



## EXPLORING THE LEISURE PARTICIPATION AND QUALITY OF LIFE OF FILIPINO MIGRANT'S IN TAIWAN

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### Abstract

Overseas Filipino Workers (OFW) comprise as one of the largest populations of migrant workers globally. In Taiwan they represent as the third biggest foreign workers next to Indonesian and Vietnamese. This study aims to investigate the relationship of leisure participation of Filipino migrant workers, whether participation in leisure activity shows an impact in promoting their quality of life while living and working abroad. Also, this research wants to know the relationship of leisure participation to the quality of life of Filipino migrant workers in Taiwan. This study is a quantitative type of research wherein the researcher used a structured form of questionnaire thru the Google forms via online survey as a platform in collecting the data for statistical analysis. A total of 322 respondents were collected. Finding reveals that using the internet media, visiting church and relatives and engaging in some relaxation activities are the most popular leisure activities among the Filipinos. Gender does not affect all types of leisure activities. The decision to participate in any leisure activities vary and depend highly on the nature of leisure activity. Different leisure activities would appeal to different age groups of Filipinos in Taiwan. Overall, participating in any leisure activity is not correlated with the perceived quality of life.

Keywords: Leisure, quality of life, Filipino migrant worker, Taiwan

### Introduction

Taiwan has been opening its doors to migrant workers for almost 30 years to meet its economic needs and together build the nation. The popula-

tion of migrant workers in Taiwan has risen to nearly 700,000 people over the last 30 years, becoming an essential part of the production force. Many migrant workers have furthermore become mid-level skilled workers (Executive Yuan., 2022). Filipinos in Tai-

wan consist mainly of immigrants and workers from the Philippines. Based on a report by the Directorate - General of Budget, Accounting and Statistics (DGBAS), as of end of April 2019 there are 154,000 Overseas Filipino Worker's (OFW) who are living and working in Taiwan. This makes Filipinos the third biggest group of foreign workers in Taiwan next to the Indonesians and Vietnamese. Filipino migrant worker are in high demand worldwide as they often have controversial English skills, a history of familial labour migration (Maneze et al., 2016). Crossing national borders to work is one of the key motivations behind international migration, whether driven by economic inequalities, seeking employment, or both. The additional impact of economic, political and environmental crises and shifting demographics, with ageing populations in some parts of the world and a "youth bulge" in others, contribute to rising labour migration (Ozel et al., 2017). "Foreigners admitted by the receiving State for the specific purpose of exercising an economic activity remunerated from within the receiving country. Their length of stay is usually restricted as is the type of employment they can hold. Their dependents, if admitted, are also included in this category." (UN SD, 2017). Some studies on Philippine migration also emphasize the importance obligatory and reciprocal relations within the Filipino family particularly to be mindful of well-being of her family, primarily parents and also dependent siblings. The spaces of leisure for Filipino migrant workers are highly circumscribed. On their limited days off the most common places which mostly migrant workers occupy with are shopping centers. The importance of leisure partici-

pation for overall well being has long been identified in both research and social discussion. General leisure activities can be defined as voluntary non-work activities that are engaged in for enjoyment (Hills & Argyle, 1998; Holder, Coleman, & Sehn, 2009). Different individuals have different leisure needs. That is people choose their leisure activities according to their particular needs, which will vary according to the environments and contexts involved.

### *Political Geography of Foreign Migrant Workers*

In October 1989, Taiwan's government authorized a special order that allowed foreign workers to work legally for a national construction project for the first time. Two years later, the release of working permits for migrant workers expanded to the private sector, starting with particular industries such as construction and labor-intensive manufacturing. In May 1992, the Legislative Yuan, promulgated the Employment Service Law, offering a legal ground for the recruitment and regulation of foreign workers. The legalization of migrant contract labor is however restricted to those countries that have signed bilateral agreements with Taiwan's government, initially including Philippines, Thailand, Indonesia, Malaysia and recently Vietnam. The entry of migrant workers primarily emerged as a response to the urgent demand for low-wage labor by Taiwanese capitalists. Due to the rise in local wages and competition from cheaper labor in China and Southeast Asia. Taiwanese labor-intensive industries began losing their competitive advantage in the global market since the mid 1980's. To ensure surplus ac-

cumulation, these small- scale companies began to either relocate production facilities to countries with cheap off-shore labor or recruit low paid migrant workers to factories in Taiwan. Most migrant contract workers primarily fill unskilled or semi-skilled manufacturing and construction jobs.

Foreign migrant workers in Taiwan is divided into two categories. Migrant workers who work in production and migrant workers in social welfare or those who provide care giving and other domestic services. As of the end of September 2022, there are 712, 169 migrant workers in productive industries and 215, 855 in Social welfare industries. The number of Filipino in productive industries is 125, 855 and 26,855 in the social welfare. In 2016, Taiwan adopted the New Southbound Policy (NSP, 新南向政策), an initiative aimed at strengthening Taiwan's relationships with 18 countries in Southeast Asia and the Indo-Pacific. The NSP concept places particular focus on areas to include global exchange, economic relationships, NGO cooperation, city partnerships, and visas. Ninety percent (90%) of foreigners arriving in Taiwan are from these countries; Indonesia, Philippines, Thailand, and Vietnam. According to the Workforce Development Agency (WDA) under the Ministry of Labor migrant workers close to reaching the maximum 12 or 14 years of stay in Taiwan can now have their employers apply for a one-year work permit extension on their behalf. The extension will be available to migrant workers employed in the production sector, who are currently limited to working for a maximum of 12 years in Taiwan and also to private home-based migrant caregivers who can currently work in

Taiwan for a maximum of 14 years. The move is designed to reduce the risk of cross- border movement during the Covid-19 pandemic and to save resources related to quarantine and testing.

#### Statistical Data Of Overseas Filipino Workers Abroad

Overseas Filipino Workers are estimated at 1.77 million. The number of Overseas Filipino Workers (OFWs) or Filipino workers who worked abroad during the period of April to September 2020 was estimated at 1.77 million. Overseas Contract Workers (OCWs) or those with existing work contracts comprised 96.4 percent or equivalent to 1.71 million of the total OFWs during the same period. Other OFWs who worked abroad without working visa or work permits such as tourist, visitor, student, medical, and other types of non-immigrant visas but were presently employed and working full time in other countries had 3.6 percent share. The number of OFWs dropped by -18.6 percent, equivalent to 405.62 thousand overseas workers from 2019 to 2020. Before the outbreak of the COVID-19 pandemic in 2019, OFWs were registered at 2.18 million, 2.11 million were OCWs and about 69 thousand were other Filipino workers abroad with valid working visa and work permits. Majority of Overseas Filipino Workers are women by sex, more women were reported to be working overseas, accounting for 59.6 percent or 1.06 million in 2020. On the other hand, 40.4 percent or 0.72 million were male. OFWs. The same trend was observed in 2019 where 55.4 percent of the total 2.18 million OFWs were women while 44.6 percent were men. By age group, a greater number

of Overseas Filipino Workers in 2020 were in age groups 30 to 34 years (22.4%), 35-39 years (20.5%), and 45 years and over (19.1%); while, in 2019, 22.3 % of OFWs of both sexes were also in age group 30 to 34 years, 20.3 % in 25-29 years, and 18.8 % were in 35-39 years age group. Male overseas workers in age group 45 years and over comprised the largest group at 23.3 percent, 21.2 % were in age group 30 to 34 years. Female overseas workers in 30 to 34 years age group were accounted at 23.3 percent while 22.2 percent were in the 35-39 years age group.

### *Concept Of Leisure*

An international expression on the importance of leisure can be found in the “Declaration of human right” of the United Nations Ajibua, (2012). The Declaration recognizes the right of every man to rest, to leisure, to freely participate in cultural life of his community and emphasizes the importance of ensuring that individual should also have full opportunity for play and recreation. Jackson (2005), defined leisure as a block of free time; a time when man is free from the obligations and necessities of life. Leisure is important in maintaining and sustaining man’s destiny. Iso-Ahola and Crowley (1991), remarked that leisure activities are important because, in addition to providing opportunities to socialize, they provide human beings with good opportunities to explore and form their individuality and identity. The United Nations Organization (1998) and (2006) asserted that leisure time is a legitimate right of every man because it satisfies man’s essential needs for relaxation, recreation, individual development and creative expression. Tinsley, Bretett, and Kass (1977) noted that different

individuals have different leisure needs. That is, people choose their leisure activities according to their particular needs, which will vary according to the environments and contexts involved. People will also make different leisure choices depending on where they are in their life cycle. As individuals age, they may begin to choose leisure activities that they would not have chosen in their earlier stages of life. Researchers have indicated that participating in leisure activities has significant associations with various physical and psychological conditions (Kim & Choi, 2006; Kim, 2007; Park, 2007). Kim (2009) indicated that the more migrant workers are involved in leisure activities, the more they feel comfortable with leisure activities and are satisfied with their leisure activities. Lee (2005) approached the effects of leisure by considering the relationship between the quality of life and leisure activity, finding a positive influence of leisure on life satisfaction.

### *Leisure And Quality Of Life*

Leisure is any activity that is freely chosen and pursued for its own sake- the intrinsic motivation dimension (Agahi, 2008). It is an activity apart from the obligation of work, family, and society to which the individual turns at will, for relaxation, diversion, or to broadening his knowledge and his spontaneous social participation, and the free exercise for his creative capacity. According to Klumb and Maier (2007), discretionary activities are divided into productive and consumptive activities. Productive activities are those activities that can be performed by someone without losing it benefits (e.g. gardening and shopping) while consumptive activities are performed

for their own sake (e.g meeting friends and reading a book).

The relationship between leisure activities and quality of life should then consider the role of leisure in the configuration of individuals, as “free time” and “leisure” are assumed as spatial temporary niches which contribute to the formation of their social representations and imaginary with respect to people being collective and social beings. In this sense, free time and leisure commonly make reference to the way the societies employ the moments when their members voluntarily free themselves from any commitment, obligation and essential tasks, to locate themselves in times and spaces where leisure, relax, contemplation or reflection activities about themselves and the material environment where they are situated are developed.

Pressman S.D. (2009), suggested that well-being was positively associated with the frequency of participating in enjoyable leisure activities (e.g., spending quiet time alone, socializing with others, and hobbies), highlighting the importance of various kinds of leisure activities throughout the adult life span. Meaningful and satisfactory leisure can enhance an individual’s well-being and thus life satisfaction (Iwasaki & Smale, 2009; Kim et al., 2017; Schulz et al., 2018), which contributes to positive QoL (Hribernik & Mussap, 2010; Mannell & Kleiber, 1997). Health is probably a necessary but not sufficient condition for participation in some kinds of leisure activities; there are other variables that may influence engagement in leisure activities (e.g., cognitive functioning or personality (Jopp D. S.; Hertzog C. 2010).

### *Migrant Workers And Leisure*

Leisure is the realm where emotional closeness or distance to people from the host society as well as to people and places left behind can be created. It is a key sphere to look for continuities and changes in migrants’ lives. The focus on the meaning of leisure is inspired by recent contributions on the role of leisure in contemporary society (Blackshaw 2010; Rojek, 2009). Precisely because migrants are more thoroughly confronted with questions of belongingness, membership, social status, self-perception and cultural change, leisure may be an important area for migrants to develop, express and negotiate their personal, social and cultural preferences, safety, recognition and sense of belonging. Belongingness carries emotional, cognitive, social, as well as physical and geographical dimensions. Rojek (2009), contends that in modern society, leisure has become the domain of intensive identity work.

As migrants often have little control over their lives, leisure can play a crucial role in developing their real and perceived agency (Hasmi et al., 2014), as it may provide them a “healing” space away from migration stress and difficulties. Indeed, ultimately migrants may associate leisure engagement with life satisfaction. Leisure spaces and activities enable migrants to develop, express, and negotiate their personal, social and cultural preferences (MataCodesal et al., 2015). Leisure can contribute to migrants’ self-perception, daily life organization, a sense of self, sense of belonging (Blackshaw, 2010), and integration (Stodolska & Alexandris, 2004). Migrants’ leisure constraints include cul-

tural differences, language barriers, insufficient access to recreation facilities, diminished family centeredness and fatigue as an outcome of working long hours (Horolets, 2012). Strenuous work conditions can make them too tired to be involved in any leisure activities besides watching TV and resting (Stodolska & Santos, 2006). Having free time at unsociable hours diminishes the probability of having company for leisure pursuits (Long et al., 2014; Stodolska, 2000).

### *Leisure And Well Being*

According to leisure scholars, participating in leisure activities serves as a medium for personal enhancement and self-development that offers the opportunity to realize one's potential for lasting fulfillment (Filep 2012; Kelly 1990; Kleiber 1999; Kuentzel 2000; Murphy 1974; Stebbins 1992, 1996, 2005, 2012). In other words, engaging in meaningful and purposeful leisure activities yields rewards that encompass self-actualization, self-enrichment, self-exploration, and self-gratification, and as such these rewards can be viewed as growth or higher-order needs (Hall and Weiler 1992). Williams, (2002), stated that it is important to study leisure as a "venue for making and expressing identity" and "explore how leisure contributes to community cohesion and conflict".

The significance of migrants' leisure stems from the role leisure plays in individuals' lives. Another feature of leisure activities is diversity (from walking in a park to going to the cinema, from aerobics to going to carboot sales etc.) it is important in offering varied modes of coming into contact with the receiving society and thus

gaining knowledge about its daily routines, cultural behaviours of its members and the like. In this respect, leisure is conducive to adaptation to the receiving society (Kloeze 2001; Stack & Iwasaki 2009). Satisfaction with leisure life (or the sense of leisure well-being) contributes directly to subjective well-being (Kruger et al. 2015; Neal et al. 1999; Newman et al. 2014). The happiness achieved in a recreational activity plays a vital role in a person's life satisfaction level (Naseem, Khalida, 2018).

Previous research in recreation area has suggested that leisure experience can play a significant role in enhancing both quality of life and happiness perception (Neal, Janet D., M. Joseph Sirgy, and Muzaffer Uysal, 1999). Menec, (2003) divided leisure activities into three groups: social (e.g. visiting family or friends), solitary (e.g. collecting hobbies) or productive (e.g. volunteer work). Those who regularly engaged in any type of leisure activity reported greater levels of happiness compared to those who did not engage in activities. Furthermore, those adults who participated in social and productive activities enjoyed not only better subjective well being, but were also healthier and lived longer.

### *Total Number Of Filipino Migrant Workers In Taiwan*

According to the Ministry of Labor Republic of China (Taiwan) 2017, at present, Taiwan is among the largest employer countries in the electrical and electronic equipment (EEE) industry. As a way to maintain its industries, the manpower base of Taiwan is always made up in large part of overseas settlement workers, coming from Viet-

nam, Thailand, Indonesia, and the Philippines. The highest number of temporary migrant workers in Taiwan are found in the electrical and electronics manufacturing industry followed by those in the social welfare services including caretakers, nurses, caregivers, and household service workers. Similar to the overall trend in Taiwan, OFWs are mostly found in the electronics, metal works, and semiconductor industries. Both employment trends for OFWs in productive industries and social welfare are increasing.

#### *Reliability Test*

The test of reliability used in this research is the Cronbach's alpha. The researcher looked at the computed Cronbach's alpha to infer the reliability of the scale used. Based on the table below, the Cronbach's score for 38 items is .866 which can be interpreted as acceptable and has high reliability.

#### *Leisure Participation Of Filipinos In Taiwan*

Leisure is very important in helping people meet basic needs especially those that are not attained in work related routine (Driver, Brown and Peterson, 1991). In this study, leisure participation is focused on to assess the extent of leisurely practices of the population. Using 38 leisure practices, the respondents were asked to identify the leisure practices that they enjoy in Taiwan. The tables below show the result.

The table below shows the first three leisure activities presented in the scale. The items are *exercise alone*,

*exercise with more than two people*, and *playing with board games*. Out of 322 respondents, 306 respondents revealed in engaging in solo exercise, 247 would exercise in a group and 220 would play board games.

The table below is the continuation of the Table 3 which shows the frequency distribution of the respondents' answer to the questions related to the leisure activities that they participate in. Based on their responses, more than 60 percent of the respondents would answer that they would engage in multiple and various leisure activities. There are ten listed activities in the table above. The most popular leisure activity among Filipinos is visiting church and relatives which has a frequency count of 315 or equivalent to 97.8% of the total responses. The Philippines is known to be the only Christian nation in Asia. The nation is known to be religious so Filipinos are accustomed and are traditionally be reared in the Catholic-Christian or Islamic faith which is probably the reason why the most popular leisure activity is going to churches and visiting relatives. For Filipinos, faith and family are very important. Since most overseas Filipino workers work abroad with the intention to provide for their families in the Philippines, their strong faith is said to be one of the many motivations they have for leaving home and working in a foreign land. This is supported with the research done by Nismal (2021). In her study, visiting churches and relatives is considered to be a form of social leisure activity by most Filipino migrant workers. By spending time in church and relatives, their over-all well-being improves.

Table 1: Foreign Workers in Productive Industries and Social Welfare by Area and Nationality End of 2021	
Area	Philippines
Grand total	150786
New Taipei City	13532
Taipei City	6760
Taoyuan City	33771
Taichung City	16948
Tainan City	14936
Kaohsiung City	15439
Yilan County	2135
Hsinchu County	14094
Miaoli County	7167
Changhua County	5844
Nantou County	1553
Yunlin County	1899
Chiayi County	1678
Pingtung County	2344
Taitung County	230
Hualien County	1490
Penghu County	242
Keelung City	811
Hsinchu City	9303
Chiayi City	533
Kinmen County	51
Lienchiang County	26



Table 2: Reliability of the Scale

Case Processing Summary		N	%
Cases	Valid	322	100.0
	Excluded <sup>a</sup>	0	0.0
	Total	322	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
0.866	0.798	38

Table 3: Frequency of Leisure Participation Activities of Filipinos in Taiwan

			Frequency	Percent	Valid Percent	Cumulative Percent
Exercise alone	Valid	Yes	306	95.0	95.0	95.0
		No	16	5.0	5.0	100.0
		Total	322	100.0	100.0	
Exercise with more than two people or activities with skills and rules	Valid	Yes	247	76.7	76.7	76.7
		No	75	23.3	23.3	100.0
		Total	322	100.0	100.0	
Board games	Valid	Yes	220	68.3	68.3	68.3
		No	102	31.7	31.7	100.0
		Total	322	100.0	100.0	

Table 3: (continuation) Frequency of Leisure Participation Activities of Filipinos in Taiwan

			Frequency	Percent	Valid Percent	Cumulative Percent
Video games	Valid	Yes	276	85.7	85.7	85.7
		No	46	14.3	14.3	100.0
		Total	322	100.0	100.0	
Visiting church and relatives	Valid	Yes	315	97.8	97.8	97.8
		No	7	2.2	2.2	100.0
		Total	322	100.0	100.0	
Gathering	Valid	Yes	315	97.8	97.8	97.8

		No	7	2.2	2.2	100.0
		Total	322	100.0	100.0	
Participating in events	Valid	Yes	252	78.3	78.3	78.3
		No	70	21.7	21.7	100.0
		Total	322	100.0	100.0	
Volunteering	Valid	Yes	220	68.3	68.3	68.3
		No	102	31.7	31.7	100.0
		Total	322	100.0	100.0	
Communicating	Valid	Yes	321	99.7	99.7	99.7
		No	1	0.3	0.3	100.0
		Total	322	100.0	100.0	
Art and creative activities	Valid	Yes	248	77.0	77.0	77.0
		No	74	23.0	23.0	100.0
		Total	322	100.0	100.0	
Gardening	Valid	Yes	224	69.6	69.6	69.6
		No	98	30.4	30.4	100.0
		Total	322	100.0	100.0	
Appreciation and watching	Valid	Yes	307	95.3	95.3	95.3
		No	15	4.7	4.7	100.0
		Total	322	100.0	100.0	
Reading	Valid	Yes	274	85.1	85.1	85.1
		No	48	14.9	14.9	100.0
		Total	322	100.0	100.0	

The table below is the final list of activities in the scale. Listed below are the remaining nine (9) activities adapted from Jean, E.H et. al. (2020) leisure participation tool. In the nine remaining items, using the internet media and communicating is the most popular leisure activity with 99.7% response percentage (N=321), followed by shopping with 99.1% (N=319), and then relaxation activities with 97.8% (N=315). Based on the whole list of leisure activities, Filipinos in Taiwan would engage in any kind of leisure activity but the most favored or most preferred activities are anything that is related with Internet usage, shopping, visiting churches and relatives, as well as, doing relaxation

activities. These activities are all available and conveniently accessible to Filipinos in Taiwan.

#### *Quality Of Life Of Filipinos In Taiwan*

A definition by the World Health Organization's describing QoL as the individuals' "perceptions of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns" (WHOQOL Group, 1994). There are 16 markers of quality of life included in the theme. The table below shows the frequency distribution of the perceived quality of life based on leisure activities.

Table 3: (continuation) Frequency of Leisure Participation Activities of Filipinos in Taiwan

		Frequency	Percent	Valid Percent	Cumulative Percent
Attending in classes	Valid	Yes	234	72.7	72.7
		No	88	27.3	100.0
		Total	322	100.0	100.0
Relaxation activities	Valid	Yes	315	97.8	97.8
		No	7	2.2	100.0
		Total	322	100.0	100.0
Traveling	Valid	Yes	272	84.5	84.5
		No	50	15.5	100.0
		Total	322	100.0	100.0
Camping	Valid	Yes	226	70.2	70.2
		No	96	29.8	100.0
		Total	322	100.0	100.0
Shopping	Valid	Yes	319	99.1	99.1
		No	3	0.9	100.0
		Total	322	100.0	100.0
Driving	Valid	Yes	256	79.5	79.5
		No	66	20.5	100.0
		Total	322	100.0	100.0
Watching television	Valid	Yes	309	96.0	96.0
		No	13	4.0	100.0
		Total	322	100.0	100.0
Listening to the radio	Valid	Yes	306	95.0	95.0
		No	16	5.0	100.0
		Total	322	100.0	100.0
Using the Internet media	Valid	Yes	321	99.7	99.7
		No	1	0.3	100.0
		Total	322	100.0	100.0

Table 4: FREQUENCY TABLE OF QUALITY OF LIFE

Quality of Life	Responses	Frequency	Percent	Valid Percent	Cumulative Percent
Personal material well-being and financial security	Unhappy	3	0.9	0.9	0.9
	Mostly Dissatisfied	4	1.2	1.2	2.2
	Mixed	51	15.8	15.8	18.0

		Mostly Satisfied	64	19.9	19.9	37.9
		Pleased	185	57.5	57.5	95.3
		Delighted	15	4.7	4.7	100.0
		Total	322	100.0	100.0	
Health	Valid	Unhappy	1	0.3	0.3	0.3
		Mostly Dissatisfied	3	0.9	0.9	1.2
		Mixed	36	11.2	11.2	12.4
		Mostly Satisfied	50	15.5	15.5	28.0
		Pleased	207	64.3	64.3	92.2
		Delighted	25	7.8	7.8	100.0
		Total	322	100.0	100.0	
Relationship	Valid	Unhappy	1	0.3	0.3	0.3
		Mostly Dissatisfied	3	0.9	0.9	1.2
		Mixed	21	6.5	6.5	7.8
		Mostly Satisfied	66	20.5	20.5	28.3
		Pleased	212	65.8	65.8	94.1
		Delighted	19	5.9	5.9	100.0
		Total	322	100.0	100.0	
Being a parent	Valid	Unhappy	1	0.3	0.3	0.3
		Mostly Dissatisfied	3	0.9	0.9	1.2
		Mixed	31	9.6	9.6	10.9
		Mostly Satisfied	79	24.5	24.5	35.4
		Pleased	194	60.2	60.2	95.7
		Delighted	14	4.3	4.3	100.0
		Total	322	100.0	100.0	
Being a spouse	Valid	Terrible	1	0.3	0.3	0.3
		Unhappy	2	0.6	0.6	0.9
		Mostly Dissatisfied	1	0.3	0.3	1.2
		Mixed	23	7.1	7.1	8.4
		Mostly Satisfied	45	14.0	14.0	22.4
		Pleased	231	71.7	71.7	94.1
		Delighted	19	5.9	5.9	100.0
Total	322	100.0	100.0			
Friendship	Valid	Terrible	1	0.3	0.3	0.3

		Unhappy	1	0.3	0.3	0.6
		Mixed	22	6.8	6.8	7.5
		Mostly Satisfied	69	21.4	21.4	28.9
		Pleased	216	67.1	67.1	96.0
		Delighted	13	4.0	4.0	100.0
		Total	322	100.0	100.0	
Helping Others	Valid	Terrible	1	0.3	0.3	0.3
		Unhappy	1	0.3	0.3	0.6
		Mostly Dissatisfied	2	0.6	0.6	1.2
		Mixed	20	6.2	6.2	7.5
		Mostly Satisfied	63	19.6	19.6	27.0
		Pleased	221	68.6	68.6	95.7
		Delighted	14	4.3	4.3	100.0
		Total	322	100.0	100.0	
Participating in organizations and public affairs	Valid	Terrible	2	0.6	0.6	0.6
		Unhappy	2	0.6	0.6	1.2
		Mostly Dissatisfied	6	1.9	1.9	3.1
		Mixed	37	11.5	11.5	14.6
		Mostly Satisfied	71	22.0	22.0	36.6
		Pleased	198	61.5	61.5	98.1
		Delighted	6	1.9	1.9	100.0
		Total	322	100.0	100.0	
Intellectual development (learning new things, acquiring new skills)	Valid	Mixed	21	6.5	6.5	6.5
		Mostly Satisfied	38	11.8	11.8	18.3
		Pleased	223	69.3	69.3	87.6
		Delighted	40	12.4	12.4	100.0
		Total	322	100.0	100.0	
Understanding Oneself	Valid	Terrible	1	0.3	0.3	0.3
		Mostly Dissatisfied	1	0.3	0.3	0.6
		Mixed	16	5.0	5.0	5.6
		Mostly Satisfied	31	9.6	9.6	15.2
		Pleased	219	68.0	68.0	83.2
		Delighted	54	16.8	16.8	100.0
		Total	322	100.0	100.0	
Role at Work	Valid	Unhappy	1	0.3	0.3	0.3

		Mostly Dis-satisfied	1	0.3	0.3	0.6
		Mixed	21	6.5	6.5	7.1
		Mostly Sat- satisfied	45	14.0	14.0	21.1
		Pleased	200	62.1	62.1	83.2
		Delighted	54	16.8	16.8	100.0
		Total	322	100.0	100.0	
Creativity/personal expression	Valid	Mixed	26	8.1	8.1	8.1
		Mostly Sat- satisfied	43	13.4	13.4	21.4
		Pleased	205	63.7	63.7	85.1
		Delighted	48	14.9	14.9	100.0
		Total	322	100.0	100.0	
Socializing	Valid	Unhappy	2	0.6	0.6	0.6
		Mixed	24	7.5	7.5	8.1
		Mostly Sat- satisfied	50	15.5	15.5	23.6
		Pleased	230	71.4	71.4	95.0
		Delighted	16	5.0	5.0	100.0
		Total	322	100.0	100.0	
Observing Others' Hobbies	Valid	Terrible	2	0.6	0.6	0.6
		Mostly Dis- satisfied	1	0.3	0.3	0.9
		Mixed	33	10.2	10.2	11.2
		Mostly Sat- satisfied	67	20.8	20.8	32.0
		Pleased	208	64.6	64.6	96.6
		Delighted	11	3.4	3.4	100.0
		Total	322	100.0	100.0	
Getting a Hobby	Valid	Mostly Dis- satisfied	1	0.3	0.3	0.3
		Mixed	26	8.1	8.1	8.4
		Mostly Sat- satisfied	41	12.7	12.7	21.1
		Pleased	207	64.3	64.3	85.4
		Delighted	47	14.6	14.6	100.0
		Total	322	100.0	100.0	
Independence	Valid	Mostly Dis- satisfied	2	0.6	0.6	0.6
		Mixed	13	4.0	4.0	4.7
		Mostly Sat- satisfied	28	8.7	8.7	13.4

Pleased	89	27.6	27.6	41.0
Delighted	190	59.0	59.0	100.0
Total	322	100.0	100.0	

The table above shows that most respondents felt pleased and delighted about their perceived quality of life. For example, in *personal material well-being and financial security*, there are about 50% who say “pleased” with the perceived quality of life indicator. The other indicators also revealed pleasing and delighted as having the craziest.

### Conclusion

The findings of this research revealed that out of 322 respondents, 306 respondents revealed in engaging in solo exercise, 247 would exercise in a group and 220 would play board games. The most popular leisure activity among Filipinos is visiting church and relatives which has a frequency count of 315 or equivalent to 97.8% of the total responses. Based on the Pearson Correlation, leisure participation and quality of life has a weak correlation with personal material well-being, being a spouse and financial security, socializing, observing others hobbies, getting a hobby and independence. but has a significant relationship. This means that when Filipinos engage in more leisure activities, perception on personal material well-being and financial security decreases. This means that leisure participation does not guarantee a happier perceived life as suggested by the quality of life index. Aside from this, the relationship of these components is highly significant including aspects on relationship, and with being a parent, helping others and

participating in organizations and public affairs, role at work, creativity. In general, participating in any leisure activity is not correlated with the perceived quality of life.

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