A study on stress management methods and life satisfaction levels in relation to cultural activity participation

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Abstract The purpose of this study is to analyze stress management methods and life satisfaction levels in relation to participation in cultural activity. For this study a survey was conducted on visitors of social welfare offices in Seoul. A statistical analysis was conducted using the SPSS program. The results revealed that the higher the participation level in cultural activity, the better the problem solving ability of the stress management methods as well as life satisfaction level. The implications of this study are expected to be used as fundamental data for the development of policies and the use of effective programs for the improvement of stress management methods and life satisfaction level.

Keywords: Stress management method, life satisfaction level. Cultural activity, cultural activity participation level.

1 Introduction

1.1 Study Necessity

With rapid economic, material and civilization developments bringing various social and environmental changes, contemporary society is continuously working towards further development. In order to shed new light on the meaning of life, many cultural welfare policies are being presented such as research and analysis concerning this kind of periodical flow, and the improvement of issues. According to cultural, physical, and tourism-related statistical data from the National Statistics Office(2012), the percentage of use of cultural facilities was 39.4%, and the percentage of participation in cultural activities was 30.8%[1]. Hence, this study on stress management methods and life satisfactory levels in relation to cultural activity participation was conducted.
It is a reality that due to rapid increase in the elderly population, much focus is required in order to improve the physical and mental quality of life for the elderly. In particular, the stress experienced by the elderly revealed to have a big influence on depression and level of life satisfaction[2]. In addition, stress experienced by teenagers from sudden environmental change showed a static correlation to the teenagers’ level of life satisfaction. Thus, various methods to encourage active participation in leisure activity should be sought out[3]. However, although previous studies have conducted research on stress and level of life satisfaction[2,3], these studies tend to concentrate on the influence that stress has rather than on the stress management methods. This illustrates that stress management methods and life satisfaction levels in relation to participation in cultural activity is not being clearly presented. Hence, the purpose of this study is to conduct research concerning the stress management methods and life satisfaction levels of those participating in cultural activities at social welfare centers.

1.2 Research Problems

First, how are the stress management methods of those participating in cultural activities at social welfare centers?

Second, how are the life satisfaction levels of those participating in cultural activities at social welfare centers?

2 Research Method

2.1 Study Subjects

For this study a survey was conducted on the visitors of social welfare centers in Seoul. Before the survey was conducted, sufficient explanation was given to the subjects regarding how to fill out the survey and the purpose of the survey. A statistical analysis was conducted excluding participants whose surveys were not recollected after distribution or whose answers were partially omitted.

2.2 Research Tool

The research tool was composed of questions concerning socio-demographic factors, levels of participation in cultural activity, stress management methods, and life satisfaction levels. The specific measurements and factor analysis of each variable are as follows. Socio-demographic characteristics were categorized into ‘sex,’ ‘age,’ ‘education level,’ ‘marital status,’ ‘monthly income,’ and ‘religion.’ Levels of participation in cultural activity were categorized into ‘reason for participation,’ ‘method for gaining information’ ‘fellow participant in activity,’ ‘activity satisfaction level,’ ‘obsta-
cles in activity participation,’ and ‘cost of participation.’ For participation rate, ‘direct participation’ and ‘indirect participation’ were used as questionnaire measurements.

For stress management methods, Jin-Hwan Kim’s[4] measurement was used, and for the life satisfaction level, Jung-In Kim’s[5] measurement was used.

2.3. Data Processing and Analysis Method

The research data was analyzed at a significance level of 5% and the statistical analysis was conducted using the SPSS WIN 18.0 program. A frequency analysis was used for the analysis of socio-demographic characteristics and cultural activity usage characteristics, and Cronbach’s \( \alpha \) coefficient was used to determine the credibility of stress management methods and life satisfaction levels. A T-test analysis, regression analysis, and correlational analysis were conducted to determine the difference in stress management methods and life satisfaction levels in relation to levels of cultural activity participation.

3 Research Results

3.1. Socio-demographic Characteristics

When observing the socio-demographic characteristics of the study subjects, females outnumbered males by 71.5%, most were under the age of 40-50, and more than the majority had studied at university level and were married. The highest monthly income was above 40 million won, and Christianity ranked the highest in the religion category.

3.2. Level of Participation in Cultural Activity

When observing the levels of participation in cultural activity, indirect participation showed a higher overall rate than direct participation.

3.3. Stress Management Methods and Life Satisfaction Levels

Stress management methods ranked from highest to lowest were ‘problem solving,’ ‘seeking help,’ ‘hopeful thinking,’ ‘problem avoidance,’ and ‘emotional alleviation.’ Furthermore, life satisfaction levels ranked from highest to lowest in the social realm, emotional/production realm, physical realm, and the material realm.
3.4. Research Problem Test

Analysis of the difference of stress management methods in relation to cultural activity participation showed a significant difference in problem solving, emotional alleviation, seeking assistance, and problem avoidance in relation to the participation rate. Yet, in ‘hopeful thinking,’ the difference in relation to the participation rate showed to be below the 5% significance level. Furthermore, the difference in life satisfaction levels in relation to participation in cultural activity showed that every category including the physical realm, material realm, social realm, and emotional/production realm showed significant difference in the participation rate.

4 Discussion and Conclusion

The purpose of this study was to analyze stress management methods and life satisfaction levels in relation to cultural activity participation. The results showed a significant difference in stress management methods and life satisfaction levels in relation to cultural activity participation. This illustrated the difference in cultural activity participation depending on stress management methods. The result is similar to that of active stress management having a positive effect[6], and continuous leisure activity showing to have a definitive influence on the improvement of life quality[7].

Based on the above study results, the following is suggested.

First, there showed to be a significant difference in stress management methods according to cultural activity participation. From this we can deduce that, in regards to stress management methods, there is a difference according to participation in cultural activity. The implications of these results are expected to be used as fundamental data for improving the stress management methods of social welfare center users.

Second, there showed to be a significant difference in life satisfaction levels according to cultural activity participation. This implies that, in regards to life satisfaction levels, there is a difference in the physical, material, social, and production realms according to participation in cultural activity. The implications of these results are expected to be used as fundamental data for improving the life satisfaction levels of social welfare center users.

In the future, study on stress management methods according to the psychological status of social welfare center users is required.

References

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