Influence of Leisure Participation and Motivation on Psychological Well-being and Consumption Behaviour after a Critical Life Event

Margarita Lyulicheva

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Primary Supervisor: Crystal Yap
Secondary Supervisor: Andrew Parsons

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Attestation of Authorship

I hereby declare the this submission is my own work and that, to the best of my knowledge, it contains no material previously published or written by another person nor material which to a substantial extent has been accepted for the qualification of any other degree or diploma of a university or other institution of higher learning, except where due acknowledgement is made in the acknowledgements.

Signature:

……………………………………………

Margarita Lyulicheva

Master of Business Candidate

Student ID No: 1066449

26 June 2015

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Ethical Approval

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Abstract

Critical life events have a huge impact on daily life or future goals,changes in consumption patterns,relationships with others and psychological well-being.To date, there is a lack of research on the various types of consumption behaviour, reflecting a gap in the literature and the need for further investigation, especially when linking these behaviours to critical life events. The current study regards immigration as a life event, with the focus of the study being on leisure consumption and its relationship with immigration. Leisure consumption has been limited primarily to theoretical discussion, thus, there is a need for further empirical evidence and discussion ofthe theoretical mechanism of how leisure consumption can contribute to the enhancement of the psychological well-being of individuals who have gone through a critical life event such as immigration. Research on leisure consumption in the immigration context is lacking and further exploration will provide valuable inputs into the research domain.

This research examinesthe influence of leisure consumption as a coping strategyin the psychological well-being of immigrants. Therefore, the goal is to generate further insights into this consumer behaviour by studying the relationship between leisure motivation, leisure participation as consumption, social support, intrapersonal outcomes and psychological well-being.This quantitative research is motivated by theoverarching question: *How does leisure consumption influence the psychological well-being of people after they immigrate to a new country?*The sub-questions focus on (1) how immigrants self-rate their health status after immigration; (2) whether the importance of leisure for immigrants changes after immigration; (3) what additional leisure activities immigrants engage in or want to engage in after their immigration; (4) what motivates immigrants to participate in specific leisure activities; and (5) to what extent leisure participation, intrapersonal outcomes and social support variables mediate the effect of leisure motivation on psychological well-being.

A survey was conducted with the intention of lookingat the relationship between leisure consumption and psychological well-being. A questionnaire was distributed online and in printed form that required respondents to answer a set of questions anonymously. All respondents were immigrants (N=280) who moved to New Zealand after June 2009, aged from 20 to 55 years old and were all located in Auckland. The data was analysed using Ordinary Least Squares (OLS) regression and multilevel sequential mediation analyses.

The main findings arethat the relationship between leisure motivation and leisure participation indicates that immigrants choose different activities for different motivations, affirming that some of the hypotheses were supported while others were not. Leisure participation in dining out activities, and leisure motivation for learning something new and for competence both had direct relationships with self-efficacy. Dining mediated these relationships. Emotional support was not positively associated with either of the activities. Leisure participation in dining and travelling was positively associated with self-esteem only. Leisure participation in cultural entertainment activities did not have any positive associations with any of the social support variables. Psychological well-being was positively associated with only one intrapersonal outcome – self-efficacy and two social support variables – esteem and companionship. All were derived from leisure participation.Immigrants, therefore, participate in leisure primarily for learning something new or gathering competence. Overall, leisure participation influences the psychological well-being of people who immigrate to a new country in a positive way and is mediated by self-efficacy, esteem and companionship.

This study adds to the literature by demonstrating the mechanism in which leisure consumption contributes to enhancing the psychological well-being of individuals after a critical life event. A developed and empirically tested theoretical model can also be used as a springboard for future research in leisure consumption. Moreover, it is vital to understand that consumers, who have recently gone through critical life events might be dealing with stress. This model, therefore, has a list of benefits fornot onlyacademic researchers but also for other key stakeholders including marketers, practitioners of recreational programsandimmigrant settlement services.

Chapter One

Introduction

1. Background

The topic of immigration from one country to another is currently of big interest in many fields and disciplines. People change their lifestyles, learn foreign languages and move to different countries for various reasons. Some people seek a better life and they hope to find it overseas. Others believe they will broaden their career paths and opportunities in foreign countries. There are also different groups that immigrate in order to realign with their families or other relatives and so on.

New Zealand is very often perceived as a country that opens its doors to immigrants (Henderson, 2014). Overall, the total number of migrants arriving in New Zealand fluctuates from year to year. Migration flows are usually influenced by legislative or economic factors both in New Zealand and the rest of the world (Statistics New Zealand, 2010).The highest number of arrivals was noted in 2002 with 96,000 immigrants (Statistics, New Zealand, 2010). However, in comparison, the total number of arrivals to New Zealand in 2009 dropped down to 88,300 and decreased further to 84,000 in 2011 (Labour and Immigration Research Centre, 2012). In the years 2011 to 2013, there was an extreme drop in the number of immigrants to New Zealand (Ministry of Business, Innovation and Employment, 2013). However, after three previous years of major decline, a growth in the immigration level in New Zealand was noted and was predicted to continue its growth in the following years (Ministry of Business, Innovation and Employment, 2013). Permanent immigration to New Zealand reached a net gain of 38,300 people in 2014 compared to just 7,900 in 2013 (Ministry of Business, Innovation and Employment, 2014). The key point here is that immigration in New Zealand remains high and the number of new residents is predicted to grow further, thus, resulting in higher demand for jobs, properties, consumption, and whether conscious or unconscious,the desire to cope with post-migration stress.

Compared to the rapid increase in immigration in many other parts of the world, the level of immigration in New Zealand still remains low, although future increasesare forecast

(Ministry of Business, Innovation and Employment, 2013). This predicted increase means that the topic of immigration to New Zealand is developing high interest.

Immigration is regarded as a critical life event because it brings stress into the lives of immigrants (Stefanek et al., 2012). Critical life events are types of stressors or events that disturb the normal daily routine of an individual (Park, 2010; Segerstrom& Miller, 2004). Critical life events are often called stressful life events in the academic literature and are defined as transitions (Luhmann et al., 2012). The definition of a life event can be summarised as a change in a person's life. A critical life event, consequently, brings negative or stressful transition into their lives.Critical life events influence consumption behaviour (Andreasen, 1984; Lee, 2011; Mathur et al., 2005) and also psychological well-being (George & Domokos-Cheng Ham, 1993; Moro, 2003; Okun& Stock, 1984; Ryff& Singer, 1996). Therefore, immigration as a critical life event results in the same outcomes. Since the number of immigrants both in New Zealand and internationally has grown and is expected to grow further, it is essential to study the life of immigrants in a host country to determine whether they experience post immigration stress and if so, how they cope with this stress and various other obstacles in their way to the better life they wanted to achieve when deciding to move to a new country.

Looking further, it is imperative to focus on not only how immigrants cope with stress but also on the importance of the settlement experiences of immigrants. There is a growing number of studies on immigration settlement issues in New Zealand (Henderson, 2014). Settlement is a process of experiences, adaptation and acculturation of the immigrant in a new social context (Fletcher, 1999). This fact emphasises the strong need to address settlement issues and to discuss support for immigrantsin-depth (Henderson, 2014).Successful settlement includes support by government (economic and political participation) andthe host society (social participation) and an understanding of immigrants' expectations and whether they have been met (Henderson, 2014). Therefore, all of the above factors should be taken into consideration when analysing their settlement experiences.

Researchers have studied the impact of life events on consumption behaviour for over three decades. Andreasen (1984) was one of the first researchers to mention the topic. He found that consumers attempt to deal with favourable or unfavourable psychological conditions during stressful life changes by changing their consumption behaviour (Andreasen, 1984). For example, Lee (2011) found that such negative life events as the death of a spouse or

positive life events such as birth of a grandchild contribute to changes in individuals' consumption behaviour. Consumption behaviour is a very broad topic that includes various streams, subtopics and categories. There is hidden consumption behaviour, sustainable consumption behaviour, conspicuous consumption, and so on. However, this thesis focuses on coping consumption behaviour. More specifically, it focuses on leisure consumption, including thethree main leisure activities of travelling, dining and cultural entertainment.

It has also been found that when consumers experience major life-changing events, they generally re-evaluate their priorities, product needs, as well as brand and store preferences, and the criteria by which they select products (Lee, 2001; Mathur et al., 2005). It has been argued that non-tangible factors should also be included in future studies to extend the topic (Ryff, 1989; Ryff& Singer, 1996). One of the key non-tangible factors is psychological well-being which consists of happiness, life satisfaction, self-control, self-acceptance, positive relations with others and personal growth (Okun& Stock, 1984; Ryff& Singer, 1996). Therefore, the above aspects of positive psychological well-being and leisure consumption will be the central focus of this research.

1.2 Reason for the research

Over the decades, there has been a vast amount of research conducted on the topic of big life-changing events or critical life events, and their effects on psychological well-being. Several studies have examined the relationship between leisure and psychological well-being (Iwasaki & Mannell, 1999; Iwasaki & Mannell, 2000; Iwasaki &Smale, 1998; Iwasaki, 2001; Stack & Iwasaki, 2009). For instance, Stack and Iwasaki (2009) studied the impact of leisure participation on the well-being of people who face occupational difficulties, includingwomen with breast cancer and spinal cord injury.Iwasaki and Mannell (1999, 2000) studied the various influences of leisure behaviour and coping with stress through leisure. The relationship between health problems, leisure and well-being has also been studied (Iwasaki &Smale, 1998). Overall, although studies on the impact of leisure on psychological well-being have included the topic of critical life events or circumstances, they have been very broad in their focus. Studies have been completed in different settings and included various age groups and different critical life events such as traumatic injuries, divorces, death of relatives and so on. Immigration has also been included in this list of life events; however, it has not yet been studied fully.

1.2.1 Gaps in the existing literature

Recent studies on life events, consumption behaviour and psychological well-being have focused on several issues. For example, studies have been conducted that analyse whether psychological well-being improves over time after a specific incident (e.g. Aroian & Norris, 2002).Freysinger (1987) also found that leisure participation and consumption positively influences an individual's ability to deal with stressful life events or significant life changes.Mathur et al. (2006) suggest future directions for study including understanding specific consumer behaviour of those who experience critical events.

One line of research has focused on the outcomes of immigration and it has been found that immigration has consequences on immigrants' overall psychological well-being (Moro, 2003),thereby creating a high level of stress in normal developmental life stages (George & Domokos-Cheng Ham, 1993).This stream of research has studied the act of moving to a new country taking into account various factors including the host and home countries, gender, age groups and occupancy (e.g., Korean immigrants in the US [Shin et al., 2007]; female immigrants [Simon, 2001], female immigrants in a specific country [Canada][Suto, 2013]; Afghan refugees in Canada [Stack & Iwasaki, 2009]; and Asian Americans [Zhang & Ta, 2009]). Nevertheless, there is a theoretical gap within this stream of research, that is, there remains little focus on the different countries where immigration levels rise every year or are expected to grow in the near future.

A second line of researchhas focused on leisure consumptionand examined the antecedents of consumption behaviour including leisure and hospitality product consumption such as cultural and environmental activities, dining out activities, travelling activities (Lee, 2011), physical activities, and organisational and political activities (Becchetti et al., 2011; Davis &Sternquist, 1987; Lounsbury&Hoopes, 1988). Research has also been conducted on the role of leisure in the lives of people after they have experienced the critical life event of traumatic injury (Lammel, 2003). Researchers have also identified different outcomes of leisure consumption including social interaction, psychological well-being and overall life satisfaction (Kelly et al., 1986; Freysinger, 1987; Lawton, 1994). Research within these areas of inquiry assume a direct relationship between constructs, but a more complex structure is worthy of exploration.

Another stream of research has focused on coping strategies that occur after a critical life event. According to Young-Wolff et al. (2012), some people seek 'peace' after critical life events by hiding in alcohol or smoking addictions, or even gambling (Storr et al., 2012; Wood & Griffiths, 2007). Others develop various forms of Internet addictions including online or PC gaming, social media, forums, and so on (Chiu, 2014; Jie et al., 2014; Kardefelt-Winther, 2014).Some may choose more productive types of coping strategies such as engaging in sport activities (Kimball & Freysinger, 2003),religion and spirituality (Hui et al., 2014; Lee et al., 2014) or seeking friendship (Glover & Parry, 2008).A possible way of extending this research is to not only study how the specific critical life event of immigration affects psychological well-being, but also to examine the influence of leisure consumption (as a coping strategy) on the improvement of the psychological well-being of people who have experienced this critical life event. To date, there has been extensive research on psychological well-being and critical life events. For instance, Enberg et al. (2012) argue that different life events influence individuals' engagement in physical activity. They found that events like a transition to university from high school, pregnancy, marriage or even disasters tend to decrease the motivation to undertake physical activity in the case of both men and women. However, changes in work conditions, changes in relationship status, divorce or harassment were found to increase physical activity. However, these findings are more about people's motivation to perform these sport activities. Further research has shown that sport positively influencesthe psychological well-being of individuals. For instance, Iwasaki et al. (2001) found that sport leisure participation is positively associated with physical and mental health whereby sport reduces stress via its positive effects on an individual's social and psychological resources. Therefore, the authors concluded that physical activity positively contributes to the improvement of the psychological well-being of individuals after critical life events. However, the authors also point out that further studies are required on how individuals cope with stress and the benefits they can gain from social, cultural and physical leisure activities in terms of their psychological well-being (Iwasaki et al., 2001). Therefore, the current study takes into consideration various leisure coping activities and these will be discussed in the next section.

1.3 About this research

1.3.1 Research objectives and research question

Studies on the effects of immigration in New Zealand context are very limited. For example, Ward and Kenedy (1993) studied both the psychological and socio-cultural adjustment of immigrant students in New Zealand. However, their research was undertaken more than 20 years ago and it is logically assumed that the results may now vary. By including the specific coping strategyof leisure, the current study attempts to expand the research area further. The act of immigration has been chosen as a critical life event that affects the lives of young adults and their leisure consumption behaviour. Immigration (leaving one country to go and live in another, usually, new and unknown country) is considered as a critical life event in the life of young adults due to a number of factors including a different language environment, different traditions, different mentality and society positions, often a loss of existing friends and associated hobbies (followed by acquiring new friends and/or people with matching interests), and different cultural and economic conditions. This research will limit leisure activity consumption to the following: sport, dining out, concerts, night clubs, music festivals and social events. This will be discussed in depth in Chapter 2.

The purpose of this study is to explore the influence of leisure participation and leisure motivation on psychological well-being as well as consumption behaviour of people who have experienced a critical life event. The critical life event chosen for this research was immigration to a new and unknown country. The host country is New Zealand and the research includes respondents from various countries. Only respondents who immigrated to New Zealand five years ago or prior are included.

Theprimary question to be addressed in this study is: *How does leisure consumption influence the psychological well-being of people after they immigrate to a new country*? This study aims to develop and empirically test a theoretical framework that integrates Leisure Motivation, Leisure Participation, Intrapersonal Outcomes, and Social Support in predicting psychological well-being.Particularly, this study seeks to extend prior research by considering a series of sub-questions that focus on(1) howimmigrants self-rate their health status after immigration; (2) whether the importance of leisure for immigrants changes after immigration; (3) what additional leisure activities immigrants engage in or want to engage in after their immigration to New Zealand; (4) what motivates immigrants to participate

inspecific leisure activities; and (5) to what extent leisure participation, intrapersonal outcomes and social support variables mediate the effect of leisure motivation on psychological well-being. The research is underpinned by three theoretical streams including critical life event theory, theory of psychological well-being and leisure motivation theory.

1.4 Significance of the research

1.4.1 Expected research contributions

This thesis attempts to contribute to the existing stream of research that examines the impact of immigration as a critical life event on psychological well-being. This thesis has both theoretical and empirical contributions. This research will also bring various benefits to different stakeholders, as described below:

End consumers

This research will bring benefits to consumers (specifically immigrants) and New Zealand society at large. This is so because with potential steps of marketers, business owners that operate in the entertainment and leisure industries and government organisation to improve and enhance the variety of leisure activities options, the immigrants would have a higher variety of choice, they would receive a needed social support from the peers and volunteers. Apart from having the abovementioned benefits, this research also has further importance and implications. Since this research explores the effects of leisure consumption as a coping strategy on the well-being of those individuals, thus, these immigrant groups will have more opportunities for coping with post-migration stress, enhancing their psychological well-being, improving their mental health and overall perception of life in a host country.

Consumer researchers and scholars

This study aims to evaluate the influence of leisure participation and leisure motivation on the overall consumption behaviour of individuals after a critical life event. The current research includes theoretical contributions and, thus, provides a theoretical foundation for future researchers to build a theory on consumption behaviour after immigration or other critical life events. These factors bring additional implications and contributions to the academic world and consumer behaviour specialists. This is a potential important contribution to the academic research because of the growing interest in the research topic

of influence of various life events on consumption behaviour. It is imperative to mention that not all but many previous studies in marketing (e.g. Lee et al., 1998; Lee et al., 2001) included more than one life event per such study making the findings less specific and, thus, building a room for a possible bias of the results. Other studies (e.g. Haider & Melvin, 2007; Moschis et al., 2013) included one or two life events and were able to provide more in-depth picture of the situation. Following the second approach in the current study, the author managed to provide a thorough overview of the influence immigration has on immigrants' well-being and their consumer behaviour.

Marketers, government and policy makers

This thesis provides empirical contributions as well. Another reason for this research is to understand further the impact of immigration as a critical life event on the consumption behaviour of individuals and applying this to New Zealand context. This has a strong implication for marketers; however, there are also benefits for policy makers and government. There is no doubt that immigration brings stress into the lives of immigrants,thus affecting their psychological well-being. A goal of immigration policies in New Zealand and other traditional countries of immigration is the "successful" settlement of immigrants (Henderson, 2014). This study provides a further contribution by focusing solely on immigrants to New Zealand, something no previous studies have looked at in this country.

This research brings further benefits to these groups of stakeholders. A specific age group – 20-55 – was selected for this study. Young people are important human capital. Their psychological well-being is crucial for the development of a nation. Moreover, young people are future leaders, therefore, their beliefs and mind sets are highly influential in shaping community norms and values. Therefore, it is important to instil strong beliefs and positive attitudes among young consumers who are in the development stage of their lifelong beliefs and attitudes. The need to understand young adults' behaviour means that this research contributes knowledge to policy makers, social marketers and relevant government bodies including immigration service bureaus.

1.5 Structure of the thesis

This thesis consists of six chapters. Chapter 1 introduces the research by identifying a research gap in the current literature and the relevance and purpose of the study as a result. Chapter 2 provides a review of previous literature. Based on the literature review, Chapter 3 presents the theoretical framework, hypotheses and a graphical representation of the conceptual model that this study aims to test. The methodology, including the research instrument, techniques for data collection and analysis is explained in the Chapter 4. Chapter 5 discloses the details of the data analyses, and the results of the hypotheses testing. The summary and the findings of the study are explicated in Chapter 6. Also, provided in this final chapter are the limitations and suggestions for future inquiry and the conclusions.

1.6 List of used abbreviations

LM = leisure motivation;

LMlearn = leisure motivation for learning;

LMcomp = leisure motivation for companionship;

LMsocial = leisure motivation for social purposes;

LMrelax = leisure motivation for relaxation;

LP = leisure participation;

LPDine = leisure participation in dining;

LPTravel = leisure participation in travelling;

LPEntcul = leisure participation in cultural entertainment activities;

IO = intrapersonal outcomes;

IOsecacy = intrapersonal outcome of self-efficacy;

IOcont = intrapersonal outcome of continuity;

IOengag = intrapersonal outcome of engagement;

SS = social support;

SSestm = social support (self-) esteem;

SSemo = social support emotional;

SScompan = social support companionship;

PWB = psychological well-being.

Chapter Two

Literature Review

2.1 Introduction

The purpose of this study is to determine how leisure participation affects the psychological well-being of immigrants after they move to a new country, New Zealand in this case.Although this topic has previously received some theoretical attention, there is a lack of empirical evidence. This chapter will begin with a review of the research in the field of critical life events offering a background into this study. The chapter will move on to review studies on immigration as a critical life event and how this event impacts individuals' psychological well-being. Subsequently, a discussion on how immigrants cope with immigration-related stress will be provided as well as a discussion on the importance of social support and intrapersonal outcomes. Following this, a discussion on leisure consumption as a coping strategy as well as a brief summary of the existing literature on leisure and leisure motivations will be provided. Finally, this chapter will conclude with a discussion on the literature dedicated to leisure participation as a coping strategy. This ties in well with the present study and will add to the understanding of the psychological well-being of immigrants and their leisure consumption. In summary, four areas in literature were researched to offer clarity and direction for this study to move forward.

2.2 Immigration as a critical life event and its impact on life

2.2.1 Types of critical life events

A critical life event is defined as a negative experience in one's life that has a dramatic influence on life and requires various adjustments (Stefanek et al., 2012). Critical life events are sometimes referred to as crises in the academic literature (e.g. Matthews & Brown, 1987) or in other words events that are not desirable or those that need specific adjustment. Theory of critical life events or crises can be defined as the extent to which individuals perceive and experience a particular event as a crisis, causing changes in their lives (Matthews & Brown, 1987).

There have been many studies on critical life events and how they influence individuals' well-being, physical health, consumer behaviour, relationships with others, and so on. Critical

life events include marriage, birth, divorce, marriage of child, death of a family member, death of a spouse, birth of a child or grandchild, injury, retirement, moving to a new place, and financial changes both positive and negative, and so on. (Hamilton et al., 2012; Lane et al., 2014; Lee, 2011; Lee et al., 2001; Mathur et al., 2003; Mathur et al., 2006; Moschis& Ong, 2012; Storr et al., 2012; etc.). The complexities involved in these various types of life event require further theoretical exploration in terms ofthe effect that critical life events may have on consumption behaviour and psychological well-being.

Life events can be categorised as desirable (e.g., marriage, vacation) or undesirable (e.g., job loss, financial hardship) and can be viewed from two perspectives: stress or developmental perspectives (Luhmann et al., 2012). Life events that have a stress perspective are those that are viewed as stressors and that disturb everyday life (Luhmann et al., 2012). On the other hand, events that are defined as developmental are specific transitions, for instance,the transition from school to college.Critical life events can also be divided into two groups: normative (e.g.,the transition from primary to secondary school) and non-normative (e.g.,the death of a close person, divorce, unemployment). Immigration is one of the non-normative critical life events that brings in other different critical events, such as moving to an unknown place, separation from friends and family, unemployment, financial problems and so on (Stefanek et al., 2012).

2.2.2 Immigration as a critical life event and why it is perceived as a critical life event

Together with the abovementioned categories of life events, it is important to state another phenomenon or perspective on life events. Life events can be divided into two major sub-categories: transitional and non-transitional events. Transitional events include marriage or the death of a spouse as they serve as markers of life transitions into new roles (Lee et al., 2001). Some other transitional events might be giving birth, moving to university from high school, retirement, changing jobs, and so on. On the other hand, non-transitional life events, such as major accidents and financial crisis, create stress that leads to a certain degree of response (coping with stress).

Most research has either focussed on transitional events or non-transitional events. In order to bring new insights into the research, a different type of critical life event was chosen to be included in this study. Linking this perspective of looking at life events, immigration can be seen as both a transitional event (moving on into a new environment) and non-transitional

(loss of contact with friends, sometime close relatives) which is another reason why this particular event has been chosen for the current study.Immigration has also been chosen as a critical life event due to the different outcomes it brings into the lives of immigrants. Through a long period of personal observation and communication with individuals who, like myself are immigrants to New Zealand, I have identified these outcomes to include dealing with and learning new traditions of the host country, facing a different mentality and society positions, and understanding and adjusting to New Zealand's individualistic society. Learning a new language is also a challenge for the majority of immigrants as well as overall adjustment to a new culture (Abdolvahab, 2015). This critical life event also often brings a loss of existing friends and forcesindividuals to face new cultural and economic conditions.

Interestingly, even though immigration is called a critical, stressful, life event, there is significant evidence that immigration is very often perceived as a positive life event.For example, in Lara's (2014) study on immigrants in Spain, the author found that those who immigrated to Spain gained a high level of life satisfaction and that their level of happiness was the same as that of the natives (Lara, 2014). Harker (2001) also found that first generation immigrants generally experienced less depression than native people of similar demographic or family backgrounds. There have been other studies that support this idea (e.g., Phinney& Ong, 2002; Sam, 1998). This phenomenon is usually called the immigration paradox. The immigration paradox is the positive adaptation of immigrants in a new country (Sam et al., 2008). Luhmann et al. (2012) also suggest that immigration has a positive relationship with subjective well-being. Immigration as a stressful event requires people to adjust to various new circumstances and the authors found that the subjective well-being of immigrants higher after the event (Luhmann et al., 2012). Some of the possible explanations for this can be that moving to a new country might be positive experience or that very often people feel stressed prior to the act of immigration while getting prepared for the critical event.Thus, they may overestimate the negative effects of relocation (Luhmann et al., 2012) and in fact feel much better and safer in the new country. Immigration can also viewed as a positive life event because this is a potentially constructive experience that provides an opportunity for personal growth and self-development (Adler, 1975; Ahmad et al., 2005; Walsh et al., 2008). People who decide to immigrate usually do so in order to escape from problems in their homelands. Other reasons include searching for a better quality of life and overall well-being (Ahmad et al., 2005). People may also seek better employment options in another country (Suto, 2013). They may also immigrate for better educational opportunities

or to meet people from other cultures (Sam & Berry, 2006). They may also want to escape economic instability or escape overcrowded places, political conflicts or natural disasters (Kosic, 2004).

However, while some studies have found that the life of immigrants is happier and better in a new country and that immigration can very often be viewed as a positive life event, there is a vast amount of literature that strongly argues that immigration is a critical and negative life event that brings many diverse challenges into people's lives. In some cases immigrants are less satisfied with their lives than natives (Ullman & Tatar, 2001). Immigration is also known to involve a specific process of change in a number of ways including intrapsychic, social-psychological and inter-cultural relations (Kuo, 1976; Ritsner & Ponizovsky, 1999). Immigration brings challenges that might have an impact on mental health that can later lead to depression and anxiety (Ahmad et al., 2005). Stress following the act of immigration can be due to financial difficulties, language and culture gaps, discrimination, lack of social support, and so on (Walsh et al., 2008). Stress can also be brought about bya lifestyle, barriers to accessing different health services, and climatic and food changes (Ahmad et al., 2005). All of the above outcomes have a negative impact on the psychological well-being and mental health of immigrants. For instance, the self-perception of immigrants is also very often negatively affected (Grinberg & Grinberg, 1989; Walsh & Horenczyk, 2001). Immigrants are found to lose competence and a sense of belonging (Walsh et al., 2008).

A further issue is thatindividuals can experience culture shock after immigrating to a new country (Garza-Guerrero, 1974; Oberg, 1960). This area of research has received a high level of attention. Many researchers view immigration as a U-shaped process where an immigrant's initial excitement is then replaced by distress, culture shock and dissatisfaction; however, these feelings then fade away once the immigrant starts to adapt to a new environment (Ritsner & Ponizovsky, 1999). Culture shock is known as an anxiety that occurs when individuals lose the familiar signs and cues of social intercourse in their lives. These cues include words, gestures, customs, facial expressions, norms beliefs, and so on (Oberg, 1960). Such cues develop during an individual's youth and are carried on a subconscious level to become part of the individual's culture (Oberg, 1960). When an individual enters a new culture, familiar cues are removed, resulting in a high level of stress as the individual faces the unknown. Frustration and anxiety occur during this period of time (Oberg, 1960). There are several phases of cultural shock such as rejection or regression (Oberg, 1960).

Rejection is linked to the rejection of a new and unknown environment and its habits, customs, culture or language. Subsequently, regression is linked to an individual's questioning of the decision to move to a new country. Those in a new environment tend to forget all the previous problems and difficulties they had in a home country. However, sooner or later an individual will start coping with this stress.

To understand this process in more detail, it is important to discuss the analysis and synthesis of different theories on the process of adaptation after immigration (see Table 2.2.2). This analysis includes theories developed by Oberg (1961), Berry and Kim (1988) and Hertz (1993).

Table 2.2.2: Stages of Adaptation Following Immigration

Authors	Oberg (1961)	Rumbaut, (1985)	Berry and Kim (988)	Hertz (1993)
Immigration model	Honeymoon Hostility Recovery Acceptance	Euphoric period Mental health crisis	Pre-contact Contact Conflict Crisis Adaptation	Pre-immigration Coping (including initial distress, adjustment periods) Settlement
Similarities/ differences/ discussion	The first theory that clearly explains the major stages all immigrants go through; however, the time taken for each of these stages differs depending on theperson.	The author also argues that immigrants go through happy period soon after immigration; however, this stage does not last for long.This model differs greatly from other theories since it includes only two stages.	Very in-depth theory that emphasises the existence of the pre-contact period. This is the stage people go through prior to actual immigration. They usually feel inspired and excited.	The most in-depth model that also covers additional sub-stages within the coping period.

All of the abovementioned theories state that immigrants start with the positive feelings towards immigration and they feel very happy once they move to a new country. They are usually fascinated by the new and unknown and they still look at the country with tourists' eyes where everything is perceived in a positive light. However, this stage does not last for a very long period of time once the individual has moved to a new place permanently. The individual then slowly moves to the second stage and developscontact with the country (Berry & Kim, 1988) and then moves to hostility (Oberg, 1961), conflict, crisis (Berry & Kim, 1988) and distress (Hertz, 1993). This periodis characterised by the individual's aggressive attitude to the host country and everything he or she faces there. For instance, the individual may perceive difficulties in his or her daily life and regard the people of the host country as rude and unhelpful (Oberg, 1960). However, if the individual manages to pass this stage without returning to the home country, he or she moves to the nextstage of recovery or acceptance (Oberg, 1961), adjustment (Hertz, 1993) or in other words, actual adaptation (Berry & Kim, 1988). Here immigrants start to open up to the new cultural environment and its people. They slowly learn to not just notice but to accept and learn from the differences

and also appreciate them. They no longer look at the host country in a negative light. Their perception is now different; that is, it is more open, loyal and positive. While they might think that the new environment has changed, Oberg (1961) argues that the environment never changes; what has changed in these people's lives is their attitude towards it.

Together, these theoriessuggest that people do in fact to adjust to a new place but before that they very often experience stress and anxiety. Over time, they accept the challenge and start looking for ways to cope with the negative circumstances of the situation. All immigrants go through the above stages and the only difference is the length of time taken for each stage. This difference depends on the individual's character, state of mind, perception and attitude. However, sooner or later people adapt to a new set of living conditions (Oberg, 1961). In other words, it is not just their perception that changes the longer they stay in a host country;rather, they very often start to seek ways to cope and deal with the stress, adjust to the new country and improve their psychological well-being.

There have, therefore, been various theories developed concerning the stages of immigration. Studies have found that immigrants develop better mental health the longer they stay in a host country (Bieser, 1988; Westermeyer et al., 1984, 1989). Overall, life satisfaction increases with the length of stay in a new country (Ullman & Tatar, 2001). The longer immigrants stay in a host country, the better the improvement in their psychological well-being (Ward et al., 1998). Therefore, it could be assumed that in most cases the level of happiness of immigrants increases with time. In other words, the longer they stay in the new country, the higher their happiness.

Even though it is believed that the level of depression decreases the longer an individual is in the new country, some research still suggest that negative aspects of the immigration still exist over time. For instance, Aroian and Norris (2002) found that some former Soviet immigrants experienced symptoms of depression two years after immigrationto the USA due to unemployment, the newness of the country and the absence of relatives nearby. These are factors that are not easily managed and dealt with and usually require more time and adjustment. Moreover, the level of psychological stress is higher for immigrants than for natives or potential immigrants (Ritsner & Ponizovsky, 1999). According to Ritsner and Ponizovsky (1999) this kind of stress develops in two phases: the escalation phase and the reduction phase. The reduction phase usually continues to the end of the fifth year (Ritsner &Ponizovsky, 1999). Moreover, the greater the difference between the cultures of the home

country and the host country, the lower the psychological well-being of immigrants (Kashima & Abu-Rayya, 2014). Therefore, cultural differences should always be kept in mind. However, Cabassa (2003) found that immigrants in countries where society allows and accepts cultural diversity feel less pressure and their stress is lower.

The topic of second generation immigrants and their adaptation process has been studied in detail by Stodoloska (2008) in her integrative review. Through reviewing existing papers, she concluded that the children of immigrant parents usually experience high levels of depression, anxiety and other social, behavioural and emotional adjustment problems (Ashworth, 1975; Stodoloska, 2008) as well as sleeping and eating disorders (Jacob &Blais, 1991). However, it has also been found that young people adjust faster. The longer young people stay in a host country, the easier it becomes for them to understand the new culture (Ouarasse& Van De Vijver, 2005). Focusing further on the differences between first and second generation immigrants, it is vital to mention that second generation immigrants adapt to a new country better and faster than the first generation immigrants or even native people (Sam et al., 2008). Controversially, other research shows that second generation immigrants do not differ from native people in their psychological well-being (Harker, 2001).

2.2.3 What immigration causes and why

Based on the abovementioned issues, immigration can be described as a critical life event that creates various challenges and causes stress for immigrants. Immigrants face various losses in their homelands and different challenges in new countries (Simon, 2001). Recent immigrants face stress resulting from financial difficulties, culture gaps, discrimination and lack of social support (Walsh et al., 2008). Oppedal et al. (2004) found that discrimination and 'ethnic identity crisis'are the major risks to the mental state of immigrants; however, social support positively affects mental health. Other acculturative stressors include various economic barriers such as unemployment, difficulty finding a house in a new country or lack of income, as well as discrimination or negative attitudes of the host country towards immigrants (Hasmi et al., 2014; Kim et al., 2014) and language barriers or nostalgia (Walker et al., 2011). Ritsner and Ponizovksy (1999) found that there are six psychological symptoms that indicate the level of psychological distress felt by immigrants: obsession, hostility, interpersonal sensitivity, depression, anxiety and paranoid ideation.

Moro (2003) found that immigration has tangible consequences on the psychological level of an individual. George and Domokos-Cheng Ham (1993) found that immigration creates a high level of stress on normal developmental life stages. Overall, immigration brings the following challenges: physical (climate and place differences); biological (different food or diseases); political (new type of government); economic (different forms of employment or financial uncertainties); cultural (language difference, education system, religion, difficulties in accessing health services); and social (interpersonal relationships and group dominance differences, loss of social support and low social status) (Ahmad et al., 2005; Bin-Sira, 1997).

It is also important to note that specific demographic factors have a strong influence on immigrants and affect their psychological well-being. For example, Ritsner and Ponizovksy (1999) found that gender, age and marital status modulate immigrants' distress. They also found that age and marital status have a significant effect on the time pattern of the psychological distress of an individual (Ritsner &Ponizovksy, 1999). For instance, Slutzki (1979) found that marital relations are placed under greater risk after immigration to another country. However, the author also found that this trend is more evident between couples that had relationship problems prior to immigration and that immigration as a critical life event causes these couples to drift apart (Slutzki, 1979). Marital status also has an effect on the level of stress. Surprisingly, single immigrants have been found to have a low level of stress (Ritsner &Ponizovksy, 1999). However, Bieser (1988) found the opposite, stating that single immigrants experienced a higher level of depression that lasted for a longer period of time. Ritsner and Ponizovksy (1999) explained this phenomenon in their study comparing refugees in Canada and Israel. They found that there is an big difference in the amount of social support refugees receive in Canada compared to Israel, where the support is much less.

Different family life cycles should also be noted. For example, George and Domokos-Cheng Ham (1993) presented various issues that Chinese American immigrants face at different stages of their family life cycle. They discussed immigrants with dependent children, families with adult children and aging parents, as well as the issue of the formation of the husband-wife dyad with immigrant and non-immigrants in a new country.

Age is also important when looking at the effects of immigration. For example, Ritsner and Ponizovksy (1999) found that immigrants from former Soviet Union to Israel in their 40s reported a higher level of distress than younger immigrants. A possible explanation for this could be that these respondents had higher expectations from the host country, thus,

developing a long-term negative effect on the immigrant's mental health (Ritsner &Ponizovksy, 1999).

Dalgard et al. (2006) suggest that the event of immigration is not a threat to an individual's psychological well-being but rather the social context and other conditions under which the migration occurred. Nevertheless, immigration to another country affects many different aspects of one's life (Angel & Angel, 1992). Overall, immigration is a critical life event in people's lives because immigrants face a very stressful adjustment process and different changes in their lifestyle. These changes include language, culture and norms, social conditions and so on. These changes usually bring depression and decrease the psychological well-being of immigrants.

2.3 Immigration and psychological well-being

2.3.1 How immigration affects psychological well-being

Psychological well-being of an individual consists of happiness, overall life satisfaction, self-control, self-acceptance, positive relations with others and personal growth (Okun & Stock, 1984; Ryff & Singer, 1996). These dimensions are highly affected once an individual immigrates to a new country even though it is not easy to study the impact of a critical life event on psychic functioning (Moro, 2003).This section covers the main negative outcomes immigration causes on the psychological well-being of individuals.

Mental health

Studies of the children of parents who have immigrated to other countries and the impact the immigration has on the new generation reveal some interesting results.According to Moro (2003), children of immigrant parents experience psychopathological disturbances, intellectual and cognitive difficulties,and scholastic problems more so than children of non-immigrant parents. Moro's study (2003) is linked to the results of earlier research which suggests that children in general become psychologically vulnerable when faced with dramatic situations (Antony et al., 1978). Moreover, Ritsner et al. (2001) also found that immigration is a stressful life event that can increase the risk of mental healthissues in all age groups, not only children.

Walsh et al. (2008) also found that the mental health of immigrants depends on the mental health conditions they had prior to immigrating to a new country. Regardless of gender, age or culture, it was found that those who have stronger psychological and mental health prior to immigration show a greater ability to deal with immigration distress and stay positive in a new environment (Walsh et al., 2008). Adults that have better psychological health are less negatively affected by emotional distress (Walsh et al., 2008).

Overall, immigration has a negative impact on the psychological well-being and mental health of immigrants. The self-perception of the immigrant is very often negatively affected (Grinberg&Grinberg, 1989; Walsh & Horenczyk, 2001). It has also been found that immigrants lose competence and a sense of belonging (Walsh et al., 2008).

Depression

Shin et al. (2007) and Abdolvahab (2015) believe that immigration is a stressful life event that often causes depression. Different demographic factors have been identified that have an influence on the level of depression felt by immigrants. These factors include gender, age and socioeconomic factors (Angel & Angel, 1992; Kiefer et al., 1985; Ritsner & Ponizovsky, 1998; Shin et al., 2007; Williams, 2002). Moreover, researchers have studied the symptoms of depression in immigrants and how they change one, two or more years after they immigrate. For example, symptoms of depression still exist two years after immigration and include such factors as unemployment, the newness of the host country and the absence of relatives nearby (Aroian & Norris, 2002).

Stress

Post immigration psychological stress may be caused by various factors including unemployment, family issues, financial and economic problems, cultural gaps between home and host countries, mental health and personal and social problems (Ritsner et al., 1996). New immigrants also face various losses in their homelands and different challenges in new countries (Simon, 2001). Distress symptoms include depression, anxiety, interpersonal sensitivity and other (Ritsner et al., 1996). Overall, immigration is a potential traumatic stress for immigrants (Berger & Weiss, 2003). Culture shock differs depending on various factors including the age of the immigrant (Berger & Weiss, 2003).

The level of stress the one might experience also depends on gender and culture. It has been found that women are generally more exposed to the stress of immigration (Kendler et al., 2001; Lehto et al., 2014; Lesniak et al., 2006). In a study undertaken by Lemos et al. (2013), immigrant women scored lowerin physical well-being, mood levels and overall self-perception (Lemos et al., 2013). More specifically, one study identified that women from South Asia are more likely to experience higher distress from immigration due to their gender roles (George & Ramkissoon, 1998). However, culture also plays a vital role in this aspect. The level of depression after immigration also depends on the culture the immigrant belongs to. For example, Korean immigrants were found to value family integrity, traditional gender roles and group conformity; thus, it is possible that they experience a high level of depression when immigrating to the US, for example, where there is gender equality, freedom and individualism (Park & Bernstein, 2008). Kuo (1984) found that Korean Americans have the highest level of depression. Other high scores of depression were found in Filipino, Japanese and Chinese people who immigrated to the US (Kuo, 1984). A more recent study by Ward et al. (1998) found that higher levels of depression exist among Japanese students in New Zealand. Moreover, Ritsner and Ponizovsky (1998) found that Russian immigrants living in Israel usually experience the following six symptoms: obsessiveness, hostility, interpersonal sensitivity, depression, anxiety and paranoid ideation.

Psychological distress

Immigrants often experience psychological distress. Distress symptoms include depression, anxiety, interpersonal sensitivity and other (Ritsner et al., 1996). Psychological distress following immigration can be caused by various factors including unemployment, family issues, financial and economic problems, cultural gaps between home and host countries, mental health and personal and social problems (Ritsner et al., 1996). Distress after immigration can also be caused by loss of social support, economic and financial hardship, a mechanistic lifestyle, barriers in accessing different health services as well as climatic and food changes (Ahmad et al., 2005).

Other outcomes

Social and personal problems as well as post-migration factors (e.g. unemployment in a new country, the culture gap between countries and other factors) all have an impact on the psychological well-being of immigrants and may also affect their self-esteem causing

depression or anxiety (Ritsner et al., 2001). Ritsner et al. (2001) believe that gender is correlated with the emotional well-being of immigrants where women have higher rates of depression and psychological distress than men. Women immigrants have a higher interpersonal sensitivity, experience depression and general anxiety and have obsessive symptoms (Kohn et al., 1989; Ritsner et al., 2001). The reasons for the above results include family problems, inappropriate climate conditions, health problems, anxiety about the future (Ritsner et al., 2001), changes in family structure and functions, various social network issues, (Shin et al., 2007), family support systems (Angel & Angel, 1992) and others. Moreover, learning a new language, loss of customary supports and changes in roles are all challenges for immigrant women that might lead to various health problems (Suto, 2013).

Ritsner et al. (2001) also found that men scored higher in stress-protective factors.These factors include the reasons for immigration, commitment to the host country as well as job adequacy (Ritsner et al., 2001). Overall, Mena et al. (1987) identified the sum of social, attitudinal, familial and environmental stresses that occur as a result of immigration as an acculturative stress. This stress has a high impact on immigrants' psychological well-being.

According to Berger and Weiss (2003), children become culturally-aware very quickly; thus, they learn and adjust to a new environment faster than their parents. They also act as translators who mediate between the new country and their parents. Lemos et al. (2013) found that younger adult immigrants have better psychological well-being in comparison with older immigrants.

Discrimination is another negative factorimmigrants face (Jasinskaj-Lahti et al., 2006) which reduces their psychological well-being. Social host support and is vital for immigrants in order to escape the feelings of discrimination and exclusion (Jasinskaj-Lahti et al., 2006).

Adapting to a new culture, therefore, is a long and stressful process for individuals regardless of their age (Angel & Angel, 1992). However, some studies show that the older the immigrant, the more difficult the adjustment and adaptation processes are (Angel & Angel, 1992). It has also been found that the income level of an immigrant significantly affects the level of his or her psychological distress (Dalgard et al., 2006). For instance, Dalgard et al. (2006) established that psychological distress is different among immigrants from high-income and low-income counties where immigrants from high-income countries experience a higher level of psychological distress.

It is also imperative to note that people from different cultural backgrounds might respond to immigration-related challenges in different ways. Immigration as a life event places immigrants in a form of isolation that brings a high risk to their mental health. It has also been found that social support is important in the life of immigrants as it increases their level of happiness (Shin et al., 2007). Shin et al. (2007) found that lack of social support in the lives of new immigrants increases the chance of their negative feelings. As noted by Angel and Angel (1992), immigrants that have inadequate social support are more likely to experience poorer health conditions.

It has also been found that immigrants that stay depressed for a longer period of time are usually those who face high immigration demands (Aroian & Norris, 2003). These immigration demands include the newness of the new country, not feeling like being at home, occupation and other related problems, loss, language issues as well as perceived discrimination (Aroian& Norris, 2003). Stefanek et al. (2012) found that first generation immigrants have more depressive symptoms as well as daily hassles that are related to parents, the self, leisure consumption, romantic relationships and future plans.

Overall, there is a significant relationship between immigration stress and psychological well-being (Walsh et al., 2008). Therefore, immigration brings cultural and psychological changes in lives of immigrants (O'Driscoll et al., 2013). Many immigrants have a 'refugee experience' that involves the personal, social and cultural consequences of immigration as well as everyday settlement and resettlement struggles (O'Driscoll et al., 2013). Immigration is a critical life event because immigrants face a very stressful adjustment process and different changes in their lifestyle. These changes affect language, culture and norms, social conditions and others, bring depression and decrease the psychological well-being.

2.4 How do immigrants deal and cope with stress?

It is vitalto reiterate that immigration is a potential traumatic stress for immigrants (Berger & Weiss, 2003) and even if not all immigrants experience depression, the likelihood of this is very high. Culture shock differs depending on gender and the age group of the immigrant (Berger & Weiss, 2003; Oberg, 1961). First generation immigrants have been found to have more exposure to stress following immigration (Lemos et al., 2013). Moreover, it has also been found that the emotional distress that is caused by immigration affects later functioning

and has a negative impact on coping ability as well as on independent decision making (Walsh et al., 2008).

The logical question is: What can you do to get over culture shock as quickly as possible? (Oberg, 1961). Oberg answered the question himself, stating that one should get to know the people of the host country (Oberg, 1961). In other words, this means that social support and social interaction are crucial for coping with stress following immigration. Social interaction could include joining various people-related activities (e.g. sports groups, religious groups).

An ability to cope with stress following immigration also depends on the age of an individual. According to Berger and Weiss (2003), childrenbecome culturallyaware very quickly, thus, they learn and adjust to a new environment faster than their parents. They act as translators who mediate between the new country and their parents. Overall, Lemos et al. (2013) found that younger adult immigrants have better psychological well-being in comparison with older immigrants. Therefore, it could be assumed that they deal and cope with stress faster and more effectively. On the other hand, Antony et al. (1978) concluded that when faced with dramatic situations, some children might become psychologically vulnerable.

Remennick (2005) studied the occupational, social and psychological aspects of adjustment to life in a new country and found that the levels of adjustment and well-being are similar among gender groups. However, men perform better in occupational and economic domains, while women are more active in social domains (Remennick, 2005).Remennick (2005) also found that women are less optimistic and experience a higher level of stress following immigration. Generally, separation from friends is a very negative experience for women and it affects their social life and psychological well-being (Remennick, 2005).

There is a large amount of research that states the importance of leisure participation and involvement in physical activities because they positively affect both the physical and mental health as well as psychological well-being of an individual (e.g. Caldwell, 2005; Mock et al., 2013; Trost et al., 2002; Warburton et al., 2006, etc.). Moreover, sport and physical activities are a means by which immigrants can acculturate (O'Driscoll et al., 2013). Physical activities also positively influence self-efficacy, social support, attitudes and self-esteem and decrease the self-consciousness of individuals (O'Driscoll et al., 2013). Since a lot of research has been done on the role sport plays in people's psychological well-being, this variable was not included in the hypotheses testing of this study. Nevertheless, some qualitative questions

were proposed to the respondents in order to gather a more in-depth overview of how specifically immigrants perceive physical activity in relation to their mental health.

In summary, according to the above literature review, all of the studies, regardless of country or publication date, state the importance of social support for immigrants and refugees when coping with post-migration distress. Moreover, participating in various leisure activities also reduces the level of psychological stress of immigrants.

2.5 Seeking leisure: leisure as a coping strategy

Social support gained through leisure consumption that involves social activities and social connections can be regarded as a positive coping strategy for immigrants. For example, women cope with stress by being involved in social activities that increase social interactions with others (Ahmad et al., 2005). Intrapersonal outcomes that people receive from leisure are also imperative. Overall, the mechanism of leisure as a coping strategy is very important.

Recently, there has been a strong interest in the topic of how life events affect and influence consumer behaviour. For instance, being victims of various natural disasters might lead to compulsive or impulsive buying (Sneath et al., 2014). There were a few studies conducted on changes in consumption patters after natural disasters. For example, Kennett-Hensel et al. (2012) say that consumption behaviour assists with facilitating the process of transition after a critical life event. Moreover, Nishio et al. (2014) found that it is not the life event itself (e.g. earthquake) that made a difference to the consumption patterns, but rather consumers' values that were affected, thus, affecting purchasing of eco or health products.

Relationship-related issues or events can lead to an increase in internet consumption (Deatherage et al., 2014). A method of dealing with work-related stress is through leisure consumption (Iwasaki et al., 2005). Exams lead students to change their eating and food consumption habits (Torres & Nowson, 2007). This thesis focuses on leisure consumption as a coping strategy and evaluates leisure consumption changes after the immigration.

2.5.1 What is leisure?

The concept of leisure has been the subject of debate and research for the past 50 years (Dillard & Bates, 2011). One of the simplest but most self-explanatory and straightforward definitions of leisure is that it is what people do when they are not working (Hills et al.,

2000). Leisure is generally associated with free time; however, some researchers state that leisure occurs during free time but not all free time can be defined as leisure for an individual (De Grazia, 1964). Leisure is defined as an activity that is chosen by an individual for its promise of quality satisfaction (Kelley, 1983). Furthermore, the level of participation in leisure is usually defined and measured by the frequency of an individual's participation in the activity (Lammel, 2003).

It has also been found that leisure activities are an important factor that influences overall quality of life outcomes (Antonak et al., 1993; Corrigan et al., 2001). Such outcomes, are thought to bring tangible benefits (e.g. an improved level of fitness, social interactions, development of new skills, etc.), as well as intangible benefits (e.g. self-efficacy, continuity) (Hutchinson et al., 2003; Lammel, 2003).

Some researchers have focused on leisure and hospitality product consumption (Lee, 2011). This type of consumption includes cultural and environment activities, dining out, socialising, travelling, and so on. Overall, social and outside of home leisure activities can be divided into several categories: (1) sport, outdoor recreation and various physical activities; (2) cultural and/or history-related activities; (3) entertainment activities including dining out, going to theme parks, gambling or shopping; (4) organisational activities, that is, political activities (Becchetti et al., 2011; Davis & Sternquist, 1987; Lounsbury & Hoopes, 1988); (5) family, relatives, and friends-based leisure (Davis & Sternquist, 1987) and other social gatherings; (6) involvement in volunteer work; and (7) religious events (Becchetti et al., 2011).

Leisure participation theory includes discretionary time, activity, subjective experience and context dimensions (Jackson & Burton, 1999). Subjective experience includes intrinsic motivation, enjoyment, fun and choice (Tinsley et al., 1993). Motivation is a hypothetical construct that describes internal and external forces that initiate, direct and intensify behaviour (Vallerand & Thill, 1993). Leisure is viewed as benefit attaining (Dillard & Bates, 2011). The benefit attaining differs depending on income or gender with results showing that it is more common among males with higher income levels (Dillard & Bates, 2011).

Kaplan (1975) found that the functions of leisure are self-determination, encouragement or commitment and providing opportunities for recreation, personal growth or servicing others. Moreover, leisure activities have a formative effect on character and personality (Riesman et al., 1950). There is a positive correlation between the enjoyment of leisure and the well-being

of young adults (Haworth & Hill, 1992). However, it must be asked if these results occur only once one is motivated to participate in a leisure activity.In other words, those people who do not enjoy leisure, do not receive these benefits from participation in leisure activities.

2.5.2 Leisure motivation

Leisure motivation has been found to have a significant effect on leisure involvement and more specifically higher leisure involvement leads to more satisfaction from the leisure activitity (Chen et al., 2013). In order to see the improvements in coping with stress through leisure consumption, one should be motivated to participate in these leisure activities.So what motivates people to engage in leisure activities? Broadly speaking, some of the motivations for leisure consumptions include achievement, altruism, creativity, self-actualisation, social contact and avoidance of boredom (Crandall, 1980).

Analysing the motivations for leisure in-depth, it is imperative to start with the motivation for leisure involvement from the psychological perspective. Itincludes the following: perceived importance of a specific leisure activity in terms of self-development and self-enhancement, fulfilment, and responding to requirements of significant others (Dimanche et al., 1991; Laurent & Kapferer, 1985). These important variables assist with determining motivation and the derived satisfaction of an individual (Ryan &Glendon, 1998). Moreover, according to Weissinger et al. (1992), individuals with stronger dispositional preferences for feelings of self-determination and competence are less likely to become bored in leisure participation.

Hills et al. (2000) used four theories (Csikzentmihalyi's theory of flow; Bandura's theory of self-efficacy; Apter's theory of telic and paratelic activity; and a general theory of social motivation) to study leisure motivation. Csikzentmihalyi's theory of flow states that one of the main motivations for leisure activities is the rewarding state of 'flow' (Csikzentmihalyi, 1988). He stated that people usually experience an optimal flow when their perceptions of the activity and their skills to do the activity are equally balanced (Hills et al., 2000).

Bandura (1977) on the other hand, proposed that motivation for participating in leisure activities is the belief that the person is competent to perform the activity at a reasonable level. This is also called self-judgment (Hills et al., 2000). This is common when participating in various physically demanding activities such as sport (Feltz, 1992).

Apter (1982) identified two other motivations: 'telic' and 'paratelic'. Telic motivation occurs for activities that have a long-term goal behind them; paratelic motivation is associated with such activities that bring immediate pleasure (Hills et al., 2000).

There is a correlation between leisure satisfaction and life satisfaction (Headey & Wearing, 1992). Leisure activities bring happiness because they are selected through the individual choice of a specific person (Hills & Argyle, 1998). Therefore, they bring a high level of personal control that many other sources of satisfaction may lack. An individual freely chooses specific leisure activities that will bring personal enjoyment and positive emotions.

Motivation for leisure participation is very important. Many researchers have attempted to define the nature of leisure motivation; in other words, whether an individual participates in leisure activities out of pleasure or not (Lapointe & Perreault, 2013). Intrinsic motivation is defined as doing something for pleasure (Deci & Ryan, 1985; Hills et al., 2000; Neulinger, 1981), to learn something new or to accomplish or create something (Lapointe & Perreault, 2013). Extrinsic motivation, on the other hand, is defined as doing something in order to obtain or avoid external outcomes (Deci & Ryan, 1985; Lapointe & Perreault, 2013). Extrinsic motivation can also take place when participating in activities that individuals believe will have a positive impact on their overall well-being (Lapointe & Perreault, 2013).

Leisure motivation is associated with three intrinsic factors: stimulation, accomplishment and acquisition of knowledge; and also three extrinsic factors: social development, constructive use of free time and avoidance of doing something else (Pelletier et al., 1996). Pelletier et al. (1996) also included seventh' factor called 'amotivation' which includes activities that are usually undertaken without any purpose or intention. In other words, people do not understand or cannot explain why they do these types of activities (Hills et al., 2000). Amotivation occurs when people feel that their behaviour lacks intentionality (Lapointe & Perreault, 2013). In other words, it is when individuals do not have the motivation to participate in a leisure activity and they do not see a reason and/or need to participate.

Deci and Ryan (1985) categorised these types of motivation according to the degree to which they are self-determined. Therefore, it is possible for researchers to calculate a 'self-determination index' (Ryan & Connell, 1989). A high index score means that an individual is engaged in the leisure activity through his or her own choice and out of pleasure (Lapointe &

Perreault, 2013). On the other hand, a low index score means the existence of different external regulations or amotivation (Lapointe & Perreault, 2013).

Intrinsic motivation usually results in more positive outcomes while amotivation results in negative outcomes (Lapointe & Perreault, 2013). Therefore, self-determined motivation (SDM) is linked to the experience of positive emotions (Pelletier et al., 1996). Additionally, it has been found that autonomousmotivation has a positive effect on the mental health of individuals (Pelletier et al., 1995). In other words, the psychological well-being outcomes related to participating in various leisure activities can vary depending on the degree to which individuals have self-determined motivation. LapointeandPerreault (2013) came to the same conclusions and found that an improvement in psychological well-being occurs when people participate in leisure activities freely or for pleasure.

Vallerand (1997) created a hierarchical model of intrinsic and extrinsic motivation. Apart from explaining all the types of motivation that have been mentioned above, the author also explained how those motivations depend on social factors, psychological needs, motivation and consequences. Motivation can be situational, contextual or global (Vallerand & Grouzet, 2001). Situational motivation relates to a state, not an individual characteristic (Lapointe & Perreault, 2013). Situational motivation is about engaging in leisure activities at a specific moment or point in time. Contextual motivation is about the particular context or specific activity. Global motivation is about general motivational orientation (Lapointe & Perreault, 2013). It is about the individual's personality, whether they engage in activities in intrinsic, extrinsic or amotivated way (Lapointe & Perreault, 2013).

The dualistic model of passion created by Vallerand et al. (2003), explains why people participate enthusiastically or only occasionally in an activity. Passion is a preference for a particular activity and willingness to spend time participating in it (Lapointe & Perreault, 2013). Two types of passion were found by the authors: harmonious and obsessive (Vallerand et al., 2003). Harmonious passion is developed freely and autonomously where a person is in control of the activity. Obsessive passion is the outcome of the controlled integration of the activity into someone's identity (Lapointe & Perreault, 2013). In the second type of passion there are both internal and external pressures. As a result, a person does not have control over their participation in the particular activity. It is accepted that there is a harmonious passion when the activity the person is involved in does not harm or impact other aspects of their life (Lapointe & Perreault, 2013).

Another important factor to consider is how motivation is activated. Deci and Ryan (1985) developed the cognitive evaluation theory to study this question. Social context influences people's needs and wants. Therefore, it has a direct or indirect impact on their self-determined motivation. In other words, it is difficult to understand whether the motivation to participate in a leisure activity is self-determined and consciously chosen by the individual; or whether it is subconsciously developed in the person's mind through the social environment the person spends time in. Iwasaki and Mannell (1999) suggested that in order to predict the nature of someone's motivation, it is important to consider the person's exact particular situation and their contextual motivation.

Dillard and Bates (2011) propose four other motivations for leisure: escape, enhancing relationships, personal mastery and winning. Motivation to escape is expressed insuch activities as relaxing, being alone, reducing tension, staying outdoors, exploring new places and enjoying nature (Dillard & Bates, 2011). Motivation to enhance relationships is expressed in socialising with friends, meeting new people, involvement in family activities and playing with children (Dillard & Bates, 2011). The third motivation of personal mastery is expressed through exercising, reaching one's highest potential, building self-confidence, becoming better at a specific activity, self-improvement, personal growth and development (Dillard & Bates, 2011). The final motivation is winning and is expressed by competing, pushing one's limits and keeping score (Dillard & Bates, 2011).

One of the main motivations for people to participate in various leisure activities is to make social contacts (Argyle & Lu, 1990; Hills et al., 2000). For example, it has been found that close personal relationshipsdevelop through churches and voluntary activities; being involved in a sport's team leading to joint tasks or through dancing and other sport activities that include physical contact (Hills & Argyle, 1998).It may also be that an individual believes that he or she knows a character personally while watching a TV show (Livingstone, 1988). Therefore, it can be argued that some of the leisure activities that can be enjoyed alone might include social components as well.

2.5.3 Leisure participation as a coping strategy

Scholars and academics are increasingly focusing on leisure as a coping strategy (Budruk, 2010; Walker et al., 2011; Hasmi et al., 2014). Recent researches have studied the role of leisure participation and its help with acculturative stress (Hasmi et al., 2013; 2014). It has

been found that place attachment assist immigrants to adjust to the new culture faster, while community embeddedness improves their social integrations (Hasmi et al., 2013). Leisure participation helps immigrants to understand a new culture and, thus, to adjust to new social modifications faster (Choi et al., 2008; Chia, 2009; Kim, 2012). Leisure also leads to a healthier lifestyle when people participate in physical activities (Hasmi et al., 2014). In their research, Becchetti et al. (2011) focused on retired people and the effect of a given critical life event on their leisure activity consumption. Findings from other research also suggested that leisure activities can provide a positive context for adjustment after negative events by restoring a sense of well-being and social connectedness (Kleiber et al., 2002). For example, the results of studies on leisure consumption after serious injuries and other negative events are good examples of this theory (e.g. Stack & Iwasaki, 2009).

Past research has examined the relationship between leisure and psychological well-being (Iwasaki &Smale, 1998; Iwasaki, 2001). For instance, Lammel (2003) analysed the role of leisure in the lives of people after traumatic injuries. Researchers have also identified different outcomes of leisure consumption: social interaction, psychological well-being and overall life satisfaction (Kelly et al., 1986; Lawton, 1994). Moreover, researchers have studied the various influences of leisure consumption on life events. For example, it has been found that leisure participation and consumption positively influence an individual's ability to deal with stressful life events and/or significant life changes (Freysinger, 1987).

In their study, Hills and Argyle (1998) concluded that leisure activities such as sport, music, attending church and watching TV directly increase an individual's positive moods and that each of these activities contains a social component. This finding is linked to other studies that support the idea that socialising is one of the key components in leisure that brings positive emotions and assists individuals with coping with stress or anxiety.

When looking at different leisure activities individually, it has been found that sport activities, for example, have a clear link to the increased happiness of the individual (Hills & Argyle, 1998). Culturally and linguistically diverse (CALD) immigrants experience physical and mental health risks when they immigrate to new countries which are different from their own cultures and this extends to the resettlement and adaptation stages (O'Driscoll et al., 2013). O'Driscoll et al. (2013) argue that these risks are due to their limited participation in various sports and other physical activities. Sport activities tend to improve overall health outcomes as well as mental health and well-being. Physical activities also positively

influence social cohesion, and help to expand one's social connections and networks (O'Driscoll et al., 2013). Involvement in sport activities and exercise enhances one's self-esteem (Biddle & Mutrie, 1991) and reduce stress or anger (Steptoe & Bolton, 1988). Moreover, sport brings social satisfaction when the individual is involved with sport teams or events (Hills & Argyle, 1998). However, another study by Hill et al. (2000) states that there are many other activities apart from sport that can bring high level of enjoyment for the individual. These are not limited to specific types of activities but include any activities that a people find themselves good at and believe they have the ability to perform well in.

Churchgroups also result in high social satisfaction and social support (Hills & Argyle, 1998) probably because they offer people a chance to meet others with the same religion, life views, beliefs and wants. The idea of the cohesive character of church groups was also supported by Beit-Hallahmi and Argyle (1997). Church also results in deeper emotions and joy (Beit-Hallahmi & Argyle, 1997). Music, too, brings satisfaction when performed by members of cooperating groups, thus, also providing social satisfaction (Hills & Argyle, 1998). Finally, there are often friends and family that watch TV together, resulting in social connection. Characters in TV soap operas can become imaginary friends (Horton &Wohl, 1956). However, there is evidence that states that people that watch TV often are less happy than others (Lu & Argyle, 1993).

Different types of leisure can produce different positive effects. For example, some leisure activities may be characterised as relaxing, thus, bringing low arousal, while other activities are sought for excitement and are associated with high arousal (Hills & Argyle, 1998). Therefore, there have been several studies conducted on specific leisure activities and particular personality traits. For example, studying 50 different activities, Kirkcaldy and Furnham (1991) concluded that leisure activities can be divided into competitive or combative categories. Competitive activities are linked to extraversion, while combative activities are associated with psychoticism (Hills & Argyle, 1998). For example, team sport activities are often preferred by extraverts (Eysenck et al., 1982). While introverts, on the other hand, have been found to enjoy attending church (Francis, 1992). Listening to music is associated with neuroticism (Nias, 1977). Those who score highly in neuroticism also avoid comedy or adventure movies but enjoy horror movies instead (Weaver, 1991). However, findings from Hills and Argyle (1998) indicate that there is a positive correlation between extraversion and positive effect levels of not just sport but also music and TV. Additionally,

Hills & Argyle (1998) found that watching TV soap operasscores highly on not just extraversion but also neuroticism.

It has also been found that access to some types of leisure activities is highly influenced by the environment. For example, in his study Suto (2013) found that participants who attended theatre in their home country as a weekly routine subsequently found it extremely expensive when they immigrated to Canada (Suto, 2013). Within the study, cultural differences were also discussed. For instance, some of the participants regarded canoeing or hiking as typical cultural activities in Canada; however, those activities were far from the participants' ideas of leisure (Suto, 2013).

2.5.4 Intrapersonal outcomes

Jackson (2005) discusses different constraints of the leisure participation model referring to intrapersonal constraints (the psychological condition of an individual including needs, skills, attitudes, socialisation with others in shaping leisure preferences); interpersonal constraints (the individual's interaction with friends and family that may discourage leisure participation); and structural constraints (intervention between leisure preferences and participation that is usually external to the individual including lack of time, financial difficulties, lack of access to facilities). This thesis focuses only on intrapersonal outcomes including self-efficacy, continuity and engagement in leisure activities. Some of the intangible benefits of leisure participation are self-efficacy and continuity that have an influence on psychological well-being and overall quality of life (Hutchinson et al., 2003).Therefore, the reason behind the inclusion of intrapersonal outcomes is that it is believed that these outcomes might mediate the relationship between leisure participation and psychological well-being.

Self-efficacy has a mediating effect on the relationship between stress and health after a critical life event (Murphy, 1988). Bandura (1989) discusses self-efficacy and identifies it as a self-belief about a person's own capacity to have control over events that have an effect on his/her life. Self-efficacy includes performance accomplishments, vicarious experiences, emotional arousal and verbal persuasion (Bandura, 1977). Moreover, self-efficacy assists with determining how much effort a person devotes to coping with these events. Thus, leisure participation is an important source of the development of self-efficacy (Lammel, 2003). For instance, sport has been found to increase self-efficacy (Wise & Hale, 1999). Overall, self-efficacy changes the behaviour of an individual in a positive way (Ferguson & Jones, 2001).

The next variable of intrapersonal outcomes is continuity which is the ability to maintain a consistent behaviour throughout various life events (Atchley, 1987). Continuity provides a sense of stability in life (Lammel, 2003). Loy et al. (2003) point out the importance of leisure in helping to maintain a sense of continuity in people's lives. This intrapersonal outcome associated with leisure has the potential to affect a person's quality of life (Lammel, 2003).

Finally, Lee (2011) discusses engagement in terms of its association with subjective health status. This idea is also supported by Sun (2008). Therefore, engagement is included with intrapersonal outcomes as I believe it is connected with continuity.

2.5.5 Social support: a key element of coping strategy

The importance of social support in psychological well-being is very well established in the academic literature. Immigrants benefit from communication with their friends or relatives from their country of origin (Alegria et al., 2008). Social support is one of the most important indicators of the psychological adaptation of immigrants (Briones et al., 2012). Social support has been found to be a mediator of life stress (Cobb, 1976). Cobb (1976) characterises social support as information that belongs to one or more of three classes. The first class is the information that leads a person to believe that he or she is cared for and loved; the second class is the information that this person is esteemed and valued; and the last class is information where one believes that he or she belongs to a specific network of communication. In other words, social support involves a cultivation of positive feelings of love, care, value and a sense of belonging. Therefore, it is assumed that the higher the social support, the higher the psychological well-being. This assumption is also supported by the findings of Turner (1981) that social support has a significant effect in stressful circumstances. Thus, people will search for social support when faced with a critical life event and need to cope with their stress.

Additionally, some academics have discussed leisure as a strategy for coping with stress for immigrants with a social connections focus (Caldwell, 2005; Iwasaki & Mannell, 2000). The expected outcomes of leisure activities in this case are distraction from negative thoughts and socialisation with other people.Social support through leisure is also vital in assisting immigrants to deal with the acculturation process and thus, positively affecting their psychological well-being (Hasmi et al., 2014). In other words, leisure participation that includes social networks, sports, going out and other activities is viewed as a coping strategy that brings benefits for immigrants when they are dealing with post-migration stress. It has

previously been found that leisure participation decreases acculturative stress (Hasmi et al., 2014). However, this topic still requires further elaboration and extension (Floyd et al., 2008).

One of the highest risks the immigration might bring into the life of an immigrant is isolation. Immigration as a life event places immigrants in a form of isolation that results in a high risk to mental health. As noted by Angel and Angel (1992), immigrants that have inadequate social support are more likely to experience poorer health conditions. Therefore, whether consciously or subconsciously, immigrants seek social connections and social support when in a new country. Social support is important for normal life development for immigrants as it increases their level of their happiness (Shin et al., 2007). In contrast, Shin et al. (2007) also found that lack of social support increases the chance of negative feelings.

Social support has been found to be a moderating factor in post-migration depression by other researchers, such as Park and Bernstein (2008). Social support includes family connections, support from other relatives and friends and neighbourhood cohesion (Zhang & Ta, 2009). Socioeconomic status and immigration-related factors also influence the psychical and mental health of immigrants (Zhang & Ta, 2009). Immigration-related factors include nativity, length of residence in the foreign country as well as proficiency in another language (Zhang & Ta, 2009). Zhang and Ta (2009) found that family support is very important for Asian Americans, while Ahmad et al. (2005) found that family support is important among South Asian women. Social support influences immigrants' psychological adaptation through improving self-esteem and self-efficacy (Cohen & Wills, 1985).

Family support, especially parental support, has been found to be crucial for the improvement of immigrants' psychological well-being (Liebkind, & Jasinskaja-Lahti, 2000). Harker (2001) also discusses the importance of family support and its positive influence of psychological well-being of immigrants. Family support includes parental supervision, lack of conflict between parents and children, religion and social support (Harker, 2001).

Leisure participation with the family is not always classified as leisure time (Karsten et al., 2013). This is very relevant to parental involvement with their children as leisure time differs. For example, leisure caring time includes high parental involvement, while leisure time apart from the family that is focused on parents' personal and social activities is directed at maintaining social relationships beyond the family (Karsten et al., 2013). On the other hand, a research by Liebkind and Jasinskaja-Laht (2000) suggests that family support, especially

parental support, is crucial for the improvement of immigrants' psychological well-being. Harker (2001) also discusses the importance of family support and its positive influence on the psychological well-being of immigrants. Family, relatives and the ethnic community provide social support to immigrants (Finch & Vega, 2003).

In order to improve their well-being, immigrants seek social support in different ways depending on their culture. For example, Mexican Americans and Puerto Ricans seek social connection with their families, while Cuban Americans interact more frequently with their friends (Angel & Angel, 1992). Moreover, it has been found that social support matters to Korean immigrants (Kim et al., 2005). Additionally, family support is very important among South Asian women (Ahmad et al., 2005) as well as overall Asian Americans regardless of their gender (Zhang & Ta, 2009). However, it can be confidently said that social support matters for all immigrants regardless of their cultural background.

Overall, there have been various studies conducted on the relationship between psychological difficulties after immigration and the psychological well-being of immigrants (Lemos et al., 2013; Mendoza et al., 2007; Walsh et al., 2008). Since it has been found that social support influences immigrants' psychological adaptation through improving self-esteem and self-efficacy (Cohen & Wills, 1985), it could be assumed that immigrants seek social connection; however, coping with post-immigration depression requires motivation. In other words, immigrants should be motivated and willing to deal with their depression and stress.

2.9 Chapter summary

Chapter 2 of this thesis examined the current academic literature covering three major theories: critical life event theory, psychological well-being theory and leisure participation and motivation theories. It also included an overview of the social support and intrapersonal outcomes theories and their effects on psychological well-being in leisure participation.

Looking at critical life events and associated stress, researchers have found that the effects of life events on consumption behaviour (e.g. frustration or tensions) often cause consumers to initiate, intensify, or modify certain behaviours (Lee et al., 2001; Mathur et al., 2003). Such behaviours are viewed as coping strategies. Two types of coping strategies are suggested in the literature. Those directed at the demands themselves are referred to as problem-focused (e.g. learning new skills), while others directed at the emotional reactions which often accompany those demands are known as emotion-focused (e.g., consuming alcohol) (Lazarus

& Folkman, 1984). Applying this theory to immigration, it is important to note that immigration is likely to force individuals to develop both kinds of coping strategies, as immigration (being a complex task) forces individuals to learn new skills (e.g., language, driving on the opposite side of the road) as well as developing emotion-focused coping strategies (e.g., Friday night out tradition). These outcomes, therefore, will influence individuals' leisure consumption which will eventually affect their psychological well-being. Thepresent research attempts to extend this topic further by including immigration as a critical life event. The result could be that previous studies are recast and further research advanced. Additionally, there is strong evidence from past research that life events do indeed influence consumption behaviour. People change their brand preferences (Mathur et al., 2003); they may develop impulsive and compulsive buying (Sneath et al., 2009); experience consumption pattern changes (Kennett-Hensel et al., 2012; Nishino et al., 2014; Mathur et al., 2006; Mathur et al., 2008; Moschis & Ong, 2012); cultivate internet consumption (Chiu, 2014; Deatherage et al., 2014; Jie et al., 2014); or develop new food consumption habits (Liu et al., 2007; Kandiah et al., 2006; Lane et al., 2014; Oliver et al., 2000; Torres &Nowson, 2007) and more.

Focusing exclusively on leisure consumption, it should be noted that immigration has a high impact on the leisure consumption and psychological well-being of immigrants. Marketing and consumer behaviour researchers have maintained a high interest in changes in consumption behaviour. This current research aims to draw from the abovementioned three theories to examine the influence of leisure consumption on the psychological well-being of those who have immigrated to a new country.

Based on the findings from the literature review, a conceptual framework and hypotheses was developed that will be studied, analysed and discussed in the following chapters.

Chapter Three

Theoretical Framework and Hypotheses Development

The following chapter will cover the development of the theoretical framework and hypotheses. The theoretical framework was built on assumptions derived from and supported by the theories reviewed in Chapter 2 and is developed to answer the research question: *How does leisure participation influence the psychological well-being of people after they immigrate to a new country?*

3.1 The development of the conceptual framework

Psychological well-being is very important in an individual's life because high psychological well-being means stable mental health, normal everyday functioning, life satisfaction and fulfilment from life in general. However, there are various obstacles and impediments to obtaining or at least retaining high scores in psychological well-being, particularly for new immigrants. People go through many stressful events during their lives and they all affect them in one way or another.

In this research work, the main focus is on the psychological well-being of immigrants. People move to new countries seeking a better life, however, immigrants might face situations causing severe stress leading to depression without expecting it. In line with the literature as well as through the personal observations of many immigrants, I have noticed that when we are placed in a new environment even willingly, we still experience uncertainties and various difficulties, for example social, work-related, cultural, financial, and many others since every individual's case is unique. But what is common among all the immigrants around the world is that all of them face new obstacles and, thus, they are vulnerable to various problems that lead to a decrease in the psychological condition and sense of well-being.

Leisure motivation was also selected for this study because it is proposed that the variables of leisure participation lead to improvement in psychological well-being only when an individual is motivated to participate in this leisure activity. It is important to understand this motivationin order to gain a better picture of what leisure activities are chosen by immigrants and why. Moreover, a focus on leisure motivation is important because it has a very strong impact on leisure participation. Previous research states that freedom to choose leads to

motivation (Deci & Ryan, 1985). Motivation then causes leisure participation (Crandall, 1980) and has a direct effect on leisure participation (Ragheb & Tate, 1993). Moreover, it has been found that motivation leads to satisfaction and, thus, to leisure participation (Losier et al., 1993). Therefore, it is believed that people need to be motivated in order to participate in leisure. In other words, the question behind this issue centres on what encourages and motivates immigrants to participate in these leisure activities. Four different variables were selected for the model in this research and are presented in Figure 1 (motivation for learning something new, motivation for competence, social motivation and motivation for relaxation). A Leisure Motivation Scale with 150 items (Beard & Ragheb, 1983) was selected. Four leisure motivation variablesillustrated in the model were then chosen following Lee's (2011). The total number of items from all four categories for this research work is 19 items.

Individuals' normal desire is to defend their situation; therefore, people consciously or unconsciously seek different ways to improve their well-being. Hence, it is essential to understand how the psychological well-being of immigrants can be improved. There are many different ways to do this, for example, through social interactions with friends and relatives (Umberson et al., 1996), leisure participation (Haworth & Hill, 1992; Kelly et al., 1986; Freysinger, 1987; Lawton, 1994) involvement in sport activities (Brown et al., 2000; Dupuis &Smale, 1993; Hills & Argyle, 1998; Scully et al., 1998); having a happy married life (Gove et al., 1983) and so on. The present research focuses on *leisure participation*. This is because leisure consumption is positively related to happiness (DeLeire&Kalil, 2010). It is believed that leisure participation contributes to the improvement of psychological well-being regardless of gender or age (e.g. Brown et al., 2000; Dupuis & Smale, 1993; Dupuis & Smale, 1995; Iwasaki &Smale, 1998, etc.), largely because previous research has found that leisure participation is viewed as a set of life experiences that can positively influence life satisfaction as well as psychological well-being(e.g. Dupuis & Smale, 1995; Headey & Wearing, 1992; Iwasaki & Smale, 1998; Lammel, 2003; Ragheb & Griffith, 1982, etc.). Therefore, it is expected that leisure participation influences psychological well-being of immigrants in a positive way. The topic of leisure consumption and its effects on psychological well-being has been very widely studied in various contexts (e.g. Lin et al., 2014; Tsaur & Tang, 2012). However, the leisure consumption of immigrants as a way of improving their well-being deserves further empirical attention. In this research, three specific leisure participation activities were chosen: dining, travel and cultural entertainment (see Figure 1). Reasons for choosing these leisure activities are described below.

Karsten et al. (2013) found that eating and drinking which used to be a home located activity, has changed. Family outings in bars, cafes and restaurants are growing in popularity (Karsten et al., 2013). Firstly, according to Chang and Hsieh (2006), one of the possible motives for leisure dining is self-identity and friends and colleagues are dominant companions for this type of activity. However, the authors analysed only one country (Taiwan) and studied only local people. Thus, I included my own observation on this topic when communicating with immigrants about the reasons why they dine out. I have found that through dining out, people socialise with others, thus, getting social support and attention. Consequently, this might potentially lead to the improvement of psychological well-being. Therefore, dining as a leisure activity is included in the conceptual framework. Secondly, travel activities were selected for this study because travelling brings fun, education or learning something new, and safety. These outcomes create hedonic value that then leads to satisfaction (Babin & Kim, 2001). Moreover, New Zealand is very famous for its travel tours and many recent immigrants travel around the country. Many immigrants that I know travel a lot because they meet other immigrants on their journeys. Therefore, it is interesting to investigate whether this improves their psychological well-being or not.

Cultural entertainment activities are the third activities that were chosen for this research work.These activities are very various such as festivals, New Year in the park events, markets, host country cultural learning events, participating and socialising with others from the home culture, and so on. Batt-Rawden and Gunnar (2005) chose cultural activities as a part of the three selected activities in their study and found they lead to improvement in the quality of life.Moreover, attending cultural events has a positive influence on survival (Bygren et al., 1996). Personal observation has also shown that immigrants like participating in various cultural activities. Finally, it should be noted that the list of leisure activities is not limited to the abovementioned three types.

Leisure participation is related to the quality of life and life outcomes (King et al., 2003). Lee & Cox (2007) found that Korean immigrants in Australia tend to seek social support, participation in sport activities and relaxation. The authors speculated that other migrants who come from other cultural backgrounds might also seek the same activities while coping with post-migration stress. Therefore, social support, sport activities and leisure motivation for relaxation are incorporated into the framework of this study.However, it is also important to note here that leisure participation does not lead to the improvement of well-being directly

as such but rather certain outcomes of leisure participation do. Some of these outcomes are social support (Cobb et al., 1976), intrapersonal and interpersonal outcomes (Lammel, 2003), environmental factors (King et al., 2003), sense of coherence (Lammel, 2003), family factors (King et al., 2003), and so on. For this research, social support and intrapersonal outcomes were selected as it has been found that they are important for immigrants due to the reasons mentioned below.

Additionally, the relationship between leisure motivation and psychological well-being is not as direct as one might expect but mediated by other factors or variables. Therefore, it is believed that in this particular case, these two variables will have a mediating relationship between the leisure participation and psychological well-being of recent immigrants.

Firstly, *social support* was chosen because according to Dalgard et al. (1995), social support helps people who are fighting against mental and related illnesses but is only relevant when an individual is placed in a negative and stressful life event. Moreover, leisure consumption involves social interactions (DeLeire&Kalil, 2010). Since, immigration is a stressful event for most of immigrants (refer to Ahmad et al., 2005, etc. in the literature review), and since social support that is obtained through leisure consumption was chosen for this research, then it can be assumed that social support that is obtained through leisure participation can lead to improvement in the psychological well-being.

Secondly, *intrapersonal outcomes* were chosen because the state of a person's inner world is also vital for the improvement of well-being (Lammel, 2003). Intangible outcomes (e.g., self-efficacy, continuity, keeping busy, etc.) that lie under intrapersonal outcomes should be included when studying psychological well-being (Kleiber et al., 2002). Overall, intrapersonal outcomes are strongly related to psychological well-being (Lammel, 2003). Moreover, previous research (Lammel, 2003) has also pointed out the importance of further study of the mediating relationship between intrapersonal outcomes and psychological well-being. Therefore, this study includes three intrapersonal outcomes: self-efficacy, continuity and engagement, all of which have been studied previously (e.g., Kleiber et al., 2002; Lammel, 2003, etc.), but which arereplicatedinto different settings in this study. Intrapersonal outcome named 'busy' was removed from the original model for this study because the variable – 'engagement' is believed to be more purposeful while 'busy' states for keeping busy in general (Lammel, 2003).

Overall, these two variables – social support and intrapersonal outcomes – are responsible for the psychological well-being of immigrants (Figure 1). While it is accepted that leisure participation influences a person's psychological well-being (Lin et al., 2014; Tsaur & Tang, 2012), the ways in which leisure affects these constructs is unknown. Therefore, there is a need to examine whether leisure related variables have a direct, mediating or moderating effect on the psychological well-being of people who have immigrated to a new country.

Based on the above discussion, a theoretical framework for this study was developed and is presented in Figure 1. Resulting hypotheses are detailed in the following section.

3.2 Hypotheses development
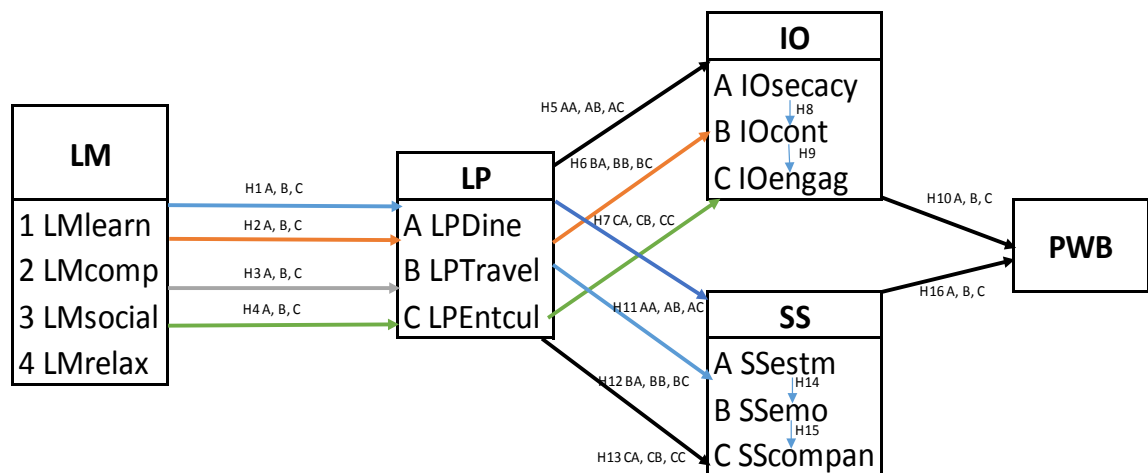
Figure 1: Main model – theoretical framework

Note: LM = leisure motivation; LMlearn = leisure motivation for learning; LMcomp = leisure motivation for companionship; LMsocial = leisure motivation for social purposes; LMrelax = leisure motivation for relaxation; LP = leisure participation; LPDine = leisure participation in dining; LPTravel = leisure participation in travelling; LPEntcul = leisure participation in cultural entertainment activities; IO = intrapersonal outcomes; IOsecacy = intrapersonal outcome of self-efficacy; IOcont = intrapersonal outcome of continuity; IOengag = intrapersonal outcome of engagement; SS = social support; SSestm = social support (self-)esteem; SSemo = social support emotional; SScompan = social support companionship; PWB = psychological well-being.

As can be seen from Figure 1, the main model consists of a total of 16 hypothetical relationships. These hypotheses and the rationale behind them are described below.

3.2.1 Leisure Motivation and Leisure Participation

Chen et al. (2011) found that leisure motivation has a significant effect on leisure participation. Generally, people are selective in their leisure and usually choose activities for which they feel that they have the right amount of skills to meet the level of challenge required by the activity (Hills et al., 20000). Activities such as painting, drawing or playing computer games have been found to be less enjoyable (Hills et al., 2000). Moreover, some people choose more demanding activities (e.g., sport games) due to their personal characters (Hills et al., 2000). In other words, competitive individuals seek to participate in activities that allow them to demonstrate their abilities and self-mastery. Moreover, it has been established that the frequency of participation in various leisure activities is only partly under an individual's control (Hills et al., 2000). Holidays and travel dates are dependent on an individual's opportunities. The cost of activities and the involvement of other people also influence the frequency with which a person participates in leisure activities (Hills et al., 2000). Therefore, it is predicted that an individual is generally more motivated to participate in the specific favourite leisure activity. Moreover, he or she is more likely to undertake this leisure activity more often than other activities that are available. Motivation to participate in a specific leisure activity depends on the individual. Based on the four motivations for leisure motivation that were previously discussed, four hypotheses were developed for this section and these will be detailed below.

Critical life events often cause consumers to attempt to modify their certain behaviours (Lee et al., 2001; Mathur et al., 2003) in order to cope with the stress. As discussed in Chapter 2, there are two major coping strategies: problem-focused and emotional-fcoused (Lazarus & Folkman, 1984), and the focus of this thesis is to incorporate both of these strategies, because the outcomes of these coping strategies influence individuals' leisure consumption which will eventually affect their psychological well-being. Therefore, both types of learning strategies were applied in this study. Firstly, motivation for leisure participation in order to learn new skills is discussed.

Learning something new is predicted to influence immigrants' participation in the three activities of dining out, travelling and engaging in cultural entertainment activities for the following reasons: (a) when dining out, people socialize with each other, thus, finding something new from other people, listening to their experiences or sharing knowledge; (b) travelling brings new insights and knowledge about the place and its people,

broadenshorizons, and leads to meeting new people; (c) cultural entertainment activities also bring new information to immigrants about the host country. People might choose any of these activities to try something new and, thus, learn something new from the experience. Additionally, it has been noticed from personal observations that when stressed, people participate in various activities that require them to learn something new.When these activities are associated with leisure, they tend to enjoy the time and, thus, forget about their daily problems even for a short period of time. Based on the reasons above, the first hypothesis was developed as follows:

H1: Motivation to participate in leisure activities to learn something new positively influences immigrants' participation in leisure activities such as Dining (A);Travel (B); and Cultural Entertainment (C)

Perceived competence determines a person's level of motivation and also has an important influence on their participation and motivation to participate in various activities (Roberts et al., 1981). In other words, when we learn something new and if we enjoy it, we tend to participate in this activity and practice in it more oftenand as a result become more competent in it. There is a general belief that when people get better at the activity they do, they experience a higher level of satisfaction and self-belief. For instance, a study by Sneegas (1986) found that social competence influences the level of participation in leisure activities and affects leisure participation and leisure satisfaction as well as life satisfaction. Therefore, becoming competent or better at something is another motivation for leisure participation. One of the possible examples is that immigrants might practice and improve their English language during all of the three activities when communicating with their peers. The better their language level, the better their communication skills in a host country. Immigrants thus broaden their social circles through leisure participation and get the social support they need. Moreover, learning something new while participating in cultural entertainment brings new knowledge about the host country and, thus, increases a person's competence within the new culture.Leisure participation provides a great opportunity for immigrants to develop the ability to adapt to a new environment and gain knowledge in a new culture (Kim et al., 2015); or in other words, to develop competence.

H2: Motivation to participate in leisure activities in order to develop competence positively influences immigrants' participation in leisure activities such as Dining (A); Travel (B); and Cultural Entertainment (C)

Desire for social context can logically be included as one of the main leisure motivations. Various leisure activities are undertaken in order to, meet new people andmake social contacts (Hills et al., 2000). Social as well as cultural leisure activities predict greater mental and physical health of individuals (Iwasaki et al., 2005). Since people always seek social bonds, it is assumed that immigrants will search for social contacts specifically as they very often feel isolated and lonely in a new country. Family, relatives and the ethnic community provide social support to immigrants (Finch & Vega, 2003). Sam (2000) also discusses the importance of family values, but also points out the importance of overall acculturation and social group identity. Together these three factors positively affect the psychological well-being of adult immigrants with social identity being the strongest. It has also been found that immigrants that prefer integration generally have higher self-esteem compared to those who prefer separation (Berry & Sabatier, 2010).However, some studies have found that acculturation does not have an effect on self-esteem (Yoon et al., 2011).Moreover, focusing on travel specifically, it has also been found that people tend to travel for the following reasons: to fulfil psychological needs, such as getting away from stress, escaping daily routine; to reconnect with friends; and to deal with life events that require specific transitions and adjustments (Gibson et al., 2012). All three of the selected leisure activities in this study involve social connections, meeting new people or even reuniting with old friends. Therefore, it is predicted that people will seek various ways to participate in these three activities because they are highly motivated to develop social interactions and relationships.

H3: Motivation to participate in leisure activities for social purposes positively influences immigrants' participation in leisure activities such as Dining (A); Travel (B); and Cultural Entertainment (C)

Finally, it is predicted that immigrants who become stressed when dealing with their new life conditions want to participate in leisure activities simply for relaxation purposes. This hypothesis is partly derived from personal experiences as well as past research. In the first years of my immigration to New Zealand, I found myself constantly and even desperately looking for various leisure activities in order to simply relax and forget about all the daily routines in a new country. I enjoyed the time when I could relax and unwind immensely. Prior to starting this thesis research, I asked my immigrant friends if they had experienced something similar in their lives. All of them said that they still looked for leisure in order to relax even after many years of living in New Zealand. Academic evidence also shows the importance of leisure for relaxation. For instance, Lee and Cox (2007) found that Korean

immigrants'leisure motivation for travel activities in Australia includes social connections, sport and most importantly, relaxation. Moreover, relaxation leisure participation has been found to be the strongest positive predictor of coping with stress (Iwasaki et al., 2005). In other words, this is a way for immigrants to escape from their everyday problems, laugh and change their surroundings. It is predicted that the same results will be found for immigrants in New Zealand, also including dining and cultural entertainment activities.

H4: Motivation to participate in leisure activities for relaxation positively influences immigrants' participation in leisure activities such as Dining (A); Travel (B); and Cultural Entertainment (C)

3.2.2 Leisure Participation and Intrapersonal Outcomes

Leisure covers structural and also subjective aspects, in other words, it is the amount of activity and time one spends outside of work time as well as perceived engagement in leisure (Newman et al., 2013). Therefore, it is vital to include leisure participation and its outcomes in this study. First, intrapersonal outcomes are discussed. The selected outcomes of self-efficacy, continuity and engagement should be included. Intrapersonal outcomes involve self-directed thoughts and expectations of success as well as self-directed emotions such as pride or shame (Weiner, 2000). Interpersonal outcomes, on the other hand, include beliefs about the responsibility of others (Weiner, 2000). As shown in the framework, intrapersonal outcomes were selectedfor the present research. This is because it is imperative to study the self-thought of an individual due to the nature of the study which includes psychological well-being and self-perception. It is predicted that being involved in leisure activities very often leads to positive intrapersonal outcomes. In other words, an individual who startsto develop self-directed thoughts of success and achievement is most likely to feel pride and belonging. Therefore, the three following hypotheses were developed that will be discussed below.

Through socializing with others when dining, travelling or participating in cultural entertainment events, the self-esteem of the individual increases because he or she receives social support and attention from others, therefore, dining, travel and cultural events are predicted to lead to higher self-efficacy and self-belief. Moreover, travelling to new places and attending cultural entertainment events also lead to self-efficacy because through these activities people experience something new, discover new places and meet new people. As

shown by the previous research, self-efficacy and motivation for participating in physical activities is linked to activity involvement (Havitz et al., 2013). Therefore, it is predicted that all of these three activities will lead tothe continuity of leisure activities because when people are satisfied with an activity, they prefer spending more time performing this activity. Moreover, recent research has shown that leisure engagement is associated with acculturation in that that it embraces new leisure behaviours, leads to positive dynamics in interpersonal relationships and improves cultural understandings (Kim et al., 2015). Since it is predicted that these leisure activities lead to positive outcomes, it is clear that immigrants are likely to enjoy these leisure activities and, thus, will seek ways for doing them more often. Moreover, the more they participate in the activities, the more engaged they will become.

H5: Participation in leisure activities such as Dining is positively associated with Intrapersonal Outcomes such as self-efficacy related to leisure activities (AA); continuity of leisure activities (AB); and engagement in leisure activities (AC)

H6: Participation in leisure activities such as Travel is positively associated with Intrapersonal Outcomes such as self-efficacy related to leisure activities (BA); continuity of leisure activities (BB); and engagement in leisure activities (BC)

H7: Participation in leisure activities such as Cultural Entertainment is positively associated with Intrapersonal Outcomes such as self-efficacy related to leisure activities (CA); continuity of leisure activities (CB); and engagement in leisure activities (CC)

It was also predicted that when an individual experience self-efficacy while participating in a leisure activity, he or she is more likely to participate in such activity for a continuing period of time. Moreover, the longer the person participates in this activity, the higher his or her engagement and involvement. Moreover, it has been found that there are positive correlations between the enjoyment of leisure and the well-being of young individuals (Haworth & Hill, 1992). Therefore, two sub-models (Figure 2 and Figure 3) were created in order to make a multilevel sequential mediation. For example, the first sub-model 1.1 illustrated below shows that the relationship between overall leisure participation and psychological well-being is also dependent and mediatedby intrapersonal outcomes. In other words, *Intrapersonal Outcomes of leisure participation will mediate the relationship between Leisure Participation and the Psychological Well-Being of people who have immigrated to a new country.*
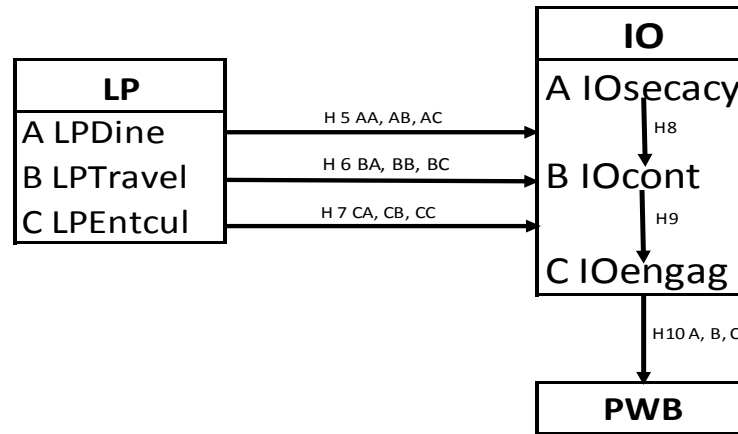
Figure 2: Sub-model 1.1

H8: The Intrapersonal Outcome of self-efficacy related to leisure activities leads to another Intrapersonal Outcome, namely continuity of leisure activities
H9: The Intrapersonal Outcome of continuity of leisure activities leads to another Intrapersonal Outcome, namely engagement in leisure activities

3.2.3 Intrapersonal Outcomes and Psychological Well-Being

Psychological well-being can be measured via the dimensions of self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life and personal growth (Ryff, 1989). Individuals with psychological well-being are more likely to accept themselves the way they are.Such individuals are also more likely to develop more positive relations with others they interact with. They are also likely to improve their autonomy and environmental mastery. Instead of feeling lost, they are likely to be able to find their own purpose in life which consequently leads to personal growth. Therefore, the next hypothesis states that self-directed thoughts and emotions thatan individual experiences when participating in a leisure activity will be affirmative and positive. This, as a result, positively affects the individual's psychological well-being. In other words, intrapersonal outcomes that an individual obtains while participating in a leisure activity positively affect their overall recovery. Self-efficacy includes maintaining a positive attitude, regulating one's emotions, social support, and so on. (Yeung et al., 2014). Therefore, self-efficacy is positively associated with psychological well-being and overall quality of life (Yeung et al., 2014) and thus, there is the same perception in the current study. As also stated above, continuity in leisure participation can improve an individual's psychological well-being. Moreover, in a previous research, Loy et al. (2003)

found that leisure engagement has a positive role on adjustment after spinal cord injury, thus, it is predicted that engagement results in the same positive outcome when adjusting to a new country and seeking well-being.

H10: Intrapersonal Outcomes of Leisure Participation such as self-efficacy related to leisure activities (A); continuity of leisure activities (B); and engagement in leisure activities (C) are positively associated with the Psychological Well-Being of people who immigrate to a new country

3.2.4 Leisure Participation and Social Support

Social support is usually perceived as reflecting a person's belief that he or she is cared for and loved; that is, he or she has a sense of belonging and inclusion (Cobb, 1976). Social support helps people to deal with stress or depression or social breakdown syndrome (Cobb, 1976). People are regarded as recovering faster when receiving needed social support (Cobb, 1976). Therefore, it is vital to include how leisure participation affects the psychological well-being of immigrants through social support.

It is proposed that when an individual participates in a leisure activity, it is positively associated with social support that comes from the leisure participation. In other words, an individual is more likely to gain social support during participation in activities that bring pleasant feelings. Consequently, an individual is more likely to participate in such activity more often. The three leisure activities that are the focus of this study involve social connections and support, be it an immigrant dining and communicating with friends, family, new acquaintances or colleagues; an immigrant travelling alone and meeting new people in new locations or organizing trips with friends from the host country and asking them to show them the new country; or an immigrant attending various cultural events and, thus, being in a group of other people who participate in the same occasions. Since these events bring social connections, immigrants are more likely to gather social support that leads to the improvement of self-esteem. Moreover, with time, social support might lead to emotional support that people give to each other if they spend more time together. Strong social bonds that can be developed through these activities create friendship and, thus, companionship.

H11: Participation in leisure activities such as Dining is positively associated with Social Support outcomes such as Esteem (AA); Emotional Support (AB); and Companionship (AC)

H12: Participation in leisure activities such as Travel is positively associated with Social Support outcomes such as Esteem (BA); Emotional support (BB); and Companionship (BC)

H13: Participation in leisure activities such as Cultural Entertainment Activities is positively associated with Social Support outcomes such as Esteem (CA); Emotional support (CB); and Companionship (CC)

It was also predicted that the higher the self-esteem of the individual (obtained via social interactions), the higher the emotional support. Emotional support then leads to leisure companionship and friendship development. As per the next sub-model 1.2, it is predicted that the relationship between leisure participation and well-being is dependent on a third variable – social support. This mediatoris expected to intervenein the relationship between these two variables. In other words, it is predicted that *Social Support obtained through leisure participationwill mediatethe relationship between Leisure Participation and Psychological well-being for young people who are immigrants.*
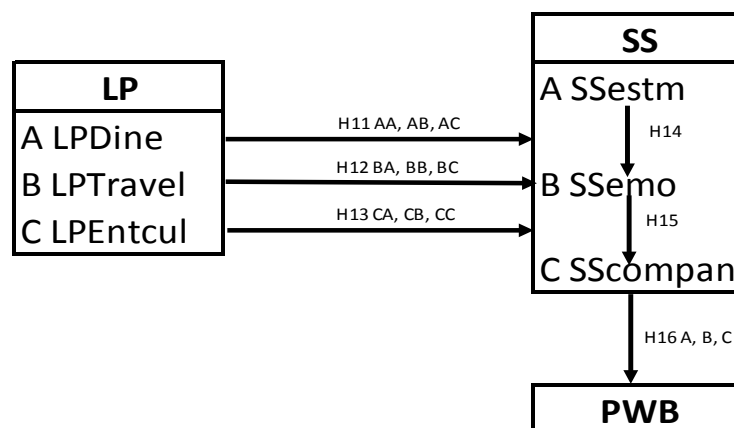
Figure 3: Sub-model 1.2

H14: The Social Support outcome of Esteem leads to another Social Support outcome, namely Emotional Support

H15: The Social Support outcome of Emotional Support leads to another Social Support outcome, namely Companionship

3.2.5 Social Support and Psychological Well-Being

Since social support is important, as discussed in the literature review, then leisure consumption of immigrants might include various social activities. Respondents are expected to look for the specific leisure activities through which they can obtain social support and a sense of belonging. In other words, social support is expected to be one of the strategies for coping with post-migration stress. Even though this strategy has been discussed in various researches, studying young people in particular and the specific sets of activities they partake in could bring new and interesting insights and further directions in the research area. Moreover, the social support that an individual receives through leisure participation can lead to further improvement of their psychological well-being and overall condition. Social support can speed up recovery following the shock people experience after moving to a new country.

H16: Social Support outcomes, such as Esteem (A); Emotional support (B) and Companionship (C), are positively associated with the Psychological Well-Being of people who immigrate to a new country

Moreover, even though the relationship between leisure participation and psychological well-being is the focus of this study, there is evidence that variables such as leisure motivation, intrapersonal outcomes and social support mediate this relationship, thus, this relationship is far more complex than initially thought. Therefore,considering the above arguments, multilevel sequential mediation analyses were also performed in the current study. These analyses included the multi-level sequential mediation paths between Leisure Motivation and Psychological Well-Being via leisure motivation variables, intrapersonal outcomes and social support variables. These calculations were carried out for each of the sub models (sub-model 1 and sub-model 2) and the main model. Results are presented and discussed in the following chapter in full detail.

Chapter Four

Design and Methodology

This chapter will explicate the methodology employed to test the research model of the influence of leisure consumption on the psychological well-being of immigrants in New Zealand as illustrated in the previous chapter. This chapter will cover the design of the study and the development of the questionnaire for data collection. The method of data collection and statistical analysis will also be presented in this chapter.

4.1 Study aim

The theoretical framework of this study draws from three theoretical streams: critical life event theory, theory of psychological well-being and leisure consumption (also called leisure participation and inclusive of leisure motivation theory). The aim is to answer the research question: *How does leisure participation influence the psychological well-being of people after they immigrate to a new country?*

4.2 Measurement of variables

4.2.1 Leisure Motivation

A Leisure Motivation Scale (LMS) (Beard &Ragheb, 1983) was used in order to study people's motivation to participate in leisure activities. Originally, the scale consisted of four subscales with 12 items in each of the sections. These four subscales were intellectual motivation, competence mastery, social motivation and stimulus avoidance (Beard & Ragheb, 1983). The subscales were subsequently renamed: (1) intellectual motivation was renamed motivation for learning something new; (2) competence mastery was renamed motivation for competence; (3) social motivation was renamed motivation to form social connections; and (4) stimulus avoidance was renamed motivation for relaxation. The present research usedthe LMS scale in order to examine immigrants to New Zealand and their leisure participation in relation to psychological well-being. This scale created by Beard and Ragheb (1983) has been replicated by other researchers many times. For instance, Lee (2011) used this scale to study the influence of life events on the leisure behaviour of Taiwanese retirees, while Ryan and Glendon (1998) used the LMS in tourism behaviour settings. Wang (2008) used the same scale to examine the leisure motivation of Taiwanese older people.

Additionally, Lloyd et al. (2007) used the same scale to study the association between leisure motivation and recovery from mental illness. All of the items relating to Leisure Motivation in this study used a 5-PointLikert type scale where 1 was strongly disagree, and 5 was strongly agree. There were 16 questions in total.

4.2.2 Leisure Participation (Use Pattern)

The Leisure Participation variable (also referred to asUse Pattern in the Questionnaire) in this thesis was partly derived from Ragheb and Beard's scale (1982) with a modification based on Lammel's study (2003) and personal adjustments. More specifically, Leisure Participation as a behavioural component of the Leisure Attitude Scale (Ragheb & Beard, 1982) is applied in the current study. The same scale was also used by Ragheband Tate (1993) in order to study the effect of leisure participation on leisure attitudes, motivation and satisfaction. The behavioural component refers to people's actions in leisure activities. There were 12 questions in total in Ragheb and Beard's study (1982). Leisure Participation was chosen for this study, along with three leisure activities: dining activities, travel activities and cultural entertainment activities. There are 10 questions in total.

4.2.3 Intrapersonal Outcomes

Through an extensive literature review, Lammel (2003) created the Intrapersonal Outcomes Scale that includessuch variables as self-efficacy, continuity, and meaning. Altogether Lammel's scale has 19 questions. Self-efficacy was taken from Bandura's theory (1989) and means the ability to control events that affect one's life. Self-efficacy includes performance accomplishment, vicarious experiences, verbal persuasion and psychological states (Kleiber et al., 2002; Lammel, 2003). Continuity in leisure is continued participation in the specific preferred activity (Lammel, 2003). Meaning in leisure has lack of clarity; thus, it is difficult to test this variable in relation to coping with stressful life events (Park & Folkman, 1997). Therefore, this variable was excluded from the current study and then replaced with engagement as an Intrapersonal Outcome of Leisure Participation. Engagement states the importance of the activity and willingness to participate in the activity. Consequently, the Intrapersonal Outcomesscale was partly derived from Lammel's (2003) work and then modified for the present study to include such variables as self-efficacy and continuity and engagement in leisure. This section included 11 questions with a 5-PointLikert type scale where 1 was strongly disagree and 5 was strongly agree.

4.2.4 Social Support

Social Support has a positive influence on both physical as well as mental health (Lammel, 2003). Iwasaki and Mannell (2000) examined how leisure assists with coping with stressful life events. The authors created the Leisure Coping Strategy (LCS) scale that was designed to understand the ways in which people engage in leisure activities in order to minimize their stress. This scale includes three components: companionship, mood enhancement and palliative coping (Iwasaki & Mannell, 2000). The authors also created the Leisure Coping Belief (LCB) scale that was designed to measure people's belief in how leisure participation helps them to deal with stress. This scale includes the following dimensions: self-determination, empowerment, emotional support, tangible aid, information support and esteem support (Iwasaki &Mannell, 2000). For the current study, three different variables from two scales wereapplied. Leisure companionship from the LCS scale was derived for this research work based on Iwasaki's (2001) finding that leisure companionship is effective in dealing with stressful life events. Esteem and emotional support were derived from the LCB scale in order to understand how people believe leisure participation helps them with stress coping. This section of the questionnaire included a total of 11 questions applying a 5-PointLikert type scale where 1 was strongly disagree and 5 was strongly agree.

4.2.5 Psychological Well-Being

Psychological well-being consists of happiness and life satisfaction (Ryff, 1989). Ryff (1989) identified six life dimensions that conceptualise psychological well-being. These are self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life and personal growth. In other words, people who have a high level of psychological well-being are those that hold a positive attitude towards themselves and have a trusting relationships with others. These people are competent and able to resist social pressure. They are open to new things and value self-growth (Lammel, 2003; Ryff, 1989). In other words, those that have a strong sense of psychological well-being have a positive attitude towards themselves; have trusting relationships with others; are self-determined; are competent; have purpose in life; and are open to new experiences (Ryff, 1989). The psychological well-being dimesnionswere designed to understand the factors that promote mental health and these dimensions are indicators of positive functioning and psychological well-being. Previous research that incorporates the scale of psychological well-being has included various studies on the elderly and various life transitions (e.g., Ryff, 1989, 1996).

There have been several recent studies on factors that influence psychological well-being (e.g., Lammel, 2003). There have also been studies on the relationship between psychological well-being and various health related issues (Lustig et al., 2000) as well asstudies on the relationship between psychological well-being and leisure coping of university students (Lehto et al., 2014). Further research is still needed on the role of leisure in psychological well-being as noted by Lammel (2003). Therefore, the present research aims to fill the existing gap with a focus on immigrants. The same six dimensions wereexamined including six questions using a 5-PointLikert type scale where 1 was strongly disagree and 5 was strongly agree.

Moreover, it is vital to state the reason why for some of the sections of the survey the 5 point Likert scale was applied. Generally, researchers usually use either 5 or 7 point Likert scale. For the current study, the 5 point Likert scale was applied because it is claimed to be an interval level of scale measurement. Moreover, the choice was made towards a 5 point Likert scale because of a general perception that with a higher point Likert scale it is more time consuming for people to answer the questions and to take a decision. Additionally, there could be a possible score bias with 7 point Likert scale of measurement because people are not tending to respond to high or low points. Finally, Miller (1956) argued that general human's span of attention can encompass around six objects at a time. Therefore, 5 point Likert scale was chosen for the current study.

4.3 Development and administration of the research instrument – Questionnaire

In order to achieve the study aim and the answer research question, a quantitative research design was employed. A survey was conducted in order to look closely at the relationship between immigrants' leisure consumption and their psychological well-being. The questions were designed to examine the extent to which leisure affects immigrants' settlement process, how leisure participation changed after immigration to a new country and what immigrants seek in a new place. A copy of the questionnaire can be viewed in Appendix 1.

A questionnaire was distributed both online (using Survey Monkey) and in printed form. Participants were presented with the information sheet and asked to answer the three qualifying questions: 1) What is your country of birth? 2) Are you between 20-55 years old? 3) Did you immigrate to New Zealand after June 2009? The respondents were asked these questions face to face. Ifa respondent's answer to the first question was New Zealand, then

the respondent was thanked for his or her participation and it was explained that he or she did not qualify to proceed with the questionnaire. The same pattern followed for the other two questions if the criteria were not met. In cases where a respondent was completing an online version of the questionnaire, they were asked the same three questions. After answering these three questions the system either opened a new page with following questions if the respondent was relevant; or, if the answers did not meet the criteria, another automatic response was shown on the next page where the respondent was thanked for his or her time for participating in this survey, and then it was explained that their answers did not qualify for further procession of the survey.

If the respondents qualified for further participation, the next page of the questionnaire asked participants to rate their general state of health before and after immigration. Then they were asked to list at least three activities they mostly participated in to cope with their new life conditions. The first section concluded with two questions concerning whether respondents regarded leisure as important prior to immigration and whether they regarded it as important post immigration. They were asked to rate their answers from 1 (strongly disagree)to 5 (strongly agree). These questions were qualitative in nature and aimed to better understand immigrants' perception of their psychological well-being, how they rate the importance of leisure and how they evaluate their health.

The second section of the questionnaire focused on Leisure Motivation and consisted of 19 variables linked to the question about why respondents engaged in leisure activities.

Section three of the questionnaire was about Leisure Participation where participants were asked to tick any of the listed activities (entertainment, social, sport, hobbies or other activities) that they participated in. Then they were asked to state their favourite and most frequent activity. The reason for including a question about sport activities wasthat previous studies have shown that participation in sport activities improves overall quality of life (e.g., Lloyd & Little, 2010; Maher et al., 2013; Sato et al., 2014). Therefore, the construct of Leisure Participation in sport activities was not included in the hypotheses of this research because it was assumed from the previous studies that sport does indeed improve the well-being of individuals. However, the questions about sport activities were still asked in the questionnaire in order to understand what sport activities are currently dominant in New Zealand.

Section four covered Social Support and section five covered Intrapersonal Outcomes using a 5-scale likelihood model where 1 was strongly disagree and 5 was strongly agree.

Use Pattern in the next section of the questionnaire was part of the Leisure Participation section that studied the three leisure activities chosen for the model testing. Leisure Participation is part of consumption behaviour, and since consumption behaviour changes when a person undergoes a critical life event (Lee et al., 2001; Marthur et al., 2003; Marthur et al., 2008), Leisure Participation may also change. Therefore, Use Pattern or comparison of Leisure Participation before and after immigration followed. Additionally, in order to ensure that the list of leisure activities was not limited to the three that were studied in the model, the respondents were asked about other activities such as entertainment; cultural activities; hobbies; home-based activities; dining-out and other social activities; sport and travel, and so on. The respondents were also asked about their leisure consumption previously and this was compared with their answers concerning leisure consumption after they immigrated to New Zealand; for example, changes in the dining-out frequency; or whether there was a change in restaurant preference, and so on.

Psychological well-being was then included. This section consisted of 13 items and aimed to study self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life and personal growth dimensions (Ryff, 1989). Subsequently, several demographic questions were asked: age, employment, gender, ethnicity, level of education and relationship status. The last section thanked respondents and provided a link that they could follow to enter their email if they wished to go into the draw for$50 Westfield vouchers.

4.4 Sampling and data collection procedure

All respondents were located in Auckland, New Zealand. They were immigrants aged from 20 to 55 years old. Younger respondents were excluded from the study based on the fact that the decision to immigrate might not belong to them but rather to their parents and families. This was due to the observation that people below 18 or slightly older do not independently choose to move to another country. Also, previous studies have found that post-migration stress is greater among new immigrants (Ying, 2005). Therefore, those who immigrated to New Zealand after June 2009 were selected for this research.

The sample required specific characteristics, thus, the right respondents were found through a purposive sampling technique, that is, snowball sampling (Bryman& Bell, 2011). An invitation was posted on the Facebook pages of identified relevant online communities (e.g. immigration to New Zealand, social groups for immigrants to New Zealand from specific countries, etc.). There was a high response rate after promoting the questionnaire via the abovementioned sources. Immigrant students from two major universities in Auckland (The University of Auckland and Auckland University of Technology) were also approached for this survey. Lastly, friends and acquaintances who also belong to this group of people were invited to participate and share the link with others.

The data collection process occurred from May to July 2014 and the questionnaire remained available for these three months. I asked potential respondents whether they would be interested in taking part in a study that would take around 15-20 minutes. The printed survey was then given to those who agreed to participate. The online questionnaire was advertised on popular social media platforms in New Zealand (e.g. Facebook), in Auckland University of Technology departments, immigration offices and different online forums where group of immigrants chat to each other. Word-of-mouth techniques were also employed.

Moreover, it is important to determine the correct sample size for the study in order to have a sufficient statistical power. For the current study it was done by pre-determined tables for certain values. A two-same t-test was applied to estimate the sample size with the significance level of 0.05. The difference between the means between the experimental group and the control group was divided by the expected standard deviation. The results showed that the minimum sample size for this study should be at least 250 of respondents. A total of 388 responses were received. Of these, 108 had to be discarded due to incomplete responses for many of the questions. Therefore, only 280 were complete in all respects and thus usable for the purpose of this study. The full characteristics of the respondents are illustrated in Table 5.1 and in following chapter.

4.5 Data analysis

The method of inquiry for this study is quantitative. The collected data was analysed using several steps as described below:

4.5.1 Face validity

Every instrument that is developed for empirical research should pass a face validity or a content validity test (Kidder & Judd, 1986). Therefore, a face validity test was carried out in this research despite the fact that all of the measurement items had been adopted from the existing academic literature and had been validated previously. Academic experts as well as peers reviewed the questionnaire prior to the data collection commencement. The questionnaire was reviewed in order to make sure that all of the questions were easy to read and that all of the sections were logically ordered and conveyed the desired meaning. Moreover, peers reviewed the questions to make sure that they could be understood from a non-academic point of view. Consequently, any necessary modifications were made in order to ensure that the questionnaire would be understood without affecting the intended meaning.

4.5.2 Reliability

Reliability should be measured after the theoretical model has been established (Hair et al., 1992). Reliability is established in scales using Cronbach's coefficient alpha (Cronbach, 1951). The coefficient should always exceed the minimum value of 0.7, everything that is below that number is excluded (Spector, 1992). Churchill (1979) also suggested using item-to-total correlation (also known as correlations between each item and the total score of the scale) in order to abolish items that perform poorly. Overall, an item-to-total correlation of less than 0.3 does not correlate well with the scale. Therefore, these are the two values used for checking the internal consistency of the measures for each construct in this study.

4.5.3 Convergent validity – exploratory factor analysis

Exploratory factor analysis (EFA) for validity testing was conducted via SPSS in order to calculate the validity of all the scales. The scales' factors were extracted using Maximum Likelihood Estimation with Promax rotation. Factor loadings represent the correlation between the original items and the factors of a particular construct, whereas squared factor loadings indicate the percentage of the variance in an original variable that is explicated by a factor (Hair et al., 1992). Moreover, in the maximum likelihood analysis, all the factors should have value greater than 1 in order to be significant. A minimum loading of 0.40 must be reached for an item for it to be loading on that factor. In order to maximize the scale validity, it is also essential to identify and disregard cross-loading items that are loading in

two or more factors. The analysis for each of the scales is discussed in the following paragraphs.

4.5.4 Hypotheses testing

This section discusses hypotheses testing where Hayes' Regression based process model (2013) was used for mediation analysis. In order to do so, dependent, mediating and independent variables were developed. A composite measure for the dependent, independent and mediating variables was developed taking an average of different items because all of the scales used in this research study were well established in previous literature. The main effects of the hypotheses were tested using Ordinary Least Squares (OLS) regression in order to explain linking independent to dependent variables by providing a linear regression (Hayes, 2013). Path analysis-based mediation analysis and the 'conditional process model' were conducted using SPSS.

4.6 Limitations, conclusions and chapter summary

This study focuses on the role of leisure participation and its assistance with migrants' settlement (Hasmi et al., 2014) and in particular how leisure affects people in managing their stress. Hasmi et al. (2014) point out the importance of examining different dimensions of how immigrants perceive their leisure as this can provide researchers with some useful insights. Therefore, the present study is designed to build further extensions for this stream of research and includesa study of the leisure consumption of immigrants to New Zealand and its effects on their psychological well-being.

One of the limitations that has been noticed in previous studies and is acknowledged in this research also is the lack of specification of whether immigrants have recently moved to a new country or whether they have been resident in a new country for a long period of time. Thus, this study included only those immigrants who moved to New Zealand within the past five years, focusing specifically on new arrivals. Moreover, many of the previous studies have focused on second generation immigrants; therefore, it is difficult to relate their findings to recent immigrants and this is another reason for choosing new immigrants to New Zealand. New Zealand as a host country has not so far gathered as much attention as other countries (i.e., the USA [Afable-Munsuz et al., 2010]; Australia [O'Driscoll et al., 2013]; various European countries such as France [Mejean et al., 2009] or Spain [Briones et al., 2012] etc.) and thus, New Zealand has been chosen as the only country for this research. Factors that

play a role in psychological adaptation may not play the same role in different ethnic groups of immigrants (Briones et al., 2012). Therefore, it is important to investigate different ethnic groups in different countries – in this case, New Zealand.

In summary, Chapter 4 described the measurement of the constructs that were proposed in the conceptual model shown in Chapter 3. The measurement items were discussed including their reliability. Analysis of the respondents was presented. Finally, the questionnaire's reliability and validity were discussed.

Chapter Five

Data Analysis and Results

The following chapter will present the results of the statistical analysis conducted on the quantitative data obtained through both printed and online questionnaires. The data collection process occurred from May to July 2014. The chapter will start with the presentation of the participants'characteristics, followed bya discussion on the validity and reliability of measures. Next, exploratory factor analysis will be discussed. The chapter will close with a discussion on the hypotheses results.

5.1 Sample characteristics

Out of 388 respondents, 280 were found to be valid. The population of this study was from various countries, but the majority of the respondents were from Russia (26.4%), China (20.2%), India (17.9%), Japan (2.3%) and Vietnam (2.1%).Out of the valid respondents, 90.4% of immigrants had immigrated to New Zealand directly from their home country, while the rest had decided to move to New Zealand after living somewhere else for some time: Australia (22.7%), England (9.1%), Russia (9.1%), and other countries. All of the demographic details are illustrated in Table 5.1.

One of the extra interests in this study was to find out how the respondents rated their health status before immigration and then to see whether the perception of their health changed after immigration. Overall, the majority of respondents rated their health as good before immigration with no dramatic change after immigration. More details are presented in Figures 5.1 and 5.2 and then further discussed in Chapter 6.

It is important to note that a set of qualitative questions are included in the study in order to deepen the understanding of the respondents' lives. This thesis also aimed to identify various leisure activities that were chosen by the respondents to cope with post-migration stress. The results indicate that the most frequent leisure activities were sport activities, whether participating or playing;and social activities, whether staying in touch with old friends or getting to know new people. Education and work related activities were also very common among answers possibly because the majority of the respondents were students and young professionals. It is interesting to note that these respondents viewed these non-leisure activities (e.g. work and education) as a way of coping with their stress. A possible

explanation could be that their aim was to achieve their goals for which they immigrated to New Zealand and, thus, decrease their levels of stress. Travelling was also a very common answer for coping with stress. Discovering new places around the country seemed to have a relaxing and positive effect on these new immigrants. Many of the respondents also found eating New Zealand food and wine tasting as a way of relaxation and becoming familiar with the new country. Hobbies were seen as important to the respondents and the majority of new hobbies were developed after immigration (i.e. volunteer work, children's activities, etc.). Finally, it is important to mention self-care as many of the respondents indicated this as their coping activity. Some of the respondents said that they improved their eating habits, excluding sugar and eating more fruit because they found it cheaper and tastier in New Zealand than in their home country. Some of them stopped driving a car or going shopping as they had done previously in their daily life, in order to give themselves time for extra self-care and to reduce their stress. Spending time alone was not mentioned frequently but was still present in the findings, indicating a possible effort to escape from the reality.

The respondents were also asked to rate the importance of leisure in their lives before and after immigration. Out of all the respondents, 42.9% said that leisure was important to them before; and 44.4% said it is still important after immigration.

Apart from dining, travelling and cultural entertainment activities, the respondents were also asked about various other specific leisure activities they participated in over the past year. The majority said that they went to cinema (64.4%), shopping for fun (54.6%), watching sport events (39.2%) and bush walking (39%). They also went to parties (44.8%), dined out (58%) or went to bars (39.4%).

The favourite activities were sport (38.5%), going out (23.4%) and shopping (11%). The most frequent and regular activities were the same as the above plus listening to music (5.2%). The majority of the respondents performed these events before they immigrated to New Zealand (78%). It can be concluded that people generally seek to join the same activities as in their home country. This is another implication for marketers as they need to get to know their new potential customers – new immigrants and what they enjoyed doing in their home country.

Table 5.1: Sample characteristics

		Frequencies (%)
Gender	Male	52.8
	Female	47.2
Age	20-30 years old	75.9
	31-40 years old	16.6
	41-50 years old	6.9
	50 and above	.7
Employment	Full time	30.2
	Part time	43.1
	Unemployed	26.7
Relationship status	Single	37.6
	In relationship	30.7
	Married	25.2
	Divorced	.7
	Widowed	.3
	De facto	4.8
	Other	.6
Education	High school	9.8
	Trade certificate	3.1
	Undergraduate	46.3
	Postgraduate	37.6
	Other	10.9
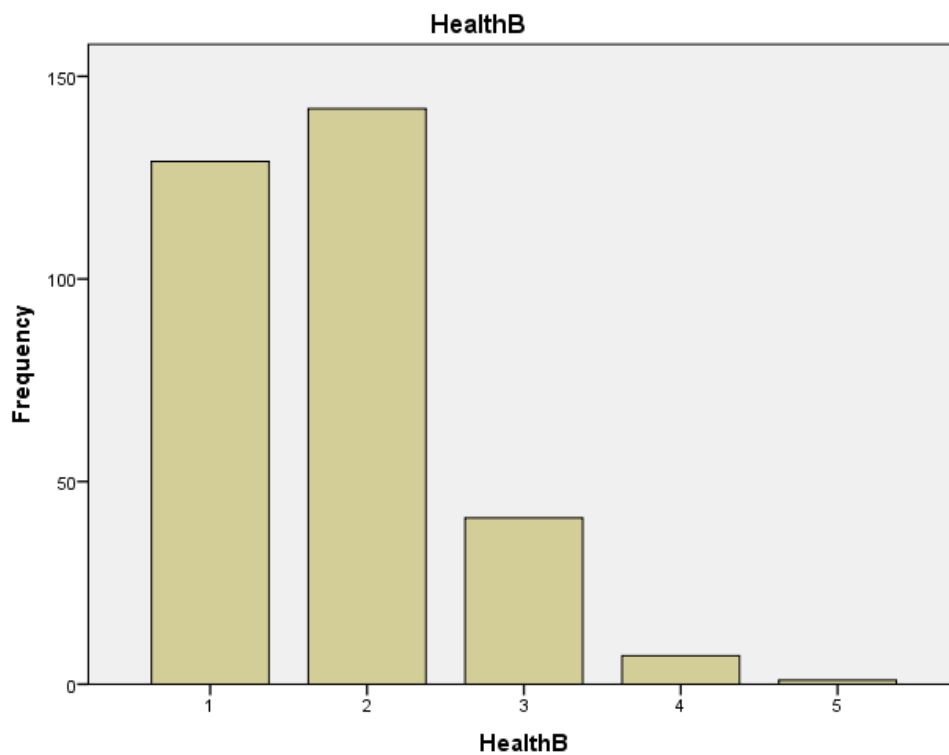
Figure 5.1: Health status before immigration (1 – very good and 5 – very poor)

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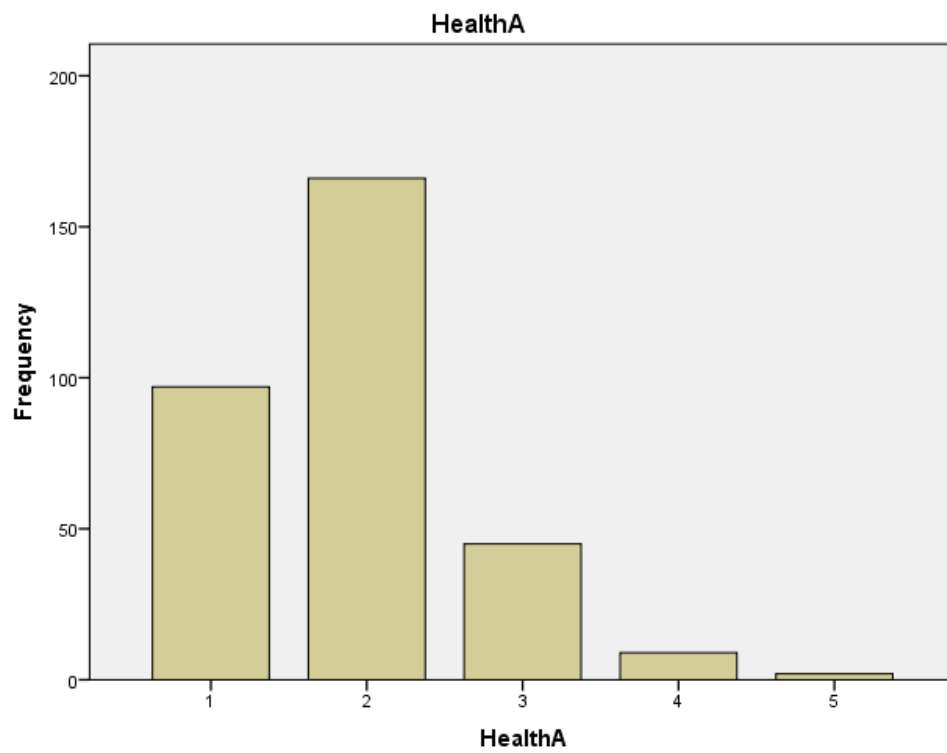
Figure 5.2: Health status after immigration (1 – very good and 5 – very poor)
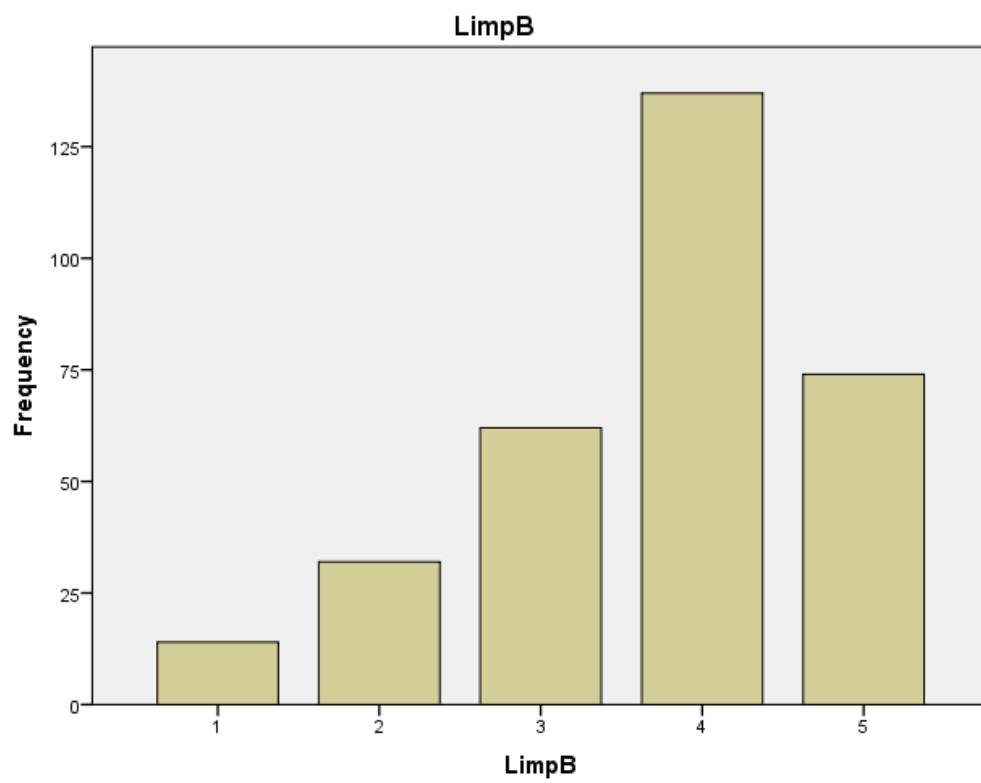
Figure 5.3: Importance of leisure before immigration
(1 – strongly disagree and 5 – strongly agree)
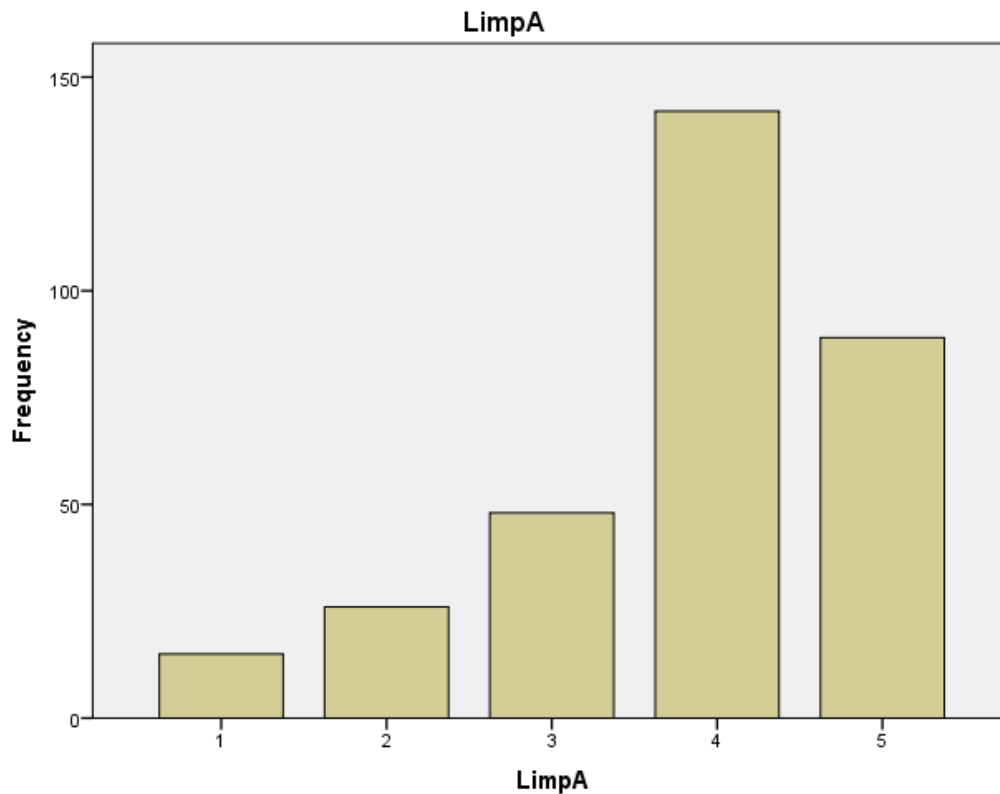
Figure 5.4: Importance of leisure after immigration
(1 – strongly disagree and 5 – strongly agree)

5.2 Measurement properties (validity and reliability assessment)

Cronbach's alpha is used in this research because it measures internal consistency (Churchill, 1979). Item-to-total correlation is also important because it eliminates the items that perform poorly in capturing the construct. In order to support the reliability of measures for all the respondents in this study, the reliability of each scale was assessed through Cronbach's coefficient alpha as well as item-to-total correlation. Mean, Standard Deviation and the item-to-total correlation were calculated for all the variables and the results are presented in Table 5.2. Cronbach's coefficient alpha and item-to-total correlation values met the accepted standards of 0.7 and 0.3 respectively for good internal consistency (Spector, 1992).

5.3 Exploratory factor analysis (EFA) for validity testing

In order to study the validity of all the measures, exploratory factor analysis was also employed via the SPSS program. All the items of a construct were factor analysed together in order to test the convergent and discriminant validity of the measures. The scales' factors were extracted using Maximum Likelihood Estimation with Promax rotation. The factor

loading showed the correlation between the items and the construct (Hair et al., 1992). Eigen value represents the amount of variance accounted for by a factor (Hair et al., 1992). The analysis for each of the scales is discussed below.

Table 5.2: Reliability analysis results for measurement scales

Scale	Items	Mean	Std Deviation	Item to Total Correlation	Cronbach Alpha
LM Learning	I want to explore more new ideas and experiences	3.93	.85	.70	
	I want to expand more of my knowledge	3.99	.77	.75	
	I want to satisfy more of my curiosity	3.79	.83	.74	
	I want to learn more about my environment & surroundings	3.94	.83	.65	
	I want to learn more about myself	3.72	.95	.67	
	I want to use more of my imagination	3.69	.95	.62	.88
LM Competence	I want to reveal my thoughts, feelings or skills to others	3.59	.97	.64	
	I want to be more socially competent and skilful	3.82	.89	.77	
	I want to gain more respect from others	3.68	.94	.63	.82
LM Social	I want to interact more with others	3.94	.84	.63	
	I want to build more friendships with others	3.97	.85	.69	
	I want to meet more new and different people	4.03	.85	.73	
	I want to be alone more	3.53	1.1	.34	.78
LM Relax	I want to rest more	3.55	1.02	.64	
	I want to mentally relax more	3.75	.99	.79	
	I want to release more stress and tension	3.83	.96	.62	.83
LP Use Pattern Dine	After I immigrated to New Zealand, I increased the frequency of dining out	3.36	1.09	.79	
	After I immigrated to New Zealand, I increased expenditure on average dining	3.39	1.07	.68	
	After I immigrated to New Zealand, I dined out with family more often	3.38	1.07	.78	
	After I immigrated to New Zealand, I increased my overall frequency of dining out with friends	3.40	1.06	.79	.89
LP Use Pattern Travelling	After I immigrated to New Zealand, I increased the length of stay while on vacation	3.08	1.16	.43	
	After I immigrated to New Zealand, I tended to travel with my friends/family more	3.42	1.01	.43	
LP Use Pattern Entertainment and Cultural	After I immigrated to New Zealand, I went bush walking more often	3.50	1.07	.50	
	After I immigrated to New Zealand, I went to beaches more often	3.82	1.08	.46	
	After I immigrated to New Zealand, I went camping more often	3.02	1.07	.42	.65
IO Self-efficacy	When I participate in leisure activities, I feel good about myself	4.05	.65	.51	
	Watching others participate in leisure activities makes me feel like I can perform them	3.70	.77	.70	
	Participating in leisure activities makes me feel like I can do more in life than I am already doing	3.84	.81	.70	
	Leisure activities make the rest of my daily tasks seem manageable	3.69	.81	.67	
	I get encouragement from others when I participate in leisure activities	3.75	.78	.67	.85
IO Continuity	Participating in leisure activities helps me feel like myself again	3.67	.79	.51	

	Leisure activities provide a feeling of stability in the midst of all of the changes in my life	3.58	.76	.67	
	Participating in leisure activities provides structure and a routine for me	3.50	.84	.48	.73
IO Engagement	Leisure activities make the rest of my life seem worthwhile	3.71	.83	.54	
	My leisure activities give me something to look forward to	3.94	.71	.68	
	I feel good about life when I am participating in leisure activities	4.02	.71	.63	.78
SS Esteem	My leisure companions help me feel good about myself	3.83	.72	.65	
	My leisure companions hold me in high esteem	3.72	.71	.67	
	I am respected by my leisure companions	3.91	.65	.68	
	I feel that I am valued by my leisure companions	3.82	.70	.74	
	My leisure companions listen to my private feelings	3.75	.75	.61	.85
SS Emotional	For me, leisure is a means for developing friendships	3.82	.77	.66	
	I feel emotionally supported by my leisure companions	3.85	.70	.61	
	Leisure allows me to be in the company of friends	3.91	.67	.58	.77
SS Companionship	Socialising within leisure time is a means for managing stress	3.87	.78	.60	
	I deal with stress through spending leisure time with my friends	3.77	.86	.72	
	Engaging in leisure is a stress-coping strategy for me	3.64	.88	.60	.78
PWB	I have confidence in my opinions, even if they are different from others	3.89	.74	.43	
	I am good at managing my daily life	3.65	.78	.44	
	For me, life has been a continuous process of learning, changing and growth	.411	.71	.50	
	People would describe me as a giving person who is willing to share time with others	3.71	.86	.47	
	I feel like I have a direction in my life	3.87	.78	.55	
	When I look at the story of my life, I am pleased with how things have turned out	3.74	.78	.46	.74

Note: LM Learning = leisure motivation for learning; LM Competence = leisure motivation for gathering competence; LM Social = leisure motivation for social purposes; LM Relax = leisure motivation for relaxation; LP Use Pattern Dine = leisure participation in dining activities; LP Use Pattern Travelling = leisure participation in travel activities; LP Use Pattern Entertainment and Cultural = leisure participation in cultural entertainment activities; IO Self-efficacy = intrapersonal outcomes of self-efficacy; IO Continuity = intrapersonal outcome of continuity in leisure; IO Engagement = intrapersonal outcomes of engagement in leisure; SS Esteem = self-esteem as an outcome of social support; SS Emotional = emotional outcome/support of social support; SS Companionship = companionship as an outcome of social support; PWB = psychological well-being.

In principal component analysis, only the factors having Eigen values greater than 1 are considered significant (Hair et al., 1992). A minimum value of 0.40 was used to indicate the loading of any factor. Exploratory factor analysis helped in verifying if there were any items that were cross loading and hence were causing lowering of scale validity. All the items of each scale loaded on a single dimension as conceptualised, indicating the convergent and discriminant validity of each scale. The following section gives the factor analysis details for each variable.

LM Learning: EFA results show that leisure motivation for learning something new is explained by a single factor. All the 6 items loaded on this factor and the loading on these

factors ranged from .64 to .83. The reliability indicated by Cronbach alpha for this scale was .88 and the variance explained by the factor was 55.49%.

LM Competence: EFA results show that leisure motivation for gathering competence is explained by a single factor. All the 3 items loaded on this factor and the loading on these factors ranged from .70 to .95. The reliability indicated by Cronbach alpha for this scale was .82 and the variance explained by the factor was 63.23%.

LM Social: EFA results show that leisure motivation for social purposes is explained by a single factor. All the 4 items loaded on this factor and the loading on these factors ranged from .36 to .87. The reliability indicated by Cronbach alpha for this scale was .78 and the variance explained by the factor was 55.36%.

LM Relax: EFA results show that leisure motivation for relaxation is explained by a single factor. All the 3 items loaded on this factor and the loading on these factors ranged from .67 to .99. The reliability indicated by Cronbach alpha for this scale was .83 and the variance explained by the factor was 64.38%.

LP Use Pattern Dine:EFA results show that leisure participation indining activities is explained by a single factor. All the 4 items loaded on this factor and the loading on these factors ranged from .71 to .87. The reliability indicated by Cronbach alpha for this scale was .89 and the variance explained by the factor was 67.27%.

LP Use Pattern Travelling: No factor analysis was conducted for these items of leisure participation in travel activities because there were only two items in the scale. Correlation between the two items was .43.

LP Use Pattern Entertainment and Cultural:EFA results show that leisure participation in cultural entertainment activities is explained by a single factor. All the 3 items loaded on this factor and the loading on these factors ranged from .54 to .71. The reliability indicated by Cronbach alpha for this scale was .65 and the variance explained by the factor was 39.18%.

IO Self-efficacy:EFA results show that the intrapersonal outcome of self-efficacy is explained by a single factor. All the 5 items loaded on this factor and the loading on these factors ranged from .57 to .79. The reliability indicated by Cronbach alpha for this scale was .85 and the variance explained by the factor was 52.67%.

IO Continuity:EFA results show that the intrapersonal outcome of continuity in leisure is explained by a single factor. All the 3 items loaded on this factor and the loading on these factors ranged from .55 to .95. The reliability indicated by Cronbach alpha for this scale was .73 and the variance explained by the factor was 52.22%.

IO Engagement:EFA results show that the intrapersonal outcome of engagement in leisure is explained by a single factor. All the 3 items loaded on this factor and the loading on these factors ranged from .61 to .86. The reliability indicated by Cronbach alpha for this scale was .78 and the variance explained by the factor was 55.86%.

SS Esteem:EFA results show that esteem as an outcome of social support is explained by a single factor. All the 5 items loaded on this factor and the loading on these factors ranged from .68 to .82. The reliability indicated by Cronbach alpha for this scale was .85 and the variance explained by the factor was 54.60%.

SS Emotional:EFA results show that the emotional outcome/support of social support is explained by a single factor. All the 3 items loaded on this factor and the loading on these factors ranged from .67 to .82. The reliability indicated by Cronbach alpha for this scale was .77 and the variance explained by the factor was 53.93%.

SS Companionship:EFA results show that companionship as an outcome of social support is explained by a single factor. All the 3 items loaded on this factor and the loading on these factors ranged from .68 to .89. The reliability indicated by Cronbach alpha for this scale was .78 and the variance explained by the factor was 58.18%.

PWB: EFA results show that psychological well-being is explained by a single factor. All the 6 items loaded on this factor and the loading on these factors ranged from .50 to .66. The reliability indicated by Cronbach alpha for this scale was .74 and the variance explained by the factor was 32.23%.

5.4 Descriptive Analysis of the Data

Table 5.3 illustrates the means, standard deviation and pair-wise correlation relating to the variables using the SPSS program.

Table 5.3: Means, standard deviations and correlation

Variable	Means	Std deviation	LM learn	LM comp	LM social	LM relax	Dine	Travel	Ent Cul	IO secacy	IO cont	IO engag	SS estm	SS emo	SS compan	PWB
LMlearn	3.843	.689	1													
LMcomp	3.704	.804	.604**	1												
LMsocial	3.610	.536	.543**	.605**	1											
LMrelax	3.710	.846	.300**	.273**	.297**	1										
Dine	3.385	.908	.232**	.244**	.215**	.024	1									
Travel	3.277	.928	.249**	.144*	.191**	.072	.495**	1								
EntCul	3.440	.816	.226**	.061	.272**	.069	.268**	.303**	1							
IOsecacy	3.826	.599	.559**	.576**	.444**	.193**	.301**	.291**	.139*	1						
IOcont	3.585	.650	.454**	.453**	.409**	.267**	.195**	.219**	.083	.603**	1					
Ioengag	3.898	.617	.493**	.456**	.359**	.356**	.246**	.209**	.095	.618**	.634**	1				
SSestm	3.809	.530	.500**	.481**	.407**	.201**	.336**	.274**	.119	.663**	.444**	.513**	1			
SSemo	3.853	.599	.383**	.406**	.410**	.126*	.299**	.270**	.136*	.486**	.395**	.368**	.651**	1		
SScompan	3.775	.709	.340**	.416**	.389**	.368**	.181**	.143**	.115	.463**	.361**	.396**	.529**	.449**	1	
PWB	3.820	.494	.376**	.270**	.284**	.006	.216**	.256**	.196**	.409**	.320**	.288**	.399**	.247**	.042	1

**. Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

Note: LM Learning = leisure motivation for learning; LM Competence = leisure motivation for gathering competence; LM Social = leisure motivation for social purposes; LM Relax = leisure motivation for relaxation; LP Use Pattern Dine = leisure participation in dining activities; LP Use Pattern Travelling = leisure participation in travel activities; LP Use Pattern Entertainment and Cultural = leisure participation in cultural entertainment activities; IO Self-efficacy = intrapersonal outcomes of self-efficacy; IO Continuity = intrapersonal outcome of continuity in leisure; IO Engagement = intrapersonal outcomes of engagement in leisure; SS Esteem = self-esteem as an outcome of social support; SS Emotional = emotional outcome/support of social support; SS Companionship = companionship as an outcome of social support; PWB = psychological well-being.

5.5 Hypothesis testing and results

As Table 5.4.1 shows, the relationship between Leisure Motivation for learning something new and participation in leisure activities such as dining was not found to be significant with **β = .16, p = .135**. The relationship between Leisure Motivation for learning and participation in leisure activities such as travel was found to be significant (see Table 5.4.2) with **β = .33, p = .002**. The relationship between Leisure Motivation for learning and participation in leisure activities such as cultural entertainment activities was also found to be significant (see Table 5.4.3) with **β = .27, p = .003**. Therefore,

> *H1: Motivation to participate in leisure activities for learning something new positively influences immigrants' participation in leisure activities such as Dining (A) – not supported; Travel (B) –supported; and Cultural Entertainment (C) – supported.*

The relationship between Leisure Motivation for competence and participation in leisure activities such asdining was found to be weak in this study (see Table 5.4.1) with **β = .18, p = .054**, while Leisure Motivation for competence and participation in leisure activities such as travel was not found to be significant at all (see Table 5.4.2) with **β = -.05, p = .627**. Lastly, Leisure Motivation for competence and participation in leisure activities such as cultural entertainment was found to be significant (see Table 5.4.3) with **β = -.24, p = .004**. Therefore,

> *H2: Motivation to participate in leisure activities for competence positively influences immigrants'participation in leisure activities such as Dining (A) –supported; Travel (B) – not supported; and Cultural Entertainment (C) –supported*

The relationship between Leisure Motivation for social purposes and participation in leisure activities such as dining was not found to be significant (see Table 5.4.1)with **β = .123, p = .349**, while the relationship between Leisure Motivation for social purposes and participation in leisure activities such as travel was also not found to be significant (see Table 5.4.2) with **β = .17, p = .217**. Leisure Motivation for social purposes and participation in leisure activitiessuch ascultural entertainment was found to have a very strong significance (see Table 5.4.3) with **β = .47, p = .000**. Thus,

> *H3: Motivation to participate in leisure activities for social purposes positively influences immigrants' participation in leisure activities such as Dining (A) – not supported; Travel (B) – not supported; and Cultural Entertainment (C) – supported*

The relationship between Leisure Motivation for relaxation and participation in leisure activitiessuch as dining was not found to be significant (see Table 5.4.1) with **β = -.07, p = .274**. Moreover, the relationship between Leisure Motivation for relaxation and participation in leisure activitiessuch as travel was also not found to be significant (see Table 5.4.2) with **β = -.03, p = .659**. Finally, Leisure Motivation for relaxation and participation in leisure activities such as cultural entertainment was also not found to be significant (see Table 5.4.3) with **β = -.03, p = .577**. Therefore,

> *__H4__: Motivation to participate in leisure activities for relaxation positively influences immigrants' participation in leisure activities such as Dining (A) – not supported; Travel (B) – not supported; and Cultural Entertainment (C) – not supported*

Table 5.4.1: Results for Multi-level Sequential Mediation Paths between LM and PWB

(LM→ **LPDine** →IOsecacy→IOcont→IOengag →PWB)

IV ↓	DV: LPDine	DV: IOsecacy	DV: IOcont	DV: IOengag	DV: PWB
Constant	$1.94^{***}(.41)$	$1.41^{***}(.22)$	$.48^{\dagger}(.26)$	$.72^{***}(.22)$	$2.24^{***}(.24)$
LMlearn	$.16^{NS}(.10)$	$.26^{***}(.05)$	$.08^{NS}(.06)$	$.10^{\dagger}(.05)$	$.17^{**}(.06)$
LMcomp	$.18^{\dagger}(.09)$	$.25^{***}(.05)$	$.03^{NS}(.06)$	$.01^{NS}(.05)$	$-.04^{NS}(.05)$
LMsocial	$.12^{NS}(.13)$	$.07^{NS}(.07)$	$.12^{NS}(.08)$	$-.06^{NS}(.07)$	$.08^{NS}(.07)$
LMrelax	$-.07^{NS}(.07)$	$-.01^{NS}(.04)$	$.08^{*}(.04)$	$-.13^{***}(.03)$	$-.08^{*}(.04)$
LPDine		$.09^{*}(.03)$	$-.02^{NS}(.04)$	$.02^{NS}(.03)$	$.04^{NS}(.03)$
IOsecacy			$.51^{***}(.07)$	$.32^{***}(.06)$	$.19^{**}(.07)$
IOcont				$.34^{***}(.05)$	$.07^{NS}(.06)$
IOengag					$.01^{NS}(.06)$
R^2	.08	.43	.42	.53	.23
F	5.87^{***}	40.28^{***}	31.70^{***}	42.47^{***}	9.73^{***}

Total Effect of LMlearn on PWB: $.6^{***}$ (.25), $R^2 = .17$, $F = 13.9^{***}$
Direct Effect of LMlearn on PWB: $.17^{**}$ (.06)
Indirect effects:

	Effect	Boot SE	BootLLCI	BootULCI
LMlearn → LPDine → IOsecacy → PWB:	.002	.003	.00	.01
LMlearn → IOsecacy → PWB:	.05	.023	.01	.10

Total Effect of LMcomp on PWB: $.03^{NS}$ (.05), $R^2 = .17$, $F = 13.9^{***}$
Direct Effect of LMcomp on PWB: $-.04^{NS}$ (.05)
Indirect effects:

	Effect	Boot SE	BootLLCI	BootULCI
LMcomp → LPDine → IOsecacy → PWB:	.003	.002	.00	.01
LMcomp→ LPDine →IOsecacy→IOcont→PWB:	.001	.001	.00	.00
LMcomp→ IOsecacy →PWB:	.05	.02	.01	.01

Total Effect of LMsocial on PWB: $.11^{NS}$ (.07), $R^2 = .17$, $F = 13.9^{***}$
Direct Effect of LMsocial on PWB: $.08^{NS}$ (.07)
Indirect effects: no significant indirect effects

Total Effect of LMrelax on PWB: $-.08^{*}$ (.04), $R^2 = .17$, $F = 13.9^{***}$
Direct Effect of LMrelax on PWB: $-.08^{*}$ (.4)
Indirect effects: no significant indirect effects

Note: *** p<.000, ** p<.01, * p<.05
Number of bootstrap samples for bias corrected bootstrap confidence intervals: 1000
Level of confidence for all confidence intervals in output: 95.00

LMlearn = Leisure Motivation learning
LMcomp = Leisure Motivation competence
LMsocial = Leisure Motivation social
LMrelax = Leisure Motivation relax
LPDine = Leisure Participation Dining
IOsecacy = Intrapersonal Outcomes self-efficacy
IOcont = Intrapersonal Outcomes continuity
IOengag = Intrapersonal Outcomes engagement
PWB = Psychological well-being

Table 5.4.2: Results for Multi-level Sequential Mediation Paths between LM and PWB
(LM→ **LPTravel** →IOsecacy→IOcont→IOengag →PWB)

IV ↓	DV: LPTravel	DV: IOSecasy	DV: IOcont	DV: IOengag	DV: PWB
Constant	$1.68^{***}(.41)$	$1.40^{***}(.22)$	$.45^{\dagger}(.25)$	$.76^{**}(.22)$	$2.22^{***}(.24)$
LMlearn	$.33^{**}(.11)$	$.25^{***}(.05)$	$.07^{NS}(.06)$	$.10^{\dagger}(.05)$	$.16^{**}(.06)$
LMcomp	$-.05^{NS}(.09)$	$.27^{***}(.05)$	$.04^{NS}(.06)$	$.01^{NS}(.05)$	$-.03^{NS}(.05)$
LMSocial	$.17^{NS}(.14)$	$.06^{NS}(.07)$	$.12^{NS}(.08)$	$-.06^{NS}(.07)$	$.08^{NS}(.07)$
LMRelax	$-.03^{NS}(.07)$	$-.01^{NS}(.04)$	$.08^{*}(.04)$	$.13^{***}(.03)$	$-.08^{*}(.04)$
LPTravel		$.09^{**}(.03)$	$.02^{NS}(.03)$	$-.01^{NS}(.03)$	$.06^{*}(.03)$
IOSecasy			$.50^{***}(.07)$	$.33^{***}(.06)$	$.18^{*}(.07)$
IOCont				$.34^{***}(.05)$	$.06^{NS}(.06)$
IOengag					$.01^{NS}(.06)$
R^2	.08	.43	.42	.53	.24
F	5.50^{***}	40.98^{***}	31.57^{***}	42.02^{***}	10.24^{***}

Total Effect of LMlearn on PWB: $.25^{***}(.05)$, $R^2 = .17$, $F = 13.9^{***}$
Direct Effect of LMlearn on PWB: $.16^{**}(.06)$
Indirect effects:

	Effect	Boot SE	BootLLCI	BootULCI
LMlearn → LPTravel → PWB:	.021	.014	.00	. 057
LMlearn →LPTravel →IOsecacy → PWB:	.006	.004	.00	.019
LMlearn →IOsecacy → PWB:	.043	.020	.01	.091

Total Effect of LMcomp on PWB: $.03^{NS}(.05)$, $R^2 = .17$, $F = 13.9^{***}$
Direct Effect of LMcomp on PWB: $-.03^{NS}(.05)$
Indirect effects:

	Effect	Boot SE	BootLLCI	BootULCI
LMcomp→IOsecacy→PWB:	.048	.022	.01	.100

Total Effect of LMsocial on PWB: $.11^{NS}(.07)$, $R^2 = .17$, $F = 13.9^{***}$
Direct Effect of LMsocial on PWB: $.07^{NS}(.07)$
Indirect effects: no indirect effects

Total Effect of LMrelax on PWB: $-.08^{*}(.04)$, $R^2 = .17$, $F = 13.9^{***}$
Direct Effect of LMrelax on PWB: $-.08^{*}(.4)$
Indirect effects: no indirect effects

Note: *** p<.000, ** p<.01, * p<.05
Number of bootstrap samples for bias corrected bootstrap confidence intervals: 1000
Level of confidence for all confidence intervals in output: 95.00

LMlearn = Leisure Motivation learning
LMcomp = Leisure Motivation competence
LMsocial = Leisure Motivation social
LMrelax = Leisure Motivation relax
LPTravel = Leisure Participation Travel
IOsecacy = Intrapersonal Outcomes self-efficacy
IOcont = Intrapersonal Outcomes continuity
IOengag = Intrapersonal Outcomes engagement
PWB = Psychological well-being

Table 5.4.3: Results for Multi-level Sequential Mediation Paths between LM and PWB

(LM→ **LPEntCul** →IOsecacy→IOcont→IOengag →PWB)

IV ↓	DV: LPEntCul	DV: IOSecasy	DV: IOcont	DV: IOengag	DV: PWB
Constant	1.72^{***}(.36)	1.53^{***}(.22)	$.52^{*}$(.26)	$.77^{**}$(.22)	2.19^{***}(.24)
LMlearn	$.27^{**}$(.09)	$.27^{***}$(.06)	$.09^{NS}$(.06)	$.10^{*}$(.05)	$.16^{**}$(.06)
LMcomp	$-.24^{**}$(.08)	$.27^{***}$(.05)	$.03^{NS}$(.06)	$.01^{NS}$(.05)	$-.03^{NS}$(.05)
LMSocial	$.47^{***}$(.12)	$.07^{NS}$(.07)	$.14^{\dagger}$(.08)	$-.06^{NS}$(.07)	$.06^{NS}$(.07)
LMRelax	$-.03^{NS}$(.07)	$-.01^{NS}$(.04)	$.08^{*}$(.04)	$.13^{***}$(.03)	$-.08^{*}$(.04)
LPEntCul		$.02^{NS}$(.04)	$.03^{NS}$(.04)	$-.01^{NS}$(.03)	$.06^{NS}$(.04)
IOSecasy			$.51^{***}$(.07)	$.33^{***}$(.06)	$.19^{**}$(.07)
IOCont				$.34^{***}$(.05)	$.07^{NS}$(.06)
IOengag					$.01^{NS}$(.06)
R^2	.12	.42	.42	.53	.23
F	8.86^{***}	38.09^{***}	31.91^{***}	42.35^{***}	9.90^{***}

Total Effect of LMlearn on PWB: $.25^{***}$ (.05), R^2 = .17, F = 13.8^{***}
Direct Effect of LMlearn on PWB: $.16^{**}$ (.06)
Indirect effects:

	Effect	Boot SE	BootLLCI	BootULCI
LMlearn →IOsecacy → PWB:	.052	.023	.01	.105

Total Effect of LMcomp on PWB: $.03^{NS}$ (.05), R^2 = .17, F = 13.9^{***}
Direct Effect of LMcomp on PWB: $-.03^{NS}$ (.05)
Indirect effects:

	Effect	Boot SE	BootLLCI	BootULCI
LMcomp→IOsecacy→PWB:	.052	.022	.01	.103

Total Effect of LMsocial on PWB: $.11^{NS}$ (.07), R^2 = .17, F = 13.9^{***}
Direct Effect of LMsocial on PWB: $.06^{NS}$ (.07)
Indirect effects: no indirect effects

Total Effect of LMrelax on PWB: $-.08^{*}$ (.04), R^2 = .17, F = 13.9^{***}
Direct Effect of LMrelax on PWB: $-.08^{*}$ (.04)
Indirect effects: no indirect effects

Note: *** p<.000, ** p<.01, * p<.05
Number of bootstrap samples for bias corrected bootstrap confidence intervals: 1000
Level of confidence for all confidence intervals in output: 95.00

LMlearn = Leisure Motivation learning
LMcomp = Leisure Motivation competence
LMsocial = Leisure Motivation social
LMrelax = Leisure Motivation relax
LPEntCul = Leisure Participation Entertainment Cultural
IOsecacy = Intrapersonal Outcomes self-efficacy
IOcont = Intrapersonal Outcomes continuity
IOengag = Intrapersonal Outcomes engagement
PWB = Psychological well-being

The next three hypotheses were about the relationship between Leisure Participation and Intrapersonal Outcomes (see sub-model 1.1). The results are illustrated in Table 5.4.4 and indicate that immigrants' participation in leisure activitiessuch as dining was positively associated with self-efficacy (**β = .13, p = .002**) but was not significant for continuity (**β = -.02, p = .652**) and engagement (**β = .04, p = .260**). Therefore,

> **H5***: Participation in leisure activities such as Dining is positively associated with Intrapersonal Outcomes such as self-efficacy related to leisure activities (AA) – supported; continuity of leisure activities (AB) – not supported; and engagement in leisure activities (AC) – not supported*

Moving to the next section, participation in leisure activities such as travel was significant only for the Intrapersonal Outcomes of self-efficacy (**β = .11, p =.009**) whilethe other two variables were found to have no significance: continuity (**β = .06, p = .145**) and engagement (**β = -.03, p = .409**). Therefore,

> **H6***: Participation in leisure activities such as Travel is positively associated with Intrapersonal Outcomes such as self-efficacy related to leisure activities (BA) – supported; continuity of leisure activities (BB) – not supported; and engagement in leisure activities (BC) – not supported*

The participation in leisure activitiessuch as cultural entertainment had no significance for any of the Intrapersonal Outcomes: Intrapersonal Outcomes of self-efficacy (**β = .02, p =.580**), continuity (**β = -.02, p = .669**) and engagement (**β = .00, p = 1.000**). Therefore,

> **H7***: Participation in leisure activities such as Cultural Entertainment is positively associated with Intrapersonal Outcomes such as self-efficacy related to leisure activities (CA) – not supported; continuity of leisure activities (CB) – not supported; and engagement in leisure activities (CC) – not supported*

The results illustrated in Table 5.4.4 also show that self-efficacy related to leisure activities led to continuity of leisure (**β = .64, p = .000**), and continuity of leisure then led to engagement in leisure activities (**β = .38, p = .000**). Therefore,

H8*: The Intrapersonal Outcome of self-efficacy related to leisure activities leads to another Intrapersonal Outcome, namely continuity of leisure activities–supported*

H9:The Intrapersonal Outcome of continuity of leisure activities leads to another Intrapersonal Outcome, namely engagement in leisure activities–supported

However, psychological well-being was supported only by the Intrapersonal Outcome of self-efficacy and was the only variable of the Intrapersonal Outcomes that had significance (**β = 26, p =.000**); whereas continuity was (**β = .07, p =.237**) and engagement was (**β = -.01, p = .853**).Therefore,

H10: Intrapersonal Outcomes of Leisure Participation such as self-efficacy related to leisure activities (A) –supported; continuity of leisure activities (B) – not supported; and engagement in leisure activities (C) –not supported – are positively associated with the Psychological Well-Being of people who immigrate to a new country

In addition, it should be noted that participation in the leisure activity of travel had some significance in psychological well-being but only through the Intrapersonal Outcome of self-efficacy,while participation in the leisure activity of cultural entertainment had no significance in psychological well-being. Finally, participation in the leisure activity of dining did not affect psychological well-being either but it showed that it could potentially improve psychological well-being when and if dining led to self-efficacy.

Table 5.4.4: Results for Multi-level Sequential Mediation Paths between LP and PWB

(LP→IOsecacy→IOcont→IOengag →PWB)

IV ↓	DV: IOsecacy	DV: IOcont	DV: IOengag	DV: PWB
Constant	$2.93^{***}(.17)$	$1.06^{***}(.23)$	$1.00^{***}(.21)$	$2.27^{***}(.22)$
LPTravel	$.11^{**}(.04)$	$.06^{NS}(.04)$	$-.03^{NS}(.03)$	$.05^{NS}(.04)$
LPEntCul	$.02^{NS}(.04)$	$-.02^{NS}(.04)$	$.00^{NS}(.04)$	$.06^{NS}(.04)$
LPDine	$.13^{**}(.04)$	$-.02^{NS}(.04)$	$.04^{NS}(.04)$	$.00^{NS}(.04)$
IOsecacy		$.64^{***}(.06)$	$.39^{***}(.06)$	$.25^{***}(.07)$
IOcont			$.38^{***}(.05)$	$.07^{NS}(.06)$
IOengag				$-.01^{NS}(.06)$
R^2	.12	.37	.48	.18
F	11.98^{***}	40.62^{***}	50.81^{***}	9.79^{***}

Total Effect of LPtravel on PWB: $.09^{*}(.04)$, $R^2 = .07$, $F = 6.66^{***}$
Direct Effect of LPtravel on PWB: $.05^{NS}(.04)$
Indirect effects:

	Effect	Boot SE	BootLLCI	BootULCI
LPtravel →IOsecacy → PWB:	.028	.016	.005	.069

Total Effect of LPEntCul on PWB: $.07^{†}(.04)$, $R^2 = .07$, $F = 6.66^{***}$
Direct Effect of LPEntCul on PWB: $.06^{†}$ (.04)
Indirect effects: no significant indirect effects

Total Effect of LPDine on PWB: $.04^{NS}$ (.04), $R^2 = .07$, $F = 6.66^{***}$
Direct Effect of LPDine on PWB: $.00^{NS}$ (.04)
Indirect effects:

	Effect	Boot SE	BootLLCI	BootULCI
LPDine →IOsecacy → PWB:	.034	.017	.009	.073

Note: *** p<.000, ** p<.01, * p<.05
Number of bootstrap samples for bias corrected bootstrap confidence intervals: 1000
Level of confidence for all confidence intervals in output: 95.00

LPTravel = Leisure Participation Travel
LPEntCul = Leisure Participation Entertainment Cultural
LPDine = Leisure Participation Dining
IOsecacy = Intrapersonal Outcomes self-efficacy
IOcont = Intrapersonal Outcomes continuity
IOengag = Intrapersonal Outcomes engagement
PWB = Psychological well-being

The next hypotheses tested mediating in sequence between such variables as Leisure Participation and Social Support and their effects on psychological well-being. The results are illustrated in Table 5.4.5. The results indicate that participation in leisure activities such as dining led only to social support esteem (**β = -.16, p = .000**), while emotional support was (**β = .00, p = .954**); and companionship was (**β = -.01, p = .780**). Therefore,

> **H11:** *Participation in leisure activities such as Dining is positively associated with social support outcomes such as Esteem (AA) – supported; Emotional support (AB) – not supported; and Companionship (AC) – not supported*

Moreover, participation in leisure activitiessuch as travel had avery weak relationship with esteem (**β = .07, p = .058**) while emotions(**β = .05, p = .128**) and companionship (**β = -.01, p = .841**) showed no significance. Therefore,

> **H12:** *Participation in leisure activities such as Travel is positively associated with social support outcomes such as Esteem (BA) –supported; Emotional support (BB) – not supported; and Companionship (BC) –not supported*

Finally, participation in leisure activities such as cultural entertainment had no relationshipwith any of the Social Support variables: Esteem was (**β = .01, p = .826**), while emotions were (**β = .02, p = .655**) and companionship was (**β = -.03, p = .560**).Therefore,

> **H13:** *Participation in leisure activities such as Cultural Entertainment is positively associated with social support outcomes such as Esteem (CA) – not supported; Emotional support (CB) – not supported; and Companionship (CC) – not supported*

However, it was supported that esteem led to emotional support (**β = .69, p = .000**), and that emotional support then led to companionship (**β = .17, p = .031**) but with a weak significance. Therefore,

> **H14:** *The Social Support outcome of Esteem leads to another Social Support outcome, namely Emotional Support – supported*

> **H15:** *The Social Support outcome of Emotional Support leads to another Social Support outcome, namely Companionship – supported*

Finally, esteem had a very strong significance with psychological well-being (**β = .45, p = .000**), while emotions showed no significance (**β = .03, p = .618**). Companionship, on the other hand, illustrated an interesting finding in that it was significant but negatively so (**β = -.20, p = .000**). Therefore,

> **H16:** *Social Support outcomes, such as Esteem (A) –supported; Emotional support (B) – not supported and Companionship (C), – supported are positively associated with the Psychological Well-Beingof people who immigrate to a new country*

Overall, participating in cultural entertainment and travel activities was shown to have a direct effect on psychological well-being. However, dining was not shown to have a direct effect on psychological well-being at all. However, dining did lead to social support esteem, emotional support and companionship that ultimately improvedthe psychological well-being of the individual.

Table 5.4.5: Results for Multi-level Sequential Mediation Paths between LP and PWB

(LP→SSestm→SSemo→SScompan →PWB)

IV ↓	DV: SSestm	DV: SSemo	DV: SScompan	DV: PWB
Constant	$3.72^{***}(.16)$	$1.03^{***}(.22)$	$.81^{**}(.31)$	$2.31^{***}(.23)$
LPEntCul	$.01^{NS}(.04)$	$.02^{NS}(.04)$	$.03^{NS}(.05)$	$.08^{*}(.04)$
LPDine	$.16^{***}(.04)$	$.00^{NS}(.04)$	$.01^{NS}(.05)$	$-.00^{NS}(.04)$
LPTravel	$.07^{†}(.04)$	$.05^{NS}(.04)$	$-.01^{NS}(.05)$	$.06^{†}(.03)$
SSestm		$.69^{***}(.06)$	$.58^{***}(.09)$	$.45^{***}(.07)$
SSemo			$.17^{*}(.08)$	$.03^{NS}(.06)$
SScompan				$-.20^{***}(.04)$
R^2	.12	.41	.28	.24
F	13.54^{***}	46.67^{***}	21.64^{***}	14.51^{***}

Total Effect of LPEntCul on PWB: $.08^{*}(.04)$, $R^2 = .07$, $F = 7.69^{***}$
Direct Effect of LPEntCul on PWB: $.08^{*}(.03)$
Indirect effects: no significant indirect effects

Total Effect of LPDine on PWB: $.05^{NS}(.04)$, $R^2 = .07$, $F = 7.69^{***}$
Direct Effect of Dine on PWB: $-.004^{NS}(.04)$
Indirect effects:

	Effect	Boot SE	BootLLCI	BootULCI
LPDine→SSestm→PWB:	.071	.021	.036	.121
LPDine→SSestm→SScompan→PWB:	-.018	.008	-.042	-.007
LPDine→SSestm→SSemo→SScompan→PWB:	-.004	.002	-.010	-.001

Total Effect of LPTravel on PWB: $.08^{*}(.04)$, $R^2 = .07$, $F = 7.69^{***}$
Direct Effect of LPTravel on PWB: $.06^{†}(.03)$
Indirect effects: no significant indirect effects

Note: *** p<.000, ** p<.01, * p<.05
Number of bootstrap samples for bias corrected bootstrap confidence intervals: 1000
Level of confidence for all confidence intervals in output: 95.00

LPTravel = Leisure Participation Travel
LPEntCul = Leisure Participation Entertainment Cultural
LPDine = Leisure Participation Dining
SSestm = Social Support self-esteem
SSemo = Social Support emotional support
SScompan = Social Support leisure companionship
PWB = Psychological well-being

Chapter Six

Discussion and Conclusion

The purpose of this study was to understand how leisure consumption influences the psychological well-being of people who immigrate to a new country. A theoretical framework was developed and then empirically tested integrating leisure motivation, leisure participation, intrapersonal outcomes, social support and psychological well-being. Consumption behaviour has already been identified as an important aspect that is very strongly influenced by various life events we experience (Mathur et al., 2006). It seems logical that researchers as well as marketers should investigate further the consumption behaviour of people after specific life events that are currently of a high occurrence. The motivation for this thesis was a realisation that it is imperative to study the importance of leisure consumption and its relations to immigration as a critical life event that is experienced by high number of people around the world. The results provide empirical evidence as well as discussion of the theoretical mechanism of leisure participation and how it affects the psychological well-being of immigrants. This chapter, therefore, will offeran in-depth discussion of the revealed findings and the contributions this study offers theoretically and managerially. The limitations of the current study will also be outlined and opportunities for future researchwill be provided.

6.1 Findings and conclusions

The current research had a list of hypotheses, the support or contradictions of each are discussed later in this chapter. However, there were also additional sub-questions raised with the aim to extend current research and gain a broader picture of the situation. One of these questions was how immigrants self-rate their health status after immigrating to New Zealand or whether or not they believe they go through some form of psychological stress.

Therefore, first of all, the health status of immigrants was compared. This study aimed to find out how the respondents rated their health before their immigration and then to see whether the perception of their health status changed after the event. The results indicate that before immigrating to New Zealand, 44.4% of the respondents rated their health as good; while after immigration, people also tended to evaluate their health status as good (52%) or they did not find any changes in their health. Additionally, 8% of the respondents stated that their health improved after moving to New Zealand. On the other hand, some people found that their

health status got worse (14%). Generally, it is assumed that people's evaluation of their health status differs depending on various different factors, including gender, age, cultural background and other variables. However, I believe that the main contribution to such a difference is that we all have different life stories that directly influence our perception of health status at the current period of time even if we are placed in similar circumstances (e.g., immigration to a new country).

The second sub-question was whether the importance of leisure changed before and after immigration.Asking the immigrants about the importance of leisure in their lives and comparing this evaluation with before and after immigration, it was found that for the majority of the respondents (42.9%), leisure was important prior to the life event of immigrating to New Zealand. Moreover, as it was predicted, 44.4% confirmed that leisure was still important after the event; and some of the interviewed immigrants shared that leisure became even more important for them after immigrating (as in Figures 5.3 and 5.4). This finding is consistent with previous decades of research where respondents stated that they believed that leisure helped them to deal with daily problems and stress (e.g. Freysinger, 1987; Hasmi et al., 2013; 204; Suto, 2013; etc.). It could be concluded,therefore, that the importance of leisure is definitely ingrained early in life and plays a vital role after a critical life event has occurred.

Apart from dining, travelling and cultural entertainment activities that were chosen for the hypotheses testing, the respondents were also asked a third sub-question concerning the additionalleisure activities they had engaged in over the past year. This question was asked in order to create a more detailed picture of the immigrants and what leisure activities they engaged in. The results show that the majority went to the cinema (64.4%), shopped for fun (54.6%), watched sport events (39.2%) and went bush walking (39%). They also frequently went to parties (44.8%), dined out (58%) or attendedbars (39.4%).

There were other findings identified concerning what activities immigrants engagedin or wanted to engage in more often after immigrating. The respondents were asked about their favourite and most frequent activities and many of them stated various sport activities. Almost all of the respondents stated that sport activities were important to them. Apart from sport activities there were other activities identified as coping strategies by the respondents. Among them there were such activities as social activities, shopping, self-care, computer games and other Internet related activities, work or education or spending time on a hobby.

There were (7) respondents who believed that escaping through alcohol consumption would help them to deal with their stress in a new country. Unfortunately, this is not a new finding in the research area and the problem of alcohol consumption does exist in relation to various stressful life events and people's desire to escape from them (Beseler et al., 2011; Cerda et al., 2008; San José et al., 2000; Steptoe et al., 1996; etc.). However, focusing on the positive side, the majority of the respondents in the current study argued that what also assisted them in coping with post-immigration stress was keeping a positive perception of life. Believing that everything is for the better, smiling more often, watching comedy shows and focusing on health through healthy eating and attending health related events was regarded as very important.

6.1.1 Leisure Motivation and Leisure Participation

Two other sub-questions were part of the framework and hypotheses.The fourth question was what motivated immigrants to participate in specific leisure activities. Firstly, motivationto learn something new was found to positively influence leisure participation in travel and cultural entertainment activities but not in dining activities. A possible explanation for the absence of dining activities in this area is that people perceive dining activities to be an opportunity to gather competence. This explanation was derived from the second part of the question that is discussed in the next paragraph.

Secondly, as explained above, leisure motivation for gathering competence was present among dining activities and also for cultural entertainment activities. However, it was not identified for participation in travelactivities. This is an interesting and unexpected finding because I strongly believed that one of the reasons why people travel is to increase the level of their competence. However, the present hypothesis was found to be wrong. This could be due to the possibility that immigrants prefer travel for other reasons or motivations, for example, escaping from the reality, exploring the host country in more detail, learning about the host country's culture, and so on. The above reasons are thoughts but not explanations. Therefore, real explanations are hard to identify and further research on this area is strongly advised.

Taking into account all of the reviewed motivations for leisure participation, it was found that immigrants chose dining for only one motivation, that is,gathering competence. This is another interesting finding that needs further exploration. Previous research has stated that people may choose dining activities in order to increase their competence. For instance,

Warde et al. (1999) maintains that people seek cultural variety and they might do so via dining experiences, for example, trying different ethnic cuisines. Nevertheless, this is still closely linked to the presence of social support from the dining experience (Warde et al., 1999). In the present thesis, however, social support did not play a vital role in immigrants' motivation for participating in various dining activities. A possible explanation for this is that people go to dining activities to gather competence in learning about various ethnic cuisines that are widely available in New Zealand – "the country of immigrants". Moreover, the results from past research also indicate that acculturation has some impact on dining-out behaviour (Bojanic& Xu, 2006). Therefore, another idea that has been derived from both personal experience and previous research is that immigrants usually lose or simply lack competence when placed in a new and unknown environment or country; therefore, they are motivated to compensate or this or simply gather the competence while performing dining out activities.

Thirdly, motivation for social purposes showed links with cultural entertainment activities. Interestingly, immigrants did not participate in the other two types of leisure for social purposes (dining and travelling). Possible reasons for this could be based on the previous findings stated abovethat immigrants did not choose social dining as such and viewed dining activities as an opportunity to gather competence rather than develop social connections, while they chose travelling primarily for learning new things. Thiscontradicts past research which has found that dining is chosen for social purposes whereby people dine with friends or family – and the same results have been found for travel activities (Lee, 2011). Therefore, the results of the current study provide new and unexpected finding. A possible explanation is that this difference occurs based on the different nature of life events studied in the previous research (e.g.,Lee, [2011] studied the different life events of retirees) whereas this study focused exclusively on one critical life event.

However, the most interesting finding among leisure motivation variables was that motivation for relaxation was not positively linked to any of the other three leisure participation activities. This is not consistent with the previous research where many researchers have found that people tend to participate in leisure mainly for relaxation purposes (Iwasaki et al., 2005; Lee & Cox, 2007; Shaw, 1985, etc.). A possible explanation for the lack of support for this hypothesis is that in previous studies, researchers have focused on different critical life events and different sample characteristics. For instance, Lee (2011)

studied the influence of life events on retirees' consumption of specifically leisure and hospitality products. Iwasaki (2001) researched daily problems among university students and their impact on leisure consumption. It is suggested that in the above examples people seek leisure in order to relax due to the nature of the life events they experience. In the case of this study, it could be assumed that the immigrants did not search for relaxation and had different motivations for leisure activities.

6.1.2 Leisure Participation and Intrapersonal Outcomes

The fifth sub-question as a part of the framework was to analyse to what extent leisure participation, intrapersonal outcomes and social support variables mediate the effect of leisure motivation on psychological well-being. The following sections will discuss the findings on these issues. Leisure participation in dining and travel activities had a positive relationship with only one intrapersonal outcome, self-efficacy, while leisure participation in cultural entertainment did not have any positive effect on any of the intrapersonal outcomes. In terms of leisure participation and social support, dining and travel activities had a positive relationship with self-esteem only, while cultural entertainment activities were not supported again. Leisure participation in travel activities did not lead to continuity in leisure as it was originally proposed; however, participating in travel activities affected continuity through self-efficacy.

It could be concluded that leisure participation in dining activities, leisure motivation for learning something new and leisure motivation for competence all had direct relationships with self-efficacy as an intrapersonal outcome. Dining mediated these relationships.

No direct effect was found between motivations for learning something new and competence and continuity in leisure. This relationship was mediated by self-efficacy and self-efficacy led to continuity. Moreover, the effect of dining on engagement was also mediated by self-efficacy.

6.1.3 Intrapersonal Outcomes and Psychological Well-being

In terms of multilevel sequential mediation analyses, it was found that the intrapersonal outcome of self-efficacy led to continuity, thus, the hypothesis was supported. Continuity, therefore, was proved to lead to further engagement in leisure activities. This order of intrapersonal outcomes resulted in the enhancement of psychological well-being. All of the above hypotheses were supported, meaning that the longer an immigrant participated in the

leisure activities of their choice, the more engaged they became and, thus, their psychological well-being improved.

6.1.4 Leisure Participation and Social Support

Social support variables included esteem, emotional support and leisure companionship in this research. Previous research has found that social adaptation is correlated with emotional well-being (Scott & Scott, 1991). However, the present research did not find any links to emotional support for any of the three leisure activities. In other words, emotional support was not found to be positively associated with dining, travelling or cultural entertainment activities. However, leisure participation in dining activities was found to be positively associated with only one of the variables, that is, esteem or self-esteem. Emotional support and companionship were not found to have any positive association with dining. This was an unexpected outcome because previous research by Lee (2011) showed that retirees who experienced transitional life events tend to change their dining-out companionship as well as their cultural entertainment preferences. A possible explanation forthese different results might be the nature of the current study which studied a different age group – young immigrants – and a different life event – immigration. Therefore, results differed, the results of this study indicating that immigrants preferred dining activities as a form of leisure not for social purposes.

In addition, esteem was also found to have a positive association with participation in travel activities. This may be because people tend to increase the time spent in travelling after they experience major negative life events (e.g. death of a family member, experiencing injury or surgery) (Folkman& Moskowitz, 2000; Huang & Tsai, 2003). This has a direct impact on the present result in this thesis because travel creates a temporary 'separation' from stress (Folkman& Moskowitz, 2000) and, thus, provides an opportunity to enhance self-esteem as well. However, another possible explanation for this might be that immigrants who move to a different country often do not make new friends or social contacts at the new location (Lee, 2011). Therefore, immigrants might not view travel activities as an opportunity for social gathering whatsoever if they prefer travel with people they already know.

Another interesting result that emerged is that leisure participation in cultural entertainment activities did not have any positive associations with any of the social support variables. Thisresult requires further exploration. For instance, it was found that immigrants were motivated to participate in the named activities; however, they did so in order to gather

competence or for other related reasons rather than social connections and the outcomes they might bring into their lives. Overall, esteem gathered from social support was not mediatedby leisure participation and psychological well-being, but emotional support was.

6.1.5 Social Support and Psychological Well-being

This section examines further results and discusses social support variables exclusively without linking them to the three chosen leisure activities. Even though previous studies have found that acculturation does not have an effect on self-esteem (e.g. Yoon et al., 2011),this study found that esteem that was derived from social support led toan escalation in emotional support which then led to companionship. Therefore, all of the hypotheses from the second part of the multilevel sequential mediation analyses were again supported.

6.1.6 Psychological Well-Being

The psychological well-being of immigrants in New Zealand was not found to be supported by all of the chosen leisure participation outcomes. An interesting result occurred when evaluating intrapersonal outcomes and their effects on psychological well-being. It was found that self-efficacy was the only intrapersonal outcome that had a positive effect on the psychological well-being of the immigrants. The social support outcomes of continuity and engagement were also not found to have any positive influence on well-being. However, the social support outcomes of esteem and companionship were found to improve psychological well-being. Therefore, psychological well-being was positively associated with only one intrapersonal outcome of self-efficacy and two social support outcomes – esteem and companionship, all of which were derived from leisure participation.

6.2 Contributions and implications

6.2.1 Theoretical implications

The consumption behaviour of immigrants is a relatively under researched phenomenon (Wang & Lo, 2007); however interest in this research area is increasing. Leisure consumption has been limited primarily to theoretical discussion (Lee & Tse, 1994; Wang, 2004). Therefore, various types of immigrant consumption behaviour need further exploration (Wang & Lo, 2007). This thesis aimed to fill the gap in the literature and provide empirical evidence as well as discussion on the theoretical mechanism of how leisure consumption contributes to the enhancement of psychological well-being of immigrants in New Zealand. This thesis has both theoretical and managerial contributions.

Through the anonymous answers from the respondents and with interpretive efforts, the findings reveal how leisure participation(or leisure consumption) affects the psychological well-being of immigrants and what motivates people to perform these leisure activities. The findings signify that current theories on leisure consumption should be extended further in order to fit the leisure consumption patterns that follow after the critical life eventdiscussed in this study. Previous studies profess that immigration as a critical life event has a very strong impact on many different aspects, habits, decisions, points of view, beliefs and consumption of people. There is a need for further extensions of such theoretical models to adapt to the case of immigration as a critical life event.

Along with the findings from past studies on leisure as coping mechanism for stress caused by life events (Hutchninson et al., 2003; Iwasaki & Schneider, 2003; Kleiber et al., 2002; etc.), the theoretical model developed for this study contributes to knowledge of leisure consumption. This research also helps strengthen confidence in the belief that leisure contributes to well-being and it also expands the research stream further by studying it in terms of immigration in a New Zealand context. This is so because immigration to New Zealand as a critical life event has not been well researched but the need to investigate this area is important because (1) New Zealand is world-known country with a high number of immigration cases; (2) the number of immigrants to New Zealand is predicted to grow further; (3) looking at a new country proves that even though major findings agree that leisure consumption improves psychological well-being, and these findings are extended to include all countries and all immigrants, the current study shows that the extent of leisure consumption and the specific leisure activities do indeed differ between various cultural groups as well as in different host countries. However, this study agrees with prior research that leisure participation does indeed help people to adjust to the changes that occur after a critical life event. Thisfinding is supportedby social psychologists that argue that individuals need to cope with stress after critical life events through leisure participation (e.g., Kelly et al., 1986; Freysinger, 1987; Lawton, 1994, etc.).

Findings from this study found that all of the motivations or reasons why immigrants participate in leisure activities were supported for the chosen leisure activities apart from the motivation for relaxation. This finding contradicts previous studies which argue that people choose leisure activities for relaxation (e.g. Iwasaki et al., 2005; Lee & Cox, 2007; Shaw, 1985, etc.). Instead, this study argues that people may seek leisure in order to relax but this

depends on the nature of the life events they experience. Thus, this research argues that it is vital to make a clear division between life events and study them independently in relation to relaxation as a leisure motivation variable. It is imperative to stop assuming that people always seek leisure in order to relax.

Moreover, the proposed model (illustrated in Figure 1, Chapter 3) also showsthat improving psychological well-being was the final goal for those immigrants who participated in the study.Only some of the social support and intrapersonal outcomes were found to have a relationship with leisure participation and psychological well-being. The only variable from intrapersonal outcomes was self-efficacy and the two social support variables were esteem and companionship. Therefore, this finding contributes to the findings of existing studies discussed in literature review that these variables positively contribute to the improvement of psychological well-being. Moreover, the fact that only these variables were supported as having a mediating relationship between leisure participation and psychological well-being means that there is a clear route for further exploration of their mediating effects on psychological well-beingthrough other activities that are not limited to only leisure.

As a final point, this study has theoretical implications and offers contributions in that it included more than one group of immigrants (based on ethnicity, age or gender) as opposed to the majority of past papers (e.g. Ahmad et al., 2005; Angel & Angel, 1992; Choi et al., 2008; Lee & Cox, 2007, etc.).Instead of choosing one specific group of respondents, the goal was to gather answers from various groups of immigrants and, thus, providean additional contribution to the theoretical domain.

6.2.2 Managerial implications

The contributions of this thesis are not just theoretical but also belongtothe substantive and practical domain. The list of additional leisure activities that appeal to immigrants as discussed in the first part of Chapter 6 (not as part of the theoretical model) contributes to tourism marketing in that it assists marketers in identifying additional or new activities that are of a high interest for immigrant groups and also with providing further marketing strategies related to immigrants' engagement in leisure activities. Therefore, tourism marketers can benefit from this research by using the findings to encourage further participation and consumption of these leisure activities.

Researchers and practitioners have already started to look differently at consumer behaviour. It is now well known that a person's consumption activity should be viewed not just as behaviour at a given point in time but also as a part of the individual's consumption history (Moschis, 2007). More specifically, it is imperative to do three things: (1) to look at the person's life events experienced in the past; (2) to evaluate the person's consumption changes at the current time; and most importantly (3) to try to predict how the person's consumption behaviour might shift in the future. Since people subconsciously try to improve their psychological well-being when experiencing critical events, their consumption always changes. This study focused on one specific area of understanding – how leisure consumption influences the well-being of immigrants in New Zealand. It was found that leisure participation is positively associated with the improvement of psychological well-being. Thus, looking at changes in immigrants' leisure consumption after the life event of immigration, my aim was to predict what leisure activities immigrants would consume in the near future or what activities they wanted to engage in when living in New Zealand. The findings have a strong implication for marketing practitioners. For example, the conclusion drawn by previous studies that social support is crucial in lives of immigrants was supported by the current study; therefore, marketers should develop various leisure activities that promote social support, communication and networks. Moreover, recognizing that the emotional consequences of critical life events gain a stronger base of loyal customers (Mathur et al., 2006), it is imperative for marketers to keep in mind those activities that were chosen by immigrants in this study, in order to offer products that are suitable to the new needs of immigrants.

This study also has implications for public policy makers, encouraging them to develop specific activities that are important toa large number of people in New Zealand – immigrants. For instance, it is necessary for policy makers to ensure that immigrants in New Zealand can easily access the leisure activities that are available for members of local communities.Participating in a leisure activity with locals would enhance adjustment in a new country by improving the social support immigrants require as well as satisfying their motivation for leisure participation further. Overall, there is a need for policy makers to pay more attention to the role of leisure in enhancing positive health and reducing negative thoughts while coping with post-migration depression and stress. Policy makers must therefore ask themselves the question: Can immigrants in New Zealand easily access all the

leisure activities that are available to members of local communities? It is vital that immigrants are offered the variety of choicesenjoyed by locals.

It is also imperative to make sure that there are enough workplaces for immigrants. This is so because once immigrants are employed, they have the financial resources to engage in various leisure activities. Additionally, different organisations that help immigrants to settle in a new place should take into consideration various programmes that encourage the further social collaboration of immigrants. These activities may include sport events, recreational activities, building of further leisure facilities, and so on.

There are further implications for leisure industry management also. For instance, there are well-developed sport and physical leisure activities around New Zealand but there is a need for further development of other types of leisure activities. The dining industry is very well developed in New Zealand, providing various types of cuisine that allow immigrants to taste new flavours or eat the food they are familiar with and that reminds them of their homes. It is quite feasible to combine dining activities with cultural entertainment activities; for example, offering different cultural performance nights in restaurants. This practice is available in New Zealand but there is a need for it to be extended further. New Zealand also has well-developed travel options around the country and overall it promotes travel within the country very well. Since the current study found that travel is important for immigrants in New Zealand, there is room to combine various leisure activities with travel.

Another perspective that requires extra attention is that happy immigrants equates with a positive perception of a host country. Marketing researchers and leisure marketing practitioners must look for ways to improve immigrants' psychological well-being by offering themthe leisure activities of their choice. Furthermore, there is a need to provide more work placements for immigrants for two major reasons. Firstly, many people immigrate to New Zealand searching for better job opportunities. Secondly, once an immigrant is employed, he or she has more financial resources to engage in more leisure activities, thus, improving his or her psychological well-being. Moreover, different organisations that help immigrants to settle in a new place should take into consideration various programmes that encourage further social collaboration.

The correlation happy immigrants – happy perception of a host country is beneficial for not only those who are already here but also those who might become interested in immigrating

here. A new viewpoint proposed in this study is to look at improving leisure consumption for immigrants as a way of further promoting the country to other potential immigrants.

6.3 Limitations and directions for future research

Even though this study has a number of very valuable implications and contributions, more in-depth research is needed. This study has limitations that should be addressed in future research. For instance, the list of possible motivations for leisure is not limited to the four selected for the current study (leisure for learning something new; leisure for gathering competence; leisure for social connections; and leisure for relaxation). Since motivation for relaxation was not found among any of the three chosen leisure activities (dining, travel and cultural entertainment), more research is required in order to identify what activities immigrants choose for relaxation. It might be worth looking more closely at sport activities since almost all of the respondents stated the importance of sport activities in their lives. It might be the case that the possible motivation for relaxation drives New Zealand immigrants to participate in physical leisure activities. Moreover, it would be highly interesting to know whether this is a common trend among other countries with a high immigration profile. Future studies should also include and explore other possible motivations for leisure participation.

The current study was quantitative in nature and provided valuable inputs. However, experimental studies should be included in future studies in order to strengthen the speculative explanations of the current findings.

Further testing of the current theoretical model is strongly needed but in different settings, such as different life events or different participant groups. For instance, there is a possibility of bringing new insights into the work-leisure balance. For example, if some of the variables of psychological well-being are lacking at work, it might be beneficial if a workplace provides some of the leisure activities for its employees that engage these variables or in other words – experiences. Further research specifically on work and leisure would be beneficial.

6.4 Concluding remarks

Results of this study may serve as a useful point for further investigations of leisure participation of recent immigrants and its effect on their psychological well-being. In particular, the results of the current study present new avenues for further development of mainstream leisure participation or consumption and its effects on psychological well-being research.

In conclusion, this study aimed to expand the field of consumer behaviour further and to provide a new perspective by answering the question of how leisure consumption influences the psychological well-being of immigrants. I believe that future research will help with further achievement of these goals. Generally, there is a high importance of leisure in our lives and what I personally hope as an immigrant myself, a researcher and a marketer is that this thesis research will bring shed further light into this area and provide essential contributions to all of us.

"Tension is who you think you should be. Relaxation is who you are."
Chinese Proverb

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Appendix 1

Participant Information Sheet

AUT
UNIVERSITY
TE WĀNANGA ARONUI O TAMAKI MAKAU RAU

Date Information Sheet Produced:
08 March 2014

Project Title
Influence of Leisure Participation and Motivation on Psychological Well-being and Consumptive Behaviour after a Critical Life Event

An Invitation
Greetings, my name is Margarita Lyulicheva and I am a Master of Business student at AUT University. I am conducting research on the influence of leisure participation and motivation on psychological well-being and consumption behaviour after a critical life event. I would like to invite you to participate in this research. Data collected will be used only for the stated purpose. All information collected will be kept confidential. You may withdraw your participation at any point during completion of the following questionnaire without any effect to your rights up to the end of data collection.

What is the purpose of this research?
The purpose of this research is to understand how leisure participation influences the psychological well-being and consumption behaviour of individuals that have immigrated to New Zealand; and to uncover the factors that may add to a better quality of life following immigration. I am conducting this research for my Masters of Business Thesis.

How was I identified and why am I being invited to participate in this research?
You were initially identified because you are an adult in the age range between 20 years to 55 years and you immigrated to New Zealand from a different country after June 2009. You as a participant will be self-identified as eligible when answering the first control questions. Your inputs in this research will be very valuable because this study aims to identify the influence of leisure participation and motivation on psychological well-being and consumption behaviour after a critical life event.

What will happen in this research?
All you have to do is to complete a questionnaire. You will not be asked to provide identifying information, the questionnaire is anonymous. The completion of the questionnaire should take approximately 20-25 minutes. You may complete this online or take the printed

version away to complete it at a later time, and return it using the prepaid envelope provided within the next 14 days.

What are the discomforts and risks?
There might be minor discomfort involved in answering the survey as you will be asked questions about the role of leisure in your life, your feelings about your personal well-being and your feelings about life in general, however the risk of discomfort is extremely unlikely.

What are the benefits?
The research outcomes will particularly benefit the academic and business communities by studying how leisure participation affects the well-being and consumption behaviour of individuals who have immigrated to New Zealand. This research will help understand how leisure participation motivation changes after immigration and how it influences and transfers consumption preferences and behaviour.

You will not be paid for participating in the research, however to show appreciation for your efforts, you are provided the option of entering the draw for a $50 Westfield voucher. The winner will be randomly chosen among the interested participants of this research. All entries to the draw are provided on a sheet not connected to the questionnaire and will be stored separately so at no stage will your anonymity be compromised. The draw will take place in August after the collection of all questionnaires. The prize draw will be made randomly by the primary researcher's supervisor in his office at AUT University, and the winner will be contacted immediately.

How will my privacy be protected?
All survey participants will be anonymous. If you wish to participate in the draw, you will need to supply a means to contact you e.g. email or phone number. These will not be disclosed, and you will not be asked for your name. The sheet with your contact details will be separated from the rest of the questionnaire and the two will not be linked. The research report will provide summary percentages and total numbers of responses (not linked to any individuals).All data will be stored with the primary supervisor in a locked cupboard.

What are the costs of participating in this research?
There are not costs to you other than your time to fill out this questionnaire.

What opportunity do I have to consider this invitation?
You can take as much time as you need to decide if you wish to participate in the research. You have the choice of completing the questionnaire and returning it in the postage-paid envelope provided within the next two weeks; or you can complete it online by clicking on the following link at a convenient time:
https://www.surveymonkey.com/s/leisure_consumption

How do I agree to participate in this research?
By filling out the questionnaire you give consent to partake in the research.

Will I receive feedback on the results of this research?
The results will be available from February 2015. The summary of research results will be available once the research is completed and published. The summary will be available on a free-access website on the following link:
https://www.dropbox.com/s/4nicfvujphnhp4h/Synopsis.docx

What do I do if I have concerns about this research?
Any concerns regarding the nature of this project should be notified in the first instance to the Project Supervisor, Sanjaya Gaur at sgaur@aut.ac.nz or 09 921 9999 ext. 5465

Concerns regarding the conduct of the research should be notified to the Executive Secretary of AUTEC, Kate O'Connor, *ethics@aut.ac.nz*, 921 9999 ext 6038.

Whom do I contact for further information about this research?
Researcher Contact Details:
Margarita Lyulicheva, lyulicheva.margarita@hotmail.com

Project Supervisor Contact Details:
Sanjaya Gaur, sgaur@aut.ac.nz

ResearchQuestionnaire

InfluenceofLeisureParticipationandMotivationonPsychologicalWell-beingandConsumptionBehaviourafteraCriticalLifeEvent

Yourassistanceincompletingthefollowingquestionswouldbemuchappreciated.

Bycompletingthisquestionnaireyouareindicatingyourconsenttoparticipateinthisresearch.

Pleasefilloutthequestionnaire,independently,withoutconsultinganyone.

Section1

1. **Whatisyourcountryofbirth?**_____
2. **Are youbetween20-55 yearsage?**
   - ☐ Yes
   - ☐ No
3. **DidyouimmigratetoNewZealandafter30June2009?**
   - ☐ Yes
   - ☐ No

(Ifyour answerstoboth**2and3**aboveare**'Yes'**thenyouaretherightpersontocomplete thisquestionnaire.Pleaseproceedtothefollowingsectionstocompletethesurvey.Otherwise,this concludesyourinputsand I wouldlike tothank you foryourtime.)

4. **DidyouimmigratetoNewZealanddirectlyfromyourhomecountry?**
   - ☐ Yes
   - ☐ No   **IfNo,Wherefrom?**_____

	Verygood1	Good 2	Neithergood norbad 3	Poor 4	Verypoor 5
5.Howwouldyourateyourgeneralstateofhealthbeforeyou immigratedtoNewZealand?					
6.Howwouldyourateyourgeneralstateofhealthafteryou immigratedtoNewZealand?					

7.AfterimmigratingtoNewZealand,whatactivitiesmostassistedyouincopingwithyournewlife conditions?Listthembelow:

_____   _____   _____

	Strongly Disagree 1	Disagree2	Neitherdisagree Noragree3	Agree 4	Strongly agree5
8.LeisurewasanimportantpartofmylifebeforeIimmigrated toNewZealand					
9.Leisureisanimportantpartofmylifenow					

Section 2 –Leisure Motivation

10.Since my immigrationtoNewZealandIwanttoengageinleisure	Strongly disagree 1	Disagree 2	Neither Disagreenoragree 3	Agree 4	Stronglyagree 5
Iwanttoexplore morenewideasandexperiences					
Iwanttoexpandmoreofmyknowledge					
Iwanttosatisfy moreofmycuriosity					
Iwanttolearnmoreaboutmyenvironmentandsurroundings					
Iwanttolearnmoreaboutmyself					
Iwanttousemoreofmyimagination					
Iwanttointeractmorewithothers					
Iwanttobuildmorefriendshipswithothers					
Iwanttomeet morenewanddifferentpeople					
Iwanttorevealmythoughts,feelingsorskillstoothers					
Iwanttobemoresociallycompetentandskilful					
Iwanttogainmorerespectfromothers					
Iwanttorest more					
Iwanttomentallyrelaxmore					
Iwanttoreleasemore stress andtension					
Iwant to bealone more					

Section3 – Leisure Participation

Pleaseselecttheactivities thatyouhaveparticipated inatleastonceinthepast year:

11. Artsandentertainmentactivities

Attendingconcertsorplays	
Going tothecinema/theatre	
Attendingmuseums	
Gambling	
Shopping(for fun)	
Attendingsportevents(watching)	
Bushwalking	
Other(pleasespecify):	

12. Socialactivities

Dancing	
Partying	
Bars	
Night clubs	
Churchactivities	
Dining-out	
Other(pleasespecify):	

13. Sportactivities(listthembelow)

14. Hobbies(list them below)

15. Other(pleasespecify)

_____

16. Favourite activity:

a. From those activities listed in questions 10-15, which activity is your favourite?

_____

b. How many times, per month, do you perform this activity? _____

c. How many hours per month do you spend performing this activity? _____

d. Did you participate in this activity before immigrating to New Zealand? _____

17. Regular activity:

a. From those activities listed above, which do you most participate in on a regular basis?

_____

b. How many times per month do you participate in this activity? _____

c. How many hours per month do you spend participating in this activity? _____

d. Did you participate in this activity before immigrating to New Zealand? _____

Section 4 – Social Support

Question 18 – social support	Strongly disagree 1	Disagree 2	Neither Disagree nor agree 3	Agree 4	Strongly agree 5
My leisure companions help me feel good about myself					
My leisure companions hold me in high esteem					
I am respected by my leisure companions					
I feel that I am valued by my leisure companions					
My leisure companions listen to my private feelings					
For me, leisure is a means for developing friendships					
I feel emotionally supported by my leisure companions					
Leisure allows me to be in the company of friends					
Socialising within leisure time is a means for managing stress					
I deal with stress through spending leisure time with my friends					
Engaging in leisure is a stress-coping strategy for me					

Section 5 – Intrapersonal Outcomes

Question 19 – intrapersonal outcomes	Strongly disagree 1	Disagree 2	Neither Disagree nor agree 3	Agree 4	Strongly agree 5
When I participate in leisure activities I feel good about myself					
Watching others participate in leisure activities makes me feel like I can perform them					
Participating in leisure activities makes me feel like I can do more in life than I am already doing					
Leisure activities make the rest of my daily tasks seem manageable					
I get encouragement from others when I participate in leisure activities					
Participating in leisure activities helps me feel like myself again					
Leisure activities provide a feeling of stability in the midst of all of the changes in my life					
Participating in leisure activities provides structure and a routine for me					
Leisure activities make the rest of my life seem worthwhile					
My leisure activities give me something to look forward to					
I feel good about life when I am participating in leisure activities					

Section6 – Use pattern
ForEntertainmentandculturalactivities

20. "AfterIimmigratedto New Zealand,I…"	Strongly disagree1	Disagree2	Neither Disagreenoragree 3	Agree4	Stronglyagree 5
Wentbushwalkingmoreoften					
Wenttobeaches moreoften					
Wentcampingmoreoften					

ForDiningoutactivities

21. "AfterIimmigratedto New Zealand,I…"	Strongly disagree1	Disagree2	Neither Disagreenoragree 3	Agree4	Stronglyagree 5
Increasedthefrequencyofdiningout					
Increasedexpenditureonaveragedining					
Dinedoutwithfamilymoreoften					
Increasedmyoverall frequencyofdiningoutwithfriends					

ForTravellingactivities

22. "AfterIimmigratedto New Zealand,I…"	Strongly Disagree 1	Disagree2	Neitherdisagree Noragree3	Agree 4	Strongly Agree 5
Increasedthelengthofstaywhileonvacation					
Tendedtotravelwithmyfriends/family more					

23.Isthereanythingelseyouparticipated inonlyafteryouimmigratedtoNewZealand?Ifany,pleasewritedownbelow:

_____

_____

Section7 – PsychologicalWell-Being

Question24–psychologicalwell-being	Strongly Disagree 1	Disagree2	Neitherdisagreenor Agree 3	Agree 4	Strongly Agree 5
Ihaveconfidenceinmyopinions,eveniftheyaredifferent fromothers'					
Iamgoodatmanagingmydailylife					
For me,life hasbeena continuous processoflearning, changingandgrowth					
Peoplewoulddescribe meas agivingperson whois willing to sharetimewithothers					
IfeellikeIhaveadirectioninmylife					
WhenIlookatthestoryofmylife,Iampleasedwithhow thingshaveturnedout					

Section8- Demographic Questions

25. What age group do you belong to?
☐ 20-30
☐ 31-40
☐ 41-55
☐ Above55

26. Are you employed?
☐ Full-time
☐ Part-time
☐ Notemployed

27. Gender:
☐ Male
☐ Female

28. Ethnicity:

29. What is the highest level of your education?
☐ HighSchool
☐ Tradecertificate
☐ Undergraduatedegree(completedor inprogress)
☐ Postgraduatedegree(completedorinprogress)
☐ Other_____

30. What is your relationship status?
☐ Single
☐ Inarelationship
☐ Married
☐ Divorced
☐ Widowed
☐ De-facto
☐ Other_____

"THANKYOUFORYOURTIMEANDVALUABLECONTRIBUTION"

Thank you very much for taking the time to complete this questionnaire and be part of this research project. As a token of appreciation you may enter a draw for a $50 Westfield voucher below. Please note that this entry into the draw will be kept separate from your answers to the questionnaire.

If you would like to enter the $50 Westfied voucher draw, please indicate your contact details by which you may be contacted. The draw will take place in August 2014 at the conclusion of data collection. The prize draw will be made by the primary researcher's supervisor in his office at AUT University.

My email_____

My phone number (_____) _____