

# The Effects of Personality Traits on Leisure Obsession and Leisure Regret



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## Introduction

### Personality & Leisure

-Personality traits are closely related to a variety of leisure decisions and activities.

e.g., Leisure satisfaction(Kovacs, 2007)

Activities preference(Wilkinson & Hansen, 2006; Lu & Hu, 2005)

Leisure choice(Liu, 2014)

### Leisure Obsession

-Leisure Obsession is obsessive thinking and stereotype about leisure-related experience and discourse(Kim, 2008).

-Leisure obsession can result in

1) Great responsibility and burden

that they should enjoy their leisure well (Kim, Jang, & Hur, 2010)

2) Fear, anxiety, and stress of failure (Yoon, Choi, & Hur, 2013)

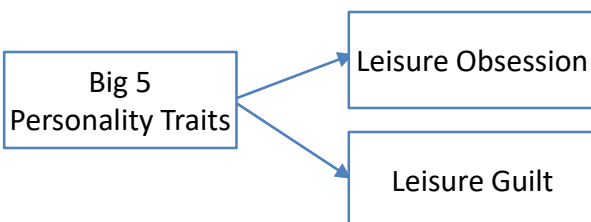
### Leisure Guilt

-Leisure guilt is negative feeling such as regret and guilt for doing leisure activities.

-There is negative association between caregiver guilt and frequency and satisfaction of leisure activities

(Losada, Márquez-González, Peñacoba, & Romero-Moreno, 2010)

### Current Research Question



How **five personality traits** influence  
**1) leisure obsession**  
and **2) leisure guilt**  
differently?



## Method

### Participants

- Online Survey Panel
- 1,182 South Koreans: 632 males(53.5%), 550 females(46.5%)
- Age from 10s to 60s

### Measures

#### 1) Big Five Personality Traits

- mini-IPIP(International Personality Item Pool;  
Donnellan, Oswald, Baird, & Lucas, 2006), 20 items

#### 2) Leisure Obsession

- Leisure Obsession Scale (Yoon, Choi, & Hur, 2010)
- 2 subfactors: Leisure compulsion, Leisure stereotype
- 11 items, Cronbach's  $\alpha=0.821$

#### 3) Leisure Guilt

- PFC-2(Personal Feelings Questionnaire2; Harder & Zalma, 1990)
- 3 items, Cronbach's  $\alpha=0.852$

## Results

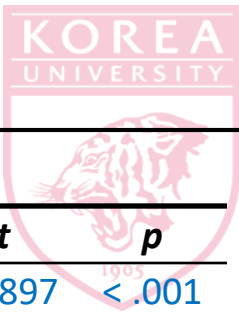
### 1) Correlation Analysis

Variable	Correlation			
	Obsession	Compulsion	Stereotype	Guilt
Extraversion	.148 <sup>***</sup>	.093 <sup>***</sup>	.152 <sup>***</sup>	.053
Neuroticism	<b>.340<sup>***</sup></b>	<b>.371<sup>***</sup></b>	.114 <sup>***</sup>	<b>.311<sup>***</sup></b>
Agreeableness	.203 <sup>***</sup>	.091 <sup>**</sup>	<b>.264<sup>***</sup></b>	.059 <sup>*</sup>
Conscientiousness	.063 <sup>*</sup>	<b>-.084<sup>**</sup></b>	.251 <sup>***</sup>	<b>-.079<sup>**</sup></b>
Openness	.230 <sup>***</sup>	.163 <sup>***</sup>	.209 <sup>***</sup>	.129 <sup>***</sup>

\*  $p \leq .05$ . \*\*  $p \leq .01$ . \*\*\*  $p \leq .001$ .

- Leisure obsession showed positive correlation with all 5 traits.
- Neuroticism showed the strongest positive correlation with leisure obsession( $r=.34$ ) and guilt( $r=.31$ ).
- Only conscientiousness correlated negatively with leisure compulsion ( $r=-.84$ ) and guilt ( $r=-.79$ ).

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## 2) Regression Analysis

IV	DV	$\beta$	$t$	$p$
Extraversion	Leisure Obsession	0.048	12.897	< .001
Neuroticism		0.240	11.078	< .001
Agreeableness		0.035	0.899	.369
Conscientiousness		0.021	0.853	.394
Openness		0.098	3.392	.001
Extraversion	Leisure Compulsion	0.131	3.242	.001
Neuroticism		0.374	12.450	< .001
Agreeableness		-0.095	-1.751	.080
Conscientiousness		-0.109	-3.140	.002
Openness		0.134	3.343	.001
Extraversion	Leisure Stereotype	-0.051	-1.531	.126
Neuroticism		0.080	3.228	.001
Agreeableness		0.193	4.266	< .001
Conscientiousness		0.177	6.192	< .001
Openness		0.055	1.667	.096
Extraversion	Leisure Guilt	0.090	1.989	.047
Neuroticism		0.340	10.118	< .001
Agreeableness		-0.095	-1.555	.120
Conscientiousness		-0.098	-2.548	.011
Openness		0.131	2.922	.004

- Extraversion, Neuroticism, and Openness to experience positively affect Leisure obsession, Leisure compulsion, and Leisure guilt.
- Conscientiousness significantly predicts Leisure compulsion and Leisure guilt. Only conscientiousness negatively affect DV among all five traits.
- Leisure stereotype can be positively affected by Neuroticism, Agreeableness, and Conscientiousness.



## Discussion

- The current study extend the existing leisure literature by examining personality traits' influence on leisure obsession and leisure guilt.
- Leisure obsession was positively correlated to the leisure guilt( $r=0.693$ ). That means the more people tend to obsess leisure activities, the more they regret and feel guilty through the activities.
- Leisure stereotype was affected by different personality trait or in different direction compared to the leisure obsession and compulsion. For example, agreeableness only predicts leisure stereotype and do not have any significant effect with other DV. In addition, conscientiousness has significant positive relationship only with this variable and has negative relationship with other DV. That means leisure stereotype could be impacted by different mechanism.

## References

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