A study on the mental state in accordance to the use of cultural facilities and the reason for participation in cultural activity

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Abstract The purpose of this study is to analyze the mental state according to the use of cultural facilities and the reason for participation in cultural activity. For this study a survey was conducted on social welfare center users in Seoul. The results showed that in regards to the use of cultural facilities and the reason for participation in cultural activity, the higher the active thinking, value consciousness, and emotional stability, the higher the influence on the mental state. The implications of this study are expected to be used as fundamental data for the development of effective policies to improve the mental state of cultural facility users.

Keywords: Cultural facility use, mental state. Cultural activity, cultural facility,

1 Introduction

1.1 Study Necessity

Today, there are big changes occurring in lives of human beings and such changes have allowed people to further concentrate on improving their individual quality of life beyond primary interests such as material abundance. In terms of national policy as well, a wide variety of policies are being demanded as a result of life quality changes. According to cultural, physical, and tourism-related statistical data from the National Statistics Office[2012], the percentage of participation in cultural activities was 30.8%, and the percentage of use of cultural facilities was 39.4%[1]. This implies that the majority of citizens are either participating in cultural activity or are using cultural facilities, and therefore this study on the mental state in accordance to the use of cultural facilities and the reason for participation in cultural activity was conducted.
With the increase of elderly population as a result of economic stability, medical technology development, etc., problems regarding the elderly are significantly on the rise. In particular, the use of leisure facilities by the elderly revealed to have a big influence on mental and psychological stability[2]. Furthermore, healthy cultural leisure activity for teenagers plays an important role physically and mentally, and so active and various methods to encourage leisure activity participation should be sought out[3]. However, although numerous previous studies have conducted research on culture and leisure activities [2,3], they are more focused on the participation of leisure activity by the elderly and teenagers. This does not provide a clear solution in regards to the use of cultural facilities and mental states. Therefore, the purpose of this study is to analyze the mental state in accordance the use of cultural facilities and the reason for participation in cultural activity.

1.2 Research Problems

The specific research problems of this study are as follows. First, what is the difference in social welfare center visitors’ use of cultural facilities in accordance their reason for participation in cultural activity? Second, how is the mental status of social welfare users in accordance to their use of cultural facilities?

2 Research Method

2.1 Study Subjects

For this study a survey was conducted on the social welfare center users 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, reasons for cultural activity, and mental states. The specific criterion and factors for each of the variables are as follows. The socio-demographic variable was categorized into ‘sex,’ ‘age,’ ‘education level,’ ‘marital status,’ ‘monthly income,’ and ‘religion.’ Reasons for cultural activity were categorized into ‘self-refinement and talent development,’ ‘rest and stress relief,’ ‘child education,’ and ‘interest.’ Use of cultural facilities was measured using Jae-Kyu Ryu’s[4] criterion, and was categorized into ‘social welfare center,’ ‘culture center,’ and ‘community service center.’ Mental states were
measured using Seong-Jae Choi’s[5] criterion and was categorized into ‘active thought,’ ‘value consciousness,’ and ‘emotional stability.’

### 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 reasons for cultural activity, and Cronbach’s α coefficient was used to determine the credibility of mental states. A T-test analysis and one-way analysis of variance was conducted to determine the difference in use of cultural facilities, and a regression analysis and correlational analysis were conducted to analyze cultural facility usage and mental states.

### 3 Research Results

#### 3.1. Socio-demographic Characteristics

When observing the socio-demographic characteristics of the research subjects, females outnumbered males by 74.4%, and the age range from highest to lowest was 20s, 30s, and then 40s. More than the majority had studied at a 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. Use of Cultural Facilities and the Reason for Participation in Cultural Activity

The analysis result of the reasons for participation in cultural activity revealed that ‘relaxing and relieving stress’ ranked the highest. After that were ‘self refinement and talent development,’ ‘interest,’ ‘avoidance of a monotonous life,’ then ‘emotional cultivation.’ Furthermore, in regards to the analysis result for cultural facility usage, ‘cinemas,’ ‘libraries,’ ‘culture centers,’ ‘culture institutions,’ ‘welfare centers,’ ‘community service centers,’ ‘citizen centers,’ ‘various performing arts centers,’ ‘museums,’ and ‘art galleries’ ranked in order of highest to lowest.

#### 3.3. Mental States

The analysis results concerning stress management methods revealed a favorable mental state in order of emotional stability, value consciousness, and active thinking.
3.4. Research Problem Test

Analysis of the difference in cultural facility usage in accordance to the reason for participation in cultural activity, showed a significant difference in the level of usage of ‘culture centers’ and ‘community service centers’ in accordance to the reason for participation in cultural activity. Yet, there was no difference within the 5% significance level in the usage of ‘welfare centers,’ ‘libraries,’ ‘museums,’ ‘art galleries,’ ‘cinemas,’ and ‘performing arts centers.’ Furthermore, analysis of the correlation between cultural facility usage and mental states, showed that the mental state has a high correlation in the usage of ‘libraries,’ ‘cinemas,’ ‘museums,’ ‘community service centers,’ ‘art galleries,’ ‘culture centers,’ and ‘performing arts centers’ ranked in order of highest to lowest.

4 Discussion and Conclusion

The purpose of this study was to analyze the mental state in accordance to the use of cultural facilities and the reason for participation in cultural activity. The results showed a significant difference in cultural facility usage in accordance to the reason for participation in cultural activity. This is relevant to the fact that reasons of ‘talent development’ and ‘emotional enhancement’ have a positive influence on participation in leisure facility and culture activity [6]. Furthermore, it also coincides with the idea that a favorable and stable mental state plays an important role in the level of life satisfaction [7].

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

First, there showed to be a significant difference in cultural facility usage according to the reasons for participation in cultural activity. From this we can deduce that there is a difference in the cultural facility usage of culture centers and community service centers according to the reason for participation in cultural activity. The implications of these results are expected to be used as fundamental data for allowing more social welfare center users to actively participate in the use of cultural facilities.

Second, there showed to be a definitive correlation between cultural facility usage and mental states. In other words, in regards to the use of cultural facilities, the higher the psychologically active thought, value consciousness, and emotional stability, the higher the influence it has on the mental state.

In the future, study on the low-income population's mental state in regards to participation of culture activity and use of cultural facilities is required.

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