was used in this study, this sentence is confusing the Cronbach's α enabled the measurement of internal consistency was adopted to demonstrate the reliability of the tool used for the survey. The verified results of the reliability of sub-variables of the 'Experience' rendered values of 0.936 for 'Satisfaction of Experience', 0.937 for 'Educational Experience', 0.937 for 'Deviant Experience', and 0.937 for 'Aesthetic Experience'. Those of 'Life Satisfaction' were 0.930 for 'Satisfaction of Physical

Activity', 0.928 for 'Satisfaction of Rest', and 0.928 for 'Satisfaction of Social Activity'.

2.4 Data Processing

Data collected for this study was used for analyses of factor, frequency, Cronbach's α , correlation and multiple regression.

3. Results

3.1 Impacts of the Satisfaction of Experiences upon Life Satisfaction

As summarized in Table 1, the whole explanatory power appeared to be about 36.0% ($R^2 = .360$) of the total variance. The values of Beta, which would be the relative influences of the 'Satisfaction of Experiences' upon 'Life

Table 1. Results of Multiple Regression Analyses on the Satisfaction of Experiences upon Life Satisfaction

	B	SE	Beta	t	F	R ²
Constant	1.414	.177		8.011***	75.452***	.360
Satisfaction of Physical Activity	.344	.067	.315	5.114***		
Satisfaction of Rest	.127	.053	.143	2.414*		
Satisfaction of Social Activity	.186	.053	.213	3.504***		

*p<.05, ***p<.001

Table 2. Results of Multiple Regression Analyses on Educational Experiences upon Life Satisfaction

	B	SE	Beta	T	F	R ²
Constant	1.122	.176		6.360***	93.299***	.420
Satisfaction of Physical Activity	.347	.067	.303	5.165***		
Satisfaction of Rest	.150	.053	.161	2.849**		
Satisfaction of Social Activity	.241	.053	.263	4.550***		

p<.01, *p<.001

Satisfaction', revealed that the 'Satisfaction of Physical Activity' (B = .315, p<.001), 'Satisfaction of Rest' (B = .143, p<.05), and 'Satisfaction of Social Activity' (B = .213, p<.001) were all under the static influence of the 'Satisfaction of Experience'.

3.2 Impacts of Educational Experiences upon Life Satisfaction

As summarized in Table 2, the whole explanatory power appeared to be about 42.0% (R² = .420) of the total variance. The values of Beta, which would be the relative influences of 'Educational Experiences' upon 'Life Satisfaction', also revealed that the 'Satisfaction of Physical Activity' (B = .303, p<.001), 'Satisfaction of Rest' (B = .161, p<.01), and

'Satisfaction of Social Activity' (B = .263, p<.001) were all under the static influence of 'Educational Experience'.

3.3 Impacts of Deviant Experiences upon Life Satisfaction

Here, the whole explanatory power also appeared to be about 44.9% (R² = .449) of the total variance as summarized in Table 3. The values of Beta, which suggested the relative influences of 'Deviant Experiences' upon 'Life Satisfaction', also revealed that the 'Satisfaction of Physical Activity' (B = .117, p<.05), 'Satisfaction of Rest' (B = .267, p<.001), and 'Satisfaction of Social Activity' (B = .364, p<.001) were all under the static influence of 'Deviant Experience'.

Table 3. Results of Multiple Regression Analyses on Deviant Experiences upon Life Satisfaction

	B	SE	Beta	T	F	R ²
Constant	.388	.207		1.872	105.071***	.449
Satisfaction of Physical Activity	.162	.079	.117	2.045*		
'Satisfaction of Rest'	.300	.062	.267	4.859***		
'Satisfaction of Social Activity'	.403	.062	.364	6.457***		

*p<.05, ***p<.001

Table 4. Results of Multiple Regression Analyses on Aesthetic Experiences upon Life Satisfaction

	B	SE	Beta	t	F	R ²
Constant	.665	.157		4.234***	159.581***	.553
Satisfaction of Physical Activity	.267	.060	.229	4.462***		
Satisfaction of Rest	.216	.047	.228	4.604***		
Satisfaction of Social Activity	.351	.047	.378	7.431***		

***p<.001

4. Impacts of Aesthetic Experiences upon Life Satisfaction

As represented in Table 4, the whole explanatory power appeared to be about 55.3% ($R^2 = .550$) of the total variance. The values of Beta, which implied the relative influences of 'Aesthetic Experiences' upon 'Life Satisfaction', revealed that the 'Satisfaction of Physical Activity' ($B = .229, p < .001$), 'Satisfaction of Rest' ($B = .228, p < .001$), and 'Satisfaction of Social Activity' ($B = .378, p < .001$) were all under the static influence of 'Aesthetic Experience'.

5. Discussion

This study intended to identify the impact of participants' Experiences in marine sports upon Life Satisfaction. Results obtained from the study follow. Results of analyses on the influences of participants' experiences in marine sports upon life satisfaction revealed that such experiences all have static impact upon sub-variables of life satisfaction. In detail, the satisfaction of participants' experiences in marine sports such as pleasure or fun gave static influences upon life satisfaction. Explained such experiences by employing several concepts such as newness, enjoyment, fun, absorption, escape from the usual and ordinary routine etc¹⁶. Reported that such experiences would provide people with hedonic feelings and pleasure¹⁷⁻¹⁹. As much, it was identified that the satisfaction of participants' experiences in marine sports would have static influences upon respective life satisfaction.

The educational experiences of participants in marine sports also showed that they would have static influences upon life satisfaction. Regarding the impact of educational experience upon life satisfaction, explained that people would have to spend more time to learn skills and knowledge of marine sports and thus this could be the cause of a higher level of life satisfaction¹⁸. Most participants in marine sports would have typically revealed personal characteristics to exploit marine sports as an opportunity to improve their careers compared to other sports. Therefore, it could be another reason to explain the static influences of acquired knowledge and skills from marine sports upon respective life satisfaction.

It was also identified that the deviant experiences of participants in marine sports would have static impacts upon respective life satisfaction. Reported that the deviant experiences tended to provide people with rather

higher level of absorption and participation than educational or satisfaction of experiences¹⁹. Particularly, the higher impact of deviant experiences of participants in marine sports upon life satisfaction was subject verb agreement interpreted by²⁰ as giving people residing in an urban environment ways to find new meaning for their lives, as they would have been unable to find such enjoyment elsewhere. And this interpretation supports the results obtained in this study.

In²¹ reported that the active leisure activities played positive roles upon life satisfaction of undergraduate students; this also supports the opinions of the authors of this study. The aesthetic experiences of participants in marine sports also appeared in this study to have static impact upon life satisfaction. Explained the aesthetic experience of people as an interaction with the surrounding environment²². Most marine sports are activities that allow people to escape from ordinary life. Thus, marine sports give people experiences that could positively impact their overall life satisfaction.

Mentioned that a major factor in participating in marine sports would be the aesthetic experiences of participants enjoying a diverse marine environment²³. Thus, such marine sport experiences were identified to give people participating in marine sports a positive impact. In²⁴ reported that sports activities would provide people with an improved life satisfaction and argued that continuous participation in sports activities have direct impact upon life satisfaction; this correlates with the results obtained in this study²⁵.

6. Conclusions

This study was conducted to find the impact of participants' experiences in marine sports upon life satisfaction. 391 participants currently living in 'S' city of South Choongcheong province in Korea were selected as subjects of this study. The collected data was processed to carry out the frequency analyses, factor analyses, reliability validation, and multiple regression analyses. Results obtained from the study are as follows:

First, the sub-variables of the 'Experience' such as 'Satisfaction of Experience', 'Educational Experience', 'Deviant Experience' and 'Aesthetic Experience' appeared to have a direct impact upon 'Satisfaction of Physical Activity'. Second, the sub-variables of the 'Experience' such

as 'Satisfaction of Experience', 'Educational Experience', 'Deviant Experience' and 'Aesthetic Experience' also appeared to have a direct impact upon 'Satisfaction of Rest'.

Third, the sub-variables of the 'Experience' such as 'Satisfaction of Experience', 'Educational Experience', 'Deviant Experience' and 'Aesthetic Experience' appeared to have a direct impact upon 'Satisfaction of Social Activity'. Such results suggested that the experiences of participants in marine sports influenced the participants' life satisfaction. Also, it was identified that the participants' experiences of marine sports positively impacted the satisfaction of 'Physical Activity', 'Rest', and 'Social Activity' of people. In spite of these academic implications, some limitations of this study need to be acknowledged. Therefore, the authors of this paper would like to suggest the following. First, despite the potential nationwide demand for marine sports, this study was conducted with only a limited number of participants. Thus, greater number of samples from a diversified sampling extraction would be needed. Second, this study used the scale employed in other disciplines. Thus, it was estimated that there might be some insufficient identification of the characteristics of participants in marine sports. For this, the authors of this paper suggest developing a proper scale applicable to a domestic environment for more accurate results.

7. References

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