

## **A Study on the Influencing Factors of College Students' Leisure**

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**Abstract:** With the rapid development of China's economy and the improvement of the material quality of the people, the leisure business in China has also developed rapidly and has been paid more and more attention. It has become a civilized, scientific and healthy modern way of life, will play an increasingly important role in life. College students as an important social group, is the main force of the future construction of the country. They have plenty of leisure time and colorful leisure life. Scientific and healthy way of leisure is conducive to cultivating its healthy and progressive personality, is conducive to promoting its creativity, cooperation to improve. At present, college students are in the physiological and psychological maturity of the critical period, their leisure quality and mental health status should be widely concerned and the correct guidance. In this paper, through the empirical study of college students' leisure satisfaction and influencing factors, we can understand the current quality of leisure life of college students, so that they can experience more positive psychological state, and provide the correct guidance and educational reference for college students' leisure life.

**Keywords:** College students, leisure Satisfaction, Influencing factors, method.

### **INTRODUCTION**

After entering the 21st century, people's pursuit of leisure is growing, began to pay attention to the quality of life, concerned about their own development and improvement of leisure satisfaction. More and more scholars to leisure satisfaction as a measure of individual psychological status of an important indicator, to promote and improve leisure satisfaction as the main goal of improving mental health. In our country, the scope of investigation on leisure satisfaction is more and more widely, and gradually related to some special groups, such as junior high school students, the elderly and college students.

How to construct knowledge and physical and mental health of college students will directly affect the goal of the construction of socialist cause in our country. Students in the process of participation in the leisure activities can be satisfied with the individual, will directly affect their participation in leisure activities and the type of enthusiasm. Leisure activities are an indispensable part of contemporary college students' study and life. They can not be neglected in the cultivation of college students' quality, outlook on life, world outlook and values.

This study through the distribution of questionnaires to understand the status of college students to participate in activities, features. To provide

a basis for the students to form a positive leisure motive and to guide the leisure behavior of college students [1].

### **LITERATURE REVIEW**

#### **(1) the study of leisure**

Plato believes that leisure is "a self-controlled free state and leisure state." Aristotle thinks leisure is "the center of everything around" In the country, Zhang Guangrui, Song Rui that "leisure is the people in the free and disposable time to choose to engage in certain personal preferences activities, and from these activities cannot be given to the daily life of physical and mental pleasure, spiritual satisfaction and self-realization of development" [2].

#### **(2) Research on the Leisure of College Students**

The tradition of Klaus mainly believes that leisure is mainly to cultivate students leisure skills, emphasizing the way to achieve education and content. Famous scholar Yu Guangyuan proposed the first to carry out leisure theory research.

#### **(3) The study of leisure satisfaction**

At present, China's research on leisure satisfaction is not enough depth, the relevant papers are still relatively small. There is even less thesis for college students' leisure satisfaction. This academic phenomenon is closely related to the monotonous status of Chinese college students' leisure activities. This also shows that leisure behavior in China, leisure satisfaction

in theory and practice, there is still a long way to go. In this paper, this definition of leisure satisfaction is more recognized: casual satisfaction is the individual engaged in leisure activities feel the positive emotions and feelings, it is the individual's own leisure experience to meet the degree of satisfaction.

**THE RESEARCH OBJECT AND RESEARCH METHODS**

**The object of study**

In this study, a random sampling method was used to carry out on-the-spot survey and online questionnaire survey of three college students in colleges and universities. A total of 200 questionnaires were dispatched, 192 were collected and 8 were lost. Of which 189 were useful questionnaires. The recovery was 95%. Among the 189 undergraduates surveyed, there were 91 boys, 98 girls, 96 people in literature and history, and 93 in science and engineering.

**Table 1: Preliminary sample distribution**

		Freshman	Sophomore	Junior	Senior	total
gender	male	15	30	27	19	91
	Female	17	22	34	25	98
Subject	History class	18	15	27	31	91
	Science and engineering	17	20	25	19	81
	Art class	7	5	9	6	27

**RESEARCH METHODS**

**(1) Literature Research**

Through the literature search method, make full use of network, library and other information resources to understand the relevant documents. Understand the research results and the latest developments at home and abroad. The main source of the literature is (1) The academic study of leisure science and leisure behavior; (2) Domestic and foreign academic circles on the leisure mode of college students, leisure motivation, leisure needs, leisure satisfaction survey; (3) theoretical research data related to this study [3].

**(2) Questionnaire survey**

Using random sampling method, the use of online and on-site issue of the questionnaire, in the three colleges and universities in the library, study room, dormitory and other areas to find students fill out the questionnaire. Such as students have questions, then give help and instructions. Combined with the previous theory of college students on the leisure activities, leisure satisfaction related conclusions. And targeted to give advice.

**ANALYSIS OF QUESTIONNAIRE DATA ON LEISURE SATISFACTION AND INFLUENCING FACTORS OF COLLEGE STUDENTS IN A CITY**

According to the preliminary preparation and postponement of the questionnaire, 189 students in the effective interview, the proportion of men and women roughly the same, boys accounted for 48%, girls accounted for 52%. Of which 45% of students in the history of science and technology, science and engineering students accounted for 41%, art students accounted for 14%. This is helpful in understanding the differences in the satisfaction of different sexes and

different disciplines and the differences in influencing factors.

Through the survey found that the City A, the average monthly living expenses are concentrated in the 1000 yuan -1500 yuan this stage, the average monthly living expenses in the 1500 yuan -2000 yuan students are more, the proportion of 36%; Month living expenses below 1,000 yuan and more than 1,000 yuan students are relatively few, respectively, 7% and 12%, Indicating that A city college students have the disposable funds roughly in the range of 1,000 yuan -2000 yuan, Among them, the average daily spend of leisure activities in the funds, the number of 100 yuan -150 yuan more, the proportion of 47%, 100% or less accounted for 29%, does not matter accounted for 19%, that generally do not need to spend money Students accounted for 5%, that is to say most of the students on their own monthly free of funds with about 10% spent on leisure activities, In addition to the cost of living for college students to eat, utilities and other necessary expenses, the other money is free to dominate, in the survey I also found that most college students have a better view of consumption, most students said with the companion Leisure activities, the main payment method is AA system, they also believe that the cost of living around 10% of the consumption ratio is affordable.

Most of the basic way of college students is to travel with friends or classmates, the proportion of the proportion of roughly 49%, and family travel accounted for 29%, leisure or choice and other, respectively, 9% and 13%. The average number of people who spend more than one day per week accounted for 52%, 39% of the day, 8% for half a day, 1% for 2 hours. Of which the number of students arranged for leisure accounted for 12%, did not arrange for 8%, not necessarily or

indifferent accounted for 40% and 40% respectively. During the school, college students are mainly contact the crowd is their own classmates, friends. As a result of group awareness or from the safety, economic and other considerations, the leisure behavior and leisure choice will be from the side of the students, the impact of family members, so choose the number of students and students with leisure more, alone or in other ways. The number of casual people is relatively small. At the same time, due to academic burden, free disposable time constraints, economic security and other factors and the concept of immaturity and other reasons. Most of the students on the leisure time and leisure activities on the arrangement is still relatively confused, the purpose is not strong enough, with a certain degree of randomness.

At present, the City A, the purpose of leisure activities for students from high to low order in order to adjust the physical and mental, Relax the mood accounted for 30%, expand communication, increase the knowledge accounted for 16%, cultivate sentiment and physical fitness accounted for 13%, recreational activities and search for challenges and stimulus accounted for 11%, spend time accounted for 6%. In the choice of leisure activities, the top four were the daily class accounted for 27%, social class accounted for 16%, learning class accounted for 13%, tourism accounted for 12%. Casual fitness and choice of love accounted for 10%, shopping and other categories accounted for 7% and 5% respectively. The choice of leisure activities and then affect the choice of leisure places, South Bank students choose to live up to 40% of personal living places, commercial profit margins accounted for 35%, 25% of public profitability. From these data can be seen that college students leisure activities mainly to relax, to expand the circle of communication, leisure activity level is still relatively low.

40% of the students feel satisfied, 21% of the students feel satisfied, 15% of the students feel dissatisfied, 13% of the students feel dissatisfied, only 11% of the students feel very satisfied. Of which 47% of the students said that for the leisure activities that are not necessarily. 35% of the students said it does not matter, only a small number of students on whether to change the way for a positive attitude, respectively, 12% and 6% of the students said they would or will not. This shows that most of the students on their current leisure life recognition is not too high, most people feel the general. But at the same time, in the leisure mode replacement, most people also feel more confused. Satisfied with the current leisure style.

The factors influencing the leisure activities of college students in A city include economic factors (23%), interest (21%), facilities and equipment (17%),

leisure time (14%), personal character (11%), companion (9 %), School atmosphere (5%). This shows that the field of economic restrictions, hobbies, facilities and equipment, time constraints are affected in the south bank of ordinary college students to participate in leisure sports activities of the main factors.

## **CONCLUSION**

### **Characteristics of college students leisure activities**

After investigation and analysis, it can be concluded that the leisure status of contemporary college students has the following characteristics:

#### **Plenty of leisure time**

After the students enter the university, due to the learning burden relative to the junior high school has been reduced, have the freedom to dominate the time than ever before. On average, each college student has 1-2 days of leisure time per week.

#### **There are many ways to relax**

Compared to the past, contemporary college students leisure activities rich and colorful, both the pursuit of material experience, but also the pursuit of spiritual pleasure. The main leisure methods include: online chat, reading, shopping, watching movies, travel, sports activities, playing games, work-study program, singing, playing cards and other activities.

#### **Leisure quality as a whole is not high**

At present, although many of the leisure activities of college students, leisure, a variety of ways to participate. But due to economic conditions, leisure facilities, academic burden, timing, safety factors, family status and other factors. College students leisure level is still relatively low. The positive impact of leisure is still relatively small.

#### **Different backgrounds of college students leisure and leisure satisfaction differences are very different**

The survey found that there were no significant differences in leisure and leisure satisfaction among college students of different gender, grade, professional and family background. This is because the level of economic development and individual family conditions are different, each person can be used for recreational expenses are also different [4]. But most of the expenses are more reasonable, with a more mature view of consumption.

#### **Leisure satisfaction of college students**

Through the survey data analysis shows that: students of their leisure satisfaction evaluation is generally not very high, which is particularly prominent is freshman and senior students. There are two possible reasons for this phenomenon: 1, freshman from the intense high school life into the university, has not fully adapted to the university relaxed learning environment,

facing a large number of free arrangements for leisure time do not know what to do.2、 Big students are about to enter the community, facing the intense employment pressure and brutal social reality, their role too late to convert. Their psychological pressure is greater. Faced with this problem, many college students escape the reality by choosing some negative leisure, to solve the psychological burden. And in fact, these recreational activities did not make them relax. This also reflects the quality of college students leisure life is not very high.

**Factors Affecting Leisure Satisfaction**

The leisure behavior of college students is not alone, to be affected by various internal and external factors, the survey developed seven factors affecting the

leisure behavior of college students. They are: hobbies, economic factors, leisure time, consumer attitudes, the impact of friends and family, leisure facilities. Which ranked first in the economic situation, accounting for 23%; ranked second in the interest, accounting for 21%; ranked third in the leisure facilities, accounting for 17%; ranked fourth in the leisure time, Accounting for 14%; ranked fifth in the personal character, accounting for 11%; ranked sixth in the companion, accounting for 9%, ranked seventh in the school atmosphere, accounting for 5%.This shows that interest, economic constraints, leisure facilities is the A city of ordinary colleges and universities to participate in leisure sports activities of the main factors.

**Table 2: Affecting the Factors of Leisure Satisfaction of College Students in A City**

	percentage	Sorting
economic status	23%	1
interest	21%	2
Leisure	17%	3
facilities freetime	14%	4
Personal character	11%	5
Friend	9%	6
School atmosphere	5%	7

**THE PROPOSAL**

Comprehensive theoretical knowledge and practical investigation, the overall situation of college students leisure is good, but it is undeniable that its leisure activities are still at a low level, there are some discordant factors.In order to cultivate healthy and healthy college students leisure way, and improve college students leisure satisfaction. University students, schools, government and social and other external factors need a common effort.

**From the perspective of college students**

(1)Maintain a positive attitude, understanding and grasp the connotation of leisure and entertainment is extremely important, only correct leisure attitude, the students can accurately grasp the essence of leisure, and enjoy the fun of leisure.

(2)Reasonable planning of leisure activities. Leisure activities are essential, reasonable leisure and entertainment will achieve a multiplier effect. When should leisure, when you can leisure, how leisure, the minds of students should have a standard, leisure is not a simple repeat, but there is a choice. Students should participate in leisure activities to complete the basic learning tasks can be carried out, but also consider their own conditions and economic conditions.

(3)Clear life goals. Life goal is your motivation to move forward, there is no clear life goals like walking in the desert blindly, if we do not pay

attention, will be into the trap, go astray, or even to death. Students only clear what they want, in order to have targeted leisure planning [5].

**External aspects**

(1)Schools should train students to establish a correct leisure concept, and guide students to take the initiative to participate in leisure activities. Due to the influence of the traditional leisure mode and the way of education, quite a lot of college students still lack scientific and reasonable leisure concept, lack of leisure consciousness, lack of clear autonomy and purpose. In some respects the teacher's guidance is also needed. This requires school education to guide students to the leisure movement, the student's leisure courses on the agenda, such as the development of leisure education courses or celebrity lectures, the use of publicity column, to carry out the theme of the class and other promotional channels, publicity in the campus Active and healthy leisure culture.

(2)Rich and sound community organizations. In college life, the community is an important place for college students to participate in leisure activities, improve cooperation and communication skills. Community activities can provide college students with all kinds of practical activities and training opportunities. In the teaching of knowledge at the same time, so that students in the practice of exercise and exercise in the exercise. The diversity and high quality of community activities are of great positive significance to the active living atmosphere of the

campus and the positive and healthy leisure activities of college students.

(3)Strengthen the construction of campus culture, improve the leisure environment, improve the campus leisure infrastructure. The recreational facilities and leisure atmosphere on campus have an important impact on the quality of leisure. The school should be the leisure space layout and facilities and equipment to be carefully designed, built or excavated, as far as possible for the students to create a relaxed and beautiful living environment, but also take into account the safety and economy of the appliance. So that students in the process of leisure, both to eliminate the safety concerns to actively participate in the leisure, but also from the surrounding environment to get the feeling of beauty, increase the pleasant experience.

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