



Leisure Constraints among Turkish Millennials and Generation Z

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Article History

Received: 29.04.2022

Accepted: 14.06.2022

Keywords

Leisure constraints

Millennials

Generation Z

Turkey

Leisure activity

participation

Abstract

Leisure constraints are the barriers to participating in leisure activities. Leisure constraints are categorized as intrapersonal, interpersonal, and structural. Previous literature showed that women experience leisure constraints more than men. The purpose of this research is to analyze differences between men and women aged 15 and 39 with regard to three dimensions of leisure constraints; intrapersonal, interpersonal, and structural and participation in physical and social leisure activities. Results showed that women experience interpersonal constraints more than men, while men experience intrapersonal constraints more than women. With regards to activity participation results supported that men participate in both physical and social activities more than women. Therefore, social activity programs could be developed, recreational facilities should offer some discounts and promotions to attract women. The collection of the data is limited to certain areas. Therefore, future studies can increase representativeness by focusing on a wider area.

Article Type

Research Article

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DOI:10.21325/jotags.2022.1038