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## AN INVESTIGATION FOR THE RELATIONSHIP BETWEEN THE EMOTIONAL INTELLIGENCE, LIFE SATISFACTION AND LEISURE TIME SATISFACTION OF SERIOUS AND CASUAL PARTICIPANTS AMONG SEAFARERS

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**Abstract.** Social isolation of the seafarers on board is an important problem driver in the ship environment. Social isolation based problems occur due to the gaps in the use of emotional intelligence between the seafarers while serving on board the vessel. Accordingly, Maritime Labour Convention (MLC-2006) point out that the significance of providing the recreational facilities on board to overcome these gaps and resultant problems. In this context, the aim of this study is to determine leisure participants who might belong to the “serious and casual” and to compare them with their leisure satisfactions, emotional abilities, satisfactions with life and to understand the relationships between the leisure satisfaction, emotional intelligence and life satisfaction of the seafarers while they are on board. Thus a survey has been conducted among 200 seafarers by means of a questionnaire including “Serious and Casual Leisure Measure (SCLM)”, “Leisure Satisfaction Scale (LSS)”, “Shutte Emotional Intelligence Scale” and “Satisfaction with Life Scale (SWLS)”, and the results have been evaluated. It is found that the leisure participants could be categorized into two groups, as serious and casual. Besides, serious leisure participants have more ability to manage emotions, higher scores of life and leisure satisfaction than casual ones. Also, a large correlation between leisure satisfaction and emotional intelligence has been obtained; whereas, it is observed that there is a moderate correlation between leisure satisfaction and life satisfaction. Consequently, the results show that the proper and being aware of using leisure equipment, and facilities can increase the emotional intelligence and life satisfaction by breaking social isolation, and promoting motivation and work performance as well as health and well-being.

**Key words:** leisure, life satisfaction, emotional intelligence, recreation, seafarers

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## 1 INTRODUCTION

In modern society, people separate varied behavioural roles, that are part of their daily lives such as family life, work, recreational activities, recuperation and they appoint particular spaces for these aspects to take place in (Fernandez & Krootjes, 2007). On the other hand, the ship is a total institute, both leisure activities and work take place within the same limited area. The ship is not only workplace for seafarers, but it is also their living place for an extended period of time (Fernandez & Krootjes, 2007).

Nowadays, seafarer has to work long hours, with voyages lasting many months and with short time shore periods (Ellis & Sampson, 2013). Accordingly when it comes to seafarer's rest, the standards accommodation and recreational facilities supplied to them may have remarkable importance in assisting to rescue from mental and cognitive fatigue, and stress (Mass, et al., 2009 Van de Glind, et al., 2007; Kaplan, 1995).

According to study of Ellis & Sampson (2013), the most commonly provided recreational facilities on-board are DVD libraries, followed by books, and less frequently music systems, computer terminals, karaoke machines, and games. The most infrequently provided recreational facility is internet access/Wi-Fi (Ellis & Sampson, 2013). Also, most of ships have recreational room containing different facilities such as; fitness equipment, table tennis, dart table, etc. Besides, a lack of recreational facilities is well-known fact that many seafarers experienced negative aspects of it (Ellis et al, 2012).

The human element is considered as a main factor contributing to incidents at sea (Hetherington, Flin and Mearns, 2006). The reason of human factor causing marine incidents and marine retentions is mostly based on social isolation and its effects on seafarers (Sampson & Thomas, 2003). Emotions serve social and communicative functions, carrying off information about people's thoughts and intentions and coordinating social encounters. (Keltner & Haidt, 2001). So emotional abilities are considered to be important for social interaction. Therefore, it is required to handle emotional information and to manage emotional dynamics intelligently to maintain the social world (Lopes et al, 2004). In other words, emotional competencies are able to break social isolation which induces human factor in marine incidents.

It is suggested by some researchers that ordinary participation in leisure activities and positive leisure satisfaction can enhance individual emotional development by cutting back personal anxiety, depression, and anger (Wu, 2010; Dumazedier, 1967). Also, leisure activities provide physical and mental health as well as an improved social interaction, psychological security, happiness and self-esteem (Wu, 2010; Iso-Ahola, 1997).

Furthermore, International Labour Organization (ILO) (2014) points out the significance of providing the recreational facilities on Maritime Labour Convention, 2006 (MLC-2006). Owners are held responsible for providing and maintaining "decent accommodations and recreational facilities for seafarers working or living on board, or both, consistent with promoting the seafarers' health and well-being in accordance with the ships' national legislation" (ILO, 2014). Also, MLC-2006 "contains a significant level of technical guidance with respect to national implementation of the standards for on-board accommodation and recreational facilities" (ILO, 2014). It has been noted the importance of providing not only on-board facilities but also shore-based welfare centres which are "located in or near ports, are important way to provide seafarers, who may be on extended voyages at sea, with access to health and welfare services in a foreign country, as well as a social environment" (ILO, 2014). It is also required to provide that "meeting and recreation rooms"; "facilities for sports and outdoor facilities, including competitions"; "educational facilities"; "where appropriate, facilities for religious observances and for personal counselling" (ILO, 2014). Besides, according to ILO (2014), all on-board recreational facilities must be "inspected and certified as complying with the national laws and regulations or other measures implementing the requirements of the MLC, 2006".

## 2 BACKGROUND

### 2.1 Emotional intelligence

It is known that the emotional intelligence is useful tool for improving the quality of life and the people performance within work (Saricam et al, 2015).

Emotional intelligence is described as the perception of the feelings of self of the individual and others, and using this in steps of problem-solving process (Mayer, Caruso, & Salovey, 2000; Salovey, 1990).

Emotional intelligence in workplace is a multi-dimensional constituent (Goleman, 1998). It is composing of self-awareness, self-regulation, motivation, empathy, and social skills. High levels of self-awareness provide executives to boost their self-confidence and take others attention by gaining more respects.

Through self-regulation, they can purposefully comprehend other people's needs. Executives play a positive role in motivating others by being balanced, self-motivated, optimistic and highly-spirited. Being capable of empathizing with others as well as managing interpersonal relations provides positive effect on motivating subordinates. The executives' emotional intelligence allows them to treat subordinates as individuals with unique needs and talents.

Empathetic executives use their social skills to help subordinates to establish their positive feelings and emotions in order to achieve their goals. Consequently, emotional intelligence create enhanced performance on the part of employees (Behbahani, 2011).

## 2.2 Life satisfaction

Life satisfaction indicates the well-being and it relies on doing well in large areas of life, such as relationships, health, work, income, spirituality and leisure (Diener, E., Biswas-Diener, R, 2008). High score of life satisfaction provides meaningful life and sharing goals and values which are important for them. Work performance and influences upon others can be improved by increasing of life satisfaction (Ignat & Clipa 2012).

## 2.3 Serious and casual leisure participation

Since its beginning, it has widely gained acceptance in the field that Stebbins's (1982, 1992, and 1997) theory on serious leisure (SL) and casual leisure (CL) has served as a beneficial framework in discussions about "optimally healthy or beneficial leisure" (Shen & Yarnal, 2010; Hutchison & Kleiber, 2005). Especially, there has been carried out a lot of studies about concept of serious leisure over the past 30 years (Shen & Yarnal, 2010). In comparison with serious leisure, there has been inadequate attention on casual leisure's concept and it has gained few empirical studies (Hutchinson & Kleiber, 2005; Shinew & Parry, 2005; Stebbins, 2004). In addition, Stebbins (2007) expresses that all nature and characteristics of casual leisure are ill defined in many cases and the studies on this issue are still continuing (Shen & Yarnal, 2010).

### 2.3.1 Serious Leisure

Stebbins (1992) constructs the concept of serious leisure and defines it as "the systematic pursuit of an amateur, hobbyist, or volunteer activity sufficiently substantial and interesting for the participant to find a career there in the acquisition and expression of a combination of its special skills, knowledge, and experience" (Stebbins, 1992).

It is identified by Stebbins that "serious leisure is further distinguished from casual leisure by six characteristics found exclusively or in highly elaborated form only in the first. These characteristics are: 1) *need to persevere at the activity*, 2) *availability of a leisure career*, 3) *need to put in effort to gain skill and knowledge*, 4) *realization of various special benefits*, 5) *unique ethos and social world*, and 6) *an attractive personal and social identity*" (Stebbins, n.d.). Those qualities can be respectively shortened that 1) *perseverance*, 2) *leisure career*, 3) *significant effort*, 4) *durable outcomes*, 5) *unique ethos*, 6) *strong identification*.

Altogether, Stebbins' researches basically provide the theoretical development of serious leisure. So far, other researchers have contributed by consulting the SL theory and "many focused on identifying or elaborating on one or more of the six SL qualities outlined" (Shen & Yarnal, 2010).

### 2.3.2 Casual Leisure

Casual, or unserious, leisure is identified as "the immediately, intrinsically rewarding, relatively short-lived pleasurable core activity, requiring little or no special training to enjoy it" (Stebbins, 1997). It is suggested that casual leisure's types are: play, relaxation, passive entertainment, active entertainment, sociable conversation, sensory stimulation, casual volunteering, and pleasurable aerobic activity (Stebbins, 2004; Stebbins, n.d.). According to Stebbins (2001), casual leisure has five benefits: encouraging "creativity and discovery", providing educational entertainment or "edutainment", affording "regeneration or re-creation", developing and maintaining "interpersonal relationships", and enabling participants to boost "well-being and quality of life".

## 2.4 Leisure satisfaction

It has been constantly indicated that the principal benefit of leisure activities is satisfaction (Hultsman, Hultsman, & Black, 1989). In order to comprehend this concept, it has been defined by many researchers that leisure satisfaction is a relative concept which is always evaluated in relation to a standard (Franckend & van Raaij, 1981; Lounsbury & Hoopes, 1985). According to Beard and Ragheb (1980), leisure satisfaction consists of the positive perceptions or feeling which an individual constitutes, reveals, or obtains as a result of engaging in leisure activities. It is the level to indicate pleasure with participants' general leisure experiences and situations (Beard & Ragheb, 1980). Satisfying individual needs provides participants to gain satisfaction of positive feelings (Du Cap, 2002). Level of leisure satisfaction shows extent of participants' perceived satisfaction through leisure activities (Beard & Ragheb, 1980).

## 3 METHOD

### 3.1 The purpose of the study

The aim of this study is to determine leisure participants who might belong to the "serious and casual" and to compare them with their demographic specifications, leisure satisfactions, emotional abilities, satisfactions with life and to understand the relationships between the leisure satisfaction, emotional intelligence

and life satisfaction of the seafarers while they are on board.

### 3.2 The participants

Survey has been conducted among 200 seafarers by means of a questionnaire from different levels of competency; 6.5% Master, 54.0% Deck off., 21.0% Engine off., 12.5% Crew, 6.0% catering crew.

### 3.3 The instruments

#### 3.3.1 Schutte Emotional Intelligence Scale Revised (EI):

Schutte Emotional Intelligence Scale which is developed by Schutte, Malouff, Hall, Haggerty, Cooper, Golden and Dornheim (1998), revised as 41 items by Austin, Saklofske, Huang and McKenney (2004), adapted to Turkish by Tatar, Tok and Saltukoğlu (2011). Each item is answered according to 5 rated answering system (1 = strongly disagree to 5 = strongly agree). Points can be got from the scale is at least 41 and at most 205. Relative fit index values [ $\chi^2$  (347): 2647.35 ( $p < 0.001$ ); GFI = .88, AGFI = .86; RMSEA = .06 and RMR = .09] are found by confirmatory factor analysis. Cronbach-alpha internal consistency coefficient for whole scale is found .89, for Optimism/Mood Regulation .75, for Utilisation of Emotions .39 and for Appraisal of Emotions .76.

#### 3.3.2 Satisfaction with Life Scale (SWLS):

SWLS is developed by Diener, Emmons, Laresen and Griffin (1985) and adapted to Turkish by Durak, Senol-Durak, Gencoz (2010). Scale consists of 5 items. Each item is answered according to 5 rated answering system (1 = strongly disagree to 5 = strongly agree). Total points can be got from the scale is at least 5 and at most 25. Translation of the scale, validity and reliability study are done by Durak (2010). In terms of reliability, the SWLS is found to have high internal consistency, and the item-total correlations are quite adequate. The results of the validity studies further confirm that the SWLS is suitable to use with different samples of Turkish participants, wide range from adolescents to elderly (Durak et al., 2010), (consistency coefficient = .81, IFI = .994, TLI = .987, CFI = .994, SRMR = .020, RMSEA = .043).

#### 3.3.3 Serious and Casual Leisure Measure (SCLM) & Leisure Satisfaction Scale (LSS):

SCLM and LSS are developed by Akyildiz (2013). Both of two scales have answering system from 1 (strongly disagree) to 5 (strongly agree). SCLM consists of 42 items and it is developed to determine leisure participant whether he/she belongs to the "casual or serious", respectively and to classify leisure participants into two groups as casual and serious. Scale has good consistency coefficient (0.95) and suitable factor

structure (CFI = .98; GFI = .89; RMSEA = .051;  $\chi^2$ : 3608.57 ( $p = .000$ )).

LSS consists of 5 items and provides an image for the general satisfaction with leisure. The instrument has a good reliability (Cronbach alpha .85). Confirmatory factor analysis results show that this scale has perfect factor structure (CFI = 1; GFI = .99; RMSEA = .050;  $\chi^2$ : 17.99 ( $p = .000$ )).

### 3.4 Procedure

The study is investigated by means of a questionnaire sent to 650 seafarers working on different types of ship. All seafarers is Turkish citizens. The questionnaire is returned by 200 seafarers (20 of them are women).

There is assured the confidentiality of the answers for all participants. Questionnaires is carried out via e-mail and web-based systems.

Normality test is conducted for EI, SWLS and LSS to determine correlation method used. After all scales are found to be normal distribution, it is decided to use bivariate correlations with Pearson correlation coefficients between all mentioned scales.

Furthermore, Hierarchical cluster analysis with ward method is conducted to determine number of groups, and after hierarchical cluster analysis, K-means cluster analysis is conducted to test reliability of classification and to define number of participant into groups. After determining group distribution, cross-tabs are used to compare serious and casual participants' profile into all variables.

## 4 RESULTS

### 4.1 Normality test

According to George & Mallery (2010), the values for skewness and kurtosis between -2 and +2 are considered acceptable to prove normal univariate. All scales have acceptable value to be normal distribution shown as Table 1 and Figure 1.

### 4.2 Correlation matrix

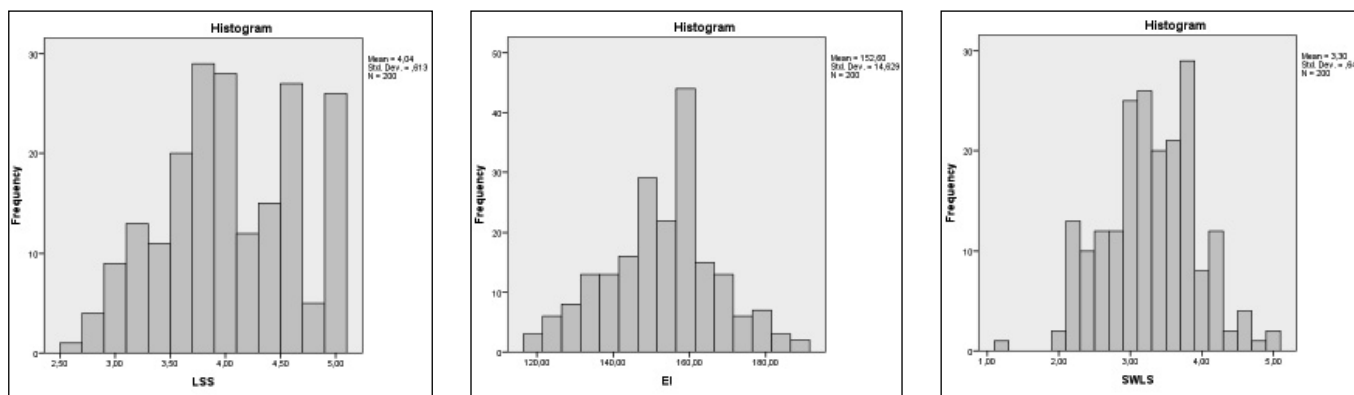
*Hypothesis 1.* There is correlation between seafarers' leisure satisfaction and seafarers' emotional intelligence.

*Hypothesis 2.* There is correlation between seafarers' leisure satisfaction and seafarers' satisfaction with life.

Pearson correlation measures the existence (given by a p-value) and strength (given by the coefficient  $r$  between -1 and +1) of a linear relationship between two variables. It should only be used when its underlying assumptions are satisfied. If the outcome is significant, once can conclude that a correlation exists.

**Table 1** Descriptive items for scales

Mean	LSS		EI		SWLS	
	Statistic	Std. Error	Statistic	Std. Error	Statistic	Std. Error
	4.0430	.04335	152.6050	1.03445	3.2950	.04572
95% Confidence Interval for Mean	Lower Bound	3.9575	150.5651		3.2048	
	Upper Bound	4.1285	154.6449		3.3852	
5% Trimmed Mean		4.0544	152.5833		3.2900	
Median		4.0000	153.5000		3.2000	
Variance		.376	214.019		.418	
Std. Deviation		.61305	14.62939		.64658	
Minimum		2.60	119.00		1.20	
Maximum		5.00	191.00		5.00	
Range		2.40	72.00		3.80	
Interquartile Range		1.00	16.75		.95	
<b>Skewness</b>		<b>-.075</b>	.172	<b>-.096</b>	.172	<b>-.056</b>
<b>Kurtosis</b>		<b>-.840</b>	.342	<b>-.111</b>	.342	<b>-.011</b>

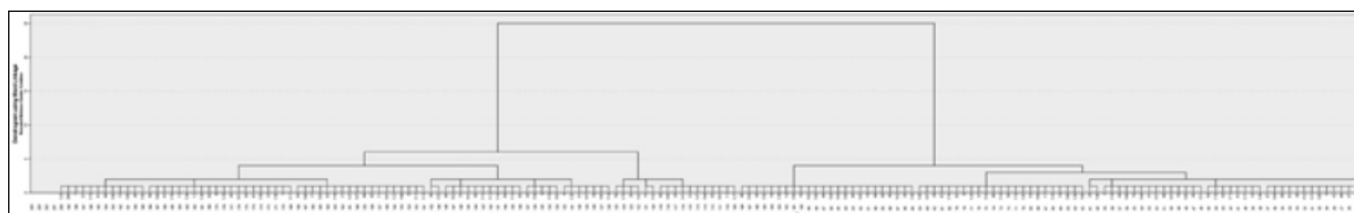


**Figure 1** Normal distribution of LSS, EI, SWLS

**Table 2** Correlations between LSS and EI, and SWLS

		LSS	EI	SWLS
LSM	Pearson Correlation	1	.509*	.353*
	Sig. (2-tailed)		.000	.000
	N	200	200	200
EI	Pearson Correlation	.509*	1	.528*
	Sig. (2-tailed)	.000		.000
	N	.353*	200	200
SWLS	Pearson Correlation	.353*	.528*	1
	Sig. (2-tailed)	.000	.000	
	N	200	200	200

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



**Figure 2** Hierarchical Cluster Analysis of SCLM

**Table 3** K-means Cluster Analysis

Factors	Cluster		F	Sig.
	1	2		
Perseverance	2.62	3.72	119.664	.000*
Leisure Career	2.53	3.89	226.408	.000*
Personal Effort	2.20	3.93	277.955	.000*
Psychosocial Benefit	2.54	3.74	143.355	.000*
Therapeutic Benefit	3.58	4.35	69.466	.000*
Social World	2.94	3.63	38.036	.000*
Devotion	2.01	3.30	116.209	.000*
Sense Of Competence	2.08	3.58	176.174	.000*
Count	84.00	116.00		
%	42	58		

\*p &lt;.001

**Table 4** Scores of groups depending on factors

Factors	Cluster	
	Casual	Serious
	1 (n=84)	2 (n=116)
Perseverance	Low	Medium
Leisure Career	Low	High
Personal Effort	Low	High
Psychosocial Benefit	Low	Medium
Therapeutic Benefit	Low	Medium
Social World	Medium	High
Devotion	Medium	High
Sense of Competence	Low	High

According to Cohen (1988) an absolute value of  $r$  of 0.1 is classified as small, an absolute value of 0.3 is classified as medium and of 0.5 is classified as large.

Taking into account of Cohen's (1988) suggestions, in order to verify hypotheses, it is calculated the Pearson correlation (all scale has normal distribution). The results (Table 2) show that there is a large correlation between seafarers' leisure satisfaction and seafarers' emotional intelligence (.509) and there is a medium correlation with seafarers' satisfaction with life (.353). On the other hand, there is also large correlation between seafarers' satisfaction with life and seafarers' emotional intelligence (.528).

#### 4.3 Cluster analysis

It is observed from Hierarchical cluster analysis that SCLM has two meaning full group shown in Figure 2.

This two group structure is tested with K-means cluster analysis. Results of ANOVA and number of participants for each cluster are shown in Table 3. ANOVA's outputs which shows whether there exists significant difference between clusters in terms of each factors or not is evaluated and difference between clusters is found to be significant at the level of .01. ( $p <.001$ ).

One of the two clusters gained by analyses has 84 and another one has 116 leisure participants.

As a result of cluster analyses, it is found that second cluster has paid more attention for all factors than first cluster. In other words, average of second cluster's scores are greater than average of first one's scores in all factors (Table 4).

#### 4.4 Crosstabs

Crosstabs are utilized to display comparison between casual and serious participants depend on all variables' scores shown in Table 5.

## 5 DISCUSSIONS

The aim of this study is to understand the relations between leisure satisfaction, emotional intelligence and satisfaction with life among seafarers. By statistical calculations, it is determined that there is a positive good correlation between leisure satisfaction, emotional intelligence and satisfaction with life. Accordingly, it is obtained that a good level of leisure satisfaction contributes to the satisfaction with life and good structure of emotional intelligence. In order to enhance the seafarers' emotional intelligence and satisfaction with life, the leisure and recreational facilities both on-board and onshore should be provided them. In addition, specific training programs for encouraging seafarers to participate recreational and leisure activities could be conducted by authorities.

It is found that leisure participants can be divided into two groups as a serious and casual. Beside, seafarers' serious or casual leisure participation makes a difference regarding leisure satisfaction, satisfaction with life and emotional intelligence. This study figures out significant difference among seafarers with serious leisure participation and ones with casual leisure participation. Thus the serious leisure participants have more emotional intelligent and more satisfaction with their leisure time and their life than casual ones.

## 6 CONCLUSIONS

We could conclude that good leisure satisfaction of seafarers is correlated with a positive attitude toward satisfaction with life and emotional intelligence. The results show that the serious leisure participants have more leisure satisfaction than causal ones, and it produces more life satisfaction and more emotional intelligence.

It is found in this study that seafarers who possess high level of leisure satisfaction with serious participation have also high emotional intelligence and satisfaction with life. Furthermore, there has been conducted

**Table 5** Scores Depend on Groups (Casual and Serious)

Frequency of Doing Leisure Activity, SWLS, EI, LSS		Participants		Total
		Casual	Serious	
The frequency of doing leisure activity selected by him/herself	A few times a contract	4 (4.8%)	0 (0.0%)	4 (2.0%)
	Once a month	0 (0.0%)	5 (4.3%)	5 (2.5%)
	Several times a month	9 (10.7%)	5 (4.3)	14 (7.0%)
	Once a week	8 (9.5%)	9 (7.8)	17 (8.5%)
	Several times a week	38 (45.2%)	55 (47.4)	93 (46.5%)
	Everyday	25 (29.8%)	42 (36.2)	67 (33.5%)
SWLS	Very Low	28 (33.3%)	22 (19.0%)	50 (25.0%)
	Low	32 (38.1%)	19 (16.4%)	51 (25.5%)
	Medium	9 (10.7%)	11 (9.5%)	20 (10.0%)
	High	11 (13.1%)	39 (33.6%)	50 (25.0%)
	Very High	4 (4.8%)	25 (21.6%)	29 (14.5%)
EI	Very Low	27 (32.1%)	13 (11.2%)	40 (20.0%)
	Low	21 (25.0%)	22 (19.0%)	43 (21.5%)
	Medium	23 (27.4%)	24 (20.7%)	47 (23.5%)
	High	5 (6.0%)	25 (21.6%)	30 (15.0%)
	Very High	8 (9.5%)	32 (27.6%)	40 (20.0%)
LSS	Very Low	40 (47.6%)	18 (15.5%)	58 (29.0%)
	Low	19 (22.6%)	10 (8.6%)	29 (14.5%)
	Medium	12 (14.3%)	28 (24.1%)	40 (20.0%)
	High	8 (9.5%)	34 (29.3%)	42 (21.0%)
	Very High	5 (6.0%)	26 (22.4%)	31 (15.5%)
Total		84 (100.0%)	116 (100.0%)	200 (100.0%)

many studies that show positive relation between work performance and emotional intelligence (Carmeli, 2003; Rosete & Ciarrochi, 2005; O'Boyle et al, 2011). In addition, high level of satisfaction with life refers to meaningful life, well-being and brings out work performance (Diener et al., 1985; Ignat & Clipa 2012).

In this point of view, proper using of recreational facilities provided on-board boosts seafarers' leisure satisfaction, so it enhances emotional intelligence and satisfaction with life of seafarers, and accordingly promotes motivation and work performance as well as health and well-being.

There is also obtained from some researches that there are benefits of providing good accommodation and recreational facilities from the perspective of the company (Ellis & Sapson, 2013). Progoulaki and Roe (2011) suggest that, "a competent, rested and well-motivated crew is an essential factor in reducing operational costs by increasing efficiency, safe operations and protecting the owner's investment in expensive vessels and equipment".

By taking all steps into consideration, one can easily obtain that there a lot of benefits of leisure time activities for both seafarers and maritime companies. Providing leisure facilities both on-board and onshore

for seafarers ,and supporting and encouraging them to join leisure time activates as a serious participant can boost the emotional intelligence and life satisfaction by breaking social isolation, promote motivation and work performance as well as health and well-being, increase efficiency, safe operations and protect owner's investment by reducing operational costs.

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