

Adaptation of Recreationists' Constraints Negotiation Process for Continual Leisure Engagement Scale into Turkish

Ferhat KILIÇARSLAN
Tebessüm AYYILDIZ DURHAN
Mustafa İnan ÖZANT
Gazi University

Abstract: The aim of this study is to adapt the Recreationists' Constraints Negotiation Process for Continual Leisure Engagement scale developed by Lyu and Oh (2014) into Turkish and to obtain language and reliability validity. In this direction, the language validity of the measurement tool was ensured and data were collected with the participation of university students studying at Gazi University in the 2023-2024 academic year. Analyses were carried out with SPSS version 29.0 and AMOS 29.0 programs. As a result of the findings obtained from the exploratory factor analysis results for the reliability test of the scale, it was determined that 21 items and 5 sub-factors retained their form and data were collected from the same sample group again after 3 weeks. After the EFA analysis, items one, two, three, ten and fifteen were removed from the scale because they were identified under multiple factors, and after the CFA analysis, items nine, fourteen and twenty-six were removed from the scale because they had low factor loadings and the measurement tool was found as 18 items. When the CFA findings were examined, it was determined that it was a good fit according to the Chi-square/sd (2,393), good according to the value of RMSEA (.074), good and acceptable in terms of GFI (.885), AGFI (.843), NFI (.835), RFI (.795), CFI (.895) values. When the AVE and CR values of the scale were analyzed, it was determined that the scale was reliable. In addition, the Cronbach's Alpha values of the scale ranged between .85 and .69. These results support the stability and reliability of the scale. According to the findings obtained from these results, it can be said that the Recreationists' Constraints Negotiation Process for Continual Leisure Engagement Scale is a valid and reliable measurement tool in Turkish. The scale can be used to assess the process by which recreationists overcome barriers to leisure participation.

Keywords: Continual Leisure Engagement Scale, Recreationists' Constraints Negotiation Process,

Received: May 28, 2024, Accepted: Jun 16, 2024, Published: Jun 28, 2024

INTRODUCTION

Leisure refers to non-work time not essential for survival, either as an activity, time away from work, or a subjective experience (Iso-aloha & Baumeister, 2023). Participating in leisure activities is linked to happiness and good health (Dahan-Oliel et al., 2012). As such, leisure activities carry an informal obligation. They satisfy basic needs such as purpose, value, competence, and self-worth to varying degrees (Iso-ahola & Baumeister, 2023).

Perceived constraints to leisure participation vary across different activities and demographics but are generally consistent across groups and settings (McCarville & Smale, 1993). These constraints are factors that limit individuals' opportunities to participate in leisure activities and challenge their skills. Perceived leisure constraints, such as leisure opportunity, intrinsic, facility-service management, and interpersonal constraints, limit recreational participation (Lin et al., 2022). In contrast, overcoming these constraints increases participation (Kim et al., 2022). Major barriers include transportation problems, lack of facilities, lack of information, individual psychology, lack of time and interest, and lack of friends (Hekim & Er, 2022). Understanding these barriers can aid in removing them.

To cope with constraints, individuals need to be interested and highly motivated. Higher motivation promotes engagement by encouraging the use of negotiation strategies and resources (White,

2008). Negotiation involves behavioral and cognitive strategies. Behavioral strategies involve direct changes related to the individual's lifestyle and leisure activities, such as rearranging work schedules, reducing expenses, reducing activity frequency, or choosing cheaper venues (Luiselli, 2017). Cognitive strategies aim to overcome barriers by changing an individual's mindset and attitudes, such as ignoring barriers or pushing oneself to participate more. These strategies reduce the impact of barriers by increasing an individual's psychological comfort (Lachman et al., 2018).

Before developing strategies, it's necessary to identify barriers. Barriers are classified into personal, interactional, and structural (Crawford & Godbey, 1987). Personal barriers relate to internal states of the individual, such as lack of time or necessary skills. Interactional barriers relate to individuals' relationships and social interactions. Structural barriers relate to environmental and physical conditions beyond the individual's control, such as inadequate facilities or the cost of activities.

Jackson et al. (1993) proposed the "balance effect," which states that motivations promote negotiation strategies while adjusting the effects of barriers to determine the participation level. Commitment, which describes individuals' psychological state of sustained engagement, can play a critical role in promoting the implementation of negotiation strategies to reduce the perception of leisure barriers (Mannell & Kleiber, 1997; Schneider & Wilhelm Stanis, 2007).

The aim of this paper is to provide a theoretical framework that illustrates how the various components in the process of overcoming barriers are interconnected. Unlike previous studies, this study applies the concepts of commitment and two different negotiation strategies (behavioral and cognitive) in the leisure decision-making process. Using the example of recreational fishing, we examine the influence of three different dimensions of leisure barriers on other concepts in the process of overcoming barriers.

METHOD

In this study, an adaptation study of the Recreationists' Constraints Negotiation Process for Continual Leisure Engagement Scale developed by Lyu and Oh (2014) into Turkish was conducted to obtain a measurement tool to measure the process of overcoming leisure engagement obstacles of recreationists. For this adaptation study, language validity was firstly ensured, and then its validity was tested by applying EFA and CFA analyses. For reliability analysis, Cronbach's Alpha and AVE, CR values were analyzed.

Study Group

In total, 300 questionnaires were distributed and 252 of them were returned as completed under the research and met the research requirements. At first, 95 data were collected for EFA and the scale dimensions were determined and the measurement tool was edited and the items that needed to be removed were removed and data were collected from 157 people again and CFA analyzes were applied. University students studying at Gazi University Faculty of Sport Sciences participated in the study.

Data Collection Tool

In the data collection process, data were collected through questionnaires using face-to-face method. The questionnaires used in data collection include a demographic information section including gender, perceived income level, who participates in recreational activities and constraints to participation, as well as the Recreationists' Constraints Negotiation Process for Continual Leisure Engagement scale, which consists of questions about cognitive and behavioral strategies and personal, interactional and structural barriers to participation in leisure activities.

Recreationists' Constraints Negotiation Process for Continual Leisure Engagement

The Recreationists' Constraints Negotiation Process for Continual Leisure Engagement scale developed by Lyu and Oh (2014) to understand the strategies and constraints in leisure engagement consists of 26 items and 7 sub-dimensions in the original study. In the current adaptation study, the measurement tool consists of 18 items and 5 sub-dimensions (Factor 4: Interactional Constraints, Factor 5: Structural Constraints, Factor 3: Personal Constraints, Factor 2: Cognitive Strategies, Factor 1: Behavioral Strategies). The measurement tool is a 5-point Likert-type measurement tool (1: Strongly disagree, ... 5: Strongly agree).

Language Validity

In the adaptation process of the scale, the necessity of adaptation was first evaluated. In this step, it was examined whether adaptation was necessary and how appropriate it was for the scale. In the

ADAPTATION OF RECREATIONISTS' CONSTRAINTS NEGOTIATION PROCESS FOR
CONTINUAL LEISURE ENGAGEMENT SCALE INTO TURKISH

translation stage, the original scale was translated by at least two independent translators whose native language was the target language and these translations were compared to create a common text. In the expert panel evaluation stage, the translation was evaluated for semantic, idiomatic, empirical and conceptual equivalence and necessary corrections were made. In the back translation stage, the scale passed by the expert panel was back-translated by an independent translator and the back-translation was checked for consistency by comparing it with the original scale. At this stage, the measurement tool was tested with a sample group of 30 participants. After it was determined that the participants clearly understood the questions, the data were collected with the measurement tool created.

Data Analysis

Within the scope of validity and reliability analyses, first construct validity and internal consistency analyses were conducted. Exploratory Factor Analysis (EFA) and Confirmatory Factor Analysis (CFA) were applied for construct validity. Internal consistency was assessed using Cronbach's Alpha and Composite Reliability (CR) values (Nunnally & Bernstein, 1994; Fabrigar & Wegener, 2012; Kline, 2015; DeVellis & Thorpe, 2021). Structural Equation Modeling with maximum likelihood estimation was used to analyze the constructs (Chi-square, CFI, RMSEA).

FINDINGS

In this section, the findings of the Exploratory Factor Analysis (EFA) for construct validity, the findings of the Confirmatory Factor Analysis (CFA) to test the validity of the construct, and the findings of the AVE and CR and Cronbach's Alpha values to determine the reliability of the scale are presented.

Table 1. Kaiser-Meyer-Olkin and Bartlett's test results of the Recreationists' Constraints Negotiation Process for Continual Leisure Engagement Scale

Kaiser-Meyer-Olkin (KMO)	0,804
	χ^2 2023,900
Bartlett's	sd 210
	p <,001

As seen in Table 1, the Kaiser-Meyer-Olkin value of the Reasons for Participation in Recreational Activities Scale= .804 and Bartlett's test value was 2023,900 (p<.001). Since the KMO value is above 0.80, it can be said that the data obtained from the sample is sufficient. The fact that Bartlett's test result is less than .05 indicates that the relationship between the scale items is suitable for factor analysis.

Table 2. Eigenvalues and variance percentages explained by the sub-dimensions of the Recreationists' Constraints Negotiation Process for Continual Leisure Engagement Scale

Factor	Eigenvalue	Variance	Cumulative
1	4,908	23,371	23,371
2	3,516	16,741	40,113
3	1,732	8,250	48,362
4	1,626	7,743	56,106
5	1,131	5,385	61,491

According to Table 2, four factors explain 61.00% of the total variance. The first factor explains 23.37% of the total variance, the second factor explains 16.74%, the third factor explains 8.25%, the fourth factor explains 7.16% and the fifth factor explains 5.38%.

Table 3. Load values of the items in the sub-dimensions of the Recreationists' Constraints Negotiation Process for Continual Leisure Engagement Scale

Item	Factor 1:	Factor 2:	Factor 3:	Factor 4:	Factor 5:	Factor 6:	Factor 7:
Item 19	0,623						
Item 20	0,563						
Item 21	0,714						
Item 22	0,722						
Item 23	0,639						
Item 24	0,818						
Item 25	0,771						
Item 26	0,669						

Item 16	0,779				
Item 17	0,823				
Item 18	0,775				
Item 11		0,706			
Item 12		0,801			
Item 13		0,760			
Item 14		0,591			
Item 4			0,814		
Item 5			0,800		
Item 6			0,806		
Item 7				0,792	
Item 8				0,840	
Item 9				0,523	
Removed Items					
Item 1					0,752
Item 2	0,413				0,429
Item 3		0,450	0,409		
Item 10				0,448	0,481
Item 15	0,493				0,429

According to Table 3, the first factor item loadings of the scale ranged between .81 and .56, the second factor between .82 and .77, the third factor between .80 and .59, the fourth factor between .81 and .80, and fifth factor between .84 and .52. Items 2, 3, 10 and 15 were excluded from the measurement tool because they were under more than one factor and item 1 was the only item under the sixth factor.

Table 4. Minimum, maximum, mean, standard deviation, skewness, kurtosis and internal reliability values for total and sub-dimension scores of the Recreationists' Constraints Negotiation Process for Continual Leisure Engagement Scale

N= 157							
Factor	Min.	Max.	\bar{x}	S.	Skewness	Kurtosis	α
Behavioral Strategies	1,00	5,00	3,79	0,75	-1,098	1,424	,85
Cognitive Strategies	1,00	5,00	3,47	0,90	-0,444	-0,023	,81
Personal Constraints	1,00	5,00	2,28	0,90	0,462	-0,330	,73
Interactional Constraints	1,00	5,00	2,72	0,93	-0,120	-0,482	,79
Structural Constraints	1,00	5,00	3,06	1,02	-0,148	-0,564	,69
Total	1,00	4,67	3,22	0,49	-0,743	2,148	,77

For confirmatory factor analysis, it was first checked whether the data met the assumptions. Accordingly, no significant outliers were detected in the data and skewness and kurtosis values were checked to test the normal distribution parameters of the data. It can be mentioned that the data are within the normal distribution values (Tabachnick & Fidell, 2013). Also, when the average scores of the participants for the measurement tool were examined, it was determined that the average scores were high for all dimensions and the highest average scores were obtained in the social component sub-dimension. Accordingly, it can be said that the participants mostly participate in recreational activities due to socialization. Cronbach's alpha internal reliability was found to be .77 for the total mean scores and .85, .81, .73, .79, and .69 for the sub-dimensions, respectively.

Table 5. Tolerance and VIF values of the sub-dimensions of the Recreationists' Constraints Negotiation Process for Continual Leisure Engagement Scale

Factor	Tolerance	VIF
Factor 1: Behavioral Strategies	,785	1,275
Factor 2: Cognitive Strategies	,784	1,276
Factor 3: Personal Constraints	,887	1,128
Factor 4: Interactional Constraints	,804	1,244
Factor 5: Structural Constraints	,822	1,216

In the present study, whether there is multicollinearity among the sub-dimensions was checked with VIF and tolerance values. A VIF value less than 10 and a tolerance value greater than 0.1 indicate that there is no multicollinearity. Accordingly, it was determined that all sub-dimensions of the scale were

ADAPTATION OF RECREATIONISTS' CONSTRAINTS NEGOTIATION PROCESS FOR
CONTINUAL LEISURE ENGAGEMENT SCALE INTO TURKISH

in compliance with these parameters. These results show that there is no multicollinearity among the sub-dimensions.

Table 6. Pearson Correlation test findings to determine the relationship between the sub-dimensions of the Reasons for Participating in Recreational Activities Scale

Factor 1	1				
Factor 2	,449**	1			
Factor 3	-,037	,060	1		
Factor 4	-,095	-,033	,299**	1	
Factor 5	,100	,145*	,236**	,364**	1

*p<0.01, **p<0.001

According to the Pearson correlation test findings in Table 6, low and moderate positive relationships were found between the sub-dimensions of the measurement tool. In terms of sub-dimensions, negative relationships were found between strategy dimensions and barriers dimensions. These relationships may be attributed to the fact that strategies and barriers are opposite situations.

Table 7. Fit index values of the path analysis model

Fit Index	Value Obtained	Comment
Kikare/Sd	2,393	Good fit = <3
GFI	0,885	Acceptable fit = >,90
AGFI	0,843	Acceptable fit = >,85
NFI	0,835	Acceptable fit = >,95
RFI	0,795	Acceptable fit = >,90
CFI	0,895	Acceptable fit = >,95
RMSEA	0,074	Good fit = <,08

In Table 7, the model fit indices obtained as a result of confirmatory factor analysis (CFA) are given in Table 4. Accordingly, it can be said that the fit indices of the tested model have quite high values. According to the values in Table 7, it is possible to mention that the fit indices of the tested model are good according to the value of Chi-square/sd (2,393), good according to the value of RMSEA (.074), good and acceptable in terms of GFI (.885), AGFI (.843), NFI (.835), RFI (.795), CFI (.895) values. According to these results, it can be said that the hypothesized model is compatible with the data.

Table 8. Sub-factor loading values of the scale items Recreationists' Constraints Negotiation Process for Continual Leisure Engagement Scale

	Item	Factor Load Values
Factor 1: Behavioral Strategies	Item 19	,677
	Item 20	,605
	Item 21	,631
	Item 22	,597
	Item 23	,682
	Item 24	,813
	Item 25	,742
Factor 2: Cognitive Strategies	Item 16	,696
	Item 17	,851
	Item 18	,771
Factor 3: Personal Constraints	Item 11	,692
	Item 12	,758
	Item 13	,644
Factor 4: Interactional Constraints	Item 4	,721
	Item 5	,772
	Item 6	,773
Factor 5: Structural Constraints	Item 7	,868
	Item 8	,619
Removed Items	Item 14	,440
	Item 9	,443
	Item 26	,549

According to the values in Table 8, it was concluded that the factor loadings of all items in the four sub-dimensions were above the lower limit of .60. In the results of the analysis conducted to

determine the factor loadings, it was determined that item 9 "To seek/think about peace" were not compatible with the measurement tool. Accordingly, these items were removed from the scale. According to these results, it can be said that the Reasons for Participation in Recreational Activities Scale exhibits a structure compatible with the original.

Table 9. Composite reliability (CR), calculated root mean square error of variance (AVE) and correlations between constructs

Factor	Items	FY	FY ²	1-FY ²	AVE	CR
Faktör 1: Behavioral Strategies	Item 19	0.677	0.458	0.542	0.465	0.899
	Item 20	0.605	0.366	0.634		
	Item 21	0.631	0.398	0.602		
	Item 22	0.597	0.356	0.644		
	Item 23	0.682	0.465	0.535		
	Item 24	0.813	0.661	0.339		
	Item 25	0.742	0.550	0.450		
Factor 2: Cognitive Strategies	Item 16	0.696	0.484	0.516	0.604	0.898
	Item 17	0.851	0.724	0.276		
	Item 18	0.771	0.594	0.406		
Factor 3: Personal Constraints	Item 11	0.692	0.479	0.521	0.585	0.888
	Item 12	0.758	0.574	0.426		
	Item 13	0.644	0.415	0.585		
Factor 4: Interactional Constraints	Item 4	0.721	0.520	0.480	0.571	0.867
	Item 5	0.772	0.596	0.404		
	Item 6	0.773	0.598	0.402		
Factor 5: Structural Constraints	Item 7	0.868	0.753	0.247	0.427	0.765
	Item 8	0.319	0.102	0.898		

According to the information in Table 9, when the AVE values are analyzed, it is concluded that the values are greater than 0.5. Accordingly, it is possible to say that the reliability is high for the sub-dimensions of the scale. When the CR values were analyzed, it was also found that the values were greater than 0.6. Since these results are greater than 0.6, it can be said that the scale has composite reliability. In addition, positive and moderate relationships were found between the sub-dimensions of the scale.

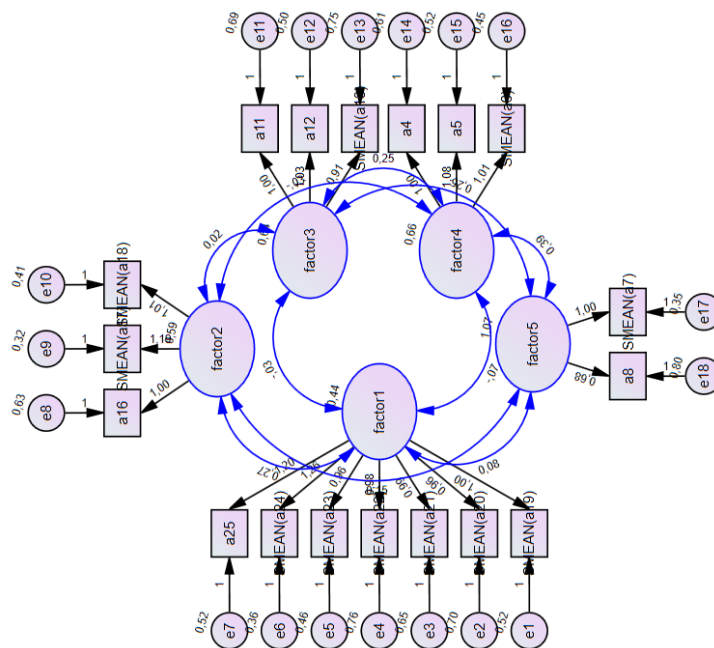


Figure 1. Load values for the items of the Reasons for Participating in Recreational Activities Scale and correlation values between sub-dimensions

DISCUSSION

ADAPTATION OF RECREATIONISTS' CONSTRAINTS NEGOTIATION PROCESS FOR CONTINUAL LEISURE ENGAGEMENT SCALE INTO TURKISH

This study adapted the "Recreationists' Negotiation Process of Constraints to Continuous Leisure Participation" scale developed by Lyu and Oh (2014) into Turkish and conducted validity and reliability analyses. The measurement tool was found to be a valid and reliable tool in evaluating the strategies of overcoming leisure time obstacles and the effects of these obstacles. The KMO value was .804, Bartlett's test $\chi^2 = 2023900$ ($p < .001$) and Cronbach's Alpha values ranged between .77 and .85. Confirmatory factor analysis (CFA) results revealed that the model showed a good fit (RMSEA = .074, GFI = .885, CFI = .895).

In the original study, RMSEA value was .045, GFI and CFI values were .92 and .93, respectively. These values indicate that the model shows a very good fit with the data. A RMSEA value below .05 indicates that the model shows a good fit, and GFI and CFI values above .90 indicate that the model provides a good fit in general. In the present study, the RMSEA value was .074, GFI = .885, and CFI = .895. These values are within acceptable limits, but slightly higher than the original study, indicating that the fit of the model is slightly poorer than the original study. The RMSEA value below .08 still indicates that the model provides a reasonable fit, but not as good as in the original study.

In the original study, factor loadings ranged between .60 and .85 and the first five factors explained 65% of the total variance. These high factor loadings and total variance explained indicate that the construct validity of the scale is strong and the items represent the relevant factors well. In the current study, factor loadings ranged between .56 and .84 and the first five factors explained 61% of the total variance. These values are slightly lower than in the original study and some items had to be removed due to low factor loadings. The fact that the factor loadings and variance explained were slightly lower than in the original study may suggest that the Turkish adaptation did not fully achieve the expected validity in some dimensions.

In the original study, the scale consists of 26 items and 7 sub-dimensions. This structure indicates that the scale is comprehensive and addresses various dimensions of motivations to participate in detail. In the current study, the scale consists of 18 items and 5 sub-dimensions. Some items were removed from the scale due to low factor loadings. This may lead to a narrowing of the scope of the scale and underrepresentation of some dimensions. The reduced number of items and sub-dimensions may indicate that the scale has lost some content compared to its original structure and that some dimensions are missing.

The findings of the present study are generally consistent with other studies in the literature. Our scale is an effective tool in understanding the motivations for recreational activity participation. For example, the fact that the social component sub-dimension has the highest mean indicates that participants mostly participate in these activities to meet their socialization needs. Accordingly, it is in line with the studies conducted by Davidson et al. (2001) and Petryshen et al.

RESULTS

This study showed that the Turkish adaptation of the "Recreationists' Constraints Negotiation Process for Continual Leisure Engagement" scale is a valid and reliable measurement tool. The scale is an effective tool for assessing how individuals can overcome various barriers to more frequent and sustained participation in leisure activities. Future research can provide more comprehensive information in this area by testing the scale on different populations and investigating its cultural validity.

RECOMMENDATIONS

Our study provides important information for professionals, educators and policy makers planning recreation and leisure activities. This scale can be used to develop strategies to increase individuals' participation in leisure activities. Future research is recommended to investigate the validity and reliability of the scale across different populations and cultural contexts.

REFERENCES

- Crawford, D. W., & Godbey, G. (1987). Reconceptualizing barriers to family leisure. *Leisure sciences*, 9(2), 119-127. <https://doi.org/10.1080/01490408709512151>
- Dahan-Oliel, N., Mazer, B., & Majnemer, A. (2012). Preterm birth and leisure participation: a synthesis of the literature. *Research in developmental disabilities*, 33(4), 1211-20. <https://doi.org/10.1016/j.ridd.2012.02.011>.
- Davidson, L., Haglund, K. E., Stayner, D. A., Rakfeldt, J., Chinman, M. J., & Kraemer Tebes, J. (2001). "It was just realizing...that life isn't one big horror": A qualitative study of supported socialization. *Psychiatric Rehabilitation Journal*, 24(3), 275-292. <https://doi.org/10.1037/h0095084>
- Godbey, G., Crawford, D. W., & Shen, X. S. (2010). Assessing hierarchical leisure constraints theory after two decades. *Journal of Leisure Research*, 42(1), 111–134.
- Hekim, Ö., & Er, Y. (2022). Examination of University Students' Reasons to Participate in Nature-Based Sports Leisure Activities and Leisure Constraints. *Journal of Education and Recreation Patterns*. <https://doi.org/10.53016/jerp.v3i2.60>.
- Iso-Ahola, S. (1980). *The Social Psychology of Leisure and Recreation*. Dubuque, IA: Wm. C. Brown.
- Iso-Ahola, S. E. (1999). Motivational foundation of leisure. In E. L. Jackson & T. L. Burton (Eds.), *Leisure studies: Prospects for the twenty-first century* (pp. 35–51). State College, PA: Venture.
- Iso-Ahola, S. E., & Baumeister, R. F. (2023). Leisure and meaning in life. *Frontiers in psychology*, 14, 1074649. <https://doi.org/10.3389/fpsyg.2023.1074649>
- Jackson, E. L., Crawford, D. W., & Godbey, G. (1993). Negotiation of leisure constraints. *Leisure Sciences*, 15, 1–11.
- Kim, E., Park, S., & Kang, H. (2022). Comprehensive Analysis of the Relationship Between Leisure Constraints Negotiation and Leisure Participation Within the Korean Context. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.733200>.
- Lachman, M., Lipsitz, L., Lubben, J., Castaneda-Sceppa, C., & Jette, A. (2018). When Adults Don't Exercise: Behavioral Strategies to Increase Physical Activity in Sedentary Middle-Aged and Older Adults. *Innovation in Aging*, 2. <https://doi.org/10.1093/geroni/igy007>.
- Luiselli, J. (2017). Exercise, Leisure, and Physical Well-Being. , 173-188. https://doi.org/10.1007/978-3-319-59066-0_12.
- Mannell, R. C., & Kleiber, D. A. (1997). *A social psychology of leisure*. State College, PA: Venture
- McCarville, R. and B.J. Smale, 1993. Perceived constraints to leisure participation within five activity domains. *Journal of Park and Recreation Administration*, 11(2): 40-59.
- Petryshen, P. M., Hawkins, J. D., & Fronchak, T. A. (2001). An evaluation of the social recreation component of a community mental health program. *Psychiatric Rehabilitation Journal*, 24(3), 293-298. <https://doi.org/10.1037/h0095083>
- Schneider, I. E., & Wilhelm Stanis, S. A. (2007). Coping: An alternative conceptualization for constraint negotiation and accommodation. *Leisure Sciences*, 29(4), 391–401.
- White, D. (2008). A Structural Model of Leisure Constraints Negotiation in Outdoor Recreation. *Leisure Sciences*, 30, 342 - 359. <https://doi.org/10.1080/01490400802165131>.

ANNEX 1

Turkish version of the measurement tool

Rekreasyonistlerin Boş Zaman Engelleri Aşma Süreci Ölçeği	Kesinlikle Katılmıyorum	Katılmıyorum	Kararsızım	Katılıyorum	Kesinlikle Katılıyorum
<i>Kısıtlayıcılar genellikle bireylerin belirli faaliyetlere yönelik rekreasyonel tercihlerinin oluşumunu etkileyen ve faaliyetlere katılma becerilerini sınırlayan faktörler olarak tanımlanır.</i>					
1. Katıldığım rekreasyonel etkinliklere ilgi duyan başka insanları bulamıyorum.					
2. Katıldığım rekreasyonel etkinlikler için yeterli zamanı olan insanları bulamıyorum.					
3. Katıldığım rekreasyonel etkinliklerde gerekli becerilere sahip insanları bulamıyorum.					
4. Katıldığım rekreasyonel etkinlikler için tesisleri yetersiz ve bakımsız buluyorum.					
5. Katıldığım rekreasyonel etkinlikler ile ilgili faaliyetleri çok sınırlı buluyorum.					
6. Katıldığım rekreasyonel etkinlikleri bıraksam arkadaşlarımla ilişkiimi kaybederim.					
7. Katıldığım rekreasyonel etkinlikleri yapamazsam ne yapacağımı bilmiyorum.					
8. Katıldığım rekreasyonel etkinlik nedeniyle diğer etkinliklere zaman ayıramıyorum.					
9. Katıldığım rekreasyonel etkinliklerde bazı engellerle karşılaştığımda kendimi daha fazla zorluyorum.					
10. Katıldığım rekreasyonel etkinliklerde bazı engelleri aşana kadar direnmeye çalışıyorum.					
11. Katıldığım rekreasyonel etkinliklerde bazı engellerle karşılaştığımda mücadeleci bir tutum sergiliyorum.					
12. Rekreasyonel etkinliklere katılmak için programımı organize etmeye çalışıyorum.					
13. Rekreasyonel etkinliklere katılmak için bütçemi planlamaya çalışıyorum.					
14. Rekreasyonel etkinliklere katılım süreçlerimde benzer ilgi alanlarına sahip insanlar bulmaya çalışıyorum.					
15. Ailemi veya arkadaşlarımla katıldığım rekreasyonel etkinliklere dahil olmaya ikna etmeye çalışıyorum.					
16. Katıldığım rekreasyonel etkinliklere yönelik becerilerimi geliştirmeye çalışıyorum.					
17. Fırsat bulursam, önümüzdeki 12 ay içinde katıldığım rekreasyonel etkinliklere daha sık katılmayı planlıyorum.					
18. Önümüzdeki 12 ay içinde katıldığım rekreasyonel etkinliklere daha sık katılmaya kararlıyım.					

Faktörler	Maddeler
Faktör 1: Davranışsal Stratejiler (Behavioral Strategies)	12,13,14,15,16,17,18
Faktör 2: Bilişsel Stratejiler (Cognitive Strategies)	9,10,11
Faktör 3: Kişisel Engeller (Personal Constraints)	6,7,8
Faktör 4: Etkileşimsel Engeller (Interactional Constraints)	1,2,3
Faktör 5: Yapısal Engeller (Structural Constraints)	4,5

The measurement tool can be used without permission, provided that it is cited.